

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

VAADA digital health webinars

- 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

- https://www.turningpoint.org.au/sites/default/files/2020-04/TurningPoint_COVID19_HarmReductionforClients.pdf
- <https://adf.org.au/insights/preventing-harm-aod-covid-19/>
- <https://www.hrvic.org.au/covid19-you>
- <https://www.counsellingonline.org.au/blog/covid-19-drug-use-what-do-you-need-to-know>
- <https://harmreduction.org/miscellaneous/covid-19-guidance-for-people-who-use-drugs-and-harm-reduction-programs/>
- <https://www.penington.org.au/frontline-support/resources/covid-19/>

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