



WINTER SAFETY

Welcome to another Edmonton Winter. As the excitement of Christmas nears, time to remind oneself of safety in the outdoors.

Winter brings a new sense of awe and delight. Thermal clothing, boots, headwear, mittens and a scarf are necessary when heading outdoors.

Low temperatures bring a danger of hypothermia and frostbite. Cover up!



It is important to identify, hypothermia and frostbite, as either of these symptoms as they can lead to a medical emergency.

Hypothermia may present as complaints of being cold, irritability, uncontrollable shivering, impaired speech or vision, clumsy movements. Small children and the elderly do not have a shiver reflex, you should monitor these persons with great care. If you notice any of these symptoms get that person into a warm dry area as soon as possible. Keep them warm with extra blankets.

Venta Care Centre also prepares for the oncoming snow and cold temperatures. Snow maintenance is a very large job around the facility, sanding and de-icing are routinely done.

During the winter season, we do ask that staff and visitors are careful with cleaning the snow off their boots before entering the facility. It can be so easy for anyone to slip on small puddles of melting snow in the hallways. Staff are encouraged to change from their outdoor footwear to their inside shoes to help keep the floors dry and clean.

Hydration is just as important in the winter season as during the hot, dry summertime. Ensure that consumption of water continues throughout the day.

Be sure to be safe on the roads, giving yourself extra time to get to work, by bus or car.

VENTA CARE CENTRE IMPROVEMENTS

Wear and tear occurs over time. Flooring in the facility has been replaced in the 1000 Tub Room,. Flooring also has been replaced in the 2700 Wing which adds a more homelike environment. The 300/400 Kitchen is undergoing a complete overhaul and should be completed in the new year. When this is complete VCC will be able to replace the flooring in the Main Kitchen.

Our Call Bell system is being replaced as the old system is being retired. The new system including new phones, and pagers will decrease response times and improve overall resident safety.

The Housekeeping Department has been improved and with new techniques and products to make the department more sustainable while delivering a more superior service.

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VENTA CARE CENTRE OH&S

SAFETY CONCERNS ARE IDENTIFIED THROUGH REGULAR HAZARD IDENTIFICATION PROCESSES AND EACH STAFF MEMBER IS RESPONSIBLE TO INFORM MANAGEMENT WHEN THERE IS A BREAKDOWN OF ANY EQUIPMENT OR ENVIRONMENTAL HAZARDS. FAMILY RESIDENT COUNCIL MEETINGS ARE ANOTHER AVENUE FOR BRINGING GENERAL CONCERNS TO THE MANAGEMENT., WHICH ARE DEALT WITH ON A DAILY OR WEEKLY BASIS.

SAFETY FIRST

QUALITY ASSURANCE , IMPROVEMENT AND RISK MANAGEMENT

Quality of care and safety continue to be a major initiative at Venta Care Centre. Each department develops goals in mind based on internal /external audits to continue to improve health and safety. From inspections of beds, wheelchairs ,bed alarms (Preventative Maintenance) to ensuring water temperatures for bathing, facility temperatures, to, proper sanitizing of common areas, and environment. Quality Assurance and Improvement occurs on a daily basis around the facility.

Management continues to observe, audit, gather information as how to improve and reduce risk in the delivery of the many services provided to our residents.

Education is a very important aspect of ensuring all employees are trained properly and given the opportunity to be participants

and team members in the facility.

Online education continues to be more inclusive of new standards and VCC continues with hands on education as well. Hands On implies that one can demonstrate proper techniques and have staff watch, learn, practice and feel confident of new techniques.

Each year, all employees are required to complete the Online Modules, to ensure, compliance with the Standards required by Venta Care Centre and Alberta Health Services. Some of the topics are :Work Place Violence, Safe Lifts and Transfers, Infection Control, Falls Prevention, Choking, Aggressive Resident, Hand Hygiene and many more. Each employee is tracked in the completion of their modules for Performance Appraisals.

Venta Care Centre follows the Standards of Care from Alberta Continuing Care Safety Association, Alberta Health and Wellness, Alberta Health Services, Accommodations Standards , Workmans Compensation Board and Accreditation Canada.

To ensure quality, Venta Care Centre receives regular inspections from Alberta Health Services (Quality Care Audit) ,Accommodations Standards, PIR/COR ,Hall's Remedy Pharmacy, Accreditation Canada.

Venta Care Centre is an Accredited Facility by Accreditation Canada. Accreditation Canada will return in February of 2018 for four days reviewing requirements to meet Accreditation Standards. All staff are educated , informed and are participants in the Accreditation Process.

INFLUENZA AND GI OUTBREAK (WHAT YOU NEED TO KNOW)

Venta Care Centre encourages every staff member and Resident to receive immunization against Influenza. The past winter saw an increase in serious outcomes for many people who did not receive the flu vaccine.

Visitors and family are also encouraged to receive their Influenza Immunizations in order to protect themselves and the Residents of VCC from getting ill.

Please remember to be vigilant about washing your hands frequently through the season. Being in public areas where many people use escalators, gas pumps, grocery carts , etc. exposes one to the likelihood of picking up some “bad germs”.

For the safety of our Residents we ask family and visitors to refrain from visiting Venta Care Centre if you are symptomatic.

As this newsletter is being composed, VCC is proud to announce that over 90% of staff and residents have received their immunizations.

Influenza and GI outbreaks are monitored within the facility and we are required to report any outbreaks to Alberta Health Services. In the event of an “outbreak” VCC may be closed/limited to family and visitors to protect the Residents.

HAND HYGIENE AND INFECTION CONTROL

Four Moments of Hand Hygiene Posters are located on the walls throughout the facility. All staff are required to follow these practices to ensure no cross contamination occurs. Resident safety, Employee safety increases when everyone is diligent about Hand Hygiene. For family members and staff, you may access the website for more clarification about Hand Hygiene.

Infection Control throughout the facility is always in motion. From Hand Hygiene, to sanitization of equipment, ensuring that bath tubs are clean, and safe for usage with the next resident. Sanitizing hands from room to room, in between medication delivery and making sure that anyone who might be ill stays away until they are better. Ensuring the food service is monitored and follows safe practice.

The use of accepted cleaning solutions in the proper concentrations is documented and audited daily. Cleaning practices have changed so that there is no cross contamination between rooms, common areas and tub rooms.

Infection Control becomes everyone's responsibility and begins with Hand Hygiene for Residents and Staff.

EMERGENCY CODES AND CONTINGENCY PLANS

Venta Care Centre follows a set protocol for responding to various threats. These threats would be : if there was a fire in the facility, a missing person, a hazardous spill, cardiac arrest etc. All facilities in Alberta have requirements to respond for the safety of their residents, visitors and staff.

In the last few years we have heard in the news about some very serious catastrophes from floods, fires, tornados, to extreme heat. Any natural disaster has a potential threat to the safety of our residents and staff.

Venta Care Centre has regular training to respond to various codes. These are documented and reviewed by a variety of government agencies. Some of these are: the Edmonton Fire Department, Alberta

Health Services, Accommodation Standards, Alberta Health and Wellness , PIR/COR and Accreditation Canada. By reviewing the newer issues that happen across the world, we are able to prepare and activate when an emergency occurs.

A Contingency Plan addresses an event which would require the facility to provide services to our residents, where there may not be any help available from outside services. If we have a power outage and the facility loses power for heat, light and electrical services, VCC has backup generators that will continue to provide essential power. Backup Oxygen tanks are available when the larger power concentrators do not have power. The list is

Extensive. This plan also includes the provision of a month supply of food and water. Medications that would need to be refilled by the Pharmacy has a provision to ensure that residents do not run out of medications.

The Plan is large and as you can imagine, difficult to plan for something that one cannot predict. All endeavors have been put in place to deal with an emergency. The Emergency Codes and Contingency Plans are available by appointment to review in the Business Office.



INCIDENT MANAGEMENT AND REPORTING

Venta Care Centre continues to encourage and promote an incident management and reporting structure throughout the facility.

Encouraging staff to report hazards and near misses, was initiated through education and committee meetings.

Each staff member goes over a hazard assessment form which covers some of the ha

.the hazards of their daily routine. Each staff member is trained to use the equipment required for their job. Should there be a piece of equipment that breaks down, removing that piece of equipment and making sure that someone does not use it until it is repaired is necessary. There is a process in the facility to identify broken equipment and what happens next.

Any concern or injury needs to be reported. The LPN, or RN on each unit should be contacted and then follow up will happen.

If an employee injury occurs, the employee is responsible to ensure a WCB form is filled out.

CABIN FEVER OR SEASONAL AFFECTIVE DISORDER

Cabin Fever is an idiomatic term, for a claustrophobic reaction that takes place when a person or group is isolated in a small space, with nothing to do for an extended period. A person with 'cabin fever' may tend to sleep, be irritable and restless.

Winter depression is usually diagnosed as seasonal affective disorder (SAD). Signs and symptoms include: a change in appetite , weight gain, feeling sad, hopeless, a

drop in energy level, fatigue, a tendency to oversleep, difficulty concentrating, irritability and anxiety, increased sensitivity to social rejection, avoidance of social situations and a loss of interest in the activities you used to enjoy. If you are suffering with any of these issues a trip to your family physician would be in order.



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Further Information is available Online for Employees.

Families and Residents have their Admission Handbook with valuable information when they become Residents . Families can also access Online Information.

Venta Care Centre is dedicated in delivering safe, quality care through teamwork and communication. Families and Residents are encouraged to participate in this process.

All employees are reminded to check the Occupational Health and Safety Bulletin Board located by the 300/400 Nursing Station for further updates.

Remember SAFETY is everyone's responsibility!

PREVENTION OF FALLS

OH&S would like to take this opportunity to go over falls and fall injury.

1. Falls are more common than strokes and can be just as serious in their consequences.
2. Falls are the most preventable cause of needing nursing home placement.
3. Falls lead to problems with daily activities like dressing, bathing and of course walking.

PREVENTION:

Common treatable health problems and hazards include problems with walking or moving around, medications, foot problems or unsafe footwear, blood pressure dropping too much on getting up, problems seeing, and tripping hazards at home. And the more of these problems a person has, the greater the chance of falling.

Falls from height are often related to the use of ladders but are also related to common workplace factors such as stairs. People lose their balance, slip on poor slip resistant material on the nose of the stair or neglect to use handrails, perhaps because they are carrying something. For this reason Venta does not allow Residents on stairwells.

Proper footwear is a very important decision. For our Residents slippers that fit properly on the foot as opposed to slip on slippers which are a tripping hazard. If you find a Resident with improper footwear please let the Care Coordinator know, a better choice here is to put on a street shoe for the Resident until the family can bring in proper slippers.

For employees, a proper shoe with full heel and toe coverage is mandato-

ry. Please check the soles for wear and replace as necessary. The life of your shoe will increase if you change into your outside shoes when you come and leave work.

Snow and Ice create dangerous conditions especially for the elderly. For the rest of us, wear appropriate footwear that has a good tread and won't slip. Watch where you are walking as snow often hides an icy patch below. Do not hurry on slippery surfaces. One can slip on the inside surface, if you have not cleaned your shoes. During the winter season we are asking all staff members to please change into your working shoes from your boots.

As a courtesy to our hard working Housekeeping and Maintenance Departments, who silently continue to mop up after many fellow employees. We are asking everyone to have respect for the duties that have to be performed a multiple number of times during the day by these people to keep VCC's floors safe and clean. Thank you.

Mindfulness about safety in our environment makes a safer place for Residents to live in and Employees to work in!