

# Daydigest



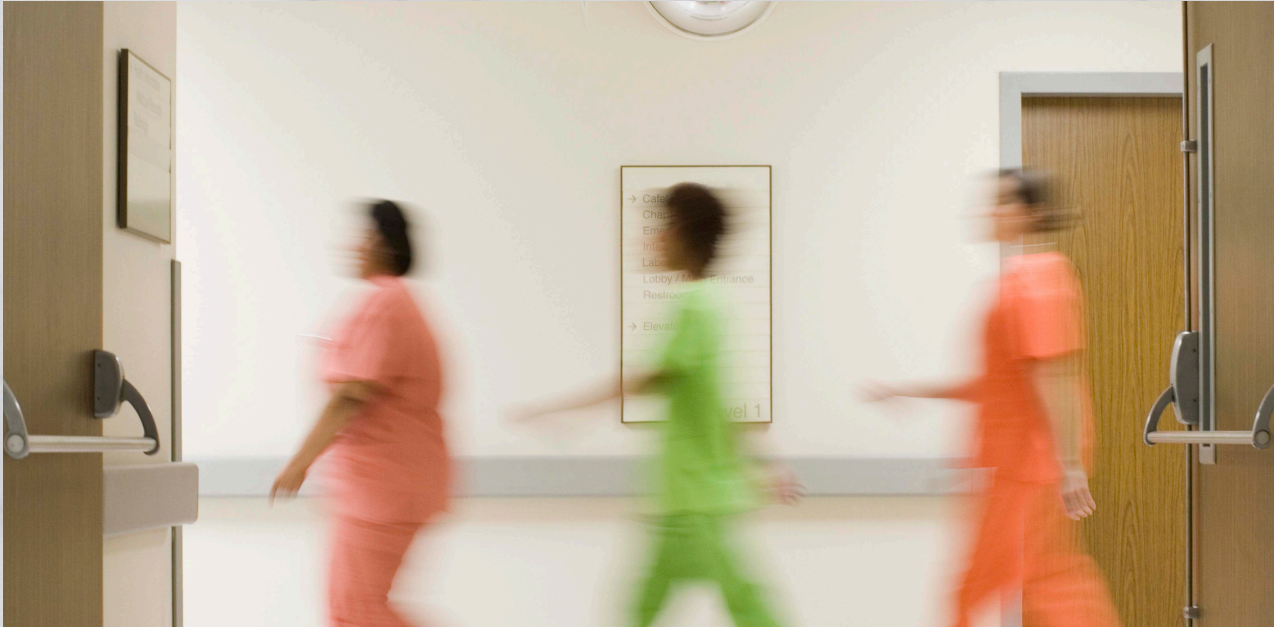
**Issue No 01**  
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Daytime  
Healthcare  
Recruitment



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## **Our First Edition For The Year 2024!**

Welcome to the inaugural issue of our newsletter.

We are thrilled to finally bring this to you, a dedicated space to share important updates, valuable insights, and exciting opportunities tailored specifically for our community of nurses in the United Kingdom.

At Daytime Healthcare/Quality Care Cover, we understand the crucial role you play in our business and the healthcare sector. This newsletter is our way of ensuring you stay informed, connected, and supported. Whether it's the latest in payroll updates, best practices in nursing, compliance reminders, or new job opportunities, we've got you covered.

Our goal is to provide you with relevant and timely information that not only enhances your professional life but also helps you deliver the highest quality of care to your patients.

In this first issue, we cover a range of topics including HMRC's latest actions against tax avoidance schemes, methods to maintain best practices in nursing, and exciting permanent roles available across the UK.

We also celebrate the achievements of our team, welcome new members, and offer a platform for your feedback and suggestions. Your input is invaluable to us, and we look forward to growing and evolving this newsletter with your needs in mind.

Thank you for your dedication, hard work, and the compassion you show every day. We hope you find this newsletter both informative and inspiring.

# Best Practices in Nursing: Delivering Excellent Patient Care



Maintaining best practices is crucial for providing high-quality patient care. The NMC code of conduct outlines professional standards for nurses, midwives, and nursing assistants.

## Here are key methods to uphold these standards:

**Evidence-Based Research:** Combine clinical expertise with the latest research guided by NICE guidelines to deliver exceptional patient care.

**Continuous Professional Development (CPD):** Engage in lifelong learning to keep skills and knowledge current, ensuring high standards of patient care and improved outcomes.

**Embrace Technology:** Use digital tools like electronic health records and telehealth to enhance efficiency and accuracy, streamlining workflows for the highest quality of care.

By adhering to these best practices, you can excel in patient care, adapt to the evolving healthcare landscape, and uphold the NMC's core values and standards.

# Did You Know: The Accidental Invention of the Band-Aid

**Sometimes, the most useful inventions come from the simplest of needs**

In 1920, Earle Dickson, a cotton buyer for Johnson & Johnson, was inspired by a problem close to home. His wife, Josephine, often cut and burned herself while cooking, and the bulky bandages available at the time were cumbersome and didn't stay in place.

Determined to find a better solution, Earle came up with an ingenious idea. He took a small piece of gauze and placed it in the center of an adhesive strip, then covered it with crinoline fabric to keep it sterile. This homemade bandage could be easily applied and stayed in place, protecting Josephine's wounds and allowing them to heal faster.

Impressed by his creation, Earle shared his idea with his employer, Johnson & Johnson. Recognizing its potential, the company began mass-producing the adhesive bandages, branded as "Band-Aids," in 1924. These simple, convenient bandages quickly became a household essential, revolutionizing first aid and wound care.

Today, Band-Aids are found in nearly every home, offering a quick and easy way to treat minor cuts and burns. What started as a husband's thoughtful gesture to help his wife has become a vital tool in healthcare, proving that sometimes, necessity truly is the mother of invention.



# Professional Updates

## Compliance Reminder

Are you up to date with your compliance? Annually, we need to update the following:

- References
- Work history (CV)
- Mandatory training (MST & PMVA)
- Health review
- Personal details (annual update form)
- Appraisal
- Indemnity insurance (RNs only)
- ID badge
- DBS check



## Cancellation Policy Reminder

Remember to report lateness and cancellations by phone, ensuring we can communicate promptly with our clients.

Our lines are open 24/7, so please call and speak with the team.





# Industry News

## **Payroll Update: HMRC Targets Tax Avoidance Schemes in the Umbrella Company Sector**

At Daytime Healthcare/Quality Care Cover, we pride ourselves on diligence, integrity, quality, and honesty.

As many of our candidates use umbrella companies, we urge you to thoroughly research and ensure you don't fall victim to unethical practices that avoid tax and put you at risk.

We will regularly update you on HMRC's efforts to close legislative loopholes and combat tax avoidance schemes.

Stay informed by checking the Current List of Named Tax Avoidance Schemes, Promoters, Enablers, and Suppliers.

[Click here to read more.](#)

# Brand Updates



## More Opportunities

### The Month of June

We still have opportunities across the country for general nurses seeking consistent work, particularly in Devon, Dorset, and London, as well as for specialist nurses nationwide.

### Top Roles

We are actively looking for specialist nurses, especially Paediatric Nurses based in London. If you have any colleagues who might be interested in joining our agency, please speak to your dedicated consultant to refer them. Your referrals are greatly appreciated!



# More Updates

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## Feedback and Suggestions

Have feedback or suggestions for improvement?

Send them to [feedback@daytimehealthcare.com](mailto:feedback@daytimehealthcare.com). This is managed by our management team.

## Upskilling Opportunities

Are you a general nurse looking to train in a different department?

Contact Jennifer Agyare at [jennifer@daytimehealthcare.com](mailto:jennifer@daytimehealthcare.com) or call 0203 640 8899.



# Top Nurses for May & June



**Evelyn**



**Alice**



**Lemban**



**Albert**

# Your Questions Answered



***A common question many agency nurses have been asking their dedicated consultants or colleagues is: Where have the shifts gone lately?***

During the Covid pandemic, the need for agency staffing and staffing within the NHS increased dramatically supported by an emergency budget provided by the government. Post Covid, the NHS hospitals have been issued strict deadlines to reduce overall agency spend as well as reduce the lead time of vacancies to recover after the pandemic.

***Is there still a future for me as an agency nurse?***

As an agency nurse, now is the perfect time to embrace flexibility. There are still numerous opportunities available across various regions, offering a wide range of shifts. Your adaptability is key to continuing to find rewarding placements and making a significant impact in healthcare settings.

***Tips for Maximising Opportunities:***

- Explore Trusts/Health Boards you haven't considered before.
- Be flexible with shift patterns and adapt to last-minute shifts and different shift patterns.
- Be open to a variety of wards within your clinical skill set

***Will the clients still need agency nurses in the future?***

For agency nurses familiar with market fluctuations, including seasonal pressures, this comes as no surprise. The demand for staffing across various departments remains high, and agency nurses will continue to be a valuable asset to the NHS. Your skills and flexibility are crucial in meeting the ongoing needs of healthcare facilities, ensuring that quality care is consistently provided.





# What to expect from your Agency moving forward?

At Daytime Healthcare and Quality Care Cover, we are committed to continuously providing you with a wide range of job opportunities across various regions and specialisations. Whether you seek consistent work or flexible shifts, our dedicated consultants are here to match you with positions that suit your needs.

We also offer resources for professional growth, including training and upskilling programs, ensuring you stay at the forefront of the nursing profession.

Moving forward, you can expect regular updates on market trends, new opportunities, and any changes impacting your work. We prioritise maintaining high standards of quality and compliance, placing you in reputable and rewarding positions.

Your success is our priority, and we are dedicated to supporting you in navigating the ever-evolving healthcare landscape with confidence and ease.

# More Updates

## From the Quality Team

We are proud to announce that the Care Inspectorate Scotland recently rated us 'Very Good' across all assessment criteria. This achievement showcases our commitment to quality and excellence.

We extend our gratitude to all our workers in Scotland, especially those interviewed by the inspector. Your knowledge, skills, attitude to care, and commitment to high-quality patient care were highly praised. We are proud of you!

## New Timesheet Platform

We are excited to announce the launch of our new timesheet platform. This platform is designed to streamline your timesheet access, making the process faster and more efficient.

### How to Access

Daytime Healthcare: Download here:  
<https://daytimehealthcare.com/timesheet/>

Quality Care Cover: Download here:  
<https://qualitycarecover.com/timesheet/>

### Key Features

**User-Friendly Interface:** The new platform is easy to navigate, ensuring you can quickly access timesheets.

**Accessibility:** Access and download your timesheets anytime, anywhere, ensuring you never miss a submission deadline.

We believe this new platform will enhance your experience and help you manage your time more effectively. For any questions or assistance, please contact your dedicated consultant.



# Tips for Agency workers

Working as an agency nurse comes with unique opportunities and challenges. Here are some essential tips and advice for those currently in or considering agency nursing roles:

**Flexibility is Key:** As an agency nurse, you play a crucial role in maintaining the smooth operation of healthcare services. Be prepared to adapt to different work environments and settings, which will broaden your experience. If you feel uncomfortable in a particular setting due to lack of experience, communicate this to the Manager. Set clear boundaries with your Consultant regarding the types of areas you are willing to work in and explain your reasons.

**Shift Patterns and Unsociable Hours:** Agency work often involves irregular hours, including nights, weekends, and holidays, which can affect your work-life balance and overall well-being. Ensure you get adequate rest between shifts to avoid mistakes. Only accept shifts if you feel up to the task, as you have the flexibility to choose your working hours.

**Flexibility in Hours:** One of the advantages of agency work is the ability to choose how frequently or infrequently you work, giving you control over your schedule.

**High Demand and Pressure:** During peak times or emergencies, you may face increased workload and pressure. If you feel overwhelmed, seek help from the shift coordinator.

**Medication Safety:** If you are unsure about a prescription, double-check with another nurse, the prescriber, the pharmacist, or the doctor.

**Handover and Patient Information:** Always request an adequate handover and read patients' care plans and medical records. Ask patients and their relatives about the patient's medical history for a comprehensive understanding.

**Clinical Skills:** Continuously improve your clinical skills, such as cannulation, venepuncture, arterial blood gas (ABG), and blood culture collection. Consider self-funding additional training if necessary.





**Scope of Practice:** Know your limitations and what procedures you are allowed to perform at the start of your shift. If unsure about any procedure, ask to be taught, as this is the best way to learn and become proficient.

**Emergency Procedures:** Familiarize yourself with the emergency procedures in your department, including the location of the resuscitation trolley, fire call points, fire extinguisher, and essential contact numbers such as the on-call doctor, crash team, outreach team, and manager on call. Ask the Nurse-in-Charge (NIC) for these details and the bleep system at the start of your shift.

**Documentation:** It is better to over-document than under-document. Accurate and thorough documentation is crucial.

**Umbrella Companies:** When choosing an umbrella company, ensure they are transparent in their services. Alternatively, consider being paid through PAYE for more straightforward financial management.

**Professionalism:** Remember that you represent our organization. Your actions can positively or negatively affect the perception of your colleagues and our clients.

Working as an agency nurse can be fun and offers numerous opportunities to network, learn new skills, and earn a decent salary. Being mindful and self-aware will help protect you and your professional registration at all times.

# Explore New Opportunities with Daytime Healthcare



Daytime Healthcare has a dedicated Permanent Recruitment division offering opportunities for Nurses, Theatre, and AHP staff across the UK.

Our clients include Private & NHS hospitals, clinics, care homes, schools, and imaging groups. If you're currently with the NHS and want to explore permanent opportunities in private hospitals, contact us for the best nationwide opportunities!



We're partnering with a renowned Care Home Group in the UK to assist with Permanent Nurse Recruitment.

They offer modern working environments, competitive packages & benefits, and a welcome bonus. Full and part-time roles are available, with visa sponsorship for UK-based nurses!

Locations for Permanent RGN/Care Home Roles:



Battersea, Bromsgrove, Claygate  
Harrogate, Huddersfield, Maidenhead  
New Cross, Sidcup, Southampton  
Tunbridge Wells, Weybridge, Woodford Green.

For more information on permanent opportunities, please email [perms@daytimehealthcare.com](mailto:perms@daytimehealthcare.com).





## Interested in relocating to Australia?

We have RGN opportunities (minimum 2 years UK experience required) in care homes. For more information, get in touch!

Email us at [perms@daytimehealthcare.com](mailto:perms@daytimehealthcare.com) or call our Permanent Recruitment Division on 0203 889 1891.

# Melanoma

Melanoma is a skin cancer that occurs when abnormal cells in the skin start to grow and divide in an uncontrolled way, it commences in skin cells called melanocytes. Melanoma is caused due to a problem in the melanocytes, the pigment producing cells. The exact cause is unknown but environmental and genetic factors play a role.

## Risk Factors

Physical characteristics – some people are more likely than others to develop skin cancer, such as those with lots of moles or fair skin or freckles and those with red or blonde hair or blue or green eyes, family history of melanoma, history of weak immune system (Cancer Research UK 2010c). Living in sunny or high-altitude climates.

The risk increases with age and around 30% of people diagnosed in UK aged 75 years and over, it is also common in younger people.

Any change in your natural skin colour, such as a tan, burn or freckle, is dangerous for your skin and increases your risk of skin cancer.

Contact your health care team if you have concerns about skin abnormalities. Skin cancer is treatable when caught in its early stages.

## Prevention Strategies

Melanoma prevention is best achieved through primary prevention by reducing or



limiting exposure to Ultraviolet radiation, and early detection of melanoma. Melanoma Research Foundation 2020. Any questions regarding melanoma should be directed to your healthcare provider.

Protection from the sun can be achieved by covering up with suitable clothing, seeking shade and applying sunscreen-SPF 50 sunscreen, suitable clothing includes: a broad-brimmed hat that shades the face neck and ears, a long-sleeved top, and trousers or long skirts in close-weave fabrics that do not allow sunlight through.

It also includes sunglasses with wraparound lenses or wide arms (to provide side protection) that have the CE Mark (an indication that they meet the relevant European Standard).

Most people can make sufficient vitamin D by going out for short periods and leaving only areas of skin that are often exposed uncovered (such as forearms, hands, or lower legs). Longer periods may be needed for those with darker skin.

Measures should be taken to prevent overexposure to sunlight. These preventive measures can reduce the risks of cancers, premature aging of the skin, the development of cataracts, and other harmful effect.

Examine your entire skin on a regular basis. If you notice anything changing, growing, or bleeding on your skin, see a healthcare provider right away.

Remember, sand and pavement reflect UV rays even while under an umbrella, snow and water are also good reflectors of UV rays, and reflective surfaces can also reflect most of the damaging sun rays.

### **Recommendations**

The recommendations aim to raise and maintain awareness – and increase knowledge – of the risks of UV exposure, influence attitudes and prompt behaviour change.

1. Avoid the sun between 10AM and 4PM, which are the peak hours of sun strength in North America, even in the winter and on cloudy days.



2. Wear sunscreen at least sun protection factor (SPF) 30 throughout the entire year. Reapply sunscreen every two hours or more frequently if you're swimming or sweating.

3. Wear sun-protective clothing with ultraviolet protection factor (UPF) of 50+, which blocks 98% of the sun's rays. And Reapply sunscreen every two hours or more frequently if you're swimming or sweating.

- 4 Hats with wide brims and sun-protective clothing that covers your arms and legs are helpful to protect your skin from harmful UV damage. Sunscreen doesn't block all UV rays, which cause skin cancer.

5. Avoid tanning beds. Tanning beds operate with UV lights, damaging your skin and potentially leading to cancer.



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