

15 -16 October 2009  
Technology Park Adelaide  
Mawson Lakes Boulevard  
Technology Park, Mawson Lakes

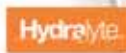


# education at the heart of practice nursing

Don't miss our new early bird registration rate

## Registration Brochure

KEY SPONSORS:



Practice  
Nurse  
Clinical  
Education

# what's new for PNCE in 2009?



- > More practical, hands on sessions, allowing you to roll up your sleeves and hone your skills
- > Streaming of sessions to ensure your needs are met, whether you are new to general practice or have been around for years!
- > A focus on chronic disease management with the Bridging the Gap Initiative in Chronic Disease and CV Management
- > Bonus skills workshops at 8.30am each morning for early risers!
- > Motivational keynote sessions on your role, your future and your patients, with a focus on answering your questions

## Conference Program

**BONUS SKILLS WORKSHOP -  
8.30am Thursday**

Thursday 15th October

8.30am  
Registration

**BONUS SKILLS WORKSHOP -  
8.30am Thursday & Friday!**

### Session 1

9.00 – 10.00am

**Keynote Session:** Development of the PN role & scope of practice

### Session 2

10.00 – 11.00am

Asthma Management OR

**Practical:** ECG interpretation OR

Legal issues in GP – where do you stand?

11.00 – 11.30am  
Morning Tea

### Session 3

11.30 – 1.00pm

Bridging the Gap (Part 1) OR

**Practical:** Compression Bandaging OR

Diabetes Management

1.00 – 2.00pm  
Lunch

### Session 4

2.00 – 3.30pm

Bridging the Gap (Part 2) OR

**Practical:** Woundcare – assessments & dressings OR

Recognition of the sick child

3.30 – 4.00pm  
Afternoon Tea

### Session 5

4.00 – 5.00pm

**Keynote Session:** Effective communication & negotiation skills for PNs

Friday 16th October

8.30am  
Registration

### Session 6

9.00 – 10.00am

**Keynote Session:** GP management plans & team care arrangements

### Session 7

10.00 – 11.00am

Chronic kidney disease & the practice nurse OR

**Practical:** Stress management for PNs OR

Assessment and management of the nutritional needs of the older person (Part 1)

11.00 – 11.30am  
Morning Tea

### Session 8

11.30 – 12.30pm

Current trends in PN salary & conditions OR

**Practical:** Spirometry OR

Assessment and management of the nutritional needs of the older person (Part 2)

12.30 – 1.30pm  
Lunch

### Session 9

1.30 – 3.00pm

4-year-old healthy kids check OR

**Practical:** Performing Doppler & ABI assessments OR

Immunisation

3.00 – 3.30pm  
Afternoon Tea

### Session 10

3.30 – 4.30pm

**Keynote Session:** Motivating your patients to change – the fight against chronic disease

## Session Synopses

Thursday 15th October

### Keynote: Development of the Practice Nurse Role and Scope of Practice

The role of the practice nurse in Australia and overseas is evolving rapidly and in different directions. Hear about the development of the profession, and how the roles and responsibilities of the practice nurse might evolve in coming years. This session will also provide you with the opportunity to have your queries about your scope of practice answered.

### Asthma Management

Maintain and update your knowledge on the importance of effective asthma management. Additionally, learn about preventative measures, medication management and the importance of a tailored asthma action plan.

### Practical: ECG Interpretation

Learn how to correctly and meaningfully interpret what an ECG indicates. When do you need to be concerned?

### Legal Issues in GP – where do you stand?

Nurses face a range of legal issues in general practice such as documentation, duty of care, consent and accepting medical orders. This session will explore these situations to help you to understand where you stand and what you should do to protect yourself.

### ✓ Bridging the Gap Practice Nurse Initiative

The Bridging the Gap Initiative aims to address the gap between evidence for treatment and outcomes achieved in patients at risk of chronic diseases. The role of the practice nurses in patient screening, recall and education will be explored with a focus on cardiovascular disease. This 3-hour program is RCNA/APNA endorsed.

Pfizer

✓ Sessions for the 'experienced PN'

*“Very enjoyable – great networking – learnt lots from other PNs about what they do well and their stories of how they do things. Have a lot of take home info for the practice to create change.”*

Sandra Salagaras, Two Wells Medical Clinic, Two Wells

## Dear Delegate,



It gives me great pleasure to invite you to attend the 3rd Practice Nurse Clinical Education conference to be held in Perth. The landscape in General Practice is changing with a shortage of GPs and pressure to provide

patient services. Practice based nursing is becoming one of the fastest growth areas for the profession with the move to integrate practice nurses deeper into health teams. This year's program reflects the changing needs of the profession and aids to support nurses through education. Thank you to the APNA for providing a high quality program, offering clinical and practical up-skilling seminars as well as smaller hands on practical breakout sessions. The focus for the PNCE is to continually assist you in up-skilling your clinical knowledge and to provide you with a valuable opportunity to network with your peers. I look forward to seeing you at this year's Perth PNCE.

**Simon Gillson** – Director  
Reed Medical Education

## APNA Welcome,



The Australian Practice Nurses Association (APNA) is pleased to be involved once again in the Adelaide Practice Nurse Clinical Education (PNCE) conference.

For 2009, PNCE has undergone a number of exciting changes, including the processes undertaken to develop a program that you are able to gain the most from throughout this important event. A planning committee, which included a number of practice nurses from South Australia, worked hard to create a program that we hope you will find interesting and rewarding. A range of stimulating new topics have been included in this year's program, such as 'Performing Doppler and ABI Assessments', 'Motivating Your Patients to Change – the fight against chronic disease', 'Bridging the Gap Chronic Disease Practice Nurse Initiative' and 'GP Management Plans and Team Care Arrangements'. The PNCE will not only provide you with the opportunity to enhance your professional development, but it will also enable you to network with your peers, and find out more about APNA –

the professional association that represents you – by visiting our table during the conference. We look forward to meeting you at the 2009 Adelaide PNCE.

**Belinda Caldwell** – Chief Executive Officer  
Australian Practice Nurses Association

*“The two day conference has been an excellent opportunity to meet with friends, network and update education. I have increased my contacts and knowledge of where to access information for future reference. It is a professionally affirming experience to mix with other colleagues and share work issues and resolutions.”*

**Joanne Healy**,  
Clare Medical Centre, Clare

### ✓ **Practical:** Compression Bandaging

Learn about the application of compression bandages and the importance of ensuring this is done correctly. In what situation should you utilise compression bandaging, and when and why is it more effective than other methods of care?

**ConvaTec**

### ✓ **Diabetes Management**

Further your knowledge on the prevention on pre-diabetes and type 2 diabetes. Understand the role of lifestyle advice, diet, assessment and medication in diabetes management.

### **Wound care – assessments and dressings**

Each wound is unique and the main reason for applying a wound dressing is to create an environment that will aid healing. Learn about the importance of selecting the right dressing for the right wound.

**ConvaTec**

### **Recognition of the Sick Child**

Managing gastroenteritis and dehydration. Learn how to triage children, assess dehydration and manage oral rehydration.

**Hydralyte**

### **Keynote: Effective Communication & Negotiation Skills for PNs**

This session will provide practice nurses with some essential skills for effective communication in the workplace. You will also learn about negotiation skills, and how to increase your assertiveness and self-esteem in your workplace.

## Friday 16th October

### ✓ **Keynote: GP Management Plans & Team Care Arrangements**

Learn about the practice nurse role in GP Management Plans and Team Care Arrangements, which provide a structured framework for GPs & PNs to undertake assessment and management of patients with chronic conditions. Also hear about potential roles for practice nurses in managing chronic diseases between plans.

### **Chronic Kidney Disease and the Practice Nurse**

Improve your knowledge of the population at increased risk of developing chronic kidney disease (CKD), and the importance of early detection. This session will discuss the role of the practice nurse in slowing the progression of CKD, including the impact of lifestyle modification and relevant item numbers.

**Kidney Health Australia**

### **Practical: Stress Management for PNs**

Do you come home from work feeling stressed and constantly under pressure? Take some time out for YOU and learn how to properly manage your stress. Find out what activities can assist you in reducing and managing your tension.

### **Assessment & Management of the Nutritional Needs of the Older Person**

Practice nurses play an important role in the screening and management of older patients at risk of malnutrition. Through GPMPs, medication and home medication reviews, and preventative screenings significant improvements can be made to supporting the health, quality of life and function of ageing Australians. Screening recommendations, use of available tools such as the MNA® a validated nutrition screening and assessment tool, and interventions will be presented in the workshop to help improve the management and outcomes of older patients in GP.

**Nestle Nutrition**

### **Current trends in PN Salary & Conditions**

This session will provide an update on the results of the 2008 APNA salary and conditions survey. You will have the opportunity to compare your current salary and conditions to those of your colleagues, and discuss these issues with other practice nurses.

### **Practical: Spirometry**

Learn the basics for performing spirometry and interpreting the results.

### **4-year-old Healthy Kids Check**

What does the recently implemented Healthy Kids Check entail? This session will provide an essential review of what areas of assessment the Healthy Kids Check item number covers, how they are assessed and what further information you will need to know to take part in this important activity.

### ✓ **Practical: Performing Doppler & ABI Assessments**

As a growing role for practice nurses, this session will enable you to find out more about how to perform Doppler assessments and attain ankle brachial indices (ABI's).

### **Immunisation update – the new innovation in Flu plus an update on Travel Health**

This seminar will explore the benefits of vaccinating via the intradermal route and introduce an innovation which will revolutionise flu vaccination as we know it. Preferred by both patients and users alike, the new 'simple yet sophisticated' micro injection system delivers vaccine directly into the immune system. Also learn principles of pre-travel healthcare requirements and recommended vaccines.

**Sanofi Pasteur**

### **Keynote: Motivating Your Patients to Change – the Fight Against Chronic Disease**

Learn how motivational interviewing can be readily incorporated into your role to achieve the best health outcomes possible for your patients. Learn methods for encouraging your patients to start and maintain healthy lifestyle behaviours.

## How to register

To register to attend the 2009 Adelaide PNCE please visit [www.pnce.com.au/adelaide](http://www.pnce.com.au/adelaide) and click on 'registration'. Alternatively, please contact 02 9422 2941 to register over the phone or request a registration form.

### Registration fees

**NEW!** Register before the 21st August and take advantage of our new early bird rates!

	APNA Member	Non-Member
1 Day	\$255	\$280
2 Day	\$430	\$460
<b>Early Bird (2 Day only)</b>	<b>\$400</b>	<b>\$430</b>

Registration includes 5 sessions per day, morning tea, afternoon tea and lunch.

**Please note:** Amex & Diners payments will attract a 3% credit card fee.

ONLINE REGISTRATION CODE: WEB

**Cancellation Policy:** All cancellations must be notified in writing to the PNCE organisers. If the cancellation is received in writing prior to the 11th September 2009 a 50% cancellation fee will apply. If received after the 11th September 2009, regrettably there will be no refund.

*"Educational needs were well met. I was also hoping to meet other 'newer' PNs and found this forum easy to mingle with 'strangers'! I have recommended this to another fledgling PN and would certainly attend another conference. Being new and the only PN, I am very interested to hear others stories, and yes, no two practices are the same, therefore the role of the PN will vary greatly."*

Celia Crowe, Bayside Family Medical Practice, Glenelg



 **Technology Park**  
Adelaide

## Getting to the Technology Park Adelaide

### By Car

For delegates driving to the conference. Complimentary parking is available within the Technology park, adjacent to the conference centre.

## Accommodation Options

The closest accommodation to the Technology Park is the Mawson Lakes Hotel.

Mawson Lakes Hotel ★★★★★

10 Main St, Mawson Lakes  
Ph: (08) 8360 3500

Standard Room – \$165 per night

1 bedroom apartment – \$175 per night

– Complimentary Onsite Parking

– Restaurant open for breakfast and dinner

– 500 metres from the conference centre