

Carmichael Connection

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Global Sponsorship – Cambodia 2019

Mike Taylor, Executive Director on his most recent trip to Cambodia!

Siem Reap Cambodia

Yuta Cambodian Foundation
(Formerly known as Sok Orphanage)

“It is easier to build strong children than to repair broken men”

Frederic Douglass



Staff Spotlights

April Birthdays

- | | |
|-------------|---------|
| Balakrishna | John |
| Oluwaseun | Anthony |
| Cameron | Glen K |
| Dana | Richard |
| Raylene | Scott |
| Judy | Jessica |
| Aiden | Joe |
| Mora | Mallory |
| Shawn | |

March Birthday Winner:

- | | |
|-----------|---------|
| Larissa T | Kehinde |
|-----------|---------|

New Staff ~ Returns

- | | |
|-------------|--------|
| Sheila | Samuel |
| Kelechi | Joseph |
| Charles | Brenda |
| Balakrishna | Glen |



Vaccines: Not Just for Kids

ADULT IMMUNIZATION: What vaccines do you need?

Vaccine	Who should receive it?
Tetanus (lockjaw)	everyone, every 10 years
Diphtheria	everyone, every 10 years
Pertussis (whooping cough)	everyone, once in adulthood
Influenza	annually for people at high risk of complications from influenza and anyone who wants protection from influenza
Pneumococcal	everyone 65 and older, immunocompetent people less than 65 in long-term care facilities, and people with specific medical conditions
Hepatitis B	people with medical, occupational or lifestyle risks and anyone who wants protection from hepatitis B
Hepatitis A	people with medical, occupational or lifestyle risks and anyone who wants protection from hepatitis A
Meningococcal	people with specific medical conditions and people living in communal residences, including students and military personnel
Measles	people who have not had the vaccine or the disease
Mumps	people who have not had the vaccine or the disease
Rubella (German measles)	people who have not had the vaccine or the disease
Varicella (chickenpox)	people who have not had the vaccine or the disease
HPV (human papillomavirus)	females and males 9-26 years (may be administered to females or males 27 years and older at ongoing risk of exposure)
Herpes zoster (shingles)	people 60 and older (may be administered to people 50 years and older)
Travel vaccines	varies by destination - consult a travel health clinic, your health care provider, local public health office or https://travel.gc.ca

Reference: *Canadian Immunization Guide*. Available at: <https://www.canada.ca/en/public-health/services/canadian-immunization-guide.html>

**Talk to your doctor, nurse, pharmacist or local public health unit
about being up to date on your immunizations.**

**CELEBRATING
IMMUNIZATION*
SUCCESS**

**Immunization is
not just for kids!**



“Childhood immunization does not provide lifelong immunity against some diseases”

Immunize Canada

Definition of Wellness

Excerpt from “Elder Jim Dumont, National Native Addictions Partnership Foundation

Definition of Wellness

Wellness from an Indigenous perspective is a whole and healthy person expressed through a sense of balance of spirit, emotion, mind and body. Central to wellness is belief in one’s connection to language, land, beings of creation, and ancestry, supported by a caring family and environment. The spirit causes us to live, gives us vitality, mobility, purpose and the desire to achieve the highest quality of living in the world. **Spiritual** wellbeing is the quality of being alive in a qualitative way. Spirit is central to the primary vision of life and worldview and thereby facilitates hope. Within an Indigenous worldview, being rooted in family, community and within creation as extended family is the foundation of belonging and relationships. At this heart level of one’s being, **emotional** and relational wellbeing is nurtured by one’s belonging within interdependent relationships with others and living in relation to creation, including beings in creation. The mind operates in both a rational and intuitive capacity. **Mental** wellbeing is the conscious and intelligent drive to know and activate one’s being and becoming. Having a reason for being gives meaning to life. The body is the most immediate behavioral aspects of our being. **Physical** wellbeing is that way of behaving and doing that actualizes the intention and desire of the spirit in the world. This and the knowledge that the spirit has something to do in the world generates a sense of purpose, conscious of being part of something that is much greater than they are as an individual.



“Wellness from an Indigenous perspective is a whole and healthy person expressed through a sense of balance of spirit, emotion, mind and body. Central to wellness is belief in one’s connection to language, land, beings of creation, and ancestry, supported by a caring family and environment.”

**Elder Jim Dumont,
Definition of Wellness**



Elder Jim Dumont, National Native Addictions Partnership Foundation, Honouring Our Strengths: Indigenous Culture as Intervention in Addictions Treatment Project - University of Saskatchewan. (2014). *Definition of Wellness* ©.Muskoday, Saskatchewan: Author. Canadian Institutes of Health Research, Funding Reference Number AHI-120535.

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“Carmichael Enterprises is committed to meeting the needs of individuals with disabilities”



We're on the Web!

www.carmichaelenterprises.ca

Medication Management

One of the most important aspects of the care you provide is medication administration. Medication errors can have serious repercussions for the individuals we support.

Recognize a medication error has occurred when:

- Wrong person was given a medication
- Wrong medication was given to a person
- Wrong dosage was given
- Medication was administered at the wrong time or not at all
- Medication was administered by the wrong route
- Documentation was wrong

Every medication error is potentially serious and must be reported immediately!

To prevent medication errors, remember your 5 R's:

Right Person

- Make sure you have the correct person's medications and that you are giving the medications to the right person! It is important to deal with one person at a time to reduce confusion and ensure further safety.

Right Medication

- Compare the medication(s) with the Medication Administration Record and ensure they match. Triple check! If they do not match, immediately consult with the pharmacist for clarification.

Right Dose

- Be sure you are giving the correct dose by comparing the Medication Administration Record with the pharmacy label to make sure they agree.

Right Time

- The right time is within a half hour before or a half hour after the medication is due.
- When a physician prescribes a medication, they will specify how often the medication is to be taken. Some medications must be administered only at very specific times of day. It is very important that medication be administered **as prescribed**.

Right Route

- The pharmacy label should state the route by which the drug should be administered if it's other than oral. For instance, you might be instructed to **externally apply** an ointment to a rash. Follow the route directions carefully!

Other tips for preventing errors:

- Avoid distractions when preparing, administering, and documenting medications. Just focus on the medication administration process!
- Be knowledgeable about the medications you administer; read the pharmacy information sheets! Know what you are giving the client and why they are taking it
- Only do one client's medications at a time. Administering multiple client's medications simultaneously can be confusing and lead to an error.