



ARNA NEWSLETTER

April 2016



FROM NATIONAL PRESIDENT

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

Planning continues for this year’s conference being held at the Melbourne Cricket Ground (MCG) on 10 & 11 October 2016 with the theme “**Hands, Hearts and Minds: Capturing the Essence of Rehabilitation**”.

In this edition of the Newsletter I have the pleasure in announcing that the Western Australian Chapter of ARNA was formed on 24 February 2016 at a meeting held at the Fremantle Hospital with Denys Spencer, SA/NT/WA Chapter President, and myself in attendance.

I present the WA Chapter Committee:

- President: Natalie Galantino
- Vice President: Erika Schlemmer
- Secretary: Anthea Crawford
- Treasurer: Mark Cook

- Committee Member: Dianne Hull
- Gwyneth Checketts
- Donna Shepley
- Peta Novell
- Stephanie Jones

Until next time, enjoy the newsletter.

Terry Wells
RN, DipN, BN, MClInRehab

NEWS FROM ARNA NATIONAL

ARNA Membership Renewals were due on 31 January 2016 – have you renewed your membership yet?

If not, you can do so on the [ARNA website](#).

If you do not 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 display it prominently in your workplace.

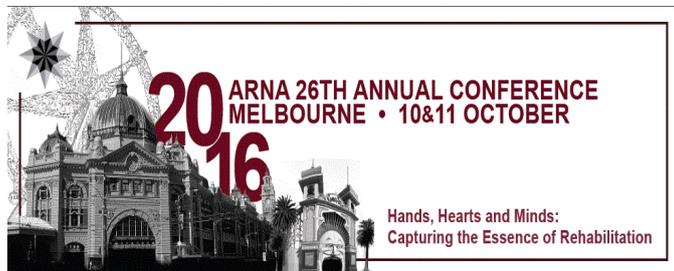
We would also like to have your input into this Newsletter. If you have any questions about ARNA or rehabilitation, please don’t hesitate to contact us.

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. Please respond so 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 2016



The 26th National Conference was announced in Brisbane. It is to be held at the Melbourne Cricket Ground on **10 & 11 October 2016** with a welcome reception at the Royal Talbot on **9 October**. 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. Abstract submission date closed on 18 April 2016.

Keep the above dates in your diary.

NEWS FROM NSW/ACT

The NSW/ACT Committee have begun organising speakers for the upcoming Study Day in Sydney “Rehabilitation improving the patient experience” at the Epping Club on 29 July 2016. Are you doing something special at your facility to enhance the patient’s experience? Would you like a chance to present your ideas at the Study Day? Then please contact the Committee.

Make sure you put this date in your diary now. The Study Day is free for members! So if you haven’t already joined ARNA, do it now and be informed about what is happening!



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

NEWS FROM VIC/TAS

Hope you all had a pleasant Easter break. Cannot believe that we are a quarter of the way through the year already and it is only 6 months to National Conference.

A successful Study Day was held at St John of God in Geelong on 26 February. The day was booked out with the Committee having to knock back registrations.

Congratulations to Andrea Schrimpton and her team at SJOG for organising the day; there was plenty of positive feedback for the presenters and their presentations. All these presentations will soon be available on the ARNA website. Another big thank you goes to the trades and Committee members who arrived early to set up for the day along with Andrea and her team. It is also delightful to see a fresh input from our new Secretary Marie Vasquez who put a new spiel on our ID badges. This was despite the fact that she had incurred a 3 cm tear to her Achilles, table top dancing in high heels on New Year’s Eve (OK I have embellished the truth a little) and arrived there on crutches.

I can’t get over the fact that I still learn something new from every Study Day that I attend.

Thank you to Vicki and the team at the office who were most helpful to all those nurses who were having trouble with applying. I have had a bit of IT education in that the old Windows and Outlook system don’t work when registering via the website, but now am up to date with Google Chrome and Windows 10. Online registrations are proving easier to do which leads to fewer complications on the day and therefore, with the large number of applications, we are now looking for venues with a seating capacity of 80+.

Our next Study Day and AGM will be held at The Royal Talbot Rehabilitation Centre on 22 July with more information to follow on the website.

Organisation is well under way for the National Conference at the MCG with a large number of trades and sponsors locked in. Well done Lyn and thanks for achieving this so quickly.

The Committee are sourcing adequate accommodation for our interstate guests/registrations. Abstracts have been a bit slow hence the closing date was extended by 2 weeks. There will be more details to follow once

activities are locked in with regard to FIM training, FIM refresher and continence. A trip to The Royal Talbot Rehabilitation Centre to see the award winning gardens of Stephen Wells (one of our guest speakers) has been organised.

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

NEWS FROM QLD

Friday 15 April 2016, Princess Alexandra Hospital, Woolloongabba, Brisbane.

The program for this Conference day is going ahead as planned. This program will include:

- environmental issues
- setting up a paediatric rehab
- communication and the consumer
- NDIS in Qld
- the new Jacana Model of Care
- practical strategies for identifying and responding to challenging behaviour
- stroke management and
- mindfulness, resilience and wellness

There are currently 52 registrants.

June / July Education

Wide Bay / Burnett Study Day - Maryborough ([email](#) Pauline Blaney)

Education - Telehealth

In April Kerrie Garrad and Pauline Blaney will be linking through Telehealth to assess the viability of a link across the state for regular ARNA education. We will be assessing difficulty / ease of access, maximum numbers per site, clarity of equipment and availability of technicians. Once this has been completed we will be investigating strategies for including private sector organisations. There also may be opportunity to create a program on a national level.

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

NEWS FROM SA/NT/WA

WA Inaugural Meeting was held on 24 February 2016 at Fremantle Health WA. The meeting was attended by 17 ARNA members, plus the TRACS WA Support Staff and one member via video conference.

Members were from a cross section of both public and private, both urban and country Rehab Centres

Terry Wells our National President and I attended

Terry presented, "What is ARNA?" and then appointed the first WA Chapter of ARNA Committee as was reported earlier in this Newsletter.



The WA Chapter of ARNA Committee plus guests:
Denys Spencer | Terry Wells | Erika Schlemmer | Dianne Hull
| Natalie Galantino | Gwyneth Checketts | Donna Shepley |
Anthea Crawford

The next meeting of the WA Chapter of ARNA is to be on Wednesday 20 April at 3.30pm and thereafter on the third Wednesday of the month.

The last SA/NT/WA Chapter meeting was to be 23 February 2016 but a mix up with the 3 time zones meant we did not have a quorum.

The next meeting of the now SA/NT Chapter of ARNA was held on 22 March. The main topic for discussion being the NT Study Day planned for May 2016 and the SA Study Day plus AGM in August.

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



JARNA JOY

Are you enJOYing your JARNA?

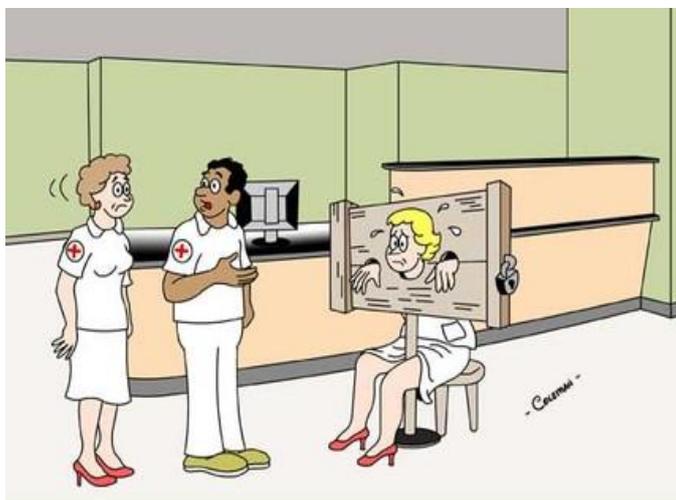
As the official Journal of the Australasian Rehabilitation Nurses' Association (ARNA), **JARNA** seeks to enhance this expanding knowledge base through the publication of information pertaining to rehabilitation nursing. An

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 outlined 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



"THERE'S CONSEQUENCES IF SOMEONE ON THE FLOOR DOESN'T WASH THEIR HANDS."

Recipe



I get requests from family and friends for this recipe, so I thought I would share it with you. The original recipe was in a Margaret Fulton book which I bought in the 1980's, but I have tweaked it to suit the likes of my family and friends over the years.

Beef Noodle Bake

- 2 tablespoons olive oil
- 1 chopped onion
- 1 clove crushed garlic
- 4 bacon rashers (de-rinded and diced)
- 2 diced carrots
- 1 diced celery stick
- 500g minced beef (for a variation you could try pork or lamb or even chicken mince)
- 1 x 300g can condensed tomato soup
- 1 x 425g can tomatoes (the original recipe called for the tomatoes to be drained, but I don't drain them as I found the casserole to be too dry if I did)
- 1 teaspoon dried basil
- salt & pepper to taste
- 250g noodles (I use ribbon)
- 1 cup grated cheddar cheese (or if you use a rectangular casserole dish you might need a little extra to cover the whole top)

Heat the oil in a frying pan, add the onion, garlic and bacon and fry until the onion is softened. Add the carrots and celery and continue frying for 3 minutes. Stir in the beef and brown well, then add the soup, tomatoes, basil and salt & pepper to taste. Cook gently for about 15 minutes.

Meanwhile, cook the noodles in boiling salted water until tender. Drain well. Add the noodles to the beef mixture and fold together, then turn into a casserole. Sprinkle the cheese over the top. Cook in a preheated moderate oven, 180°C for 30 minutes. **Serves 4**

Submitted by the Newsletter Editor

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 edition we have a profile from Priyanthi Gamage who took on the role of Discharge Navigator at Dandenong Hospital for a short period.

I'm one of those who had to do it all over again to re-launch my nursing career in my new home country, Australia. As an overseas trained nurse with many years of prior experience I had to undergo a Bachelor of Nursing at Monash University to obtain my nursing

accreditation. During my nursing studies, I was fortunate to have graduate rotation roles in rehab wards at Monash Health, before I started full time employment in 2012.

I believe that I have a natural passion for rehab care. It was a pleasing and very satisfactory feeling to see bed bound patients walking out on their own without assistance after completing a successful rehab program. Since I started my employment in rehab at Monash Health, Dandenong Hospital, I was given many opportunities to gain experience in different aspects of nursing. Sara Alger who is my NUM, one day asked me whether I could assist in the discharge navigator role for a short period. Initially I was nervous and not very confident as I had never done such a role before. However, it was certainly a welcome challenge for me to accept working in such a diverse environment which involves many different health care professionals and agencies.

Complex discharge planning, dealing with challenging patients as well as families, chairing case conference, communicating with the team and finalizing an appropriate discharge plan and services were all very daunting at the start. However, with help from my manager and the wonderful team around me, I was able to meet expectations of my new role. In a few months' time, I was able to gain so much knowledge about the roll and develop much needed leadership skills and self-confidence. I was always confident about my training and experience to back my work, eager to learn new things and welcomed new challenges. I must thank my manager for having confidence in me. Opportunities don't come every day and my advice is that never say no to opportunities presented to you. Doesn't matter whether they are big or small, grab them with positive attitude and put your best efforts to them. Different experiences not only add variety to your work but it could also help advance your career.

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.



Diabetes Australia app

This handy app is available free from the Apple store and Playstore for Android phones.

It is designed for patients with diabetes and contains space for personal information, local NDSS contact details as well as local events and services.

A patient will need to choose their local contacts.

There is a recipe tab with heart friendly versions of old favourites, including a shopping list.

Under the News tab are articles of interest, such as exercise for Type 1 and Type 2 diabetes audio or videos from radio, television, events and research findings.

DIARY DATES

Below are some diary dates from Lisa Street (ARNA VIC/TAS Chapter Member):

15 - 17 July 2016

Asia Pacific Stroke Conference

Venue | Brisbane Convention and Exhibition Centre, Brisbane, Queensland

Theme | Extending access to stroke treatment

For further information, go to the [APSC website](#).

Friday 22 July 2016

ARNA VIC/TAS Chapter Study Day and Annual General Meeting

Venue | Royal Talbot Rehabilitation Centre, 1 Yarra Blvd, Kew, Victoria

Registration | available soon

Provided | morning tea, lunch, certificate of attendance, lucky door prizes

Cost | ARNA Members FREE : ARNA Corporate Members - 2 staff FREE : Non Members \$80

For further information go to the [ARNA website](#) or [email](#) the VIC/TAS Chapter.

Wednesday 24 to Friday 26 August 2016

Smart Strokes Conference

Venue: | National Convention Centre, Canberra, ACT

For further information, go to the [Smart Strokes website](#).

31 August 2016

Closing date ARNA VIC/TAS Chapter Educational Scholarships

For further information, go to the [ARNA website](#).

Sunday 9 to Tuesday 11 October 2016

ARNA 26th Annual Conference and Annual General Meeting

Venue | Betty Cuthbert Lounge, Melbourne Cricket Ground, Melbourne, Victoria

Theme | Hands, Hearts and Minds: Capturing the Essence of Rehabilitation

Sunday 9 October | Welcome event

Monday 10 & Tuesday 11 October | Conference

Monday 10 October | Conference dinner

Registration | Available on the [ARNA website](#)

For further information please [email](#) the ARNA office or phone (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 in Victoria or Tasmania, please [email](#) the VIC/TAS Chapter.

List created by Lisa Street, Australasian Rehabilitation Nurses' Association (ARNA) – VIC/TAS Chapter Committee Member, 0429 960 591. If you'd like to include your event in the ARNA Newsletter, please let me know.

SUBMISSION & ENQUIRIES

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