



QRC: 3148

Price

One Day : \$462 inc. GST

Two Days: \$590 inc. GST

Date

13 - 14 Sep 2018

Venue

Mid City Warrnambool

525 Raglan Parade , Warrnambool, VI,
3280

CPD Hours

11 Hours | 0 Mins

Warrnambool Nurses' Conference 2018

2 Day Conference for All Nurses - Learn locally with Ausmed

Need for Program

Safety and quality are essential and are directly linked to knowledge. The need for you to continually seek new information in regard to the nursing care you provide is a given no matter where you work. 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

It is more important than ever that you take a leadership role in providing high-value, outcome-focused care to people. Addressing emerging gaps in knowledge through up-to-date information is crucial if safe, quality outcomes are to be achieved.

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

Geoff Ahern

The Power of Empathy...

At the core of the nursing identity is compassionate intention. Nurses intend to communicate and practice with genuine care, respect, and empathy for others. However, the delivery of fragmented, task-oriented, protocol-driven care can often leave us losing sight of these core intentions. Are we nursing with our heads or our hearts? Go back to basics and re-examine the power of empathy. Consider:

- What is empathy?
- Are you born with it or are there ways to develop empathy?
- How can patients benefit from empathetic care?
- Can empathy improve clinical satisfaction and nurse wellbeing?

10:00

Stewart Malcolm

Rehabilitation - Latest Information

It is well known that the earlier rehabilitation is initiated after an acute event, the better the outcome. This means nurses who work in a range of healthcare settings need to have a mindset and skills that promote rehabilitation in the long-term. This session looks at the type of early rehabilitation that has the most impact on long-term care and includes:

- Redefining rehabilitation as an imperative in most acute settings
- When rehabilitation for a stroke person should start
- Knowing when a person is fit to be discharged
- Resources to prevent revolving door syndrome

10:45 Morning Tea

11:15

Robert Beavan

Preventing Infections in People with Diabetic Foot Ulcers

The complications and associated ramifications of acquiring an infection for a person with a diabetic foot ulcer are disastrous. When infection occurs, the risk of amputation significantly increases, which can greatly affect a person's life. This session reviews the important considerations for the prevention of infections for people with a diabetic foot ulcer. It includes:

- What are the different types and causes of diabetic foot ulcers?
- How common are infections in people with a diabetic foot ulcer?

- What are the risk factors for developing an infection?
- Who are the people we need to be most vigilant with to prevent infections and how?

12:00

Geoff Ahern

The Protective Effect of Resilience

Our capacity to respond positively in the face of challenges and setbacks is known as resilience. Resilience is recognised as a way to help us adapt positively to stress, recover from trauma, and grow and develop through adversity. The lengthy, energy intense, and difficult nature of chronic illness calls for the development of resilience, in our patients and ourselves. This session considers:

- Resilience – are we born with it or does it develop?
- Are there certain behaviours that boost resilience?
- How can resilience assist with the emotional consequences of chronic disease?

1:00PM Lunch and Networking

2:00

Pene Wood

The Judicious Use of Opioids: Implications for Nursing Practice

Opioids are commonly prescribed medication for pain management in a range of settings, frequently as a PRN. Yet their potential for harm and misuse is ever present. It is essential that these medicines are fully understood so that they are appropriately used and so that nurses can confidently feel safe administering them. This session offers an in-depth review of opioid medications, including:

- The different types of opioids used today
- How opioids work to alleviate pain
- Management of opioid-induced side effects e.g. constipation, falls, etc.
- Dosing considerations in the elderly
- Identifying tolerance, preventing dependency, and assessing for toxicity
- Identifying drug diversion and other inappropriate behaviours

3:00 Afternoon Tea

3:30

John Parkinson

De-Escalating Aggressive Behaviour

It is known that during an aggressive or violent episode, besides body language, what we say and, importantly, *how* we say things is what makes a difference between a violent situation escalating or being defused. This may ultimately be the difference between a nurse being injured or staying safe. This helpful session will demonstrate verbal communication strategies to defuse violence during an aggressive situation. It includes:

- What physical and behavioural cues that suggest violence may be about to occur
- A review of the stages of aggression cycle and how to respond to each stage
- Practical, useful language to de-escalate and diffuse aggressive situations
- Demonstration of how body language and other verbal communication strategies can aid in de-

escalation

4:30 Close of Day One of Conference

Day Two

9:00AM Commencement of Day Two

9:00

Stuart Willder

Men's Health Checks

In addition to general health checks, specific assessments are recommended for men across the lifespan. So, what are you checking for and why? This session looks at men's health checks that assist in detecting, preventing, or reducing the effect of prostate and testicular-specific concerns. It will cover:

- How to encourage men to be proactive about health checks
- Why self-testicular exams are essential
- Pros and cons of prostate cancer screening...
- When is the prostate-specific antigen blood test required and when is it not?
- What physical factors cause erectile dysfunction in men?
- How is this assessed?

9:45

Michelle Evans

COPD and Pulmonary Rehabilitation: Latest Information

Chronic obstructive pulmonary disease is a debilitating progressive respiratory condition that requires specialist management. This session looks at:

- Defining COPD and severity
- The COPD/asthma overlap
- Long-term management of COPD
- Beware the CO2 retainer
- Medication and lifestyle changes
- Breaking the downward spiral with pulmonary rehabilitation

10:45 Morning Tea

11:15

Jill O'Brien

Disinfectants, Antiseptics, and Infection Control

What is the difference between a disinfectant and an antiseptic? Should you use sprays to clean surfaces? This session looks at the use and abuse of cleaning agents in healthcare. It includes:

- What works best for cleaning a bedside table?
- What is the responsibility of nurses in ensuring local hygiene in the area in which they work?

12:15

Jill O'Brien

Superbugs: What Everyone Needs To Know

There is now a range of so-called "superbugs" that are extremely concerning to humans. Antibiotic treatments seldom work and morbidity and mortality from contamination is a grave problem. This session reviews what is known about "superbugs" and informs you of the latest evidence on transmission pathways, prevention, and treatment. It includes:

- An update on latest known superbugs
- How to prevent cross infection
- An explanation of ESBL

1:15PM Lunch and Networking

2:15

Ana Marasa

Preventing Malnutrition in the Elderly

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 multi-system impact of malnutrition on the older person, including skin integrity, mobility, and wound healing
- How malnutrition can be prevented in the obese individual
- Practical strategies to improve nutritional status

3:15 Afternoon Tea

3:45

Geoff Ahern

How to Embrace Change

Today's workplace is changing at a hectic rate and those who cannot adapt run the risk of becoming casualties to the system. Change, and the constant rate at which we are expected to deal with it, often leaves us feeling stressed and overwhelmed. Change has been exceptionally well-studied and the reasons why people resist change is to some extent understood. This session assists nurses to understand theories of change and to consider ways to control it so that everyone wins. This session looks at:

- Fearing the unknown and losing control
- Tactics to stop change for change's sake
- When change is good - how to change your perspective on change
- Leading others through big changes

4:30 Close of Conference and Evaluations

Presenters

Geoffrey Ahern

Geoffrey Ahern is a senior mental health clinician who works with the Victorian Police on a specialised mental health emergency response team called PACER (Police And Clinician Emergency Response). PACER clinicians are on the road with the police responding immediately to triple zero emergency calls that involve mental health. Geoff trained initially as a Registered Nurse in the early 90s. Over the years, he has gained extensive experience in emergency and trauma, rural nursing, alcohol and other drug counselling, and psychiatric nursing across both the public and private sectors. He also holds a Masters of Health Science (Mental Health and AOD) and is a PhD candidate with Deakin University. When Geoff isn't working with the police you can find him conducting freelance education for various public and private organisations, raising community awareness and recognition of people developing mental health problems, and averting crisis situations similar to those he sees on the road with police. As an educator, he has been involved in one-on-one mentoring and staff in-services, right through to full-time lecturing at a tertiary level. Geoff is a passionate and creative teacher, bringing to his audience stories and experiences that give life and meaning to the subject areas that he teaches.

Stewart Malcolm

Dr Stewart Malcolm is a rehabilitation specialist based in Warrnambool.

Pene Wood

Pene Wood has worked in community pharmacy for over 15 years and has a special interest in opioid and pain management. In her current role at the Western Victoria Primary Health Network as opioid management team leader, she supports health professionals in managing patients with opioid dependence and better prescribing and supply of opioids. She is undertaking her PhD looking at the management of pharmaceutical opioids (prescription and over-the-counter) and the treatment of opioid dependence. She currently sits on the Pharmaceutical Society of Australia's harm minimisation committee and is a part of the expert provider panel for the development of training for the implementation of Safe Script, the Victorian Health Department's real-time prescription monitoring system.

John Parkinson

John Parkinson is the community relations/mental health manager and a Credentialed Mental Health Nurse at St John of God Warrnambool Hospital. John began his career at Brierly Psychiatric Hospital in 1974 where basic custodial care was the accepted practice. Since then, John has experienced huge changes in the delivery of treatment and care since the integration of mainstream services and community-based models of care began in the early 1990s. John is an experienced expert in the field of mental health nursing and has the privilege of listening to his clients' stories and helping them to recover.

Michelle Evans

Michelle Evans is a Registered Nurse. Since completing her graduate certificate in asthma education, she has worked as an asthma educator and respiratory nurse consultant at South West Healthcare, Warrnambool Hospital for 18 years. Previously, Michelle worked in emergency departments in Warrnambool and Melbourne. Michelle is passionate about working with persons with chronic respiratory conditions, empowering them to self-manage. She also coordinates the Pulmonary Rehabilitation program at Warrnambool Hospital. In 2015, Michelle completed a graduate certificate in health professional education.

Ana Marasa

Ana is an accredited practising dietitian (APD) from Warrnambool. She graduated in 2015 with a Master of Dietetic Practice from Latrobe University. She also holds a Bachelor in Biomedicine (Neuroscience major) from the University of Melbourne and a Graduate Diploma in Human Nutrition from Deakin University. Ana is also trained in the non-diet approach for weight dissatisfaction, which focuses on mindful eating and body acceptance. Ana's other interests include social justice, public health, and food security. Every week, Ana volunteers at Warrnambool & District Foodshare, an organisation that sorts and delivers food to families in need. Ana has worked at St John of God Warrnambool and Lyndoch Living as a casual dietitian. In August 2016, she started a private practice and currently works from Warrnambool & Camperdown

Robert Beavan

Robert Beavan is the manager of podiatry at South West Healthcare in Warrnambool.

Jill O'Brien

Jill O'Brien is an Infection Control Coordinator working in the Terang and Mortlake Health Service.

Stuart Willder

Stuart (Stu) Willder is an endorsed Nurse Practitioner: men's health and urological care. Stu has over 20 years' experience in the critical care, coronary care, and emergency based fields. Working in rural Victoria, Stu designed the Sustainable Farm Families project researching the health of farming families across Australia, with a particular interest in the health of farming men. Other areas of research include Indigenous oral health and the health of Australia's Freight industry. Stu manages men with prostate-related conditions and works with a visiting urologist to support pre- and postoperative management of men undergoing urological interventions. He has worked in numerous states of Australia, as well as overseas and including Vanuatu under the Pacific Islands AusAid Project that provided surgical care for men in the region over the past 5 years. Stu coordinates a men's health clinic in Hamilton that provides support, screening, and education for men from across the region. In addition, he delivers health consultancy and education programs to the mining sector and major businesses in the South West and Mallee areas of Victoria.

Registration form

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