



ARNA NEWSLETTER

October 2015



From National President

Welcome to the October edition of the ARNA newsletter.

The 2015 Conference is only a couple of weeks away with attendance numbers approaching to become a record attendance. There is a great interest in attending the preconference welcome at Parliament House with around 100 delegates registered for this event. I am looking forward to what promises to be a great conference.

Since the last edition of the newsletter a first ever Western Australia study day was held in Fremantle, Western Australia, at the Fremantle Hospital from 21 - 22 August hosted by the ARNA SA/NT/WA Chapter. An extensive account of the study day is presented within the SA/NT/WA Chapter report following. The success of this event was made possible through the support provided by Queensland, NSW/ACT and VIC/TAS Chapters and the assistance of TRACS WA, and the Presenters. Around seventy delegates attended including nineteen ARNA Members.

A proposal to form a WA chapter was presented to the attending members which looks promising. Special thanks go to Denys Spencer, SA/NT/WA Chapter President and the SA/NT/WA Chapter Committee for their endeavours bringing this to fruition.

Until next time.

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 – 23 October**. The date is rapidly approaching.

**Have you registered yet?
And don't forget to book the dinner!**

There will be some exciting news announced at the conference regarding the 2016 Conference.

NEWS FROM NSW/ACT

The NSW/ACT Chapter is busy organising the Bateman's Bay Study Day being held on Friday 20 November. Invited speakers include Julie Pryor, The Nursing Research & Development Leader, Royal Rehabilitation Centre, Putney, Sydney and Andrew Murray, CNC Rehabilitation, Prince of Wales Hospital, Randwick, Sydney.

Plans are also underway for next year's Study Day. The Chapter is currently looking at a theme and potential sponsors as well as confirming the date. Expressions of interest are being sought for any person interested in presenting on the day.

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

NEWS FROM VIC/TAS

Via our Annual General Meeting we now have a Secretary: Marie Vasquez and welcome her with open arms. Our next Study Day is 13 November in Hobart and 2 venues booked for next year St John of God in Feb and Brunswick Private in June.

NEWS FROM QUEENSLAND

The ARNAQ AGM was held on the 30th of September. The QLD committee for the next 12 months are:

President: Kerrie Garrad (Redcliffe Hospital)
Vice President: Carolyn Wilson (Greenslopes Hospital)
Secretary: Alison New (Princess Alexandra Hospital)
Treasurer: Shaun Matthews (Redcliffe Hospital)

Committee Members:

Pauline Blaney (Maryborough Hospital)
Jo-Anne Armstrong (Maryborough Hospital)
Mark Baker (Gold Coast Hospital)
Maria Pardoen (Caloundra Hospital)

We do hope to see plenty of Queensland members at the upcoming National Conference.

NEWS FROM SA/NT/WA

The following information was taken from the TRACS WA report on the recent ARNA WA Study Days:

The first ever ARNA Study Day was held in Fremantle, Western Australia in August; approximately 63 nurses attended on Day 1 and 51 on Day 2.

A wide variety of speakers presented across the 2 days – 14 different speakers in all, 4 of them being from other ARNA Chapters.

The wide variety of topics included:

- New research on aims and processes of rehabilitation – Dr Julie Pryor
- Parkinson's Management – Dr Mark Wilson
- Self-Management – Professor Barbie Singer
- Continence Management – Mary King
- Coroner videos – Helen McLean & Sandy Dumas
- Managing Well Neuro Check List – Lisa Majteles
- The 3Ds: Delirium, Dementia and Depression – Dr Roger Clarnette
- Nursing Research and Development Leadership – Dr Julie Pryor
- Goal setting in spinal cord injury rehabilitation – Gillian Garrett
- Interdisciplinary Pressure Ulcer Clinic – A Case Study – Erika Schlemmer
- Patient-centred innovation in orthopaedic rehabilitation – the importance of the rehabilitation nurse and FIM – Sara Alger

- Addressing Sexual Concerns in Rehabilitation – Narelle Higson

All presentations were recorded to be available for viewing at a later date via the TRACS WA [website](#).

20 participants were provided with the opportunity of attending a guided tour of the newly opened Fiona Stanley Hospital State Rehabilitation Centre. Feedback from the tour was very positive and a number of nurses stated that they were disappointed to have missed out on the opportunity.

After the Study Day a letter was sent to participants from the SA/NT/WA Chapter President thanking them for their attendance and seeking their input into the possible formation of a WA Chapter for ARNA. The contents of the letter are below:

Hello WA Rehab Nurses

This is a letter of thanks for attending the inaugural ARNA Study days in Western Australia.

I trust you found the study day and a half interesting and learnt some things and enjoyed the networking with likeminded Nurses.

At this day we discussed the possibility of establishing a WA Chapter of ARNA. There were 19 ARNA members in attendance with another 4 joining since then, ample for a Chapter.

Would you be interested in supporting a local chapter of ARNA? When and how would you like to meet?

Please contact Erika Schlemmer with your ideas. Please email her at erika.schlemmer@health.wa.gov.au.

Kind regards

Denys Spencer
ARNA SA NT WA Chapter
President

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.

This edition the person profile is of our National Vice President, Sara Alger
(Originally published in JARNA, November 2014)

I started my training as an RN and became a Staff Nurse back in 1980 at the Alfred Hospital. After qualifying I did Agency work and ended up managing the Agency for over 10 years. One of the shifts was in a small orthopaedic rehabilitation ward in the middle of a major public hospital (Dandenong). Those were the days when the ward was only open Monday to Friday and the patients went home on weekend leave and returned Monday morning. My how things have changed and evolved.

I started working there as a staff nurse when the acuity of the patients required them to stay in hospital over the weekend, gained certificates in Rehabilitation/Neurological Nursing, Legal Issues in Rehabilitation and became a CNS, ANUM, FIM Trainer and am currently NUM of the same unit which has progressed from 11 to 20 beds. The acuity of the ward also changed as hospitals were amalgamated under the Kennett Government and we received all types of patients that required "IPR" In Patient Rehabilitation. Despite gaining experience and expertise in this field I find that I am still learning something new every day.

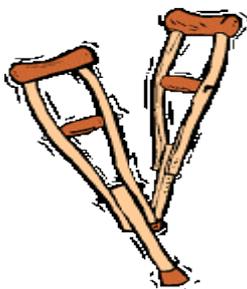
We have won "The Healthcare Innovation Award for Excellence in Service provision" streamlining care for orthopaedic patients from Acute to subacute reducing length of stay and costs.

During this time my NUM told me about an ARNA Conference of which she as a member was attending and encouraged me to go. After attending this conference I

came back to work enthused, revitalized re-energized and recharged: that was back in 90s and have only missed 1 conference since. As a result of attending and the Victoria/Tasmania Study Days, I somehow became the secretary taking over from Tanya Cannington (I still have her letter of welcome). Then it was a \$5.00 registration and a sticker for a name tag. I did warn the Chapter my secretarial skills were **NIL** but at each AGM my position was never challenged but I did acquire skills with attendance spreadsheets, certificates, name badges, minute taking and working bees. Lisa Street is forever correcting my grammar (she has never given up) and David Parsons reminding me about the correct documents.

In 2014 Lyn McBain stepped down as President and I stepped into the position. I am extremely passionate about rehabilitation nursing and a huge advocate of having all my nurses FIM trained so there is clear documented evidence as to how well we are doing/have done our jobs, as well as keeping their surgical, medical and pharmacological skills up to date.

Rehabilitation starts the minute the nurse steps into that room; it is not just the physio, OT or Speech, nurses are the advocates and providers of continuity for the patients as therapists and doctors are moved on/rotated.



An update to this profile – Sara has recently had orthopaedic surgery and has shared her experiences with us entitled “On the receiving end of Rehabilitation”.

Middle age is catching up with me and I had the experience of being on the receiving end of rehab for post orthopaedic surgery.

After years of wearing Dunlop Volleys for netball and tennis on asphalt and hard services together with 35 years of racquetball, my left knee finally gave way. For the uneducated it was the standard white runner for all sports they had either blue or green lines around the back.

I needed to have a complex meniscus tear repair, a general clean out and a little smoothing out of the bone. I told the surgeon I needed to be ready for the Masters Games in October for Racquetball doubles and singles whereby he booked me in for surgery within 2 days of seeing him.

I thought I was reasonably fit, knew all about orthopaedic post op care and rehab and would recover quickly. I did read the hospital instructions and faithfully followed up with physio appointments and expected to be back at work within a couple of weeks.

"Nothing ever goes according to plan." It was a day procedure, I managed to walk out on crutches (no wheelchair for me) and made it home only to fall asleep on the couch so Phil ordered Pizza for tea.

Apparently the next day I sent flowers to myself instead of a work colleague (another NUM on an ortho ward) who had her right knee done on the same day. I am going to blame the anaesthetic for that one. Somehow I kept kicking Phil my husband with my good leg overnight in between frequent trips to go to the toilet which seemed to take forever having to use my crutches. I desperately wanted to put a pillow under my knee (stuff keeping it straight) and got "Kankles".

I couldn't get my PT to understand my keenness to get back into heels and now have much more sympathy for all those ortho patients and seriously think using any gait aid, getting dressed and personal ADLs should be an Olympic event.

From now on when an Ortho patient wants to go to the toilet I will have a greater understanding and empathy in getting them there as quickly as possible and how exhausting it can be trying to get dressed. Next newsletter will have an update of the Masters games

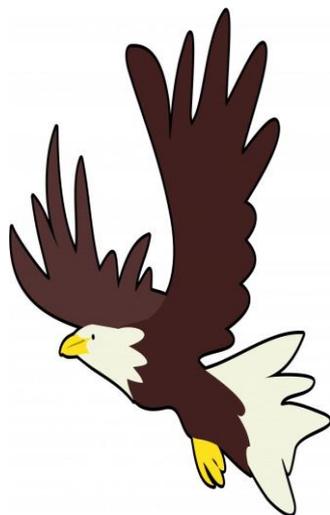
AMUSEMENT

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

I did a Google search for ARNA and came across several sites which give the meaning of the name ARNA.



Western Red Cedar - *Thuja plicata*



Australian College of Nursing (ACN)

The ACN is a key national professional nursing organisation open to nurses in all settings and at every stage of their careers. They are also an authorised higher education provider and registered training organisation and the Australian member of the International Council of Nurses.

Once again thank you to Kay Stevens for the information on the following app.

www.thenamemeaning.com/arna states that the name “is different in several languages, countries and cultures and has more than one possibly same or different meanings available.”

- Germanic meaning: Powerful eagle
- Norwegian meaning: Form of Arne

www.thinkbabynames.com/meaning/0/Arna states that the name origin is Hebrew and its meaning is “mountain of strength” .

www.bachpan.com/Meaning-of-Arna.aspx which gives meaning for Indian baby names states that it’s meaning is the Goddess.

www.babynamespedia.com/meaning/Arna states that it is “primarily used in the Hebrew language and its language origin is also Hebrew” with its meaning being cedar tree.

As you can see there are many different sites giving many different meanings of the name, but they all seem to infer that it is a name associated with strength and power.

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.



Drugs.com

This app is US based so the best way to use it is by inputting the generic names of drugs rather than brand names. It has an A-Z Drug Index for over 24,000 prescriptions and over the counter medicines.

The features include side effects, interaction checks, symptom checker, drugs by condition and common dosage.

There are also support groups, a price guide and a pill identifier listed but these would only be US relevant.

This app is free on Android and iPhone.

NOTE: There is also a Drugs.com Pill Reminder but I haven’t tested that one for review.

SUBMISSION & ENQUIRIES

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