



## Finger on the pulse

### Newsletter Fourth Edition December 2013

#### EDITORS NOTE

Welcome to the final edition of the QSVN newsletter for 2013.

Christmas is again fast approaching only 12 weeks to go, maybe this year I won't be still trying to shop Christmas Eve!!! The December meeting of the QSVN is also our inaugural general meeting for the year. During this meeting members will nominate and decide future Committee positions. We will also discuss and decide potential meeting dates for 2014.

As 2013 comes to a close it is a good time to reflect on the year and the challenges as vascular nurses that we have faced and overcome. Queensland Health's budget restraints saw the temporary closure of many vascular beds across all Queensland Hospitals and many nurses were seconded to other positions across the hospitals. A decrease in vascular surgery and bed closures meant that



many vascular nursing positions were temporarily not required. While Queensland Health has re-opened most of the vascular beds across the state we remain uncertain about the future and further possible bed closures.

The last QSVN meeting was held in September during which an excellent presentation on Charcots Foot was given by one of the P.A Hospital's Vascular Registrars, Dr Juanita Muller. The presentation discussed many aspects of managing Charcots foot and the importance of early diagnosis which is often missed. Kate Rheault also presented her findings in regards to the vascular rehabilitation Program run at the P.A Hospital. 10 years of research has highlighted the significant improvement in claudication distances and the benefits of the program for those patients involved. Kate went on to present at the Vascular Conference in Hobart and I'm told was an outstanding presenter. Well Done!!!

The QSVN meeting on Thursday the 5<sup>th</sup> of December will see a new committee nominated and announced so I would like to take this opportunity to thank everyone for their support and involvement in the QSVN Newsletters over the last two years. I have thoroughly enjoyed putting the newsletters together and although I have on occasion struggled to find the time I have appreciated being able to sit and share our vascular nursing experiences with you all. I have learnt many interesting things about my colleagues in vascular nursing over the last two years (both good and a little bit cheeky) but the most admirable attribute has been the constant reminder of our absolute dedication and devotion to vascular nursing. Although at times our dedication is tested it is very evident to see how passionate we as nurses are about our patients and our profession. I wish the next newsletter Editor the best of luck and I hope they enjoy the position as much as I have.

2013 also sees us farewell our QSVN Secretary, Kerry Jensen. Kerry is retiring and we wish her all the best for the future, we are extremely grateful for her numerous contributions to vascular nursing over the years. While it is a loss to vascular nursing we are sure there will be plenty to keep her entertained in her retirement and we are very happy (and a little bit envious) for her.

## Hobart Conference 2013

### Kathryn Kuropka

It was the first time I attended the Vascular Conference, held in Hobart and I found it to be an extremely beneficial experience. It was a great opportunity to liaise with other medical professionals passionate about vascular surgery. I found many of the topics discussed interesting but for me the most appealing discussions were those that involved patient case studies. In particular the case studies that discussed alternate wound care therapies.



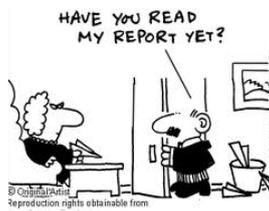
Hobart is a very historic and picturesque city. Upon exploring the town with fellow colleague Ric we were amazed at the beauty of the small cottages and lush floral gardens. Apart from the freezing cold climate and poor judgments that were made while drinking alcohol (from falling down stairs to climbing in washing machines) Hobart was a memorable and insightful experience.

RN Kate Rheault presented the statistics on the results of the Vascular Rehabilitation Program over the last 10 years. It was an excellent presentation that showed the obvious benefits of exercise on patients with Peripheral Artery disease. Our Vascular

NUM, Theresa O'Keefe was presented with the award for the Australian and New Zealand Vascular Nurse of the Year. Unfortunately due to personal reasons Theresa was unable to attend the conference and she was greatly missed. However, staff from the vascular ward at the Princess Alexandra Hospital made sure she was not forgotten. Ensuring in her memory she was sneakily represented throughout Hobart and the conference.



## PRESIDENTS REPORT



### Theresa O'Keefe

Welcome to the final QSVN President's report for 2013. I would like to take this opportunity to thank all of the ANZSVN and QSVN executive committee with special thanks to Juliet Scott, Sheri Sandison and Dawn Sutton for taking up the charge while I was regrettably unable to attend the conference due to my husband's illness so close to the conference commencing. This was first time in over 10 years that I had not been able to attend the annual vascular conference.

The theme of the conference was "Evidence based vascular surgery and organisation of vascular surgery services". A question that a lot of nurses often ask is what is evidence based nursing? Evidence based nursing drives our decision making by applying research based valid information to improve patient outcomes. For those of you that were able to attend the conference you would have seen our nursing program was truly evidence based. I would also like to thank Nicky Cullum on being the nursing keynote speaker her insightful evidence based nursing care research was inspiring for all of those that attended the conference.

I would like to thank the gorgeous nurses that work with me at Princess Alexandra Hospital (Emma, Kate R, Kathryn, Ric and Kate T) that made a cut out picture of my head, popped me on a stick and took me everywhere during the conference. It warmed my heart during a tough personal time for me.

The Australian and New Zealand Society for Vascular Nursing is a professional nursing organization dedicated to promoting excellence in the nursing care of individuals with vascular disease by providing quality education, fostering clinical expertise,

supporting nursing research and contributing to the prevention of vascular disease.

Management of chronic diseases is one of the greatest challenges facing health care professionals globally. With the aging population increasing worldwide the number of patients afflicted with chronic diseases will increase. By 2030, there will be about 72.1 million older persons, more than twice their number in 2000. People 65+ represented 12.4% of the population in the year 2000 but are expected to grow to be 19% of the population by 2030.

We, as vascular nurses want a health care system that delivers quality care that is patient focussed, accessible, evidence based, and sustainable.

It is essential that we support, advocate and encourage quality care for these complex patients. As front line health care workers we need to ensure that patients living with chronic diseases have the tools, knowledge and support to deal with their chronic diseases.

Much of vascular nursing involves motivating patients to take better care of their health, through diet modifications, smoking cessation and exercise programs. As is often the case, these are a difficult sell. Nurses overcome this with education supporting their patients and family.

Vascular nursing also includes assisting with limb and lifesaving invasive interventional procedures and surgeries. There has been major technological advancement in the vascular surgery over the last 10 years.

Relatively new advances include spiral CT scans, thrombolytic therapy, magnetic resonance angiography and endovascular stenting of aneurysms. It's always changing. Many of the treatments in vascular surgery are becoming less invasive. Recovery from an open aneurysm repair takes a patient three to six months. With endovascular procedures, they are out in 2 days and do extremely well.

Everything about vascular nursing can be exciting, because for the most part you can usually see positive outcomes and develop a connection with our patients.

We also love to celebrate all that we are as vascular nurses and as we all did around Australia and New Zealand celebrated with gusto International

Vascular Nursing Week in July. Please continue to that next year and many years to come. Celebrate the greatness that you do for your patients with your colleagues.

In closing I would like to say how proud and humble I am for being awarded the ANZSVN Vascular Nurse of the year. Thank you to Vasutek Terumo for their continued support of such a prestigious nursing award. It is a true honour to have been presented the ANZSVN Vascular Nurse of the year which means so much to me as a nurse who has worked as a Vascular Nurse since 1990.

I would also like to welcome the newly formed ANZSVN committee for next 2 year tenure. It is a pleasure to work with such dedicated nurses who strive for nothing less than excellence in nursing.

Dawn Sutton – Vice President

Tangua Chen – Secretary

Sheri Sandison – Treasurer

Karen Simunov and Wendy McInnes -  
Newsletter Editors

Janice Caine – Membership Officer

Committee members – Juliet Scott, Sue  
Monaro, Suan Tan, Lucy Stopher

The planning for next year's conference in  
Canberra has already begun in earnest thank  
you to Juliet Scott and Sheri Sandison for all  
their hard work so early after Hobart. The  
theme of the conference is 'Revolution and  
Evolution in Vascular and Endovascular  
Interventions'

It is being held at: Hotel Realm, Canberra  
October 11-13 SAVE THE DATE!

To all of my Friends and colleagues thank you  
for your kind words and support. I wish all of  
you a Merry Christmas and a safe and healthy  
2014

Theresa O'Keefe  
President QSVN



## QUEENSLAND IN DECEMBER



Lord Mayor's Christmas Carols  
December 14<sup>th</sup> 5.30pm



Lyric Theatre  
November – December



Brisbane International  
27 December 2013 - 5<sup>th</sup> January 2014



## RECIPE OF THE MONTH

### White Christmas Rocky Road Stars!

Serves 40

- 540g Nestle White Melts, melted
- 3 tbsp vegetable oil
- ¼ cup (105g) pistachios, chopped
- 50g mini marshmallows
- ½ cup (100g) red glace cherries, halved
- ¼ cup (20g) desiccated coconut

Preparation time: 20 minutes, plus setting time. Cooking time: 5 minutes

### Directions:

1. Grease a 31x26 cm shallow tray. Line base and sides with baking paper, allowing a 2cm overhang at both long ends.
2. In a medium bowl combine Nestle White Melts Choc and oil. Add pistachios, marshmallows, cherries, and coconut. Stir until well combined.
3. Press mixture into prepared pan. Refrigerate for 3 hours or until firm. Using a star cutter, cut out stars.



## Frozen Strawberry Margarita



### Serves 4

- 1 tbs caster sugar & extra to serve
- 1 tbs fresh lime juice
- 1 x 250g punnet strawberries, washed, hulled, quartered
- 125ml (1/2 cup) tequila
- 60ml (1/4 cup) Cointreau liqueur

Preparation time: 10 - 40 minutes

### Directions:

1. Place sugar and 1 tbs boiling water in a heatproof bowl. Stir until sugar dissolves. Place in the fridge for 30 minutes to chill.
2. Place the lime juice in a small bowl. Place the extra caster sugar on a plate. Dip rims of 4 martini glasses into the juice, then into the sugar to coat.
3. Place the sugar syrup, strawberry, 1 1/2 cups ice cubes, tequila, Cointreau and remaining lime juice in the jug of a blender and blend until smooth.
4. Divide the margarita among prepared glasses and serve.

If you have too many Frozen Strawberry Margarita's then you'll need to try the below

## Hangover Cure



- 300ml coconut water
- 1/2 banana
- 50ml cranberry juice

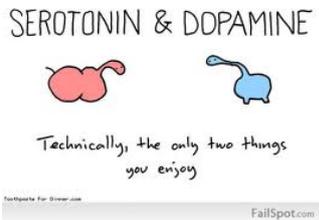
### Directions:

Blend 300ml coconut water, 1/2 banana and 50ml cranberry juice.

Drink to hydrate and replace lost nutrients from the Christmas cheer! It provides electrolytes and potassium.

## THE FACTS OF LIFE

During a 24 hour period, the average human will breathe 23,040 times, exercise 7 million brain cells and speak 4,800 words.



The average human body contains enough phosphorous to make 2,200 match heads.

Our eyes are always the same from birth, but our nose and ears never stop growing.

Chickens can travel up to 15km per hour.

In the time it takes to read this sentence, 50,000 cells in your body will die and be replaced.

Emus and kangaroos cannot walk backward

The fastest sneeze recorded was clocked at 166.7km an hour

In one day, the human brain generates more electrical impulses than telephones in the world put together.

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**"Mom is a nurse. I'm not sure why she wears pajamas to work, but it's probably because she always needs a nap."**

## CHRISTMAS SHOPPING

Some Christmas ideas for the Vascular Nurse in our lives can be found at the websites below:



[http://www.zazzle.com.au/unique\\_vascular\\_nurse\\_gifts](http://www.zazzle.com.au/unique_vascular_nurse_gifts)



<http://www.cafepress.com.au/+vascular-nurse+t-shirts>



<http://www.cafepress.com.au/+vascular-nurse+gifts>



A nurses Christmas in World War 2.



**QSVN CHRISTMAS PARTY**

& AGM

5<sup>TH</sup> December 2013

6pm

Smith & Nephew Headquarters

Level 3 225 Montague Road

West End



**Queensland society for Vascular Nursing ABN: 92 112 419 835 Bank of Queensland (BOQ)**  
**BSB: 124-040 Account**  
**Number:21694294**

**Financial Balance Sheet November 2012 - November 2013**

Month	Date	Goods/Services		Debit	Credit	Balance	Comments
<b>2012</b>							
November		nil			\$ -	\$2,027.50	nil
December		nil			\$ -	\$2,027.50	nil
<b>2012</b>							
January		nil			\$ -	\$2,027.50	nil
February		nil			\$ -	\$2,027.50	nil
March		nil			\$ -	\$2,027.50	nil
April	15.04.13	Direct deposit			\$ 60.00	\$2,087.50	Membership C. Saddler
May		nil			\$ -	\$2,087.50	nil
June	04.06.13	Direct deposit			\$ 60.00	\$2,147.50	New Membership M Lister
July	17.07.13	Direct deposit			\$ 50.00	\$2,197.50	Renewal Membership C Bartsch
	29.07.13	Direct deposit			\$ 50.00	\$2,247.50	Renewal Membership F Gough
	29.07.13	Direct deposit			\$ 60.00	\$2,367.50	Membership B Bradshaw
August	08.08.13	Direct deposit			\$ 60.00	\$2,427.50	New Membership S Bretherton
	18.08.13	Direct deposit		\$ 260.00		\$2,167.50	Membership fees to ANZSVN and website maintenance
	21.08.13	Direct deposit			\$ 50.00	\$2,217.50	Membership renewal M Lawes
	28.08.13	Direct deposit			\$ 60.00	\$2,277.50	New Membership E Cifuentes
	28.08.13	Direct deposit			\$ 50.00	\$2,327.50	Membership renewal E Parker
	28.08.13	Direct deposit			\$ 60.00	\$2,387.50	New Membership K Tomlinson
September	03.09.13	Direct deposit			\$ 50.00	\$2,437.50	Membership renewal L Lord
	04.09.13	Direct Deposit			\$ 50.00	\$2,487.50	Membership Renewal K Chant
	10.09.13	Direct deposit			\$ 60.00	\$2,547.50	New Membership M Foster
	12.09.13	Direct deposit			\$ 50.00	\$2,597.50	Membership renewal K Jensen
	27.09.13	Direct Deposit			\$ 50.00	\$2,697.50	Membership renewal L Peters
October		nil		\$ -	\$ -	\$2,697.50	nil
November	20.11.13	Direct deposit			\$ 50.00	\$2,697.50	Membership renewal L Zander

22.11.13	Direct Deposit		\$ 50.00	\$2,747.50	Membership Renewal T O'Keefe
22.11.13	Direct deposit		\$ 60.00	\$2,807.50	New Membership C Kossaris
22.11.13	Direct deposit		\$ 50.00	\$2,857.50	Membership renewal K Szasabone

