



Finger on the pulse

Newsletter Third Edition March 2013

EDITORS NOTE

Welcome to another edition of the QSVN newsletter. I am aware that it has taken far too long to print a further edition and I wish I



had a more substantial excuse. However, the simple fact is that life just got in the way. With two children, a husband (who is not unlike a third child at times), a career and a flailing social life 2012 just seemed to disappear. Excuses, excuses, I can almost hear the whine myself!!! Like all of us, there never seems to be enough hours in the day. My 2013 New Year's resolution was to be more organised, so fingers crossed!

It would seem that 2013 is a year of change, not just for me but for all nurses across Queensland. Budget concerns and job restructuring mean that for all nurses change is on the horizon. As a person who neither likes, nor adapts well to change I have decided to embrace the challenge and cautiously look forward to the year ahead. Hopefully the implications for vascular nurses and their patients will not be too concerning and the impact of the changes will not be too

significant. Education appears to be an area that will be greatly affected by budget restraints and it is for this reason we are extremely lucky to have the opportunity to attend the quarterly education suppers and have the access to the ongoing resources that are provided by the QSVN and ANZSVN. It is important that we continue to develop our knowledge and endeavour to remain up to date in our clinical practice to ensure excellence in nursing cares. Discussion at the last QSVN meeting will hopefully see us incorporate a combined wound and vascular supper education session in 2013.

Supper Sessions 2013

7th March

6th June

5th September

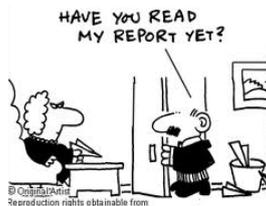
5th December

Vascular patients often have very complex and debilitating wounds. Discussion at the last QSVN meeting will hopefully see us incorporate a combined wound and vascular supper education session in 2013 to further broaden and expand our knowledge of wound management. Vascular wounds often need different dressing regimes and can have very individual requirements. It is often difficult to know which dressings are the most appropriate and in these fiscal times, the most cost effective. We are extremely grateful for the time and sponsorship provide by Smith and Nephew and Molnlycke. They continually provide updated information and education about better wound care products and wound care management.

The 2013 Vascular Conference is being held in Hobart on the 12th – 15th of October at the Grand Chancellor. It is centred on the theme “Evidence Based Vascular Surgery and the Organisation of Vascular Surgery Services.” There will be several sessions throughout the two day nursing portion of the conference with some very interesting topics including hopefully a very contentious debate on the ethical dilemmas of offering vascular surgery to a 90 year old patient. Chronic Disease management and complex venous disease processes will also be discussed. “Hobart is Australia's second oldest city and is renowned for its innovative arts and crafts, maritime lifestyle and festivals. The sandstone Georgian warehouses along Salamanca have been restored as artists' studios, galleries, cafes and restaurants in the historic Sullivans Cove precinct, where the street is closed each Saturday for Hobart's famous Salamanca Market.” Hobart the perfect venue - a touch of history mixed with the future of tomorrow for vascular surgery.



PRESIDENTS REPORT



Theresa O'Keefe

It has been just over 12 months since the formation of the Queensland Society for

Vascular Nursing. It has been a rewarding period for me as the president to see our society grow in such a short period of time. Since our inception we now have 53 financial members and 27 other members needing to renew. That would take our financial numbers to 80! As we know it is not a large fee we ask, only \$60 initially and \$50 thereafter. With that you have access to educational supper sessions at least 4 times per year, access to the ANZSVN website that has educational information and local information and also if you are able to attend the annual conference as a member of the ANZSVN you receive a discount of approx \$150 on registration.

We have \$2027.50 banked which is great. What we need to do is formally incorporate our society and also find an accountant as a matter of urgency.

In regards to the annual conference it has come and gone for another year and it was a great pleasure again to convene the nursing program with the assistance of Sheralee Sandison the past president of the ANZSVN. We had just over 100 nursing delegates at the conference. The program was well received and had a great contribution to the nursing program from the QLD contingent. They were:

- Kylie Ball Vascular Unit RBWH – Presented: Burnout!!!! Does the vascular nurse have a higher incidence comparable to the orthopaedic nurse?
- Theresa O'Keefe Vascular Unit PAH – Presented: Missed nursing cares - can we improve on bedside patient care? And also presented in the wound debridement workshop on the use of versajet therapy
- Kerry Jensen CN RBWH – chaired: PAD Screening Workshop on ABI, toe pressures and physical examination which had Leisa Huxley as a model
- Leisa Huxley A/CNC VTE PAH – Presented: Venous Thromboembolism Prevention: Managing the Risks of Prophylaxis in the Trauma Patient

- Sarah McLennan Nurse Researcher UQ – Presented: Functional Improvements at one year following a 12-week Vascular Rehabilitation Program are not related to improvements in ABI
- Mary Jane Lawes CN RBWH – chaired: Topical Negative Pressure Workshop which had abdominal compartment syndrome and diabetic foot stations

Next years conference is in Hobart between Oct 12-15 and the theme is 'Evidence Based Vascular Surgery and Organisation of Vascular Surgery Services'. I hope as many of you as possible can attend next year's conference.

From the QSVN perspective if there is anything I can be doing more for the society or if you have any great ideas to improve what we are presently doing please let me know. I had also thought that perhaps next year if we have enough revenue we could consider thinking about awards for vascular nurses staff similar to those of the ANZSVN, even if we just begin with Queensland Vascular Nurse of the Year, encouragement awards for vascular nurses making a difference for their patients and colleagues. For those we could gain sponsorship also.

Take care and look after yourselves and your valued colleagues,

Theresa O'Keefe
President QSVN



MEMBER PROFILE

Kate Fullerton
Clinical Case
Coordinator



Kate grew up in Minyip (population 500) a small town in country Victoria

where she graduated from Warracknbeal High school in 1990. From a young age Kate knew that she wanted to work in health care and after completing a Bachelor of Nursing graduated from the Australian Catholic University in Melbourne in 1993 and moved to Brisbane shortly after to start her Graduate program at the Princess Alexandra Hospital in 1994. Shortly after Kate began working in the Vascular Unit and except for 4 years spent travelling through Europe has continued to care for Brisbane Vascular patients and their families for more than 15 years.

Six years ago Kate was appointed as the vascular units first Clinical Case Coordinator, a role which she has continued to develop and expand. As a Clinical Case Coordinator Kate is the first point of contact for both Consultants and their patients. It is her role to liaise with all members of the specialised multidisciplinary team to ensure efficient and improved patient workup for surgery. The Clinical Case Coordinator role has increased day of surgery numbers by 80% and decreased a patient's average length of stay from 10 to 5 days. The role involves working closely with the Vascular Consultants in Outpatient Clinics to ensure those patients that require surgery are appropriately prepared. It involves the organisation of Consultant surgery lists and patient wait lists to ensure vascular surgical time is optimised.

Her dedication and continued endeavours to ensure positive health outcomes for vascular patients, will hopefully see the introduction and development of a nurse led small aneurysm surveillance clinic at the Princess Alexandra Hospital in 2013.

THE HARD QUESTIONS?

Kate Fullerton



My favourite meal is: Good Thai

My favourite television show is: Eastenders

My favourite movie is: My Left Foot

My favourite band is: Powder Finger

My favourite past time is: Travelling

My favourite vascular procedure is: Open AAA Repairs

My most disliked procedure: Amputations

It must be used with caution in renal impaired patients and is contraindicated for those patients with CrCl <30ml/min so is not for everyone but it is great to be able to offer some of our patients a choice.

Upcoming Education: Smith and Nephew will be holding an education evening in Toowoomba on March 20th targeting Compression Therapy for the Treatment of Venous Insufficiency and Ulcers. A hands on evening where the clinician can learn about new compression and wound care options. For further information or registration please contact Kristen.Luby@smith-nephew.com or Leisa.Huxley@health.qld.gov.au

EDUCATION UPDATES

VTE Clinical Nurse
Consultant

VTE Prevention and Management



With 2013 comes some significant changes in how we manage Deep Vein Thrombosis and those patients on long term anticoagulation. Late last year, Rivaroxaban, a factor Xa inhibitor, was PBS approved for the treatment of acute DVT and prevention of recurrent DVT and PE. It is excluded from treatment of acute PE. It had previously only been used in orthopaedic patients for VTE prevention. This new treatment option has comparable efficacy and bleeding rates to warfarin but does not require monitoring. No bridging is required at commencement, just a daily tablet.

QUEENSLAND IN MARCH



The "Big White Top" Brisbane DFO
March 6th - 17th



Lyric Theatre
March – April





RECIPE OF THE MONTH

Easter Chocolate Cupcakes!

Serves 10

- 1 ½ Tablespoons white vinegar
- 250g softened Butter
- 1 ½ cups of milk
- 1 ¾ cups Castor Sugar
- 2 teaspoon Vanilla
- 2 ¼ cups of plain flour
- ¾ cup of cocoa powder
- 2 teaspoons bicarbonate of soda
- 4 Eggs

Milk Chocolate Ganache

- 400g finely chopped milk chocolate
 - 2/3 cup thickened cream
1. Preheat oven to 180
 2. Combine milk and vinegar in jug
 3. Combine other ingredients in bowl, beat on low speed with electric mixer and slowly add milk/vinegar
 4. Beat on medium speed for 2 minutes
 5. Divide mixture into paper patty cases and bake for 25 minutes
 6. Milk Ganache: Combine chocolate and cream in heatproof bowl over a pan of simmering water, stir occasionally until melted and smooth
 7. Allow to cool and spread over cold cakes
 8. Decorate with Easter Eggs



THE FACTS OF LIFE

At birth a Dalmatian puppy is always pure white

SEROTONIN & DOPAMINE



Technically, the only two things you enjoy

FactSpots For Dinner.com FailSpot.com

The Beatles used the word love 316 times in their songs

It takes about 20 seconds for a red blood cell to circle the whole body

Cola would be green if colouring wasn't added

The average person's left hand does 56% of the typing

The largest cell in the human body is the female reproductive cell, the ovum. The smallest is the male sperm.

The average person spends 2 weeks of their life waiting for a traffic light to change.

A snail can sleep for three years

The average human body contains enough potassium to fire a toy cannon.

More people are killed annually by donkeys than die in air crashes.





Queensland Society for Vascular Nursing

Cordially invites you to an

Education Supper Session

On

7 March 2013

6:00- 8:30pm

Royal Brisbane Women's Hospital

Level 1, James Mayne Building