



QRC: 3137

Price

One Day : \$462 inc. GST

Two Days: \$590 inc. GST

Date

28 - 29 Jun 2018

Venue

Rockhampton Leagues Club

Cnr George and Cambridge Streets ,

Rockhampton, QL, 4700

CPD Hours

10 Hours | 30 Mins

Rockhampton 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

Deborah Friel

CPD: What's New?

While nurses have always engaged in ongoing education, the shift towards having mandatory requirements for Continuing Professional Development (CPD) has forced the profession to examine the type of formal ongoing education they undertake. Now that there is a degree of acceptance and familiarity with mandatory CPD, it's time to consider if ethics plays a role in the CPD you choose to do. This session includes:

- What CPD is deemed acceptable and how does this compare to international standards?
- Conflict of Interest – should education be considered CPD if it is provided by companies who profit from the products to be used on patients?
- What impact could unregulated CPD have on your patients?
- How can you ensure the education you undertake is properly evidence-based and free from commercial bias?

9:45

Amanda Fryer

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 – suppressors and stimulators of appetite?
- The brain's response to these factors
- Finally, how this cascade can explain:
 - Insulin resistance
 - Metabolic syndrome
 - Development of type II diabetes mellitus

10:30 Morning Tea

11:00

Judy Oxenham

Treatment Options for Dependence

As dependence is a chronic disease, it is not feasible that people can be cured by stopping the substance for a few days. Recovery is slow, may often need to be repeated, should be holistic, and in many cases demands lifelong vigilance. This session will examine:

- What are the key evidence-based principles for an effective treatment program?
- Is there one single treatment that supports anyone with a dependence?
- How are medications used to manage withdrawal?
- How can you challenge the alcohol and drug culture framework and support clients in their recovery program?

12:00

Associate Professor Trudy Dwyer

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 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?

1:00PM Lunch and Networking

2:00

Dr Susan Williams

Obesity and Chronic Disease

More than 2.1 billion, or 30% of the global population, are overweight or obese and this is expected to increase to 50% by 2030. The economic impact of obesity is \$2 trillion via diseases related to diabetes and coronary heart disease. This session will discuss:

- Issues surrounding obesity in Australia
- The Mediterranean Diet as an approach to “Cardiometabolic” - new studies are showing that is the optimal diet approach to prevent and manage diabetes and CHD, plus other chronic diseases

3:00 Afternoon Tea

3:30

Paul Slater

A Basic Guide to Diagnostic Testing

Have you ever wondered why a particular test is ordered for your patient? Are you able to identify contraindications for certain diagnostic tests such as a CT with contrast or an MRI? While the majority of nurses do not work within a framework that includes the scope for ordering diagnostic tests, all nurses must have a basic understanding of the appropriate diagnostic processes. This

important session will clarify the rationales for certain tests and assist the understanding of all nurses who may be required to look after a patient before or after a diagnostic test. It includes:

- How can you identify if a diagnostic test is appropriate?
- Which diagnostic tests are most valuable in certain disease states?
- Overview of the indications for common tests such as CXR, Abdominal Xray, CT brain, and MRI
- When should contrast be avoided?
- What do I need to assess if a patient is fasting for a procedure?

4:15 Close of Day One of Conference

Day Two

9:00AM Commencement of Day Two

9:00

Chris Hughes

Low Fat Versus Low Carb Diets

There are many different types of diets that people use. However, some appear to work better than others. Evidence suggests that the health benefits of some diets outweigh those of others. This session looks at the relative merits of low fat versus low carbohydrate diets. It includes:

- When is a low fat diet indicated?
- Which type of diet affects blood glucose levels?
- Does the time of day when the food is ingested matter?
- Which diet works best for cardiovascular disease?

10:00

Dr Leone Hinton

Communicating about Change

Taking into consideration that most people resist change, this session provides an opportunity to learn how to reduce resistance through the use of high-level communication skills. It includes inspirational ideas for dealing with conflict, promoting team harmony, and troubleshooting to ensure the change(s) can be sustained. Explore:

- How to coach staff for improvement through the exploration of workable changes
- What is the role of feedback in encouraging staff commitment?

10:45 Morning Tea

11:15

Leanne Whiley

FAST: Recognising Stroke and the Hyperacute Phase in the Emergency Setting

Recognition of a stroke is important for ensuring that best-practice management is implemented. In this session we will look at:

- Recognising symptoms of stroke – how can rapid nursing assessment make a difference to long-term outcomes?
- What is the hyperacute phase?
- Best-practice management strategies

12:00

Amanda Fryer

Pre-Diabetes - A Window of Opportunity?

The statistics on pre-diabetes in this country are astonishing. This condition may be asymptomatic, but it leads to type II diabetes if untreated. Early diagnosis is key to reducing the risk of developing type II diabetes. In this session, find out the latest information about pre-diabetes, including:

- What is it and how is it diagnosed?
- Who gets it?
- What education can a nurse provide to patients prevent it from developing into type II diabetes?
- What are the dietary friends and foes?

12:45PM Lunch and Networking

1:45

Lynne Parkinson

Coming to Grips with Elder Abuse

As the ageing population increases, elder abuse also has the potential to increase. It is already a common problem that is under recognised around the world with examples in the press in Australia of nurses involved in elder abuse. This topical session will examine:

- What exactly is elder abuse?
- What are the warning signs and risk factors?
- How can I safely disclose and expose situations of elder abuse?
- What is my role in mandatory reporting?

2:45 Afternoon Tea

3:15

Amanda Fryer

The Nurse Health Coach

Are you someone who gets a real kick out of seeing a patient have an “ah-ha!” moment? Do you have an amazing ability to connect well with patients? Have you ever thought about putting your talents to good use and becoming a health coach? We as nurses wear many different hats in our role, and health coaching is now seen as an increasing part of nursing and a potential new horizon for nurses to explore professionally. This final session will open your mind to the possibility of being a “nurse health coach”, and how you can apply your passion for your patients to help guide them towards better health.

4:15 Close of Conference and Evaluations

Presenters

Deborah Friel

Deborah Friel is an academic at CQUniversity and has held the position of director of the Centre for Professional Development for the past 6 years. Following her hospital-based nursing training, Deb commenced tertiary study while working as a clinical nurse specialist in areas of intensive care, management and clinical education for over 15 years. Deb has several conference papers, publications and two book chapters in the areas of organ donation and critical care and is passionate about ensuring professionals across all disciplines have contemporary professional development opportunities to continue lifelong learning and improved practice while maintaining a work-life blend.

Amanda Fryer

Amanda Fryer has been working in diabetes education for 20 years and has been credentialled since 2000. From establishing the Diabetes Service at Logan Hospital in Brisbane to training general practice nurses around Queensland for Diabetes Australia, QLD, as well as staff in residential aged care facilities in QLD and NSW. Amanda's passion is for making diabetes easy to understand and to see lives changed with this understanding. She is currently working as a Credentialed Diabetes Educator in private practice.

Judy Oxenham

Judy Oxenham is a clinical nurse consultant with over 10 years' experience in the alcohol and other drug field. Judy's nursing career started as an enrolled nurse in 1983 before she completed a Bachelor of Health Science at CQU in 2000. Judy's early career was spent working primarily in the emergency department where she spent 7 years before transitioning to the alcohol and other drug field. In her current role as clinical nurse consultant, Judy has made a significant contribution to the delivery of AOD services in Central Queensland by, among other projects, contributing to the development of an alcohol treatment program for Indigenous Australians and contributing to the development of the treatment manual *Crossroads*, a six-week group intervention for substance misuse.

Trudy Dwyer

Associate Professor Trudy Dwyer is a nursing research academic at CQ University Australia. She has extensive experience in teaching and learning with both undergraduate and postgraduate research students. Her research interests include recognition and responding to the deteriorating patient, patient safety and quality, nurse-led models of care, simulation, and knowledge translation. She has authored numerous books, book chapters, and peer-reviewed journal articles and is a principal author of five books in the Student Survival Guide series published by Pearson Education; one has sold over 72,000 copies.

Susan Williams

Dr Susan Williams is a public health nutritionist and senior lecturer in nutrition for the School of Medical and Applied Sciences at Central Queensland University. Sue's research encompasses the areas of nutrition, health, and obesity-related health behaviours across the lifespan. Her key area of research interest is the role of the home environment in the development and maintenance of behaviours related to overweight and obesity (nutrition, physical activity, sedentary behaviours, and sleep), and the development of tools to allow parents to assess their home environments and guide their actions for improving their, and their children's health and behaviours. Sue's recent research activities have investigated type 2 diabetes prevention, parental factors in children's obesity-related behaviours and e- and m-health technologies in child obesity. Sue has expertise in the development and implementation of research involving the health and wellbeing of children and adolescents and has worked extensively with schools to implement collaborative research projects. She has experience and expertise in qualitative and quantitative data collection, analysis and reporting, and long-standing experience in the health industry. Since 2013, Sue has been involved in a research collaboration with Queensland University of Technology (Brisbane) to implement the PEACH program - a state-wide initiative for the prevention and treatment of childhood obesity.

Paul Slater

Paul Slater is currently the supervising scientist for Chem Path, Point of Care and Specimen Reception for the Rockhampton Group with responsibility for Rockhampton, Emerald, Gladstone, and Bundaberg Laboratories.

Chris Hughes

Chris is an Accredited Practising Dietitian with the Dietitians Association of Australia. He graduated from the Queensland University of Technology in 2010 with a Bachelor of Health Science in Nutrition & Dietetics. Chris has since worked in regional Queensland working as a Chronic Disease Dietitian for Queensland Health and in private practice managing a broad range of health conditions. His passion for dietetics is fueled by his fascination with the effect nutrition has on every cell of the body. Chris enjoys most sports, including rugby league, golf, and kayaking.

Leone Hinton

Dr Leone Hinton has worked at CQUniversity for 29 years. As such, she has varied positions within the organisation from first-year coordinator of the Bachelor of Nursing, associate dean learning and teaching, project officer for system-wide student evaluation, manager of Multimedia Design Centre, manager of Enabling Program, manager of Academic Staff Development, dean of School of Nursing, Midwifery, and Social Sciences and director of Planning, Strategy and Risk. She is currently a fellow of the Institute of Leaders and Managers and a fellow of the Australian Institute of Governance. Leone is a member of the Central Qld Hospital and Health Services Board and serves as chair of the Safety and Quality Committee. Leone was awarded the 2017 CQ Region Manager and Leader of the Year by the Australian Institute of Managers and Leaders. Leone's passion is for people, making a difference in people's lives, developing the workforce to meet future health needs, mental health, planning, strategy, and risk management, and she is deeply committed to regional, rural, and remote Australia, particularly Central Queensland.

Lynne Parkinson

Professor Lynne Parkinson is a senior academic with over 25 years' experience in academic, health services, and not-for-profit settings. She is an internationally prominent population health gerontologist, a fellow of the Australian Association of Gerontology and editor-in-chief of Australasian Journal on Ageing. Her research is focused on chronic disease, optimising aged care practice, and regional healthcare delivery. She has been a leader in her field for many years. She has a passion for advocacy for the health and rights of older people. She has a well-developed ethical compass and has served on an ethics committee. She has been involved in strategic planning in academic, health services, and not-for-profit organisations. She has wide expertise in communication and, particularly, plain english writing. Lynne is adept at utilising technology of all types. She has wide experience with cultural diversity.

Leanne Whiley

Leanne Whiley is the Acting Stroke Co-Ordinator at the Rockhampton Hospital.

Registration form

Please fill out this form and mail it to: **Ausmed Education Pty. Ltd.**
121 Arden Street,
North Melbourne VIC 3051



Which program would you like to attend?

Program Name

.....

.....

City

.....

Dates

.....

Quick Registration Code

Do you know the program's QRC?

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

QRC _ _ _ _

① Your details

First Name

.....

Last Name

.....

Workplace

.....

Address

.....

Phone ()

.....

Postcode

.....

Mobile

.....

Email

.....@

② Billing details

Same as the details above? ☐

First Name

.....

Last Name

.....

Address

.....

Postcode

.....

Phone ()

.....

Email

.....@

Mobile

.....

③ Payment

Select payment method:

☐ Money Order / Cheque

OR

☐  ☐ 

(2% Surcharge will be applied)

Postal Address:

Ausmed Education Pty. Ltd.
121 Arden Street,
North Melbourne VIC 3051

Email: ausmed@ausmed.com.au

Ph: (03) 9326 8101

Fax: (03) 9326 8179

Name on Card

.....

CVV No.

.....

Credit Card Number

.....

Expires

____ / ____

Signature

.....

Total \$

.....

Disclaimer: Ausmed Education will make every effort to ensure that the advertised speakers present at this educational event. If a speaker withdraws from the program, a replacement speaker will be scheduled. To the extent permitted by law, Ausmed Education and its consultants expressly disclaim all and any liability relating to any information given at an Ausmed Education ("Information") and for the results of any actions taken in reliance on the Information, and are not responsible for any error in or omission from the Information. The Information is not intended to be used as medical advice and should not replace the services or advice of a qualified health care professional. The Information is of a general nature and does not take into account the circumstances, physical wellbeing, mental status or medical requirements of a particular person which are relevant to the correct diagnosis and treatment of any health condition. Do not disregard, or advise others to disregard, medical advice or delay seeking it because of the Information.

Refunds Cancellations and Non-Attendance: In the event of a cancellation a standard handling charge of 10% will be deducted from your refund. We regret no refund will be given if notification occurs less than seven days prior to the event. Registering for this educational event confirms your attendance and all responsibility for payment of fees. If we have not received written notification that you cannot attend, payment in full will still be required. We do not accept cancellations by telephone under any circumstances. All written cancellations received will be responded to. By registering for this event, you agree to be bound by the terms and conditions outlined above.

© Copyright Ausmed Education 2014 / 2015

ABN 33 107 354 441