



QRC: 3156

Price

One Day : \$462 inc. GST

Two Days: \$590 inc. GST

Date

26 - 27 Nov 2018

Venue

Toowoomba Events Centre
2 Burnage Street , Toowoomba, QL,
4350

CPD Hours

11 Hours | 45 Mins

Toowoomba 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, 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

9:00

Denise Simmons

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

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

- Why we really need to see the person not the disease
- Moving from tradition biomedical models and pharmaceutical dependencies to a person-centred approach to chronic disease management
- Understanding what matters to people and where we fit into helping people achieve their health goals

9:45

Johanna Dalton

Eating Disorders and Diabetes

Adolescents and young adults with a diagnosis of diabetes are at a significantly greater risk of developing an eating disorder than the general population. Indeed, it can be argued that anyone with a diagnosis of diabetes, regardless of age, is at risk of developing an eating disorder. The combination is dangerous, complicates treatment, and can be lethal. This session will explore the comorbid presentation of diabetes and eating disorders and answers:

- Why does a diagnosis of diabetes increase the risks of someone developing an eating disorder?
- How can we reduce this risk?
- What are some of the warning signs that the client diagnosed with diabetes may be engaging in disordered eating behaviours?

10:45 Morning Tea

11:15

Lisa Wilkes

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?

12:15

Karren Simpson

When Wounds Won't Heal - What Else Works?

Hyperbaric Oxygen Therapy (HBOT) is a well-researched and medically proven treatment that may be beneficial for non-healing wounds and radiation-induced injuries. This session explains why HBOT may be used in conjunction with conventional approaches to enhance outcomes for a person with a non-healing wound. This session will review the evidence and research behind HBOT and explain the the underpinning principles and rationales, including:

- Indications for the use of HBOT and who may benefit
- An explanation of how HBOT can support healing
- Why to use HBOT with conventional approaches
- Potential complications and untreatable conditions
- Costs, allowances, location, and facilities explained

1:00PM Lunch and Networking

1:45

Allison Leech

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 families through this difficult time?

2:45 Afternoon Tea

3:00

Stephanie Matthews

The News on Anticoagulants

For many years there was a limited range of anticoagulants available. This is no longer the case and, with a broader choice of medicines, it is imperative that those responsible for prescribing and administering these medicines are absolutely clear about the efficacy, safety, and the pharmacokinetic and pharmacodynamic properties of new anticoagulants. This session looks at:

- New anticoagulants available in Australia

- Whether the old anticoagulants are still useful, e.g. Warfarin
- Evidence for prescribing, monitoring considerations, and precautions

4:00

Cath Rogers

Resilience In Nursing: Issues for Today and Tomorrow

Resilience is the capacity to accurately perceive and respond well to stressful situations. It is demonstrated not only in times of crisis, but every day by showing up and doing our jobs. With the uncertainty, transition, and reorganisation associated with health care, resilience is more important than ever if today's nurse is going to thrive.

4:45 Close of Day One of Conference

Day Two

9:00AM Commencement of Day Two

9:00

Denise Simmons

Check Your Understanding - Is it Really Dementia?

The increased occurrence of dementia can make it easier to assume that a person has this condition when they, in fact, have other reasons for their confusion. This session looks at other causes of confusion in an old person and offers tips on what to look for to ensure you are not confusing dementia with other diagnoses. It includes:

- Thyroid problems
- Dehydration
- Malnutrition
- Infections
- Medications

9:45

Julie Westaway

Catheter-Associated Urinary Tract Infections (CAUTIs)

The inappropriate use of an indwelling urinary catheter may result in a catheter-associated urinary tract infection (CAUTI), a major source of hospital-associated infections. Evidence is now strongly in favour of changing practices so that nurses are more proactive in suggesting the removal of catheters. This session considers:

- Cost, prevention, and management of CAUTIs
- How long is too long? Evidence for removal of IDCs in healthcare settings
- Management of long-term urinary catheters - when are they necessary?

10:45 Morning Tea

11:15

Tim Richardson

FAST: Recognising Stroke and the Hyperacute Phase

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

- How can rapid nursing assessment make a difference to long-term outcomes?
- What is the hyperacute phase?
- What are the best-practice management strategies?

12:15

Denise Simmons

Osteoarthritis in the Older Adult

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. It is the most common chronic disease affecting the joints, with its incidence increasing as we age. This session will look at how debilitating symptoms such as stiffness, pain, and limited joint movement develop to affect the older adult, as well as 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 osteoarthritis be managed in the older adult?

1:15PM Lunch and Networking

2:15

Ken Blaikie

As Cool as a Cucumber - Dealing with Conflict Comfortably

Working with difficult people often results in continued conflict. This is likely to be detrimental to health, wellbeing, and patient or client outcomes. Clear communication when faced with hostility and keeping a calm head can help you manage conflict better. This interactive session looks at:

- Is it ever possible to avoid conflict with destructive personalities?
- Working out your stance in a conflictual situation - Attack or defend?
- Communication is key - when do you defuse and when do you engage?
- What about body language?
- What makes your emotions get out of control in a conflictual situation?

3:15 Afternoon Tea

3:45

Ken Blaikie

Facing the Unknown ... Embracing Change

Today's workplace is changing at a hectic rate and those who cannot adapt run the risk of becoming casualties to the system. Change, and the constant rate at which we are expected to deal with it, often leaves us feeling stressed and overwhelmed. Change has been exceptionally well-studied and

the reasons why people resist change is to some extent understood. This session assists nurses to understand theories of change and to consider ways to control it so that everyone wins. This session looks at:

- Fearing the unknown and losing control
- Tactics to stop change for change sake
- When change is good - how to change your perspective on change
- Leading others through big changes

4:30 Close of Conference and Evaluations

Presenters

Denise Simmons

Denise Simmons works on the Sunshine Coast as a Nurse Practitioner: chronic disease. The object of her service is to prevent re-admission to hospital, by providing advanced clinical service and monitoring symptoms while in the home. Denise celebrated 50 years of nursing in 2017. Her past experiences are extensive and include rural and remote, juvenile justice, ICU, accident and emergency, and palliative care. Denise has lectured at a number of universities and TAFEs throughout QLD and has worked as a hospital executive for many years.

Johanna Dalton

Johanna Dalton has over 15 years nursing experience in mental health, in both inpatient and community settings. Currently the coordinator of education and training for the Queensland Eating Disorder Service, Johanna is experienced, engaging and confident working with a variety of professional and community bodies to deliver education on awareness, prevention, and treatment of eating disorders. She has published a number of articles, posters, and presentations and is a credentialed mental health nurse. She is passionate about improving healthcare experiences and outcomes for clients and families who are affected by eating disorders.

Lisa Wilkes

Lisa Wilkes is the director and podiatrist of Podiatry Point. She has been a practicing podiatrist for 20 years. Working in private practice for all of this time, Lisa has worked with many of the premier practitioners in the field. She has seen the knowledge and expertise in the field of diabetic care grow and develop, and in some cases, come full circle. Podiatrists are always endeavouring to stay current in this field and aim to offer clients access to the best practice at all times. Lisa's passion for podiatry began at university whilst studying a Bachelor of Applied Science, Podiatry, and continues each and every day with providing her clients with the care they need. She has been practicing in Toowoomba since 2007 and thoroughly enjoy the diversity of cases that we get in this region. Lisa loves to travel and likes to challenge herself by doing a trek or bike ride. These challenges keep her motivated and provide a great sense of achievement. When Lisa is not at the Podiatry Point, She can be found outdoors cycling, running or hiking through the bush. She feels that one of her greatest pleasures at the moment is being able to introduce her love of adventure to her children. Lisa's mission in life is to help people to realise their dreams. There is nothing more satisfying than helping someone achieve something they didn't think was possible, whether that is trekking a mountain on holidays, running a race, riding a bike hundreds of kilometres or simply going to the shops without their feet and legs slowing them down.

Karren Simpson

Karren Simpson is the liaison officer and a Registered Nurse at the Wesley Centre for Hyperbaric Medicine. Karren received her registered nurse qualifications in 1993 after graduating from the Princess Alexandra Hospital, Brisbane. She has over 15 years' experience in hyperbaric nursing, working in different hyperbaric units in Australia. She has had a diverse career working in a variety of specialities such as emergency, intensive care, and coronary care, before completing a graduate diploma in midwifery in 2009. Karren is passionate about providing quality healthcare and education. As the liaison officer for the WCHM, Karren regularly provides information sessions to healthcare professionals and community groups about hyperbaric oxygen therapy.

Allison Leech

In her more than 30 years of nursing, Allison Leech has worked in a variety of settings including acute hospitals, community agencies, schools and mining, throughout Queensland and the Northern Territory. Her roles have included clinical nursing as both a Registered Nurse and Midwife, Antenatal Educator, Lactation Consultant, Nurse Unit Manager, School Based Youth Health Nurse, Nurse Education and Clinical Facilitation, Occupational Health, and Community Care Coordination. Prior to joining the Toowoomba Hospice, Allison was employed by St Vincent's Hospital Toowoomba as the Access and Discharge Coordinator - assisting people to access community services and nursing home accommodation, and also referrals to the Toowoomba Hospice as required. She commenced employment as the Director of Nursing at the Toowoomba Hospice in April 2015. In this role, Allison is responsible for the clinical management of the Hospice, particularly in quality processes to maintain accreditation, and ensure the delivery of quality palliative and respite care.

Stephanie Matthews

Stephanie Matthews is a local accredited pharmacist with community and hospital pharmacy experience. Stephanie works as the clinical pharmacist in a community health team and understands the importance of a multidisciplinary team approach for promoting the safe use of medicines and overall health of the patient. Stephanie has a special interest in optimising the use of medications in the older person.

Cath Rogers

Professor Cath Rogers has been a nurse for over 40 years, training at the Princess Alexandra Hospital in Brisbane and working clinically in perioperative and aged care nursing. She has been involved in nursing education and research for 30 years, with the last 14 of those as Head of the School of Nursing and Midwifery at the University of Southern Queensland. Cath's PhD work explored the notion of resilience in survivors of breast cancer, and this went on to become a recurring theme in her ongoing research and writing. Cath stepped down from her USQ role in February 2018 and is enjoying a wonderfully liberating "gap year". She continues to engage in research which examines how people manage difficult health circumstances. Her current research explores how spirituality can assist older people in their transition to residential aged care.

Julie Westaway

Julie Westaway is the Nurse Practitioner: urogynaecology/continence at the Darling Downs Hospital and Health Service. She has been a practising midwife, lactation consultant, and child and adolescent health nurse in both the acute and community sector for 18 years. This experience guided her special interest in continence and urogynaecology. She has developed nurse-led clinics in the management of pelvic organ prolapse, nurse cystoscopist training and intravesical therapies. Currently, she is developing a catheter audit tool for the health service.

Tim Richardson

Timothy Richardson is the nurse navigator at the Geriatric, Adult Rehabilitation and Stroke Service at Toowoomba Hospital. Tim has been a Registered Nurse for 18 years, working in a variety of settings. For the past five years, he has been the stroke nurse at Toowoomba Hospital, completing a master of health science (stroke management) and also obtaining neurovascular RN credentials in 2017.

Ken Blaikie

Ken Blaikie is a management consultant and has over 25 years' experience in health care and healthcare management. Ken has an extensive, practical knowledge, as well as clinical, leadership, consultative, and strategic experience in a diverse number of environments. He has worked clinically in both public and private healthcare systems in Australia and the United Kingdom. He has business experience in New Zealand, China, South Korea, Papua New Guinea, Thailand, and Europe. Ken has extensive experience, ranging from clinical nursing, clinical management, sales, marketing, and business development in senior management and leadership roles. Ken's speciality lies in the integration of business process through successful change management. Utilising a strong communication focus across all healthcare stakeholders, Ken provides an essential element in the successful implementation of healthcare information technology projects. Incorporating his intimate knowledge of health, healthcare principles and healthcare strategy, Ken is committed to the development of innovative solutions and improvement of healthcare outcomes.

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