



QRC: 3525

Price

One Day : \$460 inc. GST

Two Days: \$610 inc. GST

Date

25 - 26 Mar 2019

Venue

Hotel Ibis Brisbane

27 - 35 Turbot Street , Brisbane, QL,
4000

CPD Hours

10 Hours | 30 Mins

Aged Care Nursing - Improving Quality of Life Conference - Brisbane 2019

An Essential Update

Need for Program

The knowledge and skills required to care for older adults are numerous and rely on a range of evolving attributes. High quality, up-to-date education is needed on a regular basis in order to ensure best practice and improve quality of life in aged care.

Purpose of Program

This conference provides nurses and related health professionals with up-to-date, evidenced education to enable informed decision-making when caring for an older adult.

Learning Outcomes

At the conclusion of this program it is expected that the participants will be able to:

- Be better able to care for a person who has challenging behaviours as a result of your updated understanding of cognitive decline
- Apply comprehensive care to older adults who have a range of comorbidities
- Formulate and document nursing care plans that are based on current evidence relating to the prevention of harm
- Improve the overall mental health of residents by implementing a range of simple but effective activities

Program Schedule

Day One

8:30 Registration for Day One

9:00

Welcome and Introduction

9:15

Denise Simmons

Out with the Old, In with the New - Hot Topics in Aged Care

Due to a vast increase in literature, it can often be difficult to keep up-to-date with new research. Yet, being informed by current evidence is essential if we are to comprehensively care for older adults. As such, this session will review recent literature and the hot topics most relevant to the older adult. It includes:

- What are the key pieces of new evidence on older adults?
- Is there new medication updates we need to be aware of?
- Are certain practices now considered out of date?

10:00

Denise Simmons

Back to Basics - Caring for People with Cognitive Impairment

While cognitive decline is not guaranteed to occur during the ageing process, it is presenting more frequently in older adults. This session will look at the care needs of an older adult with cognitive impairment. It includes:

- How does cognitive decline present in older adults?
- Do some conditions cause cognitive decline to present differently?
- How do you care for an older adult with cognitive decline?

10:45 Morning Tea

11:15

Damian Williams

Bringing Wounds to Light

Staying up-to-date with wound care and wound prevention, to help prevent and reduce the impact of chronic wounds, is constantly identified as a priority of care for older adults. This session will look at chronic wound management by combining the latest standards with best practice. It includes:

- Exploring recommended wound care products
- Advanced wound care functions
- Latest research influencing wound care selection
- Latest wound care standards

12:15

Damian Williams

A Constant Pressure - Preventing and Managing Pressure Injuries

Losing strength and the ability to move frequently is a common occurrence with ageing. As a result of minimal movement, pressure injuries often occur under sustained amounts of pressure. This session will look closely at the practical skills needed to assess the stages of pressure injuries and the appropriate dressings for improving skin integrity. This session will focus on the following:

- How do you prevent a pressure injury?
- How do you assess the stage of a pressure injury?
- What are the common dressings used for a pressure injury?
- How do you choose an appropriate dressing for a pressure injury?

1:00 Lunch and Networking

2:00

Tara Quirke

What's New? Dementia Treatment Update

Dementia is a complex condition that is vastly common in the ageing population. So how close are we to finding a cure? This session will look at treatment updates for this debilitating condition that turns a person's life upside down. It includes:

- Evidence-based updates on treatment
- Emerging therapies
- Current trials and studies

3:00 Afternoon Tea

3:30

Karen Gower

Applying a Palliative Approach to People with Dementia

This interactive topic will critically analyse a number of key points in relation to dementia and palliative care, including:

- How do you manage a terminal illness in a person with dementia?
- What are the clinical nursing issues?
- How do you assess comorbid symptoms in a person with dementia?

4:30 Close of Day One of Conference

Day Two

9:00 Commencement of Day Two

9:00

Karen Gower

Managing Pain and the Nonverbal Patient

Pain assessment relies highly on verbal self-reporting as it is a subjective experience. Chronic and progressive pain can cause an uncomfortable experience for older adults, as such this session will explore recognising pain in nonverbal patients. It includes:

- What are nonverbal cues of pain?
- How can you recognise pain in a nonverbal patient?
- How can you tackle pain without medication?
- New ways to recognise pain – facial recognition pain tool

10:00

Dr Treasure McGuire

Involving Older Adults in Deprescribing

Enhancing an older adult's involvement in decision-making about their medication administration can have increasingly positive effects on their overall wellbeing. This session will look at the involvement of older adults in deprescribing and the responsibility that they are involved with. It includes:

- How involved should an older adult be with medication decision-making?
- What is deprescribing and why should it happen more often?
- Why should older adults be involved with their medication?
- How extensive should education be about medication?

11:00 Morning Tea

11:30

Peta Tauchmann

Opening Your Eyes to a Less Common Diabetes Complication

A range of diabetes-related complications often can manifest. One of the lesser-known complications that can impact a person's ability to self-care and complete ADLs is eye-related conditions. This session will spend some time reviewing why this type of complication occurs and how to prevent it. However, most importantly, it will focus on practical approaches to supporting people with their ADLs who are experiencing this type of complication. It includes:

- What causes eye-related diabetes complications?
- Can we prevent them?
- How does the vision loss associated with diabetes impact ADLs?
- How can we:
 - Prevent falls?
 - Ensure correct BGL testing?
 - Support safe medication management?

12:15

Peta Tauchmann

Being Hypervigilant for Hypoglycaemia at Night...

Complications associated with diabetes, such as hypoglycaemia, can be severe. Prevention is

paramount and can reduce the likelihood of a person experiencing a hypoglycaemic episode at night. This session will dive deeper into the prevention of diabetes emergencies at night, with a focus on hypoglycaemia. It includes:

- What is hypo unawareness?
- How can you identify hypoglycaemia?
- What is the latest evidence in managing hypoglycaemia?
- How do you monitor BLGs overnight if insulin is required or has been given?

1:00 Lunch and Networking

1:45

TBA

Mental Health in Aged Care - Collaborative Support

While an older adult may not initially present with symptoms of depression, it may present as a consequence of their illness. This session will look at the significance of screening depression and improving the access to appropriate services. It includes:

- Why may an older adult experience depression?
- How do you screen for depression?
- What services are available for older adults experiencing depression?

2:45 Afternoon Tea

3:15

Denise Simmons

Exercising the Mind

Research has shined a light on the positive effects of behavioural therapy, which through activities drastically improves an older adult's behavioural symptoms and overall quality of life. This session will look at alternative and/or innovative activities that are changing older adults lives. It includes:

- Therapeutic robots
- Art therapy
- Music therapy
- Interactive technologies

4:00 Close of Conference and Evaluations

Presenters

Damian Williams

Damian Williams is a Registered Nurse and endorsed Nurse Practitioner and has been directly involved in delivering advanced wound management services for over 20 years. His current position is clinical nurse consultant for wound management in a large Brisbane Metropolitan Hospital. He is actively involved in gaining knowledge and promoting best practice wound management. Damian holds postgraduate qualifications in wound management and masters of nurse practitioner. He conducts regular wound management education and has presented at conferences locally, nationally, and internationally. Damian also holds a passion for building evidence in the field of wound management and is currently involved as a primary or associate investigator on several research projects. Damian has held committee positions on both the Australian Wound Management Association (AWMA) National Committee (now Wounds Australia) and Queensland Committee. He is a past president of the Queensland Branch and a current committee member of Wounds Australia – Queensland.

Denise Simmons

Denise Simmons works on the Sunshine Coast as a Nurse Practitioner: chronic disease. The object of her service is to prevent re-admission to hospital, by providing advanced clinical service and monitoring symptoms while in the home. Denise celebrated 50 years of nursing in 2017. Her past experiences are extensive and include rural and remote, juvenile justice, ICU, accident and emergency, and palliative care. Denise has lectured at a number of universities and TAFEs throughout QLD and has worked as a hospital executive for many years.

Karen Gower

Karen Gower is a Registered Nurse who holds a graduate diploma in cancer nursing and a master of nursing science (Nurse Practitioner). Karen works in the community, providing palliative care for clients in their own homes. She has worked with Blue Care on the Northside of Brisbane for the last five years, mentoring and supporting nurses, clients, and their families at a very challenging time and allowing them a choice of place of death. In 2013, Karen was fortunate to be part of a project funded through Department of Health and Ageing to see if having a Nurse Practitioner in the community would support clients and their families to have choice. This project showed a significant improvement in service provision and the position was supported to continue across Metro North. It has been a privilege to journey with these clients and their families.

Peta Tauchmann

Peta Tauchmann has worked as a diabetes educator since 1998. In 2003, she established a private practice in diabetes education in Brisbane and, in 2015, she was endorsed as a Nurse Practitioner. Professionally, she enjoys a range of activities, working in her own community-based clinics, and contributing to local and national projects designed to improve the care of people with diabetes. She enjoys working in an area of healthcare that is meaningful, constantly changing, and intellectually stimulating.

Treasure McGuire

Dr Treasure McGuire is a medicines information pharmacist, pharmacologist, educator, and researcher. As assistant director of pharmacy, Mater Health Services, she manages their academic practice unit. She is also a senior conjoint lecturer in the School of Pharmacy, University of Queensland and associate professor of pharmacology, Faculty of Health Sciences & Medicine, Bond University, where she lectures on complementary medicines, reproductive health, medication safety, and communicable diseases. In recognition of her services to medicines information, she received the Lilly International Fellowship in Hospital Pharmacy and the Bowl of Hygieia of the Pharmaceutical Society of Australia.

Tara Quirke

Tara Quirke is a Registered Nurse with over 40 years' nursing experience. She has held several senior management and educational positions, both in Australia and South Africa. For the past 20 years, she has specialised in aged /dementia care. She is particularly passionate about ensuring people living with dementia have their personal, civil and legal rights upheld. Tara is an aged care quality surveyor and is also the Queensland environmental design consultant for Dementia Training Australia. She is a member of the Advisory Panel for the Australian Journal of Dementia Care and she is an active consumer advocate for many Dementia Australia and Cognitive Decline Partnership Centre research projects co-funded through the NHMRC. Tara has two master's degrees (clinical nursing - gerontology, and mental health), and she holds additional qualifications in education, management, midwifery and community nursing. Tara was the primary carer for her dad who was diagnosed with dementia at 68 years old. More recently, Tara lost her beloved husband of 44 years to CJD (Creutzfeldt-Jakob disease) one of the most rapid forms of dementia. This has inspired her more than ever to search for ways to improve dementia care and education.

Registration form

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North Melbourne VIC 3051



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