

APRIL 2023 ISSUE 36

HEALTH EDUCATION COLLABORATIVE

Silo Art South Australia



A MESSAGE FROM OUR CEO

Bruce Greaves CEO/Director



This month we would like to introduce Melissa Curtis. Melissa is a Nurse Practitioner who will be taking on the role of our South Australian Manger. Melissa has a wealth of clinical experience with over 30 years of nursing and as a NP. I had the pleasure of working with Melissa during two days of facilitating courses in Adelaide earlier this month. Melissa will be a great asset to our organisation both as a facilitator and part of our clinical education advisory and course development team.

Self-care is something we tend to put to the side with our busy work/family life. Recently there has been much discussion about self-care especially amongst health care professionals. If we don't take the time to care for ourselves eventually it will take its toll on our own health affecting us physically and mentally. Sleep is one essential component in maintaining a healthy life balance and work performance. This month in Health and Wellbeing, Sherryn Leathlean discusses the importance of sleep.

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Health and wellbeing



Bruce Greaves 0444 547036

EDUCATION UPDATE

Marg Villella Director Health Education Collaborative



Clinical Debriefing

Clinical debriefing refers to learning conversations that occur soon after clinical events and involve the frontline workers that took part in patient care. The relevance of clinical debriefing is emphasised by the World Health Organisation (WHO), defining debriefing as "the process of an individual or team formally reflecting on their performance after a particular task, shift or critical event". Clinical debriefing provides unique opportunities for team communication, an essential element in organisations with a culture of patient safety. Debriefing allows interprofessional teams to reflect on their experience, support each other, share perspectives, identify learning opportunities and agree on improvement needs. Debriefing is an important strategy for learning about and making improvements in individual, team, and system performance.

Most commonly, debriefing conversations for learning are held after a simulated experience or a group learning activity. However, other types of debriefing aim to address different needs, such as system improvement, psychological or post-traumatic support and review of clinical errors or near misses.

Debriefing can occur in real-time or shortly after the critical event (hot debriefing) or may occur later in the day or week at a predetermined time and place (cold debriefing).

To be effective, a debriefing must be conducted in a manner that supports learning. Establishing psychological safety for participants is essential, regardless of the type of debriefing conducted. The purpose is not to identify error and assign blame, but to understand why actions and decisions made sense to those involved in the moment. This increases the probability that positive performance can be reinforced, and new ideas can be generated for changing performance that was incorrect or otherwise below the desired standard.

If you are new to debriefing and would like a tool for structured clinical debriefing, check out [TALK](#).



\$585



Health Education
Collaborative

Suturing Course

Friday, 19 May 2023



9 Educational activity hours

6.5 Performance review hours

6 MOPS (Emergency medicine) hours

Palmer Golf Club

Ron Penhaligon Way

Robina QLD 4226

Time: 0845 to 1630

For a \$50 discount use
coupon code: fifty

About the course

This course provides the theoretical and practical essentials to close and manage noncomplex traumatic laceration, biopsies and surgical excisions.

The course is ideally suited to nurses, medical students and doctors that have little or no suturing experience or wish to advance their current basic skill of only using single interrupted suturing technique.

For more information

Bruce 0444 547036

www.healthec.com.au

[Register now](#)

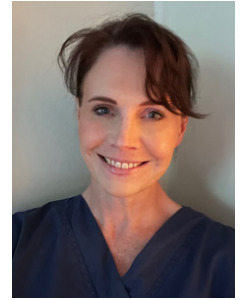


Click [here](#) to register

Click [here](#) to see all our course dates

Welcome Melissa Curtis NP

South Australian Training and Facilitation Manager



Melissa is an Emergency Nurse Practitioner. Melissa commenced the Nurse Practitioner Candidate role in 2003 and gained endorsement in 2007. Her nursing career has spanned over 30 years and has predominantly been in emergency medicine.

The majority of Melissa's career has been spent working at two major teaching hospitals, Flinders Medical Centre and the Royal Adelaide Hospital. During this time, she has developed advanced assessment and management skills, working closely with a variety of clinical specialists.

Melissa has a long-held interest and passion to educate other clinicians. She has been an active mentor and educator to nursing and medical colleagues, as well as paramedical and health support disciplines throughout her career.

Melissa strives to maintain excellence in her clinical practice and undertakes regular professional development to continuously develop her skills and knowledge in the field of emergency nursing and education delivery.

Adelaide Fracture Management and Suturing Courses





HEALTH AND WELLBEING

“SLEEP”

Sherryn Lethlean



Last month we talked about the importance of physical activity and the negative effects of a sedentary lifestyle, but one major contributor to a person's motivation and energy to engage in physical activity is the amount of sleep they get each night.

Seven to nine hours sleep is optimal to ensure our bodies function as they should, to fuel the brain and keep our nervous system firing, to assist in maintaining body weight and hormonal balance. Pretty much every single human bodily function is affected if sleep is deprived.

Our immune system is altered by lack of sleep. We get sick more and find it more difficult to fend off infections. Have you ever had a big weekend only to pull up sick not long after? Also, after a night of very little sleep we are often hungrier, sleepier and eat more calories and drink more caffeine in an attempt to combat that fatigue.

This is due to the release of certain hormones, and disruption to our metabolism caused by lack of sleep, and also lack of quality sleep.

It's important to ensure your sleeping space is valued, sacred almost. Turn off devices and bright lights which upset brain waves and read instead. Leave caffeine for mornings only and get some exercise in to help you sleep more deeply. A tired body will fall asleep easier and produce more quality slumber...

Concentration, performance, mood, behaviour, performance, sex drive and memory function, disease risk such as diabetes and cancers are all affected negatively by poor sleep and not enough of it.

So, what are you waiting for? Get a good quality pillow, get in your favourite pajamas and get healthy

For further information:

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