



Dear members,

Fond memories of last years conference in Hobart are still in my mind but this years conference is fast approaching. 2013 is a busy year for conferences and education with many opportunities including Sydney June 20th and 21st at Novotel Sydney Central. This year ANNA and the Neurosurgical Nurses Professional Development Scholarship Committee (NNPDSC), a committee that works with the Neurosurgical Network of the Agency for Clinical Innovation of the Ministry for Health, NSW is collaborating to make this a landmark conference. This committee of dedicated neuroscience nurses work to improve nursing care and patient management in NSW hospitals and this year celebrates the 10th annual NNPDSC conference, which is a significant and unmatched achievement in NSW. ANNA is pleased to partner with NNPDSC to host this years conference as we share values , goals and vision.

Sydney is an exciting venue even if it is your own backyard. Take advantage of the opportunity to stay in the city near Darling Harbour and Chinatown to explore Sydney before or after the conference. Some of the options you might like to explore are listed below

- Smash Palace, an exhibition of Chinese Contemporary art
- The Addams Family on stage
- Sydney monorail, take a last ride before this mode of transport is removed from Sydney
- Chill out at the Rocks or Paddington Markets
- Challenge yourself with a Harbour Bridge Walk or the Sydney Tower Skywalk: now that is Sydney in a different way!

ANNA continues to accept abstracts until May 1st: if you haven't finalised yours yet or would like some assistance contact conferenceconvenor@anna.asn.au.

Brainstem is full of noteworthy information on National Neuroscience Nurses Day , the Louie Blundell Prize, WFNN and the Barbara Lester Scholarship fund. Please read on and update your colleagues on the benefits of ANNA membership.

This year the current Executive have completed their three year term and all positions are open for re-election. Nominations are open and we invite interested members to consider joining our regular Executive meetings to see how the association is managed. Please contact Kylie on secretary@anna.asn.au. The executive does not all need to be in any one state. There are communication strategies via e-mail and teleconferencing is currently being investigated. Details of the roles and responsibilities of the Executive are included in this edition and can be found in the Constitution.

There has been a request for anyone with a protocol or guidelines on the administration of hypertonic saline for hyponatremia. If anyone can assist please contact Wendy at wendy.stevenson@austin.org.au

On a last note I am heading off to Cambodia and Vietnam for a much needed revitalisation. There is nothing like witnessing the difficulties of our neighbouring countries to increase the appreciation for our country and health system that we work so tirelessly to support. Looking forward to sharing some of the photos and stories at the conference.

Sharryn

ANNA President





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Australasian Neuroscience Nurses Association



The Australasian Neuroscience Nurses Association and the Neurosurgical Nurses Professional Development Scholarship committee of the NSW Agency for Clinical Innovation is pleased to announce a collaborative conference.

“BRIDGE OVER TROUBLED WATERS”



20th and 21st June 2013

ANNA Scientific Conference Convenor:

Linda Nichols

✉ conferenceconvenor@anna.asn.au

www.anna.asn.au

Novotel Sydney Central

169-179 Thomas Street,
Sydney NSW 2000



CONFERENCE 2013

ABSTRACTS CLOSE 1st May, 2013

The Australasian Neuroscience Nurses Association (ANNA) will be holding its Annual Scientific Meeting in Sydney this year. This year's meeting will be a collaborative conference with the Neurosurgical Nurses Professional Development Scholarship Committee of the Neurosurgical Network, NSW Agency for Clinical Innovation.

The ANNA Executive committee I would like to extend an invitation to all health professionals to present their research, their work, knowledge, skills, projects and case studies at this upcoming conference. We would like to encourage all abstracts and in particular those with a neurological, neuro-rehab, neuro-oncology focus.

Abstracts can be submitted online via the ANNA website www.anna.asn.au

CONFERENCE DINNER 20th June, 2013

This year the theme of our conference dinner will be a 'RESORT THEME'. So dig out all those Hawaiian shirts and resort attire and join us for a fun night to relax, network and celebrate Neuroscience Nursing.



There will be no cocktail welcome reception this year.

The Executive Committee are planning to go out for dinner locally (probably Chinatown) on Wednesday 19th June. If you would like to join us please RSVP to Sharryn Byers by 5/6/13 at president@anna.asn.au. Everyone is most welcome.



ANNA Executive positions up for re-election

At the 2013 Annual General Meeting scheduled for 20th June, all ANNA Executive positions will be up for re-election. Interested persons are invited to contact the current executive committee for further information or to arrange to come along to meetings to learn more about the roles. Below is a description of each of the roles.

PRESIDENT

The President is the Public Officer of the Association and is the primary contact of the organisation. The President shall delegate Executive Committee activities as required.

Responsibilities:

In conjunction with the Executive Committee members, the development of, performance and review of the strategic plan for the Association;
Association representative/liaison to Branch delegates, other associations, groups, education facilities;
Conduct Executive Committee meetings in conjunction with other members of the committee;
Conduct the AGM of the Association;
Participate in the Association Scholarship process, including scholarship review;
Review of publications prior to circulation;
Is a required cheque signatory and one of the nominated online banking persons to authorise payment transfers;
Assist the Conference Convenor in the administrative proceedings for the Annual Scientific Meeting;
Attend NNO or delegate meeting or nominate representative to attend;
Liaison for the World Federation of Neuroscience Nurses.

VICE PRESIDENT

The Vice-president shall ensure that the affairs pertaining to the Association are maintained in the absence of the President.

Responsibilities:

Carry out the responsibilities and functions of a member of the Executive Committee;
Oversee the Association Scholarship process, including scholarship review, update of scholarship documents, communicating with scholarship applicants;
Participate with the Executive in the development of a strategic and financial plan;
Review of publications prior to circulation;
Liaison for the World Federation of Neuroscience Nurses;
Assist the Conference Convenor in the administrative proceedings for the Annual Scientific Meeting.



TREASURER

The Treasurer shall oversee the financial management of the Association and ensure all legal, statutory and professional requirements are met in relation to financial matters.

Responsibilities:

- Carry out the responsibilities and functions of a member of the Executive Committee;
- Oversee all financial transactions through the regular review of account statements and via the use of online banking;
- Is a required cheque signatory and one of the nominated online banking persons to authorise payment transfers;
- Is one of the nominated contact persons for Australian Taxation Office (ATO) in relation to Association affairs;
- Act as the liaison with the Associations Manager for all matters related to financial management of the Association;
- Review monthly profit and loss and balance sheet statements as provided by the Associations Manager
- Provide reports monthly to Executive Committee on financial matters of the Association;
- Ensure the Executive Financial Policy is adhered to;
- Participate with the Executive Committee in the development of a budget plan;
- Monitor developed cash flow budget;
- Prepare any required financial reporting forms and obtain advice as required from appropriate personnel in relation to financial matters;
- Arrange audit of financial records annually;
- Following auditors' report, prepare financial summary report and provide presentation to the members;
- Develop and monitor Annual Scientific Meeting budget;
- Report at monthly Executive Committee meeting;
- Oversee reimbursement policy for Executive Committee members;
- Provide financial presentation annually to the members at the AGM.
- Assist the Conference Convenor in the administrative proceedings for the Annual Scientific Meeting.

SECRETARY

The Secretary shall manage the administrative objectives of the Association.

Responsibilities:

- Carry out the responsibilities of a member of the Executive Committee.
- Ensure all correspondence related to the Association is dealt with promptly;
- Ensure accurate records of membership are maintained and are available for inspection and member details are kept in a safe location;
- Prepare and present membership reports for Executive Committee meetings and Branch Delegates as required;
- Together with the President, prepare agendas for Executive Committee meetings;
- Maintain minutes of Executive Committee meetings;
- Maintain records of all correspondence pertaining to the Association;
- Disseminate minutes of the Executive Committee meetings to members of the Executive Committee and Branch Delegates;
- Produce and publish Brainstem;
- Circulate relevant documents and receive feedback on any matters concerning the Association;
- Participate with the Executive Committee in the development of strategic direction for the Association;
- Assist the Conference Convenor in the administrative proceedings for the Annual Scientific Meeting.



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Australasian Neuroscience Nurses Association

CONFERENCE CONVENOR

The Conference Convenor shall oversee the organisation of the Annual Scientific Meeting (ASM) and ensure that this meeting / conference is planned to meet the needs of the Association members.

Responsibilities: Carry out the responsibilities of a member of the Executive Committee;

Oversee all preparations for the conference;

Maintain a realistic budget and time plan;

Continually liaise with the Executive Committee regarding conference matters;

Be available to handle conference matters in a timely basis;

Acts on behalf of the Association when securing sponsorship / trade exhibits for the conference;

Act on behalf of the Association when securing goods and services for the conference;

Maintain a record of all service providers and sponsors of the conference;

Prepare a conference evaluation for the Executive Committee at the completion of the conference;

Prepare conference reports for mail outs and advertising.

Nominations for election shall be submitted in writing to the Secretary prior to the AGM.

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

**Email to the Editor - Vicki Evans –
editor@anna.asn.au**

See you in PRINT!



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

Further information is available on the web site 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.



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 2013.

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

ANNA is an Organizational Partner with the World Parkinson Coalition
www.worldpdcongress.org;



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Australasian Neuroscience Nurses Association

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

EDUCATION DAY

Primary Brain Tumours

‘What’s so different about them?’

Friday April 26th 2013

Prince of Wales Hospital, NSW

Enquires: Karena Hayes

93824654

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 4th May 2013.

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 by 31st May 2013, for your chance to win. The winner will be announced at the annual scientific conference in Sydney next year.



ANNA- NSW Branch Report

There are many educational opportunities happening over the next few months including the National ANNA Conference in Sydney from 20-21 June. We have encouraged our members to meet the 1st May deadline for abstract submission. Some of our NSW members are travelling to Japan in September to attend the WFNN Congress while others have attended the American Association of Neuroscience Nurses Meeting in March.

Did you see the article in the Sunday Telegraph/Weekend Australian on 10 March <http://www.theaustralian.com.au/news/situation-critical-our-guardian-angels/story-e6frg6n6-1226593839027> It featured three nurses in NSW – a NP, CNC and Nurse Unit Manager? The CNC was our very own Kylie Wright. It gave a great snapshot of her daily work as a Neurosurgery CNC at Liverpool Hospital. Well done Kylie!

We continue working towards getting a mentoring program up in NSW this year under the auspice of ANNA NSW. The project aims to identify potential successful, well established key experienced local neuroscience nurse leaders as mentors and pair them with mentees; ideally RN 3rd /4th year who are seeking opportunities to grow professionally and flourish within their clinical environment as leaders of the future. We will keep you posted on our progress.

Jeanne Barr

NSW State Delegate

Brain Injury Rehabilitation Unit

Liverpool Hospital

Patient centred rehabilitation through recreational activities.

Diversional therapy and the brain injury patient: The importance.

Sandra Krpez and Talia Hosking, EOC Facilitators, Brain Injury Rehabilitation Unit.

Traumatic brain injury rehabilitation addresses cognitive, physical, speech and occupational therapy as central components in restoring a person's functional living as clinically and physically permitted in relation to extent of injury. However, an important aspect of the therapy regime includes diversional therapy. Quality of life has often decreased dramatically in institutionalised brain injury patients due to the lack of recreational stimulation, physical impairments and sometimes geographical social isolation if the person had pre-morbidity lived long distances away from current institution.

Due to decreased inpatients functional activity coupled with extended length of hospital stays, several issues can arise from lack of recreational activities. Psychosocial issues such as loss of identity, low/flat mood, inertia, low self esteem and poor motivation for personal care and rehabilitation present.



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Australasian Neuroscience Nurses Association

When the Brain Injury Rehabilitation Unit nursing staff embarked on the EOC journey some three years ago, the assessment phase highlighted the strong need of patient's wanting to spend a greater period of time with nursing staff outside the daily requirements of care whilst in hospital. Having had to spend a lengthy period in hospital, recreational activities, conversation and developing a strong rapport with nursing staff became the desire of patients.

Weekend activities conducted by nursing staff aimed for person centred care. The establishment of the courtyard garden and the co-joint involvement of both nursing staff and patients paved the way for that relationship to develop and prosper. In addition to the development of the garden, the celebration of an afternoon tea again provided a relationship of togetherness and focused on patient care and their needs spiritually and emotionally.

It was then decided to implement a weekend activity program to identify the needs of the patients and evaluate how effective diversional therapy was to the needs of our brain injury patients. A needs analysis was completed amongst staff to identify nursing compliance, areas of interest and anticipated issues to address. Discussions amongst in-patients regarding their interests and needs were conducted to ensure the patient centered approach. A one page summary was compiled for nursing staff to document what they did with their patients and to ask patients how they felt.

What was evident in evaluating the data was that patients thoroughly enjoyed activities of varying degrees and it assisted in decreasing patient's agitation and behaviours. Staff has also had the opportunity to visit other rehabilitation facilities to gather ideas on effective ways to calm patients and interact well with them. Such activities that staff have partaken in with patients included puzzles, card games, going to the cafeteria with staff to buy coffee, sitting in the park, nurse led weekend BBQ's and general group discussion. Nursing staff then got together again to see if patients could utilise the Brain Injury bus for outings. This has only recently commenced some three months ago and has seen patients attend an Aboriginal gala day, going to Westfield's, out to Chipping Norton lakes and Girls day out to get their hair and nails done.

So where to from here? There has been a greater increase in the use of the courtyard and with having had the courtyard initially re-vamped, phase two will bring in garden beds to increase therapy by growing vegetables and plants, pots big and small for additional planting and a painted mural. In addition, staff will look to revamp the lounge room to create a room for calm and a place to relax in. What is however evident is that the relationship between nursing staff and their patients in the Brain Injury Rehabilitation Unit is inclusive of the patients needs and the introduction of Weekend Activities has expanded the relationship that focuses on the patients, holistically, emotionally and spiritually. This all through the EOC process and allowing nursing staff to have the capacity to voice their ideas and allow the patients a sense of worth.





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Australasian Neuroscience Nurses Association

9th HARC Forum Save the date Monday 13 May 2013

HARC, the Hospital Alliance for Research Collaboration, drives innovative thinking about emerging challenges in healthcare. It is a state-wide network of researchers, health managers, clinicians and policy makers, which aims to improve health and hospital services through research. HARC forums link network members together to share ideas on major issues facing our hospital system.

Keynote speaker:

Mark Graber, former Chief of Medicine at the Department of Veterans Affairs in the US, and an international authority on diagnostic error in medicine, will present on:

Recent research into the causes of diagnostic error
Potential opportunities to adapt international study methodologies to Australian settings
Solutions tried elsewhere and their efficacy and cost-effectiveness.

Date: Monday 13 May 2013

Time: 5.45pm for a 6.00pm start. Drinks and canapes from 8.00pm.

For more information, contact communications@saxinstitute.org.au.
Formal invitations and a full program will be provided shortly.

Australasian Neuroscience Nurses Day 2013

The executive team wish all neuroscience nurses what ever their practice setting a happy neuroscience nurses day. Dependant on personal preference that happiness could include a sense of satisfaction for work well done, often in difficult situations; or the recognition provided of YOUR contribution as a nurse to patient wellness and outcome; or a sense of inner peace because YOU have achieved something you didn't think you would. We encourage you to take some time on the day to reflect on YOUR contribution to patient care, the expertise and knowledge utilised in your work and shared with others.

Since humble beginnings on May 4th, 1974 the Australasian Neuroscience Nurses Association continues to grow and develop because of the commitment of members both to patient care and to colleagues. Sharing OUR expertise through communication and presentations at Annual Conference and meetings at state, national and international levels is a cornerstone of our specialty and is to be celebrated.

The executive team acknowledge and thank YOU for the contribution you make to neuroscience nursing in clinical practice, research or education. Enjoy the celebrations today and let us know how your day went via e-mail, Facebook or in person in Sydney in June. We look forward to reading or hearing your stories.

Happy Neuroscience Nurses Day

Sharryn on behalf of the Executive team, Katrina, Kylie, Angela, Linda and Vicki.



ANNA CONTACTS

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

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	nswdelegate@anna.asn.au
Steenus von Steensen - ACT	actdelegate@anna.asn.au
Mary Lomas - VIC	vicdelegate@anna.asn.au
Joan Crystal - QLD	qlddelegate@anna.asn.au
Kate Snedker - WA	wadelegate@anna.asn.au
Michelle Knox - NZ	nzdelegate@anna.asn.au





WFNN

Australasian Neuroscience Nurses Association

The 11th Quadrennial Congress of The World Federation of Neuroscience Nurses

WFNN Congress 2013



Integration

Knowledge and Skill,
Clinical Practice and Education

**Abstract submission opens September 1st, 2012 and
closes December 1st, 2012**

To learn more: <http://www.wfnn2013.jp/>

Date: September 13-16, 2013

Venue: Nagarayawa Convention Center, Gifu, Japan

Secretariat

Japanese Association of Neuroscience Nurses

President: Mitsue Ishiyama

Chubu Medical Center for Prolonged Traumatic Brain Dysfunction, Department of Neurosurgery

Kizawa Memorial Hospital, Head of Nursing Department

680 Shimo-kobi, Kobi-cho, Minokamo City, Gifu 505-0034, Japan E-mail: info@jann-1973.jp

