

# BREAKING NEWS

NEW ZEALAND ORTHOPAEDIC NURSES ASSOCIATION 2007. Issue 5

Hi everyone,  
Welcome to this issue of Breaking News.

We are definitely into winter and I am sure that your work areas are starting to reflect this with staff off sick and patients with winter ills.

I trust that you are all taking care of yourselves during this time and staying well.

The Northern region of NZONA has a  $\frac{1}{2}$  day study day planned in Rotorua for the end of July.

There will be a cost to attend. Certificates will be issued with the number of hours involved so this can contribute to your



education hours for portfolios. You are invited to meet up with other speciality nurses for a wonderful education morning and the opportunity to network as well as enjoy the benefits of Rotorua.

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**The Orthopaedic nurse maintains current orthopaedic knowledge through formal and informal education.**

### **Orthopaedic Scholarships.**

The Ministry of Health is currently offering scholarships for nurses working in Orthopaedics, particularly in the area of elective surgery. (Joint replacements primarily).  
The scholarships can cover

courses of study, conference attendances and site visits.  
Contact your Director of Nursing office for further information or go to MoH website for details and contacts.

**Conference Update:**

A reminder to members and non members: The early bird registrations close on 10<sup>th</sup> July so if you intend coming, get your registrations in early. Accommodation at the Novotel is being taken up so you need to be early if this is your choice. The Novotel is very close to the lake front and handy to lakeside walks that take you around to the Polynesian Spa and the Government Gardens.

The committee have visited the venue and met the staff at the Novotel and it all is very promising.

The conference dinner will be at the Skyline Restaurant, gondola ride, drinks and nibbles, transport and entertainment all included in the cost. The theme is T-shirts to Tiaras.

The views going up and the gondola and from the restaurant are spectacular, even at night.

**Special Notice: Conference request please: from Lyn Paul**

The executive committee are putting together a recipe book for the conference, and of course need some recipes to go into it. We would like recipes that have a "healthy eating" nature, as we are promoting healthy eating in line with the obesity thing.

Collecting recipes from consultants etc is also great, as well as anyone famous you may know!

Recipes can be emailed to me at [lyn.paul@bopdhb.govt.nz](mailto:lyn.paul@bopdhb.govt.nz) or sent hard copy to me at

Ward 3

Private Bag 12024

Tauranga.

Final date Friday August 17<sup>th</sup> 2007.

**Plea from the editor:**

Is there anyone out there who would love to contribute to the newsletter in some way?

Have you written an interesting exemplar/case study that could be shared?

Have you attended a conference or seminar that was productive and beneficial?

Are you leading or involved in any research relating to orthopaedics?

I would love to have some help with contributions to the newsletter

[LynleyP@middlemore.co.nz](mailto:LynleyP@middlemore.co.nz) or [papafam@ihug.co.nz](mailto:papafam@ihug.co.nz)

**Website Development.**

Our website is now up and running. Go to [www.nzona.org](http://www.nzona.org) to see the results.

The NZONA committee wish to express our gratitude to Liz Blake-Palmer for all her hard work and ideas.

We would like to see case studies and exemplars on the website as well. Also if you have done any research, either as part of your studies or your role, we would love to see this on the web site as well. Research can often seem a scary prospect but if those who have participated in the process share their research and any tips they learnt along the way, it will encourage others to take up the challenge as well.

Upcoming events:

**Northern Regional Educational Meeting:**

This is planned for July 28<sup>th</sup> in Rotorua.

The format has been changed.

A  $\frac{1}{2}$  day programme has been proposed with some lecture format and some practical, clinical time. Further details to follow when finalised.

Spend  $\frac{1}{2}$  day learning (4 hours- certificates issued- all good for portfolios) then enjoy Rotorua for the rest of the day or weekend.

See attached flier.

Injury 2007

Trauma Services Annual Conference

2<sup>nd</sup> & 3<sup>rd</sup> August 2007

Eden Park

Auckland

Contact: [lynnt@adhb.govt.nz](mailto:lynnt@adhb.govt.nz)

Wellington Orthopaedic Conference

The Fake Joint

31<sup>st</sup> August- 1<sup>st</sup> September 2007.

Contact: Pip Andrews @ [pip.andrews@ccdhb.org.nz](mailto:pip.andrews@ccdhb.org.nz)

3M Casting Conference

24<sup>th</sup> & 24<sup>th</sup> August 2007

Christchurch

RCNSOTON Orthopaedic and Trauma Nursing Centre Stage. London UK.

1<sup>st</sup>-3<sup>rd</sup> November 2007.

Call for abstracts is now out

Queries to [orthoconference07@fsmail.net](mailto:orthoconference07@fsmail.net)

AUSMED education offerings that may be useful:

Basic High Dependency Nursing

1<sup>st</sup> & 2<sup>nd</sup> August 2007

Sydney  
Wound Management & Skin Integrity  
7<sup>th</sup> & 8<sup>th</sup> August 2007  
Brisbane  
Clinical Assessment Skills  
17<sup>th</sup> & 18<sup>th</sup> September 2007  
Sydney  
Check out [www.ausmed.com.au](http://www.ausmed.com.au)

NAON Congress San Jose California  
May 2008

Some useful websites:

[www.orthopaedicnursing.org](http://www.orthopaedicnursing.org)

[www.ona.asn](http://www.ona.asn)

[www.orthonurse.org](http://www.orthonurse.org)

**Services offered:**

TYPING SERVICES

Assignments, Essays, Notes, Thesis, Interviews, Minutes, Reports

Previous Orthopaedic Typing Experience

Contact: Heather Almao PH 021 478 846

**Article of Interest:**

Salmond, S. (2007). Advancing Evidence-Based Practice: A Primer.

*Orthopaedic Nursing* 26(2), 114-123

This article provides a summary of the driving forces behind EBP, barriers to EBP and an overview of the EBP process.

Evidence Based Practice is a paradigm shift from the traditional practice grounded in intuition, clinical experience and pathophysiology rationale. The EBP paradigm involves clinical expertise integrated with best scientific evidence, patient values and preferences and clinical circumstances. In other words, one size does not fit all.

One of the driving forces for change in the US was a report released in 2000 that revealed that the US healthcare system was actually a potential hazard to health. Preventable medical errors were the eight leading cause of death. One only needs to recall the number recently in New Zealand that have hit the headlines, never mind those that haven't and the number of near misses that have probably occurred. Studies in 1993 showed that both nurses and doctors relied very much on the knowledge gained in medical school or nursing school. As practice improved over time, it was revealed that knowledge in relation to practice was declining; professionals in healthcare were not maintaining current knowledge.

This article presents a table that looks at some traditional myths in relation to some issues and how evidence has revealed that many of these are just that: myths.

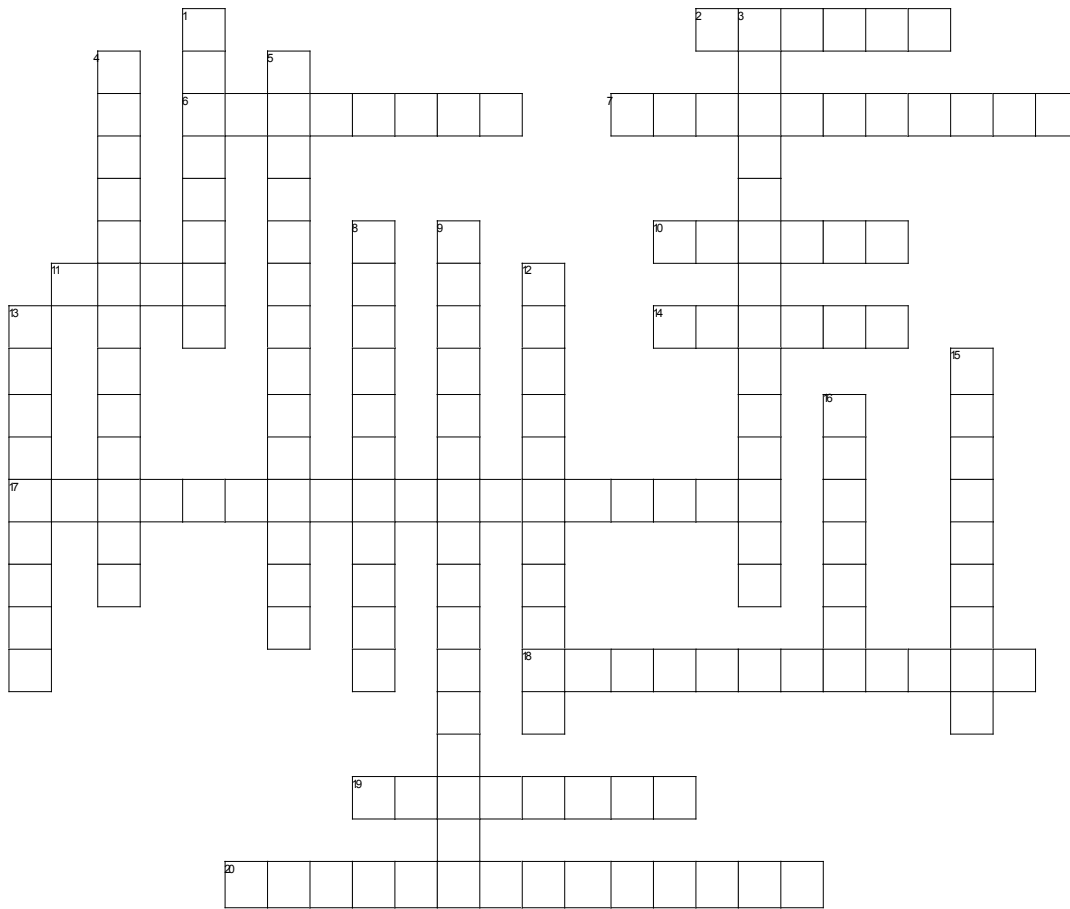
A further table of barriers to EBP are identified and strategies to manage these are discussed.

The process of EBP requires the practicing clinician to ask questions: Why are we doing it this way? Is there a better way? What guidelines are out there to support what we are doing? What constitutes best practice? An overview of the EBP process is outlined.

In summary, the intent of EBP is to improve patient outcomes. Overall evaluation requires tracking of outcomes, including patients' evaluation.

At an organisational level, evidence may be the impetus for policy change.

# Paediatric Orthopaedics



www.CrosswordWaver.com

## ACROSS

- 2 \_\_\_\_\_ harness used to manage dislocated hips
- 6 \_\_\_\_\_ muscular dystrophy is a hereditary myopathy characterised by progressive weakness in proximal muscle groups and pseudohypertrophy
- 7 Unilateral contracture of the sternocleidomastoid muscle
- 10 Name given to a disease characterised by valgus deformity of the tibia
- 11 \_\_\_\_\_ valgus is characterised by increased distance between knees (bow legs)
- 14 \_\_\_\_\_ sign indicative of a unstable hip
- 17 Self limiting disease of the hip characterised by idiopathic avascular necrosis of the femoral head in children. This is the full name. (Answer includes hyphens)
- 18 \_\_\_\_\_ 'imperfect tails of ten refered to as' 'bottle bore disease'
- 19 \_\_\_\_\_ sign indicative of a dislocated hip
- 20 \_\_\_\_\_ patella is an irregularity of the articular surface of the patella

## DOWN

- 1 Metatarsus \_\_\_\_\_ is a deformity of the forefoot in which the metatarsals deviate medially.
- 3 \_\_\_\_\_ multiplex congenital congenital is a group of syndromes characterised by joint contractures in all four extremities
- 4 Talipes \_\_\_\_\_ is a common postural deformity of the foot. The deformity is in valgus and the ankle has an excessive amount of dorsiflexion
- 5 Short limb disproportionated dwarfing disease
- 8 Talipes \_\_\_\_\_ is characterised by heel inversion, forefoot abduction and downward pointing of the foot. All three components are present and deformity is rigid and fixed
- 9 Hypheredema referring to traction apophysitis of tibial tubercle causing painful swelling
- 12 femoral \_\_\_\_\_ the forward anterior angling of the femoral neck from the femoral shaft
- 13 Formerly known as CDH now called Developmental \_\_\_\_\_ of the hip
- 15 \_\_\_\_\_ syndromes with skin webs across knees, elbows and other joints
- 16 Tibial \_\_\_\_\_ describes the rotation of the tibia along the long axis. It can be internal or medial and lateral or lateral.

Last month's answers.

# Orthopaedic Complications.

