



QRC: 3155

Price

One Day : \$462 inc. GST

Two Days: \$590 inc. GST

Date

26 - 27 Nov 2018

Venue

Bunbury Quality Hotel Lighthouse
Carey Street , Bunbury, WA, 6230

CPD Hours

11 Hours | 0 Mins

Bunbury 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 care that is outcome focused. 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

9:00

Welcome and Introduction

9:05

Karen Mason

Managing Musculoskeletal Injuries and Trauma

Musculoskeletal sprains, strains, and other injuries are often caused by falls, unintentional injury, and transport accidents. Nurses practicing in hospitals, emergency departments, primary health care and rural or remote areas are often the frontline responders or carers of people who suffer such injuries. This session provides an exploration of the nurse's role regarding musculoskeletal trauma. It will provide an overview of:

- The assessment of musculoskeletal trauma
- The considerations in the management of musculoskeletal injuries
- When imaging and further diagnostics are required and when they are not

9:45

Craig Clark

Osteoarthritis - Are we Managing it Correctly?

Osteoarthritis is a degenerative rheumatological disease that most commonly affects the hands, spine, and major joints of the body, such as the hips and knees. As the most common form of arthritis, and with hospitalisations for this condition rising in Australia, all nurses will need to understand this condition if patient outcomes are to be achieved. This session will look at how debilitating symptoms such as stiffness, pain, and limited joint movement develop and what the evidence tells us works best for managing this condition. It includes:

- What is osteoarthritis and does it affect certain joints differently?
- What are the main triggers and risk factors for development?
- How can we halt disease progression to prevent the need for joint replacements?
- A look at the non-pharmacological and pharmacological management of osteoarthritis – what does the evidence suggest is best?

10:45 Morning Tea

11:15

Craig Clark

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 group. This session will highlight the issues surrounding the prescription of antidepressants. You will learn about:

- How an older adult is 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

12:15

Nicole Frayne

Safe Management of Diabetes

Increasingly, people with type II diabetes may require insulin to manage their diabetes. Yet, their physiological changes mean that this medication must be very well understood for it to be given safely. This session will provide a comprehensive update on how diabetes is managed, with a focus on safety if insulin is required. It includes:

- Changes in the management of diabetes
- When to monitor BGLs
- When to eat meals
- How to administer insulin correctly
- Recognition and management of preventable harm: hypoglycaemia

1:00PM Lunch and Networking

2:00

Denise Turner

Motivating Small Teams: Uncovering the Untold Story

Motivation is a constant issue in most workplaces. What motivates people can be very personal. If you are the clinical manager, what does it take to motivate the staff who you lead? This session looks at models of motivation and unpacks why some methods will work on one person but not on another. It includes:

- Why is motivating a team so important?
- What motivates people?
- Which model do you use and when?
- Behaviours of the leader – how important are they?

3:00 Afternoon Tea

3:30

Noosha Behshad and Chathuri Welgama

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?

4:30 Close of Day One of Conference

Day Two

9:00AM Commencement of Day Two

9:00

Karen Mason

Chest Pain - What do I Need to Do?

Acute illness can originate from or eventually compromise cardiovascular function. Chest pain may be an early indicator of this. So, if your patient reports that they have chest pain, what would you do next? How would you assess this individual? Would you be confident in knowing the cause? Would you be able to act on this potential cause of acute illness to prevent a downward spiral of events? This session will leave you feeling much more confident that you can answer these questions. It includes:

- The different types of chest pain and their life-threatening potential
- How to assess and differentiate dangerous cardiac pain from other chest pains
- What to do when your patient reports they have chest pain
- Useful update on the pharmacological and non-pharmacological management of chest pain

10:00

Barbara Hasenoehrl

The Genetics of Breast Cancer

The estimated risk of breast cancer that is associated with a harmful genetic mutation is even higher for women who have a family history of breast cancer: Of these women, many will develop breast cancer by age 70 years. This session discusses:

- What is meant by a family history of breast cancer?
- How does the family history affect the risk of developing the disease?
- Which genes predict a potential for developing breast cancer?
- How does the role of breast screening support women with a high risk?

10:45 Morning Tea

11:15

Barbara Hasenoehrl

What is Triple Negative Breast Cancer?

Triple negative breast cancer is often found to be more aggressive and associated with a poor prognosis. In this session, using case studies, discover why this type of breast cancer is particularly worrisome. Find out:

- What is triple negative breast cancer and why is it so serious?
- Why is the prognosis poor?
- What makes this type of cancer so aggressive?
- Are treatment options the same as other breast cancers?

12:15

TBA

Nutrition and Dehydration at the End of Life

Hydration is so closely associated with good health that it is very difficult to resist rehydrating patients, even if this is not in their best interest. This session discusses how we can assess the needs of a patient at the terminal phase and whether nutrition and hydration is appropriate. It includes:

- What is the role of artificial nutrition and hydration at the end of life?
- What mouth care is appropriate for an unconscious person who is dying?
- What are practical ways of explaining dehydration at the end of life to families?
- How can you support of families through this difficult time?

1:00PM Lunch and Networking

2:00

TBA

Pain Management at the End of Life

Getting the dose of analgesia correct can be difficult. It is even more complicated if a person has a dementing illness or is unconscious. This session looks at the management of analgesia in the final days of a person's life. It includes:

- Clinical decision making and the appropriate use of morphine for pain relief
- Relief of other symptoms at the end of a person's life

3:00 Afternoon Tea

3:30

Karen Mason

Chest X-Rays: Interpretation Made Easy

In this interactive session, there will be a use of case studies to highlight how to perform a basic interpretation of a chest x-ray to identify the following respiratory conditions - atelectasis, rib fracture, pneumothorax, tension pneumothorax, acute pulmonary oedema, and tumours.

4:30 Close of Conference and Evaluations

Presenters

Karen Mason

Karen Mason qualified as a Nurse Practitioner: emergency, gaining her masters in Nurse Practitioner studies in 2008. She currently works at the Fiona Stanley Emergency Department, a role she has undertaken since the hospital opened in February 2015. She has numerous postgraduate qualifications and is the lead author on a project with the Western Australian Department of Health, overseeing the introduction of statewide discharge information sheets for adult, paediatric, and elderly patients. She is passionate about ongoing education for nurses.

Craig Clark

Craig Clark is a Western Australian community pharmacist of 30 years. He has owned South City Chemmart Pharmacy for over 15 years. Craig has been a consultant pharmacist for over 15 years and actively involved in Nursing Home reviews and Home medication reviews over that time. Extra qualifications include qualifying as a Asthma Educator, Certificate of Pain management at Sydney University and is a specialist in Nursing Home Supply. Craig pharmacy has won many state and national awards for excellence.

Nicole Frayne

Nicole completed her Bachelor of Pharmacy in 1996 at Curtin University, WA. Her pharmacy experience includes hospital and community pharmacy, roles in teaching and working as an educational visitor for National Prescribing Service. Nicole has a special interest in diabetes, and as a credentialed diabetes educator works within general practice in the greater Bunbury area and St John of God Hospital. The experience and knowledge gained as a diabetes educator have been invaluable in the HMR (Home Medicine Reviews) and RMMRs (Residential Medication Management Reviews) that Nicole provides as a consultant pharmacist.

Denise Turner

Denise Turner, RN, MNed began her nursing career in South Africa in the year 2000 as a passionate orthopaedic, Registered Nurse. Her qualifications brought her to Perth, Western Australia (WA) in 2002 where she now resides. Denise developed into a Clinical Nurse Educator starting from a Staff Development Nurse in the West Australian Health sector, Clinical Nurse Facilitator at Higher Education teaching facilities in WA as well as the corporate sector. Denise is driven by her passion for expanding her own knowledge whilst contributing to enhancing the knowledge of others. She is always ready for the next challenge her life brings on a personal as well as a professional level. She is now pursuing a path of combining her passion for teaching with research studies related to the nurse educator in the hospital, training institution and the corporate world.

Noosha Behshad

Noosha Behshad completed her Bachelor of Biomedical Sciences at La Trobe University. She furthered her graduate studies in a Doctor of Podiatric Medicine (DPM) at the University of Western Australia and graduated with experience in the major hospitals of WA. Additionally, her interest in foot and ankle surgery led her to undertake multiple external clinical and surgical placements in the United States. Noosha strives to adopt a patient-centred and holistic approach to the treatment of all podiatric problems, using dry needling, exercise regimes, orthotic manufacture, and shockwave therapy. Her main podiatric interests are flat foot, heel pain, lower limb pain, children's developmental foot problems, nail and skin conditions, and ingrown nails.

Chathuri Welgama

Chathuri Welgama completed her Doctor of Podiatric Medicine degree from the University of Western Australia, after finishing her undergraduate degree in Perth. She enjoys working in all aspects of podiatry and she hopes to raise more awareness in the community about what podiatrists can offer, and endeavors to provide a high standard of treatment to all patients with a gentle touch.

Barbara Hasenoehrl

Barbara Hasenoehrl is currently working as a specialist breast care nurse for Breast Cancer Care WA in Perth. She has completed a masters in clinical nursing and postgraduate certificates in cancer nursing and breast cancer nursing. Barbara's role is to provide holistic support to anyone diagnosed with breast cancer across their continuum of care in a community setting.

To Be Determined

Registration form

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