



## ARNA NEWSLETTER

June 2015



### From National President

Welcome to the third edition of the ARNA newsletter. In this edition I would like to promote JARNA. As you might be aware, the first edition of JARNA was delayed but we hope you have received it now.

JARNA has long been recognised as a venue for the sharing of information relevant to rehabilitation nursing, practice development activities and research with ARNA membership and beyond resource. Although a number of members have contributed to the content of JARNA with many these being first time contributors, articles are being sought for future editions. If you have anything of interest you like to share with your colleagues please put pen to paper and contribute to this journal. Your contributions will assist in the continual publication of JARNA. Guidelines for submitting are available on the ARNA [website](#).

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 on the website for you to review.

### 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 ARNA [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 the 21<sup>st</sup> to 23<sup>rd</sup> October. Put those dates in your diary now. Early bird registration starts 1 June 2015.

The call for Abstracts closed on the **29 June 2015**. We wish to thank you for your submissions. Announcement of successful Abstracts will be in the coming weeks.

## NEWS FROM NSW/ACT

**Sydney Study Day:** Will soon be here! - 14 of August. Come and be inspired by Brett's story of his Journey to recovery, following a double amputation. He is just one of our presenters on the day. It's time to get your registrations in and reserve your place. Morning tea and lunch are provided. Put up the flyer on your notice board, copy off some registration forms or register on line and let your colleagues know the day is on! All information is on the NSW/ACT ARNA [webpage](#).

The AGM will be held after the Study Day. Have you been thinking about being more involved with ARNA? Join the NSW/ACT Committee! Nomination forms will be out soon.

**Save the Date:** 'Rehabilitation is everybody's business' South Coast Symposium, Bateman's Bay will be held on 20 November at the Soldier's Club. Members and clinicians in the Batemans Bay and surrounding rural area in particular, are encouraged to come along. Invited speaker Dr Julie Pryor will inspire you to practice the art of rehabilitation in your work place. Everyone is welcome so come make a weekend of it in the beautiful environs of the south coast!

Become a member for just \$130 and enjoy going to both conferences free. Cost for non-members for the Sydney Study Day is \$120.

See you at the Epping Club in August!  
Gail  
ARNA NSW/ACT President

## NEWS FROM VIC/TAS

We held a Study Day at Bendigo Health on 26 June and it was a great success. We wish to thank everyone who attended. The topics covered were:

- Energy conservation in patients with primary cardiac disease
- New anti-thrombotic therapies
- Management of amputee patients – prosthetics and consumer perspective of the same

- The deteriorating patient in the sub-acute setting

There will be another Study Day in Hobart on 13 November. This is advertised on the VIC/TAS Chapter [webpage](#).

So far no-one has applied for Chapter scholarships valued at \$500. Please feel free to [contact](#) the Vic/Tas Committee if you are having difficulty completing the application due to the criteria.

## NEWS FROM QLD

The QLD and Conference Committees are hard at work getting the 2015 ARNA National Conference ready. We have some excellent invited speakers. Abstract submissions are now closed. The pre-conference event will be held at Parliament House as guests of MP Joe Kelly. Joe is a Rehabilitation Nurse and continues as a member of ARNA. The pre-conference event is free and you can book for it when you register for the Conference. If you book for the Conference now you can get the Early Bird price.

The QLD Committee would like to meet up with members from the more remote parts of Queensland at the Conference. While the Committee may not be able to physically assist with education events we may be able to help by providing advice and funds held by ARNA QLD which could be used to pay for an invited speaker at education days. If you are interested but cannot attend the Conference you can [contact](#) Shaun Matthews (QLD President)

## NEWS FROM SA/NT/WA

A successful interactive Study Day was held in Darwin on 5 June. There were positive responses and active participation in the day with the theme of "Rehabilitation *IN* Nursing" and a total of 7 topics with 8 presenters and our Chapter President opening the day. 15 participants attended mainly from Darwin. However, 2 keen nurses travelled 350k from Katherine to join in.

The programme began with a session examining "what do we mean by this?" while noting the recent change to the wording in the ARNA Strategic Plan 2015-2018. Other topics covered included health literacy, goal setting and the latest information relating to a mix of topics of interest such as new anticoagulant therapy, Advanced Care Planning in the NT and an explanation K.I.C.A. The day ended with an interesting interactive

session looking at empathy and mindfulness in rehabilitation nursing.

Planning is well underway for both the SA and WA Study Days. The SA study day is Friday 14 August at the Repatriation General Hospital, Daw Park, Adelaide. Registration form is [attached](#). The chapter AGM will also be held throughout the course of the day – please refer to the [Program](#) and [AGM Notice](#).

We are pleased to announce that the inaugural WA 1½ day Study Day is to be held at Fremantle Hospital on 21 and 22 August. An exciting programme of local and national presenters is being offered – the programme and further information are [here](#).

## 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](#) when compiling a manuscript they wish to submit for consideration for publication in **JARNA**.

## 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](#).

## AMUSEMENT

Do you have any photos or articles of interest which may relate to the name ARNA?

I did a google image search for ARNA and came across this poster on a UK [website](#). You can order this as a poster if you so desire.



## 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's profile is from the Rehabilitation & GEM Unit of the Redcliffe Hospital which is part of the Metro North Hospital & Health Service in Queensland

### Rehabilitation & GEM Unit – Redcliffe Hospital

The unit is located on the Redcliffe Hospital Campus. It is comprised of 22 beds – 14 Rehabilitation and 8 Geriatric Evaluation and Management (GEM) beds.

The majority of patients are admitted from the Redcliffe Hospital and the remaining patients are from other Metro North hospitals. Occasionally there are admissions from outside of the district and state. Patients are classed as either Rehabilitation or GEM patients with almost all of the patients living or going to relocate to the Redcliffe Peninsula, the Caboolture area or Bribie Island.

Rehabilitation patients include patients with impaired function that are able to tolerate at least 3 therapy sessions per week. The majority of these patients are over 65 years of age, but can be any adult age. The main DRGs include, but are not exclusive to

- Orthopaedic
- Neurological
- Reconditioning
- Amputees

GEM patients are usually over 65 years of age, but may be younger with the physical attributes of an aged person. They have challenges to discharge that have the potential to be conquered.

The unit delivers a multidisciplinary, patient-centred Model of Care with the majority of services being provided within the unit. Some services are provided by other areas on the Redcliffe Hospital, external providers and other Metro North hospitals.

## WHAT'S 'APPENING?

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

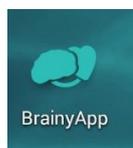
**Disclaimer: while we bring you the information about these apps or websites ARNA does not necessarily endorse the information contained in them.**

In this edition we would like to draw your attention to the Nursing and Midwifery Board of Australia [website](#).

This site is supported by AHPRA and provides very comprehensive information pertaining to registration standards, codes of practice and ethics and guidelines such as competency standards and professional boundaries. There is also a section which gives information about study for those who would like to join our profession.

Once again thank you to Kay Stevens for the information on the following apps:

This month I have chosen a couple of apps for cognitive training – yours and your patients.



**BrainyApp** – from Alzheimer's Australia

It is lifestyle monitoring and basic brain training to help prevent cognitive decline due to aging. It helps track your brain health and is more than just brain games. It addresses cognition, diet for brain health and the benefits of exercise for aging brains.

It starts with a survey which can be taken periodically to monitor progress. Regular activities can increase

cognition and dexterity. This is tracked through subsequent surveys.

This App is free on Android and Apple store.



**Lumosity** – brain trainer

It is designed by neuroscientists with foundations in study of brain plasticity. You are able to pass through levels and increase your score each time. It's sort of like computer games for adults.

You can program training reminders so you can take the exercises daily to improve your score. This does not address diet, exercise and lifestyle changes but is suitable for all ages.

Lumosity is available as a free App which includes basic brain training or a monthly subscription of \$5 and includes different challenges. Lumosity is also available as a computer program.

The app below was sent by Deidre Widdall.



**A better way to care: Actions for clinicians**

This is a resource now available as an app for mobile devices, both iPhone and Android. Its aim is to provide clinicians with a quick access guide to the pathway for identifying and providing safe and high-quality care to patients with cognitive impairment in hospitals.

It focuses on the following questions?

- Why is being alert to dementia and delirium important?
- Who should I be concerned about?
- What should I do?
- What does being alert mean to me?

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