



ARNA NEWSLETTER

August 2015



From National President

Welcome to the August edition of the ARNA newsletter. The 2015 Conference is almost upon us with only a couple of months to go. The program is coming together with a large number of submitted abstracts reviewed by the Abstract Committee with the majority being accepted for presentation. There are a record number of posters being presented this year. Registration numbers for the conference are looking good and I would like to remind anyone who is still considering attending and have not yet registered to please register. The AGM will be conducted in conjunction with the Conference and I would encourage members to consider nominating for any of the vacant positions. Please consider that the National Committee meet for a two day planning workshop during the last weekend of November each year for which all National Committee members are expected to attend.

I look forward to seeing you in October in Brisbane.

Terry Wells RN, DipN, BN, GradDipClinRehab,
MClinRehab

NEWS FROM ARNA NATIONAL

The National Committee continues to teleconference on a monthly basis to review the progress against the Strategic Plan which was agreed upon at the Planning weekend in Melbourne in December last year. The Strategic Plan is available on the website.

ABOUT THIS NEWSLETTER

We encourage you to print it out and display prominently on notice boards 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

ADVERTISING/SPONSORSHIP OPPORTUNITIES

If anyone would like to sponsor or advertise in the newsletter, guidelines are available to accommodate this and will be accessible via the [website](#).

NATIONAL CONFERENCE 2015



The theme for this year's conference is "Getting everyone on board"

The conference this year is to be held in **Brisbane from 21 to 23 October**. Put those dates in your diary now.

NEWS FROM NSW/ACT



Photos from NSW/ACT Study Day

The annual Sydney, NSW/ACT Chapter Study Day & AGM was held on Friday 14 August at the Epping Club in Epping. The theme was The Many Contexts of Rehabilitation . . . Joining the Dots. It was an excellent day with 58 delegates attending.

Invited Guest Speaker Dr Julie Pryor challenged those present to think about **Rehabilitation nursing versus Rehabilitation in Nursing. What's the difference? And is Rehabilitation a specialist or generalist nursing practice? Or Both?**

Ponder these questions yourself, discuss them with your colleagues and then write to the Editor of JARNA about your thoughts on the topic!

Our range of speakers highlighted how together we represent the many contexts of rehabilitation in nursing. From the vital role of ACAT, Transpac and the work of the community rehabilitation team, across to the specialty areas of spinal, brain injury to working with rehabilitation patient in the acute setting. Claire O'Connor from the ACI Rehabilitation Network reminded us that we need to get active and give voice to our specialty or run the risk of being invisible. Brett Wheatley, a double amputee following a motor bike accident, shared his recovery story that led him to participate in the Sydney to Hobart Yacht Race. Heidi Haydon and Robert Wynn were the representatives from the Spinal Cord Injury Association who also spoke on the day.

Thanks to our sponsors, Cello, BrightSky, Convetec, 3M, Smith & Nephew, members were able to attend free!

The AGM was held following the Study Day. Resignations were received from Simon Cook (Committee Member) earlier this year and Cassandra Medcalf (Treasurer) at the AGM. Committee Member nominations were received and accepted for Elizabeth Huppatz again this year and new Committee Member Jason Thomas. **Congratulations!**

The NSW/ACT Committee have been busy this year planning for the Sydney Study Day and organising the Batemans Bay Symposium which is to be held on 20 November.

NEWS FROM VIC/TAS

A successful study day was hosted at Bendigo Health on 26 June. Congratulations to Leanne Muns and her team on hosting a very interesting and interactive day. Excellent presentations as per Evaluation sheets were given by Kristen O Connor, Massie Knight, and Tracy Kidd. A better understanding of managing amputee patients, energy consumption along with prosthetics had nurses talking afterwards. Comments heard were that they were made more aware of the care for patients. The pharmacy presentation also made the Rehab Nurses specifically aware of administering rivaroxaban and other oral anti coagulants correctly (with meals). We are aiming to get all presentations and photos on the website which we have not achieved as yet.

It was Maries Vasques' first Study Day in her role as Secretary and she was well supported by Brendan Bakes and the rest of the Committee who attended. Well done and thanks.

Also thanks to the trades people who attended on the day. Interactions between nurses and trades were interesting and well received.

Lyn McBain and Sara Alger delivered a presentation at Como Private Hospital about the role of the Rehabilitation Nurse which was well received (night duty staff also attended). Como is building a new Medical Surgical Hospital in Moorabbin and is converting their current facility into a Rehabilitation facility. We are keen to have Como on board as a new member to the Chapter hence membership forms left. Thank you Como for the lovely flowers afterwards.

We would like to remind all members that we currently have 5x\$500.00 scholarships that have not been applied for. We will assist with the applications if they feel it too complicated for them. Criteria for applications are on the website.

Our next Study Day will be held in Hobart on Friday 13 November 2015 and St John of God Geelong 26 February 2016.

Plans have started for the Chapter to host the National Conference in 2016.

NEWS FROM QLD

ARNA QLD is holding a half day Workshop at Greenslopes Hospital on Saturday 19 September from 0:800 to 12:00. The Study Day is free for ARNA members. Non-members will be charged \$20. Morning tea will be provided. More information and the registration form can be found on the ARNA [website](#).

The ARNA National Conference is fast approaching so don't miss out and register **NOW**. This year the Conference will be held at the Brisbane Convention and Exhibition Centre which is a world class facility and we have a great line up of guest speakers. ARNA QLD is offering scholarships to QLD members to assist in attending the Conference. Application need to be in by the end of August to [Shaun Matthews](#).

NEWS FROM SA/NT/WA



Photos from NT and SA Study Days

In SA a successful Study Day was held on 14 August at the Repatriation General Hospital. Thank you to the SA contingent of the Chapter for organising the venue and the programme for the day. We had a wide and varied programme as outlined below:

- 'Don't fall, don't break – Keeping it simple' - Deborah Spicer, CPC Fragility Fracture Liaison RGH
- 'The Amputee Rehabilitation Nurse Practitioner Role' – Siobhan Jackson, NP RGH
- 'The Importance of Context in Rehabilitation' – Deidre Widdall, RDH
- 'Rehabilitation Tele-Health Project' – Claire Morris, RITHOM RGH
- 'Transition from a Paediatric to Adult Rehab Setting' – Dana Wright, WCH
- 'Research Methodologies for Rehabilitation' – Dr Chris Barr, Flinders University
- 'Does Handover Describe Patient Status Accurately?' – Terry Wells, HRC
- 'Rehabilitation in Nursing – What does this mean?' – Deidre Widdall, RDH

We were also invited to a "Rehabilitation Technology Tour" of RGH by Professor Maria Crotty. During the tour we visited the exercise gym, the robotics area, the area used for therapeutic interactive video games and the hydrotherapy pool.

At the completion of the Study Day the Chapter AGM was held. There were several positions vacant on the Chapter Committee and elections for these positions were held. We now have representation on the committee from all three states/territories in our Chapter. The 2015-16 SA/NT/WA committee is:

President: Denys Spencer (position not vacant this year)

Vice President: Helen McQueen (re-elected)

Secretary: Natalie Thackeray (elected after relinquishing the Treasurer's position for the remainder of that tenure)

Treasurer: Justin Prendergast (nominated from the floor and will hold position for 12 months until the next AGM)

Committee: Deidre Widdall
Erika Schlemmer
Karen Simunov
Natalie Galantino

By the time of publication of this newsletter our inaugural WA Study Day will have been held in Fremantle. We will bring you a report on this in the next Newsletter.

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 when compiling a manuscript they wish to submit for consideration for publication in **JARNA** are asked to follow the guidelines available on the [ARNA website](#).

SCHOLARSHIPS

ARNA National and each Chapter have scholarships available for educational purposes. The details and associated guidelines for application are available on the [ARNA website](#).

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.

The Aboriginal Australian Malnutrition Project

Centre of Research Excellence to Reduce Inequalities in Heart Disease

Natasha Morris RN

PhD Candidate Baker IDI Central Australia

The [Aboriginal Australian Malnutrition \(AAM\)](#) project is a study being undertaken at Royal Darwin and Alice Springs Hospital in the NT and Cairns Base Hospital in QLD. It has been reported that 32% of adult patients in hospital are malnourished and just under 42% are at risk of malnutrition. However, these percentages are higher in elderly patients and those in rehabilitation care settings. Malnutrition screening 24 hours of admission into a health care facility is crucial for the early identification of at risk patients so appropriate referrals are made to dietetic services. However, malnutrition screening for some Aboriginal Australian inpatients may be unreliable due to inappropriate screening tools.

The AAM project aims to:

1. Validate the [Malnutrition Screening Tool \(MST\)](#) for Aboriginal Australian inpatients
2. Validate the [Australian Nutrition Tool \(ANT\)](#), which has been developed for the AAM project
3. Measure the burden and impact of malnutrition by measuring health outcomes such as: length of hospital stay, discharge destination, 30-day and six month readmission and survival rates.

So far, 370 patients have been recruited at Royal Darwin and Alice Springs Hospital. The results confirm that Aboriginal Australian patients have higher rates of malnutrition and malnutrition risk than non-Indigenous Australians. The results also show that Aboriginal Australians are more likely to suffer from more severe forms of malnutrition due to chronic disease. For more information about the AAM project please send an [email](#) to Natasha Morris.

TRACS WA

From Sandra Dumas

TRACS WA is the West Australian Department of Health's dedicated subacute care training unit. Our aim is to improve the quality of patient care by providing support and training content to professionals working in areas

related to **rehabilitation, geriatric evaluation and management, and psychogeriatric care**. We also aim to assist individuals, teams and organisations to further develop inter-professional practice, leadership and skill assessment capabilities

We provide:

- Training events: in conjunction with ARNA we provided the first ever WA Study Day for nurses working in the rehabilitation sector on 21-22 August.
- Community of Practice meetings: A Community of Practice (CoP) is about bringing together people who share a passion, concern or common interest in a subject and who interact on a regular basis to share practices, develop knowledge and improve the way they do things. TRACS WA facilitates the **WA Subacute Care Community of Practice**, which acts as a forum for subacute care professionals to exchange skills, knowledge and resources within and between their specialty areas. The CoP meets on a regular basis to discuss a wide variety of topics ranging from inter-professional practice, cultural sensitivity and participants are also able to link in via videoconferencing throughout the state. Local, interstate and international speakers often deliver cutting edge presentations at the meetings to spark discussion and collaborative learning. It's also a great place to network with other subacute care clinicians in your area.
- Learning resources and E-learning tools: TRACS WA's role includes sourcing, development and sharing of a wide range of resources relevant to the subacute care sector. Some of our resources include the **Managing Well Neuro Checklist, Aphasia Friendly Goal Setting Package** and a **Subacute Care Improvement Guide**, which are all available via our [website](#). The website also hosts the interactive **Subacute Care Map** for WA outlining the details of a range of services in the sector
- Skills exchanges: The Skills Exchange Program provides clinicians with the opportunity to gain additional experience through shadowing and observation with another professional in their workplace. TRACS WA helps by matching suitable metro or rural staff to meet the specific requirements of the individual
- Grants for learning and development opportunities: TRACS WA supports clinicians throughout WA getting access to the subacute training they need. Our grants can pay for course

registration and other costs associated with training. We also provide grants to organisations to assist with transition to evidence-based practice and support strategic partnerships. The grants are available to agencies and services that deliver subacute care. Individuals seeking grants will need to apply via their agency or organisation. More details are available on our [website](#).

- Learning via video conference
- Information about SAC services state-wide

If you or your team is looking to enhance your subacute skills and deliver the best quality of care to your patients, TRACS WA can assist. Contact us on 08 94312351 or visit our [website](#) today to find out more.

Fremantle Hospital
Block B2 / 152
Alma Street
Fremantle WA 6160
Phone: (08) 9431 2351
E-mail: tracswa@health.wa.gov.au
Web: www.subacutecare.org.au
DoH: www.health.wa.gov.au

R2R, the Right Rehab Resource (Victoria)

From Melanie Adams

Finding ways to improve the physical and mental wellbeing for patients with newly acquired disability can be challenging. A unique and free program, Rehabilitation to Recreation (R2R) from Disability Sport & Recreation is one solution.

Using patient case studies, each R2R training session gives participants the tools and knowledge to help their patients become more physically active for improved immediate and long-term health outcomes as well as providing a useful bank of clinical resources for their daily practice.

This practical program, which can include a practical demonstration session, has been delivered in public hospitals, community health settings, private clinics and universities: anywhere a clinician may work with people with disability.

To book your free training session or for more information, [email](#) Melanie Adams or call (03)9473 0133.

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.

The app below was sent by Kay Stevens.



MediSafe

This is a useful app for patients who have a tendency to forget their meds or have difficulty remembering what they are for.

The app allows the user or a helper to load their meds into their phone by name, description, colour and form into a given time - breakfast, lunch, evening, bedtime. This follows a Webster pack regime.

An alarm which sounds like a tablet bottle being shaken goes off every 10 minutes in the hour before the medication is due. The alarm signal can be changed.

If the patient is forgetful, a message can be sent to another phone alerting a carer or relative that the meds have been missed. Each loaded medication comes up separately so the consumer is aware of each one.

[This app is free on Android and iPhone.](#)

SUBMISSION & ENQUIRIES

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