



**QRC: 3154**

**Price**

One Day : \$462 inc. GST

Two Days: \$590 inc. GST

**Date**

15 - 16 Nov 2018

**Venue**

Bomaderry Bowling Club

154 Merroo Rd , Bomaderry , NW, 2541

**CPD Hours**

11 Hours | 0 Mins

# Nowra 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:

- Health care 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 relating to specific nursing interventions
- Interprofessional collaboration will be optimised to enhance patient outcomes
- Patient outcomes will be underpinned by evidence-based practice and recognised standards and guidelines

# Program Schedule

## Day One

8:30AM Registration for Day One

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9:00

### Welcome to Conference

9:05

Dr Terry Froggatt

### Influencing with Integrity

Getting your job done requires the cooperation of others. However, enlisting the support of those in your team to get the job done is easier said than done. This session highlights how manoeuvring, weaving, and navigating your way forward through challenges is much easier if you have influence, and why doing so with integrity is much more effective. It includes:

- Is influence the same as power?
- What's the science behind the art of persuasion?
- How can you build influence with integrity?

9:45

Belinda Watson

### As Easy as ABC: Hepatitis the Forgotten Disease

Hepatitis affects approximately 1085 million people worldwide (WHO 2014). Nearly a quarter of a million Australians live with hepatitis C, of whom 25% have chronic liver disease. Hepatitis is a serious concern for all nurses as they are likely to encounter patients with this condition. It includes:

- Morbidity and mortality: what's the reality?
- Who is vulnerable and how is it transmitted and prevented?
- What is new about our knowledge of these diseases?
- What are the aims of modern treatment?

10:45 Morning Tea

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11:15

Debbie Blanchfield

### 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

Michael Witcombe

## **Preventing Infections in People with Diabetic Foot Ulcers**

The complications and ramifications of a patient with a diabetic foot ulcer acquiring an infection are disastrous. The risk of amputation significantly increases and can greatly affect a person's life. This session reviews the important considerations for the prevention of infections for those 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 patients we need to be most vigilant with to prevent infections and how?
- Strategies to avoid/prevent ulceration in the diabetic foot
- Strategies to deal with/treat diabetic foot ulcerations

1:15PM Lunch and Networking

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2:15

Ros Rolleston

## **Chlamydial Infection: Secret Women's Business?**

Chlamydia is an easily transferable sexual infection. Many people who acquire this infection do not notice any symptoms. There are many simple steps that women can take to protect themselves from contracting this infection with primary treatment being a course of antibiotics. In this session:

- What are the risk factors of contracting this infection?
- Are women more at risk than men?
- Some commonly noticed signs and symptoms
- Simple steps for women to protect themselves
- What are the short and long-term effects of untreated Chlamydia in women?

3:00 Afternoon Tea

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3:30

Dr Michael Nancarrow

## **Great Expectations: To Treat or Not to Treat?**

A continued source of anguish and discomfort for all nurses is continuing treatment interventions in the face of futility. Traditionally this challenge has been somewhat limited to end-of-life and extreme situations in acute care environments. However, with our ageing population, scientific and technological advancements, the shift towards more acutely unwell patients being cared for in general areas, as well as the expectations of the general public to "cure", means that all we must feel comfortable to communicate and advocate in these situations. This session will discuss:

- Just because we can, does it mean we should?
- Caught in the middle - requests for treatment and medical willingness to act - what to say and do?
- Should we give "fake" hope until a family is ready to accept?

- How do we ensure our instincts and clinical expertise are not imposed on families making decisions under duress?
- What are the new treatments in the face of technological advancements?
- What are the expectations on regional and remote practitioners?

4:30 Close of Day One of Conference

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## **Day Two**

9:00AM Commencement of Day Two

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9:00

Meredith Brien

### **The Importance of Breast Cancer Nursing: How Nurses Can Make a Difference**

Following the diagnosis of breast cancer, many women seek support, education, and advice on many issues. In this session, we discuss:

- What specialist support is available for women with breast cancer?
- Why is this role so important?
- What does the evidence say about the support and education provided to women with breast cancer and how it improves wellbeing?

9:45

Andrew Barker

### **Antidepressants in Older Adults**

Antidepressant medicines are one of our most commonly prescribed medicines. In older adults we must be aware of the possibility of profound side effects that are particularly potent to this vulnerable groups. This session will highlight the issues surrounding the prescription of antidepressants. You will learn about:

- How is an older adult deemed suitable to start on an antidepressant medication
- Monitoring for wanted and unwanted effects
- Interactions with over-the-counter medicines
- Deprescribing antidepressants or changing treatment
- Evidence on psychotherapy, nutrition, and other adjunctive therapies

10:45 Morning Tea

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11:15

Andrew Barker

### **Older People and Medicines**

As people age, their ability to metabolise medicines changes. As many older adults take multiple medicines, it is essential that their effect on one another be understood by those administering them. In this session, you will consider how you can avoid the problems that may arise, and why

medication review in older people is essential. It includes:

- Metabolism and medicines – how do we change?
- Medication delivery mechanisms – does one size fit all?
- What are the dangers of crushing medicines – are there other options?
- What are the top ten interactions to watch for?

12:15

Dr Terry Froggatt

## **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?
- Is there an optimal “dose” of empathy?

1:15PM Lunch and Networking

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2:15

Dr Terry Froggatt

## **The Key to Chronic Disease Management? Seeing the Person NOT the “Problem”**

Many conditions that affect us and our patients are chronic in nature. This can cause a significant impact on a person. Long-term prevention and perseverance is the key to wellness and preventing disease progression. At the heart of this is how we view our patients. The sense with which we care for a person with a chronic disease shapes our interactions with them. This session looks at how we, as nurses, can change our perspective from trying to get patients to take action to improve their own health and, instead, refocus our priority towards understanding what a patient may actually want and how we can meet their needs. It's time to consider:

- Why we really need to see the person, not the disease
- What a person-centred approach to chronic disease management looks like
- How you can understand what matters to people and where we fit in helping people achieve their health goals

3:00 Afternoon Tea

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3:30

Madeline Gilkes

## **Coaching to Overcome Barriers to Change**

Think back on a change you have had to make to your own lifestyle. How challenging was this? Applying empathy to behavioural change can assist us to appreciate how difficult it is for our patients to make significant changes to their health. Understanding barriers and how to overcome them can greatly assist nurses to coach, guide, and support transformation in others. The session includes:

- Why do people resist change?
- Practical solutions to overcoming common barriers such as:
  - Time
  - Resources
  - Other people
  - Motivation
  - Energy
  - Confidence

4:30 Close of Conference and Evaluations

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## Presenters

### **Terry Froggatt**

Dr Terry Froggatt is committed to evidence-based organisational learning and development, providing innovative and learner-focused seminars and programs that facilitate mental health, knowledge transfer, management of change, organisational culture, health management, and leadership development.

Terry has researched in the "not-for-profit" sector, particularly in the area of environmental sustainability and employment opportunities for people who may be socioeconomically disadvantaged.

Terry has extensive clinical and managerial experience in mental health. He is a Credentialed Mental Health Nurse, vice president and fellow of the ACMHN, and a facilitator of the Commonwealth Governments - Mental Health Professionals Network. Terry previously coordinated undergraduate and postgraduate courses at the University of Wollongong and is a UOW senior honorary fellow. Terry's current position is head of health and social wellbeing at the Nan Tien Institute overseeing postgraduate degree courses and research.

Terry holds formal qualifications and accreditations in psychological type and emotional intelligence. Terry is an accomplished researcher who has published in several mental health and management books and journals and holds a PhD on the topic of learning organisations. He has international experience in assisting organisations in the growth and development of their people. Terry has worked collaboratively with academics and practitioners, in Australia and overseas, in the fields of organisational leadership, culture and climate, environmental sustainability, and mental health.

### **Belinda Watson**

Belinda Watson is a clinical nurse specialist in the field of hepatology/viral hepatitis nursing. She has been involved in the transition from Interferon-based treatment for viral hepatitis C, to the implementation of direct acting anti-viral medications. Belinda's background in alcohol and other drug nursing; including pharmacotherapy support, counselling, and detoxification has been useful in working with a cohort of patients who have been recipients of similar programs. She has also worked in acute care, cardiology, intensive care, and within courts and the legal system. Long-term, Belinda is looking forward to helping to eliminate hepatitis C in Australia.

## **Debbie Blanchfield**

Debbie Blanchfield is currently clinical nurse consultant: wound care for Illawarra Shoalhaven Local Health District. Debbie is a Registered Nurse with over 40 years' experience. Debbie has been an active executive member of the Wound Care Association of NSW and has acted in the roles of membership secretary and president. She was awarded a lifetime membership in 2009 for her services to the association. Debbie has also actively worked with the Australian Wound Management Association (AWMA) as membership secretary and NSW state representative. She is a committee member of the AWMA Australian and New Zealand Clinical Practice Guideline for Prevention and Management of Venous Leg Ulcer. She was the part of the literature review team for the AWMA Pan Pacific Clinical Practice Guideline for the Prevention and Management of Pressure Injury. Debbie has completed a masters in wound care through Monash University.

## **Michael Witcombe**

Michael Witcombe is the principal podiatrist at the Shoalhaven Podiatry Centre. He has held this position since 1996. Michael is also a sessional podiatrist at South Coast Medical Services Aboriginal Corporation and a podiatrist at Dee Why Podiatry.

## **Roslyn Rolleston**

Ros Rolleston is a Registered Nurse with clinical experience in ED, ICU, day surgery, general practice, and immunisation. Ros is a contract tutor with the Australian College of Nursing and teaches clinical skills to undergraduate medical and nursing students at the University of Wollongong. Ros has completed a bachelor of health science, intensive care nursing certificate, certificate IV in training and assessment, along with the immunisation and Well Women's screening certificates. Currently, she is studying the Master of Nursing at the University of Wollongong. Ros is a director on the board of the Illawarra Shoalhaven Medicare Local, a member of the Australian College of Nursing Community and Primary Health Care Advisory Committee and a member of the Australian Primary Health Care Nurses Association Education and Professional Development Advisory Committee.

## **Michael Nancarrow**

Michael Nancarrow has studied economics, law, and political theory at Macquarie University, the University of Sydney, and at the University of Oxford (UK). He graduated with his PhD in law from the University of New South Wales in 2010. Michael is admitted as a solicitor in NSW; before the High Court of Australia; and as a solicitor and barrister in Victoria. Michael's professional career started in the Commonwealth Department of Prime Minister and Cabinet (1985-86) and he has practised as a solicitor with the international law firm Baker & McKenzie and the Australian law firm Pryor, Tzannes and Wallis. He has been a visiting assistant professor of law at Stanford University, USA, and at Osgoode Hall Law School, York University, Canada. He has taught law, business, management, nursing, and professional practice courses at Monash University, the University of Wollongong, UNSW, the University of Sydney, and CQUniversity, Australia. Between 1996-97 he held the position of ethicist, Consulting Division, St. James Ethics Centre in Sydney. Michael has presented a range of law and ethics programs for health professionals and has been a regular presenter at Ausmed conferences since the late 1990s. Michael currently holds an appointment as senior lecturer, Law Program, School of Business and Law, CQUniversity, Australia.

## **Meredith Brien**

Meredith Brien has been the McGrath Breast Care Nurse in the Shoalhaven Region (including Milton Ulladulla) since 2009. She has completed a graduate diploma in breast cancer nursing and previously worked as a Registered Nurse in the Oncology Outpatient Unit at ISLHD. Meredith supports patients with breast cancer and their families in the Shoalhaven region. The most important thing she does for her patients is to be a constant resource for them, available to provide support & information to them and their family during their breast cancer experience. Every day, she makes a difference by reducing their stress and anxiety and by being available as a constant contact for emotional support and information.

## **Andrew Barker**

Andrew Barker has been a registered pharmacist for 27 years and has been accredited to undertake medication reviews for 15 years. He is a partner at Callala Bay Pharmacy and is involved as a part-time pharmacist at Shoalhaven Hospital.

**Madeline Gilkes**

Madeline Gilkes focused the research project for her master's of healthcare leadership on health coaching for long-term weight loss in obese adults. Madeline is also a qualified weight management practitioner and Registered Nurse. Her vision is to prevent lifestyle diseases, obesogenic environments, dementia, and metabolic syndrome. She has a master of healthcare leadership, a graduate certificate in aged care, and a bachelor of nursing. Madeline works as an academic and has spent the past years in the role of clinical facilitator and clinical nurse specialist (gerontology & education). She is due to complete her Graduate Certificate in Adult and Vocational Education at CSU before November 2018.

# Registration form

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If you do, just write it below and we will know exactly which program you would like to attend.

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