



## ARNA NEWSLETTER

December 2015



### From National President

Welcome to the December edition of the ARNA newsletter.

Since the last edition of the newsletter the 25<sup>th</sup> ARNA Annual Conference was held at the Brisbane Convention and Exhibition Centre. The Conference delegates were presented with a number of varied informative topics and some inspiring speakers. Thanks go to the organising committee lead by our Conference Convener Shaun Matthews for making it the success it was. I would like to share some of the feedback from the survey which Conference delegates were asked to complete. There were 106 surveys returned with 92 rating the program as satisfactory to excellent and 90 rated the catering as satisfactory to excellent. Our Opening Speaker Dr Michelle Owens, Keynote Speaker Professor Alison Kitson and Invited Speakers Professor Heidi Zeeman, Dr Lauren Fortington and Sam and Jenny Bailey were highly rated by Conference delegates. I thank the delegates who completed and returned the feedback surveys; the comments made within your feedback will assist the 2016 Conference Committee in the planning of next year's event.

Planning for the 2016 Conference is underway with the venue, as was announced in Brisbane, being the Melbourne Cricket Ground (MCG) with a theme of "Hands, Hearts and Minds: Capturing the Essence of Rehabilitation". Please put the following dates in your diaries: 9<sup>th</sup> (Welcome Evening), 10<sup>th</sup> & 11<sup>th</sup> October 2016. I look forward to seeing many of you in Melbourne in 2016.

On the weekend of 21 - 22 of November the National Committee attended the annual Planning Weekend. During the weekend the Committee reviewed and discussed a number of topics including a review of the 2015 Conference and forward planning for future Conferences. A review and discussion of JARNA and the renewal of our publishing contract with Cambridge Publishers was conducted which resulted with the contract being agreed to and renewed. Position descriptions for the National Committee were reviewed and updated so that they are in line with the Constitution and current practices. The Operation Plan was reviewed to ascertain how ARNA was meeting the 2015-2018 Strategic Plan, resulting in resetting the plan for the next twelve months. There were also discussions around Membership, Corporate Membership and Life Members amongst a number of other topics.

I would like to point out here that members have an opportunity to nominate a member for Life Membership which can be done in writing to the National Committee. There are criteria which your nominee will need to meet for appointment of Life Membership. Please contact the [National Secretary](#) for a copy of the criteria.

In the October newsletter I reported on the Western Australia Study Day which was held in Fremantle Western Australia at the Fremantle Hospital on the 21 - 22 August. I would like to personally thank all the Members who attend and the team from TRACS WA for

making the Study Day the success it was, and I look forward to meeting with you in the New Year.

In closing, the Festive Season is almost upon us and on behalf of the ARNA National Committee I would like to wish all Members and your families a safe and happy Festive Season and a great new year for 2016.

Until next time

Terry Wells  
RN, DipN, BN, GradDipClinRehab, MCLinRehab

## NEWS FROM ARNA NATIONAL



ARNA National Committee at the annual Planning Weekend

The ARNA National Committee had a successful planning weekend in Melbourne on 21 - 22 November. During the weekend we evaluated as to how we had progressed in the Operational Plan for 2015 and set priorities for 2016. From this planning there were several small working groups formulated that will allow us to better serve our membership and raise the profile of ARNA in the Health and Rehabilitation arenas. Members may also be able to become part of these working groups – your Chapter President may approach you to consider this, so stay tuned.

The National AGM was held on 22 October after the first day of the National Conference. The AGM saw the election of Committee Members as the National Executive positions are not due for vacating until next year. Your committee for 2015/16 is:

- ❖ National President | **Terry Wells**
- ❖ Vice President | **Sara Alger**
- ❖ Treasurer | **Lyn McBain**
- ❖ Vice Treasurer | **David Parsons**
- ❖ Secretary | **Beverley Liebelt**
- ❖ JARNA Chief Editor | **Dr Julie Pryor**
- ❖ NSW/ACT President | **Gail Teale-Sinclair**
- ❖ QLD President | **Kerrie Garrad**

- ❖ VIC/TAS President | **Sara Alger**
- ❖ SA/NT/WA President | **Denys Spencer**
- ❖ National Committee Members:
  - ❖ **Trisha Dodds**
  - ❖ **Sandra Lever**
  - ❖ **Alison New**
  - ❖ **Kay Stevens**
  - ❖ **Deidre Widdall**

We would like to welcome those who are new to the Committee and acknowledge the contribution of the past members – Shaun Matthews (outgoing QLD Chapter President) and Gillian Garrett (outgoing National Committee Member)

Also at the AGM there were three new Life Members nominated and awarded. The criteria for nomination for Life Membership are in the ARNA Constitution which can be downloaded from the website [www.arna.com.au](http://www.arna.com.au) Those who were nominated and successful this year were:

- Beverley Liebelt
- Erika Schlemmer
- Lisa Street

If you know of anyone whom you think meets the Life Membership criteria please write to the [National Secretary](#) to put the name/s forward. With this nomination you will also need to acknowledge why you think Life Membership should be conferred.

## 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, a booking form is available on the [ARNA website](#).



## NATIONAL CONFERENCE 2015



L-R: Dr Michelle Owens (Welcome Address); Terry Wells (ARNA National President) and Professor Alison Kitson (Keynote Speaker) on first day of the Conference

The 25<sup>th</sup> Annual Conference was held successfully at the Brisbane Convention & Exhibition Centre on 22 - 23 October. The theme was **“Getting Everyone on Board”**. We had 63 attendees at the Welcome evening at Parliament House, 187 Conference attendees over the 2 days and 80 at the Conference Dinner at Rydges Hotel.

The registrants were treated to a varied program which included:

- The Welcoming Address from Dr Michelle Owen who shared with us her experiences as a rehab client after a traumatic brain injury in 2009
- 2 presentations from Professor Alison Kitson – “Patient Centred Fundamentals of Care: where have we been and where are we going” and “Simple Tips to Get Evidence into Practice”
- Invited Speaker Professor Heidi Zeeman (nee Muenchberger) speaking about “Top Trends in Healthcare and Related Implications for the Built Environment”
- Invited Speaker Dr Laura Fortington speaking about “Enabling the Elderly Person with Lower Limb Amputation – from pre-surgery to long term care”
- Invited Speakers [Sam and Jenny Bailey](#). Sam is a C6/7 quadriplegic who has conquered his disability to become a successful farmer, ultralight pilot, inspirational speaker, best-selling author and role model for children.
- Invited Speaker Dr Julie Pryor whose topic was “Rehabilitation Nurse – Effectiveness”. Julie presented some research with which she is involved in regarding this topic and invited the Conference participants to undertake a survey. The survey was also sent out to ARNA Members for those who were not at the Conference.

In the next edition further feedback from the conference will be provided.

## NATIONAL CONFERENCE 2016



The 26<sup>th</sup> 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 same venue 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 will be coming very soon.

**Keep the above dates in your diary.**

## NEWS FROM NSW/ACT



Presenter and Members at the Batemans Bay Symposium

A most successful Symposium was held at Batemans Bay on 20 November entitled “Rehabilitation is everyone’s business”.

Presenters included Julie Pryor; Victoria Traynor, Associate Professor Rehabilitation and Continuing Care; Andrew Murray Hearing Australia; Guide Dogs Australia; CNCs in Continence and Wound; Professor Ian Cameron. Julie set the tone of the day with a powerful presentation which has triggered a good deal of workplace conversation regarding the philosophy of rehabilitation nursing. One of the most thought provoking was from Transitional Aged Care Program Manager Kerri Carmichael and Speech Pathologist Tim Tooke, highlighting the issues with communication.

Attendees have requested a symposium for the South Coast again next year. We will try to co-ordinate with some excellent whale watching. Thanks to everyone who attended and made the day such a success. I am sure all would agree it was an excellent day. A big thank you goes to Elizabeth Huppatz for all her hard work organising the day. Dates for Sydney and the South Coast Study Days will be on the website soon.

You could be missing out on upcoming events and other news because your work server is blocking your mail. I encourage everyone to put this Newsletter up on the notice board so your colleagues can read it too!

Are you interested in being part of the NSW/ACT Committee? The NSW/ACT Treasurer position is still vacant - check out the position description on the website. Meetings are held by teleconference, so if you are out of Sydney you can still be on the Committee.

On behalf of the NSW/ACT Committee I would like to take this opportunity to wish all our Members a Merry Christmas and Happy New Year!

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

## NEWS FROM VIC/TAS

A successful Study Day was held at Royal Hobart Hospital. Congratulations to Brendan Bakes and his team on a day well run.

Presentation content was varied and valuable with comments from attendees consisting of:

- Movement in Rehab, virtual reality: well done
- Thanks to Trade tables
- Relating practice to National Standards: very significant
- Like that it ran to time: enjoyed presentations from all parts of Tasmania; well balanced; great day.

Brendan was under the added strain that his hospital was undergoing National Standards the following Monday and we all had admiration for him coping under the stress. His will deserve a well-earned rest after this. Although he then has to contend with a ward move to a new location. Good luck with that. Brendan: perhaps you would like to write up a comment about that in the future

The Chapter is looking forward to hosting the 26<sup>th</sup> Annual Conference at the MCG on 9 (Welcome Evening) and 10

- 11 October 2016. Negotiations with Keynote Speakers and Trades are well under way.

Dates for next year:

**Friday 26 February 2016**

Study Day

Venue: St John of God Geelong Hospital Geelong Victoria  
Cost: ARNA members | no charge; ARNA Corporate Members | may send 2 staff at no cost: non ARNA Members | \$80.00

Provided: morning tea, lunch, Certificate of Attendance and a lucky door prize

**Friday 22 July 2016**

Study Day and Chapter Meeting

Venue: Brunswick Private Hospital

## Update on the recent Masters Games

Following my knee surgery and rehab, I made it to the Masters Games in Adelaide and won 3 Gold Medals in racquetball; singles, ladies and mixed doubles in the 50-59 age group. Goes to show you can't keep a rehab Nurse down. It's a delight to see people in the mature age groups (won't admit to getting older) still competing in various sports. Admittedly, you see more braces, splints, bandaging and smell more liniment, metsal, balms and other lotions than most and we take a little longer in warming up. But the minds are still as sharp when it comes to using every tactic possible, which at times includes having a good laugh at ourselves.

I would like to thank the Committee for their support and guidance during the year and wish all Members the best for Christmas and the challenges for 2016.

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

## NEWS FROM QLD

The ARNAQ Committee will be teleconferencing monthly on the 3<sup>rd</sup> Tuesday of every month. All Members are encouraged to [email](#) information / feedback / issues to the Committee for discussion and feedback.

There will be a full day Study Day held at the Princess Alexandra Hospital on Friday 15 April 2016. The planning for this day is well underway. Heidi Zeeman has been confirmed as the Keynote Speaker. She is looking forward to taking over where she left off at the Conference in October. Full details relating to this day will be available on the ARNAQ site early in 2016.

There are a number of other events in the planning phase for the 2016 ARNAQ calendar. Please [email](#) the

Committee if you have any suggestions / recommendations.

On behalf of the QLD Committee I would like to take this opportunity to wish all our members a Merry Christmas and Happy New Year!

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

## NEWS FROM SA/NT/WA



ARNA NT Members at the recent November Dinner Meeting

A successful dinner meeting was held at the Nirvana Restaurant in Darwin on 12 November. The guest speaker was the Hon John Elferink, NT Minister for Health. At the dinner he spoke on the Palmerston Regional Hospital and plans and images were shown. Rehabilitation will be moving to this hospital once completed.

The Chapter Committee continues to teleconference on a monthly basis and planning is underway for Study Days in all three of our Member bases.

On behalf of the SA/NT/WA Committee, I would like to take this opportunity to wish all our Members a Merry Christmas and Happy New Year!

Any queries please [email](#) Denys Spencer the 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 are asked to follow the guidelines available on the [ARNA website](#) 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](#). We encourage you to take advantage of these scholarships as they have been poorly taken up at both a National and Chapter level for many years.



## 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 following article was originally published in the Central Adelaide Local Health Network (CALHN) November issue of **incentral**: a staff newsletter which keeps us up to date with what is happening in the LHN.





Staff of CARS being presented with the RAO Designation Certificate and plaque by the Elizabeth Dabars, ANMF SA CEO/Secretary, and Jack Snelling, SA Minister for Health

Central Adelaide Rehabilitation Services (CARS) based at Hampstead Rehabilitation Centre (HRC) recently completed all of the requirements to become Australia's first Best Practice Spotlight Organisation (BPSO) designate. Founded by the Registered Nurses' Association of Ontario (RNAO), the internationally acclaimed BPSO Program is used by over 350 healthcare sites worldwide to improve the quality of care delivered to clients.

The programme uses evidence based best practice guidelines (BPGs) to optimise patient and staff outcomes. As part of the designation, CARS successfully implemented three BPGs over a three year period. The three BPGs chosen were:

- Promoting safety – alternative approaches to the use of restraints
- Supporting and strengthening families through expected and unexpected life events and
- Client centred care.

Since the implementation of these BPGs, CARS has seen significant improvements in patient outcomes. There has been a 53.8% reduction in total patient falls reported with a 64% decrease in the number of falls with harm reported. CARS has also seen a 10% decrease in the number of hospital-acquired pressure ulcers and a 52% improvement in patient safety and care needs being met as part of clinical rounding and restraint initiatives.

Patients have also noticed the improvements in care with patient satisfaction surveys showing a 19% increase in patients feeling supported through their journey and a 21% increase in patients and families feeling involved in decision making processes.

The implementation of the Promoting Safety – alternative approaches to the use of restraints BPG has seen the number of Code Blacks required for challenging behaviours reduce from 198 a year to 27. Hampstead Rehabilitation Centre is now a restraint-free facility with no mechanical restraints used in three years.

CARS are now planning the implementation of their fourth BPG which will look at team processes in a multi-disciplinary setting.

## 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.**

This edition we would like to draw your attention to the Association of Rehabilitation Nurses (ARN) [website](#).



ARN is an American association which was formed in 1974 in Illinois and was formally recognized as a specialty nursing organisation by the American Nurses Association in 1976.

The website is easy to negotiate and does offer some free resources for non-members.

**We have no apps for this edition of the newsletter. If you know of or use any useful apps please share a review with us.**

## SUBMISSION & ENQUIRIES

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

