



SASOHN #IND2021

RESILIENCE

www.sasohn.co.za
#SASOHN



12 MAY 2021 INTERNATIONAL NURSES DAY



SASOHN
SOUTH AFRICAN SOCIETY OF
OCCUPATIONAL HEALTH
NURSING PRACTITIONERS

From the Editor

2021 started with a bang as things started to go back to new normal.

Most people are still working from home and that bring about different Occupational Health (OH) issues.

As our President, Denise has been dragging us into the 4th Industrial Revolution, kicking and screaming. Denise, the COVID-19 pandemic gave your endeavours an almighty push into the 4th Industrial Revolution!

National EXCO and all Regional EXCOs and Regions have had virtual online meetings with a degree of success. National Institute of Occupational Health (NIOH) is still hosting COVID – 19 online / OH webinar presentations.

Our focus now is to get all OHNP vaccinated and with the Sisonke initiative, it is becoming a reality. Quite a few OHNP have been vaccinated in the last 2 weeks.

The Academic Day on the 6 May hosted by GC was a huge success and the first hybrid event for SASOHN.

Nurses day on the 12 May where all nurses need to celebrate and be appreciated.

I would appreciate more articles for the next newsletter.

R. Johnson

What's Inside...

From the Editor	2
Warm greetings SASOHN Members	4
The Occupational Nurse Survival Kit	5
I Got my Covid-19 Vaccine	9
Nurses Pledge	10
A Journey Through a Virtual Landscape	12



SASOHN National Office:

P. O. Box 26538, East Rand, 1462

Tel: +27 (0) 861 SASOHN (0861 727646)

Fax: +27 (0) 86 263 8757

Email: office@sasohn.co.za

Website: www.sasohn.co.za

SASOHN National Office:





Denise Minnie, SASOHN President

Warm greetings SASOHN Members

We as Occupational health nurses are exposed daily to so many adversities in the work places, more especially now in the COVID 19 pandemic. It has left some of us demotivated, fearful, anxious and somewhat disappointed due to lack of appreciation, poor remuneration, over worked, stressed, sometimes being exploited, and most importantly little or no support. At times, this was also attributed to not being taken seriously or not being of much importance as we are not core business. Lurking in the shadows is also that internal conflict we have, as we navigate each and every day of being uncertain what the day will bring about. The “Year of the Nurse and Midwife”, the year that we should have been joyful and, celebrating, sadly saw each nurse dressed in full PPE, working nonstop, afraid just like everyone else of contracting the dreadful virus that has taken so many lives, but still we laboured on, we put on those smiles and continued to do what we were taught, that is to take care of our people and nurse the nation to good health and wellbeing.

Sadly, this gave rise and resulted in mental exhaustion, fatigue, job dissatisfaction, stress, burnout, helplessness and so much more. Therefore, it has become essential for us as occupational health nurses to develop wellness strategies, create a support system to build each other and develop many coping mechanisms to allow us to become emotionally stable, to be strong, to toughen up, empower ourselves and strengthen our resilience against all the odds. More importantly, let’s stay connected, develop networks amongst ourselves and others so that we can acquire the resilience

skills that is greatly needed to get us through this and every other challenge that may come our way.

Adopting an attitude of resilience will only make us stronger, more confident and brave enough to take the next step, so keep moving forward, rise above our difficulties and let’s be ready to tackle anything that comes on our pathway. This new found strength will help us navigate through life by promoting and being positive, able to adapt and rise to the occasion, improve our mental health and wellbeing and develop and foster great relationships. Might seem easier said than done, but it’s all about getting started and a conscious effort to move forward despite the odds and having mountains of faith and hope that it will get better.

Therefore, it has become an absolute must for us as occupational health nurses to adopt resilient behaviours, so that we can be even better and committed to what we do currently, overcome our challenges with a better mindset and emerge stronger, stable, safe and healthier than ever before.

Lastly lets always remember that “Life throws challenges and every challenge comes with rainbows and lights to conquer it.” By Amit Ray, World Peace: The Voice of a Mountain Bird. The next time you take a look at the rainbow, take note of the many different colors, and notice how they never split, because they know how beautiful they are when they stick together.

SASOHN Office bearers and EXCO and myself would like to take this opportunity in wishing each of you a “Happy Nurses day”. Be blessed with good health and wellbeing, and let’s start counting our rainbows and not our thunderstorms.

Denise Minnie

Footnotes: Ramalisa, R.J., du Plessis, E. & Koen, M.P., 2018, 'Increasing coping and strengthening resilience in nurses providing mental health care: Empirical qualitative research', Health SA Gesondheid 23(0), a1094. <http://doi.org/10.4102/hsag.v23i0.1094>

THE OCCUPATIONAL NURSE SURVIVAL KIT



To remind you to pick out the good qualities in others



To remind you to be flexible, things may not always go the way you want, be flexible and stretch, and it will work out



To remind you to heal hurt feelings, your or someone else's



To remind you to stick with it and you can accomplish anything



To remind you to always find the excitement and enjoyment in everything you do



To hold things together when they seem to be falling apart



To light the way for yourself and for others



Open on both ends – that is how communication should be



To pin your dreams together



To light the way for yourself and for others



When the going gets tough, have a break , have a Kit Kat



To remind you to always take care of your wellbeing



To remind you that you are loved, its okay to have a treat

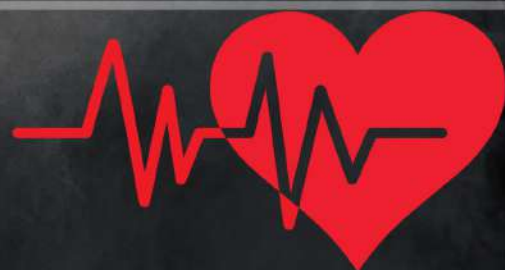


OUR EVERYDAY HEROES

Thank you for everything!

International Nurses Day is celebrated around the world every May 12, the anniversary of Florence Nightingale's birth. The International Council of Nurses (ICN) announced the theme for International Nurses day (#IND2021) as - Nurses: A voice to lead.

The sub theme for 2021 is: A Vision for future Healthcare.



INTERNATIONAL NURSES DAY



Covid-19 Vaccination



I GOT MY COVID-19 VACCINE

R. Johnson, WR Chairlady

Denise and I went through to Chris Hani Baragwanath hospital on the 10th May for the J&J vaccine through the Sisonke initiative.

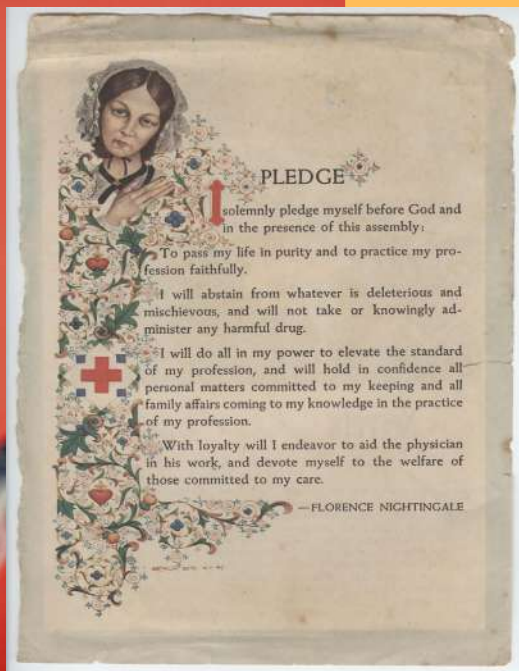
The registration via the link worked immediately and the time and date was received immediately.

The whole process from the time we got there till we got vaccinated took 3 hours and it was very organised and professional.

We did not experience any side effects after the vaccine.



NURSES PLEDGE



THE ORIGINAL NIGHTINGALE PLEDGE (1893)

Designed in 1893 by Lystra Gretter and her Committee from the Farrand Training School Grace for Nurses, Michigan to honour the Principles and Values in Nursing set by Florence Nightingale

THE REVISED NIGHTINGALE PLEDGE (1935)

Refined by Lystra Gretter and her Committee in 1935 to widened the role of the nurse by including an oath to become a "missioner of health" as nursing expanded from only hospital settings into the Public Health domain

THE NURSE'S PLEDGE



THE CONTEMPORARY NURSE'S PLEDGE OF SERVICE (SINCE 1970'S)

Nursing Schools in the US continued to refine the Nurse's Pledge periodically, often removing outdated phases such as 'loyalty to physicians' to promote the principle that Nursing is an independent, scientific profession advanced by ever developing evidence based practice. Today SANC uses the revised Nurse's Pledge of Service as attached here.

INTERNATIONAL NURSE'S WEEK 6 - 12 MAY

TAKE THE OPPORTUNITY TODAY TO RECITE THE NURSE'S PLEDGE TOGETHER

Infographic dedication by SASOHN (2021)

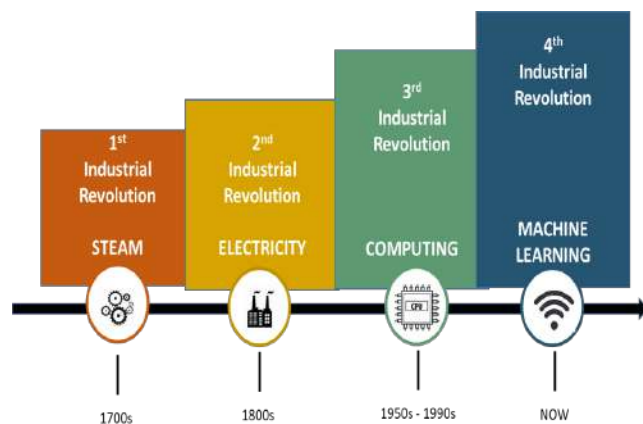


A JOURNEY THROUGH A VIRTUAL LANDSCAPE

R. Johnson, WR Chairlady

Sandra Muller, SASOHN WC

The SASOHN President has been an ardent proponent of the 4th Industrial Revolution: for those who still are not sure what this is, here is an



explanation:

It is "the application of Artificial Intelligence, ubiquitous digital network and cyber physical systems.

I, at least, understand what a digital network is!!

Are nurses reluctant users of technology? Not the WC SASOHN members. We have embraced the use of virtual technology, albeit a fast-tracked embrace due to COVID-19. The WC was the first region to hold virtual meetings so that we could fulfil our mandate of keeping members up to date with CV-19 and OH and making sure that everyone was ok.

Not that every meeting has proceeded without glitches! Not glitches? We prefer to call them learning curves. Some have been steep and our stalwart Theresa Bosman, usually a go-getter, has been heard to say "I'm outta here"

Virtual meetings have provided a unique means to reach members – they have allowed more

people to attend and collaborate as they do not have to leave work and/or travel; some people did not attend our monthly general meetings due to distance. Unfortunately, some people have had data usage and connectivity issues which have stopped them from attending SASOHN meetings

What can go wrong? On one particular day, everything did go wrong! We could not share screens, people could not log in, attendees were trying to join but were not "seen" by anyone in the meeting

While "zoom" seems to be everyone's favourite virtual platform, the free meetings have a short time limit which causes disruptions and may lead to people not logging in again or having difficulty doing so. The disruptions are not good for the speakers either.

This is where "teams" has the advantage, but one has to be a fully-fledged IT nerd to use it but, I have now discovered a smart solution: make sure that you are signed into your appropriate Microsoft account to facilitate access to teams.

Joan Visser shared a "what not to do during a virtual meeting" article with me and I have used it to share our experiences ¹

What not to do during a virtual meeting

1. Do not replace professionalism with comfort

Natalie Copeling has said one of the "pros" of virtual meetings, is that they can be attended while in the comfort of your home: however, one has still to present a professional image so even if you have on your pyjama or active wear bottoms, make sure the top half looks the part

2. Distractions

As with number 1, when attending work or SASOHN meetings, one has to remember that this



is work related and when your husband comes home, no matter how much he loves you, he ought not to come in and kiss you hello!

Try to keep your pets out of the meeting: it is a distraction to have a barking dog in the meeting room and one knows what cats are like, they want to chair the meeting!

3. Eat before hand

Some meeting s might go on forever and trying to concentrate while thinking about food could be a challenge. This goes for other members of the family: of you have to breast feed your infant, remember to turn off the video and mute the sound!

4. Do not zoom and drive

I cannot even begin to think how one could get into a situation like this. Unless you are habitually late for meetings but even then? Especially as safety aware occupational health nurses

5. Mute while not speaking

There can be consequences for not following this step: attendees may hear things that were not meant to be heard e.g., the breathless gulping of the afore mentioned breast feeding infant

6. No private messages

Remember, we are professional

7. Do not be late

Just as one shows respect by arriving on time for regular meetings and thereby not causing a distraction, the same applies to virtual meetings

8. You are on show, angles and lighting

I am sure we all try to look our best, but one is really “visible” in a virtual meeting. If your screen shows that you are having a bad hair day or you applied your lipstick to your teeth, do not, I repeat, do not try to use your screen as a mirror to rectify defects

9. Busy desktop and background

One of the worst back grounds that I have seen, is that of an island paradise with palms trees blow-

ing and waves crashing on the shore. It really was too much, too distracting

10. Participate

Natalie Copeling has also put forward as a “pro”, that virtual meetings allow participation if you are introverted – you cannot see the audience, they might not see you, thereby giving one courage to participate

Reference

1. <https://greenapplestrategy.com/what-not-to-do-during-a-zoom-meeting/>