



QRC: 2812

Price

One Day : \$451 inc. GST

Two Days: \$572 inc. GST

Date

09 - 10 Nov 2017

Venue

Toowoomba Events Centre

2 Burnage Street , Toowoomba, QL,
4350

CPD Hours

11 Hours | 15 Mins

Toowoomba 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

Kathy Ahern

Mentoring and Leadership in Clinical Practice: What Works?

Across clinical practice and healthcare there is a need to mentor, coach and lead both novice and expert nurses. These techniques improve engagement and understanding of the day to day clinical role and how nurses can make improved decisions based on research and evidence. These high-order decisions can improve patient outcomes, identify clinical anomalies and add to the body of nursing knowledge. This session will look at how you can incorporate this into your nursing practice.

9:45

Louise Moran

Reversing Pre-Diabetes

Because diabetes is well-known to be linked to a raft of chronic diseases reversing or delaying its onset is now imperative. In this session we will look at the definition of pre-diabetes and what is known about it. As well, evidence regarding whether pre diabetes inevitably leads to diabetes will be addressed. Includes:

- What is pre-diabetes and how is it diagnosed?
- If a person has a high blood sugar reading what is the next step that should be taken?
- Can pre-diabetes be reversed and if so, how?
- What ongoing surveillance is necessary?
- The importance of nurses in preventing diabetes

10:45 Morning Tea

11:15

Louise Moran

Gestational Diabetes: 2017 Update

According to Diabetes Australia, between 3-8% of pregnant women will develop gestational diabetes and this figure is as high as 15% for women from specific ethnicities. This session will bring you up to speed on a range of issues relating to gestational diabetes. Includes:

- Update on current guidelines on the management of GD
- What are appropriate, evidence-based dietary changes that may improve blood glucose levels?
- What long-term advice should be given to these women?
- How may this affect the overall health of the baby in their later life?

12:00

Jan Denyer

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?

12:45PM Lunch and Networking

1:45

Jan Denyer

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

2:30

Andrew Blythe

The Art of Advocating for Your Patients

One of the principles that lies at the beating heart of the nursing profession is the act of advocacy. For over a century, nurses have distinguished themselves from other professions by consistently advocating to obtain better outcomes for those in care, and in doing so have earned the public's trust as a profession. In the context of recent changes to Acts governing healthcare, particularly, Mental Health in Queensland, advocacy is an ability all nurses must feel familiar and confident with. This session considers:

- What does it mean to advocate?
- Why is advocacy more important than ever?
- What are common barriers to advocating?
- A look at practical ways to overcome these challenges

3:15 Afternoon Tea

3:30

Andrew Blythe

Closing the Communication Gap Between Yourself and Colleagues

Oh my! Do you ever feel as if no one is listening? Do you think you said something that was completely misinterpreted? Do you even remember what you said? Well, you are not alone. Clarity in

speaking and attention when listening are non-trivial attributes. This session will look at the many faces of communication and will reveal what we know about this important topic. Includes:

- How good are you REALLY at getting your point across?
- Do you listen well?
- Tips to improve communication within your team

4:30 Close of Day One of Conference

Day Two

9:00AM Commencement of Day Two

9:00

Kathy Ahern

Boundaries: Where Should I Draw the Line?

In your workplace, boundaries are invisible lines that somehow you need to be aware of. If you step over them, you do so at your peril. Yet, a lack of clear, established boundaries can leave many feeling overwhelmed and lead to role confusion. This session will look at boundaries and why they are important. Questions to be answered include:

- Why is maintaining boundaries with patients, other staff and members of the public so important?
- What are the consequences of breaching them?
- How do I know a boundary has been crossed?
- Examples of healthy boundaries v unhealthy boundaries
- How to establish and maintain strong boundaries

10:00

Josh Marshall

The Gut Brain Axis: What's New?

The gut-brain axis consist of bidirectional communication between the central and enteric nervous system. In essence this links the emotional and cognitive centers of the brain with peripheral intestinal functions. In this session:

- What is the role of the brain in gut health?
- Use of probiotics: What's good and what's not?

10:45 Morning Tea

11:00

Josh Marshall

Gut Microbiota: Latest Evidence

The gut microbiota is the name given to the ensemble of micro-organisms that live in the gut. It is known that the gut microbiota number millions and yet there is little known about these naturally occurring flora. In this session:

- What is the gut microbiota?
- What role does it play in gut health?
- What happens if these microbiota die?

12:15

Emma Muirden

Maintenance of Weight Loss: Why is it So Difficult?

One of the most difficult challenges after successful weight loss is maintaining the new weight. Following weight reduction, fat is laid down at a faster rate than before the weight was originally lost. As well, evidence shows that to maintain weight loss, a person must eat even less than a person who weighs the same but who does not have a weight problem. Why is this the case? This session explains this phenomena. Includes:

- How does metabolism change after losing weight? Why is this important?
- Why is it that the more weight you lose makes it more difficult to burn fat post weight-reduction?
- Why are fewer calories expended in reduced-obese adults?

1:15PM Lunch and Networking

2:00

Stephanie Matthews

The Judicious Use of Opioids: Implications for Nursing Practice

Opioids are commonly prescribed medication for pain management in a range of settings, frequently as a PRN. Yet their potential for harm and misuse is ever present. It is essential that these medicine are fully understood so that it is appropriately used and nurses can confidently feel safe administering them. This session offers an in depth review of opioid medications including:

- What are the different types of opioids used in today?
- How do opioids work to alleviate pain?
- Management of opioid induced side effects, e.g. constipation, falls etc.
- Dosing considerations in the elderly

3:00 Afternoon Tea

3:15

Kathy Ahern

How to Regain Your Passion for Nursing

Connecting with people is surely at the heart of being alive and coincidentally at the core of nursing care. Meaningful connections can help nurses to regain the special sense of satisfaction that may have once been so motivating but has been lost over time for a range of reasons. This final session will consider the importance of engagement and how it can assist you to find meaning in what you do. Professionalism and addressing stress, burnout and compassion fatigue can help you rekindle your passion for nursing. Includes:

- What type of behaviours could rekindle the spirit of nursing for those whose candle is burning low?
- Why should you bother?

Presenters

Kathy Ahern

Kathy spent 30 years teaching and supervising research. Her areas of expertise include ethics, education and mental health.

Louise Moran

Louise Moran is a Renal Diabetes Educator at Toowoomba Hospital Renal Unit. She is also the Nurse Manager/CNC for the Toowoomba Hospital Diabetes Service. She holds graduate certificates in Renal Nursing and Diabetes Education and Management and has achieved credentialing status with the Australian Diabetes Educators Association. Louise has facilitated/presented for a number of nursing education organisations and at state and national conferences. Louise is interested in hospital avoidance strategies for chronic disease specifically around diabetes and is collaborating on a number of projects targeting this area.

Jan Denyer

Jan Denyer is the Clinical Nurse Consultant Wound Management / Stomal Therapy for Darling Downs Hospital and Health Service. Jan has had a long standing interest in wound management. She enjoys the different challenges she comes across on a daily basis in her work life making her think outside the square to achieve results. She is a member of the Australian Wound Management Association, the World Council of Enterostomal Therapists, a credentialed member of the Australian Association of Stomal Therapy Nurses and a fellow of the Royal College of Nursing Australia.

Andrew Blythe

Andrew Blythe is a writer and editor who has a Masters in Writing, Editing and Publishing from the University of Queensland. In addition, he is an Adjunct Research Fellow at Griffith University within the School of Human Services and Social Work, assisting the school with both curriculum review and lived-experience research development. He enjoys communication in all its forms and has prepared and presented material via print—including as former editor of Time and Place (the magazine of the Queensland Heritage Council) and Queensland Pride—as well as radio, television, and multimedia formats. He is currently writing a memoir about his father's experience of receiving a heart transplant, as well as documenting other peoples' experiences of the Queensland health system.

Josh Marshall

Josh Marshall has been a registered nurse for 14 years. He has an array of experience which includes Intensive Care nursing at the PA Hospital, Rural Nursing throughout Queensland, Coronary Care units throughout Queensland, and is currently a member of the Chronic Disease Service at Toowoomba Hospital. Josh also works as a Chronic Disease Educator at GP clinics in Toowoomba as well as a Medical Educator for Queensland Rural Medical Education (QRME). He has completed a Master of Nursing in the Emergency Nursing stream and the Flinders University Chronic Conditions management program. He is currently studying his Diabetes Educator qualification and has an interest in juvenile diabetes..

Emma Muirden

Emma Muirden is an Accredited Practising Dietitian and member of the Dietitians' Association of Australia. Emma has been based at the Queensland Centre for Digestive Medicine since 2015. Emma is able to assist clients and provide personalised eating advice across a broad range of conditions. She has a special interest in the areas of gastrointestinal disease, weight management, diabetes, chronic kidney disease and bariatrics.

Stephanie Matthews

Stephanie Matthews is a local accredited pharmacist with community and hospital pharmacy experience. Stephanie has a special interest in optimising the use of medications in the older person. Stephanie currently works as the clinical pharmacist in a community health team and understands the importance of a multidisciplinary team approach for promoting the safe use of medicines and overall health of the patient.

Registration form

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