

# Newsletter



March 2016

## Special points of interest:-

### Keeping the Nurse services safe

The Nurse practice is set to become more regulated. The Nursing Midwifery Council will from April 2016 start to request nurses to revalidate. Nurses need to participate in 35 hours of professional development in a 3 year period. They need to document reflection on their work and provide evidence of appropriate indemnity insurance.

### Keeping the Doctor services safe

Doctors are regulated by the General Medical Council. To ensure safe practice the GMC introduced revalidation in 2012. Doctors need to participate in at least 50 hours of professional development every year. They need to reflect on their work and provide evidence of feedback and appropriate indemnity insurance.

### Skin cancer



Research from Imperial College London estimates malignant melanoma killing nearly 50 people each year in the UK. One contributing factor is sun exposure. Proper skin protection and job rotation to minimise exposure at work are recommended to reduce the risk. It appears the risk due to sun exposure is often not taken seriously. The same principles apply for sun exposure outside work – avoid as much as you can to minimise the risk.

**Business And Health  
Consultancy Ltd  
288 Bishopsgate  
London  
EC2M 4QP**

## The importance of Sleep

Sleep and resulting fatigue is one of the most important contributing factors in increased number of accidents and reduced performance. Insufficient sleep has been tested for various parameters and it is measurable that it results in impairments on cognitive performance for example attention rate and response times. Studies found an increased risk of diabetes, obesity and cardiovascular disease due to reduced sleep. Some studies suggest chronic fatigue as contributing factor for suffering from psychological disorders like anxiety and depression. It impacts on job satisfaction and is related to experiencing burnout. Power naps can to a degree lessen the impact; however, are not fully effective. Living in a world offering 24/7 activities and entertainment it takes a persons' strength to stick to good sleeping patterns.

## Fatigue

Shift work of more than 10 years is related to 6.5 additional years of age related decline recent studies found. In the UK about 5 – 20% of the working population are working shifts including nights. It can cause tiredness which results in reduced vigilance, reduced decision making ability and less awareness of the situation at the time. To limit impact on health the Working Time Regulations state the requirement of annual health checks for employees' working between 23.00 and 04.00.

We offer online an interactive night worker questionnaire which can be completed from the comfort of your home or workstation. The questionnaire is assessed by one of our Occupational Health Practitioners in accordance with confidentiality requirements. For more information and to view our other online services please click the link <http://www.occupationalhealthplus.co.uk/home>

## Management of Health at Work report

An audit of Occupational Health services has shown that less than 40% of OH providers can offer an appointment within 10 days. About 2/3 of OH providers manage to issue a report within 2 days of the appointment.

We are pleased to say in the latest audit Business and Health was able to provide an appointment within 3 to 5 days from having received the referral form in 90% of cases. Over 80% of reports are sent out within 24 hours of the appointment.

## When Stress strikes

To watch the animated safety video on, 'When Stress Strikes', please click on the link <https://www.napofilm.net/en/napos-films/napo-when-stress-strikes>