



QRC: 3088

Price

One Day : \$462 inc. GST

Two Days: \$715 inc. GST

Date

22 - 23 Mar 2018

Venue

Venue TBA, Melbourne

-- , Melbourne, VI, 3000

CPD Hours

11 Hours | 0 Mins

Nurse Practitioners Pharmacology and Prescribing Conference - Melbourne 2018

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 latest updates and the myriad of changes to the evidence base, refreshing basic prescribing knowledge, and gaining new knowledge to support their individual scope of practice. Nurse Practitioners are also required to access 10 hours of advanced practice education, including prescribing, each year. The sheer amount of new evidence relating to medicines today can make it difficult for all prescribers to adequately stay informed. Therapeutic decisions must be based on advanced assessment and, evaluation of the patient circumstances, consideration of concurrent therapies, and should also maximize opportunities for deprescribing. Prescribing demands high level 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 regarding prescribing and administration of medicines.

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

8:30AM Registration for Day One

9:00

Welcome and Introduction

9:05

TBA

Immunisation in Australia and the International Picture

While Immunisation rates in Australia are quite high, there is certainly a committed approach to improving immunisation rates in children. In addition to our current immunisation schedule, it is essential to have a good knowledge of other immunisations that may be important, or essential for some patient groups. This introductory session considers:

- A rapid overview of our current schedule
- Disease rates internationally - what should or could be added to the Australian schedule in the near future?
- Additional immunisations for 'at risk' patients, and associated considerations
- What's happening with Meningococcal?
- Influenza - the ongoing battle to improve immunisation rates

10:00

Robyn Saunders

Statins - Practical Prescribing for Therapeutic Outcomes

Statins are one of our most commonly prescribed medicines. They are widely recognised as contributors to large risk reductions relating to cardiovascular disease. Nevertheless, questions still occasionally arise about their effectiveness, particularly in low-risk populations and the optimal management of adverse effects. This session will aim to answer some of these questions prescribes may have by briefly overviewing statins and discussing practical prescribing for best outcomes. Includes:

- Common statins - why, when and how to consider prescribing them
- Potential side effects and red flag interactions
- Managing myalgia - cease, reduce or change?
- Deprescribing - when is it recommended and what to monitor
- Evidence to navigate common dilemmas across the ages

11:00 Morning Tea

11:30

Kathy Tori

Utilising Evidence to Support Prescribing Decisions

The sheer amount of new evidence relating to medicines today can make it difficult for prescribers to adequately stay informed. Given the significance of the therapeutic decisions that must be made routinely, being able to easily access credible sources is imperative. Practically applying evidence need not be challenging. This session will look at a range of resources that can complement your clinical expertise and patient preferences so you are well positioned to maximise pharmacotherapeutic outcomes. Includes:

- Finding and appraising credible sources of information - where to look and how to assess
- When time is at a premium - overcoming obstacles
- How to practically integrate best available evidence, patient preferences, and your clinical expertise into your prescribing practice

12:15

Leanne Boase, Dr Jenny Gowan and Kathy Tori

Panel Session: Common Prescribing Issues for Nurse Practitioners - Now and in the Future

This next session is your opportunity to discuss common prescribing issues for Nurse Practitioners with an experienced panel. Topics may include challenges you currently experience or anticipate to experience in the future and are not limited to, but include:

- PBS access, regulations, limitations and rules
- Resources for prescribing
- Effecting changes to the PBS
- Access to prescribing education

1:00PM Lunch and Networking

2:00

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

Breakout Room One - Mental Health

Dr Jenny Gowan

Antidepressants - How to Make Therapeutic Prescribing Decisions

Antidepressant medicines are one of our most commonly prescribed medicines. However, these medicines can have profound side effects and are particularly potent to certain vulnerable groups of the population such as older adults. This session will highlight the issues surrounding prescribing of anti-depressants. Moreover, it will demonstrate how to overcome these issues to achieve safe and effective pharmacotherapeutic outcomes. Includes:

- Assessment and initiation of common anti-depressants
- Monitoring for wanted and unwanted effects including serotonin syndrome
- Interactions with over-the-counter medicines
- How to address issues of acceptance and adherence
- Deprescribing anti-depressants or changing treatment

- Because medicines are not enough - evidence on psychotherapy, nutrition and other adjunctive therapies

Breakout Room Two - Pharmacology

Associate Prof Louis Roller

Pharmacodynamics - A Refresher

If you are considering becoming a prescriber, new to prescribing, or even experienced but wanting a refresher, this session is for you. Pharmacodynamics related to how a medicine affects a person, or the mechanism or action forms the basis of key knowledge and skills relating to pharmacotherapeutics. Without this knowledge, we are vulnerable to misunderstandings of how and why we are treating a person with a medicine. This session ties basic principles of pharmacodynamics to four conditions every Nurse Practitioner is familiar with. Includes:

- A rapid overview of pharmacodynamics
- Key examples and prescribing considerations in relation to:
 - Drugs acting by chemical reaction
 - Drugs acting on enzymes
 - Drugs acting on receptors
 - Drugs acting by physical action
 - Affinity, specificity, potency and efficacy

Breakout Room Three - Paediatrics

TBA

Neonatal and Paediatric Nurse Practitioner Prescribing

Prescribing for neonates and children is not as simple as using the same mg/kg calculation as for adults. In this session, discussion will focus on:

- Challenges with size, body surface area to weight ratio
- Immature metabolism and how to manage this safely when prescribing
- Altered drug disposition, including gastrointestinal and intramuscular absorption
- Hepatic metabolism and renal excretion

3:00 Afternoon Tea

3:30

Dr Jenny Gowan

Prescribing for Pain During An Opioid Crisis

Opioids such as morphine, codeine, and oxycodone are increasingly becoming a cause for concern in the Australian community. Often, these concerns centre on the addictive nature of the medicines and their potential for harm including the risk of overdose. In the setting of this crisis, prescribers must be well informed about the pharmacotherapeutic actions and correct uses of these medicines. This session will demonstrate how evidence-based prescribing of opioid-based analgesic agents is still possible during an opioid crisis by looking through the lens of two common scenarios - acute pain and chronic pain. Includes:

- Case scenario one: Acute Pain
 - Advanced pathophysiology - what is occurring?
 - Evidence-based treatment - what works?
 - Interactions, contraindications - what to avoid and why?
 - Special prescribing considerations - dose titration, novel therapies etc.
 - Case scenario two: Chronic Pain
- Advanced pathophysiology - what is occurring?
- Evidence-based treatment - what works?
- Interactions, contraindications - what to avoid and why?
- Special prescribing considerations - dose titration, novel therapies etc.

4:30 Close of Day One of Conference

Day Two

9:00AM Commencement of Day Two

9:00

Dr Jenny Gowan

Chronic Disease Management - A Rational Prescribing Approach

Chronic disease, and often multiple chronic diseases, can present complicated challenges when prescribing. In this session, case studies will be presented in order to highlight these key challenges, involving patients with multiple chronic diseases. The focus of this discussion will be on how you can apply rational prescribing approaches to avoid interactions. Includes:

- The person with COPD and...
- The person with diabetes and...
- The person with cardiovascular disease and...

9:45

Associate Professor Louis Roller

Pharmacokinetics - A Refresher

Pharmacokinetics refers to how the body affects the medicine, and how it moves through the body. This rapid refresher will ensure you can relate your prescribing practice to the following key concepts:

- The ADE (absorption, distribution and excretion) curve - implications of the therapeutic range
- Bioavailability - how it affects medicine quality, including use of generic medications
- How therapeutic medicine monitoring is used
- Protein binding and distribution
- Hepatic metabolic elimination and reabsorption considerations
- Medicine elimination and reabsorption
- Multiple dose regimes - peak and trough levels, loading dose and steady state considerations
- Pharmacokinetic medicine-medicine interactions

10:45 Morning Tea

11:15

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

Breakout Room One - Professional Issues

Leanne Boase

Medication Reconciliation - Beyond the Medication List

Nurse practitioners that look beyond the medication list and develop a true understanding of what their patient is actually taking, and how they use their medicines are well placed to reduce risk and improve safety. Nurse Practitioner led medication reconciliations create an opportunity to significantly improve health outcomes by reducing discrepancies that often occur as a patient moves between healthcare services. This session will consider:

- Why focus on medication reconciliation?
- How do you effectively perform a medication reconciliation?
- Why each reconciliation is an opportunity for deprescribing and prevention of adverse events
- Case examples that highlight how consequences of medication errors can be prevented

Breakout Room Two - Pharmacology

Dr Jenny Gowan

The Truth About Vitamins, Minerals, and Other Topical Issues - Current Evidence

Vitamins, minerals and other dietary supplements are used for a wide range of reasons, not just for the management of deficiencies. Despite their widespread, information surrounding their actual, evidenced-based efficacy is often insufficient. This session will update you on the evidence for correct indications for the following vitamins and minerals and key prescribing considerations such as toxicity and interactions. Includes:

- Can some medicines cause nutritional deficiencies?
- What are the benefits of fish oil?
- When is Vitamin D indicated?
- Topical issues - are zinc, magnesium, calcium , glucosamine, Vitamin B12, curcumin for arthritis and CoQ beneficial in disease management and for wellbeing?
- What does the evidence suggest?
- How do you know what is a reliable product?
- Where are sources available for reliable information?

Breakout Room Three - Immunology

Rebecca Gibson

Avoiding Anaphylaxis in Children with IgE-Mediated Food Allergies

Anaphylaxis is a life threatening emergency, and can occur unexpectedly and is a severe consequence of an IgE-mediated food allergy. This session includes an update on the latest

information on allergy in Australia including the management of anaphylaxis. Includes:

- Main differences between IgE and non-IgE mediated food allergies including common allergens
- Blood tests and skin pricks - how IgE-mediated allergies are diagnosed
- Desensitisation and food challenges in children
- An update on the management of anaphylaxis
- A guide to recent changes to auto-injectors

1:15PM Lunch and Networking

2:15

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

Breakout Room One - Professional Issues

Suzanne Wallis

Closing the Gap - The Role of Nurse Practitioners

Nurse Practitioners can play a key role in improving health outcomes for Aboriginal and Torres Strait Islanders living with, or who are at risk of, a chronic disease. This session explains how Closing the Gap (CTG) prescriptions can improve access to those eligible. It will offer an opportunity to clarify common questions you may have, such as:

- What is Closing The Gap (CTG)?
- Can NP's write CTG prescriptions?
- How to identify who's eligible for
- How CTG prescribing sits within the larger CTG framework
- Strategies to prevent cultural blindness in the health setting

Breakout Room Two - Sexual Health

Leah Ward

Sexual Health - Prescribing for Prevalent and not So Prevalent Diseases

Nurse Practitioners working in a range of specialities will encounter patients with concerns about sexually transmitted infections. While education often focuses on prevalent conditions, equally important is a focus on conditions that are re-emerging or becoming resistant to treatment. This session will bring you up to date on key considerations relating to the prescribing and administering of medicines used in sexually transmitted infections. Includes:

- A look at The 2016 Australian Annual Surveillance Report - key findings
- Updates on testing, prescribing and monitoring of Chlamydia, HIV, and Gonorrhoea
- Current treatment protocols - application to practice
- Emerging trends of resistance to treatment

Breakout Room Three - Rheumatology

Linda Bradbury

Biologic Agents - Clinical and Prescribing Considerations

Biologic agents are now being used more frequently for the treatment of autoimmune conditions such as rheumatoid arthritis, inflammatory bowel diseases, and multiple sclerosis. While Nurse Practitioners are currently not able to prescribe these medicines, there is a need to understand the clinical and prescribing considerations associated with these medicines. What do Nurse Practitioners need to know if their patient has a concurrent rheumatological or autoimmune condition?

- What are biologic agents?
- Why are these agents used?
- What are common side effects?
- Prescribing considerations when a patient is receiving or has received biologics
- Clinical considerations due to changes to a person's immune system

3:15 Afternoon Tea

3:45

Kathy Tori and Leanne Boase

Leadership and the Art of Effecting Change

As the Nurse Practitioners continue to expand in numbers, evolve in scope of practice and strengthen as a profession, opportunities are a plenty for affecting and influencing the healthcare landscape. You, as empowered individuals are key to effecting large scale change to policy and legislation. This final session will consider how great leaders transform challenges and limitations into opportunities. Includes how leadership can:

- Change policy and legislation
- Help overcome scope of practice limitations to prescribing

4:30 Close of Conference and Evaluations

Presenters

Leanne Boase

Leanne Boase is a Nurse Practitioner with a background in critical care and paediatrics, she currently practices across four GP clinics in Melbourne. She has also built, owned and operated her own GP practice, and is now a Director of Prime Medical Property Group, developing and building properties in the health sector. Leanne also does business planning and is the author of "Medical Business Management ", aimed at assisting Health Professionals to start their own businesses. Leanne is a Fellow of the Australian College of Nurse Practitioners. She works as a casual academic, her qualifications include a Master of Nursing (Nurse Practitioner) and a Master of Health Science (Education).

Robyn Saunders

Robyn Saunders graduated with a bachelor of pharmacy degree from the Victorian College of Pharmacy (now Monash University). She has extensive experience in the provision of medication management services to residents of aged care facilities and medication users in their own homes.

Kathy Tori

Kathleen Tori is currently employed as the Post Graduate Courses Coordinator for La Trobe University Rural Health School (Bendigo). She is the course convener for the Masters of Nursing (Nurse Practitioner) as well as responsible for other advanced nursing courses such as Critical Care and Acute Care. She is an endorsed Emergency Nurse Practitioner and is currently undertaking PhD studies looking at the identity/profile of Emergency Nurse Practitioners post endorsement. Her research interests include all facets of the Australian Nurse Practitioner models of care, transitional processes of the Nurse Practitioner role and looking at the barriers and enablers that challenge implementation and sustainability of the Nurse Practitioner role.

Jenny Gowan

Jenny, a practicing pharmacist, is a Teaching Associate at Monash University, Melbourne. She is a member of the PSA Branch committee, Expert Group for Therapeutic Guidelines, Respiratory, an Editorial Board Member of AUS-DI, SHPA 'Don't Rush to Crush' and the Guidelines Committee for the Australian Asthma Handbook (AAH).

Jenny is an accredited consultant pharmacist, and conducts her own company focussing 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 350 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.

Louis Roller

Associate Professor Louis Roller, PhC, BPharm, BSc, MSc, PhD, DipEd, FPS, FACPP has been an academic at the Faculty of Pharmacy and Pharmaceutical Sciences Monash University for over 50 years. He was on the Pharmacy Board of Victoria for 22 years, has significantly contributed to many editions of various pharmaceutical compendia including as well as the Therapeutic Guidelines, particularly the Antibiotic Guidelines. He is the author of hundreds of scientific and professional articles and has a passion for evidence-based knowledge. He lectures to pharmacists, medical practitioners, nurses, podiatrists and optometrists on a variety of therapeutic topics, particularly antibiotics as well as giving many talks to the University of the Third Age on various medication-related issues. As at the end of April, he had delivered 42 talks to U3A Stonnington and an equivalent number to other U3A groups.

With Dr Jenny Gowan, over the last 20 years has written articles on Disease State Management in the Australian Journal of Pharmacy (some 220 x ~ 6000 words) In 2012, he was made a life member of the Australasian Pharmaceutical Sciences Association and in 2014, he was awarded the life-long achievement award of the Pharmaceutical Society of Australia.

Rebecca Gibson

Rebecca Gibson is a Nurse Unit Manager/Paediatric Allergy Nurse Practitioner at Epworth Allergy Specialists.

Suzanne Wallis

Suzanne Wallis is a Sexual Health Nurse Practitioner at Goulburn Valley Health, Shepparton and The Women's, Melbourne. She is an Executive Committee Member of both the Australasian Sexual Health and HIV Nurses Association and the Forensic and Medical Sexual Assault Clinicians Australia. Suzanne's background is in Infectious Diseases nursing, particularly HIV, since 1992 and broader sexual health for the last sixteen years, with almost ten years being at Melbourne Sexual Health Centre. This has included the challenges of clinical outreach and service provision in the rural health sector in both Victoria and Tasmania. She has a particular interest in the provision of clinical services for those who are vulnerable, marginalized and at a disadvantage, including street based sex workers, men who have sex with men and our rural communities, especially young people. She is involved in capacity building activities and the development of NP roles at Goulburn Valley Health and other organizations. Suzanne has published and presented on matters of sexual health and forensic health nursing and has been a recipient of two Victorian Nurse Practitioner Project publication grants.

Leah Ward

Leah Ward is a Nurse Practitioner at Melbourne Sexual Health Clinic.

Linda Bradbury

Linda Bradbury is a Rheumatology Nurse Practitioner. Linda completed her general nurse training in London. After working in general medicine, surgery, intensive care and clinical trials, she then specialised in rheumatology. In 1998, she started working at the University of Oxford in the musculoskeletal genetics group under the supervision of Professor Matthew Brown where her role included co-ordinating the ankylosing spondylitis (AS) genetics studies that were undertaken as well as establishing and then managing the first clinical trials unit for the hospital. In 2005, she moved to Brisbane and with Professor Brown established the specialist AS clinic at the Princess Alexandra Hospital and now co-ordinates numerous genetics research programmes that are being conducted within his group. She has over 25 publications. She completed her MSc in Advanced Health Care Practice in 2006, completed her Nurse Practitioner Masters in 2012 and became endorsed as the first Australian Rheumatology Nurse Practitioner in May 2013. Linda is currently the president of the Rheumatology Health Professionals Association.

To Be Determined

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