



Hospital@Home

Hospital@Home (H@H), known in some jurisdictions as *Hospital in the Home* (HITH), is a program that provides short, home-based acute care as a substitute for people who would otherwise need to be in hospital. The level of care is equivalent to being in hospital; however, it is provided in the comfort of the person's home. The most common conditions able to be managed in the home include skin inflammations, blood clot/s in the legs or lungs, pneumonia and severe chest infections and urinary tract infections.

Services provided include medical, nursing, physiotherapy, occupational therapy, dietetics and speech pathology.

Referrals are accepted and encouraged from Medical Officers, Allied Health, General Practitioners and Nurse Practitioners.

In South Australia this service is known as *Hospital@Home*. H@H staff are employed by the Central Adelaide Local Health Network (CALHN), and the Royal Adelaide and Queen Elizabeth Hospitals.

The service provides acute nursing and medical care to patients as a substitute for treatment in hospital, allowing people to return home sooner or, in some instances, avoid a hospital admission altogether.

H@H is widely used to effectively manage a range of conditions and is only available where care can be provided safely at home. It may be appropriate if:

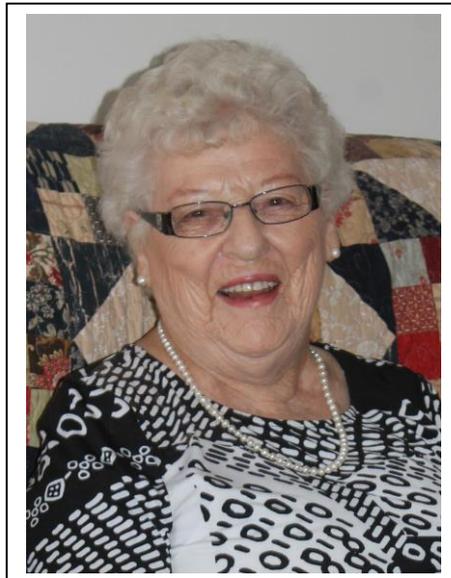
- Ongoing acute care or treatment is required on leaving the hospital.
- You live within the CALHN geographical area.
- You are referred by a medical officer or nurse involved in your hospital care, from either the in-patient wing setting, emergency or out-patient departments.

Services offered through H@H include:

- managing medication and monitoring treatment response
- IV antibiotics – used to treat various conditions such as pneumonia, cellulitis or osteomyelitis
- monitoring of INR (International Normalised Ratio) levels
- Vital Sign and ECG monitoring
- IV medications/IV fluids/Electrolyte monitoring and replacement
- Short term weaning of oxygen therapy.

Providing this option ensures the hospital has beds available for patients who need to be in hospital for their care. This was particularly helpful during the height of the COVID-19 pandemic.

In late September, Noreen Klein (pictured) was admitted to the Lyell McEwin hospital with an infection in a knee that had been replaced two years earlier.



She was treated with intravenous antibiotics through a PICC line (percutaneous indwelling central catheter) -- a form of intravenous access that can be used for a prolonged period of time for antibiotic therapy. This is a thin catheter that enters the body through the skin at a peripheral site, extends into a major vein, and stays in place for days or weeks.

In mid-October Noreen was transferred to the *Hospital@ Home* program. With the PICC line in place, she had a pouch with the antibiotic.

A nurse visited the home every day to see how Noreen was and check her blood pressure. Each

week the nurse gave her a new dressing and ensured there was an adequate supply of antibiotic in the refrigerator.

Every week or two Noreen would have to visit the Lyell McEwen for further blood tests.



Tarantella is a group of various folk dances characterised by a fast upbeat tempo, usually accompanied by tambourines. It is among the most recognised forms of traditional southern Italian music. The specific dance name varies with every region, but tarantella is popular in Southern Italy and Argentina.

The origin of this dance and its name is interesting. The dance supposedly evolved from a therapy for tarantism.

In the province of Taranto in southern Italy, the bite of a locally common type of wolf spider, named ‘tarantula’, was popularly believed to be highly venomous, and to lead to a hysterical condition known as tarantism.



This extraordinary affliction was associated

SA nurses exhausted

Research indicates that South Australian nurses and midwives are the most emotionally exhausted in the nation.

A 2019 survey of 1534 nurses and midwives found alarming levels of emotional exhaustion and a high proportion of staff intending to quit. The situation has worsened since a 2017 survey, and the research concludes: ‘The combined magnitude and increase in Emotional Exhaustion and Depersonalisation over a two-year period is of concern and justifies the need for urgent action to address work characteristics as the primary drivers of burnout.’

with melancholy, stupor, madness and an uncontrollable desire to dance. In fact, dancing off the tarantula venom was considered the only cure. The dancing was violent and energetic, and went for three or four days.

It was believed that victims needed to engage in frenzied dancing to prevent death from tarantism. This dance became known as the tarantella.

† LCA PARISH NURSE TRUST FUND MEMORIALS

Lynette Tamson Wiebusch
23/04/1941-30/11/2020

14 Memorials

Rev John Kenneth Wilksch
07/05/1945-11/12/2020

Trevor Joel Pfitzner
08/03/1937-17/12/2020

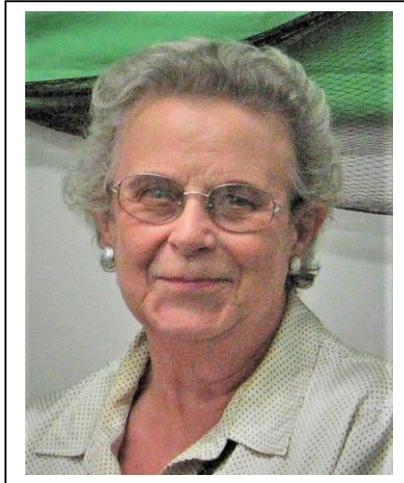
Glen Donald Keil
13/02/1931-21/12/2020

LNAA founding president dies

The founding president of LNAA – Lynette Wiebusch – died suddenly at the LHI Residential Care Home in Hope Valley, SA, on 30 November, after a long battle with Alzheimer's. Her funeral was conducted in the Trinity church at Hope Valley on 11 December.

Lynette introduced what is now Pastoral Care Nursing to the church, and served as national coordinator for 20 years. She was also a consultant on the Lutheran Aged Care Council in South Australia.

Tributes from around the world recognised her as 'a dynamic and committed woman – strong in her faith and compassionate with people' and 'a gentle elegant lady ... who gave so much and cared for others'. Many spoke of the encouragement she gave them in their Parish Nurse role.



One wrote: 'She was such an inspiration to me, and set me on a path of service I had never really considered. She took an interest in everyone she met, making them feel special and valued.'

Lynette's death was described by Pastor Grahamme Baital of Goroka as 'a great loss to the Church in the Parish Nursing ministry here in PNG', and her name was read out in the Memorial Rite at the annual Synod

of the Evangelical Lutheran Church of England.

Others recognised her leadership as President of Lutheran Women of New Zealand, or referred to her singing and her choir conducting.

Many LNAA members honoured Lynette by attending her funeral.

Newsbrief



Rural Relocation Packages of up to \$5000 are available for Allied Health and Nursing professionals working in primary health care and moving to priority rural locations in South Australia. For more information, contact the Rural Doctors Workforce Agency Inc at workforce@rural.com.au ☎08 8234 8277.

A Spanish study of 19 084 patients has found that those who take their blood pressure medication at bedtime have a greatly reduced risk of dying from or suffering heart attacks, myocardial infarction, stroke, heart failure or requiring a procedure to unblock narrowed arteries (coronary revascularisation), compared to patients who take their medication in waking. The patients were randomly selected to take their anti-hypertensive pills on waking or at bed-time. It followed them for an average of more than six years, during which the patients' ambulatory blood pressure was checked over 48 hours at least once a year.

More than 2000 medical practitioners prescribed cannabis products last year – up from 12

in 2016. Medicinal cannabis has shown promising results for some people with chronic and terminal illnesses, and in helping with the side effects of other treatments.

A new cancer drug – CC-486 – developed by the Monash University and Alfred Hospital in Melbourne has been shown to dramatically improve the survival chances of older adults with acute myeloid leukemia (AML). It can be taken at home in tablet form. However, while it has been fast-tracked in the USA, it has not yet been approved for use in Australia.

One of the world's largest baby studies – Generation Victoria (GV) – was launched last month at Joan Kirner Women's and Children's hospital at Sunshine. The study will see up to 150 000 Victorian newborns recruited over the next two years so a whole generation can be tracked from birth old age, examining every aspect of their health and wellbeing. Data from the study will be frequently updated, and provided to research teams around the globe. Recruitment will occur at all birthing hospitals across Victoria in 2021.

From the President

Happy New Year all you amazing Nurses and Midwives! As we said goodbye to 2020 and the International year of the Nurse and Midwife, we say a big hello to 2021 and the International year of the Health and Care Workers.

A new year brings around all the usual sayings and feelings: 'New Year, New You'; resolutions for self improvement and making positive change. It creates a starting point that often sees us reaching for diets, exercise programs or programs to assist with addictions, which can be a very positive thing. But these feelings are often short lived as the year progresses, and we get caught up in the day-to-day struggles that we are all too familiar with. So how can we, as health care workers who have been in the very epicentre of a global pandemic and the public's changing opinions, enter this new year with lasting energy for positivity and change?

Nursing Lecturer, Philip Esterhuszen, writes how reflection helps us find balance and identity. As nurses, we are instructed on reflection being an important part of evaluating effectiveness of care and interventions. In the same manner, Estenhuizen believes that asking relevant questions of reflection can help us avoid getting caught up in the doing of life, and learn from our actions and engage in continuous learning. Questions like What happened? What emotions or physical responses were experienced? What went well/didn't go well? What have I done to care for myself? Nurse Educator, Norman Olsen, goes further. He believes the act of reflection can equate to a spiritual act, similar to Christian prayer.

Mindfulness is a set of skills that can help us not only identify when we are in times of extreme stress, but also pause and reconnect with what is going on around us. It encourages us to pause, take a breath and then be proactive to look after ourself and others. Signs of irritability, losing patients, sense of urgency, difficulty sleeping and eating or drinking more than usual can indicate that we are becoming lost to our emotions. Simple acts, or taking brain breaks include activities like physical activity, conscious breathing, grounding, sleep, contributing to the wellbeing of others and creating healthy habits. An important part of this includes prayer. Simple prayers of

References:

- Aitken.M.' A difficult year:2020 and the power of reflection', nmsupport.org.au, last seen 9th January 2021.
Smiling Mind, 'How mindfulness can help during the coronavirus outbreak', beyondblue.org.au, 9 January 2021.
'Mindful prayer, Exploring prayer and mindfulness to stay close to Jesus', jimwilo



request or thanks at times of distress or chaos bring us to a state of calm by bringing us closer to God. An example of a simple request prayer is 'May I know and experience your love/rest/tenderness Lord'.

The Lutheran Nurses Association of Australia is looking forward to 2021 as a fresh start. A new opportunity to support and celebrate the achievements of all nurses and midwives and to serve our communities knowing we are loved children of God. Our first public meeting is planned for 1 February. The speaker will be Pastor Robert Wiebusch talking on the Lutheran Distinctives in Pastoral Care. Come along and help us start the new year off in fellowship.

If you would like more information on personal reflection, mindfulness or prayer, please see the following available services.

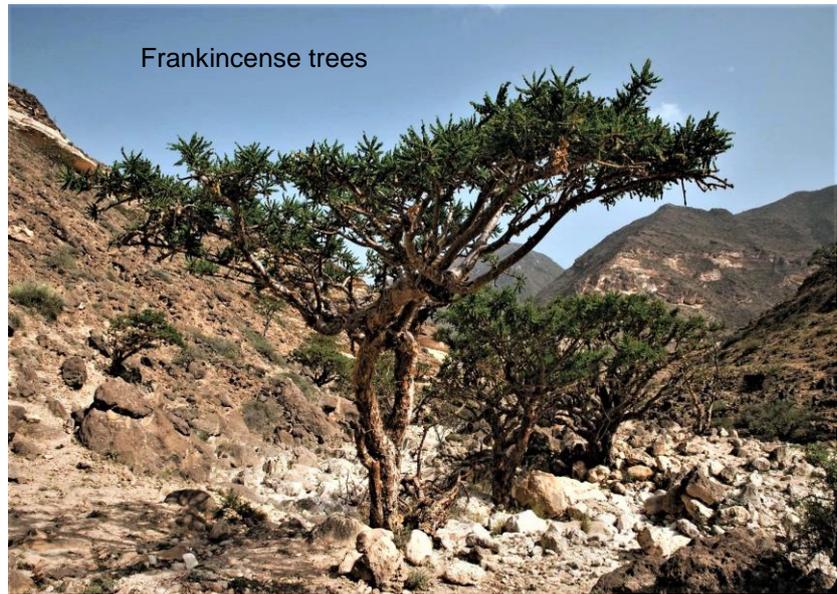
Lutheran Church of Australia www.lca.org.au
Nurse and Midwife Support 24/7 1800667877
Beyond Blue www.beyondblue.org.au

Lastly, The Lutheran Nurses Association would like to acknowledge the passing of our founding president, first life member and pioneer in Pastoral Care Nursing, Lynette Wiebusch. Lynette was a dearly loved and very respected member of our community, and she will be missed greatly.

Megan Materne

The Epiphany gifts

When those eastern Magi travelled to Bethlehem to find the newborn King, they brought gifts symbolic of the role he would play. Gold portrayed his kingly role. Frankincense was burned in religious ceremonies and was used to purify the Holy of Holies and the Ark of the Covenant (See Exodus 30:34-38). However, only the High Priest could approach the Holy of Holies with this incense, so this gift pointed to Jesus' priesthood and divinity. Myrrh, which was used on cuts or wounds and in anointing corpses, prefigured his role as a healer and foretold his death. Both myrrh and frankincense have exceptional medicinal qualities and are potent anti-microbial substances.



Frankincense trees

Frankincense is made from the resin of the *Boswellia* or Balsam tree which grows in dry and remote parts of India, North Africa and the Middle East. The resin 'tears' are harvested from cuts in the tree, and can be ground into a powder and burned as incense. It also has strong anti-septic qualities.

Recent studies have shown that *Boswellia* extract or frankincense oil has many health benefits for people. Depending on the need, it can be inhaled, rubbed on the skin with a carrier oil, or consumed orally to give the following benefits:

- Boost the immune system and prevent illness.
- Relieve stress and anxiety.
- Destroy harmful toxins and bacteria, especially when used with myrrh.
- Heals skin.
- Improves memory.
- Balance hormone levels.
- Eases digestive issues.
- Acts as an aid to sleep.
- Has anti-inflammatory properties.

Myrrh is a natural gum or resin extracted from a number of small, thorny *Commiphora* tree species. Myrrh resin has been used throughout history as a perfume, incense and medicine. Mixed with posca or wine, myrrh was common across ancient cultures as an analgesic.

In pharmacy today, myrrh is used as an anti-septic in mouthwashes, gargles, and toothpastes. It is also used in some liniments and healing salves that may be applied to abrasions and other minor skin ailments.

Myrrh has been used as an analgesic for toothache and is a common ingredient in tooth powders. Myrrh and borax in tincture can be used as a mouthwash. Myrrh gum is commonly claimed to remedy indigestion, ulcers, colds, cough, asthma, lung congestion, arthritis pain, and cancer.

In some ancient liturgies, frankincense and myrrh were traditionally blessed on the Feast of Epiphany, which occurs in the middle of the northern hemisphere winter – the season for colds and flu.



LNAA Program

Venue for regular meetings: LCA/SA District Office, 137 Archer Street, North Adelaide

01 Feb 7.30pm **Lutheran Distinctives in Pastoral Care** – Pastor Robert Wiebusch

29 Mar 7.30pm **The Gift of Sight** – Speaker from the Eye Bank

30 May 7.30pm **Don't rush the crush** – Ella Platos

26 July 7.30pm **Embracing life in later years** – Pastor Chris Gallasch

27 Sep 7.30pm **Cardiac nursing in the cath lab** – Megan Materne

29 Nov 7.30pm **Dementia and Understanding Alzheimer's** – Pastor Chris Gallasch

01 Feb 2022 7.30pm **Palliative Care and Cancer Research** – Robyn Dutshke

Visit our Facebook page: @lutherannursesassociationaustralia

LNAA office bearers

President: Mrs Megan Materne, 48 Saltram Pde, Oakden, SA 5086 ☎ 04 0391 9061

Vice-President: Mrs Dianne Proeve, 20 Annesley Ave, Trinity Gardens SA 5068 ☎ 04 7550 9048

Secretary: Mrs Rose Howard, 2 Glen Eyre Crt, Aberfoyle Park SA 5159 ☎ 08 8270 1575

Treasurer: Mrs Vicki Minge, 16 Douglas St, Lockleys, SA 5032 ☎ 08 8352 8819

Extra Members: Mrs Sylvia Hutt, 6 Brook Dr, Aberfoyle Park, SA 5159 ☎ 04 1785 4873

Mrs Lynette Pech, 51 Alabama Ave, Prospect, SA 5082 ☎ 04 1889 2131

Spiritual Counsellor: Rev Chris Gallasch, 1215 Grand Junction Rd, Hope Valley, SA 5090;
☎ 08 8265 8001

IN TOUCH

IN TOUCH is normally published six times a year. News items, letters, jokes suggestions for topics, are welcome. **Editor:** The Rev Robert Wiebusch, 200/1215 Grand Junction Rd, Hope Valley SA 5090 ☎ 08 8336 3936. Email: robert.wiebusch@lca.org.au Deadline for next issue: **15 February 2021.**

Membership renewal for the 2020-21 financial year is now due

Kindly return the form below, together with your cheque, to the LNAA Treasurer, Mrs Vicki Minge. Funds can be transferred electronically to: BSB: **704942** Account name: **Lutheran Nurses Association of Australia.** Account number: **155449** If you transfer funds electronically, please advise the Treasurer. Your name or postcode may be given as a reference. This should be included when notifying the treasurer.

LNAA MEMBERSHIP RENEWAL FORM 2020–2021

NAME: _____ **DATE:** _____

ADDRESS: _____

EMAIL ADDRESS: _____

TELEPHONE: () _____ **NURSING STATUS:** _____

My membership fee of \$25.

I arranged electronic transfer of my membership fee of \$25 on: _____

Reference: _____

In future, please send me electronic copies of *IN TOUCH*

SIGNATURE: _____

LNAA TREASURER: Vicki Minge, 16 Douglas St, Lockleys, SA 5032 pvminge@hotmail.com