

Articles:

-More staff achieve their NVQ's

-New starters welcome to care 4 you

-CQC-Who are they?

-What is Diabetes Mellitus?

Individual Training Packs available for collection from the Academy -speak to Sam for more information:

-Understanding Dementia Care

-Risk Assessment

-Penile Sheath Training

-Person Centred Care

-Medication Awareness Training

-Food hygiene

-Fire Safety

-Health and Safety

-Adult Abuse

-Diabetes

More staff achieve their NVQ's

Care 4 You are proud to announce that even more members of our care team have successfully achieved their NVQ Level 2 in Health and Social Care.

The Care 4 You NVQ Programme has so far enabled 14 staff to achieve an award with staff receiving the City and Guilds Certificate.

So you can imagine how pleased we are to announce that a further 4 employees successfully complete their NVQ's, and have received their NVQ Certificates in recognition of their achievement.

Care 4 You would like to say congratulations to Erica Clark, Lorraine Coles, and Tracy Roebuck on this fantastic achievement— well

done. And we wish much success to Nisha Kachra who departed in the Spring following completion –she plans to return to her student nurse training .

But it doesn't stop there.

The 2009 NVQ programme was rolled out again both during the Spring and Summer, and Care 4 You were pleased to register a further 4 members of the team with Cheshire Care Consortium to commence their NVQ awards.

These candidates have worked very hard towards their qualification under the guidance of Janet Senior, a peripatetic assessor, who arranges visits to assess them carrying out their duties in clients homes and who

supports and guides them through the NVQ process to ensure that they achieve the standards expected by City and Guilds.

I understand that Karen Walker and Elaine Moloney have now completed the gathering of all the required evidence for their NVQ Level 2 Awards and that this has been put forward for verification. Erica Clark and Kasey Chapman continue to produce portfolios of evidence for the higher NVQ Level 3 Award

The NVQ programme will continue to run throughout the year so if you wish to complete an NVQ in Health and Social Care, please discuss this with Sam who will be happy to advise you.

New starters- Welcome to Care 4 You

Despite the current economic climate, clients still continue to need support in their own homes. So with this in mind, we have seen 4 new starters joining the various teams at Care 4 You

Karen Walley has joined the doubles team and brings many years of healthcare experience that will enable her to support our clients with more complex needs.

Clair Hockenhill recently joined the evening team and is keen to make a valuable contribution to meeting our client's needs and utilise

many of the skills she has acquired over the last few years in social care.

Alison Ryan is another new face to the team and has been providing essential cover during the busy holiday season whilst on her summer vacation from university. She is currently studying for her Social Work Degree and was looking forward to gaining additional experience whilst working in homecare.

Kate WIndus joined us having had previous experience on a 1-1 basis. Kate has met a few clients so

far but was out of action for a few weeks as she recently tied the knot. Congratulations

And finally Valerie Hales commenced her induction last week and will be meeting a few clients when they start shadowing with various members of our team this week.

We wish them every success at Care 4 You and trust that they will enjoy supporting their clients and will find their job both interesting and rewarding.



CQC - Care Quality Commission –Who are they?

The Care Quality Commission is the new health and social care regulator for England. They look at the joined up picture of health and social care.

The aim is to ensure better care for everyone in hospital, in a care home and at home. They regulate health and adult social care services in England, whether they're provided by the NHS, local authorities, private companies or voluntary organisations. They protect the rights of people detained under the Mental Health Act.

They make sure that essential common quality standards are being met where care is provided and work towards the improvement of care services.

They promote the rights and interests of people who use services and have a wide

range of enforcement powers to take action on clients behalf if services are unacceptably poor.

Their work brings together independent regulation of health, mental health and adult social care.

Before 1 April 2009, this work was carried out by the Healthcare Commission, the Mental Health Act Commission and the Commission for Social Care Inspection. These organisations no longer exist.

Main activities are:

- Registration of health and social care providers to ensure they are meeting essential common quality standards

- Monitoring and inspection of all health and adult social care

- Using enforcement powers, such as fines and public warnings or closures, if standards are not being met

- Improving health and social care services by undertaking regular reviews of how well those who arrange and provide services locally are performing and special reviews on particular care services, pathways of care or themes where there are particular concerns about quality

- Reporting the outcomes of CQC work so that people who use services have information about the quality of their local health and adult social care services. It helps those who arrange and provide services to see where improvement is needed and learn from each other about what works best

What is diabetes mellitus ?

This is a metabolic disorder caused by a lack of insulin or a loss of how the body responds to the insulin it produces. It can result from incomplete development or damage to the part of the body that secretes insulin in the pancreas.

Symptoms will include:

- sugar in the urine (glycosuria)
- raised sugar in the blood (hyperglycaemia)
- lack of energy
- craving for sweet foods
- persistent thirst

Diagnosis will include:

- glucose tolerant test (person swallows a sugary drink and a doctor measures the blood sugar concentration at intervals).

In addition to affecting the levels of sugar in the body, lack of insulin can cause weight loss and muscle wasting

There are 2 types of diabetes.

Type 1 diabetes –usually occurs suddenly in childhood. It is mostly treated with insulin injections. Care has to be taken with the dose as too much will cause blood glucose levels to drop below a safe level (hypoglycaemia). Glucose is the main fuel for brain cells and a lack of it can lead rapidly to unconsciousness and in extreme circumstances coma or death. This is why a diabetic should be given

sugar if found unconscious.

Type 2 diabetes – usually occurs later in life. It is linked with high fat diets and obesity and it is less common in communities that have a low-fat + high fibre diet. It can often be controlled by carefully regulating diet and exercise.

All diabetics need to monitor their blood glucose levels and easy to use blood sugar monitors are available to do this. Diabetics also need to manage their diet and the levels of exercise they do very carefully. They should avoid eating too much sugar or going for long periods without food.

