

DECEMBER 2022 EDITION

VOLUME 33

Health Education Collaborative Newsletter



A note from the CEO

Bruce Greaves



It has been a busy year. Post COVID lockdown we have slowly and methodically been delivering programs in every state and territory and have developed many working relationships and partnerships along the way.

During our face-to-face sessions, we have enjoyed meeting and working with our clinical colleagues such as the team at Urapuntja Health Service NT, Sydney University Rural Campus in Dubbo NSW, The National Disability Service, Goulburn Valley Health Service Shepparton Hospital, Ararat Hospital, Warrnambool Hospital and the Orthopaedic Association of Australia and many more.

We have also had great support and interaction with Holmesglen Hospital Moorabbin.

With 2022 at an end, I would like to thank all our collaborative partners and past participants for their support and interaction in 2022 and look forward to engaging with you all in 2023.

Have a safe and happy Xmas holiday season. HEC will be taking a break from 22 December until 8 January 2023.

2023 a big year ahead

- New programs
- More course locations nationally
- New team members
- Expanded new look newsletter with the return of "In the chat room".



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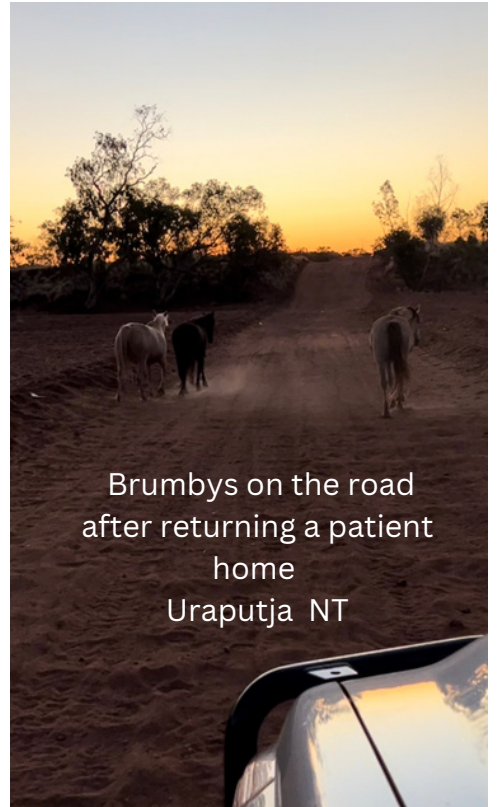
My favourite HEC images of 2022



ALS 2 training
Uraputja NT



Supporting RFDs evac
Urapuntja NT



Brumbys on the road
after returning a patient
home
Uraputja NT



Happy participants
with their work



NT sunset Urapuntja



Medical students Sydney Uni
regional campus Dubbo



Happy participant



Filming for the NDS
IPC course



Part of the Urapuntja Team NT

Education Update

Marg Villella
Director



Answers to last month's clinical question

A few random multiple-choice questions.

Q1. A 28-year-old male has been found wandering around in a confused state. He is sweaty and pale. Which of the following tests should you perform **first**?

- A. Blood sugar check**
- B. CT scan
- C. Blood cultures
- D. Electrolytes

Q2. A patient is admitted to the hospital with a diagnosis of primary hyperparathyroidism. Which of the laboratory findings would you expect to see?

- A. Elevated serum calcium**
- B. Low serum parathyroid hormone (PTH)
- C. Elevated serum vitamin D
- D. Low urine calcium

Q3. A patient with Addison's disease asks a nurse for nutrition and diet advice. Which of the following diet modifications is not recommended?

- A. A diet high in grains
- B. A diet with adequate caloric intake
- C. A high protein diet
- D. A restricted sodium diet**

Q4. A non-immunised child appears at the clinic with a visible rash. Which of the following observations indicates the child may have rubella (measles)?

- A. Small blue-white spots are visible on the oral mucosa.**
- B. The rash begins on the trunk and spreads outward.
- C. There is low-grade fever.
- D. The lesions have a "teardrop-on-a-rose-petal" appearance.

“Christmas is cancelled! You told Santa you have been good this year...he died laughing!”

UPCOMING EDUCATION SESSIONS

We have lots of dates on our events page for the first quarter of 2023!

Please see our [events page](#).



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Christmas recipe

Marg Villella
Director



Hazelnut Crescents

Crescents can be stored in an airtight container for about 3 weeks; they can be frozen for about 2 months. This recipe is not suitable to microwave

- 1 cup of plain flour
- 2 tablespoons castor sugar
- 125g butter
- 1/3 cup packaged ground roasted hazelnuts
- 1 egg yolk
- Icing sugar

Sift flour and castor sugar into a bowl, rub in butter, mix in hazelnuts and egg yolk. Knead lightly on floured surface until smooth. Roll teaspoonfuls of mixture into 7cm long sausages, shape into crescents. Bake on lightly greased oven trays in moderately slow oven for about 15 minutes or until lightly browned. Sift icing sugar over warm crescents, lift into wire racks to cool.

Make about 30.



“May your fun be large and your bills be small this year. Merry Christmas and Happy Holidays!”

ONLINE COURSES

ECG Basics

Suitable for all nurses, paramedics and doctors that need to be able to interpret an ECG. [Click here](#) to register.

Clinical Assessment

Suitable for nurses, nursing students, medical students and doctors. A thorough systematic assessment is vital in order to assess patients and to recognise early deterioration. [Click here](#) to register.

CANBERRA



FRACTURE MANAGEMENT COURSE



AOA
AUSTRALIAN
ORTHOPAEDIC
ASSOCIATION

Friday, 3 March 2023

Adina Serviced Apartments Kingston

11 Giles Street

Kingston ACT 2604

Time: 0845 to 1630

Cost: \$525 (\$590 after 28 February 23)

This is the only fracture management course endorsed by the Australian Orthopaedic Association (AOA). There is an online component to complete as well as attending the practical day.

For more information:

Call Marg on 0419 939458 or
email info@healthec.com.au

Click [here](#) to register

20 hours of CPD

Click [here](#) to register

Please share with your colleagues.



*“Christmas
magic is silent.
You don’t hear
it - You feel it.
You know it.
You believe it.”*

KEVIN ALAN MILNE

CONTACT US

Marg Vilella
0419 030458

Bruce Greaves
0444 547036

email:
info@healthec.com.au

