



SwingShift Nurses Notes



Celebrate the festive season

SwingShift Nurses is inviting all nurses who work as part of the SwingShift team to join us at our annual Christmas party and help us celebrate the festive season in style. The event is one of the highlights of the SwingShift calendar and always loads of fun. It will be held at Damask Cocktail and Mezza Bar (347 Brunswick Street Fitzroy) on Thursday 28 November from 7pm. If you would



Build and refresh your skills

Building or refreshing your skills is important to ensure you are aware of current nursing best practice and that you feel confident dealing with the many different scenarios that nurses face on a daily basis. SwingShift Nurses is pleased to provide training sessions for our nurses and over the next few months will run basic life support and aggression minimisation training sessions.



Weather heating up

Summer is coming and it's an opportune time to remind yourself to make sure you stay hydrated. By the time you feel thirsty you have probably lost two or more cups of your total body water composition and are already dehydrated. When too much water is lost, the body's organs, cells and tissues fail to function properly and that can lead to dangerous complications. To stop yourself from getting dehydrated you need to drink plenty of water throughout the day. A good tip is to carry a bottle of water with you, keep it on your desk and regularly refill it at a water cooler.



Time management tips

Hospitals and clinics are highly demanding and stressful environments and there are often many things nurses need to deal with at any one time. Priorities can change quickly, especially when a patient requires urgent attention. It might not come naturally, but good time management skills are your secret weapon to avoid burn-out and stress. Some tips include planning your day in advance as best you can and making a daily 'to do list', making sure you focus on the most important activities first, and keeping yourself and your workplace organised. No doubt there will be disruptions during the day, but try and avoid those that aren't important and learn how to delegate where you can.



It's in the bag

SwingShift Nurses is collecting personal care products for homeless women as well as those at-risk and experiencing domestic violence. These items include pads, tampons, shampoo, conditioner, soap, body wash, deodorant, toothbrushes, toothpaste, etc. The initiative is part of our support for *Share The Dignity* and the Australian charity's 'It's In The Bag' promotion that provides handbags filled with sanitary products as Christmas gifts. If you would like to support this activity please drop your donations into our office by 7 December.



Hospital security in the west

Following some recent concerns relating to staff safety, Western Health invited SwingShift Nurses to visit its Sunshine and Footscray sites. Both sites have doubled their onsite security presence. Western Health encourages all staff to use the security escort to their car after a shift and is also working closely with local police and protective services officers for those taking public transport.



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