



ARNA NEWSLETTER

February 2016



FROM NATIONAL PRESIDENT

A belated Happy New Year and welcome to the February edition of the ARNA Newsletter. The newsletter contains information on what is happening in ARNA both at the Chapter and National levels.

Planning for this year's Conference, being held at the Melbourne Cricket Ground (MCG) from 10 – 11 October, is well underway with a theme of "**Hands, Hearts and Minds: Capturing the Essence of Rehabilitation**". The Call for Abstracts is open now and closes on 20 March 2016.

As reported in the last edition of the Newsletter, the National Committee attended the annual Planning Weekend on 21 - 22 November 2015. As part of this, several new work groups were formed to review our education, research and membership services and guidelines were reviewed and refined for optimal efficiency.

Recently ARNA joined other organisations in the support of the Australian Commission on Safety and Quality in Health Care (ACSQHC) Caring for Cognitive Impairment Campaign.

In the past two editions of the Newsletter I reported on the Western Australia Study Day which was held at the Fremantle Hospital last August in Fremantle, Western Australia. Since then, discussions regarding the formation of a WA Chapter have occurred. A meeting is to take place on 24 February at Fremantle Hospital to formalise this process and Denys Spencer (SA/NT/WA Chapter President) and I will be attending.

I would like to remind members that they have an opportunity to nominate a member for Life Membership which can be done in writing and [email](#) to the ARNA National Committee. The criteria that your nominee will need to meet to be considered for Life Membership are available in the ARNA constitution which can be accessed via the [ARNA website](#).

Until next time

Terry Wells
RN, DipN, BN, MClInRehab

NEWS FROM ARNA NATIONAL

As reported above and in the last Newsletter, the ARNA National Committee Planning Weekend was held in Melbourne on 21 - 22 November 2015. Several small working parties were suggested to allow us to further improve the services we deliver to our members.

The working groups are:

- **Membership** – Kerrie Garrad, Gail Teale-Sinclair, Deidre Widdall, Kay Stevens
- **Research** – Julie Pryor, Sandra Lever, Murray Fisher
- **Education** – Kerrie Garrad, Alison New, Deidre Widdall

We are seeking input from our Members to join these groups, especially the Membership group. So if you are interested please let your Chapter President know. They will then put your name to the “leads” for these working parties.

ARNA provides a rehabilitation nursing response to the review of National Safety and Quality in Health Care Standards (NSQHS).

ARNA, as the peak body representing Australasian Rehabilitation Nurses, submitted a formal response to the Australian Commission on Safety and Quality in Health Care (ACSQHC) Review of the National Standards. The revised NSQHS Version 2 is expected to be implemented from mid-2017. With significant reorganisation & rationalisation of duplicate criteria and new standards that have been developed. (Ten standards have been reduced to 9 and new Standards – Comprehensive Care and Reducing Harm). New inclusions are vulnerable cognitive impairment, mental health, advanced care needs and needs of Indigenous health groups.

ARNA called for comments and feedback from members. The ARNA submission was coordinated by Deidre Widdall a National Committee member and can be accessed [here](#).



ARNA has undertaken to be recognised as a supporting organisation for the ACSQHC call to action campaign ‘Caring for Cognitive Impairment’. The campaign and website was launched on 28 January 2016. You will see that our commitment statement and ARNA logo feature front and centre on the Supporting Organisations page.

We urge all members to commit to this campaign and share it with your colleagues.

Once you commit to support the campaign:

- You will have access to up to date resources and educational material to assist in improving safety and quality of care.
- A live website with webinars and organisations having opportunity to post stories, developments and resources for sharing.
- Link to the webpage <http://cognitivecare.gov.au/>

The campaign organisers will be “reaching out” to all hospitals, managers and health care staff asking for commitment to change and new care strategies

The commitment statement put forward by ARNA is as follows:-

“The Australasian Rehabilitation Nurses’ Association (ARNA) commits to the ‘Caring for Cognitive Impairment Campaign’ and believes that advancing rehabilitative nursing principles in all health care settings will promote optimal outcomes for people at risk for and experiencing cognitive impairment.”

Deidre Widdall has been nominated to be the ARNA contact person and to link with the Commission. Deidre is also a member of the National Cognitive Impairment Advisory Group (CIAG) representing the Top End Health Service.

ARNA Membership Renewals were due on by 31 January 2016 – have you renewed your membership yet? If not you can do so on the ARNA [website](#). If you don’t remember your membership number or how to log into the membership area, please [email](#) the ARNA office.

ABOUT THIS NEWSLETTER

We encourage you to print the Newsletter and to display it prominently in your workplace.

We would also like to have your input into this Newsletter. If you have any questions about ARNA or rehabilitation please don’t hesitate to contact us.

As the Newsletter has now been running for 12 months we would like your feedback. There will be a survey seeking feedback later this month. Please respond to the survey so that we can meet the needs of our members and improve the newsletter.

ADVERTISING/SPONSORSHIP OPPORTUNITIES

If anyone would like to sponsor or advertise in the Newsletter, guidelines for this will be accessible via the [ARNA website](#).

NATIONAL CONFERENCE 2015 – FEEDBACK

In the last Newsletter, Terry Wells gave some feedback from the 2015 Conference. In this edition, I will provide a little more in depth feedback from the survey results.

Q1: Where did you hear about the conference?

63.81% of respondents answered either ARNA eflash, ARNA Website or JARNA.

Q2: What type of organisation do you work in?

62.26% of respondents answered Public Sector with 26.42% being from the Private Sector.

Q3: What state do you originate from?

39.62% were from Queensland with the next largest group of 19.81% from Victoria. We also had 4.72% International delegates, predominantly from New Zealand.

Q4: Did your organisation contribute towards any of the following?

Study Leave – 68.42%

Cost of Registration – 22.37%

Travel – 3.95%

Accommodation – 5.26%

Q5: Please rate the following aspects of the conference on a scale of 1 to 5 (1 being poor and 5 being excellent)

Pre-conference Information – 59.11% responded Good or Excellent

Conference programme/format – 86.96% responded Good or Excellent

Value for money – 77.17% responded Good or Excellent

Conference catering – 78.72% responded Good or Excellent

Duration of the conference – 92.39% responded Good or Excellent.

The remainder of the survey mainly asked for feedback on the strengths and weaknesses of the Conference and suggestions for topics for the next Conference. This feedback will be shared with both the Brisbane Conference Convenors and the Convenors for this year's Conference in Melbourne.

Thank you to all those who provided feedback.

NATIONAL CONFERENCE 2016



The 26th National Conference was announced in Brisbane. It is to be held at the Melbourne Cricket Ground on from **10 – 11 October 2016** with a welcome reception at the same venue on **9 October 2016**. The theme for this Conference is “**Hands, Hearts and Minds: Capturing the Essence of Rehabilitation**”. Planning for the Conference is well underway and the Call for Abstracts was sent out prior to the Christmas break. **Closing date for abstracts is 20 March 2016.**

Keep the above dates in your diary.

NEWS FROM NSW/ACT

A New Year begins! I would like to take this opportunity to wish everyone a Happy New Year!

Don't forget to include the Chapter Study Days and National Conference in your yearly planner for 2016. Sydney Study Day: “Rehabilitation: Improving the Patient Experience” will be held on 29 July and the second Study Day will be in beautiful Narooma on the 23 September. (Plan to stay for the weekend and do a spot of whale watching, fishing, golf or just lie on the beach).



The first NSW/ACT Committee meeting will be on 18 February. Meetings are usually held on the third Thursday of the month.

We are interested in advancing ARNA into the future and your input is vital. If you are interested in having an active role in what is happening in ARNA and are a NSW/ACT Member, we need you! **Vacancies** for NSW/ACT Chapter **Treasurer** and **Ordinary Committee Members** for a period of one year are vacant – (you must

be a financial Chapter member to be on the Chapter Committee). If you are interested please [email](#) Gail Teale-Sinclair or Phillip Au or telephone Gail on 0400 448 953

For any queries please [email](#) Gail Teale-Sinclair the NSW/ACT Chapter President.

NEWS FROM VIC/TAS

2016 sees the first Study Day for the year well under way with over 30 delegates registered. This will be hosted by St John of God Hospital in Geelong on 26 February. The event will be held at the Mercure Geelong which will be providing 75 car spaces for attendees at a cost of \$12 per day. A tour of St John of God's rehabilitation facilities will also be available. Thanks to Andrea Shrimpton for organising this event.

The Chapter, along with the Conference Committee, are well into planning for the National Conference at the MCG in October, with trades, sponsors and speakers all being confirmed now. Enquiries regarding accommodation around the venue at a reasonable rate for ARNA Members are currently being undertaken.

Any queries please [email](#) Sara Alger the VIC/TAS Chapter President.

NEWS FROM QLD

ARNAQ is well into the process of planning for education in 2016. This will include a February/March evening at Ipswich – details available soon.

On Friday 15 April there is a Study Day organised at Princess Alexandra Hospital, Woolloongabba, Brisbane. This year's theme is "Environments that Heal", and the Programme will include environmental issues, setting up a new paediatric rehabilitation service and communication and the consumer. There will also be an update on the implementation of the NDIS in Queensland. **You can register for this event on the [ARNA website](#).**

There is also a Study Day being organised for the Wide Bay – Maryborough region in June/July. Please [email](#) Pauline Blaney for more information.

We are also continuing to investigate linking education sessions across the state via videoconference, so please stay tuned for feedback.

Any queries please [email](#) Kerrie Garrad the QLD Chapter President.

NEWS FROM SA/NT/WA

The "Rest of Australia" Committee met for the last time on 30 November 2015. As a Chapter Committee we are focused on Rehabilitation and Supporting Rehabilitation Nurses. In January 2016 a meeting was held to explore further the development of the WA chapter of ARNA and I am very pleased to say that both the National President, Terry Wells and I will be in WA in February to establish the WA Chapter of ARNA.

Posters about ARNA have been purchased for distribution and display in Rehabilitation settings.

Dates are pencilled in for local Study Days for 2016:

- April/May | NT
- June/July | WA
- August | SA with AGM

Thank you to Helen McQueen the SA/NT/WA Vice President, who has volunteered to support Beverley with the National Newsletter.

In 2016 our Chapter minutes will be available on the ARNA website.

Any queries please [email](#) Denys Spencer the SA/NT/WA Chapter President.



JARNA JOY

Are you enJOYing your JARNA?

Have you read the last issue (November 2015)? Be ready and eager for the next one – it's coming soon!

In the November Issue, our Editor Julie Pryor described **JARNA's** progress over the last 3 years and in particular, asks readers to consider contributing. You don't have to feel daunted if you have not published before. The categories of Guest Editorial, Letter to the Editor and Clinical Commentary are a good way to start and enable contribution of experiences and thinking in a less demanding way. If you haven't read **JARNA** recently please do – start with the November issue – be inspired by the offer of support from the Editor and the varied content.

This is your opportunity to keep your practice informed and up to date, sharing in the range of issues relevant to rehab nurses. Perhaps a way to begin a community of practice? How can you do this? Topics relevant to your work setting may be included – contact the author, start a dialogue, write a letter to the editor in response to content or issues encountered or submit information relating to your area of clinical expertise. Get a group together in your workplace or online to share ideas for practice improvement. Tell us through **JARNA**.

Spoiler alert: Next issue watch for the Guest Editorial. Why Cognitive Care? Why the necessity? But don't stop there, make sure you keep turning the pages and enjoy!

This newsletters' **JARNA JOY** feature was submitted by Deidre Widdall.

As the official Journal of the Australasian Rehabilitation Nurses' Association (ARNA), **JARNA** seeks to enhance this expanding knowledge base through the publication of information pertaining to rehabilitation nursing. An equally important purpose of **JARNA** is to facilitate the development of ARNA Members as writers for publication by providing constructive feedback to authors. Prospective authors are asked to follow the guidelines available on the [ARNA website](#) when compiling a manuscript they wish to submit for consideration for publication in **JARNA**.

SCHOLARSHIPS

ARNA National and each State Chapter have scholarships available for educational purposes. The details and associated guidelines for application are available on the [ARNA website](#). We encourage you to take advantage of these as they have not been widely used at both a National and Chapter level for many years.

AMUSEMENT / RECIPE SECTION

This is a new section to the Newsletter. If you have a favourite recipe you would like to share with us please do so.



This month's recipe was sent by Lyn McBain (National Treasurer), but came originally from Gill Rowe who is also an ARNA Member.

Roast Vegetable Salad

Roast vegetables of your choice and cook in small pieces. Some suggestions are: Eggplant, Sweet potato, Red and green peppers, Carrots, Mushrooms, Onion, Parsnip, Pumpkin.

Once cooked place a portion of the vegetables in a bowl over a layer of baby spinach then alternate between the two until all ingredients are finished.

Dressing:

1 clove of garlic, Spring onion, half a cup of oil, a teaspoon of sesame oil, quarter cup of balsamic vinegar, teaspoon of whole grain mustard, tablespoon of lemon and lime juice.

Mix all ingredients together and pour over salad.

Sprinkle pine nuts, almonds or walnuts over the top

I make it all the time over summer and have many requests from friends to make it. My family love this recipe.

Please see the picture below that was taken from the internet. ARNA can be seen in many different place!!



SERVICE PROFILE or PERSON PROFILE

We are seeking input from Members for this section. If you would like to share information on your service or a person in your service whom you would like to highlight please [email](#) us.

This month our profile is about Kerrie Garrad, the new Queensland Chapter President.



Kerrie is currently the Nurse Unit Manager of the Rehabilitation & GEM Unit at the Redcliffe Hospital in the Metro North Health & Hospital Service, South-east Queensland. She has been in this position for four years. Prior to this she worked in a variety of areas including medical and surgical units and nursing education. Her interest in rehabilitation commenced whilst she was working in the neuromedical/stroke unit at Royal Brisbane Hospital. She is currently a member of the Metro North Sub-acute Advisory Committee. She is very interested in team culture, patient flow / pathways and fitting risk management into rehabilitation and patient outcomes.

WHAT'S 'APPENING?

A quick look at apps and websites that may be useful to you, your colleagues and your patients.

Disclaimer: while we bring you the information about these apps or websites, ARNA does not necessarily endorse the information contained in them.

Thank you to Kay Stevens for the following app.



Mandalas Coloring Pages plus many similar

Now that we are slowly returning to our busy lives after Christmas, there are Apps which may help relax you and (certainly your patients), similar to that holiday calm. Only kidding! However, it may help keep the kids quiet or pass time waiting in a queue.

This app cashes in on the current adult colouring whimsy. It is highly transportable, not requiring books or pencils and can be enjoyed by adults and children alike. It includes 93 templates and an extensive colour palette. The colouring is accompanied by soft, soothing music.

For best effect, a tablet and a stylus is recommended. However, pinching and spreading can expand the image for easier colouring.

There are many such apps available on both Android and iPhone. Most are free.

SUBMISSION & ENQUIRIES

For submissions or enquiries about this Newsletter, please [contact](#) the ARNA Newsletter Editor.

