



**QRC: 2688**

**Price**

One Day : \$451 inc. GST

Two Days: \$561 inc. GST

**Date**

28 - 29 Jul 2016

**Venue**

The Willows Gosford

512 Pacific Hwy , Wyoming, NW, 2250

**CPD Hours**

11 Hours | 30 Mins

## **Gosford 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 healthcare 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

Dr Vivien Lane

### **Making the Planets Align - Nurses Shaping the Patient Experience**

The 21st century demands a new approach to ensuring health outcomes are achieved. The patient is the centre of care and this demands new ways of thinking about practice, which include:

- Increasing professional accountability
- An emphasis on measurable, high quality, safe care
- Greater transparency for health care actions
- Personal responsibility for ongoing education to guide practice

This introductory session sets the scene for this conference.

9:45

Penny O'Beid

### **Safe Patient Blood Management**

How would you rate your knowledge about blood and safe transfusion management? What is the evidence in relation to the safe administration of blood transfusions? Using case scenarios, this comprehensive and practical session will improve your current knowledge with the latest information which you can immediately translate into your practice and use to influence others. Includes:

- Are blood transfusions safe and are they overused?
- Patient advocacy and risk communication - what do these and other tools mean to you as a surgical nurse and how can you use them?
- What are the current National guidelines for perioperative patient blood management?

10:30 Morning Tea

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11:00

Julie Droguett

### **Preventing Microvascular Complications of Diabetes**

The microvascular complications of diabetes are profound and have long-term debilitating effects. Diabetes education and patient self-management are essential to avoid and divert chronic complications and improve patient outcomes. This session looks in detail at these complications and focuses on nursing strategies, including education, that may contribute to improved outcomes for patients with the following conditions:

- Diabetic neuropathy
- Retinopathy
- Nephropathy

11:45

Bradley Moodie

## **Peripheral Vascular Disease: Latest Evidence on Foot Care**

Peripheral Vascular Disease (PVD) is a common circulatory condition associated with a range of health disorders. This session aims to bring you up to speed on the latest evidence on foot management so you are in a strong position to improve patient outcomes Topics include:

- Presentation in feet with PVD
- What are the risk factors and lifestyle causes?
- How are foot problems detected or diagnosed?
- Guidelines for management
- What impact does PVD have on a person's mobility?

12:30PM Lunch Break

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1:15

Debra Day

## **Out of Sight, out of Mind? Peristomal Skin Complications**

Skin breakdown and peristomal skin complications can occur for many reasons under a stomal base plate or to the surrounding skin. This session will explore:

- New terminology in stomal care
- Why do peristomal skin complications occur?
- Would better skin care improve the incidence of this happening?
- What is best-practice management?

2:00

Dr Vivien Lane

## **My Career Plan - 2017 and Beyond...**

What does your next year, 5 years or even 10 years look like? Will you be working? If so, where, how often and what will your professional development look like then? This thought-provoking and interactive final session of Day One will provide you with an opportunity you to explore what your future in nursing may look like.

2:45 Afternoon Tea

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3:00

Nicole Saliba

## **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
- Nursing strategies to improve nutritional status

4:00 Close of Day One of Program

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## **Day Two**

9:00AM Commencement of Day Two

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9:00

Dr Vivien Lane

### **Nursing Care - Becoming More Effective - How to Make Evidence Work in Practice**

This session shows how high quality research can be realistically applied to practice so as to benefit the patient. Using practical examples, this session invites you to consider:

- Why evidence and accountability go hand-in-hand
- How can you quickly and easily assess the quality and usefulness of available evidence?
- What blocks the use of evidence and how can you overcome it?
- An example of translating evidence into nursing practice, and how it improved patient outcomes and reduced costs

9:45

Frank Payne

### **The News on Anticoagulants**

For many years there was a limited range of anticoagulants available. This is no longer the case and with a broader choice of medicines it is imperative that those responsible for prescribing and administering these medicines are absolutely clear about their efficacy, safety and their pharmacokinetic and pharmacodynamic properties. This session looks at:

- New anticoagulants available in Australia
- Warfarin - still a useful medicine?
- Evidence for prescribing, monitoring considerations and precautions

10:45 Morning Tea

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11:15

Dr Vivien Lane

### **Rethinking Palliative Care**

Palliative Care has well and truly moved from being unique to specialised clinical areas such as oncology and haematology and is now something acknowledged that nurses working in a vast array of clinical areas will be familiar with. With this comes the challenge that the actual term 'palliative care' often has several definitions, and the nursing practices and patient trajectories may vary

enormously. This session will:

- Examine 5 theoretical models of 'palliative care' and discuss what each model realistically means for nurses providing care.
- Consider how the growing social awareness of advanced care directives, not for resuscitation orders, suicide, and 'assisted - death' currently impinge on nursing practice
- Speculate on the emerging sixth model in Australia for 'assisted - death' and how, if ever legalised, this model would impinge on nursing practices

12:00

Therese Hallett

## **Prevention of Infection with Central Venous Access Devices**

Central Venous Access Devices (CVADS) are essential in many acute care settings. However, their use in the community is also becoming more frequent. The type of catheter involved, its placement and management are essential to reduce the risk of complications such as thrombosis, as well as promote longevity of lines. This session reviews key considerations relating to the management of CVADs and includes:

- Review of devices - what goes where?
  - peripheral IV devices
  - central venous access devices (CVCs and PICCs)
- Catheter selection - choosing appropriate devices
- Complications - during and following insertion
- Management principles - blood sampling, flushing, medication/fluid administration and dressing and line changes
- Common troubleshooting tips

1:15PM Lunch Break

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2:00

Ken Langbridge

## **Respiratory Disease - Tradition versus Knowledge**

This session will take a common health concern - respiratory disease - to show you the power of evidence-based practice as it translates to people living with this condition. It will consider how the combination of transferring knowledge into practice, patient preferences and clinical judgement can change the way we nurse patients. Includes:

- What has evidence shown us to be true about respiratory disease?
- What are the benefits for patients as well as staff in translating best evidence into respiratory care?
- How can patient preferences be balanced with new knowledge?
- Why is your expertise still so important?

2:45

Kerry Lane

## **Heart and Wall**

This session is a visual externalisation and a helpful tool in improving the healthcare worker and

client or patient views.

3:30 Afternoon Tea

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3:45

Kerry Lane

## **Stress Relief and Mindfulness in Nursing**

The practice of mindfulness is considered a useful strategy that may reduce stress, anxiety and even burnout. As every nurse knows, this is key to meeting the demands of shift work and ensuring a balanced life. This final session will assist with your understanding of mindfulness and demonstrate how you can apply practical strategies to your work and everyday life. Includes:

- What is mindfulness?
- How can mindfulness assist with relaxation in our daily lives?
- What clinical scenarios may benefit from the practice of mindfulness?
- The use of hand massage as a tool for relaxation

4:30 Close of Day Two of Program

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## **Presenters**

### **Penny O'Beid**

Penny O'Beid is a Clinical Nurse Consultant in Transfusion Medicine with Central Coast Local Health District in NSW. She has a background in medical nursing, nursing education and practice development methodology. Penny is a member of the Australian College of Nursing (ACN) and represented the ACN in developing the National Blood Authority Patient Blood Management Guidelines (PBM) - Medical Module. She is also a member of the Australian & New Zealand Society of Blood Transfusion and its Clinical Practice Improvement Committee as well as a contributing author on transfusion medicine to Smeltzer and Bare's 'Textbook of Medical -Surgical Nursing'. Penny is not only passionate about PBM, but encouraging nurses as leaders, empowering them to be change agents and patient advocates within the multidisciplinary team, to improve patient outcomes.

### **Julie Droguett**

Julie Droguett has been employed by Central Coast Local Health District for 15 years. Her current role is the clinical nurse specialist in the diabetes centre at Gosford Hospital. Julie is a credentialed diabetes educator and a professional member of the Australian Diabetes Educators Association and Diabetes NSW.

### **Debra Day**

Debra Day has been a stomal therapy nurse for almost 17 years. She has been working in this capacity for Central Coast Local Health District for 14 years. Debra attended and presented at the World Council of Enterostomal Therapy (WCET) Congress in Gothenberg, Sweden in 2014, and at the same event in Kuala Lumpur, Malaysia in April this year. Debra is the current president of the NSW Branch of the Australian Association of Stomal Therapy Nurses. Debra's love of colorectal surgery goes back a long way to her first two years of post-graduate nursing at the Sydney Adventist Hospital. She is passionate about her role; it gives her a buzz to know that stomal therapy can make a significant difference in people's lives and assist them to adjust to life-changing surgery.

## **Frank Payne**

Frank Payne (OAM FPS FACPP) has had many years as a Community Pharmacy owner. He is now working as a locum on the Central Coast and conducting an extensive practice in Home Medication Reviews. Frank is a long-time examiner of final year pharmacy students, former President of the Pharmacy Board of NSW and former President of the Pharmaceutical Society of NSW. Frank was awarded the Medal of the Order of Australia (OAM) for services to pharmacy.

## **Ken Langbridge**

Ken Langbridge has worked as a Respiratory Clinical Nurse Consultant in acute, sub-acute and primary care areas for more than 24 years. As a clinician and developer of models of care Ken works closely with other professionals in primary healthcare to meet the needs of people with chronic respiratory disease. Ken is highly committed to the provision of best practice and supports programs such as GP management plans, team care arrangements, home medication reviews, health screening and Hospital in the Home.

## **Nicole Saliba**

Nicole Saliba is a Central Coast based Accredited Nutritionist and Accredited Practising Dietitian recognised by the Dietitians Association of Australia. She holds a Bachelor of Health Sciences majoring in nutrition and dietetics from the University of Newcastle and is also a member of Sports Dietitians Australia. Nicole has a vision of helping achieve optimal nutritional health and wellbeing for all.

## **Kerry Lane**

Kerry Lane is a registered psychologist currently working in private practice. Kerry specialises in trauma, providing counselling to Victims of Crime. Kerry has a background in child protection having worked for Community Services for 14 years. She has also worked in sexual assault, homelessness, domestic and family violence and juvenile crime. Kerry is an experienced trainer who facilitates workshops for the Children's Community Welfare Training organisation. She is also a casual lecturer at Macquarie University.

## **Therese Hallett**

Therese Hallett is the Nurse Unit Manager Vascular Access Team/Ambulatory Care Unit at Gosford Hospital.

## **Bradley Moodie**

Bradley Moodie is a Podiatrist based in Gosford. Having graduated in 2013 from a bachelor of Podiatry with distinction, Bradley took up a new graduate position at the Hunter New England Health - High Risk foot clinic of the Greater Newcastle Cluster. This position offered a unique hands-on opportunity to become acquainted with the management of the long term effects of unmanaged chronic foot conditions. As a result, Bradley has developed a passion for preventing these conditions and their effects on the feet through proper education and evidence based health and foot-care.

## **Vivien Lane**

Dr Vivien Lane is a nurse clinician who specialises in oncology and palliative care, with over three decades' experience in education, research, and policy-making. Vivien's doctorate (2001) developed a "nursical" perspective on women's experiences of pap smears. Her research findings predicted the paradigm shift towards vaccinating both sexes against human papillomavirus (HPV). Vivien has held academic appointments at the University of Technology (UTS) and the University of Sydney, and she was a member of the inaugural Board of the Cancer Institute, NSW.

# Registration form

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