



QRC: 3355

Price

One Day : \$560 inc. GST

Two Days: \$740 inc. GST

Date

28 - 29 Mar 2019

Venue

Rydges Sydney Central
28 Albion Street , Surry Hills, NW,
2010

CPD Hours

11 Hours | 30 Mins

Nurse Practitioners - Prescribing and Practice Conference - Sydney 2019

An Essential Update

Need for Program

Nurse Practitioners are authorised to prescribe a wide range of medicines. As a professional group, it is challenging to access quality education that addresses their needs in relation to:

- The latest updates and the myriad of changes to the evidence base
- Affirming basic prescribing knowledge
- Gaining new knowledge to support individual scope of practice

Nurse Practitioners are required to access 30 hours of education per year, including 10 hours relating to their advanced practice and prescribing. The sheer amount of new evidence relating to medicines today can make it difficult for all prescribers to stay adequately informed.

Therapeutic decisions must be based on advanced assessment, evaluation of the patient circumstances, and consideration of concurrent therapies and should also maximise opportunities for deprescribing. Prescribing demands a high-level of knowledge and skills relating to pharmacotherapeutic action, including potential adverse and other side effects, drug interactions, compliance, and evaluation.

Purpose of Program

The purpose of this program is to increase your advanced practice knowledge about prescribing, the administration of medicines, and professional practice as a Nurse Practitioner or Advanced Practice Nurse.

Learning Outcomes

At the conclusion of this program it is expected that the participants will be able to:

- Clinical decision-making relating to prescribing medicines will reflect the latest evidence
- Adverse effects of medicines, including unwanted side effects, will be prevented, identified, and reduced
- Patients in your care will experience the highest level of health care and the best possible outcomes
- Medicines will be prescribed and care delivered within the Australian legal framework

Program Schedule

Day One

8:30 Registration for Day One

9:00

Associate Professor Timothy Ward

Acknowledgment of Country, Welcome and Introduction to Conference

9:05

Dr Jenny Gowan

Golden Rules for the Quality Use of Medicines

This essential opening session commences the conference by providing a practical yet extensively evidenced-approach to the quality use of medicines. Ensure your practices are safe and up-to-date. Topics include:

- How to ensure your prescribing practices are grounded in risk management
- Avoidance and early detection of adverse effects
- What to do when high-risk combinations of medicines exist

9:55

Stretch Break

10:00

Dr Jenny Gowan

Deprescribing - A Practical Guide to Tackling Polypharmacy

Deprescribing is a simple approach to reducing the risk of adverse events associated with polypharmacy. However, the act of deprescribing is not always straightforward. This session revisits how to address unnecessary and inappropriate medicine use. It includes:

- What to do when multiple medicines are no longer necessary
- How to prevent prescribing cascades
- Significant barriers to deprescribing and tips on how to overcome them

- Implementing a monitoring regime following deprescribing
- Key literature, tools, and resources to support deprescribing and more...

11:00 Morning Tea

11:30

Professor Peter Carroll

Type 2 Diabetes - Pharmacological Treatment Update

The prevalence of type 2 diabetes requires all Nurse Practitioners to prevent complications, manage emergencies, and improve self-management. As such, this important session revises the current evidence for this major disease state - type 2 diabetes - and its current pharmacological treatment. It includes:

- Type II diabetes - pathophysiology and causes
- Pharmacological treatment update - what's new, what's recommended, what's not?
- Holistic prescribing - cardiovascular and renal protection in type II diabetes and more ...

12:30

Professor Peter Carroll

Atrial Fibrillation - A Therapeutic Approach

According to the recently released Australian clinical guidelines for the diagnosis and management of atrial fibrillation (National Heart Foundation of Australia and Cardiac Society of Australia and New Zealand, 2018) atrial fibrillation (AF) is on the rise. Key changes in the management of AF, including the following, will be discussed:

- Rate vs rhythm control
- What are the key pharmacology and prescribing considerations most relevant to AF?
- How is stroke prophylaxis achieved?

1:30 Lunch and Networking

2:30

BREAKOUT ROOMS (*select one from the three below*)

2:30

Elaine Ford

Breakout Room One - Mental Health

Mental Health Medicines - Focus on Deprescribing

Monitoring a person after prescribing a medicine is essential. Taking the next step of deprescribing takes preparation. This session will use case scenarios and create discussion to consider:

- Key criteria to identify patients who may benefit from deprescribing
- How to weigh up risks and benefits
- Strategies for safe and effective deprescribing, as well as minimisation of unwanted effects, including withdrawal and discontinuation syndromes

- Communicating with the interprofessional team

2:30

Gwen Higgins

Breakout Room Two - Older Adults

Reducing Anticholinergic Burden in Older Adults - Focus on Deprescribing

Many medicines have some anticholinergic effects and can cause a range of adverse effects in older people. These include cognitive effects, constipation, dry mouth and dry eyes, urinary retention and tachycardia. Evidence suggests exposing people with dementia or other cognitive impairment to anticholinergics contributes to their cognitive deficit and can increase their risk of falls. This session will explore:

- Which medicines have anticholinergic effects?
- What conditions are they prescribed for?
- Who is at risk of increased anticholinergic burden?
- How can I avoid and/or deprescribe anticholinergics especially in older adults with dementia?

2:30

Dr Kathy Tori

Breakout Room Three - Professional Issues

How to Develop Your Curriculum Vitae (CV)

Nurse Practitioners are at the peak of the nursing profession, often juggling multiple roles, with descriptions that may include clinical, managerial, academic, research, and even entrepreneurial activities. In this challenging environment, it is likely that you could fall behind in maintaining an accurate record of your achievements. Attend this workshop to hear:

- Key information to include or exclude
- When to update your CV

3:15 Afternoon Tea

3:45

Lesley Salem

The Ins and Outs of Prescribing in Impaired Renal Function

All prescribers benefit from revising the key pharmacology and prescribing considerations required in the presence of renal impairment. From mild renal impairment through to chronic renal failure that requires renal replacement therapy, this session discusses:

- What are the key pharmacological concepts related to renal function?
- Is there new evidence related to medications that can cause renal failure?
- What is the best-practice for mounting and adjusting doses?
- What psychosocial considerations are vital?

4:30 Close of Day One of Conference

Day Two

9:00 Commencement of Day Two

9:00

Associate Professor Timothy Wand

Announcements and Welcome to Day Two of Conference

9:05

Professor Sallie-Anne Pearson

Prescriber Behaviour - Latest Trends

New insights, including big data, are revealing key influences on prescriber behaviour. This session looks at research into prescriber behaviour and how it impacts patient outcomes. It includes:

- What does post-market surveillance of medicine use tell us about trends in prescriber behaviour?
- How can 'big data' support the evaluation of pharmaceutical policy interventions?

9:45

Matt Lutze

What's in Your Toolkit? Medicines in an Emergency

Not every Nurse Practitioner works in an emergency department, but any patient can collapse! Refresh your knowledge on first line medicines used during a medical emergency. It includes a brief refresher on conducting a rapid assessment and ongoing monitoring considerations. Topics include:

- Medicines, indications, and doses for:
 - Anaphylaxis
 - Acute asthma
 - Cardiac arrest
 - Severe bradycardia or asystole
 - Acute psychosis
 - Severe hypoglycaemia
 - Opioid overdose

10:30 Morning Tea

11:00

Dr Margaret Jordan

Avoiding Opioid Misuse - Strategies to Support Safe Prescribing

Misuse, dependence, and even addiction to pharmaceutical opioids remains a serious health issue in Australia. In this session, we will explore the following topics:

- Opioids of concern and worrying trends
- Strategies for risk assessments
- Prescribing strategies to avoid opioid misuse

12:00

Facilitated by: Associate Professor Timothy Wand

Presenters: Sinead Shiels, Amy Bowen and James McVeigh

Showcasing Nurse Practitioner Roles

NP role showcases are essential to developing an understanding of your colleagues' roles, and for the potential future expansions to your scope of practice. They also broaden your learning experience in relation to assessment and referral of complex patients. Each showcase in this session covers:

- A brief overview of the role and scope of practice
- Two case examples
- Future directions, service gaps, and NP opportunities

12:45 Lunch and Networking

1:30

BREAKOUT ROOMS (*select one from the three below*)

1:30

Anne Walsh

Breakout Room One - Addiction

Practical Approaches to Prescribing in People with Addictions

Addiction is often associated with a multitude of complex acute and chronic problems, either as a by-product of a person's dependence or as a contributing factor. Balancing a professional, unbiased approach while managing the potential for misuse and compliance issues is essential when approaching the medication management of a person with an addiction. This session considers:

- How to take a balanced approach to risk management
- Practical approaches to preventing accidental or intentional misuse
- Professional considerations when prescribing in patients with an addiction

1:30

James McVeigh

Breakout Room Two - Diagnostics

Shining a Light on Diagnostics

By popular demand, this brief overview of diagnostics will draw on a range of cardiac-focused case studies, relevant to general and specialist scopes, in order to discuss:

- Key strategies for judicious use of diagnostics
- Access to diagnostics for NPs – what can you access under the Medicare Benefits Schedule?

1:30

Dr Treasure McGuire

Breakout Room Three - Paediatrics

A Systematic Approach to Quality Use of Antibiotics in Children

This session will practically present four important considerations that all Nurse Practitioners must be aware of to promote safe, appropriate, and effective use of one of our most precious resources - antibiotics in children. It will draw on common paediatric clinical scenarios to highlight the importance of understanding your role in:

- Observing for an infection
- Considerations when determining a likely pathogen (e.g. correlation with M/C/S results)
- Selecting a therapy (or an alternate therapy)
- Monitoring and assessing a child's response (intended or unintended)

2:15

Session Concludes

2:20

BREAKOUT ROOMS (*select one from the three below*)

2:20

Dr Treasure McGuire

Breakout Room One - Pregnancy

Prescribing During Pregnancy - Myths and Facts

How can Nurse Practitioners promote a consistent, evidenced, and safe approach to prescribing during pregnancy? This session looks at some myths and realities of safe prescribing practice and includes:

- A review of key pharmacological concepts required for evidenced-approaches to prescribing during pregnancy
- Case studies to link theory to your practice

2:20

Christine Muller

Breakout Room Two - Mental Health

The Nurse Practitioner Detective

As NP's we use critical thinking skills and professional judgment on a daily basis in our practice. It is essential that we continue to revise and strengthen these skills to ensure that we can recognise and act on significant changes and promptly. In this highly interactive session, we will:

- Gradually move through a case scenario involving a multi-morbidity mental health patient
- Debate why certain diagnostic tests, observations and procedures are undertaken to confirm or eliminate potential clinical problems
- Discuss prescribing considerations
- Formulate a plan of care and more...

2:20

Dr Kathy Tori

Breakout Room Three - Professional Issues

Collaboration or Bust!

We'd all agree that collaboration is pivotal for the lateral integration of care and successful patient outcomes. Fragmented care results in adverse outcomes and dissatisfaction for both patients and the interprofessional team. This practical session will focus on examples of collaboration and clinical leadership about prescribing practice and medication safety. It includes:

- What is true collaboration?
- What are the attributes and antecedents for effective collaboration?
- Strategies for strengthening collaboration - what does the evidence say?
- How does this lead to improved medication safety and a reduction of errors?

3:05 Afternoon Tea

3:20

Dr Treasure McGuire

Cannabis - Pharmacological Profile

Although it is the most widely used illicit drug in Australia, cannabis is known to have therapeutic indications for use in specific health circumstances. For this reason, medicinal cannabis is now legislated for use in certain jurisdictions. This timely session looks at cannabis from a pharmaceutical viewpoint and discusses its impact on the body and brain. It includes:

- What is medicinal cannabis?
- How is it metabolised and excreted?
- Is there a therapeutic range?
- What are the side effects and drug interaction profile?
- How predictable are its effects?
- Can Nurse Practitioners prescribe medicinal cannabis?

4:20

Associate Professor Timothy Wand

Wrap up and Discussion

4:30 Close of Conference and Evaluations

Presenters

Tim Wand

Tim Wand is an associate professor of mental health nursing at the University of Sydney and the Sydney Local Health District. He is a Nurse Practitioner: mental health liaison at the emergency department at the Royal Prince Alfred Hospital. Tim's research interests have centred on the role of the mental health liaison nurse in the emergency setting and the emerging role of the Nurse Practitioner. He has published numerous research articles, discussion papers, and literature reviews in peer-reviewed journals, covering a variety of topics, such as mental health law, risk assessment and management, aggression management, mental health promotion, and solution-focused therapy.

Jenny Gowan

Jenny, a practising pharmacist, is a teaching associate at Monash University, Melbourne and a clinical associate of RMIT University. She is a member of the PSA Branch committee, the Expert Group for Therapeutic Guidelines - Respiratory version 5, an editorial board member of AUS-DI, SHPA "Don't Rush to Crush", the Guidelines Committee for the Australian Asthma Handbook (AAH) and the writing group for the RACGP 'Medical Care of older persons in RACF' (Silver book). Jenny is an accredited consultant pharmacist who conducts her own company, which focuses on medication reviews in the home and aged care facilities, plus education, writing, training, and consultation. Jenny works regularly in community pharmacy plus sessions in a GP clinic at a Community Health Centre. She has published over 400 educational articles. Jenny has presented talks at many Australian and international conferences to GPs, nurse practitioners, nurses, podiatrists, pharmacists, and other health professionals. In 2013, she was awarded the Australian Pharmacist of the Year by the Pharmaceutical Society of Australia and, in 2016, the AACP-MIMs Australian Consultant Pharmacist of the Year.

Peter Carroll

Peter Carroll is Professor and Head of Pharmacology in the School of Medicine, University of Notre Dame, Sydney and an Honorary Professor in the Discipline of Pharmacology, Sydney Medical School, University of Sydney and Northern Clinical School, Royal North Shore Hospital, Sydney. He is also the President of the New South Wales Branch of the Pharmaceutical Society of Australia. At present, he works in community pharmacy and teaches Clinical Pharmacology to Medical, Nursing and Pharmacy students. He is Chairperson of the Editorial Board of the Australian Journal of Pharmacy, a former Dean and President of the Australian College of Pharmacy Practice and a former Chairperson of the Pharmaceutical Society of New South Wales. He is a Fellow of the Pharmaceutical Society of Australia, a Fellow of the Australian College of Pharmacy Practice and a recipient of the University of Sydney Pharmacy Practice Foundation Medal of Excellence for Pharmacy Practice. He has previously worked in hospital pharmacy and held both medical and marketing positions within the pharmaceutical industry. For the past 30 years, he has also been a regular contributor to continuing professional education activities for healthcare professionals.

Elaine Ford

Elaine has been nursing for 38 years and has enjoyed working in many acute and non-acute settings in general and mental health specialities. She holds many formal qualifications in nursing, sports psychology, counselling, and psychotherapy. She is a foundational fellow of the Australian College of Nurse Practitioners, a fellow of the Australian College of Mental Health Nurses, and a clinical member of the Counselling and Psychotherapist Association, the Psychotherapist and Counselling Federation of Australia, and the Cancer Council Professionals. Elaine has an extensive practice and experience in hospital and community settings and in consultation-liaison psychiatry. She is Australia's first practising Nurse Practitioner in mental health. She has presented papers at national and international conferences on a broad range of topics and is passionate about the nursing profession. Elaine has her own practice where she predominantly practises psychotherapy, focusing on people with disorders of self and people affected by cancer, psychosomatic illness, and mood disorders. She has supervised training in existential and the conversational model of psychotherapy. Her work has been influenced by Hildegard Peplau, Dorothea Orem, and Sister Callista Roy.

Lesley Salem

Lesley Salem is a descendant of the Wonnarua Nation in NSW. She is currently working in Private Practice as a generalist and chronic disease Nurse Practitioner (NP). Lesley's nursing is dedicated to improving the health of those with chronic disease. She enjoys mentoring and believes strongly in sharing knowledge. Always through her work is a strong dedication to the health and wellbeing of Aboriginal and Torres Strait Island people, those with socioeconomic disadvantage, and her peers.

Margaret Jordan

Margaret Jordan is a clinical pharmacist with experience in hospital practice and primary care, medicines information, research and programs development. Margaret has been involved in the development and delivery of educational programs to GPs, hospital resident medical officers, pharmacists and general practice and hospital nurses. Margaret has coordinated a district-wide Medication Advisory Committee for the local RACFs and undertook her research into the management of warfarin in the aged care setting.

Sinead Sheils

Sinead Sheils is a Hepatology Nurse Practitioner, based at Royal Prince Alfred Hospital, Sydney. She has worked in the Hepatology industry for more than 20 years managing patients across the spectrum from mild to severe disease, in both hospital and community settings. Her current role is focused on supporting primary care providers to better assess and manage patients with viral hepatitis in community settings. Sinead is committed to identifying and addressing barriers to care for marginalized populations.

Amy Bowen

Amy Bowen is a self-employed Nurse Practitioner with an innovative model of care that combines the mindset and skill base of an Emergency Nurse Practitioner with an aged care specialist focus. This model of practice has a strong foundation in the role of hospital avoidance and the delivery of service to the residents of five residential aged care facilities on the Northern Beaches. Amy has been an RN for 25 years with a background of 15 years in emergency at Mona Vale hospital as a clinical nurse specialist before going on to complete her nurse practitioner training. Amy sits on the clinical council for the Sydney PHN, is involved in the implementation of clinical pathways, sits on various expert panels and committees and has been welcomed as a speaker at multiple conferences across Australia. Amy was lucky enough to receive the APNA Nurse of the Year award in 2016 for quality and innovative practice. Amy is passionate about hospital avoidance specialising in chronic and complex illness management, wound care, and palliative care. She is also a gushingly proud mummy to two children, Jack and Lexi, who are aged 4 and 5.

James McVeigh

Jim McVeigh is an authorised Nurse Practitioner in the field of High Dependency Nursing (Coronary Care/Cardiology). In this role, Jim is employed as the coordinator of the Heart Failure Service at The Prince of Wales Hospital, Randwick. Jim's postgraduate qualifications are a Coronary Care Certificate, and a Master of Clinical Nursing. He is a Foundation Fellow of the Australian College of Nurse Practitioners. In addition, Jim is a member of the Australasian Cardiovascular Nursing College and Cardiac Society of Australia and New Zealand.

Anne Walsh

Anne Walsh started her career in drug and alcohol (D&A) as a police officer and RN/drug and alcohol worker. Anne joined Justice Health & Forensic Mental Health Network where she was a D&A clinical nurse consultant for twelve years prior to becoming a D&A transitional Nurse Practitioner. Anne's academic qualifications include a master of advanced nursing, a master of health leadership and management, a graduate certificate in addiction, a graduate diploma in employment relations; Studies, and a bachelor of applied science in health education. Anne is a professional member of the Nursing and Midwifery Board of NSW, Australian College of Nursing (ACN), Drug & Alcohol Nurses Association of Australasia (DANA), The Australian Professional Society on Alcohol and Other Drugs (APSAD) and the International Nurses Association. She is a casual lecturer in D&A nursing at the University of Technology and the D&A clinical application program, which she developed and which has been acknowledged by UTS, UTAS and the Australian College of Nursing. Anne loves her work as a transitional nurse practitioner with a particular interest in D&A education.

Treasure McGuire

Dr Treasure McGuire is a medicines information pharmacist, pharmacologist, educator, and researcher. As assistant director of pharmacy, Mater Health Services, she manages their academic practice unit. She is also a senior conjoint lecturer in the School of Pharmacy, University of Queensland and associate professor of pharmacology, Faculty of Health Sciences & Medicine, Bond University, where she lectures on complementary medicines, reproductive health, medication safety, and communicable diseases. In recognition of her services to medicines information, she received the Lilly International Fellowship in Hospital Pharmacy and the Bowl of Hygieia of the Pharmaceutical Society of Australia.

Gwen Higgins

Gwen Higgins is an Accredited Pharmacist undertaking home medicines reviews for general practitioners in the inner western suburbs of Sydney. She has a strong interest in patient education. Her background includes 12 years at NPS MedicineWise, managing the NPS agreements with Medicare Locals and overseeing NPS facilitator training and support as well as CPD incentives for GPs and nurses. Gwen also has more than 20 years' experience as a hospital pharmacist in the specialist settings of paediatrics, geriatrics, and rehabilitation.

Kathy Tori

Dr Kathleen Tori is an endorsed Nurse Practitioner and completed her PhD studies in the area of advanced practice nursing. Kathy's research interests include all facets of the Australian Nurse Practitioner models of care: transitional processes of the role, barriers and enablers which challenge successful implementation, economic impact and sustainability of emerging nurse-led health care, particularly in rural areas. Kathy is employed as Associate Professor / Director of Postgraduate Education (Nursing) for the University of Tasmania. Kathy has a number of professional affiliations, serving on a number of professional boards and is the National Secretary for the Australian College of Nurse Practitioners (ACNP).

Sallie-Anne Pearson

Professor Sallie Pearson heads the Medicines Policy Research Group at the Centre for Big Data Research in Health, UNSW Sydney. She is also the Scientific Director of the Centre for Research Excellence in Medicines and Ageing. Sallie is a behavioural scientist and health service researcher with 20 years' experience in the quality use of medicines research. In the last decade, her research has had a strong focus on the post-market surveillance of prescribed medicines using population-based, linked routine data collections. She has published widely on contemporary clinical and policy issues with a specific focus on cancer medicines and opioids. Sallie is also an active member of peak national medicines policy committees in Australia including the Drug Utilization Sub-Committee of the Pharmaceutical Benefits Advisory Committee and the Medication Safety Oversight Committee of the Australian Commission on Safety and Quality in Health Care.

Matthew Lutze

Matthew Lutze always wanted to work in the emergency department, he got the 'bug' for ED when he was a student nurse in Canberra after seeing a thoracotomy being performed and remembers thinking "Yes... this is the job for me!" Matthew has been a nurse practitioner since 2002 in emergency medicine and primary care and is now working at Hornsby Ku-Ring-Gai Hospital in the Emergency Department as an NP. His main area of interest is in orthopaedic and sports medicine, but he loves all aspects of ED. In recent times he was seconded to the Ministry of Health as the Nurse Practitioner advisor and revised the current NSW NP Policy and Guidelines. He is currently a committee member of the Clinical Excellence Commission's Medication Safety Expert Advisory Committee. He also regularly teaches on the Sydney University and UTS Master of NP courses.

Christine Muller

Chris Muller is a Registered Nurse, working as a Nurse Practitioner adult mental health – Justice Health and Forensic Mental Health Network. She holds a graduate diploma in mental health, a master of nursing mental health (Nurse Practitioner), and a diploma in project management. Chris has almost 40 years experience as a mental health nurse working in large 5th hospitals, community extended hours teams, and within private mental health hospitals. For the past 20 years, Chris has been employed as by Justice Health and Forensic Mental Health Network as a clinical nurse consultant level 3 acting patient safety and clinical risk manager. Since 2008 Chris has been employed as a Nurse Practitioner within Custodial Health. Chris is committed to enhancing the skills of fellow health staff working within a unique and challenging context and providing a high-quality mental health service for a highly marginalised population where multimorbidity and complex presentations are the norms.

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