

LANH PROFESSIONALS

NEWSLETTER



OCTOBER EDITION

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SAFE MEDICATION ADMINISTRATION: IT'S IN THE DETAILS

- Double-Check Every Time: Follow the "5 Rights" of medication—right person, right drug, right dose, right time, right route.
- Document Immediately: Record each administration on the spot to avoid errors later.
- Ask Questions: If anything seems off or you're unsure, always double-check with a supervisor.
- Let's keep our clients safe with every dose and every detail!



PRESSURE PREVENTION: STAY AHEAD OF THE RISK!

Pressure sores are preventable, and with a few key actions, we can keep our service users safe and comfortable. Here's how:

- Regular Repositioning: Aim for repositioning every visit. Make it part of your care routine!
- Skin Checks: Keep an eye out for any redness or sores, especially in high-pressure areas like the heels, hips, and elbows.
- Hydrate & Nourish: Encourage plenty of water and nutrient-rich foods to support skin health

Let's stay vigilant—prevention today saves discomfort tomorrow!

EFFICIENT CALL DURATIONS: QUALITY CARE IN THE RIGHT TIME

We know calls can vary in length based on needs, but let's keep them efficient and focused:

- Respect Call Guidelines: Aim to follow the planned duration to ensure everyone receives the care they need on time.
- Listen Actively: Sometimes, just a few minutes of genuine, focused attention can meet someone's needs fully.
- Document Thoroughly: Ensure your notes read like a story of your tasks—capture each action and observation clearly so that anyone reading can follow the care journey you provided.
- Prioritising time on each call ensures everyone's needs are met!

DEMENTIA AWARENESS

UNDERSTANDING DEMENTIA: COMPASSION, CARE, AND CONNECTION

STAFF SPOTLIGHT: MOSES

We are thrilled to announce that Moses is in the staff spotlight this month! Moses has consistently gone above and beyond for his service users, delivering exceptional care that has earned him multiple glowing reviews. Not only does he excel in his daily responsibilities, but Moses is also always ready to step up and cover shifts whenever an emergency arises. Thank you, Moses, for your hard work, dedication, and can-do attitude—you make a difference every day!



MENTAL HEALTH MATTERS: MEET OUR MENTAL HEALTH ADVOCATES

Your well-being is essential to our work, and we're here to support it! This month, we're excited to introduce four Mental Health Advocates on our team.

- Who Are They? They're trained peers available to provide confidential support, guidance, and a listening ear.
- Where Can You Find Them? We have Faith and Bernard in Kent and Linda and Maxwell in East Sussex—ready to support you, wherever you are.
- How Can They Help? From stress management techniques to connecting you with resources, our advocates are here to help keep mental health a priority.
- Reach Out: Whether you're struggling or just need someone to talk to, these advocates are here to support you.
- Their contact information will be sent in the WhatsApp groups please don't hesitate to connect!

