



QRC: 3393

Price

One Day : \$460 inc. GST

Two Days: \$610 inc. GST

Date

30 - 31 May 2019

Venue

Mercure Hotel Brisbane

85-87 North Quay , Brisbane, QL, 4003

CPD Hours

11 Hours | 30 Mins

Brisbane 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

Sean Smith

Worlds Apart? Working Among Generations

Experience often makes up the abundance of a nurse's knowledge. Yet, is it always valued as much as it ought to be? This session will explore assertive communication skills while acknowledging boundaries when approaching intergenerational conflict that can sometimes arise. It includes:

- Why does intergenerational conflict sometimes arise?
- How do you manage it in the workplace?

9:45

Dr Karen-Ann Clarke

The Smiling Assassin

Pathological behaviours in healthcare settings by definition are harsh, habitual, or excessive ways of behaving toward staff, patients, and clients or their families. While many pathological behaviours are overt and easy to identify, it is the insidious passive-aggressive behaviours that are often more challenging. This session uses case studies to:

- Review a range of situations where vicious intent comes across as being virtuous
- Demonstrate how to identify the mask that conceals passive-aggressive behaviours and what to do about it!

10:45 Morning Tea

11:15

Dr Treasure McGuire

Medicine Used in the Very Old - What You Must Know to be Safe

As people age their ability to metabolise medicines becomes challenged. In this session, you will look at why this is the case. You will refresh your knowledge of the key changes and the clinical implications of this. It includes a refresher on:

- The ageing kidney and liver and their effect on medicines
- The safest medication delivery mechanisms - tablets, immediate release, sustained release, patches, MDIs, turbuhalers, or nebulisers
- The dangers of crushing medicines
- Concerns with over-the-counter medicines (such as Ibuprofen)
- The top 20 drug interactions you must be aware of

12:15

Damian Williams

Back to Basics Wound Assessment

While wound management is a complex area, this session will provide an essential update on the basic, yet fundamental, principles of wound assessment. Let's review a range of considerations including the wound, the person, and their environment.

- What factors are important when assessing a wound?
- How do you document your assessment?
- What role do investigations play?
- How do you determine the wound diagnosis?

1:15 Lunch and Networking

2:15

Tim Emerton

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?

3:15 Afternoon Tea

3:45

Samantha Woodhouse

Caring for People with Cognitive Impairment

While cognitive decline is not guaranteed to occur during the ageing process, it is presenting more frequently in older adults. This session will look at the practical management of an older adult with cognitive impairment. It includes:

- How does cognitive decline present in older adults?
- Do some conditions cause cognitive decline to present differently?
- How do you care for an older adult with cognitive decline?

4:45 Close of Day One of Conference

Day Two

9:00 Commencement of Day Two

9:00

Dr Karen-Ann Clarke

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, these feelings for some people 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

9:45

Amanda Fryer

Being Hypervigilant for Hypoglycaemia

Complications associated with diabetes, such as hypoglycaemia, can be severe. Prevention is paramount and can reduce the likelihood of a person experiencing a hypoglycaemic episode. This session will dive deeper into the prevention of diabetes emergencies, with a focus on hypoglycaemia. It includes:

- What is hypo unawareness?
- How can you identify hypoglycaemia?
- What is the latest evidence in managing hypoglycaemia?
- How do you monitor BLGs overnight if insulin is required or has been given?

10:30 Morning Tea

11:00

Amanda Fryer

The Psychosocial Impact of Diabetes

There is often a high degree of focus that goes towards understanding and preventing the clinical complications of diabetes. However, less focus is placed on the psychological impacts of a diabetes diagnosis and the long-term changes to a person's life thereafter. This session will look at a holistic approach to diabetes and its life-changing impact on a person. It includes:

- What common psychological impacts does diabetes have on someone?
- Who is more vulnerable to this?
- How can we improve our support for those living with diabetes?

11:45

Sue de Muelenaere

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 action and prevent harm? This session will identify the common types of clinical deterioration with a

focus on cardiac, respiratory, and renal 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
- Acute kidney injury

12:45 Lunch and Networking

1:45

Amanda Smith

Chronic Disease Management - Managing (Perceived) Inaction

It can be frustrating if someone you are supporting fails to make changes. If we are to prevent feelings of compassion fatigue when working with people who have a chronic condition, it is essential we reframe our approach to expectations, frustrations, and setbacks. This session highlights why you need to dig deeper and go to the root cause of the (perceived) inaction. It includes:

- How does adaptation to a chronic illness occur?
- What does recovery look like and why does this matter?
- What do coping strategies sometimes look like?
- How do defence mechanisms manifest?
- Are escape, avoidance, and denial sometimes useful?
- How can a trauma-informed approach assist with setbacks?

2:30

Karen Gower

How to Conduct a Palliative Care Case Conference

All nurses, not just specialist nurses, who work in palliative care are expected to be able to provide a palliative approach to care when needed. 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?

3:15 Afternoon Tea

3:00

Dr Karen-Ann Clarke

Party Drugs - A Tipping Point for Mental Illness?

Party drugs continue to grow in popularity. Australians, particularly young adults, appear to be engaging in this type of drug taking as a part of recreational activities. What is the relationship between party drugs and mental illness? Is party drug use intended to act as a coping mechanism for social anxiety and depression? Or is it triggering symptoms of mental illness to present? This session includes:

- Are party drugs the new social lubricant?
- Can party drug use trigger psychosis?
- How might they influence mental health?
- What is a “comedown”?
- How to distinguish a comedown from a depressive episode?

4:45 Close of Conference and Evaluations

Presenters

Karen-Ann Clarke

Dr Karen-Ann Clarke is a Registered Nurse and a specialised mental health nurse, with 30 years' experience of working with individuals and families impacted by the experiences of mental illness. Using a feminist narrative methodology, her PhD research explored the way in which women diagnosed with depression made decisions and meanings about receiving electroconvulsive therapy. As a lecturer in nursing at USC, Dr Clarke is responsible for the coordination of mental health curricula across multiple undergraduate and post-graduate programs. Teaching in excess of 900 undergraduate students each year, she is passionate about the value that immersive mental health simulation can bring to student's learning and clinical skills, and the way that it can safely bring to life theoretical concepts related to mental health care. Dr Clarke currently supervises a number of honours, masters, and PhD students and is part of numerous research projects involving visualisation and simulation, mental illness, suicide prevention and the inclusion of people with lived experience of mental illness into the teaching and learning space.

Sean Smith

Sean Smith has had the privilege of working in healthcare for three decades in more than a dozen countries around the world. Commencing his clinical career as a Registered Nurse, Sean progressed into hospital management before spending eight years as the CEO of a large healthcare provider. Sean has built two healthcare businesses and consulted to industry around health informatics, healthcare management, and healthcare strategy. Most recently Sean has managed the largest Medical Provider Network in Australia and collaborates with more than 600 hospitals across the country to provide healthcare for 230,000 international students. Sean has experience with clinical and non-clinical systems planning, implementation and deployment in Australia, New Zealand, Papua New Guinea, and the United Kingdom. With a passion for healthcare education, Sean has educated university healthcare students in Australia to community health workers in Papua New Guinea. Sean provides clear, concise consultation through his experience in clinical management and information technology to ensure projects are delivered with the best possible outcomes for all stakeholders, on budget and on time. His passions are strategy in health care, quality in clinical practice, and excellence in health management. Sean holds a Master of Business Administration, Graduate Diploma in Advanced Nursing, and is a member of the Australian Health Practitioner Registration Authority, Australian Institute of Company Directors and the Chartered Institute of Procurement and Supply. Sean continues to provide leadership and strategic direction for all stakeholders to deliver the highest possible standards to exceed current and future healthcare needs.

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 Hygeia of the Pharmaceutical Society of Australia.

Damian Williams

Damian Williams is a Registered Nurse and endorsed Nurse Practitioner and has been directly involved in delivering advanced wound management services for over 20 years. His current position is clinical nurse consultant for wound management in a large Brisbane Metropolitan Hospital. He is actively involved in gaining knowledge and promoting best practice wound management. Damian holds postgraduate qualifications in wound management and masters of nurse practitioner. He conducts regular wound management education and has presented at conferences locally, nationally, and internationally. Damian also holds a passion for building evidence in the field of wound management and is currently involved as a primary or associate investigator on several research projects. Damian has held committee positions on both the Australian Wound Management Association (AWMA) National Committee (now Wounds Australia) and Queensland Committee. He is a past president of the Queensland Branch and a current committee member of Wounds Australia - Queensland.

Tim Emerton

Tim Emerton currently works as a Nurse Practitioner in Alcohol and Other Drugs in an outpatient withdrawal and pharmacotherapy stabilisation clinic. He also works in two pharmacotherapy clinics. Tim has worked in AOD and Mental Health for the past 24 years in various capacities. This has included managing an outpatient withdrawal service and a pharmacotherapy unit, delivering Cert IV to Diploma level AOD education, and case managing in a pharmacotherapy clinic. He has worked in community and inpatient mental health settings. He spent 18y of those years working in the Northern Territory which provided him with a diverse range of experiences. He was the Community Nurse of the Year in the Northern Territory in 2006. He was the first AOD Nurse Practitioner in QLD. He has a passion to further professionalism and education in AOD nurses and the general community.

Samantha Woodhouse

Sam Woodhouse is a committed nurse educator who passionately believes in practice development and education as the bedrock of future nursing. Sam began her nursing career 25 years ago as a healthcare assistant in the UK, where she dipped her toe into the water to see if nursing was for her. The daughter of a trailblazing cardiothoracic nurse, Sam has always understood that nursing is not only about ensuring advocacy, patient safety, and leadership but also about living those values. As one of the first university-trained nurses, Sam quickly found her place in medical nursing, acute stroke care, and was passionately drawn to the care of older people, all complex specialities that built a resilience that has carried her through many roles across the ever-changing face of the NHS and Queensland Health. These roles included NUM, clinical matron, practice development and innovation lead, and nurse educator. Samantha loves the lessons management roles have taught her and is hugely appreciative of the world of practice development and education. However, finding new and innovative ways to support nurses and midwives in their daily quest for excellence in care is what drives her.

Amanda Fryer

Amanda Fryer has been working in diabetes education for 20 years and has been credentialled since 2000. From establishing the Diabetes Service at Logan Hospital in Brisbane to training general practice nurses around Queensland for Diabetes Australia, QLD, as well as staff in residential aged care facilities in QLD and NSW. Amanda's passion is for making diabetes easy to understand and to see lives changed with this understanding. She is currently working as a credentialed diabetes educator in private practice.

Sue de Muelenaere

Sue de Muelenaere is a Registered Nurse with more than 20 years' experience as a nurse educator. Sue completed a five-year bachelor of nursing degree in South Africa, which included training in psychiatric and community nursing and midwifery. Since then, Sue has worked extensively in the intensive care environment, during which she has presented various courses, including an honour's degree, a diploma in intensive care, and various short cardiac and ECG courses. Sue also holds an honour's degree in advanced nursing science (intensive care nursing) and diplomas in nursing education and nursing administration. She was the education manager in a specialised heart hospital where she was responsible for the education of all hospital staff, including non-nursing staff members. Sue is passionate about teaching. She maintains a special interest in all aspects of nursing the critically ill patient.

Amanda Smith

Amanda Smith is a proud and vocal advocate of comprehensive health care with a passion for mental health nursing. Although initially starting her career in general nursing working across the aged care sector, cardiac, medical and later emergency departments, Amanda's desire to improve quality outcomes for those suffering with mental distress navigated her career towards mental health nursing and education. For the last 7 years, along with being a clinical practitioner in the mental health care arena, Amanda has additionally been privileged to work alongside some truly amazing academics as a sessional tutor teaching in tertiary institutions in Queensland for undergraduate nursing and paramedic degree students. Amanda's experience spans across all facets of mental health nursing from acute triage and assessment, emergency and special service co-response teams, to high dependency and case management. She is passionate about consumers receiving quality service from first contact through their entire mental health journey and believes the fundamental issue for all consumers are the barriers of stigma and discrimination which often prevents people from making that initial contact and receiving both accurate physical and mental health assessment. It is Amanda's ongoing intention to address these barriers through drawing on her own journey and experience, as well as through clinical practice, education and ongoing professional development.

Karen Gower

Karen Gower is a Registered Nurse who holds a graduate diploma in cancer nursing and a master of nursing science (Nurse Practitioner). Karen works in the community, providing palliative care for clients in their own homes. She has worked with Blue Care on the Northside of Brisbane for the last five years, mentoring and supporting nurses, clients, and their families at a very challenging time and allowing them a choice of place of death. In 2013, Karen was fortunate to be part of a project funded through Department of Health and Ageing to see if having a Nurse Practitioner in the community would support clients and their families to have choice. This project showed a significant improvement in service provision and the position was supported to continue across Metro North. It has been a privilege to journey with these clients and their families.

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