Clinical considerations of digital health; risk management, harm minimisation, self care and boundaries

The second in a series of 4 webinars: 29 April 2020

Victorian Alcohol and Drug Association
1. Introduction to digital health, and shifting paradigms for AOD workers in clinical practice – Wednesday 22 April @2pm

2. Clinical considerations of digital health; risk management, harm minimisation, self care and boundaries – 29 April @2pm

3. Managing increased presentation of dual diagnosis and experiences of mental distress – 6 May @2pm

4. Focus on identification and risk management of experiences of family violence – Wednesday 13 May @2pm
Today’s presentation:

- Considering harm minimisation, risk management, communication techniques
  Discussion

- Thinking about your self-care
  Discussion
Managing risk/harm

• Know where your client is when you are talking to them

• Obtain client consent. Clearly document if verbal

• Make sure any details (e.g emergency contacts) are accessible when you need them
Managing risk/harm

• Tips to advise/remind your client:
  – Handwashing, prep your own drugs (wipe down with sanitiser/bleach), avoid sharing where possible
  – Don’t go out if sick – arrange someone else
  – Stockpile (injecting equipment, drugs, pharmacotherapy, Naloxone
  – Have a contingency plan in place to avoid withdrawal (use other drugs, medication etc.)

• Familiarise yourself with changes to pharmacotherapy guidelines (Takeaways, third party pick-ups)
Resources

Effective communication

• Effective communication can reduce risk through engaging the client:
  
  – Be verbally active as well as reflective listening
  – Ask the client about their feelings/emotions when unable to use visual cues
  – Moderate voice, reflection, Teach Back
Self-care

• build your resilience:
  – Have regular conversations with colleagues and your manager by phone
  – Access supervision (both line management and clinical)
  – Be mindful – monitor your own thoughts when you are under stress
  – Look after yourself: diet, exercise, time for yourself
Self-care

• Set and maintain boundaries:
  – Designated work space
  – Set daily work hours
  – Maintain a schedule and take breaks
  – “Clock off” at the end of the day
Further Information

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Thank You