



From National President

Welcome to the first edition of the ARNA Newsletter.

On behalf of the National Committee we hope you had a great festive season and we welcome you to a new ARNA year. Planning for the 2015 National Conference is well underway for Brisbane in October. The committee look forward to seeing you there.

The National Committee met in Melbourne during the first weekend of December. A number of topics were discussed including the review of the 2012-2015 Strategic Plan and setting the Strategic Plan for the next three years.

The newsletter will allow members to be informed of what is happening within Chapters including study days.

Terry Wells

NEWS FROM ARNA NATIONAL

The National Committee met in Melbourne the first weekend in December for a planning weekend. At the planning weekend the Strategic Plan 2012-2015 was discussed and a new plan formalised for 2015-2018. The new Strategic Plan will have 3 overarching arms:

- Education & Research
- Governance
- Membership

For implementation an Operational Plan has been drawn up with responsibilities delegated to committee members.

Both the Strategic Plan and its accompanying Operational Plan will be published on the website after they are ratified by the National Committee.

ABOUT THIS NEWSLETTER

This newsletter is the result of the recent planning weekend. In it we hope to keep you up to date with the happenings in all our Chapters and what is happening nationally. The newsletter will be published to the 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 there will be guidelines available in the near future to accommodate this and will be accessible via the website - www.arna.com.au

NATIONAL CONFERENCE 2015

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

The theme for this year's conference is "**GETTING EVERYONE ON BOARD**".

The call for abstracts will be appearing on the website soon – please check back regularly. It will also appear in the next issue of *JARNA*.

NEWS FROM NSW/ACT

Planning has begun for the annual Study Day and we are also excited to inform you this year we are planning two Study Days:

- 1) In the south at Bateman's Bay Soldiers Club (date to be confirmed)
- 2) Our annual Sydney Study day/AGM to be held on 14th August at the Epping Club, Epping.

Plan now to attend. Study Days will be free for ARNA members, so join now!

NEWS FROM VIC/TAS

ARNA's focus for 2015 is to provide educational and networking opportunities for the members. In association with the Chapter Meetings we plan to hold 3-4 study days with the venues rotating in Victoria and Tasmania. Study days are free for individual members and corporate members may send 2 staff at no cost. Details for two Study Days so far:

- 1) Friday 13 March 2015 at Wantirna Health, 251 Mountain Highway, [Wantirna, Victoria](#)
- 2) Friday 13 November 2015 in [Hobart, Tasmania](#).

Further dates are being organised for mid-year.

More details are also available on the ARNA website.

NEWS FROM QLD

Plans are well under way for the ARNAQ Full Day Workshop on 27 March at the Princess Alexandra Hospital. This year's key note speaker is Dr Wendy McIntosh (RN, PhD). Dr McIntosh has a background in mental health, and now provides educational services to the health care profession on areas such as managing aggressive behaviour and maintaining professional boundaries. You can read more about Dr McIntosh at www.davaar.com.au. As in previous years we are keeping the presentations rehab nursing focused with the aim of providing information that can be used in your day to day practice. The cost for ARNA members is \$20 and includes morning tea and lunch. Registration forms can be downloaded from the [ARNA website](#). If you have any questions please contact [Shaun Matthews](#) the QLD Chapter President.

Just a reminder: the ARNA National Conference will be held at the Brisbane Convention and Exhibition Centre which is just a short walk from South Bank Train Station. For those travelling we are negotiating accommodation with a nearby Hotel.

NEWS FROM SA/NT/WA

The SA/NT/WA Committee meet on a monthly basis to organise events for the Chapter. This year with the assistance of the National Committee there will be a push to involve more of our WA members by organising a Study Day / Workshop in Perth.

The Chapter Study Day/AGM will be held at the Repatriation General Hospital in August – more information will be sent when it becomes available.

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 [website](#).

AMUSEMENT

Lisa Street sent this photo to us of ARNA Street in Blackburn South, Victoria. Thank you Lisa.



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

SERVICE / 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 send it to secretary@arna.com.au

Thank you to **Helen McQueen** from our SA/NT/WA Chapter who sent the following through to us:

Successful Self-Management in Stroke Survivors Two Day Workshop

On behalf of Flinders University and Bridges Self-Management, the Bridges Self-Management 2 day Workshop was recently held at the Repatriation General Hospital in Adelaide. The presenter was Dr Fiona Jones, PhD MSc FCSP, Reader in Rehabilitation at St George's University of London and Kingston.

The specific self-management programme (Bridges) was designed in consultation with stroke survivors, carers and a range of professionals. It recognises that stroke is a unique event and "one size does not fit all". The self-management principles can be integrated into acute care as well as rehabilitation with benefits being sustained after discharge.

Rehabilitation nurses can play a key role in supporting stroke survivors to utilise a self-management approach to their recovery.

The theoretical framework for self-management in the Bridges programme focuses on self-efficacy - "The belief in one's own capabilities to organise and execute the courses of action required, to produce given attainments".

Self-efficacy can be enhanced through:

- Experiences of success through one's own efforts
- Learning through other people's experiences who are perceived to be similar to you
- Feelings that are positive not negative e.g. walking unaided post-stroke without feeling unsteady

One of the key factors influencing self-management is goal setting which is dependent on how good we are at supporting people to set goals.

A stroke workbook was provided as part of the workshop which is a vital tool for enabling stroke

survivors to take control of their daily lives. It contains personal stories of stroke survivors which may be helpful for people going through similar experiences.

There is also a booklet for family, friends and carers of people with stroke as a guide to support people to gain more control over their lives after stroke. If you are interested in finding out more about Bridges Self-Management, the website address is www.bridges-stroke.org.uk

You can also contact Professor [Sheila Lennon](#) at Flinders University who organised the Workshop.

WHAT'S 'APPENING?

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

This edition features apps and a website to enable people to maintain their continence when out and about. They also list opening times, wheelchair access, baby changing facilities, sanitary disposal and needle disposal.



Toiletmap – for iPhones

This free app is available from the iTunes store. You type in the post code or town name and all public toilets within a certain area are shown.



Just In Time – for Android

This app uses your current location to provide details on over 16,000 public toilet sites in Australia.



For computer – toiletmap.gov.au

This is a useful site for planning trips as well as printing out directions and maps for people who do not have smart phones.

For all Newsletter submissions please contact the Newsletter Editor – newsdesk@arna.com.au