



QRC: 2805

Price

One Day : \$451 inc. GST

Two Days: \$572 inc. GST

Date

18 - 19 Sep 2017

Venue

Mid City Warrnambool

525 Raglan Parade , Warrnambool, VI,
3280

CPD Hours

11 Hours | 15 Mins

Warrnambool Nurses' Conference 2017

2 Day Conference for 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
- Throughput is no longer the goal of care and is being replaced with quality outcomes

It is more important than ever that you take a leadership role in providing high value care to people 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 practice topics that will improve how you deliver nursing care.

Learning Outcomes

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

- People in your care with health risks will receive preventative nursing action to avoid illness
- Better patient outcomes will be achieved through the application of up-to-date knowledge relating to specific nursing interventions
- Inter-professional 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

Norah Bostock

Shining a Spotlight on CPD: What's Acceptable?

Whilst nurses have always learnt and engaged in ongoing education, the shift towards mandatory requirements of continuing professional development (CPD) has forced the profession to examine the type of formal ongoing education they undertake. Now that there is a degree of acceptance and familiarity with mandatory CPD, it's time to consider if ethics play a role in the CPD you choose to do. Includes:

- What CPD is deemed acceptable and how does this compare to international standards?
- Conflict of Interest - should education provided by companies who profit from products used on patients be considered CPD?
- What impact could unregulated CPD be having on your patients?
- How can you ensure the education you undertake is properly evidence-based and free from commercial bias?

10:00

Sven Pohlsen

Pre-Diabetes: A Window of Opportunity?

The statistics on pre-diabetes in this country are astonishing. This condition may be asymptomatic but leads to type II diabetes if untreated. Early diagnosis is key to reducing the risk of developing type II diabetes. Find out the latest information about pre-diabetes including:

- What is it and how is it diagnosed?
- Who gets it?
- What education can a nurse provide to prevent it from developing into type II diabetes?
- Dietary friends and foes

10:45 Morning Tea

11:15

Sven Pohlsen

Preventing Microvascular Complications of Diabetes

The microvascular complications of diabetes are profound and have long term debilitating effects. Diabetes education and patient self-management are essential to avoid and divert chronic complications and improve patient outcomes. This session looks in detail at these complications and focuses on nursing strategies including education that may contribute to improved outcomes for patients with the following conditions:

- Diabetic neuropathy
- Retinopathy
- Nephropathy

12:15

Jenny Fox

Aids and Appliances for Stomal Therapy

There are a complex range of modern aids and appliances associated with the care of a person with a stoma. This practical session looks at some of these products and gives you information on their use and application and how this relates to optimum patient care. You will also discover some useful tips that you can share with your patients. Includes:

- How correct aids and appliances are selected
- How to prevent leakage
- Protecting peristomal skin integrity

1:15PM Lunch and Networking

2:00

Jenny Fox

Managing Chronic Denuded Peristomal Skin: Best Practice Guide

Most nurses encounter chronic denuded peristomal skin in their practice. However, the nature of denuded peristomal skin management continues to confound many nurses especially due to the ever increasing range of treatments. This session looks at denuded peristomal skin management and includes:

- Aetiology of denuded peristomal skin differs from acute denuded peristomal skin?
- How to manage a denuded peristomal skin that becomes infected?
- Is it possible to reignite healing in chronic denuded peristomal skin?

3:00 Afternoon Tea

3:15

Ruth Walker

Preconception Nutrition and Maternal Gestational Weight Gain

The links between maternal nutrition, gestational weight gain, and epigenetic alterations that occur at crucial stages of foetal development are proof that the foetal period is the first opportunity within a child's life to prevent obesity and associated metabolic conditions later in life. In 2015, the National Health and Medical Research Council (NHMRC) identified the prevention of excessive gestational weight gain (GWG) and post-partum weight retention as a cornerstone for obesity prevention in women and their offspring. This session includes:

- Why are pre-conception nutrition and weight management so important?
- What is the evidence regarding interventions designed to prevent excessive gestational weight gain?
- How are the NHMRC guidelines regarding gestational weight gain changing and how will this affect practice?

Day Two

9:00AM Commencement of Day Two

9:00

Mark Powell

Shared Decision Making in Health

Shared decision making enables both patients and clinicians to participate jointly in the health journey. Shared decision making is not a single step to be added into a consultation but a process that can be used to guide decisions about screening, investigations and treatments. In this session:

- What are the benefits of shared decision making?
- What are the various processes involved in shared decision making?
- What are the current best-practice tools available to facilitate this process?

9:45

Mark Powell

Insights into the Psychological Effects of Ice and Methamphetamine

Ice and methamphetamine are psychoactive drugs that impact on brain function. Although this differs between individuals, they can cause effects such as depression and even profound psychosis. Examine the types of mental health dysfunctions that result from this drug's use. Includes:

- Why are people who use methamphetamine more likely to experience symptoms of psychosis?
- Who are most at risk for developing psychosis?
- What interventions are required during a psychotic episode?
- Does the psychosis automatically resolve when the drugs are withdrawn?
- Can the use of ice/meth trigger schizophrenia?
- When are people most at risk for developing feelings of depression?

10:30 Morning Tea

11:00

Maggie How-Ely

Is it Really Dementia?

The increased incidence of dementia sufferers can make it easier to assume 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 older person and offers tips on what to look for to ensure you are not confusing dementia with other diagnoses. Includes:

- Thyroid problems
- Dehydration
- Malnutrition
- Infections

- Medications

12:00

Norah Bostock

Meeting the Goals of Accreditation: Personal and Professional Responsibilities

Accreditation is now a given in nearly all workplaces. This makes many demands on both the organisation as well as the employee. This session reviews the underlying concepts of accreditation and explores why it is such an important workplace reality. It will also consider how the work of individuals as part of the accredited group is of such significance.

- How accreditation supports your workplace
- How responsible are you for the accreditation outcome?
- Relating accreditation to standards and codes of practice

1:00PM Lunch and Networking

1:45

John Parkinson

Differentiating Between Distressed or Depressed: A Mental Health Nurses Perspective

Depression, stress and anxiety are the most common problems that lead people to consider seeking help and support with their everyday life. Our perspective on life which is called our attributional style can affect how we deal with events and experiences. In this session:

- What is the difference between distress and depression?
- Signs and symptoms
- The nursing role is providing assistance and support to patients, colleagues and self

2:45 Afternoon Tea

3:00

Norah Bostock

Motivating Small Teams: Uncovering the Untold Story

Motivation is a constant issue in most workplaces. What motivates people can be very personal. This session looks at models of motivation and unpacks why some will work on this person but not on that one. Includes:

- Why is motivating a team so important?
- What motivates people?
- Behavioural styles – do they play a role in team building and motivation?
- Behaviours of the leader: how important are they?

4:00 Close of Conference and Evaluations

Presenters

Norah Bostock

Norah Bostock is a highly qualified nurse working as a consultant in private practice in South Australia. She has an extensive career working both in Australia and abroad where she developed a range of expertise. Considered an expert in her chosen areas of practice, Norah has published nationally and internationally on a range of topics. Norah's qualifications include a Master's of Nursing, a Graduate Diploma in Clinical Governance and a Graduate Diploma in Leadership. Norah is currently studying a further qualification in quality, risk and safety.

Sven Pohlsen

Mr. Sven Pohlsen is a Registered Nurse and Credentialed Diabetes Educator at South West Healthcare, Warrnambool. At the age of 12, he himself was diagnosed with type one diabetes, leading to an interest in the health care industry, specifically diabetes education and the ongoing research into the condition. Sven began his career in nursing post high school, completed a Bachelor of Nursing Science through RMIT University in 2011, going on to complete his postgraduate in diabetes education in 2013 through Deakin University. From there, he was exposed to and had many opportunities for professional growth and development, leading to a career as an associate nurse unit manager and clinical nurse specialist due to his knowledge in diabetes management with those living with dementia, and in aged/palliative care. Sven gained his status as a Credentialed Diabetes Educator shortly after and is heavily involved with policy formation and amendment, professional development, and patient care in Type 1, Type 2, Gestational and Pre-diabetes, with a focus on insulin pump therapy and continuous glucose monitoring.

Mark Powell

Mark is a mental health nurse with post-graduate qualifications in mental health, and alcohol and other drugs. He was actively involved with Dual Diagnosis (substance use and mental illness) initiatives since 1998 and has worked in hospital settings but mostly community-based programs for mental health and substance use. Mark has contributed to research projects focussed around mental health, treatment of schizophrenia, single session family consultations and shared decision making. He has been involved in the statewide training of mental health and substance use counsellors in dual diagnosis. Mark is passionate about the skills within motivational interviewing and delivers training in this regularly. He is also an ACT practitioner and credentialed mental health nurse.

Maggie How-Ely

Maggie is a registered nurse with a Graduate Diploma in Applied Gerontology, a Master of Mental Health Nursing and is currently undertaking a Master of Nursing (Nurse Practitioner) in the area of psychogeriatrics. She has 28 years' experience as a registered nurse working in the general wards, nurse education and dementia specific care. For the last 4 and a half years Maggie has been employed by South West Healthcare (SWH), Aged Persons Mental Health Service as the Aged Behaviour Cognition nurse, a consultation / liaison nurse role assisting medical, nursing and allied health staff with patients experiencing delirium or dementia. She also coordinates the SWH Cognitive, Dementia & Memory Service (CDAMS) clinic, a service for the early diagnosis of dementia.

John Parkinson

John Parkinson is the Community Relations/Mental Health Manager and a credentialed mental health nurse at St John of God Warrnambool Hospital. John began his career at Brierly Psychiatric Hospital in 1974 where basic custodial care was the accepted practice. Since then, John has experienced huge changes within the delivery of treatment and care since the integration of mainstream services and community based models of care began in the early 1990s. John is an experienced expert in the field of mental health nursing and has the privilege of listening to his clients' stories and helping them to recovery. them in recovery.

Ruth Walker

Ruth Walker is an Accredited Practising Dietitian who works in private practice in Warrnambool. She is also undertaking research at Monash University in the area of maternal nutrition and gestational weight gain. She loves to work with individuals and families in a community setting in order to promote their health today - and protect it for the future.

Jenny Fox

Jenny has been nursing for 45 years. She has worked in a predominantly surgical background including all areas of operating theatre suite including AUM positions of Anaesthetic and Recovery Room nursing. Jenny has been a CNS in wound management and surgical ward nursing including rotations through radiology nursing relief, Short Stay and Day Stay Units, Acute Care / High Dependency nursing and Pre-Admission Clinic. She is currently CNC Stomatherapy at .5 EFT and has worked in this role for the last 10 years. The role encompasses all aspects of clinical care and expertise in the pre and post operative phase including outpatient follow up following bowel surgery that has resulted in the formation of a stoma. The role also includes management of complex wounds incorporating a stoma or fistula and PEG tube care. Jenny is also a Key Opinion Leader of the Coloplast Ostomy Forum specific to stoma care. She was nominated and won a Warrnambool City Council Customer Service Award for the month of March in 2014.

Registration form

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