

BREAKING NEWS

Newsletter of the New Zealand Orthopaedic Nurses Association (N.Z.O.N.A)



Editorial note...

Contact: Lynley Papadopoulos
papafam@ihug.co.nz

Hi everyone,
 Welcome to this issue of Breaking News.
 We have now passed the shortest day although sometimes it may not feel that way. It does mean that summer is on the way, or that is the theory anyway.
 We held our AGM in Tauranga on the 17th July with a good turnout from orthopaedic nurses. Thanks to Grace Hospital for arranging this day and hosting the event.
 The next event is planned for Auckland in September; further details will follow as they become available.
 International Orthopaedic Nurses Day is coming up on October 30th. I trust that your areas have plans to celebrate and demonstrate the contribution that Orthopaedic nurses make to the health and well being of our communities.
 Take care and try not to let winter drag you down. Summer is on its way. Keep well and remember to look after yourself. Only then are you able to effectively care for others.

Regards,
Lynley Papadopoulos

Cambodia Update.

After careful review and interviews of the four candidates, the executive has nominated Bev Hopper from Waiemata DHB to participate in this outreach to Cambodia. Bev in the Nurse Educator in Orthopaedics at North Shore Hospital and also spends time at the Wiatakere site, assisting the staff there as the services available are further developed and expanded. The trip is planned for October and we look forward to Bev's feedback. In the meantime, it is travel arrangements and vaccinations that occupy her time.

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Northern Region Education Session.

Grace Hospital, Tauranga. 17th July 2010.

The education session was well attended. Thanks to all who came. Me Lamberton, a surgeon at Grace Hospital, spoke about hip and knee surgery. His discussion of the different materials used in the implants was insightful and offered an understanding in the developments and utilisation of the materials. He also discussed the advantages of computer assistance surgery. At this point in time, it has proven invaluable in knee arthroplasty, but still needs further development for it to be effective in hip arthroplasty.
 Lesley Warner, Michelle Dunlop and Ross Turner from Tauranga Hospital reminded us all that one care plan does not fit all. They presented a case study of a man with Epidermolysis Bullosa (EB) who presented for an elective hip arthroplasty. This disease essentially means that the skin and mucosa blisters and breaks down with the slightest contact. Their presentation demonstrated the need for comprehensive planning starting right at the preadmission assessment. For further information regarding EB go to www.dedra.org.nz.

Mr Muir discussed aspects of foot and ankle surgery, with considerable time given to the Poinsetti method for the management of CTEV. This method has improved the management of this deformity considerably and has, by and large, reduced the need for the complex surgeries of the past.
 Linda Anderson from Grace Hospital discussed Best Practice in regards to wound care management. Wound care is a constantly developing field and this session was interesting. A representative from ConVatec had products on display and was available for questions.

Overall it was a great morning and thanks to Grace Hospital for hosting the event.

A reminder to all, please confirm your places early had these sessions if you wish to attend. A number missed out because of this. Also, if you have to cancel, please let the organiser know so your spot can be given to another person. Thanks.

She also had some time with the Flying Surgical team in Darfur treating the weapon wounded so this meant looking after the rebels as well as the civilians. Surgery was performed under ketamine – only the ex-pats were given propofol.
 Carly's last mission was in Iraq teaching emergency services. Here the private hospital had absolutely everything whereas the general hospital didn't even have gauze! Her greatest satisfaction from these missions was seeing the benefits and happy smiling face

Thank goodness orthopaedic nurses are flexible and adaptable as we had a slight technical hitch during the morning and the programme order changed but ran slightly ahead of time at the end – great for those travelling long distances home. However we did spend a little time talking about what topics people would like presented at these study mornings. I almost have an enthusiastic group from Invercargill who are contemplating a Study morning. Watch this space!

Robin Harris

From the South:

REPORT SOUTHERN STUDY MORNING 29TH MAY – HUNTER CENTRE, DUNEDIN

The theme for this study morning was the upper limb. Despite atrocious weather conditions and flooding around Otago, we had 44 attend, a group travelling from Invercargill and Gore as well as Central Otago. The outside conditions brought back memories of a similar NZONA day in Auckland just 2 years ago – without the *horizontal* rain!

Brenda Jones RN started her session with an A & P pretest which she followed with a very informative session on the **A & P of the Upper Limb**, humerus in particular and surrounding structures. She then looked at the common injuries and discussed the nursing responsibilities when caring for patients with such injuries.

Mr Simon McMahon, one of our **Orthopaedic Surgeons** in Dunedin talked about **Proximal Humeral Fractures** and the subsequent choices of treatment. He discussed the Charles Neer classification of fractures as well as the AO classification, reminding us that B1 and B2 are not about “Bananas in Pyjamas”!

Robyn O'Malley, Physiotherapist for Acute Orthopaedics at Dunedin Hospital titled her talk “**Shoulder slings and Swings**”. Robyn showed photos of the application of the Seaton or Poly Sling as well as the Humeral brace and other orthoses for the upper limb. She emphasised the need to take the arm out of the sling at least once/twice a day and exercise the elbow as she has seen several cases where the elbow has developed a contracture. Robyn also demonstrated pendular exercises, passive and assisted. Another Physio attending the Study Morning was used as a patient to demonstrate applying an actual Seaton Sling.

Carly Hawkins, RN works in the Emergency Dept at Dunedin Hospital but has a passion for Orthopaedics. Carly has done several missions for the Red Cross, returning from Iraq just last year. We invited Carly to talk about her **Red Cross Experiences**. Carly presented her talk as a series of photographs beginning with her time in Pakistan following the Earthquake. Here there were many orthopaedic injuries treated with external fixation only – never internal fixation as there was no way the metalware could be removed in these isolated areas but external fixation could be removed by a GP. Carly's experience in Eritrea was teaching nursing in an area where there were lots of landmines and kids with injuries from hand grenades. Imagine working in a hospital that only had electricity for 3 hours a day and no hot water!

NZONA AGM Grace Hospital, Tauranga. 17th July 2010.

The AGM was held after the education morning. There was a good number of participants who attended the meeting.

Reports were received from
President- Teena Robinson
Treasurer- Sheree Gare- delivered by Teena as Sheree was unable to attend
Promotions Officer- Lynley Papadopoulos.

The meeting accepted the resignations of Teena and Sheree from their roles and acknowledged the contribution both of them have made to the development of NZONA.

Diane Lanting from Waikato has been appointed Treasurer.

The President's post is currently vacant with these responsibilities falling to Kim Brooks as past president (as per the constitution) until someone is appointed to the role.

Both Sheree and Teena have contributed significantly to the development of NZONA. Sheree has served both as secretary and treasurer. The successful applicant for Cambodia was announced and acknowledged.

International Orthopaedic Nurses Day was discussed with several ideas being put into motion.

The meeting adjourned as was followed by lunch. Again, thanks to Grace Hospital for hosting us.

Upcoming Events

NZONA Northern region workshop.

September.

Auckland.

Details to follow

**The 1st International Collaboration of Orthopaedic Nurses
(ICON)Conference**

16th-17th September 2010

Crowne Plaza, Northwood Park

Dublin, Ireland.

www.icon2010.com

8th Annual Queensland Orthopaedic Nurses Conference

5-6 November 2010

Gold Coast, Queensland.

www.qonsig.org

6th Orthopaedic Nurses State Conference

11-12 November 2010-07-29 Perth WA

www.ona.asn.au

Don't forget to check the NZONA website and also the ANZONA website for more information. Check out our blog page as well.

www.nzona.org

www.anzona.net

NAON Congress 2011.

May 14-18th 2011

Baltimore Convention Centre

Baltimore, Maryland

Further information: www.orthonurse.org

Some useful websites:

www.orthopaedicnursing.org

www.ona.asn

www.orthonurse.org

SOTON Annual International Conference

18-19th March 2011

York Racecourse,

York, England

orthopaedics@rcn.org.uk