Key Concepts of Nursing Practice Seminar

For Midwives and Public Health Nurses

May 3rd and 4th 2014
Presented by the Nurses for Nurses Network
Central Queensland University
Bundaberg Campus
14 hours of Continuing Professional Development (CPD)

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## Sessions

### Day One 3rd May

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<tr>
<th>Time</th>
<th>Session</th>
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<tbody>
<tr>
<td>0830</td>
<td>Registration</td>
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<tr>
<td></td>
<td>Morning Coffee Served</td>
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<tr>
<td>0900</td>
<td>Models of Care—Women Centred Birthing Choices.</td>
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<td>“Women are more likely to feel positively about their birth experience if they felt supported from their care providers, had a strong relationship with their care providers and felt involved in the decisions about their care during pregnancy and birth”</td>
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<tr>
<td>1000</td>
<td>Gestational Diabetes: aetiology and management</td>
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<td>This type of diabetes affects up to 8% of women during their pregnancy.</td>
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<td>Management requires a team approach—a Diabetes Educator is a key member of that team.</td>
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<td>1030</td>
<td>The Implications of Obesity in Pregnancy</td>
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<td>“Obesity in pregnancy is now one of the most important challenges in obstetric care. Approximately 50 per cent of women who become pregnant are either overweight (BMI&gt;25 – 30) or obese (BMI&gt;30)”</td>
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<td>1100</td>
<td>Perinatal Data: pregnancy, birthing, and the baby.</td>
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<td>Let's look at the statistics and how we are trending</td>
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<tr>
<td>1200</td>
<td>Lunch</td>
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<tr>
<td>1300</td>
<td>Latest Fertility Options: what is available</td>
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<td>No two couples or individuals are the same—a custom-made fertility treatment program guarantees the best possible chance of success.</td>
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<tr>
<td>1400</td>
<td>Management of Pain in Labour</td>
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<td>“Labour and childbirth is usually a painful experience and women vary in their response to it. Some women are keen to avoid drugs or other medical interventions while others are happy to consider all available options.”</td>
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<td>1500</td>
<td>NHMRC Infant Feeding Guidelines</td>
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<td>“The Infant Feeding Guidelines are aimed at health workers to assist them in providing consistent advice to the general public about breastfeeding and infant feeding. They support optimum infant nutrition by providing a review of the evidence, and clear evidence-based recommendations on infant feeding for health workers.”</td>
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<tr>
<td>1600</td>
<td>Management of Midwifery Emergencies</td>
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<td>“Midwives are geared philosophically toward non-intervention in the natural processes of pregnancy and birth. Even while attending a normal low-risk woman in labour, the midwife should always consider the possibility of a developing problem.”</td>
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Please note that program may alter without notice due to unforeseen circumstances. The information given by presenters does not necessarily reflect the views of the Nurses for Nurses Network.
**Day Two 4th May**

<table>
<thead>
<tr>
<th>Time</th>
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<tbody>
<tr>
<td>0830</td>
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<td></td>
<td>Morning Coffee Served</td>
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| 0900  | **Immunisation: the latest schedule and information**  
*The Immunise Australia Program implements the National Immunisation Program (NIP) Schedule which currently includes vaccines against a total of 16 diseases. The Australian Immunisation Handbook provides clinical advice for health professionals on the safest and most effective use of vaccines in their practice.* |
| 1000  | **Nursing and Midwifery Council Practice Updates**  
*"The Nursing and Midwifery Board of Australia (the National Board) has released a suite of documents that will come into effect from mid-March 2014." Let’s review the implications of same.* |
| 1100  | **Nursing Governance: Legal Issues**  
*“Nurses are governed by society's laws as well our regulating authority to ensure we adhere to those codes and standards that inform the public and the profession of expected standards.”* |
| 1200  | Lunch |
| 1300  | **Teaching Pelvic Floor Exercises.**  
*Prevention and conservative management of incontinence.*  
*“Pelvic floor muscles weaken for similar reasons to other muscles in our bodies: natural ageing and inactivity. But pelvic floor muscles are also often weakened through hormonal changes in women's bodies, and through pregnancy and child birth.” Here we will discuss prevention and how to educate our clients.* |
| 1400  | **Pharmacy Update—recent releases and modes of administration**  
*It can be difficult to stay abreast of all the medications that are continually released on the market. In this session the latest medications that are being released will be discussed along with modes of administration.* |
| 1500  | **Issues of Addiction: alcohol and prescription drugs - the impact on the individual, family, and greater community**  
*The issues that surround addiction are enormous and will be identified in the presentation. The focus of the session will be evidence based treatment for people with substance abuse disorders.* |
| 1600  | **Blood Born Virus Update**  
*Blood borne viruses can be transmitted by coming into contact with the blood of an infected person. In Queensland, BBVs of particular concern are hepatitis B, hepatitis C and HIV. This session will focus on the incidence of these diseases in Queensland and the implications for care delivery.* |

Please note that program may alter without notice due to unforseen circumstances.  
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Registration

This is a fabulous opportunity to get your CPD hours up to date. Your annual registration with AHPRA is just around the corner.

This seminar offers you a total of 14 hours of Continuing Professional Development (CPD)

Registration is online at www.nursesfornurses.com.au under the Events Tab.

You can choose to attend one day or both days. If you are an NFN Member log into the Members area to receive the Members price.

Not a member yet? go to www.nursesfornurses.com.au you'll love it!

Venue: Central Queensland University
   Building One, Room 4
   University Drive
   Bundaberg

Cost: To attend one day only
   NFN Member $170.00
   Non Member $220.00

   For attend both days
   NFN Member $300.00
   Non Member $400.00

   Lunch and morning coffee included

Affordable. Accessible. Stress-free. fabulous!
**Presenters**

**Alison Stephens**
Alison is a Lactation Consultant who works as both a Midwife and Lactation Consultant. She runs a busy Breast Feeding Clinic within the Maternity Unit at the Bundaberg Base Hospital. Alison was instrumental in the Bundaberg Family Unit receiving Baby Friendly Accreditation in 2012.

**Amie Lloyd-Jones**
Amie Lloyd-Jones BPharm MPS graduated from the University of Queensland in 2010 with a Bachelor of Pharmacy. Amie moved to Bundaberg to work for Coral Coast Pharmacies and has been managing the Eastside store for almost 2 years. Amie enjoys the professional service she is able to provide customers and the opportunity to provide education to health care practitioners.

**Cheryl Dezotti**
Cheryl is a Registered Nurse and has a background in infection control. Cheryl presently works as a Nurse Educator with the Nurses for Nurses Network. Based on her infection control experience Cheryl enjoys sharing with fellow nurses the practical implications of working with clients with blood borne diseases.

**Dohna Myler**
Dohna is the Nurse Unit Manager (Midwifery) of the Bundaberg Hospital Family Unit, prior to this appointment Dohna was the Co-ordinator of the Antenatal clinic at the hospital. Dohna has extensive experience in the field of midwifery having practiced in the area for some time.

**Gail Aylmer**
Gail is a Registered Nurse and works in the Communicable Disease Team of the Wide Bay Public Health Unit. Her role is Public Health Nurse—Immunisation. In her role she provides advice to vaccine service providers on the QLD Immunisation Schedule, vaccine eligibility, vaccine cold chain management, travel vaccinations, School Based Vaccination program, Indigenous Flu and Pneumo programs, adverse event reporting and follow-up, and developing catch up schedules.

**Janelle Anderson**
Janelle is a Credentialled Diabetes Educator and Registered Nurse. She has a particular interest in lifestyle changes to improve health outcomes. Janelle has recently moved into private practice and conducts clinics throughout the Wide Bay area.

**Joanne Ellerington**
Joanne’s current role as the Principal Data Collection Officer is the maintenance and enhancement of the Queensland Perinatal Data Collection to meet the needs of the Queensland Department of Health. As well as the Perinatal Data Collection, Joanne also manages the Perinatal Deaths, the Maternal Deaths and the Perinatal Congenital Anomaly Collections.

**Klare Craven-Hughes**
Klare completed her Nursing and Midwifery training in the UK and has been working as a registered Midwife in Australia for the past 8 years. In 2011 she completed a Masters in Midwifery, and was granted eligibility, by the Australian College of Midwives to practice as a Private Midwife. In 2012 Klare gained admitting rights to Bundaberg Base Hospital, this was only the second hospital in Australia to allow a privately practicing Midwife to care for her clients within a hospital setting.
Michele Chapman
Michele is a Midwife and the Coordinator of the Antenatal Clinic at Bundaberg Base Hospital. She has extensive experience in midwifery and is in the process of finalising her preparation for appointment as an Educator at the hospital in the area of midwifery emergencies.

Ngaire McRae
Ngaire is a Specialist Fertility Nurse at Fertility Solutions which is a Fertility Treatment Centre located in Bundaberg and the Sunshine Coast. Ngaire is a Registered Nurse and Midwife and has been practicing midwifery at a number of locations throughout Australia in recent years.

Pam Savage
An extensive background in clinical nursing, education, and remote area nursing in Australia and overseas. As a lawyer and clinician this background is brought to CQUniversity School of Nursing and Midwifery as an Adjunct Lecturer in health law and applied legal learning to undergraduate, post graduate and Aboriginal Health Workers. A number of publications focused on curriculum issues and legal aspects of practice preceded the publication of Law for Student Nurses: applied principles by Pearson publishers now in its second addition.

Sandra Ilett
Sandra is a Registered Nurse and Midwife. She is employed by the Wide Bay Continence Service as a Continence Nurse which is a Nurse Specialist position. Sandra has worked in the area of continence management since 1997 and has a keen interest in the prevention and conservative management of incontinence.

Sharon Sarah
Sharon is a Registered Psychologist with a Masters in Mental Health Practice and Diploma in Drug & Alcohol. She has worked in both the health and community sector for more than 20 years, and is the current EO of Bridges Health & Community Care, a non government agency providing both clinical and non-clinical services for people with mental illness, mental health and drug & alcohol issues

Sue Walker
Is a Registered Nurse and a Nurse Consultant (education) with the Nurses for Nurses Network, working in this role for the last three years. Sue has a particular interest in the regulations that surround nursing registration requirements and ability to practice.