



QRC: 3392

Price

One Day : \$460 inc. GST

Two Days: \$610 inc. GST

Date

30 - 31 May 2019

Venue

Holiday Inn Perth City Centre

778-788 Hay Street , Perth, WA, 6000

CPD Hours

11 Hours | 0 Mins

Perth Nurses' Conference 2019

Two Days - Learn Locally with Ausmed

Need for Program

Engaging in CPD is essential for all health professionals to maintain, improve, and broaden their knowledge, skills, and practice. CPD assists health professionals to stay up-to-date with changes in clinical practice and emerging new evidence in order to enhance their patient outcomes. It is also a professional registration requirement. There is a need for formal CPD to be provided directly to regional Australian nurses, midwives, and other health professionals who may not otherwise be able to access engaging and effective continuing education.

Purpose of Program

The purpose of Ausmed's local nurses' conferences is to provide health professionals who work in regional Australia with current knowledge about a range of professional and clinical practice topics that will improve the provision of holistic 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 care and education to avoid illness
- Better patient outcomes will be achieved through the application of up-to-date knowledge related to specific interventions
- Interprofessional collaboration will be optimised to enhance patient outcomes
- Patient outcomes will be underpinned by evidence-based practice, recognised standards, and guidelines

Program Schedule

Day One

8:30 Registration for Day One

9:00

Welcome and Introduction

9:05

Doug Brewer

Assessing Physical Health - A Systems Approach

It has been well established that mental illnesses, including schizophrenia, can be associated with a range of poor physical health markers and outcomes. This session will take a head-to-toe approach and demonstrate how a mental health disorder can create a cascade of poor health functioning. It will systematically outline strategies that health professionals can introduce to promote health for each body system and avert risks. It includes:

- Cardiovascular health
- Respiratory health
- Dental health
- Sexual health

9:45

Kane Guthrie

How do You Respond to Head Trauma?

Head trauma is the leading cause of death in trauma patients. Rapid assessment and management of a patient with head trauma remain the mainstays of prompt and effective treatment. This session will look at:

- Key assessment principles in head trauma
- The differences between primary and secondary head injury
- How head trauma is managed

10:30 Morning Tea

11:00

Doug Brewer

Anxious Feelings - Helping People Experiencing Anxiety

Everyone experiences anxiety to some extent during their life. Anxiety is a necessity for recognising and responding to something that poses a threat to our wellbeing. However, for some people, these feelings can quickly consume their life. This session will look further into:

- How anxiety can have both positive and negative impacts on a person's overall health
- Clinical approaches to treatment
- How to help people work through their anxiety

12:00

Karen Mason

The Ins and Outs of Fluid and Electrolyte Changes

Fluid and electrolyte balance is essential, yet it is disrupted by many factors. For instance, patients are prone to fluid loss both during and after surgery, whether it be blood or different bodily fluids. In patients with chronic comorbidities, imbalances can result in unnecessary adverse events. This session will explain why fluid imbalance occurs, and when it is necessary for additional fluid therapies or electrolyte replacement to occur. Topics include:

- How is fluid and electrolytes managed post-operatively?
- What are the indications that a patient may have a fluid or electrolyte imbalance?
- When is it time for additional fluid therapy?
- What are the consequences of prolonged fluid or electrolyte imbalance?
- How do you detect acute kidney injury?

1:00 Lunch and Networking

2:00

Karen Mason

Surviving Sepsis - The Importance of Early Recognition

Sepsis is a potentially fatal condition caused by a whole-of-body inflammatory response to severe infection. Preventing mortality related to sepsis begins with early detection and timely interventions. This session uses case scenarios to explain the pathophysiological mechanisms by which sepsis develops. It will look at how you can detect the early warning signs of sepsis. Finally, it will assist you to understand the evidence-based management of this potentially fatal condition. It includes:

- What are the new definitions of sepsis?
- Early recognition - what are the clinical signs of sepsis in adults?
- What is the increased risk of sepsis in a surgical environment?

3:00 Afternoon Tea

3:30

Karen Mason

Your Career Vision

Taking time for yourself to consider what your future may look like is important. Being able to set clear goals and develop a plan for achieving them is a refreshing exercise. This session will provide an opportunity to consider:

- Why is it important to have a vision?
- How do you set clear goals?
- How do you avoid procrastination?
- How do you overcome a lack of confidence?

4:30 Close of Day One of Conference

Day Two

9:00 Commencement of Day Two

9:00

Liz Howse

“War On Wounds” - Wounds That Won’t Heal

Chronic wounds are often debilitating and can severely impact a person’s quality of life. Chronic wounds that linger can be challenging and frustrating particularly for the person. This session will look at the evidence for managing a chronic wound when difficult healing circumstances exist.

Topics include:

- Which wounds are known to be chronic in nature?
- What causes prolonged healing in a chronic wound?
- How do you choose the most suitable dressing for a chronic wound?
- Are there alternative ways to improve wound healing?

9:45

Tina Dobrin

How to Conduct a Palliative Care Case Conference

All nurses are expected to be able to provide a palliative approach to care when needed, not just specialist nurses who work in palliative care. Palliative care case conferences are an important aspect of this. Yet, nurses often lack confidence or have not had formal education on how to conduct one. This session looks at advocating for a patient and discusses the following:

- What is a palliative care case conference?
- When should a palliative care case conference be held?
- Who should attend the case conference?
- What useful resources are freely available to assist you with organising a case conference?

10:30 Morning Tea

11:00

Karen Mason

Recognising and Responding to Clinical Deterioration

How confident are you in your ability to recognise and respond to the early signs that a patient may be deteriorating? How can you ensure that you have the knowledge and ability to take the necessary actions to prevent harm? This session will identify the common types of clinical deterioration with a focus on cardiac and respiratory dysfunction. Topics include the clinical manifestations, investigations, and appropriate nursing actions of the following:

- Atelectasis
- Acute pulmonary oedema
- DVT/PE
- Hypovolaemic shock and haemorrhage
- Atrial fibrillation

- Acute ECG changes

12:00

Prof Steve Allsop

The Psychology of Dependence

Why do some people develop a dependence on alcohol or other drugs, while others do not? Nurses in a range of specialities and settings are likely to come into contact with people who have become addicted to one or more substances of dependence. An understanding of the psychology of dependence is essential if we are to provide care that is evidence-based, holistic, and free from stigma. This session will uncover:

- The brain and addiction - what do we know?
- What are the strongest influences on a dependence developing?
- Why is dependence considered a chronic disease?
- How is a person supported to manage a dependence?

1:00 Lunch and Networking

1:45

Dr Andrew Stafford

Involving Older Adults in Deprescribing

Enhancing an older adults' involvement in the decision-making regarding their medication administration can have increasingly positive effects on their overall well-being. This session will look at the involvement of older adults in deprescribing and the responsibilities that they are involved in. It includes:

- How involved should an older adult be with medication decision-making?
- What is deprescribing and why should it happen more often?
- Why should older adults be involved with their medication?
- How extensive should the education be about medication?

2:45 Afternoon Tea

3:30

Denise Turner

The Delicate Art of Giving (and Receiving) Feedback

Giving and receiving feedback is a skill that requires time and practice to develop. Many nurses may find themselves in positions where they are required to do this regularly yet may not have had an opportunity to have these skills taught. When feedback is communicated in the right way, at the right time, and for the right reasons, it can be a powerful tool in achieving desired outcomes. This session will help you discover how you can feel comfortable with the art of giving and receiving feedback. It includes strategies for giving feedback to:

- Student nurses
- Preceptees
- New staff members
- Other colleagues

Presenters

Karen Mason

Karen Mason qualified as a Nurse Practitioner: emergency, gaining her masters in Nurse Practitioner studies in 2008. She currently works at the Fiona Stanley Emergency Department, a role she has undertaken since the hospital opened in February, 2015. She has numerous postgraduate qualifications and is the lead author on a project with the Western Australian Department of Health, overseeing the introduction of statewide discharge information sheets for adult, paediatric, and elderly patients. She is passionate about ongoing education for nurses.

Kane Guthrie

Kane Guthrie is an experienced emergency nurse with over 12 years working in emergency departments. He is previously president of the College of Emergency Nurses WA Branch and currently works with WA Country Health- Emergency Telehealth Service as well at Joondalup Health Campus Emergency Department. His keen interest are toxicology, envenomation and resuscitating the critically ill patient.

Liz Howse

Liz Howse has extensive clinical practice in wound and ostomy management within primary and community care nursing. Liz has the position as Nurse Practitioner in the Advanced Wound Assessment Service in Silver Chain. The Advanced Wound Assessment Service, which involves diagnosis and management for non-healing wounds, is a new initiative for assessment. Liz has completed a masters in philosophy (nursing), a masters of nursing (nurse practitioner), and will be undertaking further research studies in the effectiveness of low-frequency ultrasonic debridement in the treatment of venous leg ulcers. Liz received the 2012 Primary & Community Care WA Nursing & Midwifery award. Liz is currently the state chairperson for Wounds Australia (WA).

Steve Allsop

Professor Steve Allsop has been involved in policy, prevention, and treatment, research and practice, professional development and service management for almost 30 years. He has been involved in developing responses to alcohol and drug-related problems in the workplace in many countries, working with governments, health and safety staff, employers, and employee organisations. For a number of years, he was a member of the WA Commission on Occupational Safety and Health. As professor and director of the National Drug Research Institute (NDRI) at Curtin University of Technology, he is director of the World Health Organisation Collaborating Centre for the Prevention of Alcohol and Drug Abuse.

Andrew Stafford

Andrew Stafford is an academic and an accredited pharmacist with an interest in clinical geriatrics. His experience in aged care has spanned residential and community sectors, and he currently provides medication review and training services to a number of providers in Western Australia. Andrew's research interests include the development and assessment of programs that aim to optimise health care for older people, especially through the quality use of medicines. Much of Andrew's work in his role as a director of Dementia Training Australia involves developing and disseminating innovative resources that upskill the aged care workforce in this area. Through his teaching experience in Tasmanian and Western Australian universities, he is an accomplished educator, particularly within consultant pharmacy practice.

Denise Turner

Denise Turner began her nursing career in South Africa in the year 2000 as a passionate orthopaedic Registered Nurse. In 2002, her qualifications brought her to Perth, Western Australia, where she now resides. Denise developed into a clinical nurse educator, starting from a staff development nurse in the West Australian health sector, clinical nurse facilitator at higher education teaching facilities in WA, as well as the corporate sector. Denise is driven by her passion for expanding her own knowledge whilst contributing to enhancing the knowledge of others. She is always ready for the next challenge her life brings on a personal, as well as a professional, level. She is now pursuing a path of combining her passion for teaching with research studies related to the nurse educator in the hospital, training institution, and the corporate world.

Doug Brewer

Mr Doug Brewer is the Psychologist, Clinical Coordinator of Trauma Recovery Programs at the Hollywood Clinic, Hollywood Private Hospital in Nedlands. He was President of Australian Association of Traumatic Stress Studies from 2010-2012 and is a Board member of the International Association of Traumatic Stress Studies Global Collaboration on Trauma. He also a member of the Veterans Mental Health Clinical Reference Group for the Dept. of Veteran Affairs, Canberra. He frequently lectures and conducts workshops on the prevention and treatment of Post Traumatic Stress Disorder both at Universities and to the broader community, including remote Aboriginal Communities in Western Australia. He is a member of the Australian Psychological Society.

Tina Dobrin

Tina Dobrin is a Senior Social Worker based in Perth.

Registration form

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