

# SEPTEMBER 2023 ISSUE 42

# HEALTH EDUCATION COLLABORATIVE



## A MESSAGE FROM OUR CEO

### Bruce Greaves CEO/Director



It was such a pleasure heading up north into the NT and working with the team at Katherine Hospital and then in Darwin at the Travelodge Hotel. Our relaxed brand of delivery made for a fun filled skills enhanced learning environment (see our photos on the Out and About page). I look forward to heading back with other members of our team to provide several more programs and courses next year.

Program one of the Urgent Care Skills Workshop (basic fracture management) in Adelaide hosted by Adelaide PHN is booked out! A second workshop is scheduled for Tuesday 24 Oct. Please check the Adelaide PHN website for details and book in fast as it will fill quickly.

We pride ourselves on our innovative programs and skills-based education. Last month we released the first of our FREE microlearning series - What is Burnout? This month is part one in a series of microlearning modules on critical thinking. The first part of the series is Critical Thinking Fundamentals. These modules take between five and ten minutes to complete. Please share with your colleagues.

Marg has completed the design and format for our newest program SIP - Skills into Practice. These one-day programs allow participants to learn four to five different skills delivered by experienced facilitators. The SIP program is suitable for nurses and doctors working in urgent care, emergency and general practice. Keep an eye on our event calendar for a course near you.

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# EDUCATION UPDATE

Marg Villella

Director



## Microlearning modules



## New Programs

**Critical thinking Fundamentals** is the first part of our critical thinking series. The series will be delivered in three parts and consists of 12 modules. Each module takes approximately ten minutes to complete.

Critical thinking is the ability to identify and analyse problems as well as seek and evaluate relevant information in order to reach an appropriate conclusion. Critical thinking, commonly referred to as rational/logical thought, has its birthplace in philosophy. Therefore, critical thinking is a cognitive skill that can be taught and learned and increases the quality of care given to patients and improves outcomes. It is assumed that critical thinkers make better decisions, are better problem solvers and are professionally more competent.

There are five microlearning modules bundled into Critical Thinking Fundamentals.

1. What Is the Critical Thinking
2. What Is the Critical Thinking Process—and Why Does It Matter?
3. The Value of Good Questions
4. Inductive versus Deductive Reasoning
5. How to Identify Cognitive Bias

Next month we will continue the critical thinking microlearning series with Critical thinking in the workplace. Click [here](#) to enroll in Critical Thinking Fundamentals course.

Don't forget about our new **Skills into Practice (SIP) Course**. Our first course will be held at Holmesglen Private Hospital on Saturday, 25 November 2023. This full day skills program will include:

- Deteriorating patient scenarios
- Immunisation emergencies
- Infant assessment
- Splinting
- Practical application of tissue adhesive



# Health & Wellbeing

## Sherryn Lethlean



Having done quite a few night duties lately, I thought I would touch on the health implications of nights, and how you can counteract the negatives.

Night duty is associated with an increase in risk of diabetes, heart disease and heart attack, breast cancer, anxiety, depression, irritability, obesity, digestive and metabolic disorders. It interferes with glucose metabolism and melatonin release and can play havoc with many hormones and functions. It disrupts the circadian rhythm which guides blood pressure, heart rate, temperature, brain activity and digestion. Any wonder we feel cold doing night duties!

Night shift workers have on average two to four hours less sleep than daytime workers, and tend to consume higher fat, sugar and processed foods. This is perhaps the biggest causative factor for many of the above. Sleep is extremely important to health, immunity and reduction of disease. Eating well and exercising is also important in improving health and reducing disease risk. People often tend to get less physical activity, less sunshine and eat poorly during night shifts.

So, here's the good news: You can help to improve your health and negate the negatives. I will share with you my personal tips to thrive on nights and have included a few positives.

- Ensure you drink lots of water (I drink more on nights so that my body functions better).
- When you wake up, make sure you exercise! You will feel groggy, and lethargic but push past it as your health will thank you for it! I wake up, have a tea, and go for a walk or run depending how I feel once I'm out!
- Try to eat less and do fasting where you can! Our bodies need to fast as it reduces inflammation! I find it too hard to go all night without eating but I keep food very light, minimal and try to drink tea mostly, saving coffee for the start of the shift only.
- Have a nap on your breaks of 10 to 40 minutes maximum. Any longer and you will feel groggy.
- Eat well balanced food! No processed anything! No sugar as it will not help you overnight! It causes blood sugar spikes, and actually makes you feel tired and hungry afterwards. Don't eat anything heavy.
- Think about how much caffeine you consume in 24 hours. I previously had heart troubles on night duty, and I realised it was the caffeine setting this off. I consumed my usual daily amount, plus had coffee at each break to stay awake and to keep me awake on the drive home. Stick to two cups of strong coffee maximum in a 24-hour period.
- Avoid alcohol as it affects REM sleep which is where repair and restoration occurs.

For the positives:

- You get paid more!
- Nights are generally less stressful, and traffic is non-existent.

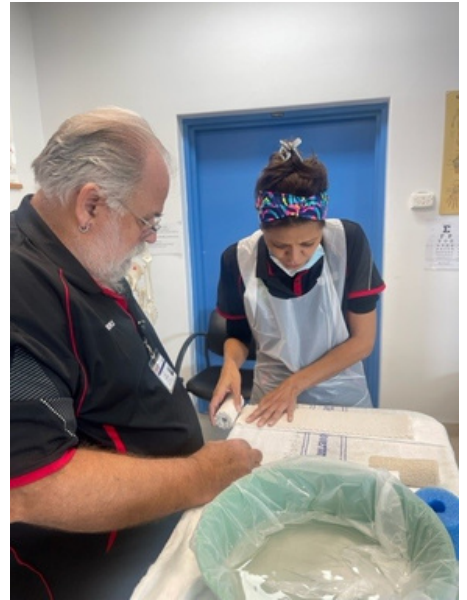
Attitude is everything. I used to dread nights! Now I realise I have much more time in my life to enjoy the days, sunshine, get housework done, spend time with family etc on nights. Whilst I won't do them all the time, try to see the positives and feel good about going to work. I have done Monday to Friday 8 to 4.30, and I get much more done now doing varied shifts and have a lot more time to perform healthy habits such as preparing healthy and exercising and THAT is better for your health!! Happy shift working 😊



# Out & About



## Katherine



## Darwin





# UPCOMING COURSES

## Victoria

### Ballarat

6 October 2023 Fracture Management Course

### Moorabbin

14 October 2023 Suturing Course

### Bendigo

5 October 2023 Fracture Management Course

18 October 2023 Suturing Course

## Queensland

### Brisbane

29 September 2023 Suturing Course

### Dalby

28 October 2023 Fracture Management Course

## New South Wales

### Ballina

28 October 2023 Suturing Course

## South Australia

### Adelaide

8 November 2023 Suturing Course

**Skills into Practice (SIP) Course will be held at Holmesglen Private Hospital on Saturday, 25 November 2023.**

This skills day will cover:

- Deteriorating patient scenarios
- Immunisation emergencies
- Infant assessment
- Splinting
- Practical application of tissue adhesive

**Registrations open on Tuesday, 3 October. Limited places available.**

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



## Holmesglen Private GP Education Dinner

### **The role of the GP in managing pain: Opioid Prescribing in the current environment**

Managing severe pain is a complex and evolving topic for healthcare professionals. Opioid prescribing has undergone significant change with regards to recommendations and clinical attitudes. Our evening will cover medical education, recent clinical data, followed by case studies/Q&A.

**Tuesday 10 October 2023 | 6.00pm to 8.30pm**

**Holmesglen Private Hospital**

**Auditorium Building 2 | 490 South Road, Moorabbin 3189**

**Refreshments from 6.00pm**

**Specialist speakers from Bayside Pain Management**

**Dr Sophie McGilvray, Dr Yuen Leow, & Dr Chris Chan**

**This presentation includes**

- Recent changes to opioid prescribing in Australia and the role of opioids
- The importance of a complete sociopsychobiomedical assessment of pain and a multimodal management approach, combined with self-management strategies
- Where an opioid trial is considered for pain management, review of practical strategies to minimise harm.

The differences between atypical opioids and conventional opioids will be discussed and there will be an opportunity for Q&A.

**RSVP - Monday 9 October 2023**

Register by email directly with your name and details to: [rsvp.Holmesglen@healthscope.com.au](mailto:rsvp.Holmesglen@healthscope.com.au)  
or text to **0439 479 579**

**Note: This evening can be self recorded for 2 education hours. Certificate of attendance available.**

<https://www.trybooking.com/CLSMV>



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