



QRC: 3496

Price

One Day : \$560 inc. GST

Two Days: \$740 inc. GST

Date

14 - 15 Mar 2019

Venue

Hotel Ibis Brisbane

27 - 35 Turbot Street , Brisbane, QL,
4000

CPD Hours

11 Hours | 0 Mins

The Immune System, Inflammation, and Cancer Conference - Brisbane 2019

2 Days for All Nurses

Need for Program

More and more research continues to reveal the fascinating links between the immune system, inflammation, and diseases, such as cancer. The exciting evidence is rapidly being translated into new treatments of diseases. However, an abundance of unproven information and pseudoscience exists in this space. Therefore, it is essential that all health professionals, and particularly nurses, are provided with opportunities to access evidence-based content if health outcomes and health literacy are to remain high.

Purpose of Program

To update health professionals on the emerging conditions associated with the immune system and its response to chronic inflammation and cancer so as to improve health outcomes.

Learning Outcomes

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

- Appraise various sources of information that relate to inflammation so your knowledge reflects best-available evidence
- Provide correct information and education to people in your care, to enhance patient health literacy and adherence to treatment
- Promote evidence-based preventative actions for people with health risks to enable them to avoid illness
- Identify potential triggers and initiate early interventions to prevent infections in people undergoing novel cancer therapies

Program Schedule

Day One

8:30 Registration for Day One

9:00

Welcome and Introduction

9:05

Dr Tony Kenna

Refresher of the Immune and Lymphatic System

The immune system is the core of our existence, and it is continuously combating various types of bacteria, viruses, and parasites. How does a complex network of cells, tissues, and organs protect the body from infection? This introductory session will help you to refresh your understanding of the immune system. It includes:

- What are the essential components of the immune system?
- What is an immune response and how does the immune system respond?
- What are the different types of immunity?
- Why does a balance between an underactive or overactive immune system matter?
- What is the relationship between the lymphatic system and the immune system?

9:45

Professor Matt Sweet

Red Alert! All About Inflammation

Nurses may visualise inflammation as red, hot, and painful to touch tissue. However, inflammation can also be invisible. This session will look at the most up-to-date evidenced findings on inflammation. This includes:

- What is inflammation?
- What are the pros and cons of this immune response?
- Can inflammation be destructive if left unresolved?
- How is uncontrolled inflammation linked to disease and which ones?

10:45 Morning Tea

11:15

Dr Marloes Dekker Nitert

The Human Microbiome and the Immune System

Recently gut flora has been found to play a vital role in immune health. While the gut's primary function is to digest food, gut flora assists in protecting the body against the invasion of pathogens. This session will look at a relatively undefined link between the human microbiome and how it influences the immune system. Topics will include:

- How does gut flora protect us from pathogens?
- What is the role of the gut in immune health?
- What are the implications of the gut flora being disrupted?
- Digging up the dirt on being clean – what is the “hygiene hypothesis” and how does it relate to the gut?

12:00

TBA

Immunopathology - How do You Test for Immune-Related Disorders?

The genetic makeup of a recently diagnosed illness, such as cancer, can now guide targeted immunotherapy treatment for patients. This session will take an evidenced look at modern approaches to diagnosing and testing for immune-related disorders. It includes:

- What is immunopathology and how do you screen for immune-related disorders?
- What are biomarkers and how do they help identify genetic makeup?
- What is the immunobiology of cancer and how do immunosurveillance and immunoediting contribute to combating the disease?
- How is immunopathology now linking to cancer treatment?

1:00 Lunch and Networking

2:00

Linda Bradbury

The ABCs of Biomarkers, Biosimilars, and Biological agents

Immunotherapy focuses on using the body’s immune system to fight disorders, such as autoimmune conditions and certain cancers. This session will provide you with an update on the new frontiers of modern medicine. It will look at:

- Chemotherapy vs biotherapy - how do they differ?
- What is immunotherapy and when is it used?
- How is immunotherapy administered?
- Are there adverse effects associated with immunotherapy?
- How do you care for an individual receiving immunotherapy?

3:00 Afternoon Tea

3:30

Dr Treasure McGuire

The Clinical Nurse Detective - Methotrexate Toxicity

The potential for harm with any medication is a constant concern regardless of the administered drug. Methotrexate raises particular interest due to its potential to cause adverse outcomes. This session will look at Methotrexate toxicity and a relevant case study regarding medication safety. This includes:

- What is the pharmacokinetics of methotrexate?
- What adverse reactions can occur?
- How does toxicity present?

- Can toxicity be reversed?

4:30 Close of Day One of Conference

Day Two

9:00 Commencement of Day Two

9:00

TBA

Is Inflammation Linked to Depression?

The evidence is growing to suggest a link between mental illnesses, such as depression, and ongoing low-grade inflammation in the body. This theory recognised depression as a psychoneuroimmunological disorder and can help to explain why reducing chronic inflammation in the body may help to improve or even prevent depression. This session will look at:

- What is the link between chronic inflammation and mental illnesses, such as depression?
- Can anti-inflammatory agents treat depression?

9:45

Lauren James

Weighing up the Facts - Anti-Inflammatory Dietary Approaches

An anti-inflammatory diet is considered to be an integrative approach to averting some types of diseases. This session will explore the ideas linking diet and inflammation, and whether nutrition can reduce it. Topics include:

- How are diet and exercise related to inflammation?
- Can these interventions reduce inflammation?
- What foods/diets are evidenced to be pro-inflammatory?

10:45 Morning Tea

11:15

Professor Rajiv Khanna

CAR T-Cells - Driving Changes in Cancer Treatment?

CAR T-cells are considered “The Fifth Pillar” of cancer treatment. This session will look further into CAR T-cell treatment and its ability to disarm and kill cancer cells. It includes:

- What is the role of CAR T-cells?
- How are they being used to treat certain malignancies?

12:15

Denise Simmons

Rethinking the Critically Ill Patient with Cancer

While new therapies are changing the world of cancer treatment, adverse immune reactions, the ever-present possibility of infections are common and can result in an increasing wave of oncology emergencies. This session will explore these and consider how we may be able to combat them. This includes:

- What is a hyper-inflammatory response?
- What is a cytokine storm and what are the consequences?
- Are the sepsis guidelines for cancer patients different?

1:15 Lunch and Networking

2:15

Linda Bradbury

Caring for Patients with Autoimmune Diseases

Living with autoimmune diseases may be overwhelming and challenging. As nurses, we are there to support our patients in dealing with their symptoms. This session includes:

- What are flare-ups in autoimmune diseases?
- How can nurses help prevent and manage flare-ups?
- How can nurses empower patients with autoimmune diseases?
- Are there any advancements in the treatment of autoimmune diseases that nurses should be aware of?

3:00 Afternoon Tea

3:30

Denise Simmons

From Physical to Practical: Supportive Care in Cancer

Cancer is a life-changing diagnosis, and it is imperative that the patient receives supportive care during this difficult time. Supportive care, which encompasses everything from support groups to financial assistance, helps to promote the wellbeing of the patient with cancer, despite their diagnosis. This session includes the following topics:

- Different aspects of supportive care
- Developing individualised supportive care plans
- Assisting your patient in obtaining the appropriate supportive care

4:30 Close of Conference and Evaluations

Presenters

Linda Bradbury

Linda Bradbury is a Nurse Practitioner: rheumatology. 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 coordinating 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 coordinates numerous genetics research programmes that are being conducted within his group. She has over 25 publications. She completed her master of science in advanced health care practice in 2006. She 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.

Tony Kenna

Dr Tony Kenna is a cellular immunologist and a senior research fellow at the Queensland University of Technology. His research career has focused on human immunology and the identification of novel therapeutic approaches for the treatment of immune-mediated diseases, including ankylosing spondylitis (AS and systemic sclerosis). The genomics revolution of the last decade has greatly expanded the understanding of the genetic architecture of many immune-mediated diseases. A major challenge now is to determine how newly identified genetic variants alter immune cell and immune system function(s). Working closely with leading human geneticists, Tony's research integrates world-first genomic data with cellular and molecular immunology to unravel the key drivers of disease pathogenesis. His work also enriches fundamental knowledge of human immunology. Dr Kenna's lab has established biobank of patient clinical material with which to interrogate altered immune function in immune-mediated diseases.

Matt Sweet

Professor Matt Sweet is an immunologist and cell biologist at the Institute for Molecular Bioscience (IMB) at the University of Queensland. He undertook his PhD at the University of Queensland and postdoctoral training at the University of Glasgow in Scotland. He was a key member of the Cooperative Research Centre for Chronic Inflammatory Diseases, and he was the founding director of the IMB Centre for Inflammation and Disease Research. His laboratory studies how the innate immune system (the body's first line of defence against harm) protects against infectious diseases, but drives the progression of the many acute and chronic diseases associated with dysregulated inflammation.

Marloes Dekker Nitert

Dr Marloes Dekker Nitert is a senior research fellow at The University of Queensland. Marloes is a biomedical researcher with a PhD from Lund University in Sweden. Her research focuses on the role of metabolism in complications of pregnancy. She currently heads a laboratory research group at the UQ Centre for Clinical Research, studying the role of the gut microbiome in pregnancy, the role of food additives on placental function and placental gene expression, and epigenetic markers in pregnancy complications. Marloes works closely together with clinician-scientists and clinicians at the Royal Brisbane and Women's Hospital. She is part of the SPRING RCT team, which assesses if probiotics can prevent gestational diabetes mellitus in overweight and obese women. Marloes is a scientific representative on the SOMANZ council.

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.

Rajiv Khanna

Professor Rajiv Khanna is a senior scientist for the QIMR Berghofer Medical Research Institute.

Lauren James

Lauren James is a dietitian for Eat Smart Nutrition Consultants. She has been a dietitian for over nine years, working in both clinical dietetics and sports nutrition.

To Be Determined

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