



Caregiver



THE NEWSLETTER OF DRAKE MEDOX COMMUNITY HEALTH WORKERS

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January 2008

Happy New Year From all of us at Drake Medox

The New Year is an event that happens when a culture celebrates the end of one year and the beginning of the next year. Cultures that measure yearly calendars all have New Year celebrations.

<http://wilstar.com/holidays/newyear.htm>

The celebration of the New Year is the oldest of all holidays. It was first observed in ancient Babylon about 4000 years ago. In the years around 2000 BC, the Babylonian New Year began with the first New Moon (actually the first visible crescent) after the Vernal Equinox (first day of spring).

The beginning of spring is a logical time to start a new year. After all, it is the season of rebirth, of planting new crops, and of blossoming. January 1, on the other hand, has no astronomical nor agricultural significance. It is purely arbitrary.

The Babylonian New Year celebration lasted for eleven days. Each day had its own particular mode of celebration, but it is safe to say that modern New Year's Eve festivities pale in comparison.

The Romans continued to observe the New Year in late March, but their calendar was continually tampered with by various emperors

so that the calendar soon became out of synchronization with the sun.

In order to set the calendar right, the Roman senate, in 153 BC, declared January 1 to be the beginning of the New Year. But tampering continued until Julius Caesar, in 46 BC, established what has come to be known as the Julian Calendar. It again established January 1 as the New Year. But in order to synchronize the calendar with the sun, Caesar had to let the previous year drag on for 445 days.

Here are some of the New Year dates for different cultures:

January:

1st January: The first official day of the year in the Gregorian calendar used by most countries.

February:

The Chinese New Year, also known as the Lunar New Year, occurs every year on the new moon of the first lunar month, about four to eight weeks before spring (Lichun). The exact date can fall anytime between 21 January and 21 February (inclusive) of the Gregorian Calendar. Because the lunisolar Chinese calendar is astronomically defined, unlike the Gregorian Calendar, the drift of the seasons will change the range. Each year is symbolized by one of 12 animals and one of five elements, with the combinations of animals and elements (or stems) cycling every 60 years. It is the most important Chinese holiday of the year.

March:

The Kannada New Year or Ugadi is celebrated by the people of Karnataka, India as the beginning of a new year according to the Hindu Calendar. The first month of the New Year is Chaitra.

April:

The Punjabi New Year Vaisakhi is celebrated on 13 April and celebrates the harvest.

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CHW Professionalism

In the first of this Professionalism Series, we defined Professionalism for Community Health Workers as:

...the ability to demonstrate the qualities and competencies of one's profession with commitment and skill.

The qualities necessary for professionalism are many and varied. The basic element of professionalism is commitment - to your chosen career, to demonstrating the competencies and skills that are part of that career, and to maintaining the high standards of care expected of you as a Community Health Worker.

There are several disciplines within community health care, such as nursing, rehabilitation, and social work. Each set of health disciplines works together to form a client's care team. For example, Community Health Nurses, Occupational Therapists, Physiotherapists, RN Field Supervisors, and administrative staff within both our Drake Offices and the Health Units all work together to ensure the client receives the very best care available, to enable him/her to remain at home as long as possible. Every health discipline has their own set of professional standards, and an expectation that each person will carry out their role on the client's care team with the high standard of care expected within that health discipline.

You, as a Community Health Worker, play a very important and unique role on the client's care team. Other healthcare professionals, the families, and the clients all depend on you to do your part to the best of your ability. Therefore, one quality you must possess, to be seen as professional, is to be **dependable**, to live up to those expectations. Your ability to do so provides security and confidence in the client, and earns the respect of the other members of the care team.

You are a front-line worker, which means your actions and behavior have a significant effect on the client, more so than you may realize. Other clinical staff address what we refer to as "the bigger picture care plan" for the client, e.g., how many hours of service are authorized, how many Task II's are necessary, etc.

Your role is more personal, closer to the client, and requires great attention to detail, to things that are important to the client, e.g., being on time, friendly greetings, being **responsive** to his/her immediate needs. All of these "little things" factor into the client's satisfaction and well-being, and the care team depends on the CHW's to maintain client satisfaction. Therefore, you must be **reliable and respectful**.

You must also be **committed** to your role as a caregiver, to making clients comfortable, feeling safe, valued and respected. You need to feel **responsible** for the service you are providing to the clients, to **take ownership** of the care plan, and to remain focused on the client during the service, as he/she is your priority for that period of time. You need to be **discreet** and maintain confidentiality between and among clients and other CHW's.

Remember, you do a VERY important job out there in our community. Don't sell yourself short, or your peers, by being anything less than a proud CHW who practices professionalism throughout the service you provide. If you think about it, would you settle for anything less if you were the client?

Work Safe BC

There is now a faster and easier way to report an injury.

If you missed work as a result of an injury, remember to:

1. Report your injury to Drake Medox
2. Report your injury to WorkSafeBC by calling Teleclaim Mon – Fri 8:00am to 4:00pm
3. Remember to keep Drake Medox and WorkSafeBC informed of your progress.

You no longer need to fill in an application for compensation (Form 6). As of December 3, 2007 workers who are injured on the job in B.C. should call the Teleclaim Centre to report time-loss injuries. Callers will speak with a knowledgeable WorkSafeBC representative who will complete an injury report on their behalf, explain the claim process, and direct them to services to assist with their recovery and return to work.

Teleclaim Centre: 1 888 WORKERS
(1 888 967 5377)

Nurses Corner

Courses

Caring and Learning Courses offered for those that have already taken the Basic Caring and Learning as follows:

Date	Time	Course
February 5 th	1-4pm	Intimacy, Sexuality and Sexual Behaviors in Dementia
March 25 th	1-4pm	Pain Assessment and Palliative Care
April 21 st	1-4pm	Responding to Verbal and Physical Aggression

Please register at least one week in advance to secure your seat.

Palliative Care Team

Are you interested in being part of the Palliative Care Team at Drake Medox and have already taken the Palliative Certificate Course. Come to the session on February 19th at 5-7pm. We will review case studies, discuss end of life symptoms and share personal home care experiences.

Please call Bal to register for the session.



Office News

Sian is back in the office from getting married back in England.

Nancy has broken her leg and won't be coming back until further notice. Shannon and Sian are sharing her work so take it easy on us all with one less person in the office.

If you have any news that you want to share please drop a note to Sian labeled "Caregiver"

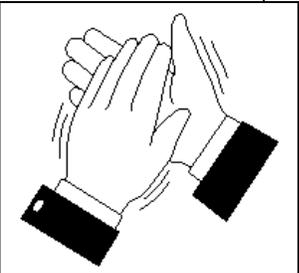
Message from Stella....

It is a New Year, just a reminder if you have something to change about your income tax deduction in 2008, you can get TD1 form from the Front Office or you can download them from the internet. www.cra-arc.gc.ca
Best wishes to all of you for 2008.

Good Luck Maureen.....

Thank you Maureen, for all your hard work over the past years. We wish her luck for the future.

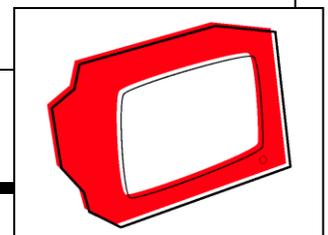
As of the New Year, Maureen leaves Drake Medox.



The Winner of the Television is..

People that worked any of the three Stat days over the Christmas Period got entered into a draw to win a Television.

The Winner of the Television is: **Violeta Cabatic.**



Standard Precautions

We have had a complaint from a client that the disposal of gloves after use are not been done probably.

The proper way of disposing gloves, diapers, pads etc is once you have finished using them to dispose of them in to a plastic bag, seal the bag and place into the garbage.

Below is the proper way of taking gloves off after using them. Also see Diagram in the right column.

1. With both hands gloved
 - Grasp the outside of one glove at the top of the wrist.
 - Peel off this glove from wrist to fingertips while turning it inside out, as you pull the glove off your hand and away from you.
 - Hold the glove you just removed in your gloved hand.
2. With the ungloved hand:
 - Peel off the second glove by inserting your fingers on the inside of the glove at the top of your wrist.
 - Turn the glove inside out while pulling it away from you, leaving the first glove inside the second.
3. Dispose of the entire bundle promptly in a waterproof garbage bag.
4. Wash your hands thoroughly with soap and water as soon as possible after removing gloves and before touching non-contaminated objects and surfaces.



Diagram for Proper way of taking gloves off:



1. Grasp the outside of one glove.



2. Hold the glove with your hand.



3. Insert your fingers on the inside of the glove.



4. Turn the glove inside out over the first glove.

Happy Birthday to:

Antonia B, Melchora C, Emma D, Rosa F, Usha G, Magline K, Editha M, Leonila M, Zenaida M, Elvira O, Linda O, Tessie R

A special Happy Birthday to Randall Robertson who was 100 at the end of last year.

Thank you.....

Thank you Melanie Catabay, for your outstanding efforts with our complex palliative client. Your work has been recognized by Drake Medox and the South Health Unit. Congratulations and keep up the good work.