

# Caregiver

THE NEWSLETTER OF DRAKE MEDOX COMMUNITY HEALTH WORKERS

Volume 5, Issue 10

November 2008

## FLU CLINIC INFO



There will be Flu clinics held at the Drake Medox offices during the weeks of November 17<sup>th</sup> and 24<sup>th</sup>.

Specific dates and times will be included in the next newsletter. Sign-up sheets will be posted in the office in the near future.

All staff are expected to receive a flu vaccine provided free of charge by Vancouver Coastal Health.

## Remembrance Day



### In Flanders Fields

By: Lieutenant Colonel John McCrae, MD (1872-1918)  
Canadian Army

IN FLANDERS FIELDS the poppies blow  
Between the crosses row on row,  
That mark our place; and in the sky  
The larks, still bravely singing, fly  
Scarce heard amid the guns below.

We are the Dead. Short days ago  
We lived, felt dawn, saw sunset glow,  
Loved and were loved, and now we lie  
In Flanders fields.

Take up our quarrel with the foe:  
To you from failing hands we throw  
The torch; be yours to hold it high.  
If ye break faith with us who die  
We shall not sleep, though poppies grow  
In Flanders fields.

### November 11, 2008

Remembrance Day is a statutory holiday, and this year it falls on a Tuesday. Please remember only clients that get 7 day service are authorized to have service on Tuesday.

Always check with your scheduler if you are unsure about which client's are eligible for service on November 11<sup>th</sup>. Casual CHW's willing to work on the stat can notify the office ASAP. Regular CHW's wanting Tuesday off need to also inform their scheduler ASAP.

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## DRAKE MEDOX COLLEGE REFERRAL FEES

### Looking for innovative ways to earn cash for the Holidays?

Join our CHW's who have recently been paid a referral fee when 11 applicants were successfully registered with the College. Offering up potential candidates names for registration to Drake Medox College is a wonderful way to help address the increasing staffing needs of our aging population. All you need to do is give Vikki a call at the office any time between 8:30am and 4:30pm. The more referrals you make the more money you can earn!

## BIRTHDAY WISHES FOR OUR FIELDSTAFF

### OCTOBER

Merlina Atcha  
Ofelia Calzada  
Randy Finlayson  
Tracy Flannigan  
Evangeline Ghalamkari  
Alan Gislason  
Doreen Kellum  
Abrehet Kinfu  
Julia Li  
Hong Mao  
Nibes Oya an  
Malkit Samrai

### NOVEMBER

Asia Abella  
Carnacion Alama  
Naome Alfredo  
Avelina Bernados  
Andres Bernados  
Zenaida Cabiling  
Maria Cantillano  
Dip Hoang  
Debra Lee  
Nenita Legaspi  
Vanessa Magbanua  
Francisco  
Maldonado  
Jennifer Nora  
Zenaida Palarca  
Emilynn Pineda  
Delia Raet-gradek  
Alberta Reyes

## MEDICATIONS continued...

The following are the proper protocols to follow when the care/service plan indicates you are to assist a client with these tasks. Remember that you must be ACT trained before providing this care to clients who are able to direct their own care and for clients who are unable to direct their own care you must be indirectly or directly trained by one of our Nurse Supervisors.

### Administration of Pre-measured Liquid/Crushed Meds:

1. Explain procedure to client
2. Wash hands
3. Obtain prepared liquid/crushed meds (you cannot pour the medication yourself)
4. Check client 5 rights
5. If instructed by FS crush meds and add to designated food or liquid. Administer pre-measured/crushed meds to client.
6. Watch while client takes medication
7. Document after medication taken (Notify office immediately if meds are out of order, missing from dosette, or client having difficulty adhering to a schedule)

### Buccal Administration of Medications:

1. Wash hands/don gloves
2. Locate pre-drawn syringe of medication
3. Check client 5 rights
4. Make sure client is in upright position
5. Slide buccal syringe inside mouth along inside of cheek
6. Dispense amount slowly, dispose of syringe
7. Ensure all medication is given and client is comfortable
8. Remove gloves/wash hands
9. Document after medication taken (Notify office immediately if meds are out of order, missing from dosette, or client having difficulty)

### ACT TRAINING

If you have not already done so, please make sure you sign up for the next available ACT Training Program. This training runs for 3 consecutive weeks on either Tuesday evening or Thursday afternoons. All staff must attend this training so be sure to register today. If you aren't planning to visit the office soon call Nancy and she will add your name to the applicable registration sheet.

**CARING AND LEARNING**  
**TOGETHER ADVANCED EDUCATION**  
**BATHING STRATEGIES AND**  
**TECHNIQUES**

It's not too late to sign up for the November 12<sup>th</sup> session, 1-4pm, being held at George Pearson Centre, classrooms 1 & 2, 700 West 57<sup>th</sup> Avenue, Vancouver.

Interested CHW's must have already taken the Basic Caring and Learning before registering. The signup sheet is located on the bulletin board in reception area.

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**REMINDER**



Flora will be away all of November. All calls should be directed to Nancy during Flora's time away.

**ABC's of Self Defense**

continued...

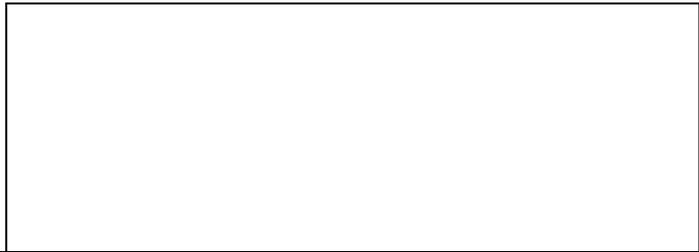
- A*** Always Make Eye Contact
- B*** Be Calm
- C*** Communicate with Confidence
- D*** Don't Put Yourself in a Worse Situation
- E*** Environment Can Create Opportunity
- F*** "Fire" is Better than Help
- G*** Get Away, Don't Try to Win, Just Get Away

**STREET SAFETY**

- *Be aware of your surroundings at all times*
- *Keep your hands free while walking, avoid carrying lots of objects*
- *Avoid walking in dark or quiet streets*
- *Walk with a purpose at all times*
- *Walk in well lit and heavy traffic areas*
- *Carry a pen or keys in your hands that can be used as a weapon*

**TRANSPORTATION SAFETY**

- *Check the back seat of the car before entering any vehicle*
- *Lock doors and keep windows up while parked*
- *Always park in well lit areas*



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***Ideas, comments, thoughts drop a note marked Caregiver 4***