2018 has been an incredibly busy year for your Education Team. We have enjoyed the opportunity to work with so many members of the COH Community. We are constantly amazed by the great work that is happening across COH, and the commitment of staff in striving for excellence.

There have been many achievements in 2018, that are the result of collaboration between your COH Education Team and our COH Community of learners. Some of these achievements are detailed on page 2.

2019 is promising to be another busy year, with lots of plans. Some of the exciting initiatives include:

- **L.E.A.D.**: a program for ALL staff
- **CaPS (Communication and Patient Safety)**: for ALL staff
- **New opportunities for administration staff**
- **Back to Basics**: bigger and better in 2019!
- **Dementia Training Australia** are returning to offer the 3 day ‘Dementia Essentials’ course: for ALL Clinicians
- **COH (Brighton Campus)** is hosting the 2-day MNHHS Comprehensive Care Forum in April, with a focus on falls and skin integrity: for ALL Clinicians
- **Interprofessional Education (IPE)**
- **Implementation of the ‘Framework for Lifelong Learning for Nurses and Midwives’**
- **Poster competitions**
- ... and more!

In this special ‘Summer Edition’:

- **Celebrate 2018 achievements of your Education Team**
- **Take a look at just some of the learning opportunities available in 2019!**
- **Book now!**

**‘We Work Together ... We Learn Together’**
Train the Trainer

Are you looking for a developmental opportunity? Are you wanting to develop leadership skills? Have you considered getting involved in a Train the Trainer Program?

Train the Trainer is a training and learning strategy. It simply means training a person who then teaches, mentors or trains other people. It assists in building a culture of learning and is used in many industries, including health.

In COH we use the Train the Trainer model for a variety of training including:
- ANTT (Aseptic Non-Touch Technique)
- Basic Life Support
- Paediatric Life Support
- Manual and Patient Handling
- Pressure Injury Prevention Champions
- Preceptor Program (nursing)
- Assessor Skills (nursing)

It is essential that the Trainers knowledge and skills remain current. Therefore it is necessary for the Trainer to complete a regular update.

There are many benefits of the Train the Trainer model. The organisation builds a team of trainers who can collectively achieve training requirements in an efficient period of time. It is an efficient way to spread knowledge and skills amongst a team. As well as becoming content experts, the trainers develop a variety of attributes that can be applied in the workplace, including self-confidence, communication skills, interpersonal skills, job satisfaction and leadership skills. It is also something you can add to your resume.

Each work unit within COH is required to have trainers in the abovementioned areas relevant to their unit. If you are interested in this opportunity, please speak to your line manager or educator today!

Education Team Achievements ... 2018

Here are just some of the Education Team achievements for 2018:

- Launch of Learning4you newsletter
- Launch of Back to Basics program, including the development of Learning4you resource guides to support the program
- New COH Education QHEPS page
- 25,974 views of the COH Education LibGuide – WOW!
- 11 School Based Trainees
- 9 Graduate RNs
- Implementation of the Nursing Student Clinical Placement Model, with excellent student feedback
- Approximately 3,000 Allied Health and 5,783 Nursing student clinical placement days.
- Implementation of values-based ‘All Staff Orientation’ that was completed by 185 participants.
- Administration Officer workshops and short courses
- Introduction of new Difficult and Courageous Conversations, Diabetes & Fundamentals of Enteral Nutrition Courses
- 60 Allied Health and Nursing Professionals completed the 3-day Dementia Essentials course, accredited by Dementia Australia
- 110 Allied Health & Nursing Professionals completed the Clinical Response to Domestic and Family Violence Training (advanced training)
- 65 Allied Health Professionals completed professional Peer Supervision Training
- 47 Manual & Patient Handling Ward Unit Trainer sessions completed by COH Interdisciplinary champions
- 240 Nurses completed Sub-Acute and Workforce Mandatory Days
- COH Poster Competition: Medication Safety
- Poster presented at MNHHS Nursing & Midwifery Conference: ‘Team-Based Education: An Interprofessional Health Model of Learning within a Community & Subacute Environment’
L.E.A.D. … for ALL COH staff, & students on placement … commencing February 2019

This exciting new program is for ALL staff of COH (all occupational groups)

Introducing ... L.E.A.D. ... an innovative development program for ALL COH staff!

L.E.A.D. recognises that leadership is based on the core values and leadership qualities of the individual, rather than the level of the position in which they are employed. Yes ... that is right! You can be a leader irrespective of the position you are employed into. In fact, we can all be a leader! L.E.A.D. is for current and future leaders. A core element of L.E.A.D. is that LEARNING IS FUN!

It doesn’t matter what your job is. If you work in the Community and Oral Health Directorate ... L.E.A.D. is for you! Students on placement are also welcome.

Who?
- EVERYONE! ALL COH staff & students on placement are welcome!
- Let’s learn about each other ... Even if you think a topic doesn't apply to you, come along and learn about COH, and the roles of your colleagues in other occupational groups! Learning about each other strengthens our inter-disciplinary teams, and improves our service delivery.

When?
- 2.45pm – 3.45pm
- 2nd & 4th Thursday of each month, starting 14th February 2019

What’s Coming Up?

Thurs 14th Feb: Leading self, to lead others: A focus on communicating for influence, leading people through change and the importance of self-care.
- This course will include the neuroscience of change, the role of self-compassion to combat compassion fatigue, as well as an insight to four key personality traits and how to improve communication within a team by understanding diversity.
- Lisa O'Brien, Manager, Cultural Diversity & Inclusion (COH)

Thurs 28th Feb: Values Based Recruitment
- If you may possibly apply for a job in the future, or if you may be a member of a recruitment panel, this is for you!
- Col Smyth, Program Coordinator, MNHHS Office of Strategic Projects

No Bookings Required!
Each session starts at 2.45 pm sharp!
Everyone Welcome!

LEARN
EXPLORE
ADAPT
DEVELOP

Learning is FUN!
The Journey Begins!

Leading the Way in Administration Officer Development

Thanks to Lee Barby, Education Officer & Nova Heinrich, Director Business Systems & Improvement, for providing this article.

This is the beginning of an exciting journey for the Administration Officers of COH.

The journey commenced when administration officers participated in a pre-engagement survey, where approximately 40% responder ratio was achieved.

Session one workshops were held on the 12th and 14th of November at the Brighton Health Campus Bowls Club, with results of the survey assisting to shape the content of the first workshops. Administration Officers of COH came together as a professional cohort, to commence the journey of collaborating together to develop a professional administration framework for 2019. The workshops combined activities that assisted to build connection and build the value statement that we contribute to our services.

The second workshop was held on the 29th of November in the Brighton Health Campus Auditorium. This provided Administration Officers with the opportunity to continue the collaborative journey as we establish our Administration Officers as a professional stream of employees within the COH directorate and progress towards development of a 2019 Administration framework for this cohort of staff.

Nova Heinrich, Director, Business Systems and Improvement and Lisa O’Brien Manager, Cultural Diversity & Inclusion have been working alongside Leeana Barby, COH Education Officer to co-design these workshops to build connection, shape our culture and improve administrative system processes for the administration officers of Community and Oral Health Directorate. With Nova’s drive and support, and Lisa’s motivational and empowering delivery style, the commencement of this combined journey has received positive participant feedback with administration staff agreeing that this journey will be of sustained value and support to them.

Updates will be provided in future editions of Learning4you.

Clinical Response to Domestic & Family Violence

Advanced Training

- 27th Feb & 21st May
- 1230 - 1630
- All Clinical Staff

This is an interactive workshop where participants will:

- Increase knowledge of the legislation that underpins DFV
- Increase knowledge of the indicators & risk factors of DFV
- Build capacity to sensitively & skilfully ‘Recognise, Respond & Refer’

The following health professionals are mandated to complete this D&FV face-to-face training:

- Allied health
- Paediatrics
- Aboriginal & Torres Strait Islander health & multicultural health services

Participants must have completed 2 on-line training programs at the time of booking in:

- Understanding domestic & family violence module
- Clinical response to domestic & family violence module
CaPS Training

Communication and Patient Safety

... Commencing February 2019

ALL COH Staff to attend in 2019

This course will run 8 times in 2019.

This is a ‘mass’ education program, which means to gain the maximum benefits in building a culture of communication and patient safety, all COH staff (all occupational groups) are required to attend.

Dates:

- Tuesday 12th February
- Wednesday 27th March
- Wednesday 1st May
- Thursday 6th June
- Thursday 19th September
- Wednesday 16th October
- Tuesday 12th November
- Monday 9th December

Where: Brighton Auditorium
Time: 8am to 4.30pm
Enquiries: COH Education 3631 7437
Bookings: COH-Education@health.qld.gov.au

This course is delivered by an external training provider.

Numbers in each course are unlimited!

Attention Line Managers:
You will need to start planning now, to ensure you get your teams through this important program in 2019.

More than 18,000 patients die in Australian hospitals each year, and another 50,000 suffer permanent disability, due to adverse events. Communication breakdowns are a key element in the majority of these unanticipated adverse events.

The CaPS Program aims to provide communication awareness and practical tools to improve the safety and efficiency of communication in healthcare. The topics covered have application to inter-personal, inter-professional and staff-to-patient communications. The program is specifically designed to include non-clinical as well as clinical staff.

If you work in the health system, whatever your role, YOU have a part to play in developing better communication practices at work. In this way, everyone of us can help to reduce the amount of unnecessary patient harm.

I do not directly interact with patients/residents/clients. Am I expected to attend?

Yes. Every employee (including casuals) of Community and Oral Health Directorate (COH) is required to attend the CaPS Program in 2019. The program was developed for ALL QLD Health staff, of all streams and levels. It is for all clinical and non-clinical staff alike, because everyone contributes to the ‘communication culture’ of their workplace.

Patient Safety is Everyone’s Business!

‘We Work Together ... We Learn Together’
Graduate RN’s 2019 ... Start Planning Now!

Interviews have just been completed for our Graduate RN’s for 2019. It is so pleasing that a record number of applicants chose COH as their first preference! Congratulations to all staff who support our students when on placement within our services – this is how you promote our services and help build our reputation in the wider professional community. It also gives you a unique opportunity to help influence the future direction of our profession. We want every student who completes a placement with COH, to leave with the impression that they consider COH to be a future employee of choice!

In 2019, COH will be offering 11 graduate RN positions. The interview panelists have reported that this was a very strong cohort of applicants, with many applicants demonstrating that they are above the expected standard of a graduate RN.

What planning do NUMs need to be doing right now? Please consider:

➢ Do you have adequate preceptors to support both new graduates and all new starters? Preceptors are required to have either completed the one-day or two-day intensive course; or the 4-hour refresher in the last 5 years.

It is recommended that each graduate is allocated 2 preceptors – this optimises our ability to support our graduates through differing shift patterns and planned and unplanned leave. Consider how many preceptors you require for your service, as you also need to allocate preceptors to newly employed AIN’s, EN’s and RN’s. It is recommended that each NUM do an audit of their staff.

➢ Do you have any RN’s who have completed the Assessor Preparation Program? This may or may not be the graduate’s preceptor. This RN is required to support the graduate RN through their Transition Support Program (TSP), including the assessment of course work. It is a pre-requisite to:

- Be a current QLD Health Preceptor
- If the RN will be supporting RNs through the TSP Program, they are required to have a post graduate qualification: i.e. Graduate Certificate or higher. This is due to university articulation requirements.

The next Assessor Preparation Course will be on Wednesday 8th May 2019.

The Nurse Educator responsible for the COH graduate RN program is Andrea Keating. Please contact Andrea & Sharon for additional information.

Our graduate RN’s commence Monday 18th March 2019.

QLD Health Preceptor Program
One Day Intensive Course

This State-wide QLD Health program was initially developed for RN’s and EN’s. However, applications from AINs and other disciplines are also welcome if supported by the line manager based on the attributes listed below.

The purpose is to provide a supportive environment for all newly employed nurses. It provides an opportunity for preceptors to develop as leaders. A preceptor is required to be allocated to all newly employed AIN’s, EN’s and RN’s. It is recommended that two preceptors be allocated to each new graduate RN to take into account shift patterns and planned and unplanned leave.

Potential preceptors may be selected for exhibiting the following:

- Demonstrated interest in being a preceptor
- Demonstrated clinical competence
- Demonstrated good interpersonal and communication skills
- Demonstrated ability to socialise new staff into the workplace
- Demonstrated participation in, or commitment to Performance and Development Planning (PDP)
- Demonstrated commitment to the enhancement or development of leadership skills
- Commitment to teaching and learning
- Level of clinical experience is at discretion of the Line Manager.

Course Outline:

- Roles and Responsibilities
- Resources to Support Effective Preceptoring
- Interpersonal Skills
- Adult Learning
- Teaching Effectively
- Assessing Performance
- Preceptee Needs
- Strategies for Effective Preceptoring

For additional information, contact Ann Hopper, Nurse Educator.

Preceptor Program: Thurs. 7th Feb, 0800 – 1630

QLD Health Preceptor Program
Half Day Refresher Course

This program is for any staff member who has completed the one-day or two-day preceptor course; or the half day refresher course more than five years ago. You can contact Leah at COH-Education to confirm when you last completed the program.

Pre-requisite: Previous completion of one or two-day QLD Health Preceptor Program within the past 5 years.

For additional information, contact Ann Hopper, Nurse Educator.

Refresher Preceptor Program
Thurs. 7th March, 0800 – 1200

‘We Work Together … We Learn Together’
Back to basics is entering its 2nd year. Each month is themed around important aspects of clinical care, providing our MTD teams opportunity to critically reflect on current practices, how they correlate with evidence based practice and opportunities for improvement.

Your COH Education Team will continue to provide educational support for the program, with the development of Learning4you Resource Guides. These guides provide links to many excellent resources, including video links, online learning, journal articles and procedures. A Learning4you Resource Guide will be available each month to support the monthly theme. In addition, there may be other learning opportunities over the year, that will be published in Learning4you (as below).

**How do I get a copy of the Learning4you Resource Guides?**
The Learning4you Resource Guides are available to all staff via the COH Education Libguide.

<table>
<thead>
<tr>
<th>Month</th>
<th>Theme</th>
<th>Related Events</th>
<th>Learning Opportunities over 2019 (in addition to your Learning4you Resource Guide)</th>
</tr>
</thead>
<tbody>
<tr>
<td>February</td>
<td>Consumer Engagement &amp; Feedback</td>
<td>• MN Patient Experience &amp; Care Surveys: April</td>
<td>• MN Bariatric Symposium: 18th Feb</td>
</tr>
<tr>
<td>March</td>
<td>Palliative Care &amp; End of Life</td>
<td>• 19 to 25th May: National Palliative Care Week</td>
<td>• Ward Unit Trainer (WUT) Orientation &amp; Refresher Courses: Feb &amp; May</td>
</tr>
<tr>
<td>April</td>
<td>Falls &amp; Manual Handling</td>
<td>• April: No Falls Month</td>
<td>• MN Comprehensive Care Forum: 4th &amp; 5th April</td>
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<tr>
<td>June</td>
<td>Behaviour Management (including, delirium, dementia, cognitive impairment, seclusion &amp; risk of self-harm)</td>
<td>• 13th March: World Delirium Awareness Day</td>
<td>• Dementia Training Australia 3-day course: March &amp; May</td>
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<td></td>
<td>• September: Dementia Awareness Month</td>
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<tr>
<td>July</td>
<td>Hygiene, Continence &amp; Elimination</td>
<td>• 17th to 23rd June: World Continence Week</td>
<td>• Continence Education Day: 17th June</td>
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<td>August</td>
<td>Documentation Assessment &amp; Care Planning</td>
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<tr>
<td>September</td>
<td>Recognising &amp; Responding to Deterioration (Physiological &amp; Cognitive)</td>
<td>• 13th September: World Sepsis Day</td>
<td>• BLS Train the Trainer: March &amp; May</td>
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<tr>
<td>October</td>
<td>Infection Prevention &amp; Management (including environmental awareness)</td>
<td>• October: Infection Prevention Week</td>
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<tr>
<td>November</td>
<td>Pressure Injuries &amp; Malnutrition</td>
<td>• November: World Pressure Injuries Day</td>
<td>• PIP Champions Workshop: 12th March</td>
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<td>• MN Comprehensive Care Forum: 4th &amp; 5th April</td>
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<td>• Protecting Skin Integrity (QUT Project) – Train the Trainer, 26th Feb</td>
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<td>• Protecting Skin Integrity (QUT Project) – 2 hour practical session, 7th March</td>
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<td>• QBA: October</td>
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Dementia Essentials

... in response to your requests, returning 2019!

About DTA
(Dementia Training Australia)

DTA is a consortium bringing together leading dementia educators and trainers from five universities and Dementia Australia (University of Wollongong, La Trobe University, QUT, University of Tasmania & the University of Western Australia).

2018 ... What an achievement!

In 2018, 60 Allied Health & Nursing Professionals completed this program. (all 3 courses were fully booked!). The DTA trainers consistently provided feedback that they enjoy working with COH staff due to their willingness to actively participate & interact in this course, by the level of their prior knowledge, & their commitment to provide quality care.

CONGRATULATIONS to all who completed this course in 2018! You have represented COH well!

2019 ... What’s the Plan?

We are grateful that DTA have again agreed to deliver this important program at COH.

We are now inviting our colleagues from NGO’s & private nursing facilities to participate with us in the DTA program ... what a great chance to learn from each other! This reflects our commitment to the care of patients with dementia in all healthcare settings. It is also an opportunity to be recognised as leaders in this specialty area.

The first two courses will be in March & May 2019. 15 places in each course will be reserved for COH staff, with the remaining places open to NGO’s. If the first 2 courses are fully booked, 2 additional courses will be run in the second half of the year.

This means, potentially we can again get another 60 COH staff through this course in 2019! Book now!!!

Providing support to people living with dementia

Dementia Essentials is a free, 3-day nationally-accredited dementia education course. Delivered in person, it’s suitable for those working in aged care, health care and community services. Earn 21 hours of CPD.

During this course, participants will gain an understanding of:

- Person-centered care and effective communication
- The nature of dementia and its impacts
- Identifying unmet needs
- Understanding changed behaviour & developing effective responses
- Activities to promote well-being; and
- Workplace issues, community support and services available

This is for ALL Clinicians at all levels (from AINs, HCWs & AHAs to Senior Clinicians).

If you attend this course, you MUST undertake a simple workplace assessment under supervision, interacting with people living with dementia.

You MUST also be able to attend all 3 days of your nominated course.

➢ Course 1: Wednesdays, 6th, 13th & 20th March
➢ Course 2: Wednesdays, 8th, 15th & 22nd May

As this course is being provided by an outside provider, our standard booking process does not apply. Contact COH-Education if you wish to book.

‘We Work Together ... We Learn Together’
Metro North Bariatric Symposium

Here is your chance to find out everything you wanted to know about preparing to care for the Bariatric Patient.

- A case study with the challenges
- A showcase of multidisciplinary care
- Equipment aids for the Bariatric patient
- Planning for the Bariatric patient
- A consumer’s story

Who: All Clinicians
When: Monday 18 Feb. 2019
8am to 4.00pm
Where: Education Centre, TPCH
Register: Book Now!!!
Email: TPCH-Bookings@health.qld.gov.au

Metro North Frailty Workshop

This exciting and innovative Frailty workshop will provide information for clinical staff about the role the interdisciplinary team plays in the management of the frail older person (FOP) across the continuum of care. It will highlight that the FOP is at risk of interdependent problems which can be prevented and minimized during a hospital admission. This may be able to reduce an older person’s length of stay in hospital, thereby further minimizing the risk of functional decline and leading to improved independence on discharge.

The day will be pitched to a passionate and engaged MDT audience. There will be a mix of didactic and interactive sessions, a hypothetical/case study, a sensory experience, a carer experience, patient story, research and quality activities in the Frailty space being showcased.

Who: All Clinicians
When: 28th February 2018
8am -4pm
Where: TPCH Education Centre
Register: via LMS

Metro North Comprehensive Care Forum (Falls & Skin Integrity)

COH is proud to be hosting the MNHHS Comprehensive Care Forum in April 2019.
The focus of this forum is on Falls and Skin Integrity.

Who: All Clinicians
When: 4th & 5th April 2019, 9am to 4pm
Where: Brighton Auditorium
Morning tea & lunch provided
Register: Attend one or both days. Book now via Eventbrite

Opportunity to Present Papers & Posters

Metro North Comprehensive Care Forum Committee is extending an invitation to all clinicians who are interested in presenting a paper or poster.

This is an opportunity to share research, quality improvement projects, service improvement outcomes or consumer engagement projects, around the themes of Falls and Skin Integrity.

Please provide a brief outline and description of the proposed project to the email address below:
Kim.Fraser@health.qld.gov.au
Patricia.Sinasac@health.qld.gov.au

Contact your Allied Health or Nurse Educator if you require assistance with this.

Submissions close Monday 11th February 2019.

“Old age is the most unexpected of all things that happens to a man”
Leon Trotsky
Massive Open Online Courses

These online courses are free, and have no entry requirements: Anyone can participate!

**Professional and Personal Development**

**Demystifying Diabetes**
Explore the latest research with experienced clinicians to understand the causes, types & treatments of diabetes.
- Epidemiology of diabetes
- Diagnosing & classifying diabetes
- Different types of diabetes & their methods of treatment
- The role of insulin in normal metabolism

*Deakin University:* 2 weeks: 3 hours/week
https://www.futurelearn.com/courses/demystifying-diabetes

**Safer Healthcare for Australia’s First Peoples**
Learn how to work in a culturally safe way when caring for Australia’s First Peoples to deliver safer healthcare.

Learn to provide safer healthcare for Aboriginal & Torres Strait Islander peoples by developing your cultural capability. You’ll explore 5 cultural capabilities – Respect, Communication, Safety & Quality, Reflection & Advocacy.

*Griffith University:* 2 weeks: 3 hours/week
https://www.futurelearn.com/courses/first-peoples-safer-healthcare

**Professional Resilience: Building Skills to Thrive**
Learn how to become more resilient in your personal & professional life.
- Overview of resilience & why it’s important
- Steps to becoming more resilient
- Building resilient capabilities & skills
- Building resilient self-care practices
- Building resilient values & engagement

*Deakin University:* 2 weeks: 3 hours/week
https://www.futurelearn.com/courses/professional-resilience

**Future-proofing the Health Workforce**
Find out how to meet the challenges & opportunities that face tomorrow’s healthcare workforce.
- Health workforce – our people are the future
- Health workforce is a global concern
- Clinicians as workforce leaders
- Intergenerational workforce
- Globally mobile workforce
- Innovation & evidence based practice

*Griffith University:* 2 weeks: 3 hours/week
https://www.futurelearn.com/courses/health-workforce

**Maintaining a Mindful Life**
Learn how to apply mindfulness techniques, so you can improve our communication, relationships & emotional health.
- Communication
- Mindful relationships
- Empathy, compassion & kindness
- Mindfulness & pain
- Self-compassion & performance
- The big picture
- Ethics, values & goals
- Mindfulness meditation

*Monash University:* 4 weeks: 3 hours/week
https://www.futurelearn.com/courses/mindfulness-life

**Brain & Behaviour: Regulating Body Weight**
Explore the environmental & biological factors that influence our appetite & food choices, & regulate our body weight
- Environmental factors
- Social factors
- Learned behaviours
- Biological factors
- Central nervous system
- Hormonal influence
- Genetic influence & genetic disorders
- Gene-environment interaction

*Purdue University:* 3 weeks: 4 hours/week
https://www.futurelearn.com/courses/body-weight

**Coaching in the Knowledge Era**
Find out how to become a successful coach in the knowledge era & learn key coaching skills.
- The changing landscape in which coaching/leading happens
- Approaches to coaching that move beyond instructing
- An experiential learning cycle for current practice
- Harnessing the collective intelligence of the team

*Deakin University:* 2 weeks: 3 hours/week
https://www.futurelearn.com/courses/coaching-knowledge-era

**What is Leadership?**
What is Leadership? And what makes a good leader?
- Why is leadership different to management?
- What is effective leadership?
- What types of power are needed to be a leader?
- How can you influence other people at work?
- How individual differences shape the way people see leadership?

*Deakin University:* 2 weeks: 3 hours/week
https://www.futurelearn.com/courses/what-is-leadership

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'We Work Together ... We Learn Together'
Hobbies and Personal Interest

Music Psychology: Why Does “Bohemian Rhapsody” Feel so Good?
Explore music psychology & find out why music can make us feel, by analysing Queen’s famous song, “Bohemian Rhapsody”
- Why does music make us feel things?
- Why do we feel things in the first place? What are emotions & moods exactly?
- How do emotions work?
- What is it about music that makes us feel things? How do musicians set up expectations?
- Why should they make you expect anything? How do different expectations lead to emotions?
Griffith University: 2 weeks: 3 hours/week
https://www.futurelearn.com/courses/music-psychology

Genealogy: Researching Your Family Tree
Develop an understanding of genealogy – how to research your family tree & communicate the results.
- Basic genealogy techniques
- Does not concentrate on any specific country – suitable for all countries
- For beginner to intermediate level
The University of Strathclyde, Glasgow: 6 weeks: 4 hours/week
https://www.futurelearn.com/courses/genealogy

The Power of Podcasting for Storytelling
Discover all things podcasting: learn how to plan, write & publish your own podcast
- Introduction to telling stories using audio
- The elements of a podcasting narrative & how to combine these elements authentically
- The software & hardware involved in producing a podcast
- Writing a narrative to suit audio
- The common pitfalls
- Different genres of podcast
- Introduction to finding good talent
- The process of being discovered & heard by an audience
The University of Wollongong: 2 weeks: 3 hours/week
https://www.futurelearn.com/courses/podcasting

Introduction to Cyber Security
Our lives depend on online services. Gain essential cyber security knowledge & skills, to help protect your digital life.
- Understand online security & protect your digital life
- Learn how to recognise threats that could harm you online, & take steps to reduce the chances that they could happen to you
- Malware, viruses, trojans, network security, cryptography, identity theft & risk management
The Open University: 8 weeks: 3 hours/week
https://www.futurelearn.com/courses/introduction-to-cyber-security

What is a MOOC?
Massive Open Online Courses (MOOCs) are an affordable and flexible way to acquire new knowledge and skills, and advance your career. The online courses deliver education through lectures, videos, study materials and examples.

The courses are developed mostly by Australian and international universities, and some other training organisations e.g. Microsoft. They are hosted on one of several major MOOC platforms (Coursera, edX, Futurelearn and Udacity).

The courses are free and there are no entry requirements. There is usually an optional upgrade available.

### Free
- $0
- Course access for limited time (usually 5 to 12 weeks)

### Optional Upgrade
- Usually between $40 & $99
- Unlimited course access
- May include additional learning materials
- Generates a certificate or statement of participation

There is something for everyone! Areas of study include:
- Agriculture
- Art & culture
- Business & management
- Communications
- Computing & information technology
- Data analysis & statistics
- Education & training
- Environmental studies
- Food & nutrition
- Health services & support
- Humanities & social sciences
- Languages
- Landscape Design
- Literature
- Medicine
- Music
- Nursing
- Paralegal studies
- Psychology
- Science

The courses are always changing. Courses are made available for specific periods of time, and then archived, while new courses are being loaded. Check regularly to see what is available.

To search the 1000's of amazing free online courses available, search (google): ‘MOOC’
Learning Opportunities ... from your Education Team

- Allied Health Induction
  25th Feb & 27th May, 0800-1630

- Training in Delegation Practices (Allied Health)
  5th March, 1230-1630

- AIN/HCW Development Day
  29th May, 0800-1630

- Graduate RN Development Day (0800-1630)
  - 2018 Graduates: 19th Feb
  - 2019 Graduates: 25th March & 3rd June

- Difficult & Courageous Conversations (ALL staff)
  12th June, 0800-1630

- Continence Day (ALL Clinicians)
  17th June, 0800-1630

Professional Supervision Training
19th Feb & 29th May, 0830-1630: All Clinical Staff
An interactive workshop focused on one-to-one supervision:
- Establish an effective supervisory relationship
- Policies, procedures & evidence based principles
- Goal-setting, reflection & providing feedback
- Confidentiality & ethics
- Problem identification & management
- Evaluating supervision & concluding the supervision relationship

Diabetes Awareness
16th May, 0800-1630: For All Clinical Staff
- Navigating the Types of Diabetes - T1DM & T2DM & GDM
- What do the numbers really mean – Monitoring BGL’s
- Food & Diabetes – Is cake off the menu?
- Podiatry – Feet firmly on the ground!
- Unmanaged diabetes – Complications in the future
- Getting physical with diabetes – Effects of exercise with Diabetes
- Oral versus insulin - Treatment options Classes/Profiles/Actions
- Referral & Ax – Care & management of our community clients with diabetes
- Clinical Scenarios & Group Activities – Collaborating with our team

2019 Training Calendar … Check it Out!
Available via the COH Education Libguide (can use link from work or home.)
Please check this regularly, as additional courses will be added.

Fundamentals of Enteral Nutrition
18th March, 0800-1630: For All Clinical Staff
- Anatomy & physiology of the gastrointestinal system & disease pathology
- Supplementary dietary feeds & formula, & their application to disease pathology
- Engage with professional staff from the Eating Disorders Mental Health Team & learn how the principles of enteral feeding are used to manage eating disorders
- Engage with a recovered consumer as they share their personal experience with enteral feeding
- Learn from Endoscopy Nurses about the complexities of PEG tube insertions & management
- Assessment & management of stoma
- Relevant MNHHS procedure documents
- Scope of practice
- Infection control practices when managing invasive devices
- Medication administration using nasogastric & PEG feeding tubes
- Troubleshoot & manage ENFIT supplies

Tracheostomy Workshop 30th April, 0800-1200
- Basic anatomy of respiratory system
- CISS procedure on tracheostomy Management
- Managing tracheostomy care – The Speech Therapists Role
- Invasive devices & infection control

EDUCATION TEAM
Contact us
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Submissions & Suggestions to:
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Nursing Director Education
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Catch up on previous editions!
Learning4you is available on the COH Education Libguide.
Access via our training and education page (QHEPS).

‘We Work Together … We Learn Together’