



OVARIAN CANCER A W A R E N E S S

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Ovarian Cancer Awareness Month

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Safeguarding Adults Follow Protocols

Raising concerns about abuse or vulnerability, whether affecting you or someone else, is crucial but can evoke complex emotions and doubts ...

Hi

Hiya Everyone

Welcome to the latest issue of SMNEWS, where we dedicate this edition to a cause close to our hearts: Ovarian Cancer Awareness Month. As we navigate through the complexities of healthcare and well-being, it's crucial to spotlight the silent narratives that demand our attention. Ovarian cancer, often termed the 'silent killer', lacks the early detection advantage, making awareness and education our strongest allies. This month, we unite in solidarity, aiming to illuminate the shadows cast by ovarian cancer, sharing knowledge, stories, and advancements in care. Join us as we delve into

the significance of awareness, early detection, and the collective effort in supporting those affected.

**Cancer
doesn't
wait in line.**

Delaying visits to the doctor
could cause 35,000 more
people to die from cancer.

ovarian.org.uk

ovarian
cancer action

Hello & Let Talk Ovarian Cancer

Embracing a New Chapter: A Warm Welcome from Our CEO and Our Collective Commitment to Making a Difference.



Willias
Managing Director



Dear Stakeholders & our dearest Staff,

The journey we embark on together at SMResources is not just about achieving excellence in healthcare recruitment; it's about making a meaningful impact in the lives of those we serve and the communities we touch.

This quarter marks a significant moment in our calendar as we recognise Ovarian Cancer Awareness Month. It's a time to reflect on the bravery of those battling this condition, the dedication of the healthcare professionals providing care, and the relentless spirit of researchers seeking cures. As a leading force in healthcare recruitment, we're uniquely positioned to support this cause, reinforcing our commitment to not only filling positions but also contributing to the betterment of patient care and medical advancements.

To our esteemed clients, your trust fuels our mission to deliver unparalleled service and solutions. Your challenges inspire our

innovations, and your success is our success. To our incredible staff, your expertise, dedication, and passion are the heartbeats of SMResources. Together, we are not just a team; we are a family committed to excellence and compassion in everything we do.

As we navigate the months ahead, let's renew our pledge to make a difference in the healthcare landscape. Let's champion the causes close to our hearts, like ovarian cancer awareness, and let our actions speak volumes of our commitment to a healthier future.

Thank you for your unwavering support and partnership. Here's to a year of growth, achievement, and impactful contributions.

Warmest regards,

CEO, SMResources

Ovarian Cancer Symptoms you should be aware of...

Ovarian cancer is notoriously difficult to detect early due to its subtle and often overlooked symptoms. Awareness of these signs is crucial for timely diagnosis and treatment:

Frequent urination:

An increase in the urge to wee more often than usual could be a sign. It's wise to consult your GP to exclude serious conditions.

Difficulty eating:

Losing your appetite or struggling to finish meals, even when it's food you usually enjoy, could indicate something isn't right. If this is consistently happening, seeing your GP is important.

Persistent bloating: Bloating that doesn't go away might be more significant than it seems. Persistent bloating should prompt a visit to your

GP to check for ovarian cancer.

Persistent stomach pain:

Constant pain in the stomach or pelvis is easy to dismiss as something minor, but if it persists, it could be a symptom of something more serious like ovarian cancer. Don't hesitate to see your GP.

Recognising and acting upon these symptoms promptly by consulting with a healthcare professional can lead to early detection, significantly impacting treatment outcomes. Early detection of ovarian cancer is pivotal, as it increases the effectiveness of treatment options and significantly enhances the likelihood of a successful recovery. It's essential to remember that these symptoms, while potentially indicative of ovarian cancer, can also be associated with other conditions; thus, a professional evaluation is crucial.

A SMOOTH
SEA
NEVER
MADE
A SKILLED
SAILOR



Your awareness and action today can be the beacon of hope for a healthier tomorrow; let's navigate this journey together with courage and vigilance.

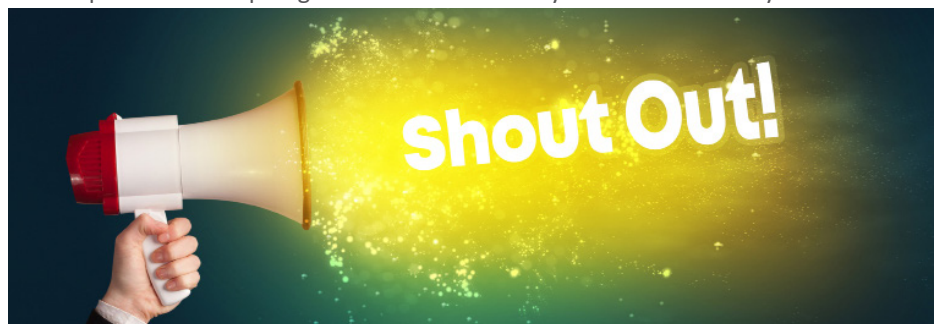
“ Thank you **TEAM** for
all your hard work,
and for **CARING** about
our clients and each other.

You rock! - Mutsa, Babs & Will ”

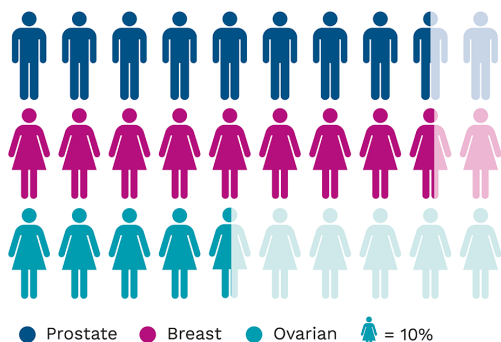


Shout Out To:

Let's celebrate the power of kindness within our team! If you've witnessed a colleague going above and beyond, or simply spreading joy and positivity, take a moment to nominate them for a 'Good Deed Shout Out.' It's our way of recognising the small acts that make a big difference. Your shout out not only highlights their contribution but inspires a culture of appreciation and support across our organisation. Let's lift each other up and shine a spotlight on the extraordinary within the ordinary!



Ovarian cancer survival rates compared to breast and prostate cancer after 5 years



ovarian.org.uk



Breast and prostate cancer have significantly higher five-year survival rates than ovarian cancer. This needs to change. Help fund research and make sure you know the symptoms – ovarian.org.uk/symptoms

Bridging the Gap

Elevating Ovarian Cancer Survival Rates

Breast and prostate cancer have seen remarkable advancements in early detection and treatment, leading to higher five-year survival rates, a stark contrast to the challenges faced by those with ovarian cancer. This discrepancy shines a light on the urgent need for increased research funding and greater public awareness for ovarian cancer. Enhanced efforts in these areas are essential to improve early detection rates and develop more effective treatments, aiming to elevate survival outcomes to those seen in breast and prostate cancer cases. Let us help Ovarian Cancer Action (ovarian.org.uk).

Awareness of ovarian cancer symptoms is critical in this fight. Knowing the signs, such as persistent bloating, abdominal pain, and changes in eating habits or urination, can lead to earlier diagnosis and treatment, potentially saving lives. By investing in research and spreading knowledge about these symptoms, we can change the narrative for ovarian cancer. Support research and familiarize yourself with the symptoms at ovarian.org.uk/symptoms, and join the movement towards a future where ovarian cancer survival rates see a significant increase.

Understanding Ovarian Cancer: The Silent Threat Among Us

Ovarian cancer stands as one of the most formidable adversaries in the realm of gynaecological health within the UK, marking a higher mortality rate than the combined figures of womb, cervical, vaginal, and vulval cancers. This stark reality underlines the critical importance of symptom awareness and early detection, especially in the absence of enough funding for research. Unlike other cancers with structured screening processes, ovarian cancer's detection largely hinges on symptom recognition by individuals and healthcare professionals alike.

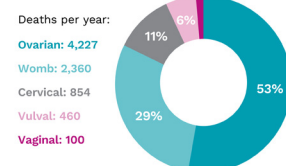
The symptoms of ovarian cancer, including persistent bloating, abdominal pain, changes in eating habits, and increased urinary urgency, are often subtle and easily mistaken for less serious conditions. This ambiguity contributes to late diagnoses, where treatment options are fewer and less effective, thereby elevating the mortality rate. In light of this, equipping oneself with knowledge about these symptoms becomes not just beneficial but vital. It's imperative for women to listen to their bodies and seek medical advice when experiencing any persistent or unusual symptoms. Healthcare professionals also play a pivotal role in raising awareness and encouraging their patients to address potential signs of ovarian cancer promptly.

For detailed symptom information, visit ovarian.org.uk/symptoms, and take a proactive step towards demystifying this deadly disease, enhancing early detection, and ultimately saving lives.

Do you know the symptoms of ovarian cancer?



Ovarian cancer is the biggest gynaecological killer of women in the UK



ovarian.org.uk



Mutsa Kada
Human Resources

Professional Presence: Our Standards for Comfort and Care

To maintain a professional and comfortable environment for those we serve, please adhere to the following guidelines: Ensure hair is clean, dry, and appropriately restrained during clinical or food handling activities. Tattoos that could be perceived as provocative or controversial should be covered as much as is practical. Our priority is the comfort and well-being of those in our care. Yours,

Mutsa





Vaccination Vigilance: Fight the Measles Resurgence

In recent times, the UK has witnessed a concerning surge in measles cases, a disease more lethal than other gynaecological cancers, surpassing the combined toll of womb, cervical, vaginal, and vulval cancers. This alarming trend underscores the critical absence of a national awareness programme, spotlighting the paramount importance of vaccination.

Measles, a disease known for its high contagion, presents symptoms such as high fever, sore and watery eyes, coughing, and a distinctive rash. Its ability to clear within a week does not mitigate its potential severity, leading to complications like pneumonia and meningitis. Particularly vulnerable are babies, young children, pregnant women, and those with weakened immune systems. While rare, measles fatalities are a stark reminder of the disease's potential lethality.

The resurgence of measles cases, particularly noted since late 2023, with significant outbreaks in regions like the West Midlands and London, signals a pressing call to action. This rise is intricately linked to suboptimal vaccination rates against the backdrop of the WHO's targets, with a notable decline in the uptake of the MMR (measles, mumps, and rubella) vaccine. Such trends not only elevate the risk domestically but also contribute to a distressing spike in measles cases across Europe.

The government's renewed campaign to encourage MMR vaccination comes at a crucial juncture, aiming to fortify our defences against this virulent adversary. With a compelling message that unvaccinated children are unprotected, the campaign seeks to rectify misconceptions and complacency that have overshadowed measles' seriousness. This initiative is not just a call for awareness but a beacon of hope to reverse the tide, ensuring our collective health and safeguarding future generations.

As measles cases climb, the narrative is clear: knowledge, vigilance, and proactive vaccination are our best weapons. Let's rally behind the MMR vaccine, a shield proven to be both effective and safe, dispelling myths and fears with informed choices. Visit the NHS website for symptoms to arm yourself with knowledge and join the fight against measles, a battle we must win for the sake of our global health community.

Guidelines: Prohibited Items at Work: Ensuring a Safe Environment

Dear SMResources Staff,

In the world of healthcare, where professionalism meets practicality, navigating the dress code can sometimes feel like walking a sartorial tightrope. Let's lighten the mood with a humorous take on the fashion no-goes for our healthcare heroes. Remember, it's all in good fun, and the aim is to ensure comfort, safety, and professionalism for everyone on the team.

Starting with the classics: frayed, dirty, or torn clothes might tell the story of your last adventure, but let's keep our workwear fray-free and clean. Think of it as your superhero costume - always ready for action, minus the cape and tights.

Sport or gym attire, while perfect for a workout, might not quite fit the bill unless you're leading a patient exercise session. Let's save the gymwear for the track and keep our professional game strong with attire that says, "I'm here to help," not "I'm here to bench press."

Now, onto the tricky territory of tops: low or cropped tops, and skin-tight clothing might be great for making a fashion statement but less so for making a professional impression. And while vest tops are a summer staple, pairing them with a smart layer on top ensures we're more patient-ready than beach-ready.

T-shirts shouting messages, logos, or slogans can indeed be conversation starters, but perhaps not the conversations we're aiming for in a healthcare setting. Let's keep the attire plain and let our compassion and expertise do the talking.

Leggings, mini skirts, and shorts – perfect for the park or a day at the beach, but in a care environment, we're all about coverage and comfort that respects the professional environment we're proud to work in.

Frilly scarves and shawls, though stylish, might not be the best accessories for work as they can easily dangle in food, where practicality and safety take precedence. And as for the realm of transparency, excessive flesh display, and the controversial low-hung trousers – keeping things under wraps ensures everyone's focus remains on health and care.



SMResources WORKPLACES



Ellern Mede;
Moorgate, Barnet, & Ridgeway



The Rotherham NHS Foundation Trust:
Rotherham



Inmind Healthcare:
Battersea Bridge House - Battersea
Southleigh Community Hospital - Croydon



Fernbank Nursing Home:
West Finchley



Green Lodge
London



Oakdene Respite Care
Tooting Broadway, London



Sequence Care Group
London



Time 4 U limited
Chatham, Kent



Safeguarding Adults Follow Protocols

Each organisation we work for will have its own Safeguarding Policy. It is important that our staff have full knowledge of these protocols.

Dear SMR Family,

Raising concerns about abuse or vulnerability, whether affecting you or someone else, is crucial but can evoke complex emotions and doubts about taking the right steps. It's essential to voice these concerns to ensure those at risk receive the necessary support.

Various factors make individuals vulnerable, including age, mental health, or dependency on care, necessitating vigilant safeguarding practices. When abuse is suspected, patient welfare is paramount. In terms of the various postings you might have, ensure you are aware of their safeguarding policies. Abuse manifests in many forms, including physical, emotional, financial, and neglect, each requiring immediate attention. If you notice signs of abuse or are affected, it's vital to speak up confidentially to your immediate Manager.

It's crucial for our staff to remain alert and vigilant about various forms of abuse that can affect vulnerable individuals. Here's a condensed overview to keep in mind:

- **Physical Abuse:** Involves any form of physical harm or inappropriate restraint.
- **Emotional Abuse:** Includes actions that harm someone's emotional well-being, such as insults or intimidation.
- **Financial Abuse:** Entails the illegal or unauthorised use of a person's finances or property.
- **Sexual Abuse:** Any non-consensual sexual act or behaviour.
- **Neglect:** Failing to provide basic needs or care, leading to harm.
- **Self-Neglect:** When individuals harm themselves through neglect of their own care.
- **Discrimination:** This is treating someone unfairly based on personal characteristics.

Nourishing our cool and awesome Caregivers

The Essential Role of Nutrition in Nursing and Caregiving Professions

Maintaining a healthy diet is crucial for nurses, carers, and indeed all healthcare professionals, due to the demanding nature of their work, which requires physical stamina, emotional resilience, and sharp cognitive functions. The reasons for prioritising a healthy diet can be explored through various perspectives, including physical health, mental well-being, professional performance, and the role-model effect.

Physical Health

Nurses and carers are required to be on their feet for long hours, perform physically demanding tasks such as lifting or moving patients, and work in shifts, including night shifts, which can disrupt normal biological rhythms. A nutritious diet helps in maintaining physical health, providing the energy required for such tasks, and supporting the body's repair and recovery processes. Adequate intake of vitamins, minerals, and other nutrients supports the immune system, reducing the risk of illness and ensuring they can perform their duties effectively.

Mental Well-being

The emotional demands of nursing and caring roles are significant. Healthcare professionals often deal with stressful situations, including critical patient care decisions, emotional interactions with patients and their families, and the pressure of working in an environment where mistakes can have serious consequences. A healthy diet can have a positive impact on mental health, improving mood, reducing symptoms of stress and anxiety, and enhancing sleep quality. For example, omega-3 fatty acids, found in fish, have been linked to reduced rates

of depression.

Professional Performance

Cognitive functions such as memory, attention, and problem-solving are vital for nurses and carers. These professionals need to recall detailed patient information, stay alert to changes in patient conditions, and make quick, informed decisions. Nutritional support is essential for maintaining these cognitive functions. For instance, dehydration and deficiencies in vitamins and minerals can impair cognitive abilities and decision-making.

Role-Model Effect

Healthcare professionals often advocate for healthier lifestyle choices to patients and the community. By maintaining a healthy diet themselves, nurses and carers lead by example, demonstrating the benefits of good nutrition. This role-modelling can enhance the credibility of their health advice and encourage others to adopt healthier eating habits.

Conclusion

In summary, for nurses and carers, a healthy diet is not just about personal health; it's a cornerstone of professional practice and patient care. It supports their physical stamina, mental well-being, and cognitive performance, enabling them to meet the demands of their roles effectively. Additionally, by embodying the healthy lifestyle choices they recommend to others, they can inspire positive changes in the health behaviours of the community they serve. Thus, prioritising nutrition is both a personal and professional duty for those in the caring professions.



Safety & Security tips for SMR Staff

- Please wear your Photo identification card at all times within the work premises!
- Keep your personal belongings safe and secure at all times.
- Close your office window and lock your door, even if only out for a minute.
- Do not leave anything visible in your car, clothing is the second most stolen item.
- Report all breaches of security & weaknesses in security to your line manager immediately.
- Challenge unknown people in your workplace IF SAFE TO DO SO.
- Use existing security systems such as access control, alarm systems, personal alarms, locks.
- Always think safety, be aware of your surroundings and be safe.
- Report all incidents of violence and aggression, loss and theft on the DATIX system.
- Ensure your escape route is clear when dealing with service users and the public.
- Teamwork, Vigilance and Common Sense tightens Safety and Security at work.





if you want
SOMETHING YOU'VE NEVER HAD
THEN YOU'VE GOT TO DO SOMETHING
you've never done



SOMETIMES
LATER
BECOMES
NEVER.
DO IT
NOW.



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