



April 2012

## PRESIDENTS REPORT

Two things came to mind when preparing to write the April Presidents Report

- 1) What is a Neuroscience Nurse? and
- 2) Australasian Neuroscience Nurses Day (ANND) is almost upon us.

So to the trusty site Google I went and found a myriad of ways to explain what a neuroscience nurse is. On the Victorian Health website I found a piece that describes us as 'astute and observant as effective, rapid change management can ensure better patient outcomes. Conditions treated may be acute in nature, such as head injuries, brain haemorrhages, stroke or spinal tumours, or chronic and debilitating such as Multiple Sclerosis and Parkinson's disease' and 'By applying the skills and knowledge of a "neuro nurse" you will make a difference to the outcome of your client.'

Karen Oliver (2008) in a report from the Society of Neuro-Oncology in the British Journal of Neuroscience Nursing stated that neuroscience nurses were the allies in the fight against brain tumours playing a pivotal and intricate role in improving the experience for patients and their families with education and support.

Neuroscience Nurses practice in a variety of settings such as acute, rehabilitation, community and palliative. The unit might be called Stroke, Neurointensive Care, and Brain Injury; be broad or specific to a disease process. Your practice setting might not be any of these.

What I find is common to Neuroscience Nurses is a sense of humour such as can be found at [www.allnurses.com/neurological-nursing/you-might-neuro-457406-page2.html](http://www.allnurses.com/neurological-nursing/you-might-neuro-457406-page2.html). The blog is worth a read with my favourite 'You might be a neuro nurse if: You see your brain injured patient several months after discharge back on the floor walking and looking around like "who are you people", and definitely not remembering the hell he gave you pulling out tube after tube and climbing out of the bed all night...but it's worth it

*because he's A&Ox3 and walking strong...something you weren't sure could happen again.'*

Another integral component of a Neuroscience Nurse is the networking and sharing of our successes and challenges at the Annual Conference. This year we head to Hobart, Tasmania at the Mercure from October 10-12<sup>th</sup>. Dare I say we are also in for a devilish bit of fun! The ANNA Executive look forward to reading your abstracts and hearing your presentations as you contribute to the body of knowledge required to continue the work we do.

A colleague recently asked me why I love being a neuro nurse and it is for all the above and yet more. We make a positive contribution to the outcome of our patients, as a collective we share in difficult patient journeys and help to shape the future for the patient and their family with hope, compassion, humour, knowledge, skill and dedication. We are neither saints nor martyrs we are Neuroscience Nurses and proud of it. Celebrate ANND on May 4<sup>th</sup> and share your stories with ANNA . Your State Delegates have stickers to help promote ANND and we are offering an incentive to sign up new members. ANNA as the peak nursing body for Neuroscience Nurses facilitates and fosters the advancement of neuroscience nursing thus enabling optimal patient centred care but **members are the linchpin.**

Sharryn  
ANNA President



## “The Devil is in the Detail”

### ANNA’s Annual Scientific Meeting 2012



**J**oin us across the Tasman for ANNA’s Annual Scientific Meeting this year in beautiful Hobart, Tasmania.

The conference will be held at the Mercure Hobart on the 10-12<sup>th</sup> October 2012. The Mercure Hobart is offering discount accommodation to ANNA members and attendees. To book the discounted rate quote ‘Australian Neuroscience Nurses Association’. For further information access the following link: [www.mercure.com/gb/hotel-6159-mercure-hobart/index.shtml](http://www.mercure.com/gb/hotel-6159-mercure-hobart/index.shtml) For reservations enquiries please email [reservations@mercurehobart.com.au](mailto:reservations@mercurehobart.com.au)

Hobart is a city of sails and sandstone, festivals and flavours – colourful spinnakers on the harbour and fine old 19<sup>th</sup> century warehouses along Salamanca Place. It is a ‘foodies’ paradise with the cooler climate producing elegant dry wines and the unspoiled coastline ensuring the freshest seafood around. From Hobart, it is an easy day tour to the wineries of the Southern Wine Route, to tall forests and national parks or to the nation’s most significant historic site, Port Arthur.

For more information visit [www.discovertasmania.com](http://www.discovertasmania.com)

Keep an eye on the website [www.anna.asn.au](http://www.anna.asn.au) and your in/mailbox, for more details. The call for abstracts is now OPEN, with a closing date of 4<sup>th</sup> June, 2012. Start to plan a contribution to making this conference about your neuroscience nursing practice.



*We look forward to seeing you there.*

*Lisa Scally*

*Linda Nichols*





# noticeboard

Australasian Neuroscience Nurses Association



## ”THE DEVIL IS IN THE DETAIL”

The intricacies of Neuroscience nursing and the complexities of the Neuroscience patient journey can trip you up if you're not prepared...

To be prepared join us across the Tasman at the Mercure Hobart for some devilish fun.

Be ready to capture the opportunity during the day to develop your skills and knowledge with a show of exciting new techniques,

case studies and peer presented current research

and by night join the team for high jinks, games and mystery..

## ANNA ANNUAL SCIENTIFIC MEETING

HOBART, TASMANIA

10<sup>TH</sup>-12<sup>TH</sup> OCTOBER, 2012.

## ~CALL FOR ABSTRACTS~

Submit via ANNA website [www.anna.asn.au](http://www.anna.asn.au)

Closing Date 4th June, 2012

## Sponsorship Opportunities

Contact:

Lisa Scully

ANNA Conference Convenor

Email: [conferenceconvenor@anna.asn.au](mailto:conferenceconvenor@anna.asn.au)





## ***Celebrate*** **AUSTRALASIAN NEUROSCIENCE** **NURSES DAY**

On 4 May, 1974, Tonnie Koenen organised the first meeting of Australasian neuroscience nurses in Canberra, during the Neurosurgical Society of Australasia's annual meeting. About 30 nurses from the ACT, NSW, TAS, VIC and WA met to formally establish the Australasian Neurosurgical Nurses' Association.

Since that time, Neuroscience nurses have continued to promote collaboration with other nurses and other health professionals in a committed effort to the professional development and education of nurses within the specialty of neuroscience. We celebrate this and the beginning of our Association on our Australasian Neuroscience Nurses Day, every 4th of May

## **Australasian Neuroscience Nurses Day is on 4<sup>th</sup> May 2012.**

The focus of this year's celebrations is to increase the number of ANNA members through a "**Membership drive**".

Sign up a member and go into the draw to win your own membership free.

There are a number of free memberships on offer.

Please ask the new member to mention or note your name when they join for your chance to win.

The more new members you sign up the more chances of winning!

## **Annual Australasian Neuroscience Nurses Day Competition**

Submit a report describing how you celebrated

Australasian Neuroscience Day and be in the running to win

\$100.00 for your ward/unit.

Submit reports to [secretary@anna.asn.au](mailto:secretary@anna.asn.au) by 1<sup>st</sup> September, for your chance to win.

The winner will be announced at the annual scientific conference in

Hobart later this year.

### **MEMBERSHIP MATTERS**

Please notify ANNA promptly of change of address via the website

**OVERDUE:** as per your ANNA handbook, if renewal payments are not received within 3 months you are required to rejoin as a new member

All renewals are \$90 and new members \$100 per annum

All membership specific enquiries can now be directed to PAMS, the Professional Association Management Service

[anna@pams.org.au](mailto:anna@pams.org.au)



## BARBARA LESTER SCHOLARSHIP FUND



**Hurry.....** Apply for the Barbara Lester Scholarship Fund.

**Please forward all applications to ANNA Executive by the last working day of May 2012.**

### Aim

To provide opportunity for an ANNA member who is presenting a verbal paper or poster or who is facilitating a workshop/breakout session at an international, national or local conference to receive financial assistance.

### Objectives

- To promote professional development in the field of Neuroscience.
- To maintain availability of a scholarship from ANNA on a yearly basis (that provides equal opportunity) for ANNA members presenting at conference.
- To assist with funding to attend the conference where the presentation will be delivered.

### Eligibility Criteria

- Available to full financial members.
- A minimum of 24 months of continuous period of membership is required.
- Priority accorded to members working within an environment where neuroscience patients receive care/management.
- Nurses must have current registration in their state/territory/country.
- The conference presentation or workshop/breakout session must have relevance to the neuroscience specialty.

**NB:** All attempts to ensure fair distribution of the scholarship fund will occur.

### Funding Available / Financial Policy

- Up to \$3000 available to fund a scholarship for one successful applicant.
- The ANNA Executive will convene for scholarship review annually in the month of June. Therefore a fully completed application must be received by the last working day in May.

**\*\*\*\*\*Please visit the ANNA website for further information and scholarship application forms\*\*\*\*\***

**[www.anna.asn.com.au](http://www.anna.asn.com.au)**

ANNA is an Organizational Partner with the World Parkinson Coalition  
[www.worldpdcongress.org](http://www.worldpdcongress.org);



# noticeboard

Australasian Neuroscience Nurses Association

## The Australasian Journal of Neuroscience needs YOU!



**It's good for the profession, it's good for you!**

**The AJON will be published twice yearly – May & October.  
Deadline for submission of articles: 1 March for publication in May  
&  
1 August for publication in October.**

**Help is available to assist you if needed.**

**More information available on the ANNA website [www.anna.asn.au](http://www.anna.asn.au)**

**Email to the Editor - Vicki Evans –  
[editor@anna.asn.au](mailto:editor@anna.asn.au)**

***See you in PRINT!***



**ACI** NSW Agency  
for Clinical  
Innovation

**Friday 1 June 2012**



**NNPDSC**  
Neurological Nursing Professional  
Development Scholarship Committee

**SMC - Conference & Function Centre**  
(66 Goulburn Street, Sydney)

Registration & Program available online  
from 1 April 12, on the Conference website  
[www.health.nsw.gov.au/gmct/](http://www.health.nsw.gov.au/gmct/) For more  
information visit website or contact ACI on  
8644 2165 or  
[violeta.sutherland@aci.health.nsw.gov.au](mailto:violeta.sutherland@aci.health.nsw.gov.au)

ANNA\* Member Early Bird \$100. Non-Member  
\$120. ANNA\* Member Regular \$130. Non-Member  
Regular \$150.  
\* Australasian Neuroscience Nurses Association.  
Registration includes lunch, tea breaks and  
networking drinks.

**This One Day Conference is essential for anyone involved  
in Neurological or Neurosurgical care.**



## The Louie Blundell Prize

**Closing date: 5pm EST last Friday in May.**

This prize is awarded for the best neuroscience nursing paper by a student submitted to the Australasian Neuroscience Nurses Association (ANNA) for inclusion in the *Australasian Journal of Neuroscience* by the designated date each year. The monetary value of the prize is \$500 AUD.

Candidates must be, or have been, students in a course as deemed appropriate by the ANNA Executive Committee during the preceding academic year and if they have completed their course must have graduated no more than six (6) months prior to submission of the paper. Types of papers that will be considered include case studies, reviews of literature, and research reports.

Each candidate for the prize must be the sole author of the paper and may only submit one paper for the Best Neuroscience Nursing Student Paper Prize.

Candidates should not have had a previous publication as a solo author.

ANNA reserves the right not to award the prize if no paper is of a satisfactory standard. The decision of the ANNA Executives is final. All candidates will be notified of the outcome in August.

A minimum of 3 judges will be appointed by ANNA to review the papers and report to the Executive Committee.

The award will be made based on the standard of scholarship of the paper. The qualities that the judges will be looking for are:

- Originality of the work
- The relevance and importance of the topic to current neuroscience nursing practice
- Evidence of reflection consistent with the level of the student
- Comprehensiveness, clarity and conciseness
- Conformity to the Guidelines for Authors, as specified in the *Australasian Journal of Neuroscience*

The author of the winning paper is required to submit the paper for publication in the *Australasian Journal of Neuroscience* and encouraged to present the paper at the

Annual Scientific Meeting. At the discretion of the Journal Editor, all applicants, whether selected for a prize or not, may still be encouraged to submit their paper for publication, oral or poster presentation at the Annual Scientific Meeting. The judging process will form part of the peer review process for publication and as such recommendations may be made to the author prior to publication.

Registration, accommodation and travel arrangements are at the individuals' expense. Application for scholarships from ANNA or other organisations is encouraged.

Electronic submission of the paper is to be made to [anna@pams.org.au](mailto:anna@pams.org.au)

Further information is available on the web site [www.anna.asn.au](http://www.anna.asn.au)

Louie Blundell, was born in England, and although she wanted to be a nurse she had to wait until after World War 11 to start her training as a mature student in her late twenties. Later she and her family moved to Western Australia in 1959. She worked for a General Practice surgery in Perth until a move to the Eastern Goldfields in 1963. Subsequently, she worked at Southern Cross Hospital and then Merriden Hospital. During this time she undertook post basic education to maintain her currency of knowledge and practice, especially in coronary care.

Louie was also active in the community. She joined the Country Women's Association and over the years held branch, division and state executive positions until shortly before her death in 2007. She was especially involved in supporting the welfare of students at secondary school, serving on a high school hostel board for some time. She felt strongly that education was important for women and was a strong supporter and advocate of the move of nursing education to the tertiary sector, of post graduate study in nursing and the development of nursing scholarship and research, strongly defending this view to others over the years.





## CONGRATULATIONS TO

### **BERNICE APPIAH** ANNA Member , NSW

#### **“Something bigger than me”**

“I feel a deep connection with my African culture, so helping serve my people in this way is such a blessing.”

Bernice Appiah of Blacktown was born in Ghana, and is currently serving as a volunteer nurse with Mercy Ships onboard the world’s largest charity ship, the *Africa Mercy*, in Togo, the West African nation adjoining her country of birth.

“I have always had a desire to combine my nursing skills with my desire to serve God through mission work,” she says. “Through a friend of a friend I saw photographs on Facebook on the work of Mercy Ships in Sierra Leone. I felt so excited as I looked through Fana’s album and felt straight away this was something I wanted to a part of. I had wanted to something like this for a while.”

Bernice made the long trip from Sydney to Lome, the capital of Togo, in January with the intention of serving as a ward nurse in the ship’s hospital with its six operating theatres, for two months. But she has extended that stay until the end of June. As with all of the 450 volunteer crew members Bernice flew at her own expense and pays a crew fee to help offset the ship’s running costs, thus ensuring that all of Mercy Ships health and development programs are provided free of charge to the people of Togo.

Most of those around her at home were positive. “People from work, family, friends and church, were proud of my decision, but initially many could not understand why I wanted to pay money to serve for free overseas. That didn’t bother me, and I am happy I made the decision.”

“I have seen people suffering. I know what we are doing in Togo is changing lives every day. Health care is unavailable or unaffordable for most people in much of West Africa. Volunteer surgeons perform a range of free surgeries to correct disability, deformity and blindness. We are helping to shape the destinies of people. I see and am amazed at the reliance on us of patients who come for help. Having a pimple on the face or a simple skin problem just doesn’t compare to the disfiguring tumours I have seen.”

Bernice says there have been so many highlights of the experience so far. “Recently I went to an onshore recovery centre set up for patients following surgery. I saw again some of the children I had a special bond with in the hospital. They all recognized me even though I wasn’t in my usual uniform. They ran over and gave me hugs and had their pictures taken with me. It was such a special moment. I really feel blessed to have been a part of their story.”

“People need affection and love. As we work with patients it is sometimes not about the medication you hand out. It’s the warm smile, the caring touch and the heartfelt prayer that make the most impact. That all leaves a mark on their hearts and lives forever. I see God in this entire process. It is hard to deny and it is a privilege to be part of something bigger than me. It has been eye opening and I am looking ahead towards greater things serving humanity in one way or another,” Bernice concludes.

Mercy Ships is a global charity that has operated hospital ships in developing nations since 1978 providing free health care and community development services to the forgotten poor. Following the example of Jesus, Mercy Ships brings hope and healing to the poor. Working in partnership with local people, Mercy Ships empowers communities to help themselves. The result is a way out of poverty.



The emphasis is on the needs of the world’s poorest nations in West Africa, where the *Africa Mercy* provides the platform for services extending up to ten months at a time.

Mercy Ships works on land-based projects in Sierra Leone in partnership with other organisations, while teams also work in several nations of Central America and the Caribbean. Mercy Ships Australia, one of 15 international support offices is based on the Queensland Sunshine Coast. [www.mercyships.org.au](http://www.mercyships.org.au)



**Media inquiries to  
Amos Bennett  
07 5492 4851 or  
0419 428713.**



## **ANNA- VIC Branch Report**

### Greetings from Victoria

Lyn Wallace and I attended the ANNA Annual Scientific Meeting in Perth, WA in October 2011. We enjoyed catching up with former acquaintances and meeting fellow delegates. The high standard of presentations, coupled with the food and venue, made for a fabulous experience..

Following the conference Lyn, Sharryn and I went on a small adventure to the Margaret River wine region, where we enjoyed a convivial three days tripping around.

The Vic. branch has been in hibernation for the past few months. However, two meetings did occur, one in October and another in December. The October meeting was held at Elsternwick Private Rehabilitation Centre. The PDLN spoke and gave a demonstration of the s/c delivery system for Apomorphine. At this meeting, Nigel Wapling stood down as Secretary with Anne-Marie Watson indicating that she was happy to remain in the treasury role. Lyn Wallace nominated and was elected to take on the role as secretary, with myself, Mary Lomas, as duly elected state delegate. Christine Holland has also offered to help with finance administration.

The December meeting took place in a local restaurant where handover to the incoming executive took place.

Lyn and I had a planning meeting in February, at my place, to discuss ways of invigorating the branch and lure neuroscience nurses back to their specialty group. We have arranged to have an afternoon tea, "Meet and Greet" function at Amaretto's restaurant in Brunswick on 28 March. Responses are slow but we are hoping that with a bit of arm twisting we will get sufficient numbers to make the effort worthwhile.

We look forward to encouraging our colleagues to become more active in their association and to foster a renewed enthusiasm in the professional development of neuroscience nurses in Victoria.

Mary Lomas

State Delegate Vic. Branch

## **ANNA- VIC Branch Report**

There is a change in our committee team since last year's AGM in July/August 2011. Our Branch State Delegate Lisa Scully has resigned in February 2012. The branch would like to thank Lisa for her services and commitments to the WA branch management team.

The WA Branch team has news to spice up the year ahead.

### **WA Branch ANNA Seminar:**

#### **Advancing Practice Series: Grooves and Moves with Functional Neurosurgery**

We have set a date, 27<sup>th</sup> July 2012, for our Seminar. We have also secured a grant from the PG Neuroscience Nursing Portfolio with the support of Sir Charles Gairdner Hospital (SCGH) Nursing Executives for this seminar. This seminar is an innovation and a brain child of Harriet Chan, Christine Carroll and Kate Snedker. Also, we greatly appreciate the support and contributions of Megan Thorburn, our Clinical Nurse Consultant Epilepsy and Movement Disorders. At this time we have also secured support from a number of clinical partners, they are the SCGH Neurosciences Division (Ward G66 ), Neurofinity The Surgical Discovery Group, the University of Western Australia Sport Research Science, and the Australian Neuromuscular Research Institute. This seminar will be free to ANNA members, and open to nurses and health professionals. Registration opens now open and due to limited spaces we suggest that members RSVP early!

Harriet Chan

State Delegate WA Branch



## **Calling all Tasmanian & South Australian members**

We urgently need new state delegates to represent you; all positions are currently vacant, president, secretary and treasurer. Please contact ANNA executive



## **ANNA- ACT Branch Report**

The ACT ANNA Branch had its first quarterly meeting this year on March 7. Dr. Sasha Rogers gave a presentation about brain aneurisms and their treatment, coiling and clipping. It was both very informative and entertaining and gave rise to many questions from the audience. Afterwards Radhika Mahadevan told us about the quality improvement project she tirelessly is leading with the design of a new observation chart for our spinal patients. The draft she showed us will, after its implementation, constitute a leap in our ability to provide safe nursing care to those patients, and it will undoubtedly make all nurses on the ward much better neuroscience nurses. The meeting was well attended, but unfortunately, Tania Lawrence's presentation on the new EVD monitoring system we plan to introduce had to be cancelled.

Steenus von Steensen's presentation of the highlights from the ANNA Perth Conference at the meeting in December was also well received.

Our next meeting is planned for Wednesday, June 6, 1700hrs, at the Canberra Hospital Ward 9B Tutorial Room. We will have our Annual General Meeting in August and another meeting on Wednesday, September 5.

We have also seen a nice increase in our membership numbers in recent months, a very positive development. A warm welcome to all our new members.

Steenus von Steensen State Delegate ACT Branch



## **The World Federation of Neuroscience Nurses (WFNN)**



The WFNN Executive Committee will be meeting in Seattle, April 28-May1, during the American Association of Neuroscience Nurses Conference. At this meeting, the Japanese will present the work to date, for the Gifu Congress – financial status, accommodation, transport, logistics, food, conference facilities as well as the status of Japan since the 2010 Tsunami. Whilst Gifu is over 300kms from the nuclear power plant explosion, we will be discussing the ramifications of those events too.

The Scientific Committee is working behind the scenes and comprises representatives from Japan, Canada, USA, UK, Finland and Australia. The review templates are complete. We are currently working on the mechanism behind the program – online submissions etc.

You can access the 2013 WFNN Congress at [www.wfnn2013.jp](http://www.wfnn2013.jp) or via the WFNN website [www.wfnn.org](http://www.wfnn.org) I encourage you to submit a talk or poster for this meeting or just come along – the networks are vast and the country is beautiful!

Cheers,

*Vicki* Vicki Evans, WFNN Vice President



Gifu, Japan

# ANNA CONTACTS

ANNA Contacts		
<b>For all enquiries in the first instance contact PAMS</b>		
<b>ANNA</b>	PO Box 193 Surrey Hills Vic 3127 Phone: 03 9895 4461	Email: <a href="mailto:anna@pams.org.au">anna@pams.org.au</a> Fax: 03 9898 0249
For specific executive enquiries please contact the relevant committee member		
President	Sharryn Byers	<a href="mailto:president@anna.asn.au">president@anna.asn.au</a>
Vice President	Katrina Mastello	<a href="mailto:vicepresident@anna.asn.au">vicepresident@anna.asn.au</a>
Treasurer	Angela Evans	<a href="mailto:treasurer@anna.asn.au">treasurer@anna.asn.au</a>
Secretary	Kylie Wright	<a href="mailto:secretary@anna.asn.au">secretary@anna.asn.au</a>
Webmaster	Position vacant	<a href="mailto:webmaster@anna.asn.au">webmaster@anna.asn.au</a>
Conference Convenor	Lisa Scully Linda Nichols	<a href="mailto:conferenceconvenor@anna.asn.au">conferenceconvenor@anna.asn.au</a>
Journal Editor	Vicki Evans	<a href="mailto:editor@anna.asn.au">editor@anna.asn.au</a>

Branch Delegates	
Calling all Tasmanian and South Australian members, we urgently need new Branch delegates to represent you; all positions are currently vacant, president, secretary and treasurer. Please contact ANNA executive	
Jeanne Barr - NSW	<a href="mailto:nswdelegate@anna.asn.au">nswdelegate@anna.asn.au</a>
Steenus von Steensen - ACT	<a href="mailto:actdelegate@anna.asn.au">actdelegate@anna.asn.au</a>
Mary Lomas - VIC	<a href="mailto:vicdelegate@anna.asn.au">vicdelegate@anna.asn.au</a>
Joan Crystal - QLD	<a href="mailto:qlddelegate@anna.asn.au">qlddelegate@anna.asn.au</a>
Christine Carroll - WA	<a href="mailto:wadelegate@anna.asn.au">wadelegate@anna.asn.au</a>
Michelle Knox - NZ	<a href="mailto:nzdelegate@anna.asn.au">nzdelegate@anna.asn.au</a>

