



*Welcome to the August edition of;
“On the Grapevine”,
The Myrtleford Lodge Residents &
Representatives monthly Newsletter.*

This month we thought an update on pain management would be a good topic for all residents and representatives to read.

Pain in older people is a **common problem**, with studies estimating that between 26%¹ and 86%² of residents in residential aged care facilities experience pain on a regular basis. Pain can have a significant effect on an individual's quality of life, and may also decrease their ability to function effectively.

The Australian Pain society released its recommended management strategies for pain in Resident aged care facilities and identified seven key pain management strategies. They are as follows:

1. **Identification** – failure to identify pain could be due to cognitive and communicative impairments. The staff use the pain scales to identify pain for Residents with cognitive impairments.

PAIN RATING FACE SCALE



2. **Assessment** - Correct diagnosis is vital as different types of pain respond to different treatments.
3. **Pharmacological treatments** – medications should be tailored and dosage carefully considered. May not always be first strategy implemented.

4. **Psychological-educational approaches** – Different behavioural therapies can be used to assist with pain management.



5. **Physical therapies** – exercises, massage and TENS machine as may have been used for you by our physiotherapists. There are many reasons why activity staff undertakes exercises each morning and pain management is one factor considered.

6. **Complementary and alternative medicine therapies** – such as massage, Reflexology and Hoteeze pads

Quality and system issues – to collect accurate clinical data and development of policies to assist with Resident's pain management.

As you can see from the above strategies there are many factors considered by the nursing staff when managing your pain. Our staff have attended education sessions to understand and appreciate the impact of pain. The nursing staff understands pain identification and fully aware that assessment is crucial to ensure your pain is well managed.

Medication intervention is not always required in all cases to manage pain and some of the above strategies may be implemented to assist with pain control.

Many aged residents have multiple diagnoses, each potentially causing pain in their own right. This means good, comprehensive assessments are crucial and should take into account medical history subjective perception of pain, mobility levels and ongoing communication.

Myrtleford Lodge has established pain assessments, management procedures and documentation in place to ensure we provide all residents a body as free as possible from pain.

When pain is identified / reported a comprehensive review is undertaken considering the following factors:

Where is the pain?:

When / How long?:

What signs & symptoms do they report or do you see?:

What would the consumer like us to do?:

Reported to staff. Y or N (If No - why):

Strategy / what was done (e.g. heat pack, reposition, rest, walk, massage, deep heat, analgesia)?:

Effective? Yes or No:

If No – what else was done?:

We also review for changes in behaviour which can be indicator of pain and have educated staff on

‘See change’

‘Think pain’



If you are not satisfied with how your pain is managed please do not hesitate to contact the Registered Nurse/ care staff or your local GP to discuss further options.

There is a vast range of pain relief available from medication to massage and the challenge is to find what works for each individual person. It is often a case of trial and error until finding what works, but what a difference it can make to the quality of life of Resident when the solution is found.

If you would like to know any information about the pain administered strategies that are in place for you or any other information related to Pain Management please do not hesitate to contact your local GP, Pharmacist, Physiotherapist, Registered Nurse or Care staff.

Marita Seamer - Director of Nursing

ANTIBIOTICS PRESCRIBING

- * Prevent infections from developing by staying healthy (e.g. through a healthy diet and practising good hygiene) so that you won't need antibiotics.
- * Avoid infections by cleaning your hands regularly in your home environment,
- * Let a doctor or your pharmacist prescribe an antibiotic appropriate for your infection—don't demand antibiotics.

If antibiotics are prescribed, always ask how the medicine will help your current illness.

- * Take antibiotics as prescribed by your doctor or pharmacist, and don't skip or stop them even if you start to feel better.
- * Do not save and take antibiotics for another illness. While several infections might appear to be the same, they may not be.
- * encourage your family and friends to only take antibiotics when necessary.



Activities at Myrtleford Lodge

Beth, Myrna, and Catherine cook up a storm and make spring rolls.

The spring rolls were enjoyed by all!



Activities at Myrtleford Lodge

Loads of fun at Carpet golf to be had!!

Among others, Fay Fear and Shirley Mitchell showing off their golfing style!



Activities at Myrtleford Lodge

Pat Hogg showing all her beautiful birthday bouquet!
Gathered to celebrate, Di Findlay, Shirley Mitchell, Lorraine Clasby and Joan McNamara.



Activities at Myrtleford Lodge



Those we caught on camera are, Lorraine Clasby, Jill Weight,

John Abbott, Vera Traini, Silvia Cabai, Jennifer Seewitz,, Fay Fear and Di Findlay.

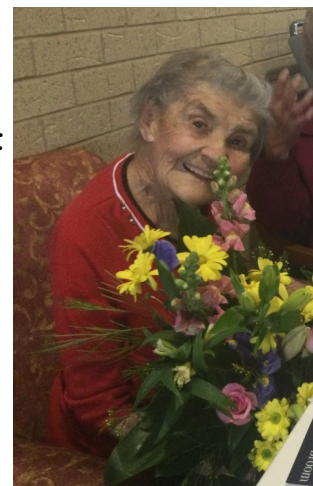
Happy Hour! Lots of laughs!



"The German Fraternity" of Erika Imhoff, Ingrid Lein, Gerold Imhoff & Richard Richter enjoying a catch up



Also, some lovely photos of Nellie Biffin & June Johnson



Activities at Myrtleford Lodge

Birthday girls !!

Zena Atkinson and Betty Forbes surveying those birthday cakes!



It was "High Tea" time in D WING. Some attending were Jennifer Seewitz, June Johnson, Betty Dyson, Dawn Arbuthnot, Audrey Busst, Janet Martin, John Davidson, Nellie Biffin & Laurel Quonoey.



Activities at Myrtleford Lodge



Mother Moira held a well attended Church Service here at the Lodge.



Pat Hoggs Birthday celebrations with a lovely bouquet of flowers!

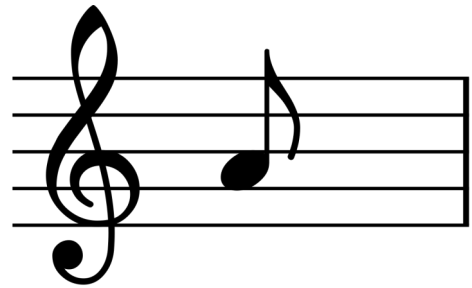
Others attending are Bett Forbes, Lorraine Clasby,

Shirley Mitchell ,Jill Weight, Jean Harris & Di Findlay.



Activities at Myrtleford Lodge

The Lodge had a lovely visit from Myrtleford Primary School, and singer, Lynne Smith. Stories from the children and songs, that everyone could join in and sing along.



Activities at Myrtleford Lodge



Activities at Myrtleford Lodge



Activities at Myrtleford Lodge

Happy Birthday candles for Sidney Rennef.



Teresina Nero, Fay Fear, Vera Traini, Silvio Facci and Beth Walpole enjoying a birthday breakfast.



Special Events Calendar

Mon 1st Aug ~ 10.45am ~ Discussion Group

Tues 2nd Aug ~ 10.45am ~ Anglican Service

Mon 8th Aug ~ 10.45 am ~ Music Trivia

Thurs. 11th Aug ~ 2pm ~ Pampering

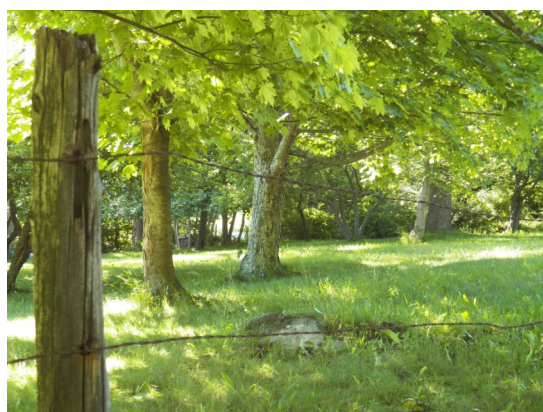
Mon 15th Aug ~ 10.45am ~ Word Challenge

Mon 22nd ~ 10.45am ~ Carpet Bowls

Mon 22nd ~ 3pm ~ Harmony Day

Wed 24th Aug ~ 10.45am ~ Catholic Mass

Thurs. 25th Aug ~ 2pm ~ Gardening



Further activities are listed on the activities boards daily including,

Bingo, Footy Tipping,

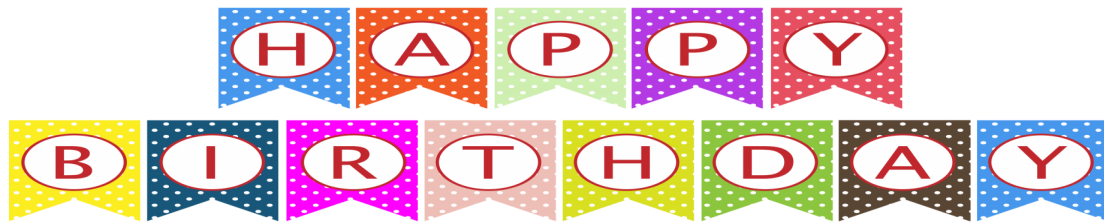
Board games, Exercise mornings,

Word games,

Local Shopping

Country Bus Drives and more!





2nd August ~ Silvia Cabai

4th August ~ Mary Farquharson

8th August ~ Teresina Nero

10th August ~ Silvio Facci

12th August ~ Vera Traini

17th August ~ Barbara Mackus

24th August ~ Angela Squires

27th August ~ Jean O'Neill

31st August ~ Roy Dark



Myrtleford Lodge Residents & Staff wish you all a very Happy Birthday, we hope that you all enjoy your special day.

*In loving memory of
Jennifer Judson
George Croft*

Myrtleford Lodge Residents & Staff extend sincere condolences to all family and friends.



A note from the Administration Desk

ATTENTION ALL VISITORS

- ~ **Visitors to the facility are to visit directly to Resident Rooms and Not Communal Areas.**
- ~ **Please assist staff by completing a Rapid Antigen Test (supplied) and Statutory Declaration at the entrance of the facility.**
- ~ **N95 Masks must be worn at all times WHILST IN THE facility. DO NOT REMOVE WHEN YOU ENTER A RESIDENTS ROOM.**

You cooperation is appreciated as we have the most vulnerable that we need to minimise exposure of viruses.

Newsletters and Calendars of events:

Newsletters and Calendars of daily events are distributed throughout the facility, however if you would like to receive the Newsletter by email, please advise Administration Staff of your email address or alternatively send an email to;

admin@myrtlefordlodge.com.au

and we will happily add you to our contacts list, alternatively the Newsletter can be viewed on our Website;

www.bentleywoodpl.com.au

**Bentley Wood Aged Care ac-
Custodians of the land and pays
and present.**

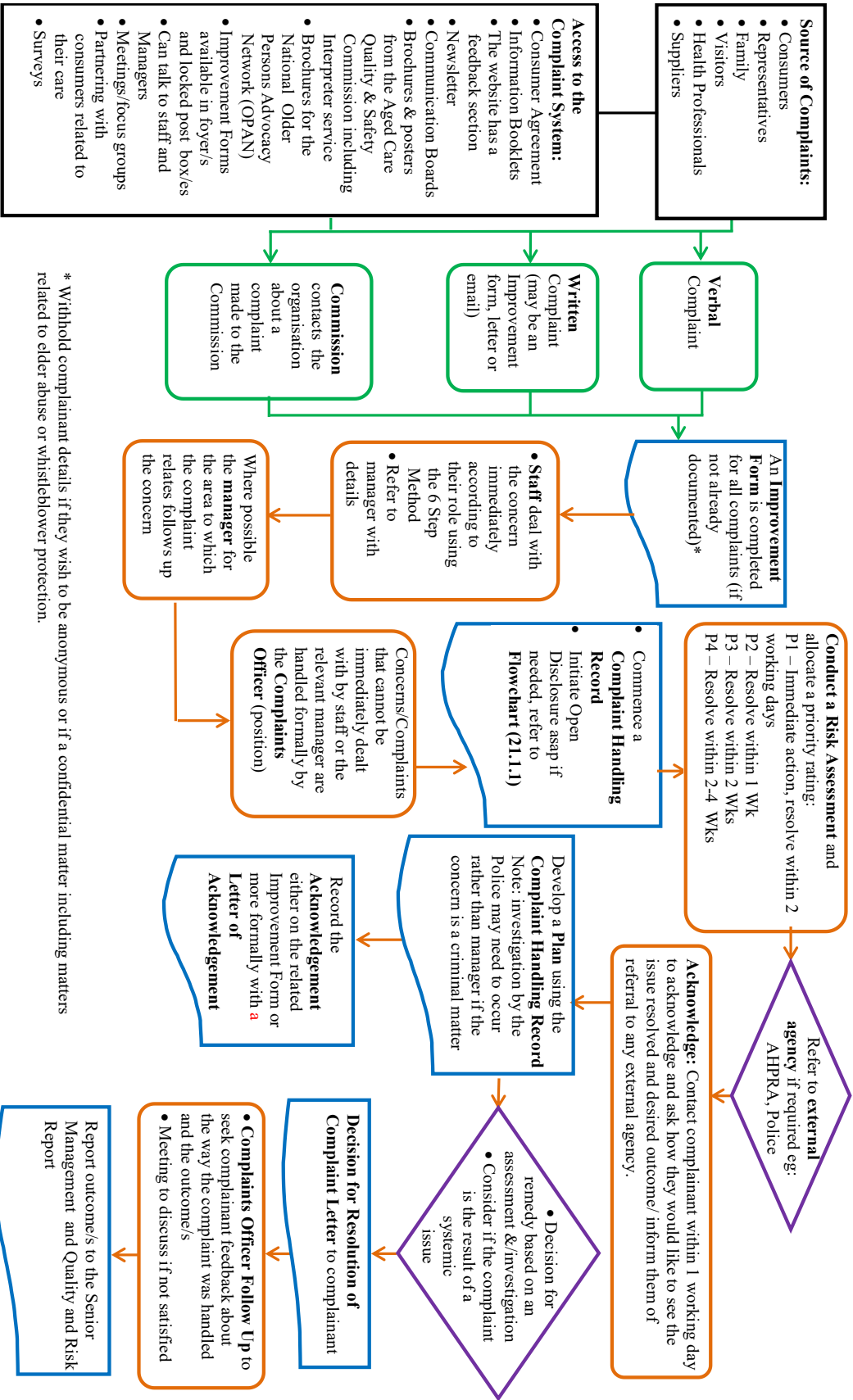


**knowledges the Traditional
respect to Elders both past**



**Bentley Wood Aged Care acknowledges and respects the diversity of our
community and our consumers**

A note from the Administration Desk



* Withhold complainant details if they wish to be anonymous or if a confidential matter including matters related to elder abuse or whistleblower protection.