



QRC: 3136

Price

One Day : \$462 inc. GST

Two Days: \$590 inc. GST

Date

28 - 29 Jun 2018

Venue

McNevins Tamworth

999 Armidale Road , Tamworth, NW,
2340

CPD Hours

10 Hours | 45 Mins

Tamworth Nurses' Conference 2018

2 Day Conference for All Nurses - Learn locally with Ausmed

Need for Program

In regard to the nursing care you provide, the need to continually seek new information is a given no matter where you work. Nursing safety and quality are essential and both are directly linked to knowledge. This is a time when:

- Healthcare budgets are under increased stress
- The community purse is shrinking
- Quality outcomes are now the goal of all care

Now more than ever, if safe, quality outcomes are to be achieved, it is important that you take a leadership role in providing outcome focused high-value care. This can be done by addressing emerging gaps in your knowledge through up-to-date information.

Purpose of Program

This program provides you with current knowledge relating to a range of professional and clinical practice topics that will improve how you provide holistic nursing care.

Learning Outcomes

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

- People with health risks will receive preventative nursing action in your care to avoid illness
- Better patient outcomes will be achieved through the application of up-to-date knowledge related to specific nursing interventions
- Interprofessional collaboration will be optimised to enhance patient outcomes
- Patient outcomes will be underpinned by evidence-based practice, recognised standards, and guidelines

Program Schedule

Day One

8:30AM Registration for Day One

9:00

Gary Bain

Clinical Leadership: The Problem of Ignorance and the Power of Knowing

Do you have a spirit of enquiry that ensures you can find out what is the best way to care for people or are you following worn-out policies and procedures that bear little resemblance to best practice? In this session, you will learn quick and easy ways to discover new knowledge. It includes:

- What are the characteristics of a clinical leader?
- How do we become a clinical leader?
- What is the role of a clinical leader?
- Why do you need a clinical leader?

9:45

Kelly Squires

Preventing Malnutrition in the Older Adult

Malnutrition is a major health problem known to exacerbate chronic illness and increase morbidity and mortality, particularly in older people. This session looks at:

- Why malnutrition is so detrimental to the health of an older person
- The multisystem impact of malnutrition on the older person, including skin integrity, mobility, and wound healing
- Nursing strategies to improve nutritional status

10:30 Morning Tea

11:00

Lorraine Dickson

Effective Constipation Management

The management of bowel disorders and constipation can be troublesome and distressing. The availability of laxatives in supermarkets and chemists contributes to this problem. This session includes:

- What are the causes of constipation?
- How does bowel dysfunction contribute to constipation?
- What is the Wise use of aperients?

12:00

Lorraine Dickson

Embarrassment Down Under: Urinary Incontinence in Women

Far too many Australian women suffer from preventable episodes of urinary incontinence. This session will look at this pervasive condition and reveal the secrets to stop this symptom-based disorder in its tracks. It includes:

- What is the difference between different types of incontinence?
- Can they co-exist and why is this important in terms of treatment?
- How to perform simple but effective techniques to strengthen pelvic floor muscles

12:45PM Lunch and Networking

1:45

Valinda Wesble

Cardiac Disease: A Secondary Prevention

Improving wellbeing and preventing further cardiovascular events, also known as secondary prevention, are essential goals of healthcare for people with CVD. Contemporary secondary prevention strategies, such as cardiac rehabilitation, accelerate recovery, improve system management and improve quality of life, while reducing recurrent cardiovascular events and hospitalisations. Secondary prevention begins in the primary setting and journeys through to the community.

2:30

Robin Skillman

Aids and Appliances for Stomal Therapy

There is a complex range of modern aids and appliances associated with the care of a person with a stoma. This practical session looks at some of these products, gives you information on their use and application, and explores how this relates to optimum patient care. You will also discover some useful tips that you can share with your patients. It includes:

- How correct aids and appliances are selected
- How to prevent leakage
- Protecting peristomal skin integrity

3:15 Afternoon Tea

3:45

Dr Anne Croker

Engaging with Research Practice

In everyday nursing practice, there is a range of scenarios where nurses ask questions about the evidence behind what they are doing. They may also want to know more about a particular topic and how to turn this question into research. In this session:

- What kind of questions can nurses research?
- Who can assist and support nurses to do research?
- Where to begin?

- What to expect along the way?

4:30 Close of Day One of Conference

Day Two

9:00AM Commencement of Day Two

9:00

Dr Nick Ryan

Recognising “Red Flags” of Clinical Deterioration

There is a huge potential for patients across any clinical setting to become rapidly unwell. Recent system changes have been rolled out to encourage better management of clinical deterioration. However, your ability to recognise and respond to changes in a patient's condition early is a high priority if an acute illness is to be averted. This session looks at:

- What clues or changes in clinical observations may indicate a patient is becoming unwell?
- What immediate assessment should be undertaken when you suspect a patient is deteriorating?
- How should these changes in observations be documented?
- When should you escalate incidents?

10:00

Merridie Rees

Getting it Right - Assessment of Older People

Sometime in 2018, Clint Eastwood will be 88 and Jane Fonda will be 81. Do you associate these people with the patients in your practice setting who are the same age? Hospital admissions for older Australians are rising rapidly with most over 70 years old. This will continue as the population ages. Unfortunately, we live in an ageist society where treatment options and decisions may be offered or limited based on age rather than physical condition and quality of life. Assessment of the older person can be tricky. Using case studies in this practical and dynamic session, we will explore:

- Physiological changes related to the ageing process
- Commonly missed clues in the assessment of older people and why they are missed
- Age appropriate assessment
- When short of time, what you should NOT miss in your assessment

10:45 Morning Tea

11:15

Lia Mahoney

Statins: Who Needs Them?

Statins, otherwise known as HMG-CoA reductase inhibitors, have had a huge impact on decreasing morbidity relating to cardiovascular disease. Their lipid-lowering effects are now well-established. However, in recent times, there has been controversy surrounding their use. This session will explain how statins work and look at their contraindications, clarifying any confusion and ensuring nurses are in a position to correctly provide patient education. This session includes:

- What role do statins have in diminishing absolute CVD risk?
- Can common side effects need to be managed?
- What happens when statins are ceased?

12:15

Gary Bain

Wound Healing: Understanding How Skin Works and Heals

Refresh your knowledge on the process of wound healing and discover the latest information about the factors that delay or impede effective outcomes. This session includes an update on the skin and explores:

- What is a wound?
- How do wounds heal?
- What delays or prevents healing?

1:00PM Lunch and Networking

2:00

Gary Bain

Choosing Dressing Products

Dressings do not heal wounds. However, dressing selection is an important part of the overall management of the wound environment. A plethora of wound management products exists and this session will take a function-based approach on how to select the right dressing. Learn:

- How are wound dressings classified according to function?
- How do you select the right dressing?
- When should you modify the dressing regimen?
- How do you choose a basic range of products for your workplace?

3:00 Afternoon Tea

3:30

Amanda Jeffreys

Wellbeing in Nurses: Are We Taking Care of Ourselves?

The profession of nursing has traditionally promoted holistic healthcare practice in patients. Nurses spend their shifts caring for others in often highly charged and emotional situations and can forget to look after themselves. This final session explores enhancing emotional wellbeing through self-care and includes:

- Whether wellbeing should this be considered a part of professional development
- How to sustain wellbeing across the day to go home healthy

4:15 Close of Conference and Evaluations

Presenters

Gary Bain

Gary is the clinical nurse consultant (Wound Management) at the Mt Wilga Private Rehabilitation Hospital, Sydney. Concurrent with his clinical activities at Mt Wilga, he is the principal at The Wound Guy - a private entity which provides education to medical, nursing, allied-health and product-industry personnel. Gary has memberships with Wounds Australia, HEMI Advanced Wound Care Network and the Australian College of Nursing. He maintains strong relationships with and regularly supports all corporate members of the wound care product industry. He liaises with and presents for professional organisations such as the Lindsay Leg Club, Ausmed Education, the Australian College of Nursing, the Australian Practice Nurse Association and the Pharmaceutical Society of Australia, as well as philanthropic groups such as the Rodmell Fund for Aged Care Education.

Kelly Squires

Kelly Squires is an Accredited Practicing Dietitian and a lecturer at the University Of Newcastle Department Of Rural Health. She has been working clinically in Tamworth for the past ten years. Kelly worked as the diabetes dietitian for six years before moving into general dietetics, where she now works with patients in the areas of gastrointestinal health, cardiac rehabilitation and prevention, diabetes management, and malnutrition.

Lorraine Dickson

Lorraine Dickson has worked as the continence advisor in the Tamworth area for 25 years. During that time she has progressed through the grades of Registered Nurse, clinical nurse specialist, clinical nurse consultant and became a Nurse Practitioner in 2009. She has also been involved in university studies and, at the end of 2014, graduated as a doctor of nursing after completion of an action research study to improve resident continence care in a multi-purpose service. Lorraine remains very clinically focussed and works as a continence advisor and continence educator for the Peel Cluster. She is also a clinical leader in aged care for the Hunter New England Local Health District. She particularly likes to focus on working towards individualised care and client advocacy.

Valinda Wesble

Valinda Wesble is a Clinical Nurse Specialist in Tamworth Rural Referral Hospital's Coronary Care Unit. She has Post Graduate qualifications in Intensive Care and Cardiology. She has ten years experience in primary care cardiology with a passion for education.

Robin Skillman

Robin Skillman is the clinical nurse consultant: stomal therapy and wound management at the Tamworth Rural Referral Hospital - a position she has held since 2003. Robin is highly qualified and holds a Master of Health Science (Nursing) from Charles Sturt University, a Bachelor of Advanced Nursing from Cumberland College of Health Sciences Sydney University and postgraduate studies in midwifery, stomal therapy, continence, and wound management.

Anne Croker

Dr Anne Croker is a research fellow at the University of Newcastle Department of Rural Health in Tamworth, Australia. In 2011, she completed her award-winning PhD exploring collaboration in healthcare teams, recently publishing a book on the topic. Her current research explores how students learn to work with other health professions. From her long-term interest in patient-centred collaborative health care and experience with qualitative research methods, Anne is well positioned to discuss the complexity and value of interprofessional practice.

Nick Ryan

Dr Nick Ryan has been employed as an emergency physician since 1995 and has been the director of ED at Tamworth since 1998. He is a conjoint senior lecturer at the Newcastle University Department of Rural Health, Tamworth. Nick has a keen interest in clinical education and is a past winner of the Dr Geoff Marel Award for Teaching Excellence from the Postgraduate Medical Council of NSW. His other interests include point of care ultrasound, toxinology, and rugby union.

Merridie Rees

Merridie Rees has worked extensively in rural and regional NSW within the community, aged care, and management, in clinical nurse specialist, CNC and nurse practitioner roles. She holds post-graduate certificates in child and family health and orthopaedic nursing, a Graduate Diploma in Health Service Management, a Masters in Nursing (Nurse Practitioner) and is a PhD candidate. Her current position is clinical nurse consultant level 3 aged care/rehabilitation for Hunter New England Local Health District based at the Rankin Park Centre Rehabilitation Centre in Newcastle. Her special interest is in patient advocacy and partnering with patients for holistic care.

Lia Mahoney

Lia Mahony is a community pharmacist with a passion for community health literacy and professional education. Her key areas of expertise include drug and alcohol support, pain management and chronic disease state management. A former pharmacy practice lecturer at the University of New England, Lia now devotes her time to managing her two pharmacies in regional New South Wales.

Amanda Jeffreys

Amanda Jeffreys completed her initial training at Macquarie University Sydney and then went on to complete a Masters in Health Psychology and a Doctorate in Clinical Health Psychology at the University of Newcastle. She is a registered fitness professional with a sound focus on health, well-being, and happiness and maintains an emphasis on clinical work with individuals and couples. Amanda has a strong business and organisational psychology background having worked extensively in corporate and health domains, including The Golden Door Health Retreat. She has been a leader advising corporate boards and NSW health modalities. As a result, she is active in providing executive coaching, seminars, and workshops in a broad range of domains, including relationship building, health and stress management, and corporate wellness. Most recently she has been engaged with NSW Dairy Farmers, NSW Racing, and Community Advocacy in relation to health, the incidence of suicidality, and living a rich and meaningful life in the bush. Amanda is a regular media commentator and columnist. She writes feature articles for digital and print media across a broad range of topics with a focus on strong and lasting relationships and a happy personal and work life. Amanda strives for her clients to function optimally, to build successful personal and family lives, and to find joy in lasting relationships. She has a fun but challenging approach, anchored in true compassion.

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