



Education Newsletter

December 2024



Training Days

There are two planned training days in January where we hope to cover a few of the competencies and information sessions to ensure care team staff can get signed off with skills, maintain their competencies and ensure safe and high quality care for the babies, children and young people we look after. Staff need only attend one- either 17th or 28th January.

Lessons Learned, Civility, Infection Prevention and Control, Working with Young People and Sexuality Awareness, Basic Life Support, Moving & Handling, Tracheostomy care including management of deterioration and Pool safety.

If there is anything else you wish to hear about on this day or if you can do a training session please let us know.

Training days in December

5th December – Student Supervisor and Assessor update

10th December – ACP awareness

10th December – Preceptorship training day- medications management focus

Education News

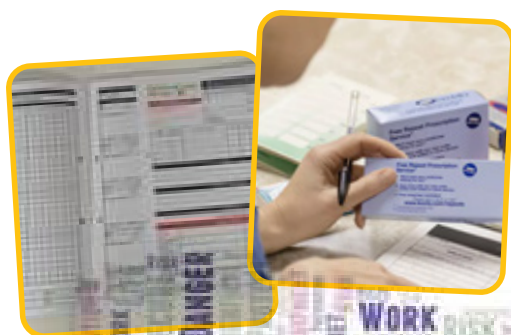
Education Compliance

Mandatory Elearning compliance is very close to 100% well done everyone.

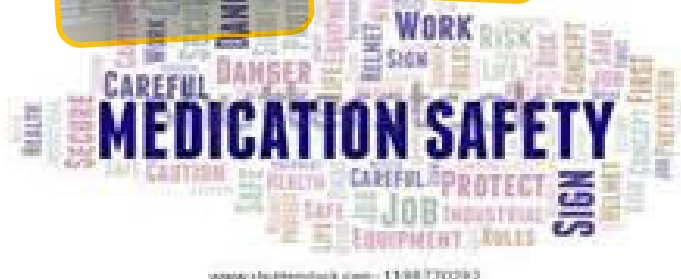
The 2025 training passport is available for care team staff to print and complete. Once you've finished the Elearning page, please send a copy to clinical education or send a report from your Elearning for Health account for us to record it on the training Matrix. You can keep your training passport to complete throughout the year. Helen Fogg will let you know about any Safeguarding training that needs to be completed.

There will be a self-certification for Nurses/ NA's for certain competencies in 2025, we will send this out in January to those it is appropriate for (This will not be suitable for new staff, bank staff, preceptorship nurses or those returning from long term leave e.g maternity leave- a full competency must be completed in these cases).

Medications Champion



We need a nurse to join the medicines champion group. If anyone is interested please let us know and speak to Hayleigh if you have any questions.



www.chaitemedia.com 1188720242





Education Newsletter

December 2024

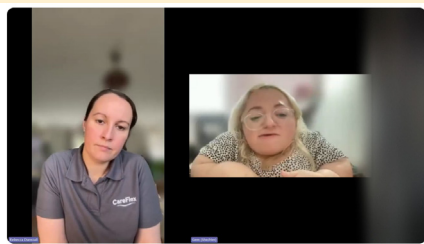


Postural Care

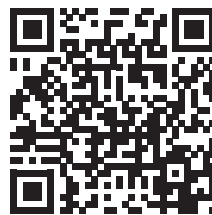
Last month we shared details of a postural care webinar from CareFlex with Guest speaker Gem Turner who shared her experiences for living with a disability and spoke about her lived experiences- good and bad.

One of the most important messages in this session was understanding how a person communicates to enable care staff to identify when a person is uncomfortable and responding appropriately. In addition, open and honest communication, explaining what is happening and preparing a patient for an intervention including consent.

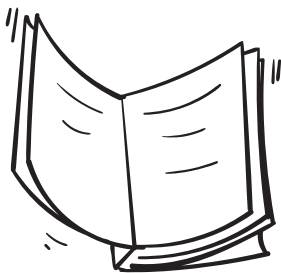
There are many other useful resources on the CareFlex website.



November Webinar 2024: Postural Care With Special Guest Gem Turner



watch here



Journal Club

We have received copies of the Nursing Standard and Nursing Children & Young People Journals. We will leave them in the care team office until we get the next copies and will store them in the clinical skills lab. Feel free to have a read when you have a spare 5 minutes

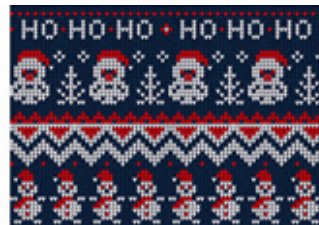
Awareness Days



Dec 2 December 2 - December 8
National Grief Awareness Week 2024



Dec 5 All day
International Volunteers Day 2024



Dec 13 All day
Christmas Jumper Day 2024



Dec 3 All day
International Day of Persons with Disabilities 2024





FOCUS OF THE MONTH

NEBULISERS



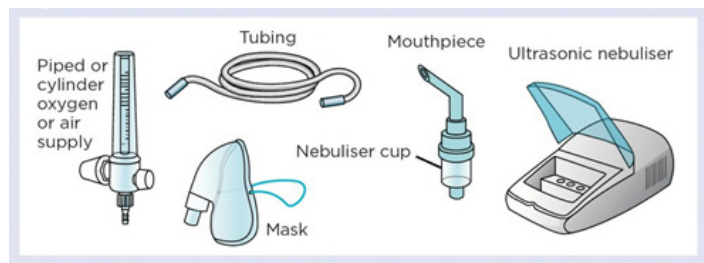
What are Nebulisers?

Nebulisers quickly and easily administer high doses of medication required for patients with acute or chronic, severe or life threatening respiratory conditions. They can be used in palliative and end of life care and to give medications young babies or children and young people who may not be able to use inhalers- such as those who do not have the dexterity or coordination to use inhalers.

Nebulisation is the process of changing a liquid medication into a fine mist using oxygen or air, which the patient can inhale through a facemask, mouthpiece or it can be administered into a tracheostomy or ventilator circuit.

Examples of commonly nebulised medication include;

Saline 0.9% Children with complex disabilities may have difficulty coughing and clearing oral secretions when unwell and sometimes the medications that they are on to help control their secretion can lead to thick, sticky secretions. A saline nebuliser can help to thin down the secretions so that they are easier to cough up, swallow or be suctioned out. Saline is a mixture of sodium chloride (salt) and water.



An isotonic saline solution (0.9% NaCl)

has the same molecular density as our bodily fluids. This strength of saline helps to moisten airways to help secretions loosen.

Hypertonic saline solutions (3%, 7% etc) have a higher salt content than our bodily fluids, so through osmosis, the salt pulls water from cells into the mucous, making it less viscous and easier to clear.

Bronchodilators help to relax the muscles in the lungs and widen the airways (bronchi). They are used to treat long term conditions such as asthma and COPD and may be used for acute viral induced wheeze episodes. They can be short and long acting and some common examples of bronchodilators are salbutamol and ipratropium.

Corticosteroids- steroid medications such as Budesonide can be used as a preventer medication, to reduce inflammation in the lungs over time.

Antibiotics can be nebulised to treat chronic respiratory infections such as pseudomonas, which is a bacteria that can make children and young people with weak immune systems and chronic chest diseases such as bronchiectasis and cystic fibrosis. Colomycin (our medicine of the month) is a common nebulised antibiotic.

Nebulisers may be part of a chest management plan or prescription before chest percussion, mechanical Insufflation: Exsufflation (cough assist) and suction in order to loosen secretions and dilate the airways before secretions are manually or mechanically loosened further and then removed.

Nebulisers need to be cleaned between uses to prevent the growth of micro-organisms. It is important to empty out any residual medication and to rinse it. Nebuliser consumables should be disposed of and replaced as per manufacturers guidelines.



References

British Lung Foundation (2018). Nebulisers. Nebulisers v5.pdf

Clark S, Pawlyn J (2019) Inhaler and nebuliser technique for people with a learning disability. Learning Disability Practice. doi:10.7748/ldp.2019.e1941



Education Newsletter

December 2024



MEDICINE of the month



Colomycin (Colistimethate sodium) Nebulised

Why is it used?

Colomycin is active against Gram-negative organisms including *Pseudomonas aeruginosa*, *Acinetobacter baumannii*, and *Klebsiella pneumoniae*. It is not absorbed orally and needs to be given either intravenously, inhaled or nebulised for a systemic effect. Most commonly the nebulised version is for the management of chronic pulmonary infections due to *Pseudomonas aeruginosa* in patients with cystic fibrosis. Although, we see children and young people who come to Derian have it prescribed prophylactically as part of their respiratory/chest management plan.

Dosage

By inhalation of nebulised solution;

- Child 1–23 months - 0.5–1 million units twice daily, for specific advice on administration using nebulisers—consult product literature; maximum 2 million units per day.
- Child >2years - 1–2 million units 2–3 times a day, for specific advice on administration using nebulisers—consult product literature; maximum 6 million units per day.

*For nebulisation, consult product literature for information on reconstitution and dilution.



Side effects

Common side effects when nebulised include; bronchospasm, cough, chest discomfort, dyspnoea, altered taste, vomiting, throat problems and tinnitus.

Contraindication

Colomycin is known to reduce the presynaptic release of acetylcholine at the neuromuscular junction and should not be used in children with myasthenia gravis.

Interactions

There are various medications that can increase the risk of nephrotoxicity when used with colomycin, these include; diclofenac, ibuprofen, amikacin, amphotericin, cefotaxime, ceftazidime, ciclosporin, tacrolimus, trimethoprim, etc. Medications with neuromuscular blocking effects, such as amikacin, gentamicin and neomycin, should also be used with caution.

References

- <https://bnfc.nice.org.uk/drugs/colistimethate-sodium/>
- Carroll, W. (2021). Practical paediatric prescribing: how to prescribe the most common drugs. London Elsevier.