

ESSENTIAL ASSESSMENT SKILLS FOR NURSES

PLUS CONTROVERSIAL TOPICS IN HEALTH

07-12 AUG 2022 | HOBART | 18 CPD HOURS

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NURSES FOR
NURSES
NETWORK



EDUCATION *at* SEA

SYNOPSIS

In this conference, we have two components.

One explores a variety of very interesting topics that have caused controversy in the health care setting. Many topics will relate to common disorders where the incidence in society is increasing rapidly.

A number of the sessions will relate to the Fat and Sugar debate and the outcomes that have been experienced from the low-fat diet which has been the mainstay of dietary advice for many decades in society. We will explore the controversy of the common hypothesis: when a person follows a low-fat diet and lowers their cholesterol, this will result in a reduction in heart disease.

Another diet-related topic that we will review is whether a professional athlete has an increased risk of cardiac arrhythmias and even sudden cardiac death. The presenter will explore data that identifies that the fitter a person becomes, the more likely they are to develop cardiac disorders.

The second focus of the conference is the skills required by Nurses when performing key assessments. The presenter will demonstrate an extensive abdominal assessment and relate this to the three potentially life-threatening conditions of undiagnosed bowel obstruction, peritonitis, and abdominal bleeding.

All Nurses from psychiatric units, post-operative orthopaedic wards and the aged care sector must have advanced clinical assessment skills to assess their patients when they manifest signs and symptoms of a bowel obstruction.

The assessment of electrolyte imbalance is also another essential skill for all Nurses and will be investigated in this program.

This conference covers several interesting topics that apply to clinical practice in a variety of Nursing areas from the emergency department and critical care areas through to the acute hospital setting, primary health care, and the aged care sector.

This is essential knowledge for any Nurse working in the current health care environment.

LEARNING OUTCOMES

- Discuss the necessary nursing skills required for general abdominal assessment of a deteriorating patient with an abdominal disorder such as bowel obstruction, abdominal bleed, or peritonitis
- Explore dietary recommendations and their effect on weight loss or weight gain
- Discuss the effect of weight gain on insulin resistance and its link to hypertension
- Investigate the presentation of electrolyte imbalance and the repercussions if it is a missed diagnosis

YOU WILL LEARN

- About the controversy regarding a low-fat diet and cholesterol-lowering drugs and the impact on health
- How to perform an abdominal assessment on a patient with a bowel obstruction
- The rationale as to why some patients in the psychiatric wards or post-op orthopaedic surgery have an increased incidence of bowel obstruction
- The clinical manifestation of the common electrolyte imbalance in the surgical ward
- The presentation of patients with anaphylaxis or hypoglycaemia and their management according to the latest ANZCORS guidelines
- How Cocaine and Methamphetamine cause cardiac damage and sudden cardiac death.
- Essential knowledge for renal Nurses on how to identify hyperkalaemia on the 12 lead ECG or cardiac monitor
- How to perform an accurate assessment of a patient who presents with unusual signs of endocarditis
- The link between undiagnosed endocarditis and associated complications

THE PROGRAM

DAY ONE: SUNDAY 7th August 2022

Optional Tour: Experience the grandeur that is MONA

See full details on the Education at Sea website

1730 – 1830

Conference Registration and Drinks

Enjoy this opportunity to mingle with the other attendees at the complimentary drinks and Conference Registration function.

DAY TWO: MONDAY 8th AUGUST 2022

0900 – 0930

Welcome to Conference

Housekeeping and the week's program

0930 – 1030

History of the 'Fat and Sugar' Debate

This is a very interesting session to commence the conference. A controversial topic that examines how history dictated the low-fat diet and the outcomes from following this diet.

1030 – 1100

Morning Tea

1100 – 1230

Controversy relating to Lowering Cholesterol and the Development of Insulin Resistance

In this session, the presenter will explore research on the controversy of lowering Cholesterol and if this reduction does reduce the incidence of heart disease.

The concept of primary and secondary protection will be explored. Insulin and Type 2 Diabetes will be discussed as we examine these interesting controversies.

Discussion on the effect of exercise on cholesterol levels, mental and cardiac health.

1230 – 1330

Lunch

1330 – 1500

Gut Health and its link to Autoimmune Disorders and General Health and Cognition

In this session, we will gain knowledge on how improving 'gut health' affects general health from thyroid problems to depression. We will also discuss the term 'Leaky Gut' and the effect of Vitamin D and other substances on the immune system.

A healthy gut microbiome is associated with better cognitive function and improved mood.

We will explore the controversy of why there is an increased incidence of indigestion and gastro-oesophageal reflux disease (GORD) in society and whether current medications lessen the disorder.

Outline the increased incidence of depression in the general population, and the effects of three specific medications which may adversely affect gut health.

1500 – 1530

Afternoon Tea

1530 – 1700

Abdominal Assessment Skills

In this session, you will learn the steps on how to perform an abdominal assessment. Abdominal bleed, peritonitis, and bowel obstruction will be explored. A clinical scenario of a patient with a bowel obstruction in an orthopaedic ward will be explored at length.

DAY THREE: TUESDAY 9th AUGUST 2022

0900 – 1030

Epidemics in Cardiology

This session will commence with a brief revision of the parameters of normal sinus rhythm in preparation for exploring more advanced concepts. The content will address how obesity has caused an increase in hypertension and cardiac arrhythmias such as Atrial Fibrillation (AF).

AF continues to increase in incidence and is becoming widespread in most wards, while also becoming the most common arrhythmia throughout the world.

Due to the increase in incidence, all Nurses/Paramedics/Midwives must have advanced knowledge of the assessment of patients with AF and complications of untreated AF.

1030 – 1100

Morning Tea

1100 – 1230

The Difference Between a Cardiac Arrest and a Syncope

In this session, the presenter will discuss why some clinicians have inaccurately assessed syncope as a cardiac arrest.

A discussion will follow on a variety of cardiac disorders that cause syncope. The discussion includes a common condition called POTs – postural orthostatic tachycardia syndrome which has been linked to the coronavirus pandemic. Long Haul covid will also be outlined in the discussion.

We will explore the ANZCOR guidelines relating to the Nurse's management of a patient collapsing with hypoglycaemia.

The common Wolff Parkinson White syndrome will be explored in relation to near syncope or syncope.

Sudden cardiac death relating to the athlete's heart, as well as Brugada syndrome will also be explored in this session.

1330 – 1700

Afternoon Session

From 1330

Take this time to get a bite to eat and regroup from a big morning session

The afternoon contains self-directed activities that will be in the Conference library for you to complete prior to the conference date. Or you can watch them this afternoon on your own device.

Self-directed Activity: Completing the Conference Workbook

Optional Tour: Explore the Cascade Brewery

See full details on the Education at Sea website

DAY FOUR: WEDNESDAY 10th AUGUST 2022

Optional Tour: Discover Port Arthur

See full details on the Education at Sea website

DAY FIVE: THURSDAY 11th AUGUST 2022

0900 – 1030	Caffeine Drinks and their link to Sudden Cardiac Death Illicit Drugs Hypertrophic Obstructive Cardiomyopathy (HOCM) Pregnancy and its link to Cardiomyopathy Heart failure resulting from unusual causes: <ul style="list-style-type: none">• Heart failure with reduced ejection fraction (HFrEf) and Heart failure with preserved ejection fraction (HFpEF) will be outlined as well as the effects of illicit drugs on the cardiovascular system• We will address the concerning trend of young patients in late teens and early twenties presenting with cardiomyopathy (heart failure) due to the use of illicit drugs• We will also examine how Cocaine and Methamphetamine cause cardiac damage and sudden cardiac death• Exploration will continue on how high energy drinks have been linked to sudden cardiac death or arrhythmias
1030 – 1100	Morning Tea
1100 – 1200	Electrolyte imbalance assessment and management In this session, we will explore the three most common electrolyte imbalances that can occur in the wards. A clinical scenario will be outlined in which a patient with an electrolyte imbalance was misdiagnosed resulting in deterioration. This is essential knowledge for all Nurses including emergency nursing, critical care, post-op surgical unit, and renal unit.
1200 – 1230	Group activity to review content so far
1230 – 1330	Lunch
1330 – 1500	Endocarditis and its increased incidence in Australia and New Zealand In this session, we will examine why endocarditis has an increased incidence with the epidemiology changing to incorporate a younger age group. Nursing knowledge is vital to understand this very unusual cardiac presentation. A delay in diagnosis is linked to high morbidity and mortality.
1500 – 1530	Afternoon Tea
1530 - 1700	Cardiac Conditions linked to the Coronavirus The Controversy around the Vaccine's link to Cardiac Disorders and Possible Diabetes Discussion of the increased incidence of a variety of cardiac conditions due to the pandemic. The Nurse must have knowledge of the presentation of myocarditis, pericarditis, and takotsubo syndrome. Covid causing diabetes is another controversial subject and we examine some of the data.
1830	Optional Event A fabulous fundraising activity for the Global Nurses and Midwives Rotary Club (GNMRC). The GNMRC was chartered on the 22nd of December 2020, at the end of the International Year of the Nurse and Midwife. If you are a Nursing or Midwifery professional who wants to make positive changes to your community and the world, then this is the club for you.

DAY SIX: FRIDAY 12th AUGUST 2022

0900 - 1030	Heart Failure and the coronavirus. In this session, we will explore the cardiac disorder known as Takotsubo syndrome and relate it to natural disasters and the pandemic. We will explore the controversial data showing that Takotsubo syndrome, known as broken heart syndrome, is also associated with a person who is very happy or excited, so perhaps the name should be changed?
1030 – 1100	Morning Tea
1100 - 1200	Two Short Sessions: Increased Incidence of Emphysema and the link to Right Heart Failure In this session, we will explore the increase in asthma and emphysema, and how these conditions affect the right side of the heart. We will also examine how the Nurse can perform jugular venous pressure and the reason for its elevation. Controversies in Allergies and Assessment of Anaphylaxis We will discuss briefly the data relating to eating peanuts to treat peanut allergies in childhood. Were the guidelines in the past making the problem worse or treating it? This is a rapidly evolving area, with disagreement amongst medical specialists. Discussion of the ANZCOR guidelines relating to the nurse's assessment and management of a patient presenting with anaphylaxis.
1200 - 1230	Group activity to review content so far
1330 – 1700	Afternoon Session From 1330 Take this time to get a bite to eat and regroup from a big morning session The afternoon contains self-directed activities that will be in the Conference library for you to complete prior to the conference date. Or you can watch them this afternoon on your own device. Self-directed Activity: Completing the Conference Workbook
1730 - 1830	Conference Conclusion Take this opportunity to ask any questions that have arisen over the past five days - <i>Safe travels</i>

THE VENUE

RACV Hobart Hotel
154 – 156 Collins Street, Hobart

CONFERENCE REGISTRATION COST

\$1090 incl gst (NB: Price does not include accommodation or travel costs)

To book for the conference contact the team at Education at Sea.

If you need assistance in booking flights and accommodation, Education at Sea can help with this too; just ask when you register for the conference.

Contact Details: 02 7908 7774 or enquiries@educationatsea.com.au

WHAT'S INCLUDED

- An extensive Conference program based on current best practice
- Conference Presenter who is a recognised expert in her field and is excited to be able to share her skill, knowledge, and passion with Conference Attendees
- A Conference pack that includes a notepad, pen, lanyard, and additional information to support a fantastic Conference experience
- Fabulous catering – Morning tea, lunch, and afternoon tea on full conference days
- 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

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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