



Hemisphere News

Volume 21

September 2009

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ANNA NSW President's Report

Hello to all NSW members! Can you believe it is September already?

The ANNA NSW AGM is on Tuesday September 29th at Royal North Shore Hospital Boardroom on level 13. Apart from the stunning Sydney views of the city and Harbour Bridge I am looking forward to catching up with members and hearing a presentation by Dr Jacqueline Baker, University of Technology and ANNA member, and "The Nurse Practitioner Program and its Impact on Neuroscience Nursing". The AGM will be held after the presentation. Please encourage your colleagues to attend as it is a good opportunity to refresh your enthusiasm for Neuroscience Nursing, have an input into the direction of the association and encourage new memberships. We will have information on how to join ANNA on the night. The flyer and RSVP are included in this edition of Hemisphere News, please RSVP to me by Tuesday 22nd September, you can always just send me an email with the relevant information included.

The John Sheard award has closed and we will be reviewing the applications prior to the AGM and announce the recipients on the night.

I am sure many members are looking forward to the ANNA scientific meeting in Adelaide in October and I will see you there, lets see how much "Glitz and Glamour" NSW members can put out there!!!!!!

Don't forget the members of ANNA NSW executive are here for you so if we can be of any assistance please don't hesitate to contact us. I hope you enjoy the contents of this Hemisphere News and if you have any unit profiles, professional biographies or would like to share education days, conference reports or pieces of Neuro trivia please forward them to Shae our editor.

See you soon

Liz O'Brien
ANNA NSW President



Contact

If you have unanswered questions -
please email me :

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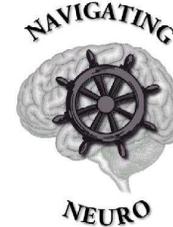
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Report on Wollongong's Neuroscience Conference "Navigating Neuro"



Wollongong Hospital's 9th Neuroscience Conference was held on Saturday August 8, 2009 in the Premiers' Room at the Wollongong Entertainment Centre. This conference was attended by some 50 delegates - from operating theatres, neuroscience wards, physiotherapy, social work, speech and occupational therapy as well as undergraduate students from UNSW and UOW. Hospitals represented included Wollongong, Figtree Private, St George, St Vincent's, Campbelltown and Port Kembla.

The Navigating Neuro Committee met in February and began working on the theme of the patient journey – putting the pieces together – the Jigsaw of providing holistic care to the neurologically damaged patient.



The day's program began with a case study on Thrombolysis presented by two Registered Nurses from Wollongong Hospital's Neuro High Intensity Nursing Unit – Jo-Anne Browne and Kim Miners. Next, one of our four Illawarra neurosurgeons, Dr Darweesh Al-Khawaja, spoke on a new spinal surgery – the Axial Screw Lumbar Interbody Fusion. Dr Al-Khawaja is one of only a few neurosurgeons using this technique in Australia, and he has done four such operations at the Figtree Private Hospital.

Our next speaker was Charisse Turnbull, an Occupational Therapist from Prince of Wales Hospital. Charisse is a Seating Specialist and while her topic appeared to be uninspiring on paper, her presentation was interesting, informative and very enlightening. (especially for this operating theatre nurse!). In confessing her passion for shoes, Charisse gave us all a recognisable analogy for the importance of correct customising of wheelchairs. During the morning tea break delegates were able to check out the trade at the conference. The committee recognises and thanks Arjo-Huntleigh, Johnson & Johnson (Codman and DePuy), Medtronic, Lifehealthcare/Taylor Bryant, Synthes, Zimmer and Scrubs by Linda for their generosity in supporting the Navigating Neuro committee. Kate O'Reilly, CNC from the Brain Injury Rehabilitation Unit in Ryde was our next speaker. Kate's topic "This wasn't part of the plan" focused on working with people with brain injury. This presentation was most interesting and Kate's passion for the work she does, and her clients, was evident from her many anecdotal references.

Dr Jerry Day, neurosurgeon at both Wollongong and Figtree Private Hospital was the final speaker before lunch. Dr Day's topic was Cerebral Trauma and he spoke on case studies covering brain injury sustained accidentally by patients engaged in recreational activities. Two of these were teenagers surf-boarding and the third was a middle-aged semi-professional bicycle rider. As with Kate's talk beforehand, these case studies demonstrated the devastating impact of brain injury on people who were previously well, fit and seemingly "invincible".

Following the lunch break and further interaction with the trade representatives, Dr Simon Lewis, a Neurologist from Royal Prince Alfred Hospital spoke on "Parkinson's Disease and Apomorphine". Simon, a very entertaining speaker, told us that while this form of treatment has been used in the UK and US for some years it has only recently been utilised



in Australia. As we know "a picture is worth a thousand words" and Simon's videos of patients before and after the activation of the apomorphine proved the difference this therapy makes to their lives.

Joanne McLoughlin, Neurosurgery CNC gave a presentation titled "Brain Injury – A silent cry for help". Afterwards a representative from the Wollongong Brain Injury Carer's Support Group spoke about what this group had meant to her and her husband. Again, these case studies served to personalise the broad spectrum of patients seen by neuroscience

nurses.

Next, Sue-Ellen Hogg, Speech Therapist from Wollongong and Port Kembla Hospitals, told us about Vitalstim, a relatively new therapy for stimulating the swallow reflex for patients who have suffered brain injury. This talk was also very interesting to the nurses attending as well as the speech therapists, physiotherapists, occupational therapists and carers. The final presentation for the day was from Narelle Walton, NUM of Wollongong Hospital's Neuroscience Ward C.4. Narelle gave a roundup of the roles contributing to the patient's journey – putting the pieces together in the jigsaw of care and emphasising the teamwork required from nurses, neurologists, neurosurgeons, and the plethora of allied health professionals in ensuring the patients, and their families, are given every assistance to navigate the complex network of neuroscience treatments.

This 9th Navigating Neuro Conference was a personal milestone for me, being the last time I will be involved on the committee. Beginning in late September, I am taking 12 months long service leave with a view to retirement from the workforce. Last Saturday the other members of the committee very kindly marked the occasion with a speech and presentation of a quite spectacular flower arrangement. For this, and the past twelve memorable years of involvement, professional networking and friendship, I thank them all.

Terri Pinkis CNS Neurosurgery
Operating Theatres – Wollongong Hospital.
August 14, 2009

2009 ANNA Annual Scientific Meeting

Glamour & Glitz

Celebrating 35 years



Adelaide Convention Centre
October 21 – 23 2009

Registration Brochure & Call for Abstracts

www.anna.asn.au

An Australasian Neuroscience Nurses'
Association Evening
and ANNA NSW Annual General
Meeting



Tuesday 29th September 2009
1800 – 2030

*Venue : Level 13 Boardroom
Royal North Shore Hospital
Pacific Highway, St Leonards*

*Cost: Free for ANNA members
Non members -\$10*

Guest Speaker – Dr Jacqueline Baker
(University of Technology Sydney)

“The Nurse Practitioner program and its impact on
Neuroscience Nursing”

All Nurses and Allied Health with an interest in Neurosciences welcome

- 1800 *Arrival and Refreshments*
- 1830 *Presentation starts promptly at 1830 and concludes at 1900*
- 1900 *ANNA Members' meeting: AGM*
- 2030 *Conclusion and evaluation*

Evening kindly sponsored by
ANNA NSW

Parking: Hospital Multi storey carpark \$5.00 per hour
Parking in surrounding streets, metered parking

ANNA Membership applications available on the night.

**For catering purposes please RSVP by: Tuesday 22nd
September 2009**

Fax to Liz O'Brien on 992 66996
or email: eobrien@nscrahs.health.nsw.gov.au
to indicate your intention to attend.



WFNN congress report: the 10th Quadrennial Congress of the World Federation of Neuroscience Nurses



“Founded on tradition – focused on tomorrow” Toronto, Canada, May 23-27, 2009

In May this year I was one of 27 nurses from Australia who traveled to Canada for the 10th World Federation of Neuroscience Nurses congress held in Toronto. It was very exciting to attend my first international conference, supported by a Nurses and Midwives Board scholarship.

The journey begins....

Having not been on an international flight since my honey moon you can imagine the anticipation and excitement of leaving my family behind and traveling to the other side of the globe. With my departure delayed by nine hours, we finally took off from Sydney airport in a replacement airbus, with passengers clapping and cheering. Little did I know there was another neuroscience nurse attending WFNN on the same flight.

Many hours later (I lost count), I'm checking in at Los Angeles airport for the flight to Toronto when I see another Aussie woman looking just as fed up as me, so I walked up to her and said "You wouldn't be going to the conference in Toronto by any chance?"

"Well yes, how did you know"

"You just look like a nurse",

So that was how I ended up spending three hours at LA airport with Alicia Virgona (NUM of ward 7B RNSH) and reminiscing about the old days I had working on 7B.

Now moving on to the conference:

Within two hours of landing I was off to the Board of Directors meeting as the Australasian representative. It was a great opportunity to meet with nurses from so many different cultures/countries. The official opening of the conference was the next day, with proceedings starting with a very brave student nurse who sang the Canadian National Anthem.

The conference and dinner functions were held at the York University campus, a short bus ride from our accommodation. The program included two poster sessions, four concurrent sessions, table top talks and mentorship meetings. This was the first time that the mentorship program had been implemented so I



was keen to network with like minded nurses. I had the opportunity to talk with a nurse from the UK who had run many brain tumour support groups. She was very supportive of what we had achieved at Westmead for adults with brain tumours. Other activities included two dinner functions, a trip to Niagara Falls, hospital tours and two early morning fun runs, to raise funds for Canadian nursing education/research. So it was very busy, with one night free to travel into the city of Toronto.



◀Dr Roberta Bondar

Neuro Past, Present and Future (guest speaker Agnes Marshall-Walker, founder of WFNN)

The insight into neuroscience nursing in the past, provided vision for the future. Key points included discipline and diplomacy being vital to move forward, learn to listen and listen to learn. Other essential ingredients for the neuroscience nurse to pursue excellence and meet the many challenges included being caring, compassionate and curious.

Agnes Marshall-Walker ▶

Managing Agitation Effectively and Consistently

A 1200 bed Canadian hospital had spent over 1 million dollars last year on observers (patient specials). This study investigated the inconsistent approaches to managing agitated patients and introduced a training program and guidelines for observers. The positive results included increased monitoring of falls and restraint use, decreased length of stay and cost, with a pool of trained observers on call.



Transition to Community Living

The benefits of a video based patient follow-up (telehomecare), replacing a home visit, was explained. This was very comparable to Australia, due to our remote areas and demands on rehabilitation placements for patients with Acquired Brain Injury. The potential to record the patient's blood pressure, pulse and oximetry was also outlined.

Epilepsy In Cameroon

This detailed presentation stays with me, as it highlighted the barriers to performing nursing research on the epilepsy epidemic in Cameroon. The potential for this study to find out if neurocysticercosis, (from eating poorly cooked pork), is the primary etiology, leading to the development of calcium cysts in the brain and in turn, seizures, would be a major breakthrough.

Neuroblend

The developing online education tool for neuroscience nurses called Neuroblend demonstrated the potential for a world wide competency based program. This program



really interested me and I will definitely become involved when the product goes live, both as a participant and contributor.

Australian nurses made the following contributions:

POSTERS

1. The Ongoing Professional Development Experience of a Neurosurgery Nurse Practitioner (candidate) from Melbourne Australia in Doctor of Nursing Practice Program at Columbia University, New York, by Andrew Scanlon & Judy Honig
2. NeuroBrainEd – A Simulated Patient Website, by Nicki Pereira and Anne Macleod
3. Everest and Denali: Cerebral Syndromes, by Vicki Evans
4. The Prevalence of Behavioural Sequelae in Patients with Primary Brain Tumour and the Development of Information Resources, by Rochelle Firth
5. Telemetry for Epilepsy, by Sharen Rogers and Robyn Campbell

ORAL PAPERS

1. Spin and Spew – Vertigo and The role of the Neuro-Otology Nurse by Marilia Pereira
2. Cerebral Vasospasm causing Cerebral Ischaemia by Caroline Thomas
3. A Downunder Case Review of Paraneoplastic Limbic Encephalitis by Diane Lear and Violeta Sutherland
4. Restraint Minimisation in the Acute Neurosurgical Setting by Jeanne Barr and Alicia Virgona
5. World First Novel Approach to Treat a Nurse with Osteogenesis Imperfecta and Basilar Invagination by Emma Everingham
6. New Communication Initiatives for Neurosurgical Patients from New Caledonia by Emma Everingham

Awards were presented to two Australian papers for being in the “top 10” abstract submissions, this included “Restraint Minimisation..” by Jeanne Barr & Alicia Virgona and “World First Novel Approach....” By Emma Everingham.

To conclude, it was truly a memorable experience and one I highly recommend to all those neuro nurses out there who have never been to WFNN, it really is a conference you must attend once in your nursing career. So get those neuro nursing brains working and start practicing your Japanese and planning for the 11th WFNN congress to be held in Nagoya, Japan in 2013.

Sayoonara

By Emma Everingham

Neuroscience CNC Westmead Private Hospital, Sydney

Go to www.wfnn2009congress.ca for more photos from the congress.



Greater Southern Area Health Service Acute Stroke Service

Greater Southern Area Health Service received \$700,000 funding from the NSW Health Department for the enhancement of stroke services at Wagga Wagga Base Hospital. This funding resulted in the opening of a four-bed Acute Stroke Unit in February 2008.

The establishment of the Acute Stroke Unit incorporated a major capital works project that included the renovation and installation of cardiac monitoring oxygen and suction for each bed and the renovation of an existing bathroom.

Equipment was purchased for the specific needs of stroke patients including lifters, wheelchairs, shower chairs and specialised equipment for the allied health staff.

Recurrent funding included the recruitment of a stroke team consisting of a stroke care coordinator, speech pathologist, dietitian, physiotherapist, social worker and occupational therapist.

A Thrombolysis service commenced at the hospital in 2008, with our first Thrombolysis patient in December. The service is managed by our Neurologist and the medical registrars and is administered in the Emergency Department. The stroke team is participating in a Thrombolysis tele-health trial being conducted by John Hunter Hospital.

Region-wide education for GPs, Nurses and Allied Health and community groups has been given by the Neurologist and the Stroke Coordinator. The stroke team has developed an ABCD² card for the assessment of TIA, which has been distributed to all GP's in our referral area. This card also has management of TIA and hospital contact numbers.

The speech pathologist has trained a total of 50 Registrars, Interns and Registered Nurses in the Acute Screening of Swallowing in Stroke/TIA (ASSIST). The ASSIST tool is available for staff in the Emergency Department and the Stroke Unit to utilise when speech pathology services are not available. This has also enhanced swallowing and feeding knowledge in the care of stroke patients in the hospital.

Katherine Mohr
Stroke Care Coordinator
Wagga Wagga Base Hospital

Unit in Profile

If you would like to showcase your Unit and let NSW members know about the wonderful work you do - please send your outline to:

Shae Miller

SHMiller@nscchhs.health.nsw.gov.au



TRANSITIONS

Smart Strokes Conference 6-7th August

I recently attended the my third conference run by Smart Strokes held at Star City in Sydney. This multidisciplinary conference offers all attendees to hear about the many projects a This multi-disciplinary conference offers an opportunity to hear about the work being done by all members of the healthcare team in promoting the best outcome for stroke survivors. This year's theme was "Transitions" and many of the papers and posters presented addressed the changing journey of the stroke survivors from acute stroke care to home. Others looked at changes in our approach to stroke management.

The keynote speakers included Ms Tracey Anderson, Nurse Practitioner from Denver, Colorado; Mr Jamie Berry, a Neuropsychologist; Dr Martin Jude, Consultant Neurologist with the Greater Southern Area health Service, and Ms Suzanne Stacey, a Recreational Therapist. Each spoke about the changes in stroke care in their areas. Tracey spoke of the changes in Acute Stroke Management with the creation of a Stroke Team at her hospital. Jamie spoke of the changes in management of neglect. Dr Jude spoke about practice improvement for Strokes in the rural and regional settings. Suzanne told the audience about the innovative approaches to stroke rehabilitation using the technology available.

The highlight for me was the invited speakers who were consumers- the survivors of stroke. This year there was a difference to the speakers – they were all young. All were under 45 and spoke of their experiences of surviving what is usually thought as an older person's disorder. The speakers highlighted the lack community knowledge about stroke in this age group, the lack of support networks for the age group and the impact of the stroke on a group still working.

One presentation had a real twist and had people talking afterwards. It was presented as case study about a young stroke patient and her journey from home via ambulance to return to work. The presenters were from the Hunter region and included one of the ambulance officers. The presentation demonstrated well the value in having a coordinated approach to managing an acute stroke including the early identification by ambulance officers and a system that gets the patient access in a timely fashion to appropriate intervention. The twist that left the audience speechless for a minute was the ambulance officer that presented was the patient!

I learnt many things at the conference and have taken home ideas I'd like to try here at RNSH. I have even been inspired to try some research of my own!

Shae Miller
CNE Neurology
RNSH