Bentley Wood Newsletter

Incorporating
Yarrawonga and Myrtleford facilities

July 2023

Visiting Hours

Due to an increase in visitors outside of office hours, and at the request of residents, we are implementing new visiting times effective **1 July 2023.**

Visitors will be able to visit residents between

9:00 – 12:30

1:30 – 4:30

Please note that **all visitors must** complete the Visitors Register located in the foyer, undertake a Rapid Antigen Test (RAT) and return a negative reading; and wear a face mask at all times during their time in the facility.

Resident & Representative Meeting Minutes

Yarrawonga

A Resident & Representative Meeting was held on the 1st of June. A summary of those minutes follows:

Facility Improvements – The courtyard area is to be allocated resources to improve including new furniture, Umbrellas and planting. A landscape gardener has been engaged with works to commence in coming months.

Resident Incidents – The facility staff continue to monitor and report on incidents involving near misses, falls and skin tears. Noted that residents with high level of cognitive impairment form the major contributions to these incidents and staff and visiting health professionals are consulted in these instances to ensure incidents are minimised.

Quality report is tabled identifying all incidents and is available upon request.

Food brought into the facility – Noted that food brought into the facility poses risks for residents. Residents were advised that due to food safety requirements, staff cannot be responsible for food brought into the facility by residents or their relatives. Also advised high risk foods (list provided) must be consumed at the time of being brought into the facility and must not be stored. Food brought in must not be shared with other residents.

Consumer Experience Surveys – Conducted in May and positive report provided

Meals – Residents are consulted at this meeting to provide feedback on meals they have been provided. Residents at this meeting provided positive feedback on the quality of food provided in the past month and thanked the kitchen staff accordingly.

The meetings are held on the **first Thursday of the month at 10.30 in the main dining room**. All residents and representatives are invited to attend these meetings.

Big Morning Tea

13th July 2023

All residents and relative members are invited along to enjoy Morning Tea at Woods Point.

Date: 13th July

Time: 10:00 am

Venue: Main Lounge – Woods Point

Antibiotic resistant bacteria

Summary

- Antibiotic resistance is a serious public health problem.
- Some bacteria that can cause serious disease are becoming resistant to most commonly available antibiotics.
- Antibiotic resistant bacteria can spread from person to person in the community or from patient to patient in a hospital.
- Careful infection control procedures can minimise spread of these bacteria in hospitals.
- Good personal hygiene can minimise spread of these bacteria in the community.
- Careful prescribing of antibiotics will minimise the development of more antibiotic resistant strains of bacteria.

Antibiotic medications are used to kill bacteria, which can cause illness and disease. They have made a major contribution to human health. Many diseases that once killed people can no be treated effectively with antibiotics. However, some bacteria have become resistant to commonly used antibiotics.

Antibiotic resistant bacteria are bacteria that are not controlled or killed by antibiotics. They can survive and even multiply in the presence of an antibiotic. Most infection-causing bacteria can become resistant to at least some antibiotics. Bacteria that are resistant to many antibiotics are known as multi-resistant organisms (MRO).

Antibiotic resistance is a serious public health problem. It can be prevented by minimising unnecessary prescribing and overprescribing of antibiotics, the correct use of prescribed antibiotics, and good hygiene and infection control.

Some bacteria are naturally resistant to some antibiotics. For example, benzyl penicillin has very little effect on most organisms found in the human digestive system (gut).

Bacteria resistant to antibiotics

Some bacteria have developed resistance to antibiotics that were once commonly used to treat them. For example, Staphylococcus aureus (Golden Staph or MRSA) and Neisseria gonorrhoeae (the cause of gonorrhoea) are now almost always resistant to benzyl penicillin. In the past, these infections were usually controlled by penicillin.

The most serious concern with antibiotic resistance is that some bacteria have become resistant to almost all the easily available antibiotics. These bacteria can cause serious disease, and this is a major public health problem. Important examples are:

Methicillin-resistant Staphylococcus aureus (MRSA)

- Vancomycin-resistant Enterococcus (VRE)
- Multi-drug-resistant Mycobacterium tuberculosis (MDR-TB)
- Carbapenem-resistant Enterobacteriaceae (CRE) gut bacteria.

Ways to prevent antibiotic resistance.

The most important ways to prevent antibiotic resistance are:

- Minimise unnecessary prescribing and overprescribing of antibiotics. This occurs when people expect doctors to prescribe antibiotics for a viral illness (antibiotics do not work against viruses) or when antibiotics are prescribed for conditions that do not require them.
- Complete the entire course of any prescribed antibiotic so that it can be fully effective and not breed resistance.
- Practise good hygiene such as hand-washing and use appropriate infection control procedures.

Transmission of antibiotic resistant bacteria in hospitals.

The common ways in which bacteria can be passed from person to person include:

- Contact with contaminated hands for hospital staff;
- Contact with contaminated surfaces such as door handles, over-bed tables and call bells; and
- Contact with contaminated equipment, such as stethoscopes and blood pressure cuffs.

Infection control in hospitals

Standard precautions in hospitals are work practices that provide a basic level of infection control for the care of all people, regardless of their diagnosis or presumed infection status.

These precautions should be followed in all hospitals and healthcare facilities and include:

- Good personal hygiene, such as hand washing before and after patient contact and the appropriate use of alcohol-based and rub solutions;
- The use of barrier equipment such as gloves, gowns, masks and goggles;
- Appropriate handling and disposal of sharps (for example, needles) and clinical waste (waste generated during patient care); and
- Aseptic (sterile) techniques.

Implementing standard precautions minimises the risk of transmission of infection from person to person, even in high-risk situations.

Additional precautions with antibiotic resistant bacteria

Additional precautions are used when caring for people who are known or suspected to be infected or colonised with highly infectious pathogens (micro-organisms that cause disease).]

Micro-organisms may be classed as “high risk” if:

- Their transmission route makes them more contagious – they may be spread through contact or droplets, or may be airborne;
- They are caused by antibiotic resistant bacteria; and,
- They are resistant to standard sterilisation procedures.

Additional precautions are tailored to the particular pathogen and route of transmission. Additional precautions may include:

- Use of a single room with ensuite facilities or a dedicated toilet;
- Dedicated care equipment for that person; and,
- Restricted movement of the person and their healthcare workers.

Transmission of antibiotic resistant bacteria in the community

Antibiotic resistant bacteria can also be passed from person to person within the community. This is becoming more common.
Ways to prevent transmission of organisms, including antibiotic resistant bacteria, are:

- Wash hands before and after food handling going to the toilet and changing nappies;
- Cover your nose and mouth when coughing and sneezing;
- Use tissues to blow or wipe your nose;
- Dispose of tissues properly either in the rubbish or toilet;
- Do not spit;
- Stay at home if you are unwell and cannot manage the normal requirements of your day;
- Do not send children to childcare, kindergarten or school if they are unwell;
- If you are prescribed antibiotics, take the entire course – do not stop because you are feeling better;
- If you continue to feel unwell go back to the doctor; and,
- Avoid use of products that advertise they contain antibiotics or are antibacterial or antimicrobial unless advised to do so by your health professional.

References: *Antibiotic resistance,* 2016, World Health Organisation

July 2023

1st	June Willett
13th	Joyce Hayes
17th	Muriel Richards
24th	Isa Ireland
30th	Lawrence McClounan

Management and staff of Bentley Wood wish to pass on their condolences to family and friends of residents who have sadly passed.

Herman Arthurs

Stanley Leslie

Michael Widdup

Resident Activities at Woods Point

During late May a group of residents from Woods Point went for a short bus ride around Yarrawonga and Mulwala and enjoyed morning tea at the Mulwala Bakery.

Rae and Marg helping with the watering of the garden.

Edgar busy doing his exercises.

Resident Activities at Woods Point

Students from P11 and P12 school in Yarrawonga are coming in regularly to interact with the Residents. Recently, the activities undertaken together included playing card games such as UNO. Apparently, everyone was very competitive and there was lots of laughter which could be heard around the facility. Neville from Wing 3, in particular, was heard laughing out loud and having wonderful interactions with the students. The students also brought along their dog who got lots of cuddles.

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Col Watson came along recently and had a sing-a-long with the residents. This is proving to be a popular event with the residents singing and taping their fingers and toes along to the music.

Bingo is played on Tuesdays and Thursday at 2pm each week. Come along and join in the fun.