



QRC: 3144

Price

One Day : \$462 inc. GST

Two Days: \$590 inc. GST

Date

09 - 10 Aug 2018

Venue

Century Inn Traralgon

5 Airfield Road , Traralgon, VI, 3844

CPD Hours

10 Hours | 45 Mins

Gippsland Nurses' Conference 2018

2 Day Conference for All Nurses - Learn locally with Ausmed

Need for Program

For 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 relating 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

Lorraine Walker

Interprofessional Care and Collaboration: Working and Learning in Different Teams

In today's hospital and community health settings, as a health professional, you will increasingly have to work within many different professional teams. In the morning you may be working with one team and in the afternoon another. Such teamwork can offer personal and professional rewards in your work life. It can also lead to improved patient satisfaction, decision making, and care. Knowing how to work in interprofessional teams is an important skill which may be learned. This session explains:

- Why is there a move towards interprofessional healthcare teams?
- Nurses, doctors, pharmacists, physiotherapists, and ...robots? What might a "team" look like in 2030?
- How might teams learn together in 2030?

9:45

Kelly Abbott

Cutaneous Medication Reactions - Adverse or Side Effect?

Although serious adverse medication events remain relatively rare, they can result in serious reactions. Frequently, adverse cutaneous medication reactions, such as urticaria or rash, are listed as common adverse effects for many medicines. Medicines such as antibiotics, that are routinely administered by nurses, are often the culprits and serious skin emergencies are still possible. This session explains:

- The difference between an adverse effect and a side effect
- Common cutaneous events that result from medication administration
- Skin emergencies - serious skin reactions you must know
- Management of cutaneous medication reactions - immediate first steps and medication management

10:45 Morning Tea

11:15

Coralie Tyrrell

To Screen or Not to Screen?

Infection can be admitted into healthcare facilities in many ways. What are your signals for further testing? This session will highlight the importance of screening for infections to improve patients outcomes. It includes:

- How does screening differ from surveillance?
- How are people screened across the lifespan and are certain populations more vulnerable?
- What is the correct procedure for screening methods? e.g. taking swabs
- Infectious diseases – what needs to be on your radar?

12:15

Coralie Tyrrell

Humour is Infectious, but Infection is Serious

We all know that humour is infectious, but the risk of infection is deadly serious. In this session, the National Safety and Quality Health Service (NSQHS) Standard for Preventing and Controlling Healthcare Associated Infection will be used to identify current best evidence and practice in infection prevention and control for nurses. It includes:

- An update on the occurrence of healthcare-related acquired infections
- The impact of infections on patients and resources
- Early identification of infection and colonisation of patients and staff
- Infection prevention and control strategies that work – nursing practice to reduce infection spread

1:00PM Lunch and Networking

2:00

Linda Raymond

Stoma Care: Tips for Best Practice

While most stomates, or people who have a stoma, will be able to manage their stomas effectively, understanding the background to the stoma, its role, and its placement underpins its management. This session will include:

- A stoma as a treatment of choice
- Practical care considerations for ileostomies
- Psychological considerations when assisting someone with their stoma

You will also discover some useful tips that you can share with your patients, including:

- How correct aids and appliances are selected
- How to prevent leakage

3:00 Afternoon Tea

3:30

Irene Taylor

Palliative Care: Spiritual Care in the Last Days

The final days of a person's life are in some ways the most special. Every person and family member experiences this time in a unique way, both physiologically and spiritually. It can be a time of big emotions and raw feelings. The approach to care provided at this time is critical. This session explores the spiritual aspect of palliative care.

4:15 Close of Day One of Conference

Day Two

9:00AM Commencement of Day Two

9:00

Catherine Wallace-Wilkinson

50 Shades of Fat ...

Modern thinking suggests that it's not just diet that causes disease. It's not just food that lays down fat. Many factors create an "obesogenic" environment. Put simply, these environments encourage unhealthy foods and discourage activity. Along with psychological and biological input, our genetics, gut, and fat cells all send messages to the appetite and satiety centres in the hypothalamus. Could it be here that some of the damage is done? It's time to dismantle the pathology of obesity. This session explains:

- What does an "obesogenic" environment look like?
- How are our genetics implicated and have environmental factors altered our genes?
- What is happening in our gut and how does it respond to certain nutrients?
- Neuropeptides - suppresses and stimulators of appetite?
- What is the brain's response to these factors?
- Finally, how this cascade can explain:
 - Insulin resistance
 - Metabolic syndrome
 - Development of type II diabetes mellitus

10:00

Catherine Wallace-Wilkinson

Newly Diagnosed Diabetes? How Nurses Can Help

A person who has recently been diagnosed with diabetes is often confused and worried. They may seek information from many sources. However, professional face-to-face communication is essential in these early days. This session looks at the common issues that face a person who is newly diagnosed with diabetes, including:

- Why is it essential that thorough diabetes education is provided at the time of diagnosis?
- How do you discuss the causative factors of type II diabetes?
- What should the person be doing with regards to self-monitoring of blood glucose levels?
- What are the current trends with dietary advice for those with type II diabetes?
- What about exercise - is it good for everyone?
- Which websites are credible and offer the best support?
- What resources are available for ongoing diabetes education?

10:45 Morning Tea

11:15

Marianne Cullen

Venous Leg Ulcers - Sorting Fact from Fiction

Every nurse, regardless of their practice setting, is likely to have cared for a person with a venous leg ulcer. While clear evidence explains how venous leg ulcers should be assessed and managed, this knowledge does not always get translated into practice. As such, this session will clarify and assist you to understand:

- What is the difference between venous, arterial, and mixed leg ulcers?
- What causes them?
- How do you manage them?

12:15

Marianne Cullen

Wound Healing - What Works Wonders?

Zinc, honey, sea salt spray - what's next? The number of therapies and products available that are designed to promote wound healing grows by the day. But what actually works, according to the evidence, and how can we practically translate this growing body of evidence into practice? This session explains:

- What are the key ingredients for wound healing?
- How do we assess if a particular therapy is effective?
- What options currently exist, work well, and can be applied to your practice?

1:00PM Lunch and Networking

2:00

Lyn Billington

Psychotropic Medicines in Children - An Update

Children experiencing mood disorders may be prescribed a psychotropic medicine as one form of their treatment, depending on the severity of the disorder. The pharmacology approach has increased as new medicines become available. This session will focus on the types of medicines, their actions, contraindications, and monitoring. It includes:

- What are the treatment algorithms for mood disorders?
- What are the commonly prescribed medicines for children with mood disorders?
- What is the metabolic metabolism in children and the doses of medicines?
- What risk factors are associated with psychiatric medicines, including the use of antidepressants and suicidality, in children?
- How do you deprescribe children?

3:00 Afternoon Tea

3:30

Catherine Wallace-Wilkinson

The Weight of the World - Managing Expectations

Occasionally, do you feel exasperated because you've felt like you've said the same thing over and over again? It can be frustrating if someone fails to take your advice. In addition to clear boundaries,

having a clear understanding of what we can achieve as we assist people on their journey to health is essential. If we are to prevent feelings of stress, burnout, and compassion fatigue associated with our jobs, we need to ensure our aspirations are realistic. This session considers:

- How problematic are unrealistic expectations?
- What can we learn from common defence mechanisms?
- How can you distinguish acceptance from resignation?
- Is it possible to turn frustration into contentment?

4:30 Close of Conference and Evaluations

Presenters

Lorraine Walker

Lorraine Walker is a senior lecturer at Monash University. In that role, she coordinates the double degree Bachelor of Nursing and Bachelor of Emergency Health (Paramedic) course and teaches a range of units in the undergraduate curriculum. Lorraine has a diverse background in nursing in Australia and the UK, including management, critical care, and emergency. She is passionate about education, with a special interest in the areas of clinical practice, simulation, and interprofessional education.

Kelly Abbott

Kelly Abbott is an Accredited Consultant Pharmacist who works throughout Gippsland, the Latrobe Valley, and Eastern Melbourne, conducting home and residential medication management reviews. She has almost 10 years' experience working in community, hospital, and international pharmacies and takes particular interest in working with students. Kelly holds a Graduate Certificate in Pharmacy Practice specialising in dermatology and aged care and has just completed a Certificate IV in Training and Assessment. Kelly has experience developing and delivering education programs to pharmacy and medical students and interns, diabetes educators, nurses, and consumers. She also works as a commissioned author for the Pharmaceutical Society of Australia, writing clinical articles for Australian Pharmacist as well as inPHARMation magazine.

Coralie Tyrrell

Coralie Tyrrell has been the clinical nurse consultant: infection prevention and control at West Gippsland Healthcare Group for many years. She has been an active member and participant in both regional and State reference groups and working parties. Coralie believes that infection prevention and control is everybody's responsibility. Healthcare workers must remain vigilant in compliance with the principles of infection prevention and control to ensure all who are in our care, who work at, or who visit our facilities have the best possible outcome. Coralie's qualifications include a Graduate Diploma of Health Science (Infection Control); Graduate Certificate in Sterilisation and Infection Control; Registered Nurse Immuniser; Pre- and Post-test Counsellor (HIV/HCV); and a Certificate IV Workplace Training and Assessment.

Linda Raymond

Linda Raymond is a Registered Nurse who for the past 10 years has worked in wound management and stomal therapy in both hospital and community settings. Currently, Linda works at Latrobe Community Health Service as a clinical nurse consultant in stomal therapy and senior wound clinician.

Irene Taylor

Irene is the Nurse Practitioner for the Gippsland Palliative Care Regional Service.

Catherine Wallace-Wilkinson

Catherine Wallace-Wilkinson is a Registered Nurse and has been a Credentialed Diabetes Educator since 2000. She has a demonstrated commitment to teaching the contemporary realities of managing diabetes and preventing complications. Since 1982, Catherine has worked in diabetes education, she was then employed by Gwen Scott at the Diabetes Foundation, Victoria, now known as Diabetes Australia, Victoria. Catherine has her own business, Positive Health Directions, and works in independent practice in Narre Warren and Neerim South, Victoria. Catherine completed the Graduate Certificate in Diabetes Education at Deakin University in 1994. She was the chairperson for ADEA Vic Branch from 1994 to 1998 and she is the current chair for the AMNF Diabetes Nurse Educators Special Interest Group in Victoria. Catherine has recently reviewed all the systems around diabetes care at Vasey RSL Care, which provides residential and community aged care services. Catherine has a keen interest in accelerated learning and neuro-linguistic programming and has studied extensively in facilitating group learning and training techniques. She is a renowned presenter and her sessions are interactive and entertaining. Catherine is consistently highly evaluated by those who attend her education sessions.

Marianne Cullen

Marianne Cullen has been a wound consultant in the Gippsland region for 15 years. She has been teaching and managing wounds since 1993 when she attended the very first Wound Foundation of Australia wound management series. Since this time she has completed a Graduate Certificate in Wound Management, a Graduate Diploma in Nursing Education, and a Master of Nursing with a research project that evaluated the assessments of patients admitted with leg ulcers over a two year period. She continues to teach privately and at a university to undergraduate and postgraduate nurses and doctors.

Lyn Billington

Lyn Billington's extensive career as a pharmacist has included many years working with Gippsland Psychiatric Services and continued with Latrobe Regional Hospital following amalgamation. Currently, Lyn is a consultant pharmacist providing Home Medication Reviews and Residential Medication Management Reviews. She also tutors intern pharmacists at Monash University, Parkville, moderates in the Monash mental health postgraduate course, and lectures on psychopharmacology to fourth-year students at the Gippsland Medical School. Lyn has co-authored presentations for conferences in Australia.

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