



QRC: 2821

Price

One Day : \$451 inc. GST

Two Days: \$572 inc. GST

Date

14 - 15 Dec 2017

Venue

Newcastle Quality Hotel Noahs on the Beach

Corner Shortland Esplanade and Zarra Street , Newcastle, NW, 2300

CPD Hours

11 Hours | 30 Mins

Newcastle 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

Julie Shepherd

Delegation or Abrogation?

There is a difference between the delegation of tasks and the abrogation of responsibilities. This has significant ramifications because the onus of accountability is a strong one. This session looks at the difference between these two concepts and also examines:

- How to successfully delegate the responsibility as well as the work
- How to meet the challenges of delegating when staff are constantly changing and there are fluctuating levels of competency
- Ensuring you delegate within the boundaries of a nurse's scope of practice

10:00

Rebecca Williams

Preventing Malnutrition in the Elderly

Malnutrition is a major health problem known to exacerbate chronic illness and increase morbidity and mortality, particularly in older people. This session looks at:

- Why malnutrition is so detrimental to the health of an older person
- The multi-system impact of malnutrition on the older person, including skin integrity, mobility and wound healing
- How malnutrition can be prevented in the obese individual
- Practical strategies to improve nutritional status

10:45 Morning Tea

11:15

Rebecca Williams

Low Fat v Low Carb Diets

There are many different types of diets that people use. However, some appear to work better than others. Evidence suggests that the health benefits of some diets outweighs that of others. This session specifically looks at the relative merits of low fat v low carbohydrate diets. Includes:

- When is a low fat diet indicated?
- Which type of diet affects blood glucose levels?
- Does time of day when the food is ingested matter?
- Which diet works best for cardiovascular disease?

12:15

Associate Professor Pauline Chiarelli

Female Pelvic Floor Dysfunction: Pelvic Organ Prolapse

Female pelvic floor dysfunction encompasses a number of prevalent clinical conditions including urinary and faecal incontinence, obstructed defaecation, sexual dysfunction and female pelvic organ prolapse. Pelvic organ prolapse is the most common condition. In this session:

- What is the aetiology of FPOP?
- Conducting an assessment
- What is the latest evidence on treatment and management options?

1:15PM Lunch and Networking

2:00

Fiona De Sousa

The Ins and Outs of Communicable Disease

Picture yourself in a situation where it has been confirmed a person who came into your facility for a couple of days has been diagnosed with the measles. What will be the first thing you need to do? It is a very stressful and intense situation to be able to remain calm and focus as you manage days' worth of people being in close proximity to the carrier. Though healthcare has come a long way in preventative medicine, disease outbreaks still exist in today's world. The growing population travelling to exotic destinations and returning to densely populated areas screams for an outbreak! This session we look at common and recent outbreaks, an update on disease surveillance, the nurses' actions and responsibilities, followed by a real life case scenario. Includes:

- What are the most common and recent communicable disease outbreaks?
- Disease surveillance in 2017 - what are we looking for?
- A review of the steps to take once an outbreak has been confirmed
- What are the nurses' responsibilities in managing an outbreak?
- It's not a movie, this is real! - a real life case scenario

3:00 Afternoon Tea

3:15

Gary Bain

Oedema and Compression Therapy: a Practice Update

Management of oedema in the legs can be challenging to the healthcare professional. In this session you will discover the reasons for the use of compression therapy and why it is so effective.

4:15 Close of Day One of Conference

Day Two

9:00AM Commencement of Day Two

9:00

Gary Bain

When Disaster Strikes: Start Thinking Rehab!

It is well known that the earlier rehabilitation is initiated after an acute event, the better the outcome. This means nurses who work in a range of healthcare settings need to have a mindset and skills that promote rehabilitation in the long term. This session looks at the type of early rehabilitation that has the most impact on long term care and includes:

- Redefining rehabilitation as an imperative in most acute settings
- When does rehabilitation for a stroke person start?
- How do you know when a person is fit to be discharged?
- Resources to prevent the revolving door syndrome

10:00

Greg Millan

Male Health in Australia: Moving in the Right Direction

Australian men are more likely to get sick than Australian women. As men age, their health faces some key threats that may undermine their ability to remain healthy. In this session:

- What are the key threats to men's health?
- Improving men's health and wellness: what's the latest information?
- The nursing role in promoting men's health and wellness

11:00 Morning Tea

11:15

Susan Neuner

Newly Diagnosed Diabetes? How Nurses Can Help

A person who has recently been diagnosed with diabetes is often very confused and worried. They may seek information and help from many sources, However professional face-to-face communication is essential in these early days. This session looks at the common issues that face a person who is newly diagnosed with diabetes. Includes:

- Should you recommend self monitoring of blood glucose?
- What dietary advice should you give if they like to eat potatoes in the evening?
- Should you advise a person to increase exercise if they are slim?
- Which websites are credible and can help

12:15

Amy Lee Walker

Medication Update: Existing and New Oral Anticoagulants

Medications remain one of the cornerstones of preventing and treating blood clots. The medicines that affect the blood and prevent clotting are frequently administered by nurses, yet there are many potential complications of these. Understanding the mechanism of these regularly used medicines is paramount to providing safe patient care. This session will review some important clinical considerations, including the use of reversal agents, associated with these medicines. Includes:

- Antiplatelet agents, e.g. aspirin, clopidogrel

- Anticoagulant agents, e.g. warfarin
- Evidence for novel classes of anticoagulants

1:15PM Lunch and Networking

2:00

Gary Bain

Chronic Wound Management: What Works?

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

- How does the aetiology of chronic wounds differ to acute wounds?
- How to manage a chronic wound that has become infected
- Is it possible to reignite healing in a chronic wound?

3:00 Afternoon Tea

3:15

Professor Michael Hazelton

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. Topics in this session include:

- Enhancing emotional wellbeing through self-care
- Should this be considered part of professional development?
- Sustaining wellbeing across the day and going home healthy

4:00 Close of Conference and Evaluations

Presenters

Gary Bain

Gary Bain lead the launch and implementation of the Wound Management Service for the Sydney Adventist Hospital and directed the nurse-led outpatient Wound Clinic for 25 years, prior to leaving the Hospital in 2015. Currently in private practice, The Wound Guy provides education to medical, nursing, allied-health and product-industry personnel. He also provides clinical support to patients and their clinicians in the aged care, primary care and community sectors. These activities are conducted concurrently with his present role as educator and nurse consultant in wound management at the Mt Wilga Private Hospital (Rehabilitation Centre). Gary has memberships with Wounds Australia, HEMI Advanced Wound Care Network and the Australian College of Nursing. He maintains strong relationships with and regularly supports all corporate members of the wound care product industry. He liaises with and presents for professional organisations such as the Lindsay Leg Club, Ausmed Education, the Australian College of Nursing, the Australian Practice Nurse Association and the Pharmaceutical Society of Australia, as well as philanthropic groups such as the Rodmell Fund for Aged Care Education. Gary undertook his undergraduate training at Avondale College, obtaining a Diploma of Applied Science (Nursing). He obtained a Bachelor of Nursing through the University of Technology Sydney, combining this with a Burns and Plastics Nursing Certificate from the Royal North Shore & Concord Hospitals, completing his tertiary studies at the School of Medicine, University of NSW with a Masters Degree in Clinical Education. He has fulfilled the roles of Nursing Unit Manager, Nurse Educator and Clinical Nurse Consultant working in countries including Australia, Fiji and New Zealand. Gary is passionate about maintaining his own professional development, expanding his knowledge and skill base. In addition to acting as an educator and clinical advisor, he is also regularly utilised as a Master of Ceremonies and Meeting Chair in health professional meetings and events, across Australia and New Zealand.

Julie Shepherd

Julie is currently Managing Director of Bower Bird Information Services, her role includes management of internet web sites Nursingjobs.com.au; Nursingasia.com; Nursingleadership.com.au; Nursingone.com and Workinhealth.com. Julie is also responsible for business development and day to day management of the company including financial and human resource management, direct customer and consumer relationships through business to business dealings and promotional exercises. From April 2007 - 2011 Julie was Board Director, Royal College of Nursing, Australia and Transitional Board Director, Australian College of Nursing, Australia, December 2011 - 2013.

Pauline Chiarelli

Associate Professor Pauline Chiarelli was a founding member of the Continence Foundation of Australia and first Australian Physiotherapist member of the International Continence Society and lays claim to being the first Australian Physiotherapist Continence Adviser. She is a Research Associate with Australian Longitudinal Women's Health, immediate past Scientific Editor of the Australian and New Zealand Continence Journal and a member of the steering committee of the Australian National Continence Management Program. As well as her PhD, Pauline has a Master's degree in Medical Science in Health Promotion: a degree that has proven effective in her continence promotion efforts to "dry up Australia". Her Master's Thesis was "Incontinence During Pregnancy: Prevalence and Opportunities for Continence Promotion" while her PhD thesis explored "Female Urinary Incontinence in Australia: Prevalence and Prevention in Postpartum Women". Recently her research has focussed on male continence promotion specifically related to radiation therapy as treatment for Prostate cancer. For the last eight years Pauline has convened the Bachelor of Physiotherapy Undergraduate program at the University of Newcastle NSW Australia.

Fiona De Sousa

Fiona De Sousa is a Registered Nurse with a Masters of Advanced Practice in Nursing - Infection Control from Griffith University, Queensland and a Bachelor of Nursing from the University of Tasmania. Fiona has more than a decade of experience in the specialty of infection prevention and control and has previous experience in diverse ward specialties including urology, colorectal, vascular, general medical and surgical nursing with a specific focus on orthopaedics. Fiona has previously worked as a Nursing Unit Manager and Infection Control Coordinator in both regional and metropolitan hospitals in Australia. Fiona is currently working as an Infection Control Clinical Nurse Specialist in the Hunter New England Local Health Directorate and as a Registered Nurse on an orthopaedic/ neurosurgical ward at Newcastle Private Hospital.

Greg Millan

Greg Millan is one of Australia's leading experts on men's health and wellbeing with over 30 years experience in the men's health promotion area. He has developed and implemented many health programs, professional training sessions, and community events and developed resources covering a wide range of male health and wellbeing issues. Greg is a social work trained Health Educator who has worked for over 35 years in government, non-government organisations and the private sector. He is currently involved in various men's health & wellbeing projects and is the author of *"Men's health & wellbeing: an a - z guide"*.

Susan Neuner

Susan Neuner is a Clinical Nurse Consultant - Diabetes Service, in Newcastle. She has a background in Community Nursing and began working in a Diabetes role in 2001 whilst working as a community nurse in Cessnock. This ignited a passion to learn more about Diabetes and its management. Susan have been working with the Diabetes Service in Newcastle since 2004. Susan completed her Graduate certificate in Diabetes Education and Management through UTS in Sydney in 2005 and has been a Credentialed Diabetes Educator for the past 10 years. Susan achieved the position of Clinical Nurse Consultant within this service in 2015. She is very passionate about improving the health outcomes of people with diabetes by empowering them to self-manage their condition through education to assist them to understand their chronic disease and its management.

Michael Hazelton

Mike Hazelton is Professor of Mental Health Nursing at the University of Newcastle Australia. He has worked in different parts of Australia - New South, Western Australia and Tasmania, and has had extensive experience leading schools of nursing at the University of Tasmania, Curtin University and the University of Newcastle. He is Honorary Director of the Halla /Newcastle Centre for Problem Based Learning, Cheju Halla University, Republic of Korea and was Visiting Professor in the School of Healthcare, University of Leeds between May and September 2010. Professor Hazelton's clinical work as Professor of Mental Health Nursing has included involvement in various types of cognitive behaviour therapy. For instance, he participated as both an individual therapist and group skills therapist in the delivery of dialectical behaviour therapy (DBT) for borderline personality disorder in the Centre for Psychotherapy, Hunter New England Area Health Service between 2005 and 2010. He was also involved in a program providing group-based cognitive behaviour therapy (CBT) for depression to clients referred by local general practitioners in the Newcastle/Hunter region in 2006 and 2009. Professor Hazelton is also an accredited Mental Health First Aid Master Trainer and has provided mental health first aid training to students, university staff and community members since 2009. Many of Professor Hazelton's research publications and presentations reflect his ongoing commitment to clinical work and health professional education. Professor Hazelton has a research background in both qualitative and quantitative methods, has published widely on mental health and mental health nursing and has undertaken consultancies for various governments, both Commonwealth and State in Australia. Professor Hazelton is a past Editor of the International Journal of Mental Health Nursing and is currently a member of the Editorial Advisory Committee of the Australian and New Zealand Journal of Psychiatry. To date he has supervised 16 PhD students to successful completion; been the recipient of a number of awards for mental health nursing research; and in 2003 was made a Life Member of the Australian College of Mental Health Nurses, the highest honour awarded by that professional organisation.

Rebecca Williams

Rebecca Williams is a Newcastle based Accredited Practising Dietitian and Research Associate at the University of Newcastle. Rebecca completed her undergraduate degree in Nutrition and Dietetics in 2011 through the University of Newcastle and has submitted her PhD thesis in the area of Obesity. Rebecca is continuing her research career in the field of obesity treatment and hopes to one day be able to translate her research findings into real world practice in order to help individuals improve their health. Rebecca also strongly advocates for the role of nutrition in health promotion through her position as the Chair of Nutrition Society of Australia Newcastle Branch and also as a committee member of the Obesity Interest Group with the Dietitian's Association of Australia.

Amy Lee Walker

Amy Lee Walker completed her Bachelor of Biomedical Science in 2006 followed by a Masters of Pharmacy from the University of Newcastle in 2008 and currently studying a Masters of Health Administration with Flinders University. She has attained a certification with the Australian Association of Consultant Pharmacists in 2011 to expand her community service work with Home Medication Reviews (HMRs) whilst working as a Clinical Pharmacist. She has worked as a Child and Adolescent Mental Health (Nexus) and Adult Mental Health Rehabilitation Pharmacist, her experience includes being part of the Australian and New Zealand College of Psychiatrists (ANZCP) panel for the review of International Cardiometabolic Monitoring Guidelines. Than gained a novel role as CAHS Specialist Mental Health Pharmacist and worked in Alice Springs and Tennant Creek adhering to many challenges and has since accepted rewards for addressing mental health and systems in the area. During that time she has undertaken research looking at Adherence and Health Literacy for Indigenous Mental Health Consumers and have presented the results. At the moment she is currently employed as a Clinical Pharmacist at the Calvary Mater Newcastle and raising a beautiful baby and to balance pharmacy she also works as a Pilates Instructor at Total Body Pilates which she finds very complementary.

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