



QRC: 3100

Price

One Day : \$462 inc. GST

Two Days: \$590 inc. GST

Date

19 - 20 Feb 2018

Venue

Mercure Portsea Resort

46 London Bridge Rd , Portsea , VI,
3944

CPD Hours

10 Hours | 45 Mins

Mornington Peninsula 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 care 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 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, recognised standards, and

Program Schedule

Day One

8:30AM Registration for Day One

9:00

Elise Deighton

"Worried Well" People and Those That Don't Worry: Health Promotion Opportunities for Nurses

Some people are incredibly particular about and in tune with their health. Others, conversely, take a *laissez-faire* approach or none at all. Nurses care for all kinds of patients and opportunities always exist to engage people in health promotional activities. This session envisages the role of the "Nurse Coach" and looks at:

- Do nurses have a responsibility to create healthful opportunities in their communities?
- What health activities have the most benefit to the greatest number of people?
- What resources are available?

9:45

Elise Deighton

The "Virtual Ward": Implications for Community Settings

A "virtual ward" is just that - virtual - patients remain in their own homes. This session explains the concept of the hospital in the home, and how it is being implemented at Peninsula Health. It includes:

- What is a "virtual ward"?
- Which patients are suitable to receive this service?
- How is a "virtual ward" managed?
- How are patients discharged?

10:30 Morning Tea

11:00

Dr Fergus McGee

Advance Care Directives

As patients near the final phase of a terminal illness, it can be difficult to make rational and reasonable choices that meet the patient's wishes. There are many legal and ethical pitfalls when considering end-of-life choices for patients, their families, and health professionals. This insightful session will discuss:

- What are Advance Care Directives and why should everyone have them?
- How do you have a practical discussion about a patient's wishes as outlined in an Advance Care

Directive?

- What are some of the ethical decisions that patients and families face at the end of life?

12:00

Craig Maloney

Treatment Options for Dependence

Dependence is a chronic disease. It is not feasible that people can be cured by stopping the substance for a few days. Recovery is slow, may often need to be repeated, should be holistic, and in many cases demands lifelong vigilance. This session will examine:

- What are the key evidence based principles for an effective treatment program?
- Is there one single treatment that supports anyone with a dependence?
- How are medications used to manage withdrawal?
- How can you challenge the alcohol and drug culture framework to support clients in their recovery program?

12:45PM Lunch and Networking

1:45

Camille Edgar and Marion Hartley

Urinary Incontinence in Women

Urinary incontinence occurs more often in women than in men. It is common and treatable. Pregnancy, childbirth, and menopause may contribute to urinary incontinence in women. Weak bladder muscles, overactive bladder muscles, and nerve damage may also cause this urinary incontinence. In this session we will:

- Exploring the causes of urinary incontinence
- Look at the different types and their management options

2:45 Afternoon Tea

3:15

Jane Spence

Statins: Who Needs Them?

Statins, otherwise known as HMG-CoA reductase inhibitors, have had a huge impact on decreasing morbidity that relates to cardiovascular disease. Their lipid-lowering effects are now well-established. However, in recent times, there has been controversy surrounding their use. This session will explain how they work, including their contra-indications and clarify any confusion to ensure nurses are in a position to correctly provide patient education. It includes:

- What role do statins have in diminishing absolute CVD risk?
- Can common side effects be managed?
- What happens when statins are ceased?

4:15 Close of Day One of Conference

Day Two

9:00AM Commencement of Day Two

9:00

Elizabeth Allen

Unstable Diabetes: Management Options

Sometimes a person may feel “hypo” but have a high blood sugar. It can also be very demoralising for a person experiencing this condition. You, as a nurse, may see other types of instability, which can be really challenging. This session looks at:

- When is diabetes considered unstable?
- How serious is unstable diabetes?
- What type of psychosocial and clinical support should be provided?

10:00

Elizabeth Allen

Diabetes: Aids and Appliances to Promote Independence and Reduce Complications

This session gives you an opportunity to assess, review, and evaluate the usefulness of current market products, and shows you how to educate the person to use aids and appliances effectively. It includes:

- What type of product can assist a person with diabetes to maintain independence and prevent complications?
- How do you know what product to use?
- How can you choose the most cost-effective product?

10:45 Morning Tea

11:15

Craig Maloney

The Suicide Snowball: Can it be Slowed?

Recent data suggests that suicide is more common in males than females and considerably more common in men 80 and over. Furthermore, men in the 45-49 year age group are at increasingly a high risk of suicide. Additionally, suicide amongst men in rural and remote areas is significantly higher than in non-remote areas. Nursing those who have intentionally tried to take their own life can be complex and challenging. However, these statistics confirm the need to explore suicide and provide you with practical strategies for your nursing practice. This session includes:

- How do you assess? What are the risk factors? This is critical to understanding prevention strategies
- Overcoming the taboo – How do we talk about suicide?
- Suicide ideation – What to say? What to do?
- Is self-harm the same as attempted suicide?
- How can you make the best use of your resources?

12:15

Kate Save

Low Fat Versus 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 outweigh those of others. This session specifically looks at the relative merits of low fat versus low carbohydrate diets. It 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?

1:15PM Lunch and Networking

2:15

Cathy Halmarick

Sexual Health: Is Old New Again?

Our sexual health is an important part of our sense of self. Managing our sexual health is important. With the re-emergence of sexually transmitted diseases, has old become new again? In this session, we consider:

- Taking a sexual health history
- Epidemiology of sexually transmitted infections and blood borne viruses in Australia
- Bacterial and viral sexually transmitted infections
- Prevention and current best practice management

3:15 Afternoon Tea

3:45

Craig Maloney

Workplace Civility and How Not to Take “It” Personally

Too often people in the workplace experience negative emotions and incivility. This can be destructive and lead to disengaged workplaces where no one benefits. In this session we will explore what causes workplace incivilities and the drivers behind these behaviours. We will consider:

- Common causes of incivility in the workplace
- Recognising uncivil behaviour – management responsibility
- What to do if someone is uncivil to you

4:30 Close of Conference and Evaluations

Presenters

Craig Maloney

Craig Maloney has a master of mental health nursing and graduate qualifications in child and adolescent mental health, group work, alcohol and other drugs, Dialectical Behaviour Therapy (DBT), and Acceptance Commitment Therapy (ACT). He has substantial teaching experience in the area of managing workplace aggression and adverse incidents, mental health nursing, root cause analysis, and risk management. Craig is a Credentialed Mental Health Nurse, a fellow of the Australian College of Mental Health Nurses, and a member of the Australian Institute of Company Directors. He is the recipient of two national awards for his work in primary health care and mental health and is a pioneer of males working in family and partner violence. Craig has experience working in research and occupational health and safety and is sought after as a risk governance and quality systems architect. He currently works as a consultant in systems design, quality and risk management, education, training, suicide intervention, and mental health first aid. He is a life coach, specialising in nursing success, and is the executive officer of a charity that supports injured workers on the journey to recovery.

Elise Deighton

Elise Deighton is currently the nurse unit manager of community care at Peninsula Health. As a Registered Nurse, and with a background in health promotion, Elise has a keen interest in the provision of care to clients with chronic and complex health conditions in the community. She is currently completing her Master of Health Services Management at Monash University.

Fergus McGee

Dr Fergus McGee is the medical lead advance care planning for community care at Peninsula Health.

Jane Spence

Jane Spence is a Mornington Peninsula based consultant pharmacist who has worked in the local area since graduating from Monash University. She has a wealth of pharmacy experience, having worked in community pharmacy, public and private hospital pharmacy, and defence pharmacy, in addition to working in the government sector for almost 10 years as the NPS MedicineWise area facilitator, providing educational services to GPs, nurses, and pharmacists on numerous topics, including lipid management. She has been accredited to perform Home Medicine Reviews for over 10 years and has her own private practice in Frankston. Since completing the Graduate Certificate in Diabetes Education at Deakin University and becoming credentialled by the Australian Diabetes Educators Association, she also works as a diabetes educator at numerous general practices and pharmacies on the Mornington Peninsula.

Elizabeth Allen

Elizabeth Allen is a Registered Nurse and Midwife and has been employed as a clinical nurse consultant in diabetes for the past 16 years. She has worked in a variety of environments including, acute, subacute, aged care and HARP. Previously, she was the general manager of a growing community health service in the Yarra Valley. Liz is currently employed in a dual role, as the early intervention team leader at Peninsula Health in the community health sector, and clinically as a clinical nurse consultant. She runs the Desmond Type 2 and DAFNE Type 1 programs, as well as providing individual consultations to clients. Together with a team of allied health practitioners at Peninsula Health, Liz also runs the diabetes prevention program LIFE. Her speciality is obesity management in the presence of other chronic diseases.

Kate Save

Kate Save is an Accredited Practising Dietitian and Accredited Exercise Physiologist. She holds a double degree in Nutrition/Dietetics and Exercise Science from Deakin University, as well as an Advanced Diploma of Diabetes Education and a Masters of Clinical Exercise Physiology. Her passion for continued learning extends to educating future health practitioners via her lecturing and course development roles at Deakin University, Chisholm TAFE, and FIA Fitnation. Kate lectures in the key subject areas of diabetes, weight loss, heart disease, bariatric surgery nutrition, and food intolerance. With more than a decade's experience working within the health and fitness industry, Kate is committed to delivering credible health and wellness advice based on the latest scientific research and industry best practice. She is truly passionate about helping to empower individuals across all walks of life make real change within their own lives. Her philosophy is simple and comes down to a core belief that anyone can achieve optimal health and well-being through balanced nutrition and exercise. As a working mother, she also understands the everyday pressures faced by individuals and families trying to find a healthy balance. Kate is also the founder of the Diabetes Funwalk - a community event aimed at breaking down the stigma attached to type I diabetes, supporting newly diagnosed children and their families, and raising funds for critical research. Lastly, Kate is the co-founder of Be Fit Food along with a Bariatric Surgeon. Be Fit Food is a healthy delivered meals program, which is scientifically formulated for rapid weight loss using only REAL food and nothing artificial for exceptional results in both the general populations and, more specifically, for professional athletes.

Cathy Halmarick

Cathy Halmarick is a Registered Nurse and Midwife who has worked at Peninsula Health, at Frankston Hospital, and in the community health setting for two decades. She specialises in women's health, as well as sexual and reproductive health. She recently completed a Master of Advanced Nursing Practice at the University of Melbourne. Cathy works in a variety of settings including women's services, midwifery home care, and in the community. Her community role includes a clinical component as well as the provision of sexuality education in both primary and secondary schools. She has a special interest in working with children and adolescents with intellectual disabilities and has developed an education program for these young people. Cathy also provides a regular clinical session at Headspace in Frankston, which incorporates an educative component. She considers that provision of care and education to young people to be one of her most important roles. Cathy also has an interest in working with women with disabilities and has developed a conduit for caring for these clients by establishing trusting relationships with them and their support of care workers. Her role as a CASA referral nurse has been invaluable in this area. She believes sexual healthcare is important for all individuals and can be improved through information, education, respect, and understanding. Cathy has affiliations with Australian Nursing Midwifery Federation, Australian College of Nurse Practitioners, Centre Against Sexual Assault, Australasian Society for HIV, Viral Hepatitis and Sexual Health Medicine, and is a representative on a sexual health focus group for Women's Health in the South East.

Camille Edgar

Camille is a Continence Clinical Nurse Consultant and the Continence Service Manager. Camille has worked in the Peninsula Health Continence Service for 8 years. Camille manages adults with bladder and bowel problems. Camille's expertise and passion is bladder management.

Marion Hartley

Marion is a Continence Clinical Nurse Consultant and has worked in the Peninsula Health Continence Service for 15 years. Marion manages children and adults with bladder and bowel problems. Marion's expertise and passion is bowel management.

Registration form

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