

ARNA

Australasian Rehabilitation
Nurses' Association

Founded in the Illawarra in 1991



ADVANCING
REHABILITATION
IN NURSING

ARNA NEWSLETTER

June 2016



From National President

Welcome to the June edition of the ARNA newsletter. The newsletter contains information on what is happening in ARNA both at the Chapter and National levels.

Registrations are now open for this year's conference being held at the Melbourne Cricket Ground (MCG) on the 10th and 11th of October with the theme of "Hands, Hearts and Minds: Capturing the Essence of Rehabilitation".

I take this opportunity to welcome our latest member of the ARNA team Carolyn Searle who joins us as our Association Manager. Carolyn takes over from Victoria Robinson who is taking up another career pathway. We thank Victoria for her contributions to the advancement of ARNA's and wish her well on her future endeavours.

In closing I would like to acknowledge the passing of Ron Cousemacker a member of the ARNA Queensland Chapter. Ron was actively involved with the planning of the 2015 conference in Brisbane until ill health saw him step down. He was committed to supporting rehabilitation nurses and to the

advancement of rehabilitation nursing. Ron will be missed by his friends and colleagues within ARNA, and our thoughts are with his family, friends and colleagues. Rest in Peace.

Enjoy the newsletter.

Until next time

Terry Wells RN, *DipN, BN, MClInRehab*

NEWS FROM ARNA NATIONAL

In previous newsletters it was reported that the National Committee had formed several small working groups to facilitate the way in which we deliver services to our members. These groups have commenced working together and reports on their activities and outcomes will be shared with you as they occur.

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 since February 2015 we would like your feedback. There will be a survey seeking feedback within the next few months. The survey will be widened to encompass member support and questions regarding JARNA. While still being finalised at present, it will be sent as soon as it is fully designed. We value your feedback, so please take the time to complete when it arrives, and encourage your ARNA colleagues to do the same.

Advertising/sponsorship opportunities

If anyone would like to sponsor or advertise in the newsletter, guidelines for this are on the website:

www.arna.com.au

National Conference 2016



The 26th National Conference is to be held at the Melbourne Cricket Ground on the **10th & 11th October 2016** with a welcome reception at the same venue on the **9th October**. The theme for this conference is "Hands, Hearts and Minds: Capturing the Essence of Rehabilitation". Registrations are now open.

Keep the above dates in your diary.

NEWS FROM NEW SOUTH WALES/ACT

Hello Everyone

Over the past month the NSW/ACT chapter have been working hard to finalise the program for the study day on the 29th July 2016. Save the date flyer has already gone out to members. Remember if you are not receiving updates and the newsletter, it may be blocked by your work server so send in a private email to arna@arna.com.au.

Unfortunately we have had to cancel the Narooma Study Day. However, we are in discussions and are hopeful that a symposium will be held in Canberra! So stay tune for updates.

Notification of the AGM and Nominations forms for committee members will be going out soon. All the current NSW/ACT committee are due to step down as all positions will be declared vacant at the AGM. If you are interested in standing, put in a nomination form! Proxy vote forms are available if you are unable to attend the meeting. All committee members must be financial members. Please post these forms on your notice board for those who are not receiving information via email.

Do you want to see ARNA grow and you live outside of the Sydney area? You too can be on the NSW/ACT committee as meetings are held via teleconference, so get involved and represent ideas from your area.

Please join with me in thanking the current committee for their hard work over the past two years.

Kind Regards,
Gail Teale-Sinclair
NSW/ACT Chapter President

NEWS FROM VICTORIA/TASMANIA

Happy Queens Birthday and there are now no more public holidays in this state till November for the Melbourne Cup.

The cold weather has made itself felt all of a sudden. There has been no slow acclimatization from one season to the next but it has not stopped the enthusiasm of the committee organising their next Chapter Study Day and Annual General Meeting at The Royal Talbot Rehabilitation Centre in Kew. David and Fran Parsons along with Patrick Small will be the hosts and have been busy organising the venue, catering and speakers. Topics include Mental Health needs in and after Rehabilitation, sexual health, spinal cord injury and the transition back to the community, Bariatric Care and Management, community integration and leisure and the quality use of medication. Sponsors include Hartman, Eveready Health Solutions, BrightSky Independence Australia and Convatec. The Study Day is free to members, and we have tried to encourage non-members to join ARNA. As an added incentive there 3 major door prizes: 2 single day early early conference registrations for members and a year's registration to ARNA for non-members. At time of report we already have 45 registrations which shows how keen members are to attend. Marie, Vicki and Cheryl have been helping those with IT difficulties register online: which has led to fewer complications on the day although there is forever those last minute "walk ins" Gone are the days of having a working bee at someone's house folding registration forms stuffing them into envelopes, putting stamps on them and then doing a postal drop. For the young ones those were the days!.

Organisation by the chapter in assisting the National Conference Committee continues as we are keen to showcase Victoria and Tasmania. Trades and Sponsors are gradually being locked in, and the final program tweaked. Block accommodation at the Pullman has been secured, with a discount for ARNA members finalised, and this will be advertised on the ARNA website. Well done crew!

As a NUM I have also been immensely proud of the delight of my staff members who have been "published" (as one has in JARNA), and the other in this newsletter. In the April newsletter Pri Gamage was "over the moon" when I showed her article to her, and blushed when complimented by other staff members. I have been a bit slack for this newsletter, but promise to get a staff member to do an article. She has quite a history: 74 years old, working nights- but broke her ankle whilst chasing her grandchild down an embankment in USA. Hence surgery and rehab there as she could not be flown back when private health insurance would not cover this. She has agreed to write it all up when she gets back from her travels.

Sara Alger
Vic/Tas Chapter President

NEWS FROM QUEENSLAND

June / July Education

Wide Bay / Burnett Study Day - Maryborough
(contact Pauline.Blaney@health.qld.gov.au) or Jo Armstrong.
Registrations are continuing. There has been a lot of interest in videoconferencing.

Education - Telehealth

Videoconferencing will be offered for the Wide Bay / Burnett Program to be held 18 June 2016.

March 2017, Princess Alexandra Hospital, Woolloongabba, Brisbane.

One day program.
The ARNAQ committee have commenced preliminary planning.

Kerrie Garrad
Qld Chapter President

NEWS FROM SA/NT

The Chapters committee meeting was held on May 21st
YES the SA/NT Chapter are committed to the National Conference in 2017 in Adelaide, October 12, 13 or 19, 20

The SA Study Day + AGM for 2016 will be at Hampstead Centre on August 12th



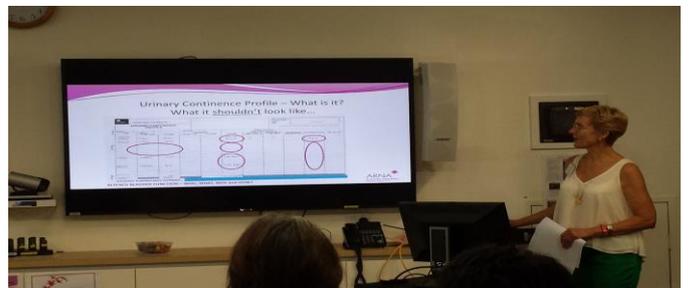
The NT Study Day was held on Monday 30th May at Royal Darwin Hospital Campus in the Flinders University Sim Lab. The theme was "Altered Bladder Function – who, what, why and how?" and feedback was very positive with people highlighting the most useful things learned as neurogenic bladder, urodynamics and nursing assessment skills, Things to take back to the work place - nursing assessment and decision making and use of the bladder scanner.

31 attendees – 9 members, 16 non-member attendees from a broad cross section of our health community RN, EEN, RMW, OT, PT

Most attendees were Rehab Nurses but also from GEM and Acute Care, the community and remote sectors and both public and private.

Sponsors, Hartmann and BrightSky bought lunch, Territory Surgical Supplies bought morning tea and Nursing and Midwifery Foundation paid for all gifts and prizes

And we made a profit!



Our next meeting June 28th with an invitation for all members to attend

Denys Spencer
SA/NT Chapter President

NEWS FROM WA

The month of May has been busy organising the upcoming study day on the 22nd and 23rd July. We are currently finalising presenters and have catering, sponsors, trade displays almost sorted. The chapter has requested Julie Pryor to present again at this

year's study day, as she was well received and inspirational to all those that attended.

We are also working on designing a WA chapter brochure to disseminate and promote the new chapter alongside updating the ARNA WA website. The WA Chapter treasurer Mark Cook has stepped down from this role due to personal reasons, and we will endeavour to appoint a member into this role at the next meeting. I am realising that we need some support and guidance into the processes around finances, online registrations etc.

The chapter appreciates any support and guidance the National Committee can provide, as we continue to establish ourselves and operate within the ARNA constitution.

Natalie Galantino
WA Chapter President



JARNA JOY

Are you enJOYing your JARNA?

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 at www.arna.com.au and following the links to JARNA) 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 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 edition we are including a recipe.

Sent in by Denys Spencer SA/NT Chapter President



Fish curry with tomato

Serves: 4-5

500g of fish fillets/stakes (kingfish, tuna, Spanish mackerel, mullet)

1 teaspoon ground turmeric

1 teaspoon salt

Oil for frying

1 large onion, roughly chopped

3 cloves garlic

2 teaspoon finely chopped fresh ginger

1 medium size ripe tomato, chopped

2 tablespoon oil

1 tablespoon Ceylon curry powder

1 teaspoon chilli powder

Salt to taste

2 cups coconut milk (one tin 400 ml)

Wash and dry fish well and rub all over with turmeric and salt. Cut each fillet/steak into serving pieces. Heat oil in frying pan and fry the fish until golden brown on both sides. Drain. Put onion, garlic, ginger and tomato in container of electric blender and blend to a smooth paste. Heat oil in a saucepan and fry the blended ingredients for a few minutes, until oil begins to separate from mixture. Add the curry and chilli powders and about a teaspoonful of salt, the coconut milk, and bring to the boil, stirring, simmer for a few minutes, then add the fish and simmer for 10 minutes serve with rice and accompaniments.

Serves 4.

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 you would like to highlight please send it to us.
secretary@arna.com.au**

**This edition our Person Profile is Alison (Ali)
New who is a new National Committee
member this year.**



I grew up in rural Queensland (Cunnamulla to be exact) and for as long as I can remember, I wanted to be a nurse. So off "to the big smoke" (Brisbane) I went and in 1984, I graduated as a Registered Nurse (one of a group of 72 that year), at the Princess Alexandra Hospital. I was lucky enough to do my final clinical placement in the Spinal Injuries Unit there and loved it (and the other rehab areas that I had been to) so much, that I knew that I was destined to be a "rehab nurse".

Wanting to stay as a spinal nurse (but needing to do more training to take on an Associate Charge position), I headed to Melbourne (to the Austin Spinal Unit), and completed a post grad certificate in Spinal Nursing. I had a great time there (once I got to grips with the whole 4 seasons in one day thing) – and really missed it when I went back to Brisbane. I went on to become NUM of the Spinal Unit some years later (and joined ARNA then too), and remained in the position for over 20 years - a very long time! There were a number of reasons why I was NUM for so long– including the great staff I worked with, interesting patients and opportunities for post grad study.

I completed a Masters in Clinical Rehab at Flinders Uni in 2010 and around this time too, I realised that what I really loved to do was to help others learn. So off I went to Uni again, and completed a Masters in Clinical Education, and when a rehab Nurse Educator position came up – I jumped at the chance. Along the way – I got really involved with ARNA Qld Chapter Committee, first as a Committee Member then Chapter Secretary, mostly due to the promotion of all things ARNA by great rehab nurse colleagues (including the late, great Ronnie Cousemacker). At the last National Conference that I was lucky to be able to join the National Committee, and I am finding this a great experience.

Incredibly, I have been a rehab Nurse Educator for four years ago now, and the staff still warn others

that "if you stand still long enough, Ali will try and teach you something". I just smile enigmatically (to keep them guessing), because I know they haven't realised yet that I am really good with "moving targets" too.

Many thanks for the opportunity to share my story – and I look forward to meeting any of you that I haven't caught up with yet.

Ali

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.

"When disasters such as the recent earthquakes in Japan and Ecuador strike, there is always a huge amount of goodwill from rehabilitation professionals around the world who wish to use their skills to support those affected. This brief guidance, developed with and endorsed by ISCOS, ISPO, ISPRM, WCPT and WFOT, is aimed at all those who are interested in responding to disasters. It highlights key questions to consider, and emphasises that rehabilitation professionals should only respond internationally to disasters as part of established international organisations, or as a member of a registered emergency medical team."

Please find below a link to advise you about responding to a disaster.

<http://scinurse.org/disaster-response.html>

With best wishes,
The SCI Nurse Team
www.scinurse.org

DIARY DATES:

Below are some diary dates from Lisa Street:

Wednesday 15 to Friday 17 July 2016

Asia Pacific Stroke Conference

Venue: Brisbane Convention and Exhibition Centre,
Brisbane, Queensland

Theme: Extending access to stroke treatment

W: www.apsc2016.com.au

Friday 22 July 2016

ARNA – Victorian/Tasmanian Chapter Study Day and Annual General Meeting
Venue: Royal Talbot Rehabilitation Centre, 1 Yarra Blvd, Kew, Victoria
Registration: will be available soon
Provided: morning tea, lunch, certificate of attendance, lucky door prizes
Cost: ARNA members - no charge; ARNA corporate members - may send 2 staff at no cost; Non-ARNA members - \$80
W: www.arna.com.au – go to Chapters – go to Vic/Tas
E: victas@arna.com.au

Wednesday 24 to Friday 26 August 2016

Smart Strokes Conference
Venue: National Convention Centre, Canberra, ACT
W: www.smartstrokes.com.au

31 August 2016

Closing date of the ARNA – Victorian/Tasmanian Chapter Educational Scholarships
W: www.arna.com.au – go to Chapters – go to Vic/Tas

Sunday 9 to Tuesday 11 October 2016

ARNA 26th Annual Conference and Annual General Meeting (AGM)
Venue: Betty Cuthbert Lounge, Melbourne Cricket Ground, Melbourne, Victoria
Theme: Hands, Hearts and Minds: Capturing the Essence of Rehabilitation
Sunday 9 October: welcome events in the afternoon and evening
Monday 10 & Tuesday 11 October: conference
Monday 10 October: conference dinner
Registration: available on the ARNA website - www.arna.com.au
E: arna@pams.org.au; T: (03) 9895 4483

Sunday 16 to Wednesday 19 October 2016

1st Annual Scientific Meeting of the Rehabilitation Medicine Society of Australia and New Zealand (RMSANZ)
Venue: Crown Promenade Melbourne, Victoria
Theme: *Change, Challenge and Opportunity*
Abstract submissions close 30 May 2016
Registrations open 14 June 2016

ARNA Chapter Study Days in 2017

If you are interested in hosting an event please contact us on vic/tas@arna.com.au

List created by Lisa Street, Australasian Rehabilitation Nurses' Association (ARNA) – Victorian/Tasmanian Chapter Committee Member, 0429 960 591. If you'd like to add your event to the list please let me know.