



SwingShift Nurses Notes



COVID-19 update

As Victoria continues to record zero daily cases of COVID-19 the government's coronavirus restrictions have eased further. Here's what you need to know:

- masks are no longer required outdoors as long as physical distancing can be maintained
- up to 15 visitors are allowed in homes and up to 50 at outdoor gatherings



Timesheet deadline looms

From 15 January 2021 SwingShift Nurses will no longer accept timesheet dockets lodged by post, fax or email. All timesheet dockets, along with parking receipts, will only be accepted via the SwingShift Nurses app. Check out our [app user guide](#) for simple instructions on how to lodge your timesheets through the app and please phone the SwingShift office on 03 9481 7222 if you need any help.

- cinemas, galleries, museums and other indoor venues are allowed up to 150 people indoors
- large hospitality venues allowed up to 150 indoors at a density of one person per four square metres with smaller venues allowed up to 50 indoors at a density of one person per two square metres
- adult sport – both contact and non-contact – allowed to resume, while gyms and indoor sports venues are allowed up to 150 people in groups of up to 20
- weddings and funerals allowed 150 guests indoors or out, while religious gatherings are allowed 150 people inside and 300 outside.

A further easing of restrictions will come into effect on 13 December with up to 30 visitors allowed into homes just in time for festive celebrations



Food and wellbeing

Blood sugar, also known as blood glucose, comes from the food you eat. Your body creates blood sugar by digesting food into a sugar that circulates in your bloodstream and is used for energy.

If your blood sugar level drops you might feel tired, irritable and depressed. Eating regularly and choosing foods that release energy slowly will help keep your sugar levels steady. Slow-release energy foods include pasta, rice, oats, wholegrain bread and cereals, nuts and seeds. Here are some tips for keeping your blood sugar levels consistent:

- eating breakfast gets the day off to a good start
- instead of eating a large lunch and dinner, try eating smaller portions spaced out more regularly throughout the day



Mental health qualifications

Mental health nurses are specialist registered nurses with key responsibilities under the Mental Health Act to assess, plan and provide care for people who are often vulnerable and in crisis. Nurses who work in mental health can advance their careers by securing postgraduate qualifications in mental health nursing.

The Australian Catholic University offers specialist online courses that lead to a graduate certificate, graduate diploma or master of mental health nursing. The courses aim to expand nursing clinicians' knowledge and skills in mental health practice with evidence-based knowledge and practice enabling immediate application in the workplace.

Applications are now open for 2021 courses. For more information visit the [ACU website](#).

- avoid foods that make your blood sugar rise and fall rapidly, such as sweets, biscuits, sugary drinks and alcohol.



Keep active this summer

Are you planning a holiday this summer? Taking a break from your regular exercise routine while on holiday is great — but don't succumb to complete inactivity. Small breaks are needed for rest and recovery, however, keeping some level of activity during a holiday will ensure you don't lose the foundation you have worked so hard to build during the year. Enjoy the warmer weather and outdoors but try not to abandon your training routine completely. Remember to stay safe and have an amazing summer!



It's in the bag

In store collections for Share the Dignity's 2020 'It's in the bag' promotion closed on 29 November — but it's not too late to get involved. Donations can be mailed or you can sponsor a bag online through the [Share the Dignity](#) website. Each year the charity provides handbags filled with sanitary products as Christmas gifts for Australia's most vulnerable women including those experiencing homelessness, those at-risk of and experiencing domestic violence and those who are doing it tough. The December 2019 'It's in the bag' promotion achieved a spectacular result with Share the Dignity receiving more than 134,000 donations.



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