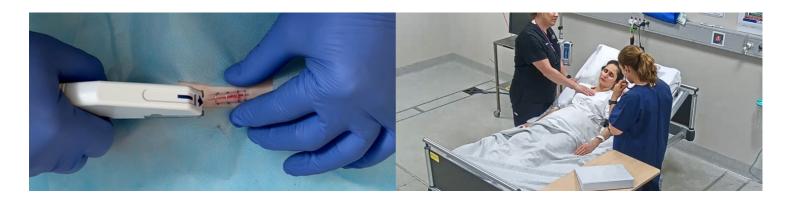# HEALTH EDUCATION COLLABORATIVE



## A MESSAGE FROM OUR CEO

### Bruce Greaves CEO/Director

The start of the 2023 has seen an increase in the demand placed on the public health system, especially emergency departments. You don't need to be a rocket scientist to see why! With inflation and the cost of living at levels we haven't seen since the 80's and 90's when interest rates where up to 17%. It was inevitable many people would opt out of private health insurance. Bulk billing clinics are declining with the majority of general practices now demanding a co-payment and rightly so. With emergency departments overflowing and wait times for presentations for minor trauma such as simple fractures and lacerations up around six hours in many cases. Staff fatigue and patient frustration was bound to make headlines.

So, how do we alleviate the situation? The government has introduced several urgent care centres. This is a good initiative and a step in the right direction. I believe a funded, upskilling of general practice staff in minor trauma and other clinical skills, and the remodeling of Medicare rebates, will allow for nurses and allied health to have a more direct role in patient management. This would have a significant impact on the health system by dispersing the load across primary care and taking the pressure of our public health facilities.

CONTENT

A message from the CEO

Deteriorating patient

Upcoming courses

Reset your health!

Health Education Collaborative

# DETERIORATING PATIENT

Early identification of clinical deterioration may improve outcomes and reduce interventions required to stabilise a patient that has deteriorated. Having a systematic approach that is consist, allow a clinician to promptly recognise deterioration and implement appropriate actions.

This short course includes an online component and a practical session with interactive scenarios. The facilitator is a critical care nurse with many years of simulation experience.

Standard 8: Recognising and Responding to Acute Deterioration Standard is one of The National Safety and Quality Health Service (NSQHS) Standards.

**$99**
Includes a
light supper

**Thursday, 27 April 2023**
Holmesglen Private Hospital
490 South Road
Moorabbin VIC 3189
Time: 1800 to 2100

**HEC** Health Education Collaborative

# DETERIORATING PATIENT

Marg Villella Director

It doesn't matter what sort of clinical environment you work in, you will be faced with a deteriorating patient. Do you know how to manage a sick patient?

In many cases there is a preceding period when it is clear that the patient's condition is deteriorating. Early recognition of deterioration followed by appropriate intervention can often prevent death.

Recognising acute deterioration relies on detecting, understanding and interpreting abnormal vital signs and other observations, and escalating care appropriately. This is a complex process that requires knowledge of:

- How to conduct the appropriate observations
- What indicates acute deterioration for individual patients
- Appropriate treatment for the cause of the acute deterioration
- Which clinicians have the skills to provide this treatment
- How to escalate care.

Our deteriorating patient course includes an online clinical assessment component covering vital signs and how to conduct a systematic assessment. The three-hour workshop is an interactive session covering some common deteriorating patient presentations including hypoxia, hypotension, asthma, allergic reaction and allergy. There are also skills sessions on oxygen administration and fluid management. The session will include a number of scenarios to assist in consolidating learning.

The course will be launched on 7 March 2023. Click HERE to go to our website.

# Upcoming Fracture Management Courses 2023

**Victoria**
**Melbourne** 4 March
**Mildura** 22 March
**Wangaratta** 31 March

**ACT**
**Canberra** 3 March

**NSW**
**Merimbula** 17 March FULL
**Wollongong 17** April
**Sydney 2**8 April
**Tamworth** 26 May

**South Australia**
**Adelaide** 17 April

**Queensland**
**Toowoomba** 15 May
**Gold Coast** 18 May
**Brisbane** 20 May
**Sunshine Coast** 23 May

**Western Australia**
**Perth** 8 June

**Tasmania**
**Launceston** 2 May
**Hobart** 5 May

AOA
AUSTRALIAN
ORTHOPAEDIC
ASSOCIATION

Click here to register for the online component.
Once you have registered, please select the practical day of choice (as per confirmation email).

# Upcoming Suturing Courses 2023

**Victoria**
**Mildura** 23 March
**Bendigo** 30 March FULL
**Wangaratta** 1 April

**ACT**
**Canberra** 4 March

**NSW**
**Merimbula** 18 March FULL
**Tamworth** 27 May

**South Australia**
**Adelaide** 18 April

**Queensland**
**Toowoomba** 16 May
**Gold Coast** 19 May
**Brisbane** 22 May
**Sunshine Coast** 24 May

**Western Australia**
**Perth** 9 June

**Tasmania**
**Launceston** 3 May
**Hobart** 6 May

Click here to register for the online component.
Once you have registered, please select the practical day of choice (as per confirmation email).

## HEALTH AND WELLBEING
## "THE POWER OF SHIFTING ONE'S PERSPECTIVE"

### Sherryn Lethlean

Achieving a state of optimal wellbeing and quality of life doesn't have to involve a complete life overhaul. For some this may be the case however, small changes can often result in the largest gains to your health over time, if applied consistently.

A change in the way we view the world, or a small shift in our perspective can make some real positive influences on our state of mind and therefore overall happiness. Many people actually overestimate the value of money for example in the role it plays in happiness. Lack of money may certainly add stress; however, abundance will not always bring with it the visions of completeness that many often assume and may actually lead a person to place such an emphasis on achieving financial freedom that they neglect their health and relationships in the process.

Focusing less on attaining financial wealth, and more on attaining health, balance and perspective will do more for your wellbeing. Focusing more on activities that you enjoy, that make you feel good and improve your health and wellbeing will actually help in all areas of life, particularly with regard to motivation levels.

Our RESETTE Program delves into this concept, and how your choices around activities, food and lifestyle will impact neuro chemicals, which effect motivation and energy levels in all facets of your life. Put your health and wellbeing first, and the rest of your life will follow suit.

For further information:
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