



northern health
public health

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The Latest from Residential Care Licensing

Fall/Winter 2007

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Licensing Program Contacts:

Northeast:

Fort St. John: 263-6000
Dawson Creek: 719-6500

Northern Interior:

Prince George 565-2150

Northwest:

Smithers 847-6400
Terrace 638-2507

Staffing News

Retirement wishes to Judy Barth, Licensing Advisor for Northern Health who left October 31, 2007. New Licensing Officer, part-time in Dawson Creek, Pam Sawyer started October 16, 2007. New Licensing Officer, Charlene McFadyen started September 5, 2007 in Prince George.

Health and Safety Plans

There may be times when a licensee will be requested to submit a Health and Safety Plan to a Licensing Officer. The purpose of a Health and Safety Plan is to reduce the potential for harm and ensure the health and safety of persons in care. It is a written plan of action developed by a licensee, when a concern has been identified by Licensing, or an allegation of abuse, neglect or inappropriate conduct is received at the Community Care Facilities Licensing Office. The plan must demonstrate the licensee's efforts to minimize risk and prevent serious incidents from occurring, and in some instances from re-occurring. The ultimate goal is to ensure the health, safety and well being of the persons in care. The licensee will receive notice from Licensing indicating whether or not the submitted plan has been approved. At that time, the licensee will also be informed that an approved Health and Safety Plan may not be altered or terminated without prior approval from Licensing. If the licensee provides a verbal Health and Safety Plan to address an issue, a Licensing Officer can put the plan discussed onto the inspection report that is signed by the licensee to confirm approval.

Reporting of Deaths

Licensing Officers will no longer request copies of the Medical Certificate of Death. The Serious Incident form will be used by licensees for death reporting. The Licensing Officers will use the Serious Incident form for any documentation relating to their follow up activities. The purpose of follow-up is to ensure that the licensee and their staff took the appropriate actions and followed their policies and protocols. If the Coroner makes recommendations as a result of their investigation, the Licensing Officer would work with the Coroner and licensee to ensure that those recommendations are implemented.



The Pleasures of Healthy Eating:

Exploring the Health Benefits of Chocolate, Green Tea and Red Wine

Could chocolate, green tea and red wine actually be good for us? The idea may seem far-fetched to some, but nutritional scientists are exploring that these favorite indulgences may, indeed, play a role in promoting health.

Is Chocolate a Health Food?

Chocolate, particularly dark chocolate and cocoa powder is a rich source of flavonoids. Flavonoids are compounds that are naturally found in some foods. They have what nutritionists call “anti-oxidant effects”, which, simply put, protect the cells of the body from damage caused by the wear and tear of daily life.



Scientists have only recently begun to explore the impact of chocolate on health. The data collected so far suggests that chocolate may help to improve mood, as well as factors related to heart health. Much more research needs to be conducted before we have a clear picture of chocolate’s impact on human health. Moderation is important when enjoying chocolate. Although chocolate may offer health benefits it is also a rich source of energy (calories) and fat. It is important to remember that you can “get too much of a good thing” and that the basic principles of healthy eating – balance, variety and moderation – always need to be considered.

Tea Time?



Tea contains natural compounds that may impact health. Catechins are one of these compounds. Like flavonoids, catechins found in tea act as an anti-oxidant and some have speculated that teas, especially catechin-rich green and white teas, may help prevent diseases such as cancer and heart disease.

Research into the health effects of green tea is ongoing. The results of some studies have found a link between green tea (or its components) and factors related to certain types of cancer and heart disease. However, most of this research has been conducted in animals, not people, and more work needs to be done to determine how tea might impact human health. As it stands, there is not strong evidence to support increasing green tea intake in order to improved health.

Red Wine: A Toast to Good Health?

The health effects of red wine have been of interest to the public for many years. Red wine is rich in anti-oxidant compounds such as resveratrol, quercetin and catechin, so it is conceivable that red wine could offer some benefits.

Research involving animals suggest that the anti-oxidants in red wine may decrease chronic inflammation within blood vessels. Inflammation contributes to atherosclerosis or the build up of fatty deposits in the lining of blood vessels, which is a risk factor for heart disease. However, research on humans needs to be conducted to determine if people might enjoy these same benefits.

As with chocolate, moderation matters when it comes to red wine. Excessive alcohol intake has well documented risks and it is important to limit your intake of all alcoholic beverages, including red wine, to no more than one drink per day.



In the future, we will have a better understanding of the health benefits that food like chocolate, tea and red wine might offer. Until then, savour the taste enjoyment that these foods bring to daily life as part of a balanced diet based on Canada’s Food Guide to Healthy Eating.

Inspections may be planned or unannounced!

A reminder to all licensees, manager and adult care facility staff that Licensing Officers may appear for an inspection at any time that your program is scheduled to operate and that they are allowed to do so under Section 9 of the Community Care and Assisted Living Act. Inspection visits may be scheduled (when the Licensing Officer calls to arrange an appointment in advance) or unannounced when the Licensing Officer turns up at your door. When making unannounced inspection visits, Licensing Officers will try to be sensitive to your schedule.

Regulations: What are they?

Section 1 of the *Regulations Act*, R.S.B.C. 1996, c. 402 defines what is and is not a regulation. Two key words are used for determining what is a regulation: if the empowering legislation says that a regulation may be made or that something may be prescribed then the resulting order is a regulation.

In general, a regulation is an order that:

- directs the way someone must act
- limits rights and freedoms
- sets fees
- affects the public, rather than an individual or small group
- is more than merely administrative.

Approximately $\frac{1}{4}$ of the orders in council passed each year are also classed as regulations. The Regulations Act also sets out procedures for recording and publishing regulations.

All regulations must be published in the British Columbia Gazette. Part II of the Gazette was created in 1958 to publish both general regulations and those which bring Acts into force. (Part I Gazette contains all other orders and notices required by law to be published.) The Registrar of Regulations has authority under the Regulations Act to exempt lengthy regulations from publication if they will be made available in some other way to persons who may be affected by them. Maps, graphs, photographs, etc. may similarly be exempted. Each issue of the British Columbia Gazette Part II has an index of its content, and a cumulative annual index is produced at the end of each calendar year. Each weekly index and cumulative annual versions are posted on the Queen's Printer website as BC Regulations Bulletins. These Bulletins are linked electronically to scanned images of the regulations. There is also a subscription service to the Gazette as part of the QP LegalEze.



Confidentiality in Nursing

What is Confidentiality?

Confidentiality is a component of privacy in which one individual or organization agrees to safeguard information about another individual or organization. Privacy is the right of individuals to determine how, when, to whom, and for what purposes any personal information will be divulged

Nurses safeguard health and personal information learned in the context of the nurse-client relationship unless there is a specific ethical or legal obligation to disclose the information. In situations involving a substantial risk of significant harm, nurses use a process of ethical decision-making before breaching confidentiality. Whenever possible, this process involves consultation with colleagues.

A legal obligation to disclose confidential information may be imposed by legislation (e.g., Communicable Disease Regulation under the Health Act) or required under a warrant, court order or subpoena. In all cases where disclosure is warranted, nurses restrict the amount of information disclosed and the number of people informed to the minimum necessary.

Director of Licensing Standards of Practice for First Aid Courses: Adult Care

In June 2004, the Director of Licensing issued a Standard of Practice for “First Aid Courses – Adult Care”. It was issued in order to ensure that staff of Community Care Facilities have appropriate First Aid Training in order to ensure the health and safety of vulnerable adults in care. To summarize, under this Standard of Practice, the training program:

- instruction time is a minimum of 8 hours duration
- is instructed by a fully qualified First Aid Specialist
- issues an exam-based, expiry dated competency certificate to participants who successfully complete the program
- is designed to instruct caregivers in providing First Aid to children, youth and adults in residential settings
- will provide instruction in 19 competencies.



To obtain a copy of this Standard of Practice, contact your local Licensing Office.

Region Wide Updates:



Influenza is a viral illness that causes symptoms such as sneezing, coughing, sore throat, fever, headache and muscle pain. Influenza is particularly dangerous for people 65 years of age and older, infants and people whose immune systems may be compromised or not working well.

The influenza vaccine is available free and is highly recommended for the following:

- People 65 years of age or older
- People with certain chronic illnesses including diseases or conditions that affect the heart, lungs or immune system
- People who are a household contact of someone at high risk whether or not those high-risk people have been immunized
- People who reside in a care facility.

Free influenza vaccine is available from your local Health Unit or Family Doctor for those individuals listed above as well as other high risk individuals.

This Month's Websites:

CNRBC Website

<http://www.crnbc.ca/NursingPractice/Requirements/PracticeStandards.aspx>

Queen's Printer

<http://www.pss.gov.bc.ca/qp/>

Northern Health

www.northernhealth.ca



Influenza Clinics: for clinic times and locations contact your local Health Unit.

NORTHEAST:

- Chetwynd: November 14, 2007
- Hudsons Hope: November 5, 2007
- Tumbler Ridge: November 2, 2007
- Fort Nelson: October 30, November 6, December 11 2007
- Dawson Creek: October 30, November 6, November 7, 2007
- Fort St. John: October 30, November 6, November 8, December 11 2007

NORTHWEST:

- Smithers: October 29 - November 3, November 5 - 9 2007, November 22 and 23, 2007
- Telkwa: November 8, 2007
- Houston: October 30 - November 3, 2007, November 5 - 7, 2007
- Hazelton: October 30, November 1 and 6, 2007
- Kitwanga: November 2, 2007

NORTHERN INTERIOR:

- Burns Lake: November 3,5,7,9,13,16,19
- Fort St James: November 1,2,5,6; Nakazdli November 8,9; Tachie November 15, 2007
- Mackenzie: November 1,2,5,6,7,8
- McBride: November 5,8,13,15,19,20,27 December 13, 2007
- McLeod Lake: November 7, 2007
- Prince George: November 6-9, 16, 23, 30, December 7, 14, 2007, January 4, 11, 18, 25, 2008
- Quesnel: October 29-30, November 5-6
- Valemount: November 6,7,14, 22, 23, 29
- Vanderhoof: November 2, 7, 2007