



QRC: 3503

Price

One Day : \$460 inc. GST

Two Days: \$610 inc. GST

Date

04 - 05 Apr 2019

Venue

Mercure Hotel Brisbane

85-87 North Quay , Brisbane, QL, 4003

CPD Hours

10 Hours | 45 Mins

Night Duty Nursing Conference - Brisbane 2019

2 Days for All Nurses and Midwives

Need for Program

Nurses who practice at night may find it more difficult to access education that specifically relates to their work environment. Their challenges may involve reduced availability of resources; increased risk; untoward clinical problems; and patients who are sleeping rather than engaging in daytime schedules, which makes observation more complex. Evidence-based knowledge of a nurse at night is crucial for confident, safe, and effective decision-making.

Purpose of Program

The purpose of this education is to provide a program that focuses specifically on the needs of nurses who work regular or occasional night shifts.

Learning Outcomes

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

- Engage in meaningful dialogue with colleagues to improve safety and quality of patients throughout the 24-hour continuum of care
- Provide up-to-date evidence-based clinical care that relates to a range of conditions that can be problematic at night
- Improve patient safety and reduce errors at night through knowledge of commonly administered medicines
- Use information relating to your professional education requirements to enhance professional development

Program Schedule

Day One

8:30 Registration for Day One

9:00

Welcome and Introduction

9:05

Jodie Allen

When Disaster Strikes at Night - Communicating Under Pressure

All types of disasters can strike in the night. It becomes increasingly more difficult when you're under the pump with your patient load and need to get tasks finished. This session will look at a low fidelity, high occurrence situation to get you working together. It includes:

- How do you delegate tasks during an adverse event?
- How do you promote teamwork and why is it so useful?
- Why is communication key?

9:45

Jodie Allen

Keeping Your Eyes Open for Post-operative Complications

How confident are you in your ability to recognise and respond to the early signs that a patient may be deteriorating following surgery? How can you ensure that we you have the knowledge and ability to take the necessary action and prevent post-operative complications? This session will identify common complications following surgery with a focus on cardiac and respiratory disorders in surgical patients. Topics include:

- Clinical manifestations, investigations and appropriate nursing actions of the following:
 - Atelectasis
 - DVT and pulmonary embolism
 - Pulmonary oedema
 - Haemorrhage

10:30 Morning Tea

11:00

Amanda Smith

The Sinister Side of Sleep Disturbance

In addition to sounds, interruptions, and noise from other patients, and even pain, the many faces of sleep disturbance can result in a poor overall quality of sleep. This session will focus on:

- What is sleep disturbance?
- What are the common sleep disturbances that affect health?

- What are the signs, symptoms, and dangers?
- How can you promote healthy sleep hygiene?
- What are some practical tips for shift workers?

12:00

Amanda Smith

Acute Anxiety Attacks at Night

Unfortunately, many of us experience anxiety at some point. To an extent, while some degree of anxiety can be helpful, for many it becomes incredibly debilitating, particularly if we are also expressing a physical illness. As it can often creep up on individuals at any point of time, this session will look at anxiety attacks at night. It includes:

- What is anxiety?
- Why does it affect us all differently?
- Does anxiety present differently at night?
- How can we help people work through acute anxiety attacks?
- What are helpful approaches when communicating with someone who is experiencing severe anxiety?

1:00 Lunch and Networking

2:00

Sue de Muelenaere

Unstable Arrhythmias at Night

Interpreting abnormal heart rhythms is often considered to be difficult and is primarily the role of experienced nurses who work in special care areas, such as CCU or ICU. This session will introduce a simple approach to arrhythmia interpretation that all nurses can use, even during the night. This session includes:

- An introduction to arrhythmia terminology
- The common causes of arrhythmia to help identify patients at risk of arrhythmias
- The physiological effects of arrhythmias and the importance of clinical assessment to determine the urgency of treatment required
- A simple approach to categorising arrhythmias
- Nursing care for unstable arrhythmias

3:00 Afternoon Tea

3:30

Rita Adnams

Finding Time to Learn - How to Stay Up-to-Date at Night!

Meeting educational requirements when doing shiftwork and particularly night duty presents several challenges. In this session, we will look at how you can engage and develop meaningful habits around your professional development, regardless of your roster! Your facilitator will workshop the following:

- Why the struggle?

- Practical strategies for engaging and meeting your educational and professional development requirements

4:15 Close of Day One of Conference

Day Two

9:00 Commencement of Day Two

9:00

Dr Gillian Ray-Barruel

Troubleshooting Venous Access Devices - Doesn't Need to be a Nightmare!

Venous access devices are commonplace. We all know that they need to be carefully assessed, managed, and monitored if we are to reduce the risk of complications, such as bloodstream Infection and thrombosis, as well as to promote device longevity. This session reviews the key considerations for the management of venous access devices, including key tips for troubleshooting when things go wrong. It includes:

- How are the devices selected?
- What are the common complications during and following insertion?
- How do good assessment, maintenance, and monitoring prevent thrombosis and CLABSI's?
- What is the latest evidence for managing safe blood sampling, flushing, medication/fluid administration, and dressing and line changes?
- Common troubleshooting tips when an occlusion occurs...

9:45

Amanda Fryer

Being Hypervigilant for Hypoglycaemia at Night...

Complications associated with diabetes can be severe, such as hypoglycaemia. Prevention is paramount and can reduce the likelihood of a person experiencing a hypoglycaemic episode at night. This session will dive deeper into the prevention of diabetes emergencies at night, with a focus on hypoglycaemia. It includes:

- What is hypo unawareness?
- How can you identify hypoglycaemia?
- What is the latest evidence in managing hypoglycaemia?
- How do you monitor BLGs overnight if insulin is required or has been given?

10:45 Morning Tea

11:15

Damian Williams

Skin Doesn't Sleep

This session will cover common wounds and skin conditions that can occur at any time and the nurse's role in preventing, recognising, and managing them. Specifically, this session will discuss:

- Prevention, identification, and management of common skin problems – pressure injury, incontinence-associated dermatitis (IAD), skin tears, and trauma
- Optimising care of the skin overnight
- Reporting and documenting skin condition effectively

12:15

Dr Treasure McGuire

When Less is More? Recognising the Unnecessary Use of Medicines

The adverse effects of medication are a constant concern for healthcare professionals. Knowing the potential risks of a medication can significantly prevent injury or harm, such as falls. This session will look at the adverse effects of medications, the need for deprescribing, and how to prevent unnecessary harm, especially during tiring shifts. It includes:

- What are some of the common adverse effects of medicines?
- How can you reduce the risk of harm associated with medicines?
- Why is it important to be especially aware of adverse effects at night?

1:15 Lunch and Networking

2:15

Jane Stanfield

Wellbeing in Nurses: Are We Taking Care of Ourselves?

The profession of nursing has traditionally promoted holistic healthcare practice in patients. Nurses spend their shifts caring for others in often highly charged and emotional situations and can forget to look after themselves. This final session explores enhancing emotional wellbeing through self-care and includes:

- Whether wellbeing should this be considered a part of professional development
- How to sustain wellbeing across the day to go home healthy

3:15 Afternoon Tea

3:45

Jane Stanfield

Worlds Apart? Working Among Generations

Experience often makes up the abundance of an enrolled nurse's knowledge. Yet, is it always valued as much as it ought to be? This session will explore assertive communication skills while acknowledging the boundaries that can sometimes arise when approaching intergenerational conflict. It includes:

- Why does intergenerational conflict sometimes arise?
- How do you manage it in the workplace?

4:30 Close of Conference and Evaluations

Presenters

Jodie Allen

Jodie Allen is an experienced Nurse Practitioner and credentialed emergency nurse, currently working on the Sunshine Coast in Queensland. With a career spanning over 30 years, she has worked in multiple clinical settings from remote Arnhem Land in the NT to London UK and rural and metropolitan hospitals throughout Australia. Jodie has extensive clinical experience and skills in emergency, critical care, primary health, and rural nursing. A committed advocate with a strong background in nursing education and a passion for teaching, she provides relevant, evidence-based education activities with a good dose of humour and some very interesting case studies. Jodie is currently working on a range of projects, including a postgraduate degree in applied law (health major) at QUT. She is a commissioning manager for the Sunshine Coast University Hospital Program and an education/training coordinator for Nurse Practitioners at the Sunshine Coast Hospital and Health Service. Additionally, Jodie is a founding member of the National CENA (College of Emergency Nursing Australasia) Credentialing Committee and the QLD Chapter education officer of the Australian College of Nurse Practitioners.

Amanda Smith

Amanda Smith is a proud and vocal advocate of comprehensive health care with a passion for mental health nursing. Although initially starting her career in general nursing working across the aged care sector, cardiac, medical and later emergency departments, Amanda's desire to improve quality outcomes for those suffering with mental distress navigated her career towards mental health nursing and education. For the last 7 years, along with being a clinical practitioner in the mental health care arena, Amanda has additionally been privileged to work alongside some truly amazing academics as a sessional tutor teaching in tertiary institutions in Queensland for undergraduate nursing and paramedic degree students. Amanda's experience spans across all facets of mental health nursing from acute triage and assessment, emergency and special service co-response teams, to high dependency and case management. She is passionate about consumers receiving quality service from first contact through their entire mental health journey and believes the fundamental issue for all consumers are the barriers of stigma and discrimination which often prevents people from making that initial contact and receiving both accurate physical and mental health assessment. It is Amanda's ongoing intention to address these barriers through drawing on her own journey and experience, as well as through clinical practice, education and ongoing professional development.

Sue de Muelenaere

Sue de Muelenaere is a Registered Nurse with more than 20 years' experience as a nurse educator. Sue completed a five-year bachelor of nursing degree in South Africa, which included training in psychiatric and community nursing and midwifery. Since then, Sue has worked extensively in the intensive care environment, during which she has presented various courses, including an honour's degree, a diploma in intensive care, and various short cardiac and ECG courses. Sue also holds an honour's degree in advanced nursing science (intensive care nursing) and diplomas in nursing education and nursing administration. She was the education manager in a specialised heart hospital where she was responsible for the education of all hospital staff, including non-nursing staff members. Sue is passionate about teaching. She maintains a special interest in all aspects of nursing the critically ill patient.

Rita Adnams

Rita Adnams has many years' experience in clinical nursing practice in the perioperative area. She works as a perioperative nurse educator at a private hospital in Brisbane. She has also been an academic teaching undergraduate nurses at a university level and during that time completed a research masters, investigating the previous teaching and learning experiences of overseas educated nurses who come to Australia for further study and to gain Australian nurse registration. This research adds to the knowledge bridging the gap between nursing in Australia and their homelands. Recently, Rita has been involved in TAFE content writing and teaching for the diploma of nursing, certificate III in sterilising, and certificate III in health services (perioperative orderly). Rita also enjoys a role as part of a specialist outreach team who provide surgical services to regional indigenous children.

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.

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.

Jane Stanfield

Jane Stanfield is a health service improvement coach. She comes with 30 years' experience in healthcare, half as a clinician and half in health administration, support and coaching. Having had a brush with burnout herself and several close family members receiving healthcare, her focus is on bringing compassion back to healthcare for all involved. Her current use of neuroscience and mindfulness at work enables healthcare providers to work with their own mind, emotions and behaviour to influence their culture in a way that will energise and motivate them as they manage the safety and reliability of their care and its focus on the patient—whilst caring for themselves. Jane is currently coaching several nurse leaders; and runs workshops on leadership, shaping cultures, wellbeing, and communication and patient safety (CAPS). Her most recent professional development personally is in LEAN thinking - reducing waste and improving flow in healthcare....because waste is disrespectful to people!

Gillian Ray-Barruel

Dr Gillian Ray-Barruel is a leading nursing and ICU researcher who coordinated the OMG Study, which recruited more than 40,000 patients with peripheral intravenous catheters globally. Gillian has extensive experience in vascular access devices research, critical care nursing, patient assessment, project management, medical writing and editing, and clinical trials coordination. Gillian is fully funded by a highly competitive Griffith University post-doctoral fellowship to improve assessment and action by bedside clinicians regarding the prevention of IV complications.

Damian Williams

Damian Williams is a Registered Nurse and endorsed Nurse Practitioner and has been directly involved in delivering advanced wound management services for over 20 years. His current position is clinical nurse consultant for wound management in a large Brisbane Metropolitan Hospital. He is actively involved in gaining knowledge and promoting best practice wound management. Damian holds postgraduate qualifications in wound management and masters of nurse practitioner. He conducts regular wound management education and has presented at conferences locally, nationally, and internationally. Damian also holds a passion for building evidence in the field of wound management and is currently involved as a primary or associate investigator on several research projects. Damian has held committee positions on both the Australian Wound Management Association (AWMA) National Committee (now Wounds Australia) and Queensland Committee. He is a past president of the Queensland Branch and a current committee member of Wounds Australia - Queensland.

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