



**QSVN** 

**Queensland Society for Vascular Nursing**

### **Presidents Report December 2013**

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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 Vascutek 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.

Theresa O'Keefe - President

Dawn Sutton – Vice President

Tanghua 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

