

## In this Issue

May 2023

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### Letter from the President

In 2023, we celebrate International Nurses Day and echo the slogan of the International Council of Nurses (ICN)

“Our Nurses. Our Future”.

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### What does being a Nurse is means to you

Nurses take a person's whole range of needs into account, which helps build personal connections, opportunities for closer observation, and, when possible, chances to boost their spirits. The nursing role complements other elements of patient care and can ensure individuals receive the best care possible

# SASOHN News

Edition 2023/01

## Letter from the President

Three years after the COVID-19 outbreak began, nurses continue to work in exceedingly difficult conditions. There is no doubt that nurses, as members of the world's biggest healthcare profession, are critical to all countries' fulfillment of the Millennium Development Goals. The pandemic put a strain on our healthcare systems and the nursing workforce, highlighting the hazards nurses are exposed to and the lack of protection for the profession.

According to the "Sustain and Retain in 2022 and Beyond" (ICN) report, the COVID-19 epidemic has harmed the already fragile global nursing workforce, putting the goal of Universal Health Coverage in jeopardy.

Nurses are frequently the only health experts that many individuals have access to over their lifetime. Access to healthcare is critical for safe, secure, economically successful, and equitable societies, but it cannot be achieved unless enough nurses are available to give the necessary treatment.

Nurses work in difficult environments and play an important role in delivering care to clients while also dealing with occupational pressures and putting clients' personal needs first.

Florence Nightingale was known as "the lady with the lamp," and her birthday, May 12th, was designated as International Nurses Day in her honor. Whatever the scenario, wherever the location, and whoever the patient is, all nursing personnel share an unrelenting dedication to making a difference in people's lives.

## Why is caring important?

Caring for others is not only about helping and putting the needs of others before our interests, but it is also the ability to hear, understand and recognize others' needs and feelings

This year, the International Council of Nurses' worldwide campaign outlines what nursing will need in the future to solve global health concerns and promote global health for all. We must learn from the lessons of the pandemic and apply them to future activities to promote and advance our nursing profession.

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*IN 2023, WE CELEBRATE INTERNATIONAL NURSES DAY AND ECHO THE SLOGAN OF THE INTERNATIONAL COUNCIL OF NURSES (ICN)*

*“OUR NURSES. OUR FUTURE”.*

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Nurses have shown incredible resilience and dedication, often putting their own lives at risk and working tirelessly to provide care to clients. The pandemic has demonstrated the genuine worth of our healthcare professionals. Now is the moment for the entire globe to act in unison to help them by monitoring and enforcing workplace safety and protection for nurses as part of their investment in our profession.

**Happy Nurses Day 2023,**

*Michelle Bester  
SASOHN President*

**Wishing all the nurses a  
very Happy Nurse Day.  
Because you are there,  
we know that one day the  
patients are going  
to be all fine.**



Joyce Meyer wrote:  
A Strong woman  
knows how to keep  
her life in order.  
Even with tears in her  
eyes, she still  
manages to say “I’m  
Ok” with a smile.



Smiling with a patient  
can provide the  
patient with much-  
needed relief from  
some of their stress.  
Smiling also helps  
patients remember  
the positive aspects  
of their experience

## Smile and Nurse: The Ultimate Healing Combination

The sight of a smile is always a welcoming one, especially when it comes from a healthcare provider. Nurses are often recognized for their compassionate care, and when they combine that with a smile, it can make all the difference in a patient's healing journey.

Studies have shown that smiling can reduce stress, improve mood, and even lower blood pressure. When nurses incorporate these simple gestures into their patient interactions, they can help promote a positive environment that can lead to better outcomes.

A smile can also help build trust, ease anxiety, and create a sense of comfort. For patients who may be nervous or scared, a friendly smile can go a long way in making them feel secure and cared for.

Additionally, smiles are infectious. When a nurse smiles, it can encourage their colleagues and even patients to do the same. This can create a ripple effect that helps maintain a positive culture within the healthcare setting.

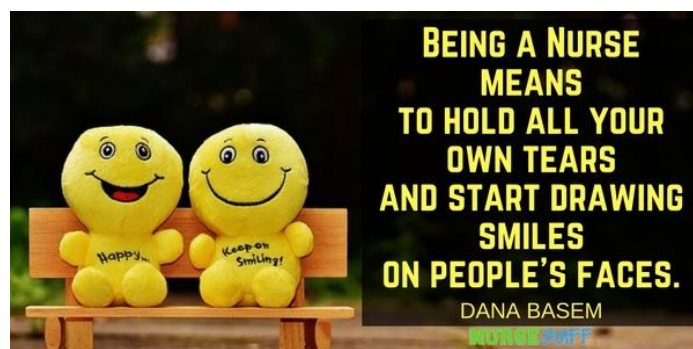
Nursing is a challenging job, and smiling may not be easy in every situation. Nonetheless, choosing to smile, even when things are difficult, can be one of the most effective tools nurses have to create a healing environment.

In summary, smiling and nursing go hand in hand. When combined, they make for a powerful combination that can lead to better patient outcomes, a positive culture, and a more fulfilling nursing experience.

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***A genuine smile given by a nurse can do wonders as it conveys acceptance, builds trust, and establishes interpersonal relationships. It also helps nurses to feel better and avoid anxiety or stress burnout in clinical situations***

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## If nursing staff are not cared for, they cannot care for others

**Four in ten nurses currently describe their mental health and well-being as either “bad” or “very bad”. This is the shocking finding of the latest Nursing Times survey on occupational health, which has been carried out in support of our Are You OK? campaign.**

*"The welcome support put in place during the pandemic must be continued and expanded by employers"*

To put things in perspective, six out of ten respondents to our study stated that their mental health was "worse" or "far worse" than it was before the Covid-19 outbreak, and four out of ten stated that it was even worse than it was during the pandemic's heights. I believe it's fair to conclude that, taken as a whole, this is a sign of the cumulative impact of the epidemic years, followed by pressure on services to recover against the backdrop of the current high vacancy rates.

Nurses cite staffing, patient numbers, acuity, worries about patient care and safety, the expense of living, and remuneration as some of the major contributing factors, which is to be expected. None of these are most likely going to be a surprise to Nursing Times readers.

To encourage employers to assist their nurses' wellness during a time of extreme stress, we launched the Covid-19: Are You OK? campaign in April 2020 during the peak of the first wave of the pandemic.

At the time, we anticipated that this requirement might only be transitory, but unhappily, due to the pandemic's recurrent waves, pressure to provide elective treatment again, and the current high seasonal demand for services, this has not been the case.

As a result, we are updating our continuing campaign, deleting "Covid-19" from the title to highlight that the demands of nursing staff in terms of their mental health and welfare are not simply related to the pandemic, and updating it with the most recent survey results from nurses.

Employers must continue and increase the welcome support that was put in place during the epidemic, even though it wasn't available everywhere or in sufficient numbers or quality. If the nursing staff is not taken care of, they cannot take care of others. Therefore, it is crucial that employers routinely inquire of their nursing staff: Are you OK?

## What is the Are You OK campaign?

R U OK? is a harm prevention charity that encourages people to stay connected and has conversations that can help others through difficult times in their lives.

"  
SOMETIMES IT TAKES ONLY  
ONE ACT OF KINDNESS AND  
CARING TO CHANGE A  
PERSON'S LIFE.  
"

— JACKIE CHAN

"As a nurse, we have the opportunity to heal the mind, soul, heart, and body of our patients. ...

No matter how difficult the days may get, don't forget the reason you became a nurse."



While this is a good beginning, they must also take proactive action to assist their nurses and make sure they are truly OK.



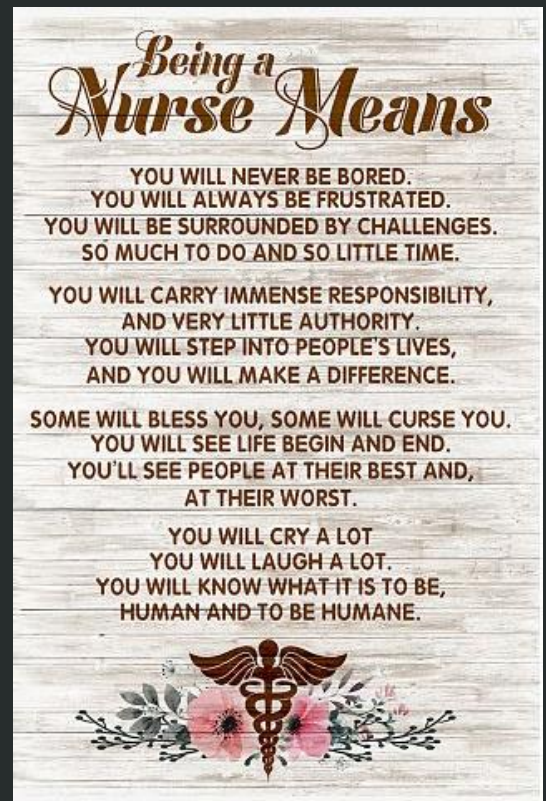
## What being a nurse means

Being a nurse means that you have chosen a profession that is focused on providing care and support to individuals who are sick, injured, or in need of medical attention. Nurses work in a variety of settings, including hospitals, clinics, nursing homes, and other healthcare facilities.

As a nurse, your responsibilities may include:

1. Providing basic medical care: Nurses may be responsible for administering medication, taking vital signs, and monitoring patients' conditions.
2. Managing patient care: Nurses may be responsible for developing care plans, coordinating with other healthcare professionals, and ensuring that patients receive the appropriate treatments and services.
3. Educating patients and their families: Nurses may provide education on healthy lifestyle habits, disease prevention, and the proper management of chronic conditions.
4. Advocating for patients: Nurses may serve as advocates for their patients, ensuring that they receive the best possible care and that their needs and concerns are addressed.
5. Supporting patients and their families: Nurses may offer emotional support and comfort to patients and their families during difficult times.

Overall, being a nurse requires compassion, strong communication skills, attention to detail, and a commitment to providing quality care to those in need. It can be a challenging and demanding profession, but it can also be incredibly rewarding, as nurses have the opportunity to make a real difference in the lives of their patients.



# This is what you said.

**Caregiver:** being a caregiver often calls us to lean into love and caring we didn't know possible. Remember though that, like airplane passengers, we should not forget to put our oxygen masks on first. Taking care of yourself ensures that you can care for others.

We are the **caregivers** of this world. Be the influence in all you do

**Smile.** A smile can make your day and other

A **smile** can brighten your day and that of all those around you

**Friendly** - "A soft answer turns away wrath, but a harsh word stirs up anger". Responding gently and with kindness in a situation that could potentially become heated or confrontational can diffuse tension and prevent conflict. When someone is angry or upset, responding to them with a gentle tone and an understanding demeanor can help to de-escalate the situation and prevent things from escalating further. By showing empathy and seeking to understand their perspective, you can often defuse the situation and find a peaceful resolution.

**Purpose:** to listen, to evaluate to promote health, and to be kind.

**Caring:** Professional Nurses care, with a smile, assisting patients and providing care therapy. She is an instrument To enhance healing in respect of mind, body, and soul with tender loving care

**Excellency:** Be the Best you in everything you do where people are involved. Always give your best to inspire people to be excellent in all they do

**Smile** - As I walked into a room with pain, misery, instability, unanswered questions, and low self-esteem, I was welcomed by a nurse wearing a big smile that filled the room. It touched my heart, melted my joints, and changed my pain and misery into joy. That smile: gave me an answer. A nurse with a smile accelerates healing, conveys acceptance, builds trust, and brings positive energy. Be the reason why someone.

## Friendliness:

We, as nurses interact with people all day long. The people may be healthy or in a sick bed. In either situation, a sympathetic, friendly, helpful, good-natured, pleasant, kind person is always welcome.

Friendliness embraces people in all echelons of life be they friends, colleagues, strangers, neighbours, or just people in general.

Friendliness is an important quality to help build connections with people we have come into contact with. Friendliness makes living life smoother and more purposeful. It makes others seek your company or services.

As a communication tool, it makes others receive your message more readily.

Friendliness includes a smile, eye contact, acknowledgment, and open body language. It can be considered a strength as it makes us feel like we are making positive contributions to the world.

Why not help others with your friendliness and make the world a better place?



bwc11506014 Barewalls

**Purpose.** We all have a purpose in life and people's lives. We must give purpose to the sick and weary. God had a purpose for you and me to serve others in their time of need. It is a privilege to have such a noble purpose.

**Our purpose** in life is to help and care for others. If you can not help at least don't hurt or cause harm.

**Professional.** No matter the situation always stay professional in all things you do or say.

**People.** Everyone has a story and needs kindness

And without **people**, we wouldn't have the other words

**Purpose:** to listen, to evaluate to promote health and to be kind.

**Purpose:** to listen, to evaluate to promote health and to be kind.

**Listener.** It builds Trust, can save a Life, helps You to make better decisions, improves problem-solving, boost employee well-being and can also defuse conflict situations, also improves customer service.

**Listener.** It allows one to understand why certain choices are made

**Nurse:** to treat people in totality, to be excellent in self-care to be able to provide quality, compassionate, and empathetic care to others. To be honest and genuine, to value people, to respect them, to be confident, to listen, to educate, to continue to improve skills, and stay knowledgeable. To be and stay that outstanding nurse.

**Valuable** - the value of a nurse to the community: Restoration and Promotion of health, Prevention of ill-health and injury, Protection from hazards in the environment and workplace. We prevent, protect, promote and restore when the 3Ps failed

**Tender.** Always treat people the way you treat those you love.

**Tender:** to offer comfort during times of fear and vulnerability.

**Respect** - no matter who the client/patient is, no matter the situation - ALWAYS treat the person with respect.

NURSING REQUIREMENTS: (to have) the memory of an elephant, an angel's patience, a heart the size of the sun, eyes on the back of your head, a nasal filter, 8 arms like an octopus, resistant legs, a back strong enough to hold and transfer full grown adults, a 5-liter bladder and an impenetrable immune system. Even so, they say this is an easy profession. Share this to your wall if you are proud to be a NURSE.

TWEEGRAM

I selected the term "**emergency**" to emphasize the importance of listening to your body, particularly in situations that require urgent medical attention. A male employee recently experienced a medical emergency while at work and suffered a heart attack (MI) on a Saturday morning. Despite feeling unwell, he continued working until 6:45 pm before finally going home. He reassured his wife that he was okay and continued to struggle until Sunday evening when he finally admitted that something was wrong. He was subsequently taken to the hospital where he underwent an angiogram and stent procedure. During his stay in the ICU, it was discovered that he also suffered from sleep apnea, a condition his wife was aware of, but he was reluctant to seek guidance or help. It's worth noting that he didn't report any symptoms related to his health during his medical assessment in September 2022



## The Role of active listening in Healthcare

**Listening** - Active listening is the opposite of passive listening, where the hearer is fully engaged. Active listening involves not only hearing words but also receiving, interpreting, and responding to the speaker. It requires the listener to make a conscious decision and a commitment to be fully present. In healthcare, active listening is essential and critical, as healthcare professionals need to “listen” with all senses engaged in picking up on the non-verbal clues that will enable them to more accurately assess each patient or scenario they encounter.

Active listening benefits everyone, including patients, their families, the professionals themselves, and their co-workers. It also eases fear and anxiety, as an attentive, focused-only-on-the-patient healthcare professional can ease the fear and nervousness of an anxious patient. Active listening is an important skill for healthcare professionals to practice to provide the best possible care to their patients. It involves making eye contact, smiling, and offering a kind word, rather than shuffling through paperwork or doodling on a notepad.

By making eye contact, smiling, and offering a kind word, a healthcare professional can lessen the patient's anxiety and earn trust and boost confidence. It also lessens the incidence of misunderstandings, enables better care, and provides for improved medical outcomes. By practicing active listening, not only will the patient benefit, but the healthcare professional will as well.



## Keyword: Educated

By A Butkovic (SASOHNGC PR)

*"The trained nurse has become one of the great blessings of humanity, taking a place beside the physician and the priest."* – William Osler

To maintain this blessing to the public and our fellow health professionals the nurse has evolved from being trained to being educated. From the initial concept of educated nurses in the late 1860s (UK) and legally registered nurses in 1901 (New Zealand), there is a growing number of independent registered advance nurse specialists today in the fields of maternal and childcare, surgical and/or wound care, emergency care, occupational and/or public healthcare to name but a few. Both the Occupational Health Medical (OHM) Specialist and the Occupational Health Nurse (OHN) Specialist in SA now receive the same postgraduate SAQA level 8 education (SANC, 2019) as an additional qualification after they completed their undergraduate studies and community service to have the competencies to provide the integrated occupational health risk-based programs and services that our contemporary working populations both ethically and legally deserve.

What and where does the employer verify the education and competencies of the OHN? The qualification must appear on their annual practitioner license via the SANC e-Register ([click here](#)) and not just a copy of their qualification from the nursing college or university. OHN competencies have evolved as influenced by global ICOH evidence-based research ([click here](#)), and legally updated by SANC in 2015 for advanced practice nurses ([click here](#)).



## Purpose in Occupational Health:

Purpose in Occupational Health can be defined as the ultimate goal to prevent workplace illness and injury through maintaining safe and healthy work environments for all employees. To fulfill this goal and succeed in the purpose behind all health and safety initiatives, everybody in the workplace becomes co-responsible and becomes one another's keeper. The purpose should clearly outline any drive order to reduce and mitigate risks and hazards relating to a healthy and safe work environment. Without purpose, any health and safety program becomes null and void. The purpose should drive any fit-to-work and medical surveillance program considering the physical, spiritual and mental health of all employees keeping in mind that such an employee should have the required skills, and knowledge to perform the tasks employed; for the specific required time of the working day (in example shift work) and with enough energy and stamina for the tasks at hand.

## Purpose

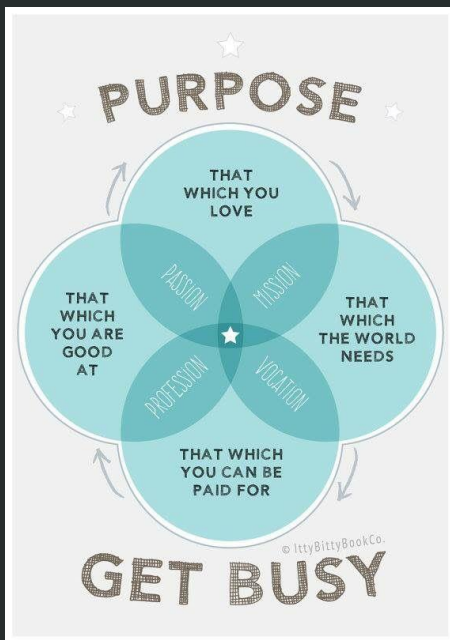
The purpose of life is not to be happy but to help and care. Herein lies happiness.

Be useful but not used. Be honourable and compassionate.

If you do not know how to be helpful or care, simply do not hurt or cause harm.

Like the ocean, strong enough not to be destroyed but gentle enough for others to find comfort in its presence.

Always remember, the meaning of life is to find your gift but the purpose of life is to give it away, by living and living well



## \*C\*A\*R\*E\*

Occupational health involves different disciplines in providing effective, safe, people-centered care. Each consultation is for an individual with defined needs, and efforts are made continuously to maintain or restore physical, mental, and emotional well-being. Care can easily be defined as a feeling of concern and empathy towards others, together with showing compassion. To be a good carer, extra effort must be given to detail as well as ensuring others' needs come first. Taking time with an individual, allowing them to talk and think about their experiences, acknowledge their feelings, and show personal interest, can assist workers as well as management to assist the occupational health clinic service in blooming optimally.

Let's be **C**oncerned about our employee's needs.

Let's be **A**ctively interested in their needs.

Let's be **r**espectful of their beliefs, limitations, and differences.

Let's be **E**mpathetic to everyone who requires care from us.

“

”

NEVER BELIEVE THAT A FEW  
CARING PEOPLE CAN'T CHANGE  
THE WORLD. FOR, INDEED,  
THAT'S ALL WHO EVER HAVE.

— MARGARET MEAD

# Sci-Fact #8: "Ahhhh-hhaaaaaa" – Yawning: Science & Facts

FC-BIOS Excellence in Laboratory & Process Supplies

## Unsolved mystery of yawning

Why is it so contagious & why should it matter?

Despite the fact that we yawn on a daily basis, **its function is still largely a mystery**. One of the most interesting things about yawns are their **contagious prowess**. So what's behind this mysterious epidemic of yawning?

### Did you know?

- Yawning is an **involuntary** action that causes us to open our mouths wide and breathe in deeply.
- Contagious yawning is triggered when we observe another person yawn -- it is a common form of **echophenomena** -- the automatic imitation of another's actions (echopraxia).
- Interestingly, while **all vertebrates yawn**, only humans, chimps and possibly dogs find yawns contagious.
- **Yawning is a sign of empathy**. Most children did not begin so-called "contagious yawning" until they were around four years old, generally the age when empathy skills begin to develop[1].



Ref [1]: <https://doi.org/10.1111/j.1467-8624.2010.01495.x>

[www.fcbios.com.my](http://www.fcbios.com.my) | [enquiry@fcbios.com.my](mailto:enquiry@fcbios.com.my)

### Facts about this gaping habit:

**Yawns last on average of 6 seconds.**

**We yawn young.**

A developmental neuroscientist at the University of Maryland discovered that 11-week-old fetuses yawn.

**Yawning might be evolutionary.**

Before humans took an evolutionary step into using technology, yawning had a completely different function than it does now. It also might have been our internal clock's way of telling us it was time to change activities (hahaha).

**Your hearing gets weird when you yawn.**

Have you ever noticed that when you yawn, you can't hear anything? Or that the world around you slightly changes pitch? That's because when you yawn, you activate a muscle called the tensor tympani that exists so loud noises don't blow out your hearing. So don't worry if you can't hear anything while you're yawning; that's just your body doing its job.

Just reading the word might be sufficient to hijack your body.

You'll start to open your jaws, squint your eyes, & take a deep breath & yup you JUST YAWN!

Even merely thinking -- or reading about yawning can trigger one.

Did we get you yet?

### MEDICAL TERM: OSCITATE

Everyday behaviour is fascinating. You yawn and next, you pandiculate.

Do we yawn because we're tired/sleepy/missing our morning coffee?

For quite a while, many accepted that a yawn implied you had too little oxygen.

### The 4 scientific reasons why we yawn:

**Yawn really is CONTAGIOUS!!**

Experts believe we may have evolved to catch other people's yawns as a way of displaying empathy for one another and deepening those social bonds. So it makes sense that further research found that yawns are more infectious the closer you are to somebody.

**Our brain needs "cooling".**

Sleep deprivation increases the brain's temperature, which is the reason we may require additional energy & yawn when we are resting.

**You have a BIG BRAIN.**

Researchers who studied mammals found those that let out big, long yawns had heavier brains with more brain cells.

**You might be having a MEDICAL EMERGENCY.**

Unreasonably excessive yawning has been connected to a heart attack/stroke, or a brain tumour. Heart attacks can stimulate certain nerves that trigger excessive yawning, which may be the body's endeavour to "fix" the problem.

## Workers' Memorial Day 2023: Statement by NIOSH Director John Howard, M.D.



NIOSH recognizes Workers' Memorial Day to honor those killed or injured on the job. The Bureau of Labor Statistics reports that in 2021 more than 5,100 workers were killed and 2.6 million more were injured on the job. Several opportunities and resources are available to support the occupational safety and health of workers. Commercial fishing is one of the most dangerous occupations, with hazardous working conditions, strenuous labor, long work hours, and harsh weather conditions. Mining is an age-old occupation, with coal mine dust causing serious but preventable lung diseases.

The NIOSH Coal Worker's Health Surveillance Program offers free, confidential black lung screenings to coal miners. It is important to identify occupational safety and health concerns unique to populations that have been understudied. NIOSH launched the National Firefighter Registry for Cancer to better understand the link between cancer and firefighting. Construction companies and workers are encouraged to participate in the National Safety Stand-Down to Prevent Falls in Construction. NIOSH conducted a health hazard evaluation of a paper mill in Escanaba, Michigan to learn if workers are exposed to health or safety hazards. Finally, workplace violence can happen in any workplace, even public health workers.

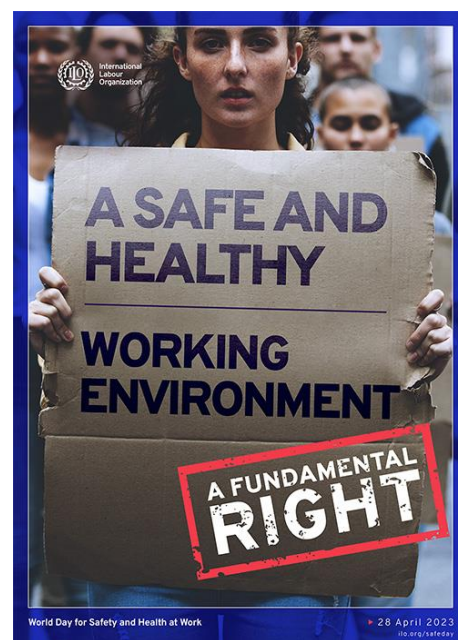
## 2023 World Day for Safety and Health at Work and Workers' Memorial Day

A safe and healthy working environment is a fundamental principle and right at work

The International Labour Conference (ILC) decided in June 2022 to include "a safe and healthy working environment" in its framework of fundamental principles and rights at work. On 28 April 2023, the ILO celebrates this decision by bringing together experts and constituents to discuss its implications and how to implement it.

### Background

The International Labour Organization (ILO) began to observe World Day in 2003 to emphasize the prevention of accidents and diseases at work. This celebration is part of the Global Strategy on Occupational Safety and Health of the ILO and is a tool to raise awareness of how to make work safe and healthy. 28 April is also the International Commemoration Day for Dead and Injured Workers organized worldwide since 1996.





## Prevention of occupational accidents and diseases

The World Day for Safety and Health at Work is an awareness-raising campaign to reduce the number of work-related deaths and injuries. Governments, employers, and workers are all responsible for stopping deaths and injuries on the job. Governments provide the infrastructure necessary to ensure workers remain employable, employers ensure the working environment is safe and healthy, and workers are responsible for working safely and protecting themselves and not endangering others.

## Emerging risks at work

New and emerging occupational risks can be caused by technical innovation, social or organizational change, new working conditions, and emerging forms of employment. They may be more widely recognized through better scientific understanding, or influenced by changes in perceptions about the importance of certain risk factors. Workplaces can be of vital importance to prevent and controlling outbreaks, and adequate safety and health measures can play a crucial role in containing the spread of the disease. Governments, employers, and workers all have a role to play in tackling COVID-19.

## International Nurses Day 2023

The International Council of Nurses (ICN) announced the 2023 International Nurses Day theme as **Our Nurses. Our Future.**

According to the ICN President, Dr Pamela Cipriano the 2023 theme sets out what ICN wants for Nursing in the future to address the global health challenges and improve global health for all. "We need to learn from the lessons of the pandemic and translate these into actions for the future that ensure nurses are protected, respected and valued", said Dr. Cipriano.

The **Our Nurses. Our Future.** the campaign will shine a light on Nurses and a brighter future, moving Nurses from invisible to invaluable in the eyes of policymakers, the public, and all those who make decisions affecting the delivery and financing of health care.

As well as learning lessons to support Nurses, the campaign will also look at how we must strengthen our health systems to address growing global health demands. It will capture key actions that ICN believes are essential to address both the profession and health systems and which are, of course, mutually beneficial and reinforcing.

Together our future depends on every Nurse, every voice, to not only be on the frontlines of care but also be on the frontlines of change."

Source: <https://www.icn.ch/>



**NURSES MAKE A DIFFERENCE**  
Anytime, Anywhere - Always