

Critical Comment

New Zealand College of Critical Care Nurses



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Message from the Chair

Welcome to the autumn/winter edition of Critical Comment.

There is no point avoiding the topic, we are experiencing extremely unsettling and worrying times currently with COVID-19. Although the cases have stabilised at the moment, we are still preparing across the country for this to start affecting us or increasing its effect. As a group of very professional and experienced nurses we have faced a number of challenges in the past and grown from these. This does seem on a different scale and from talking to a large number of colleagues around the country we are all nervous, scared, concerned or apprehensive. Personally, I have felt all of those things as well as feeling we can do this because we can stick together. We have proven examples of this, and we value each other enough to try. We must check in and support each other because we are all going to need it ourselves. I know I have had to lean on people these last couples of months, doing things in the national media that I have not done before has been difficult and trying to get the right message across to the public is challenging. I hope I have succeeded on your behalf.

In this edition of Critical Comment, we have attached links to various welfare sites to help in the support of each other. Please share these and Critical Comment with anyone in your area that does not receive it.

In the beginning, lots of us have already made sacrifices by isolating from some or all of our immediate family to protect them. This is very hard and having also done this I really can share in this pain. We have to share these experiences and talk about them with people we trust and get their support. When you do you will find that they can but also that they need your support. It is very true we are in this together. Please be kind to each other.

Be safe, Steve Kirby

Chairperson NZCCCN

Letter from the Editor

It has been a challenging 2020 year thus far with most ICUs being busy with preparing, planning, executing and reviewing plans for the ongoing management of COVID-19 in their respective hospitals. Social distancing, isolation, donning and doffing PPE, frequent hand sanitising and proper hand washing have become our new normal to protect ourselves, our families and patients. We have been reasonably lucky as we have not yet experienced an overwhelming amount of COVID-19 cases. As we navigate through this uncertainty it is important to look after ourselves as health care professionals in order to provide the best care we can towards our patients. In this newsletter we have included some resources from EAP, a summarised version of how to look after ourselves adapted from Nelson hospital, The Ministry of Health website and the mental health foundation.

- <https://www.health.govt.nz/our-work/diseases-and-conditions/covid-19-novel-coronavirus/covid-19-resources-health-professionals/covid-19-advice-all-health-professionals>
- <https://www.health.govt.nz/our-work/diseases-and-conditions/covid-19-novel-coronavirus/covid-19-health-advice-general-public/covid-19-mental-health-and-wellbeing-resources>
- <https://www.mentalhealth.org.nz/get-help/getting-through-together/>
- <https://www.justathought.co.nz/covid19>

This COVID-19 pandemic could not have highlighted the international nurses' week theme clearly enough which is "Nurses: A voice to lead - Nursing the world of the health." We are faced with extraordinary challenges with the pandemic and have risen to the situation. This theme was also interwoven in the ANZICS Regional meeting held at Napier in March where the main theme was "A 2020 vision of our environment: the spectrum of intensive care." All NZCCCN committee members attended this conference as well as the NZCCCN Annual General Meeting. The conference focused on what part we as health-care workers can do to sustain the intensive care environment and respond to climate-related challenges impacting health, health equity and welfare. This is evident with an example from CVICU practicing and participating in sustainability. We have also included the article from the winner of the free paper presented during ANZICS conference in March.

In midst of the COVID-19 pandemic planned education workshops organised by NZCCCN are currently on hold temporarily until further notice. Look out for future education workshops, conferences adverts in the near future.

Thank you to all the contributors towards this edition. Kia Kaha everyone and be kind.

Rachel Yong

Critical Comment Editor NZCCCN

Sustainability in CVICU, Auckland Hospital

Remya Kurian (RN; Sustainability Resource Group holder CVICU - Auckland City Hospital)

Sustainability, climate change, climate action.... Some of the words that we hear most often these days and we wonder why it's the need of the hour. We all are aware of global warming and the factors contributing to it like the increase of greenhouse gases, deforestation, livestock and land use but what we know less is the impact of healthcare on climate change. Healthcare industry contributes to about 10% of carbon emissions and it is often underestimated. Like the Chinese proverb "A journey of a thousand miles begins with a single step", it is time we start our baby steps towards a carbon-neutral country.

With the intention of reducing our environmental impact the way we can, a Sustainability Resource Group was created in CVICU on 20th August 2019 involving the like-minded people. Our plan was to participate and improve our involvement with the ADHB recycling initiatives as well as to focus on finding more ways to improve reusability, reducing, recycling mission in CVICU. Our group involves seven members and guidance from one of our charge nurses, Nik Adams who is enthusiastic and keen on sustainability efforts.

CVICU has been actively participating in recycling of soft PVC like intravenous bags, oxygen mask and tubings which have been recycled to playground surfacing by Playmatta. We also recycle plastic bottles of plastic 1 and 2 and recently we have added the Nutrison feed bottles to the plastic bottle recycling. We had to hold this recycling during the trying times of COVID-19 to eliminate the chances of cross-contamination and transmission. We hope to restart the recycling of the same once the COVID situation is resolved. We started with the soft cardboard recycling soon after the group was created and it has been running successfully in the unit with the active participation of all CVICU staff.

We also have been involved in the recycling of single-use instruments (no sharps!) like forceps, clamps, and scissors. Other recycling efforts involve the recycling of aluminium and steel cans, glass bottles (except medication and blood products). We encourage staff to discard newspaper, magazines, pamphlets, envelopes, printer papers in the paper recycling bin.

Along with that, we have been advising staff to write notes on both sides of the clinical notes, thinking twice before printing or choosing to print on both sides of the paper.

We also have a battery recycling bin

in our unit and we encourage staff to choose to recycle the rechargeable and alkaline batteries (AA, AAA, 9V, C, N), batteries from the laptop, hearing aid, household and electrical appliances.





We were also fortunate enough to participate in the ASALEO PAPER TOWEL project. The idea is to run a pilot to compost the Tork paper towels which involved the Asaleo care working with Auckland DHB and Supertrash, a local, Toitū carbon zero certified waste management business.

Non-clinical areas like staff kitchen, staff toilets were chosen to run this project and it has been running successfully until it was decided by ADHB to hold the project considering the COVID-19 situation and the health and safety concerns of the people involved in the collection. Again we hope that we might be able to restart the project post COVID-19.

There is always room for improvement, and we have been constantly looking for the same. It has been identified that we could work on educating staff on the benefits of using a Keep cup or reusable cups/mugs for personal or patient use. We encourage staff to use paper straws instead of plastic ones and we also have been educating people to minimise the resources wherever they can like reducing the use of green disposable changing sheets or plastic containers at the bedside. We also identified that we could emphasise on the wastage of resources and money as a result of overstocking bedside drawers and not being able to return to stock due to infection risks associated with it. We think we could improve on paper recycling as in recycling the paper backing of syringe wrappers, pamphlets or sterile glove paper wraps whenever we can.



Attending the ANZICS 2020 conference in Napier has been an awesome experience as it was an excellent platform to meet new people involved in creating a sustainable health care system and to share the ideas. ANZICS highlighted the environmental issues contributed by the health care and the possible ways to combat the situation with the aim of greenhouse emissions reductions 30% (below 2005) gross emission for the period of 2021-2030. The fact that climate change can affect the health of the population in many ways including Heart, Lung, Brain, Kidneys, Guts, Mental Health was a real eye-opener. We should be able to make changes at the grass-root level to make an environmental impact and thus helping us to achieve the goal of carbon-neutral by 2050. We are already seeing the impacts of climate change in the form of droughts, floods, wildfires and most recently the emergence of new viruses which has been threatening the existence of the human population. We all have to act now else tomorrow might prove to be too late. Let's not forget that small acts when multiplied by millions of people, transforms the world.

Animal Assisted Activities – experiences of critical care patients and staff

Catherine J Hocking & Aleisha Hill, Middlemore Hospital

Animal assisted activities (AAA) is an informal animal visitation that aims to provide comfort and support to others in a variety of settings, in this case the intensive care unit (ICU). AAA is always delivered by a trained volunteer and enhances quality of life through recreational, educational, or motivational sessions. Although AAA has researched physiologic and psychological benefits, information is limited in the critical care setting. The available research alludes to improvements in patient perception of pain, anxiety, and fatigue, as well as a positive impact on the morale of healthcare providers.



Our study aim was to determine:

- A) The benefit of AAA on the critical care patients' anxiety, pain, and fatigue levels, and
- B) Positive impact on ICU staff morale and their observed benefits of AAA on patients.

The AAA program consisted of three volunteer handlers with therapy dogs who visited alternate weeks. The therapy dogs were sourced from Canine Friends Pet Therapy and had undergone behavioural assessment/testing, immunisations and flea/worm treatment. Infection control services provided guidance with program development to minimise risk of infectious disease transmission through or to therapy animals. The outlined interventions included hand hygiene before/after visits, Virkon to clean hard surfaces, and a protective sheet on bed to enable a tactile experience.

The study collected data between February to October 2019 in a general critical care unit of a tertiary, metropolitan hospital. A before and after research design was utilized with a separate patient and staff questionnaire. The patient questionnaire developed from literature was provided before/after visits, which incorporated a pain, anxiety, and fatigue numerical scale. It asked patients how much they enjoyed AAA and if the visit was helpful. The staff questionnaire enquired about staff experience, observed patient benefit, and if they would want a visit as a patient



Data was analysed using descriptive analysis and included partially completed forms.

Patient feedback was predominantly positive: 35% had a reduction in anxiety, 29% reported a decrease in pain, and 47% had decreased fatigue levels. Fatigue was the largest impact and staff comments reflected this benefit, "Patient was tired and sleepy and withdrawn...but wide awake/alert and chatty afterwards".

Overall, 94% of patients reported pet therapy as a positive experience, 92% found it helpful, and 87% wanted a second visit. The patient comments further extrapolated on how much they enjoyed AAA and how it lifted their spirits, "It made me feel so happy to see an animal in the hospital".

Written staff feedback emphasised that staff benefited with "Definitely lifted staff morale" and "Cheered me up after such a grim day". 97% of healthcare providers indicated AAA was a positive experience and 92% wanted a visit if they were a patient.

97% of healthcare providers believed patients benefited from the AAA program. Commonly identified themes included AAA as an effective distraction therapy for patients, improving mood/morale and reducing anxiety. "The patient was so excited she was teary, it made the day much better. I love seeing patients interact and find families really benefit...".

There were limitations in our study, which included a small sample size and short study period. Although the results are promising in showing the effectiveness of AAA on pain, we cannot identify AAA as the exclusive reason for pain reduction, without considering the use and type of analgesia administered prior to AAA. However, our results are similar to those in existing literature with AAA improving pain, anxiety, and fatigue levels as well as AAA having a positive impact on ICU staff psychological health and morale. Further study is needed to demonstrate the importance of AAA therapy alongside conventional interventions in the ICU setting.



CORONAVIRUS COVID-19

Looking after yourself

SOME PRACTICAL TIPS AND WHERE TO GO FOR MORE SUPPORT

Your wellbeing is important and there are simple things you can do to help manage uncertainty and fear. Research tells us looking after ourselves and each other is the best place to start.

FIND THE RIGHT PEOPLE TO TALK TO

Share your thoughts and feelings with someone you trust, share facts.

'How is this conversation helping me to feel good and function as best as I can right now?'

WATCH YOUR MEDIA DIET

Take a break from following the news and social media.

'Look at your media intake over 24hrs and ask yourself is this helping or harming the way I feel?'

FOCUS ON RELATIONSHIPS

Connecting with others who make you feel safe, loved and connected is one of the most important things you can do.

GET THE FACTS

Seek information on COVID-19 only once or twice a day. The constant stream can cause anyone to feel worried.

Get the facts from reliable sources www.covid19.govt.nz

DO WHAT MAKES YOU FEEL GOOD

Care for your mind, body, soul and family nurture all aspects of your wha.

Te whare tapa wha and five ways to wellbeing: www.mentalhealth.org.nz/get-help/covid-19/top-tips-to-get-through/

STICK TO ROUTINES

Keep supportive daily routines.

It tells our brains it's safe to dial the stress response back down and prevent us from being more anxious.

TAKE CARE OF BASIC NEEDS

Rest and time out help, at work and away from work.

Keep well through appropriate rest, eating and actions to boost your immune system. Use wellbeing strategies that work for you or create new ones.

PACE YOURSELF

This is likely to be a marathon. Be aware of bandwidth, it may take longer to think things through and make sense of things and that's okay.

FOCUS ON WHAT MATTERS

Focusing your resources on what you can control and what matters.

Worrying about things you can't change can be upsetting and frustrating.

NEED MORE SUPPORT?

If over days and weeks your distress or stress symptoms are escalating, or you feel you are not coping, help and professional support is available.

You can talk to your manager, director, professional lead, professional supervisor, team leader, or HR lead.

For health advice call Healthline

0800 611 116

Need to Talk?

1737 National Telephone Counselling Service. Available 24/7 text or call

Employee Assistant Programme (EAP)

support for you or your team
0800 735 343

Some ways to Take Care of Yourself

Self-care is essential but in a stressful time it can be a challenge to put this into action. Having a list of possibilities can help.

- Give yourself permission to sit and relax, especially when you're tired. Visualise a safe, relaxing scene and imagine stepping into it and soaking up the peace.
- Explore nature. Sit in the sun. Watch the sunset. Listen to the birds.
- Have a warm drink.
- Create quality time for you by taking the phone off the hook.
- Eat something nourishing. Cook something special. Buy yourself a treat.
- Notice your achievements and give yourself credit for them.
- Lie on the grass.
- Write in your journal. Write down everything you love about yourself. Write about your special accomplishments in your journal. Write about what you are feeling. Say soothing, loving things to yourself.
- Go for a walk. Go to the library. Go to the beach or bush
- Have breakfast in bed.
- Have a massage. Have a spa, swim or sauna.
- Play with an animal.
- Give yourself a hand or foot massage.
- Get some exercise. Do some yoga.
- Go to the movies or a show. Do something creative just for pleasure. Draw or paint a picture.
- Write some poetry. Play some calming music. Phone a friend. Write a letter to a friend.
- Go window shopping.
- Walk in the rain.
- Tune into yourself and find out what you're feeling and what you need. Ask someone for a hug. Ask for the help and support you need. Take mental health day off if you really need it.
- Plan something fun - an outing, treat, celebration or holiday. Plan a get together with friends.
- Dance. Play your favourite music.
- Stop and smell the flowers. Spend time in the garden. Buy yourself some flowers or a plant/plants.
- Meditate or pray.
- Watch a funny video.
- Relax with a good book.
- Make a list of things that make you happy.
- Go to a park and swing on the swings.
- Go to bed early. Wake up early and watch the sunrise.
- Make a special meal just for you.
- Give yourself a facial.
- Read an inspirational book.
- Take a warm scented bath. Have a foot bath. Burn some essential oil in the oil burner.



So What Do I Do?

2 minutes

- Breathe
- Stretch
- Daydream
- Take your stress temperature
- Laugh
- Doodle
- Acknowledge one of your accomplishments
- Say no to a new responsibility
- Compliment yourself
- Look out the window
- Spend time with your pet
- Share a favourite joke

10 minutes

- Evaluate your day
- Write in a journal
- Call a friend
- Meditate
- Tidy your work area
- Assess your self-care
- Draw a picture
- Dance
- Listen to soothing sounds
- Surf the web
- Read a magazine

5 minutes

- Listen to music
- Have a cleansing cry
- Chat with a co-worker
- Sing out loud
- Jot down dreams
- Step outside for fresh air
- Enjoy a snack or make a cup of coffee/tea



30 minutes

- Get a massage
- Exercise
- Eat lunch with a co-worker
- Take a bubble bath
- Read non-work related literature
- Spend time in nature
- Go shopping
- Practice yoga
- Watch your favorite television show



Soothing Senses

Taste:

- Green tea
- Chocolate
- Mango
- Gum
- Crunchy snack
- Vegetable soup
- Milk
- Oatmeal
- Celery
- Bananas
- Nuts and seeds
- Eggs

Smell:

- Lavender
- Eucalyptus
- Peppermint
- Green apple
- Coconut

Sounds:

- Leaves
- Water stream
- Seaside
- Water
- Fireplace
- Summer night
- Rain
- Thunderstorm
- Wind
- Forest
- Coffee shop
- Train
- Fan
- White noise

Touch:

- Playdough/Putty
- Soft objects
- Stress-relief magnets
- Stress balls
- Tactile beads
- Wood, metal, etc.
- Rubber bands
- Rubbing stones
- Beanbags
- Kneading eraser

Sight:

- Use your favorite color.
- Wallet-sized picture of someone or something you enjoy.
- Landscapes
- Baby animals
- Funny photos
- Pictures
- Blowing bubbles
- Positive affirmations

NZ College of Critical Care Nurses [NZNO]

2020 national committee members

Position	Name	Term	Region
Chair	Steve Kirby	5 th	Northern
Vice Chair	Tania Mitchell	3 rd	Central
Secretary	Sarah Rogers	4 th	Midlands
Treasurer	Erin Williams	4 th	Midlands
Membership	Renee Holland	2 nd	Southern
Website/Newsletter	Rachel Yong	3 rd	Northern
Consultation Documents	Lara Millar	3 rd	Central
Committee	Randy Gopalla	2 nd	Mid- south
NZNO Liaison	Angela Clark	N/A	NZNO



NZCCCN

New Zealand College of Critical Care Nurses



Are you a member? Membership is FREE

- ✓ Join a large community of likeminded nurses
- ✓ Scholarships available for courses and education
- ✓ Discounted registration to ANZICS conferences
 - ✓ Critical Comment Newsletter
- ✓ Support education and safe staffing standards



For more information or to join, visit our website:

www.nzno.org.nz/groups/colleges_sections/colleges/new_zealand_college_of_critical_care_nurses

or



New Zealand College of Critical Care Nurses



http://www.nzno.org.nz/groups/colleges/new_zealand_college_of_critical_care_nurses/newsletter

Update your NZNO or NZCCCN Membership

If you move address, change your name, change your job/position, or no longer want to be a member section please update your details with NZNO. You can do this by emailing Sharyne Gordon: SharyneG@nzno.org.nz with NZNO number and a simple request to alter your details or remove you from the membership database of the college.