

Trackars Newsletter

Volume 6 Issue 5

October ~November 2011

Editorial

Winter is fast approaching and there is plenty of shifts to be covered if you require some extra income for the festive season or to beat the economic stresses of our time. We are here to help. Telephone your manager, Lauren (028 9033 2190) or Terry (028 4483 0486) for more details.

Already, even throughout the summer, we all know of service users that have experienced a fall. Injurious falls, such as those resulting in hip fractures, are the leading cause of accident-related mortality in older people. Hence our education slot lets us focus and reflect on causes and prevention.

Uptake of the flu vaccine was very poor last year. Hence there are grave expectations of severe cases this year. The Department of Health advises all Nursing and Care staff to protect themselves, families and patients by ensuring you have received the vaccine.

All registered staff can join us in banter on Trackars FACEBOOK site. Only open to Trackars members. Find out about the latest hot jobs and inform us of great places for a tasty bite or your movie reviews.

Best wishes to you all.

Trish

Patricia Casement RN, Adv Dip in MP
Managing Director, Trackars

Training Times and Venues

Please contact **Niamh on 028 9033 2190** to book a place on your chosen course. If you book a place, make sure you turn up!

<u>October</u>			
Induction	Friday 21 st October	9.00am- 3.30pm	62 Donegall Pass, Belfast
RCN Seminar on Alert to Asthma	Friday 21 st October	10.00am- 12.30pm	RCN, 17 Windsor Ave, Belfast
POCVA	Monday 24 th October	1.00pm- 3.00pm	23 The Craig Road, Downpatrick
<u>November</u>			
Clinical Obs Part 1	Tuesday 1st November	5.00pm- 7.00pm	62 Donegall Pass, Belfast
Clinical Obs Part 2	Monday 7th November	5.00pm- 7.00pm	62 Donegall Pass, Belfast
First Aid & CPR	Tuesday 8th November	5.00pm- 7.00pm	62 Donegall Pass, Belfast
POVA	Wednesday 9 th November	6.00pm- 8.00pm	62 Donegall Pass, Belfast
Induction	Friday 11th November	9.30am- 4.00pm	23 The Craig Road, Downpatrick
Basic Food Hygiene	Thursday 24th November	1.00pm- 3.00pm	23 The Craig Road, Downpatrick
Moving & Handling	Friday 25th November	9.15am- 12.30pm	44 York Road, Belfast
<u>December</u>			
Infection Control	Thursday 1st December	1.00pm- 3.00pm	23 The Craig Road, Downpatrick
Clinical Obs Part 1	Tuesday 6th December	5.00pm- 7.00pm	23 The Craig Road, Downpatrick
Clinical Obs Part 2	Tuesday 13th December	5.00pm- 7.00pm	23 The Craig Road, Downpatrick
Induction	Friday 16th December	9.30am- 4.00pm	62 Donegall Pass, Belfast
Medication Admin for Nurses	Tuesday 13th December	5.00pm- 7.00pm	62 Donegall Pass, Belfast

Potential for Falls **Awareness and Assessment**

Falls can have a devastating effect on older people. Physical injury and fear of further falls may restrict social and physical activities, leading to lack of confidence and social isolation. We need to, in our practice:

Identify common factors linked to patients falling at home ***DAME (Oliver 2007)***

Drugs and Alcohol (**D**) may cause sedation, confusion, hypotension and instability.

Age related physiological changes (**A**), deteriorating muscle strength, sluggish reflexes.

Medical causes (**M**) e.g. Parkinson's Disease, dehydration.

Environmental Causes (**E**) hazards, poor light, ill fitting shoes.



Recognise importance of falls risk assessment

All individuals aged over 65, should be screened for risk of falling following any contact with healthcare professionals. Each trust/site will have own assessment tool. Remember, a fall may be the first sign of an underlying condition.

Use a Multi-disciplinary Team approach to prevent falls or re-occurrence

We need to gain consent from client, in care plan. Medical investigation, nursing assessment and co-ordinating the plan involving the pharmacist, physiotherapist, occupational therapist, podiatrist and family.

Ways to Prevent Falls Indoors

- Keep rooms free of clutter, especially on floors
- Use plastic or carpet runners
- Be sure rugs have skid-proof backs or are tacked to the floor
- Be sure stairs are well lit and have rails on both sides
- Put grab bars on bathroom walls near tub, shower, and toilet
- Use a non-skid bath mat in the shower or tub
- Keep a flashlight next to your bed
- Buy a cordless phone so that you don't have to rush to the phone when it rings and so that you can call for help if you fall.
- Add more lights in rooms

Flu Vaccine

Each year a seasonal vaccine is developed to provide protection against the strains of flu most likely to effect the UK. Having the vaccine means health-care staff are less likely to develop or carry flu over the winter protecting them, their families, patients and colleagues. Each Trust will have sessions specifically for Healthcare staff. We advise all staff to get this vaccine.

Flu vaccination clinics for staff started on 10 October 2011 on dates/times/venues set out below and on the next page.

Phone number to make an appointment for your flu jab at the Ulster/Ards/Bangor is **07872422977**

Phone number to make an appointment for your flu jab at the Lagan Valley/Downpatrick is **07712853943**

Staff are reminded that the telephone line to book an appointment at the flu vaccination clinics will only be manned from **9.30am – 12.30pm Monday to Friday**.

Staff are requested NOT to call outside these days & times and NOT to leave messages as it will not be possible to return calls.

Staff must make an appointment to attend a vaccination clinic as we will only have the required number of vaccines for those who have booked appointments.

**Catch the Vaccine
Not the FLU !**

ARDS HOSPITAL – SCRABO CHILDREN'S CENTRE

Wednesday 12 October 2011 - 11.00am – 3.00 pm

Thursday 13 October 2011 - 10.00am – 12.30pm

Tuesday 18 October 2011 - 10.00am – 12.30pm & 2.00 pm – 4.00pm

Monday 24 October 2011 - 1.00 pm – 4.00pm

Monday 31 October 2011 - 10.00am – 1.00pm & 2.00pm – 4.00pm

Thursday 3 November 2011 - 11.30 am – 3.30pm

Tuesday 8 November 2011 - 2.00pm – 4.00pm

Wednesday 9 November 2011 - 9.30am – 12.30pm

Monday 14 November 2011 - 2.00pm – 4.00pm

Thursday 17 November 2011 - 2.00pm – 4.00pm

Wednesday 23 November 2011 - 10.30am – 12.00pm & 1.00pm – 2.30pm

Ulster Hospital – Occupational Health, Home 3

Tuesday 11 October 2011 - 10.00am – 12.00noon
Wednesday 19 October 2011 - 9.30am – 12.00noon
Thursday 20 October 2011 - 10.00am – 12.00noon
Wednesday 26 October 2011 - 2.00pm – 3.30pm
Thursday 27 October 2011 - 10.00am – 12.00noon

BANGOR HOSPITAL – PARENTCRAFT ROOM

Tuesday 25 October 2011 - 10.00am – 3.00 pm
Tuesday 22 November 2011 - 10.00am – 3.00pm

DOWNPATRICK – OCCUPATIONAL HEALTH, BERNAGH HOUSE

Monday 10 October 2011 - 2.10pm – 4.00pm
Friday 14 October 2011 - 9.30am – 11.30am
Monday 17 October 2011 - 2.10pm – 4.00pm
Monday 24 October 2011 - 3.00pm – 4.00pm
Friday 28 October 2011 - 9.30am – 11.30am
Monday 31 October 2011 - 9.30am – 11.30am 2.10pm – 4.00pm

**LAGAN VALLEY HOSPITAL – OCCUPATIONAL HEALTH DEPT,
LAGANSIDE HOUSE**

Tuesday 11 October 2011 - 9.30am – 12.30pm & 2.00pm – 4.00pm
Thursday 13 October 2011 - 9.30am – 12.30pm
Tuesday 18 October 2011 - 9.30am – 12.30pm & 2.00pm – 4.00pm
Thursday 20 October 2011 - 9.30am – 12.30pm
Tuesday 25 October 2011 - 9.30am – 12.30pm & 2.00pm – 4.00pm
Thursday 27 October 2011 - 9.30am – 12.30pm
Tuesday 1 November 2011 - 9.30am – 12.30pm & 2.00pm – 4.00pm
Thursday 3 November 2011 - 9.30am – 12.30pm
Tuesday 8 November 2011 - 9.30am – 12.30pm
Thursday 10 November 2011 - 9.30am – 12.30pm

FOR MORE INFORMATION ABOUT THE FLU VACCINE

Talk to your GP, Practice Nurse, District Nurse or Pharmacist. Or Visit:

www.dhsspsni.gov.uk
www.nidirect.gov.uk
www.publichealth.hscni.net



Trackars Ambassadors



CORRINE WATSON ~ Healthcare Ambassador (CARER). Corrine has been with Trackars as a Healthcare Assistant for a few years, working at weekends and during the school holidays. As a newly qualified Nurse, she exhibits mature qualities that outshine some of her more experienced colleagues. As a carer Corrine has a thirst for knowledge. She is reliable and would be prepared to travel the distance to work with former clients. Her fresh personality is appreciated by her comrades and Nurse Managers. She adapts quickly and is soon an asset to the care team wherever she works. Corrine is well liked everywhere and is regularly requested by name from our nursing home clients. Congratulations on this well deserved accolade Corrine. ~ **Simon**

ANGELA BOYD ~ Homecare Ambassador. Angela has shown total professionalism in her deliverance of care to clients young and old. Her commitment and diligence to caring for her clients holistically shines through her actions daily. Angela always has a positive, light hearted manner that her clients enjoy and look forward to each day. She is reliable, hardworking and full of initiative. She always comes with a smile and has been known to put the needs of her clients before her own personal needs. She has formed strong relationships with her clients, who all love to see her coming. Thank you for your hard work and dedication Angela. It hasn't gone unnoticed. ~ **Terry**

Congratulations to you all. Keep up the good work; it could be you next edition!!

September 2011

M	T	W	T	F	S	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

October 2011

M	T	W	T	F	S	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

November 2011

M	T	W	T	F	S	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

December 2011

M	T	W	T	F	S	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Bank Holiday Rates

Bank Holiday Rates apply for:
Sunday 25th December
Monday 26th December
Monday 2nd January

Aid Alert

Live alone? Want to feel secure
at night?

Look no further...

If you would like to know more
about our night service, contact

Homecare:
028 4483 0486

The simple Ins and Outs

Trackars has established a pension scheme with HSBC, providing you with an affordable and cost effective way to invest regular amounts of money.

Under current legislation and tax practice, you will benefit from tax relief at the basic rate on the contributions you pay into your Plan, subject to certain limits.

This means that for every £100 you pay into your Plan as a net contribution, your Plan will be credited with a gross contribution of £125 which includes tax relief of £25 which we will automatically claim on your behalf.

When you retire your quality of life may depend on how early you started planning for retirement!

Trackars Healthcare

62 Donegall Pass, Belfast, BT7 1BU
Tel: 028 9033 2190
Fax: 028 9033 2217
Oncall: 07875530374
Email: Healthcare@trackars.biz

Trackars Homecare

23 The Craig Road, Downpatrick,
BT30 9BG
Tel: 028 4483 0486
Fax: 028 4483 2533
Oncall: 07809697645
Email: Homecare@trackars.biz

Trackars Payroll

23 The Craig Road, Downpatrick,
BT30 9BG
Tel: 028 4483 0258
Fax: 028 4483 2533
Email: Panda@trackars.biz

Welcome Cesar

Since our last issue, we have had a new edition to the team. Cesar joins us from London, with a wealth of knowledge and has settled into his new role very quickly. He will be working alongside Conor and Simon to source work for you all. He is still getting to grips with your names, locations and positions so please ensure you provide him with the relevant information when speaking to him. We would like to welcome Cesar on board and hope that he enjoys working with us.

Continuous effort – not strength or intelligence – is the key to unlocking our potential.
~ William Churchill

Pamper yourself

How would you like to be pampered from the comfort of your own home? Receive a manicure, pedicure, waxing etc whilst you watch Corrie... Sound appealing? Then Annmarie Casement is the person for you. A full price list is available from Trackars. Contact Annmarie on: 07514039537. She can provide vouchers for that Christmas gift for frail, elderly or housebound.

Unwind with Emma

Emma Chadwick is qualified to deliver holistic therapies, reflexology, Indian head massages and reiki. Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. It is based on improving ones 'life force energy'.

Social Networking



If you would like to be kept informed and updated daily regarding all of our hot jobs please visit and 'Like' our Facebook page: www.facebook.com/trackars.biz

Conor also has a Facebook page which he updates regularly with new positions, notifications and links etc. Search for 'Conor Trackars' and add him as a friend!



You can also follow us on Twitter at: www.twitter.com/Trackars