



**QRC: 2538**

**Price**

One Day : \$451 inc. GST

Two Days: \$561 inc. GST

**Date**

30 - 31 May 2016

**Venue**

Quest Ballarat

7-11 Dawson Street North , Ballarat, VI,  
3350

**CPD Hours**

11 Hours | 15 Mins

## **Ballarat Nurses' Conference 2016**

**Includes: New Evidence; Local Health Priorities; Improving Patient Outcomes; Preventative Health**

### **Need for Program**

Health care is undergoing major changes which are affecting the way nurses provide care. Regular appraisal of knowledge, skill and practice gaps is vital if nurses are to deliver safe and quality care consistent with their scope of practice. Changes include:

- A shift away from health practitioner locus of control to the patient
- Increasing professional accountability
- Emphasis on measurable, high quality and safe care
- Greater transparency for health care actions
- Personal responsibility for ongoing education to guide practice

Addressing these gaps is crucial. Nurses need to be confident the practice they provide is current and reflects appropriate evidence. Access to up-to-date education is essential.

### **Purpose of Program**

Attending this conference will improve your knowledge, skills and practice relating to a range of current professional and clinical practice issues. In so doing, you will be better positioned to improve patient outcomes and patient satisfaction relating to care.

### **Learning Outcomes**

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

- Recognise people who have health risks and implement preventative action to avoid illness
- Improve knowledge of specific nursing interventions that result in better patient outcomes
- Embrace clinical practices that encompass interprofessional knowledge to enhance patient outcomes

- Deliver patient outcomes that are underpinned by evidence and evaluate their effectiveness against recognised standards

## **Program Schedule**

### **Day One**

8:30AM Registration for Day One

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9:00

Associate Professor Penny Cash

### **Healthcare Settings and Unavoidable Changes**

Change in the health care workplace should be regarded as inevitable. A 'big picture' consideration of the Australian healthcare system is desirable before local considerations shape decisions about which changes are essential, which can be delayed and which are not necessary. This thoughtful clarity leads to an improved capacity for change-makers to be proactive instead of reactive. The session aims to build confidence when implementing change and seeks to:

- Look at several types of change that may occur in healthcare settings
- Consider why there may be specific staff reactions to certain types of proposed changes / innovations

9:45

Fiona Coates

### **The Future of Cardiovascular Nursing: Where Are We Heading?**

Cardiovascular nursing is in the midst of revolutionary changes. How are these changes affecting nursing care today and will nursing manage these changes? This session will bring you up-to-date on:

- Latest clinical care guidelines
- Trends and traditions in cardiovascular care
- Impact of chronic cardiac disease on quality of life

10:30 Morning Tea

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11:00

Renee Di Giuseppe

### **Hot Bodies: The Importance of Recognising Early Sepsis**

Sepsis is a potentially fatal condition caused by a whole-of-body inflammatory response to severe infection. The chances of survival are significantly improved if the onset is identified early. This session demonstrates the importance of early recognition and reinforces what warning signs of sepsis you must be aware of. Includes:

- Overview of the mechanism of sepsis
- How does sepsis cause hypotension?

- The diagnostic criteria for sepsis: clear triggers that attention is warranted
- Early aggressive treatment: what does it involve?

12:00

Graham Dawes

## **Outta Place: Outta Here! Inside The Adolescent Mind**

Teenagers are a fact of life. The development of significant relationships with friends and partners during this phase is critical as adolescents often struggle with a sense of who they are and their role in the world. This session explores:

- How can we make sense of adolescent thinking?
- What are developmental norms?
- Do adolescents experience the same moral dilemmas as adults?

1:00PM Lunch Break

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1:45

Dr Jenny Gowan

## **Asthma & COPD - Medicines, Devices & Management Update**

Asthma and chronic obstructive pulmonary disorder (COPD) are chronic lung disorders that occur frequently in the general population. Quality patient outcomes require that these respiratory conditions are well understood and that nurses are familiar with current Guidelines. This session will provide an update on the following:

- Current Guidelines on the evidence-based management of asthma & COPD
- Overlap of asthma and COPD
- New medications and their place in therapy
- New devices - specific advantages and precautions to consider
- Correct use of inhalational drug delivery devices?

2:30

Renee Di Giuseppe

## **Non-Invasive Ventilation - Clinical Application Made Easy**

Non-Invasive Ventilation (NIV) isn't just confined to acute care settings. A wider scope of practice and a desire to manage more acutely ill patients away from acute care settings demands that a basic understanding of NIV is part of every nurse's tool kit. This session will provide a comprehensive introduction to NIV and includes:

- Quick recap of relevant anatomy and physiology of the respiratory system
- Key concept - what is the difference between oxygenation and ventilation?
- Types of NIV and indications for use e.g. continuous positive airway pressure (CPAP) and biphasic positive airway pressure (BiPAP)
- Practical strategies to assist with the introduction and management of NIV in clinical practice

3:30 Afternoon Tea

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3:45

Cath Healy and Sue Bartlett

## **The Importance of Breast Cancer Nursing - How Nurses Can Make A Difference**

Following the diagnosis of breast cancer many women seek support, education and advice on a range of issues. In this session:

- What specialist support is available for women with breast cancer?
- Why is this role so important?
- What does the evidence say about the support and education provided to women with breast cancer and how this improves wellbeing?

4:30 Close of Day One of Program

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## **Day Two**

9:00AM Commencement of Day Two

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9:00

Darren Riggon

### **Clinical Supervision: A Force for the Future**

Clinical supervision is the process of two or more professionals formally meeting to reflect and review professional practice with the aim of supporting the person in their professional environment. This session includes:

- Why do nurses need to know about clinical supervision?
- Do all nurses need to do this?
- What are the benefits and value of clinical supervision?

9:45

Jenny Cameron

### **Early Identification of Lymphoedema**

Although lymphoedema cannot be cured, the impact of the condition can be lessened with appropriate professional and self-management. The need to understand the signs and symptoms of lymphoedema, including the importance of patient education cannot be overemphasised. This session looks at the significant outcomes that a holistic, multidisciplinary approach to care can achieve and includes:

- How to manage skin in people with lymphoedema
- What is the correct way to apply compression therapy?
- How to prevent infection
- What type of patient education works best?

10:30 Morning Tea

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11:00

Renee Di Giuseppe

## **Arterial Blood Gases: Interpretation Made Easy**

Arterial Blood Gases (ABG) are frequently used in acute care settings. However, their value during clinical deterioration in patients means that all nurses benefit from having a basic ability to analyse and interpret results. Using clinical case studies, this interactive session will provide an overview of:

- Indications for ABGs
- Basic interpretation - what do all those numbers mean?
- Practical examples of how to apply knowledge to practice

12:00

Maureen McPhail

## **Acquired Brain Injury: Latest Management**

An Acquired Brain Injury is an injury that occurs to the brain after birth. Causes may include a blow to the head, illness or disease, lack of oxygen, alcohol and drugs. The long-term effects are difficult to predict and are different for every person. This session includes:

- How the brain works and why an injury can be so devastating
- What are the physical and psychological effects of an ABI?
- Are there any treatments for ABI?

1:00PM Lunch Break

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2:00

Renee Di Giuseppe

## **Physical Assessment Skills That Could Save Life - Neurological System**

The general consensus from nurses is that anything to do with the brain is seen as difficult to understand! Yet, a neurological need not be as hard as it seems. The purpose of this session is to take you through the basics of a neurological assessment, including the Glasgow Coma Scale (GCS). Topics covered include:

- What is a GCS include and what does this tell you?
- What else, other than a person's GCS should be assessed e.g. limb strength?
- Reporting changes - when must this occur?

2:45

Barbara White

## **What Is Diabetes? Knowing The Differences**

Diabetes affects many people. Knowing the difference between the following conditions is of great importance to nurses as the treatment for each differs. This session will highlight some basic, yet key concepts relating to diabetes. Includes:

- Type one diabetes mellitus
- Type two diabetes mellitus
- Insulin resistance
- Pre-diabetes

3:30 Afternoon Tea

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3:45

Professor Penelope Paliadelis

## **Managing People with Chronic Diseases**

Today more than ever the health workforce is under pressure to provide innovative solutions to managing people living with chronic disease. This session includes evidence and research on how nurses support and encourage clients to manage chronic disease.

4:30 Close of Day Two of Program

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## **Presenters**

### **Penny Cash**

Penny Cash is an Associate Professor at the Federation University, Ballarat. Her main areas of teaching are nursing knowledge, cultural safety and relational practice. Penny's research interests include environmental and cultural terrains of practice, including quality environments and collegial relationships.

### **Fiona Coates**

Fiona Coates is a Clinical Nurse Educator in Critical Care at Ballarat Health Services.

### **Renee Di Giuseppe**

Renee Di Giuseppe is a registered nurse: critical care who holds a master of health science (critical care). She works in the intensive care unit of a large public hospital in Melbourne. Renee has a great passion for nursing and enjoys presenting regularly for Ausmed Education. Renee holds valuable experience as a clinical teacher for undergraduate nursing students and has extensive experience as an ANUM, an acting NUM within the intensive care unit.

### **Graham Dawes**

Graham Dawes is a Child / Adolescent Psychologist working in Ballarat.

### **Darren Riggon**

Darren Riggon is a casual academic in the School of Nursing and Midwifery at Deakin University. His clinical supervision interests include adult mental health, practice development, and career transitions.

### **Jenny Cameron**

Jenny Cameron is a Lymphoedema Therapist with a background as a Registered Nurse working in Oncology.

### **Maureen McPhail**

Maureen McPhail is the Manager of the Acquired Brain Injury Clinic, part of Ballarat Health Services. Maureen is an occupational therapist with many years' experience working with patients who have cognitive impairment.

### **Cath Healy**

Cath Healy has been working as an oncology nurse for 15 years, including experience with chemotherapy and radiotherapy. She completed her Masters of Nursing (Breast Care) in 2012 and has been a McGrath Breast Care Nurse at Ballarat Health Services since October 2015.

## **Sue Bartlett**

Sue Bartlett has worked as a breast care nurse for four years. Prior to this role she worked in medical and surgical oncology for 12 years. Sue is currently completing her Masters - Nurse Practitioner in Medical Oncology.

## **Penelope Paliadelis**

Professor Penny Paliadelis is the Executive Dean of the Faculty of Health, Federation University, Ballarat. Her disciplinary background is nursing and she completed her PhD in 2006, her study explored leadership roles in nursing. Penny is also an Executive Member and the Treasurer for the Council of Deans of Nursing and Midwifery (Australia and New Zealand). Her broad academic and research interests focus on collaborative inter-professional health education and practice, especially capacity-building. Penny has researched and published widely in the areas of nursing management, self-managed care and inter-professional education and practice, and has attracted a number of external grants to support this work. She has expertise in developing and delivering courses across a range of health professions; having successfully supervised a number of PhD students to completion, she has a reputation for encouraging and supporting scholarly and research collaborations within and across health disciplines.

## **Barbara White**

Barbara White is a highly qualified diabetes educator who works as the director of Specialised Diabetes Services, a private company that provides diabetes services in primary care and education services to health professionals. In addition, she works at DPV Health a community health centre in Epping. Barbara has completed the Master of Nurse Practitioner and is a Member of the Australian College of Nurse Practitioners. Barbara has over ten years of experience working with people living with diabetes. She has a diversity of nursing experience, which provides the experience and skill to deliver age-appropriate care across a broad range of Type I and Type II diabetes, including diabetes in pregnancy, paediatrics, adolescents, continuous glucose monitoring and insulin pump therapy.

## **Jenny Gowan**

Jenny Gowan, a practising pharmacist, is a teaching associate at Monash University, Melbourne and a clinical associate of RMIT University. She is a member of the PSA Branch committee, the Expert Group for Therapeutic Guidelines - Respiratory version 5, an editorial board member of AUS-DI, SHPA "Don't Rush to Crush", the Guidelines Committee for the Australian Asthma Handbook (AAH) and the writing group for the RACGP 'Medical Care of older persons in RACF' (Silver book). Jenny is an accredited consultant pharmacist who conducts her own company, which focuses on medication reviews in the home and aged care facilities, plus education, writing, training, and consultation. Jenny works regularly in community pharmacy plus sessions in a GP clinic at a Community Health Centre. She has published over 400 educational articles. Jenny has presented talks at many Australian and international conferences to GPs, nurse practitioners, nurses, podiatrists, pharmacists, and other health professionals. In 2013, she was awarded the Australian Pharmacist of the Year by the Pharmaceutical Society of Australia and, in 2016, the AACP-MIMs Australian Consultant Pharmacist of the Year.

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