



# NURSING FUNDAMENTALS

*Key Concepts of Nursing Practice*

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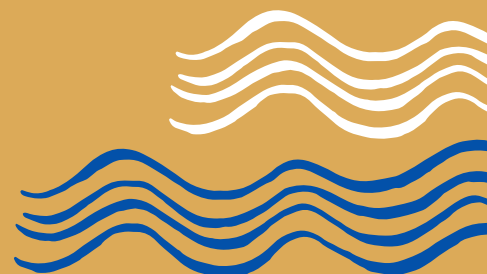
THE GOLD COAST | 31 Oct - 2 NOV 2024



NURSES FOR  
NURSES  
NETWORK



WOUND  
THERAPIES



## CONFERENCE SYNOPSIS:

This conference is essential for nurses who want to broaden their expertise and proficiency in fundamental areas of nursing practice. It serves as the perfect setting for individuals committed to keeping abreast of the latest best practices and innovations in nursing and healthcare service delivery.

This conference welcomes nursing professionals across the spectrum, catering to experienced nurses aiming to align their practice with the latest guidelines and recent graduates seeking to bolster their practical abilities.

Engage with nursing peers from diverse backgrounds and areas of specialisation. This is a golden opportunity to learn from specialists in their field, reflect on your experiences, swap ideas, and forge enduring professional connections.

## CONFERENCE LEARNING OUTCOMES:

At this Conference, you will:

- Explore the latest clinical information on the Nursing fundamentals of wound care, diabetes, cardiac rhythm identification, professional boundaries, trauma informed care, code of conduct, common mental health conditions and VAD.
- Investigate what is new in these fundamentals of nursing practice.
- Discuss the implications for Nursing practice with your colleagues.
- Review your practice or organisational protocols.

## YOU WILL LEARN:

- The impact of a non-healing wound on the patient.
- The assessment & management strategies associated with a non-healing wound.
- The Latest information on diabetes
- The implication of weight loss in the management of diabetes
- The fundamentals of assertive communication
- The foundations of cardiac rhythm interpretation
- Why professional boundaries are so important and why so many nurses find themselves crossing boundaries without even knowing it
- How professional boundaries keep you safe
- Why an understanding of trauma informed care is crucial in all areas of health care delivery
- The latest in the management of lymphoedema
- Voluntary Assisted Dying legislation and how it is working in practice
- If you are complying with the professions code of conduct and Ethics
- What the common mental health conditions are in the Australian community
- The latest treatment modalities available to treat the most common mental health conditions
- How to have a discussion with someone you believe may be contemplating taking their own life
- The latest in Asthma management
- About the use of hyperbarics in wound management
- Why unresolved stress can lead to burnout and the magic of mindfulness

## THE PROGRAM:

### DAY ONE:

**0830 – 0845: CONFERENCE REGISTRATION AND WELCOME**

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**0845 – 0900: WELCOME AND HOUSEKEEPING**

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**0900 – 1000: WHY DOES THE DRESSING MATTER? | LOUISE WEBBER**

Dressing selection and application is essential to the wound management plan. It is often the most challenging, frustrating and inconsistent part of the plan leading to slow or poor healing outcomes. This session focuses on the optimal dressing for best healing outcomes.

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**1000 – 1030: BREAK**

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**1030 – 1130: SKIN CARE & SKIN TEARS – WHAT IS BEST PRACTICE? | LOUISE WEBBER**

This session focuses on managing skin to maintain its integrity and best practice for skin tears. Our skin has many functions none more so than to protect us. Skin care is an integral part of wound management to maintain the integrity.

Skin tears are one of the most common wounds we encounter yet the management differs greatly. Are you aware of the Best Practice guidelines for skin tears? This session explores best practice and practical management of skin integrity and for skin tears.

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**1130 – 1230: LATEST IN THE MANAGEMENT DIABETES – CAN NEW TREATMENTS AND TECHNOLOGIES OVERCOME CLINICAL INERTIA? | JULES AITKEN**

One in twenty Australians have now been diagnosed with diabetes mellitus (5.3% or 1.3 million people), with the most common type of diabetes mellitus being Type 2 diabetes. New technologies and pharmacological treatments are now available to assist persons with Type 1 Diabetes and Type 2 Diabetes manage glycaemic control to improve health outcomes.

Can the use of these new technologies and treatments reduce the incidence of clinical inertia and reduce the risk of diabetes related complications? This presentation will discuss overcoming clinical inertia and provide an overview of new technologies and treatments available to manage both Type 1 and Type 2 Diabetes.

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**1230 – 1330: LUNCH**

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**1330 – 1430: NUTRITION, WEIGHT LOSS, AND DIABETES – AN ARRANGED MARRIAGE OR A MATCH MADE IN HEAVEN? | JULES AITKEN**

People with diabetes receive mixed messages about weight loss from magazines, newspapers, friends, family and even health professionals. Few subjects have accumulated as much misleading and potentially dangerous folklore as the subject of nutrition and weight loss.

For people with type 2 diabetes, the message often is that weight loss is ultimately the answer to improving glucose control, but is this always the case? Does losing weight ultimately reverse diabetes or provide benefit to all people living with diabetes?

This presentation will explore the impact of adipose fat on glycaemic control, the increased risk of metabolic dysfunction-associated steatotic liver disease (MASLD) for clients with diabetes and the increased risk for chronic kidney disease. It will explore benefits of weight loss and dilemmas for clients. Weight loss treatments will be discussed including risks and benefits, the importance of client education and managing client expectation regarding the various options available.

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**1430 – 1530: FOUNDATION PRINCIPLES OF CARDIAC INTERPRETATION AND RECOGNITION OF NORMAL VERSUS ABNORMAL RHYTHMS | ANNE EVANS-MURRAY**

In this cardiac session, the five foundations of sinus rhythm interpretation will be discussed. When the cardiac complex — waves, segments, and timing intervals — is understood, the nurse can grasp more complex arrhythmias. You will gain knowledge on how to interpret sinus rhythm and recognise abnormalities.

As you acquire understanding of the foundation of interpretation of sinus rhythm it will aid you to understand more complex arrhythmias and recognition of cardiac deterioration from a Long Q T interval.

The increase in patients with cardiac co-morbidities and Long QT syndrome has heightened the Nurse's responsibility to ensure their knowledge regarding cardiac arrhythmias and ECG interpretation is current and reflects best practice guidelines.

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**1530 – 1600: BREAK**

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**1600 – 1700: ASSERTIVENESS AND COMMUNICATION IN CHALLENGING SITUATIONS | ANNE EVANS-MURRAY**

This session is essential. Anne will address how assertiveness training empowers, reduces anxiety, and helps in communicating with difficult people. It is a requirement for every nurse or midwife to learn to manage challenging situations not only in the workforce but in personal life.

She will not only address but also demonstrate the differences between passive, aggressive, and assertive behaviour. Gender issues, socialisation of nurses, and other components of assertion will be discussed. Additionally, Anne will demonstrate with a very experienced facilitator how to deflect criticism, gain skills in setting limits with others, and, very importantly, say no despite feelings of guilt.

Most of this session will be in a lecture format, but some aspects will be demonstrated in role-play between the two presenters. These two presenters have demonstrated assertiveness skills in many conferences in Australia and New Zealand, and this session has been highly evaluated.

**Please Note:** You are **not required** to take part in the role-play. It is a very enjoyable session filled with take-home content, and as you watch the two presenters, it is taught in a fun way.

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**DAY TWO:**

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**0900 – 1000: PROFESSIONAL BOUNDARIES - ALWAYS ABOUT YOUR SAFETY | DR WENDY MCINTOSH**

This session will introduce you to the five foundation stones of professional boundaries - definitions, boundary framework, red flag, reasons for transgressions and strategies to decrease the risk of boundary transgressions.

Since 2005 the Wendy has supported health professionals who have been reported to regulatory bodies for boundary transgressions. You will learn easy to implement strategies for establishing and maintaining boundaries for your safety. When you are safe the work you do with your patients will be safe.

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**1000 – 1030: BREAK**

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**1030 – 1130: TRAUMA INFORMED APPROACH TO CARE - ASSISTING CLINICIANS ASSIST THEIR PATIENTS | DR WENDY MCINTOSH**

In this session, you will learn about the principles of a trauma-informed approach to care. You will learn about the relationship between Adverse Childhood Events (ACEs) and trauma. Individuals who have experienced four or more ACEs in their lives have a high rate of early mortality. Learn how simple changes in the questions we ask and how we approach patients can assist in settling patients who could be at risk of escalating emotions due to high levels of fear and anxiety—in whatever setting you work with patients.

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**1130 – 1230: UNDERSTANDING CIRCULATION IMPAIRMENTS AND THEIR MANAGEMENT STRATEGIES | JEN SANDERSON**

This session will provide an overview of the pathophysiology of various circulation impairments involving lymphatic vessels, veins and arteries and pathways to chronic swelling and wounds. Management strategies for treating presentations with swelling will be addressed including a focus on the appropriate selection and use of compression pumps.

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**1230 – 1330: LUNCH**

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**1330 – 1430: HYPERBARIC OXYGEN THERAPY | KIM ALLEN**

In this session, we will explore:

- History of hyperbaric medicine
- What is hyperbaric medicine
- Understanding pressures
- Indications for hyperbaric oxygen therapy
- Therapeutic benefits
- Complications
- Role of oxygen therapy in wound healing

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**1430 – 1530: CODE OF CONDUCT AND ETHICS: IGNORE AT YOUR PERIL | SUE WALKER**

In the ever-evolving landscape of healthcare, the importance of adhering to a robust code of conduct and ethics cannot be overstated for nursing professionals. This presentation delves into the critical components of the Code of Conduct and Ethics that guide Australian nurses, providing a comprehensive overview of the principles and standards expected in practice.

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**1530 – 1600: BREAK**

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**1600 – 1700: COMMON MENTAL HEALTH CONDITIONS AND A DISCUSSION ON SUICIDE | SUE WALKER**

In this presentation, we delve into the prevalent issue of common mental health conditions and the complex subject of suicide in Australia, focusing on the unique role nurses play in identification, intervention, and support.

Given the rising incidence of mental health challenges and the significant public health concern that suicide represents, this session aims to equip nurses with the knowledge and skills necessary to make a meaningful impact in the lives of those they care for.

**DAY THREE:****0900 – 1030: CHALLENGES IN WOUND MANAGEMENT: A PRACTICAL APPROACH | LOUISE WEBBER**

What are your challenges in wound management? Wound management needs a consistent, best practice approach. Needs to be person centred and safe to ensure best healing outcomes. How do our individual techniques, approaches affect outcomes?

Three areas that are often inconsistent are assessment, cleansing and managing oedema. This workshop is interactive and explores a practical approach to these.

Learning Outcomes:

- Discuss best practice in wound management
- Explore wound measurement & photography as part of the wound assessment process
- Explore wound cleansing – techniques, solutions & best practice
- Learn all about oedema management and being safe in our practice

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**1030 – 1100: BREAK****1100 – 1200: VOLUNTARY ASSISTED DYING (VAD): REFLECTIONS OF A NURSE PRACTITIONER | DAVID RUZICKA**

David is a Nurse Practitioner working in the area of palliative care. VAD has had a significant impact on the delivery of palliative care within both the community and hospital setting.

Voluntary assisted dying is an additional end-of-life choice that gives eligible people who are suffering and dying the option of asking for medical assistance to end their lives. There are strict eligibility criteria for accessing voluntary assisted dying.

This presentation focuses on the personal reflections of a Nurse Practitioner working in the field and the evolving roll out of this service and its relationship with the palliative care services where he works.

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**1200 – 1300: LUNCH****1300 – 1400: ASTHMA UPDATE | SAMANTHA NOLAN-NEYLAN**

This session will discuss updated treatment protocols for asthma management in Australia including:

- What type of inhaled devices and medications are available and which are the most suitable for your patients
- Additional choices of reliever to salbutamol (Ventolin)
- Introduction of injectable biologics
- The importance of identifying and treating comorbidities to reach optimal control

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**1400 – 1530: NAVIGATING STRESS AND BURNOUT: THE TRANSFORMATIVE POWER OF MINDFULNESS IN NURSING | SUE WALKER**

The demanding nature of the nursing profession often places nurses at high risk for stress and burnout, impacting not only their health and well-being but also the quality of care provided to patients. This presentation addresses the critical issues of stress and burnout among nurses, exploring the efficacy of mindfulness practices as a powerful tool for enhancing resilience, promoting mental health, and improving patient care.

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**1530: CONFERENCE SUMMATION AND SAFE TRAVELS | SUE AND LOUISE**

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## OUR PRESENTERS:

**Anne Evans-Murray**, R.N., BHLthSc, MACCCN, Grad.Dip Ed, MEd, Dip Co unselling, 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 & conferences 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 Palliative care, Master of Nursing Science (Nurse Practitioner) RN, NP, MPC, MNS

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.

**Jen Sanderson**, Physiotherapist and Lymphoedema Therapist

Jen is a Physiotherapist and Lymphoedema therapist and is near completion of her PhD using ultrasound to assess lymphoedema tissue composition. Jen has clinical experience in both public health and private practice and currently runs her own Physiotherapy business in Brisbane.

Jen also works as a clinical advisor and educator for Medi-Rent, which is a company that distributes medical devices including compression pumps.

**Jules Aitken**, Masters of Nursing (Nurse 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, 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 organisations, 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.

**Kim Allen**, Wound Specialist

Kim is a wound specialist working in conjunction with a hyperbaric unit treating chronic wounds. She has a Bachelor of Nursing degree from QUT, a postgraduate qualification in Wound Care from Monash University and is a qualified hyperbaric nurse with many years' experience in both fields of wound care and hyperbaric medicine. She has a passion for wound care and strives for best practices to obtain the best patient outcomes.

Kim's hobbies include hiking, walking with her two gorgeous cavalier King Charles spaniels and spending time with her husband and children.

**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!

**Samantha Nolan-Neylan**, MASTER OF NURSING SCIENCE (NURSING PRACTITIONER), BSc COMMUNITY HEALTH CARE NURSING, GRADUATE CERTIFICATE IN MANAGEMENT

Samantha is currently working as a Respiratory Nurse Practitioner at the Gold Coast University Hospital where she has developed specialised asthma clinics including the use of injectable biologics for patients with severe asthma.

Samantha has been a Registered Nurse for over 30 years and has a strong commitment to empower both clinicians and patients in better and effective management of chronic respiratory conditions. She has had the opportunity to work in a variety of community and acute care roles both in Australia and overseas including community projects in Nauru, Romania and inland Queensland.

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

Sue is a director and co-founder of the Nurses for Nurses Network and Nursing CPD. As a Nurse Education Consultant, Sue is a member of the Education Governance Committee of Nursing CPD 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. She is also an Accredited Mental Health First Aid Trainer.

Sue has extensive experience 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."

**Dr Wendy McIntosh**, RGN, RMHN, GRAD. DIP MH, MN, CERT IV WORKPLACE ASSESSMENT & TRAINING, GROUP LEADERSHIP CERT, MRCNA, MANZCMHN, AANZPA

Wendy has over 30 years of experience as a health professional (clinical, education, and research), twenty-five of those years in mental health. Areas of specific interest and passion for Wendy include professional supervision, professional boundaries, professional identity, links between childhood trauma and mental illness, and workplace bullying.

Wendy has over 20 years of experience as a psychodrama trainee – lifelong learning. She is committed to using experiential learning in the work she does with individuals and groups. Wendy maintains a full diary of workshops throughout Australia and London UK and consistently receives feedback on her passion, knowledge, and creativity as a presenter and facilitator.

Wendy is continually integrating learning and insights she gains from the work she does within professional boundaries. She has developed internet training tools and education packages for individuals/organisations and delivers webinars for organisations. With the assistance of six podcast episodes titled 'Professional Boundaries', Wendy is exploring and guiding listeners on their own personal and reflective journey through boundaries. Further podcasts are currently in production.

## REGISTRATION - \$890.00

Please Note: Registration does not include travel, accommodation, or travel insurance

### VENUE:

The Club at Parkwood, 76 – 122 Napper Road, Parkwood | [enquiry@parkwoodgc.com.au](mailto:enquiry@parkwoodgc.com.au) | (07) 5563 3342

### INCLUSIONS

- An extensive Conference program based on current best practice
- Conference Presenters who are recognised 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
- A Conference Transcript that identifies each session held at the Conference including the session synopsis and presenter
- A Certificate of Completion identifying the CPD hours attached to the Conference Program for you to include in your CPD Evidence Portfolio
- An online library which will provide additional information to support the Conference Program

*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 attending and thus incurring any financial loss.*

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