



NURSES FOR
NURSES
NETWORK

AGED CARE FUNDAMENTALS CONFERENCE

Gold Coast | 19 CPD Hours

21-23 July 2022

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21 – 23 July 2022 | The Gold Coast | 19 CPD Hours

CONFERENCE SYNOPSIS:

Aged care is a complex field and nurses working in this area are required to have a broad knowledge base. This conference explores a number of key issues that are relevant in both the community and residential care settings. Various ethical and clinical topics will be investigated by expert clinicians in the field. Attendees will have the opportunity to participate in a number of hands-on activities that will foster a greater understanding of the topic at hand.

LEARNING OUTCOMES:

- Gain an understanding of the key issues facing the delivery of aged care services in the current Australian setting
- Explore the common chronic health conditions that impact the aged care demographic
- Review the importance of skin integrity and wound management in the ageing skin
- Benefit from presentations provided by experts working in the field

YOU WILL ALSO LEARN:

- The development of the aged care industry in Australia
- The expectations of the community for aged care delivery
- About clinical governance and what that looks like in practice
- The latest information on the use of medicines in older people
- The Aged Care Funding Instrument (ACFI)
- Practical information on the required assessment and documentation to support your ACFI funding claim
- About managing the risk of harm from falls that forms part of the Comprehensive Care Standard
- Falls assessment and interventions that have been found to be effective in minimising falls risk
- About delirium and depression
- To identify the obvious differences between dementia, delirium, and depression
- How ageism is defined as a process of stereotyping and discriminating against a person or people, simply because they are older
- How ageism underpins elder abuse which we will explore in all its manifestations
- The issues of skin assessment, pressure injury categorisation and prevention, as well as the treatment for skin tears
- That over one-quarter of the clients that Nurses will see in the community and residential aged care settings will have a diagnosis of diabetes
- To destroy the myth of the diabetic diet
- About wound assessment, care planning, and product selection
- How to create a care plan post wound assessment
- That there are thousands of dressing products on the market and which ones are the best to use
- What culturally appropriate care is
- That cardiac assessment in the community and aged care residential environment is essential and review the key cardiac conditions that may present
- About dementia – the illnesses that fall under this umbrella term, the implications for the person and their loved ones, and the latest research into the disease
- Nursing implications for care delivery for a client with a diagnosis of dementia
- That palliative care is an approach that improves the quality of life of people and their families with life-threatening illnesses through the prevention of suffering including physical, psychological, and spiritual suffering
- That older people are more vulnerable to the implications and consequences of malnutrition
- How assisted dying legislation that currently exists in Australia relates to older people
- Why bowel management is a key to wellness for older people

WHO IS THIS CONFERENCE FOR?

All Registered Nurses, Clinical Specialists, or Clinical Managers working in the aged care sector either in the community or residential setting. Or Registered Nurses interested in moving into this challenging and exciting area of clinical practice.

THE PROGRAM:

Day One: 21 July 2022

0900 - 0930: Conference Welcome and Registration

0930 – 1030: Aged Care: The Australian Experience | Presenter: Sue Walker

In this session, **we will explore the development of the “aged care industry”**. **The legislation that underpins service delivery will be discussed** as will community expectations of aged care providers. We will end the session by reviewing how the expectation of consumers now and into the future will shape service development and the key contributions that Nursing will make.

1030 – 1100: Morning Tea

1100 – 1200: Let’s explore Clinical Governance and the Aged Care Quality Standards | Presenter: **Pam Bridges**

“Clinical governance is an integrated set of leadership behaviours, policies, procedures, responsibilities, relationships, planning, monitoring and improvement mechanisms that are implemented to support safe, quality clinical care and good clinical outcomes for each consumer.” What does this look like in practice?

1200 – 1300: Polypharmacy and Ageing | Presenter: Amy Gibson

Physiological changes in ageing can affect the way the body absorbs, distributes, metabolises, and eliminates drugs leading to adverse drug reactions and unintended consequences.

These consequences such as falls, dehydration, functional decline, cognitive impairment, delirium, decreased nutritional status, hospital admission, and sadly death can be mostly avoided.

This session will highlight the latest information on the use of medicine questions in older people, drugs known to be a problem, and what strategies to put in place to minimise adverse events.

1300 – 1330: Lunch

1330 – 1430: ACFI Unpacked – assessment, submission, and appraisals | **Presenter: Pam Bridges**

“The Aged Care Funding Instrument (ACFI) is a resource allocation instrument. It focuses on the main areas that discriminate core care needs among care recipients. The ACFI assesses core care needs as a basis for allocating funding.”

This session will offer practical guidance on the required assessment and documentation to support your funding claim and how you can assist the care team to make sure they are capturing all available information during the assessment process. Take this opportunity to ask any questions relating to dopplers.

1430 – 1530: Falls Risk | **Presenter Sue Walker**

Identifying and managing the risk of harm from falls forms part of the Comprehensive Care Standard. In institutional settings fall assessment and risk minimisation is a key care indicator. In the community, older people are at greater risk of falls for several reasons. Falls in the community account for an ever-increasing rate of hospital admissions and disability.

This session will review falls assessment and interventions that have been found to be effective in minimising falls risk.

1530 - 1600: Afternoon Tea

1600 – 1700: Delirium and Depression – the risk of misdiagnosis | Presenter: Sue Walker

Both these conditions are reversible disorders but all too often the signs and symptoms of delirium and depression are seen as an indication of a dementing illness. If left undiagnosed and untreated the clinical outcome for the person is dire and can lead to death.

This session will explore delirium and depression, review current treatment options available, and identify the obvious differences between dementia, delirium, and depression.

Day Two: 22 July 2022

0830 – 0930: Ageism, Elder Abuse, and Mandatory Reporting | Presenter: Sue Walker

“Ageism can be defined as a process of stereotyping and discriminating against a person or people, simply because they are older. Ageism is endemic in our society. Older people often feel patronized or ‘invisible’ and can find it much harder to get or maintain a job, access healthcare, services or housing, or enjoy all manner of things our community has to offer because of how their age is judged.”

This ageism underpins elder abuse which we will explore in all its manifestations in this session.

There are a number of mandatory reporting requirements that will also be highlighted.

0930 – 1030: The ageing skin and how to maintain skin integrity | Presenter: Louise Webber

This session will explore the skin as an organ and the strategies that can be implemented to maintain structure. The issues of skin assessment, pressure injury categorisation and prevention, as well as the treatment for skin tears will be reviewed as part of the discussion.

1030 – 1100: Morning Tea

1100 – 1200: Diabetes Update | Presenter: Jules Aitken

Over one-quarter of the clients that Nurses will see in the community and residential aged care settings will have a diagnosis of diabetes.

The session will provide an update on diabetes management, the latest pharmacological interventions, and destroy the myth of the diabetic diet.

1200 – 1300: Wound Assessment, Care Planning, and Product Selection | Presenter: Louise Webber

To know what product to select to treat a wound is based solely on the Nurse’s ability to undertake a comprehensive wound assessment. Once the assessment is completed then the goals for the patient and the interventions required can be documented in the care plan.

This session will explore the wound assessment process using a number of real-life wound scenarios.

1300 – 1330: Lunch

1330 – 1430: Picking the Products for best Outcome | Presenter: Louise Webber

There are thousands of dressing products on the market. So which ones are the best to use? Well, that depends on what you need them to do, the finances available, the **individual’s** compliance with therapy, and so much more.

1430 – 1530: Culturally Appropriate Care | Presenter: Mary Andrew

“Culturally appropriate care (also called ‘culturally competent care’) is sensitive to people’s cultural identity or heritage. It means being alert and responsive to beliefs or conventions that might be determined by cultural heritage.”

This session will equip attendees to deliver culturally appropriate care to older people from culturally and linguistically diverse communities.

1530 – 1600: Afternoon Tea

1600 – 1700: Cardiac Assessment in the Older Person | Presenter: Anne Evans-Murray

There are a number of conditions that become more common as we age. In this session, cardiac assessment in the community and aged care residential environment will be explored and the key cardiac conditions discussed.

Day Three: 23 July 2022

0830 – 0930: Dementia Update | Presenter: Mark Pratt

Dementia is the second leading cause of death for Australians and the leading cause of death in women. This session will provide an update on dementia – the illnesses that fall under this umbrella term, the implications for the person and their loved ones, and the latest research into the disease. Nursing implications for care delivery will also be discussed.

0930 – 1030: Palliation in Aged Care | Presenter: David Ruzicka

“Palliative care is an approach that improves the quality of life of people and their families with life-threatening illnesses through the prevention of suffering including physical, psychological and spiritual suffering.”

The palliative approach with a focus on the older person will be discussed and a number of symptom support strategies will be reviewed.

1030 – 1100: Morning Tea

1100 – 1200: Nutrition in the Older Person | Presenter: Jules Aitken

Maintaining a healthy weight can be difficult at any stage of life. For older people, there are a number of factors that will be explored in this session that make them more vulnerable to the implications and consequences of malnutrition.

Supplementation will be explored, and nutritional assessment and intervention reviewed.

1200 – 1300: Assisted Dying Legislation and the Lived Experience | Presenter: Sue Walker

In this session, we will explore the assisted dying legislation that currently exists in Australia. We will also explore the need for this legislation from a client/ community perspective.

1300 – 1330: Lunch

1330 – 1430: Bowel Management – what a fabulous way to end a conference! | Presenter: Jules Aitken

While often maligned, bowel management is a key to wellness for older people. For numerous reasons, from lack of fluids to the absence of exercise and an inadequate diet, **the impact of chronic constipation can become the focus of a person's life and**, if left untreated, lead to total bowel obstruction and death.

This session will review the latest information on bowel management and look at interventions that can be applied in any setting.

1430 – 1500: Bringing it all together

In this session, you will have the opportunity to ask the panel of presenters any questions that have arisen during the conference.

Conference Cost: \$790 incl GST

NB: Price does not include accommodation or travel costs.

What's Included:

- An extensive Conference program based on current best practice
 - Conference Presenters who are recognised experts in their field and are excited to be able to share their skill, knowledge, and passion with Conference Attendees
 - A Conference pack that includes a notepad, pen, and additional information to support a fantastic Conference experience
 - Fabulous catering – Morning tea, afternoon tea and lunch
 - Online library with resource material to support learning
 - A Conference Transcript that identifies each session held at the Conference including the session synopsis and session presenters
 - A Certificate of Completion identifying the CPD hours attached to the Conference Program for you to include in your CPD Evidence Portfolio
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The Venue

Mermaid Hotel by Nightcap Plus

Cnr Markeri St & Sunshine Blvd, Mermaid Beach | 07 5572 2500 | nightcaphotels.com.au

The Presenters

Amy Gibson, BPharm, MClInPharm, MPS, AACPA

Amy Gibson is an accredited consultant pharmacist currently working as a general practice/home care support pharmacist. A graduate of the University of Queensland with experience in community pharmacy, corporate pharmacy operations and residential aged care, Amy has completed post-graduate studies in clinical pharmacy and is furthering her studies in Clinical Education.

Amy has been registered for more than 20 years and has worked in a variety of regional and metropolitan settings. She is a member of the Pharmaceutical Society of Australia and the Australian Association of Consultant Pharmacy. Amy has participated in General Practice Pharmacist research projects run by UQ and Griffith Universities, both as a participant pharmacist and mentor.

Amy has also been a health professional Ambassador for the National Heart Foundation and continues to participate in their quality improvement research.

Amy regularly conducts medication review services in collaboration with GPs to improve medicine use in the community and provides education to GPs, home care support workers and patients and their carers. She is a firm believer in empowerment through education for patients and health professionals alike.

Anne Evans-Murray, R.N., BHlthSc, MACCCN, Grad.Dip Ed, MEd, Dip Counselling, GradCertCritCare, CertIV Training and Assessment, CertIV in Mediation

Anne has a passion for teaching which she does in an unpretentious way that ensures you will not only understand and retain what she presents but will enjoy this learning experience. She has extensive experience of over 26 years lecturing for Gold Coast Health District and Griffith University.

Currently, she is a guest lecturer at Bond University medical school. Anne is a frequent presenter at workshops, conferences & seminars throughout Australia & New Zealand on subjects such as high dependency nursing, cardiac arrhythmias & ECG interpretation, chest x-ray interpretation, clinical assessment of the deteriorating patient, assertiveness training and leadership. She conducts accredited advanced life support training for nurses, doctors, and paramedics.

Anne has a passionate commitment to empower all clinical staff through increased awareness and knowledge of the critically ill **patient's** condition so that timely intervention is implemented, which will benefit patient outcomes.

She is the author of three books: **"ECGs Simply"**, **"Interpretation of Chest X-rays Simply"** and **'Uncomplicating Life, Simply'**. Her ECG book is a textbook sold in many universities in Australia.

David Ruzicka, Master of Nursing Science (Nursing Practitioner), Master of Palliative Care, RN

David is a nurse practitioner with over 14 years of clinical experience in palliative care. David has worked in both the acute and community sector within various Queensland health facilities throughout the state.

He has proven ability as a palliative care clinician and researcher, as well as with mentoring and motivating staff. David has completed a Master of Nursing Science (Nurse Practitioner) with distinction and a Master of Palliative care and is currently employed as a Nurse Practitioner within the Palliative care service in the Sunshine Coast Hospital and Health service.

Jules Aitken, Master of Nursing Science (Nursing Practitioner)

Jules Aitken is an Endorsed Nurse Practitioner specialising in Diabetes, Chronic Disease and Weight Management. She attained her Masters of Nursing (Nurse Practitioner) at Queensland University of Technology (QUT). She is also a registered Credentialed Diabetes Educator (CDE) registered with the Australian Diabetes Educators Association (ADEA) gaining her Certificate of Diabetes Management at the University of Technology Sydney.

Jules has worked within the diabetes arena, chronic disease, and weight loss management field for over 15 years. Working both independently and within specialist clinics, she coordinates the care of clients with complex diabetes, chronic conditions and weight loss.

Jules has participated in research projects involving chronic disease management, weight loss and diabetes and has presented at nursing, allied health, medical and community events at local, State and National level. She is a mentor for diabetes educators with the Australian Diabetes Educators Association and also provides education and mentorship for student nurses, EENs, RNs and other health professionals within private organisations.

Jules has worked with local, State and Federal government organizations most notably a Primary Care Network as a member of a working committee establishing health pathways for aged care, diabetes and chronic pain and also as a member of their quality improvement committee.

Louise Webber, Master of Nursing Science (Nursing Practitioner), BA (Hons), RN

Louise has over 20 years of experience in wound management and established her own Private Practice (Wound Therapies) following the completion of her Nurse Practitioner in 2014. She has worked across several public hospitals and Community Nurse Settings both in Australia and overseas.

She works collaboratively with several Aged Care Providers, private hospitals and Community Nursing Services and runs a Specialist wound clinic for a GP Practice north of Brisbane.

Louise was previously an Honorary Clinical Fellow for Australian Catholic University having participated in several research projects leading to publication. She is passionate about wound care and striving for best practice and has participated in several international working groups for Pressure Injuries and Leg ulcers.

She is a mum of two teenagers, loves the Sunny Coast lifestyle and attempting to play golf!

Mark Pratt, Master of Nursing Science (Nursing Practitioner)

Mark Pratt is currently working as a nurse practitioner for the frail older person on the Sunshine Coast of Queensland. He works across community and inpatient settings to facilitate early discharge and admission avoidance.

This requires strong relationships with service providers and other health professionals. Mark has been a nurse practitioner since 2012 and during that time has been involved in a number of hospital avoidance programs in Queensland and New South Wales. He is passionate about people receiving care as close to home as possible.

Mark has qualifications in aged care, health promotion and education, which provide a good basis for community interventions.

Mary Andrews

Mary has a background in Pharmacy from her native Ireland. She migrated to 'sunny' QLD over 30 years ago, where she started her career in aged care with the Department of Veterans Affairs and had 25 years' experience liaising with a range of service providers, acute care facilities, industry professionals, and government agencies in relation to the complex health needs of the veteran community.

For the past five years, **she's been working with Diversicare to promote the needs of CALD communities. She initially coordinated their Community Visitor Scheme - which aimed to help reduce the social isolation of CALD clients in residential facilities.**

Her current role is as a project officer with the PICAC (Partners in Culturally Appropriate Care) program - delivering cultural competence training, information, and resources to support aged care providers in the provision of culturally appropriate care to CALD clients.

Pam Bridges, RN; BA (Social Welfare); Grad Dip Health Services Management

Pam is a Registered Nurse, an experienced manager, and a noted expert with an extensive career in the aged care sector. Her many roles include Commonwealth Nursing Officer, Director of Nursing/General Manager of residential care, and commissioning a new aged care site.

Pam was Residential Care Manager for Queensland's Peak Body (LASA) for many years which included involvement with State and Commonwealth Advisory Committees in a wide range of areas. Working with TARCRAC (Training and Resources Centre for Residential Aged Care) Pam developed learning materials for the aged care sector.

As a trained aged care accreditation auditor, Pam brought this knowledge to her work as a Nurse Adviser and Administrator for numerous sites and organisations who were assessed by the department as requiring specialist support to address areas of high risk and concern.

Pam continues her work in the aged care sector through her busy consultancy practice. Her consultancy work is in the areas of reviewing and maximising ACFI process and training, undertaking gap audits in preparation for accreditation, complaint investigations on behalf of large organisations as well as standalone services, expert witness roles for the QLD Coroner, reviewing of quality processes, assisting with the development of clinical governance systems, performance appraisals for senior staff, strategic planning

with governing bodies and senior staff, advocacy roles, conflict resolution, mentoring and coaching, problem-solving, and risk management.

Pam brings her wealth of knowledge, skills, and experience to the community and residential aged care sectors with the expressed aim of making a positive difference to the recipients of the services and the staff who work in the sector.

Sue Walker, RN, BN, BN (ADMIN), MPHIC (PALCARE), MACN Specialist Nurse Educator

Sue Walker is the Director and co-founder of the Nurses for Nurses Network and the Nursing CPD Institute. As a Nurse Education Consultant Sue is a member of the Education Governance Committee of the Institute as well as a key contributor to the online education platform Continuing Professional Development library.

As a Registered Nurse Sue holds Degrees in Nursing and Health Administration, a Master's Degree in Primary Health Care majoring in Palliative Care, as well as a number of certificate courses in Psychiatry of Ageing, Gerontology, Chemotherapy Administration, Training and Assessment, and is also an Accredited Mental Health First Aid Trainer.

Sue has extensive experience both as a clinician, educator, and senior manager in the acute, aged care, community, and palliative care settings. Sue is passionate about making a difference to the way in which people experience the health care system.

“Healthcare should be delivered by competent, knowledgeable individuals to ensure the best possible experience for the recipient of that care. Nursing is a fabulous profession – the backbone of the healthcare system, it is the knowledge and skill of the individual Nurse that will have the greatest influence on the happiness and health outcomes of each and every client.”

The Nurses for Nurses Network strongly recommends customers take out travel insurance at the time of registration for an event, to cover any unforeseen circumstances that may prevent them from attending and thus incur any financial loss.

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