



ARNA NEWSLETTER

APRIL 2015



From National President

Welcome to the second edition of the ARNA newsletter.

While planning for the 25th ARNA National Conference is well underway with the organising committee under the leadership of Shaun Matthews, I would like to share the following reflection of the 2014 Conference.

On a reflective note, in October 2014 ARNA's 24th Annual Conference was held at the Double Tree by Hilton in Darwin and was well attended and a success. A diverse range of topics were presented to conference delegates including some interesting and informative presentations from Invited Speakers. Melissa Noonan, Executive Officer and Founder of Limbs 4 Life spoke about her own amputation rehabilitation journey and presented an overview of Limbs 4 Life and the services it has to offer people who have undergone a limb amputation. Dr Lucy Madabwe gave a presentation of her research into the measurement of outcome for patients living in the Top End who had a lower limb amputation. Mark Kilpatrick presented conference delegates with an overview of Machado Joseph Disease

describing what the disease is, it's prevalence in the NT and what supports are provided by the MJD Foundation.

As with all previous conferences, feedback was sought from the delegates via an attendee survey. The following is some information gained through the survey. Of the number who responded, the majority of delegates stated that they were informed about the conference through colleagues, JARNA and the ARNA website with seventy-one percent from Public Sector facilities. 87% of the respondents scored the Conference program a rating of as Good to Excellent while 93% rated the venue as Good to Excellent. All respondents rated the catering as satisfactory or above with a 70% Excellent rating given. Conference highlights stated by respondents included the conference dinner, the variety of topics, Melissa Noonan, the preconference drinks, the venue, the friendly atmosphere and Darwin to name a few. The entertainment provided by the Grey Panthers and One Mob Different Country were also well received. This was the first time an early registration and preconference drinks were held and had positive feedback. All comments expressed through the feedback will be taken into consideration by the 2015 Conference organising committee.

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 developed at the Planning Weekend held Melbourne in December last year. The Strategic Plan is currently being formatted and will be available on the ARNA website soon along with the Operational Plan which underpins the Plan's actions.

Have you renewed your membership? Our records show that there are some membership fees outstanding. It is due now – contact the ARNA [office](#) or renew via the [ARNA website](#).

ABOUT THIS NEWSLETTER

This newsletter is the result of the December 2014 Planning Weekend. In it we hope to keep you up to date with the happenings in all our Chapters and Nationally. The newsletter will be published on the ARNA website bi-monthly and you will receive an e-flash when it is available. 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 do not 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 will be held in Brisbane from the 22 - 23 October with a Welcome and pre-registration evening on the 21 October. Put those dates in your diary now.

The call for [abstracts](#) is on the ARNA website. **Closing date for abstracts is the 29th May 2015**. We encourage you to submit and share your experiences and triumphs with like-minded colleagues. We are particularly interested in any research you may be carrying out or have completed.

NEWS FROM NSW/ACT

The NSW/ACT Study Day is on Friday the 14 August at the Epping Club. Dr Julie Pryor will be our Key Note Speaker. The theme for this year is “The many contexts of rehabilitation joining the dots”. Rehabilitation nursing is practised in many different environments from the acute hospital to the community. The event is free for ARNA members. Don't forget to look at our sponsors' trade displays. See you there!

The Study Day for Bateman's Bay is planned for the 20 November. We especially encourage those in surrounding areas to come along. Others could make a weekend of it on the beautiful South Coast. If you are interested in speaking at the study day contact [Elizabeth Huppatz](#).

Have you been a member for two years or more and would like to attend the ARNA Conference in Queensland? Sponsorships are available – details are on the [ARNA website](#) or contact a Committee Member.

We love to hear from you so let us know what is new in your area.

NEWS FROM VIC/TAS

A successful Study Day was held at Wantirna Health on 13 March. Presentations were well received starting with Alan Lilly, Chief Executive of Eastern Health, who left us thinking about our role as rehab nurses:

- Why do patients need to be in hospital?
- Is it more cost effective?
- Is it better for patients?
- Being a rehabilitation nurse is a privileged role
- Are we equal contributors?
- Rehabilitation nurses spend 24 hours plus with patients – they should lead.

Other presentations included:

- Tash Brusco – Bobath Principles and Application to Rehabilitation Nursing
- Skye Coote, Acute Stroke Nurse, Department of Neurosciences
- GEM@Home program – the Nursing Role
- Neuroplasticity – Implications for rehabilitation.

Comments included:

- Appreciate the hard work
- Insightful
- Interactive
- Informative and interesting

Thanks to the trade displays who enjoyed the interaction with the nurses and sponsored morning and afternoon tea:

- Hartmann
- Eveready Health Solutions
- myhomeGP

The Chapter Committee also acquired a Secretary, Marie Vasquez. Welcome and all the best in your new position.

Next Study Days will be in Bendigo on Friday 26 June and Tasmania on Friday 13 November.

Scholarships are being offered for Members to attend the National Conference in Brisbane in October.

NEWS FROM QLD

The ARNAQ Study Day was held on 27 March and was well attended. Feedback via evaluation forms was very good. We heard from a variety of presenters from various health disciplines. One of which was a music therapist who presented a case study to demonstrate the use of music in behaviour management and assisting people with an ABI to express their feelings – this provided food for thought and showed what can be possible.

ARNAQ is looking at a half day workshop this year.

ARNAQ will also be looking at providing scholarships to attend the ARNA National Conference in Brisbane this year.

NEWS FROM SA/NT/WA

The Chapter AGM is to be held on Friday 14 August in conjunction with a Seminar/Study Day. The preliminary programme for the study day includes:

- Tele Health in Rehabilitation
- Career Options
- Postgraduate Pathways
- Case Studies

The flyer for this is available [here](#).

There will also be a Study Day held in the Northern Territory on the 5 June.

We are still to determine the Study Days for Western Australia, but it is anticipated that these will occur hopefully in mid to late September. Watch this space!

JARNA

As the official Journal of the Australasian Rehabilitation Nurses' Association (ARNA), **JARNA** seeks to expand rehabilitation nursing's 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

Lisa Street sent this photo to us of ARNA the elephant taken at a circus on the Gold Coast. Thank you Lisa.



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

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](#) the details.

Thank you to Deidre Widdall, Cognitive Care Project Officer at Royal Darwin Hospital and member of the National Committee for sending this edition's service profile.

Cognitive Care Project – new initiative in the Top End

The Cognitive Care Project (CCP) commenced at Royal Darwin Hospital in 2014 and was established to address system and care needs of patients with cognitive impairment, particularly delirium. A representative reference group and Project Officer developed care pathways and guidelines. Data analysis activities were undertaken to determine scope of need. This work provided important information specific to conditions at RDH, finding a significant proportion of patients met criteria for risk of delirium and a significant percentage requiring cognitive care, in most clinical areas. In 2015 the CCP focus, will determine mechanisms for change required for implementation and determine evaluation methods. Additionally, extension to other regional hospitals in the Top End Health Service will be required.

A broad perspective when considering reasons for cognitive impairment has been adopted, rather than a focus on dementia and delirium in older patients. Demographic factors such as the younger age, high percentage of Indigenous patients and effect of chronic disease and injury, were important differences to include in any developments.

The CCP is premised upon the need for a whole hospital approach to meeting cognitive care needs and for prevention, early detection and management of delirium. There is a strong preventative/rehabilitative approach underpinning developments, and this is commensurate with the needs of vulnerable patients at high risk for a range of adverse events and for functional decline. Provision of appropriate resources, support and information enabling the workforce and consultation and cultural relevance for family/consumers are essential ingredients.

WHAT'S 'APPENING?

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

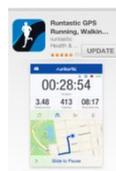
Thank you to Kay Stevens a member of the National Committee, for once again providing us with the information about these apps.



CPD – for Android and iPhone for \$2.49.

This is a great little app for smart phones called “CPD” and it’s especially designed for practising nurses. This app is a logbook or diary of your CPD education hours with a page for description, reflection, signature of the facilitator and photo evidence of any certificates acquired.

It is simple to use and the step by step instructions are included in the app. Your records can be printed out on a computer for reference or for inclusion in your CV.



Runtastic – for Android and iPhone

Nurses are very good at caring for others. Here is an app which may help you to look after yourself if your exercise program needs some motivation.

This app is a GPS log of your exercise and includes distance, pace, calories burned and even elevation. It is very simple to use.

I have been using it for a few years and every single walk with my dog has been logged – I have a very fit dog.

There is a free version which is more than adequate as well as a paid “Pro” version which has a few more features.

For all Newsletter submissions please contact the [Newsletter Editor](#).