

# ARH Quarterly News

Alwyn Rehabilitation Hospital

April 2019

www.alwyn.com.au

**CEO/Director Clinical Services:** John Franta  
**Clinical Care Manager:** Lynette Foskett RN

## Welcome back to 2019

The first day back to work saw a full turn-out of staff for our Mandatory Education day. This means that most mandatory requirements are able to be covered in one day and we do not have to interrupt treatment times throughout the year taking staff away to complete their annual educational pre-requisites – these include Fire awareness and evacuation procedures/drills, Manual Handling training, Infection Control procedures and Hand Hygiene compliance. The following day all of the registered nurses and doctors completed the advanced life support course including CPR, use of defibrillator and recognizing and responding to deteriorating conditions.

## APRIL FALLS DAY

On 2 April, the hospital provided the annual *Falls Prevention* education day with a focus on *Frailty and Falls*. 39 former patients + a number of family & friends as well as staff attended. Great presentations by our OTs Theresa and Naomi who provided information on *Recognising the signs of frailty* and the importance of mobilising frail older people in hospital to prevent further deconditioning and otherwise at home as much as possible to maintain good balance and mobility.

Attendees participated in an interactive session, were provided with an information pack to take home from the current session and gave some good feedback. A morning tea was enjoyed by everyone. **Lots of fun!!**

Patients here at Alwyn are provided with information on *Falls Prevention* while in hospital and are given brochures to take home.

## Jan - Mar 2019 CLINICAL INDICATOR RESULTS

HA – Hospital-acquired OBD= Occupied Bed Days

INDICATORS	Alwyn	<i>No trends identified or any instances of cross-infection. All fall incidents were investigated, and none were found to be non-preventable.</i>
HA Infection Rates <i>(all urine related)</i>	1	
HA Wound Infection	0	
HA Pressure Injury	0	
Patients Falls / Slips	(4) 0.2% OBD	
Harm from Patient Falls	1 pain in hip – no injury	
Medication Incidents	1 (Documentation error)	

## AUDIT RESULTS

**Medical Record** Documentation Audit– overall 98.5% compliance with documentation requirements in the files audited

**Staff Satisfaction Survey** - in progress - staff are now able to complete on-line – enables response to be de-identified

## Flu Vaccination

Vaccination is the administration of antigenic material to stimulate an individual's immune system to develop immunity to an infective organism.

Most simply vaccines help reduce the risk of certain illnesses by introducing dead or weakened versions of disease-causing germs (bacteria or viruses) to the immune system. Vaccines are clever because they "trick" our bodies into building immunity against infectious diseases without causing the illness.

Many individuals, for all sorts of reasons, have a poorly developed immune system, which renders them more likely to be affected by infections such as "*the flu*" .....

### Its time now to get ready for the current flu vaccination.

The vaccine works by causing our body to protect itself against infection by the influenza viruses, types A and B that are in the vaccine.

The vaccine stimulates our body to make substances called antibodies that fight the influenza virus.

If you have been vaccinated when you come into contact with the influenza viruses in the vaccine, our body is usually able to quickly destroy the virus – at least so that our symptoms are not nearly so bad. This prevents us from getting influenza but it doesn't stop common colds.

Our body takes a few weeks after vaccination to fully develop protection against the influenza virus.

Most people make satisfactory antibodies against the influenza virus. However, as with all vaccines, 100 percent protection can't be guaranteed.