

# BREAKING NEWS



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

## Editorial note...

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Hi everyone,  
 Welcome to this issue of Breaking News.  
 The weather is finally getting colder and for the snow bunnies, the slopes are finally getting some snow.  
 At least we are past the shortest day: that was June 22<sup>nd</sup> which means summer is on the way.  
 The northern region study day at Tauranga was well attended. The next one will be late in August in Auckland, details yet to be finalised. With the recent earthquakes in Christchurch we are hoping to present something about disasters and how people cope.  
 Reminders are being sent as subs become due. Please pay promptly. The membership form is on the website nzona.org.

I trust that you are all keeping well and avoiding the winter ills.

If you are involved in the planning, don't forget to consider the Rugby World cup dates in September/ October and also the General Election in November.

Take care

Regards,

Lynley Papadopoulos

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## NZONA Southern Region Report 11<sup>th</sup> June 2011

Yet again we had another great Study Morning with 35 attending to learn about our theme: pain management.

**Dr Paul Templer, Consultant Anaesthetist**, spoke about Acute Pain Management. He discussed the various commonly used analgesics and their side effects. He also provided advice on the management of patients with an opiate tolerance. There was also some discussion on the "overuse" of oxycodone in the community as well as our post-operative patients who are still receiving this drug several days post-op and even on discharge home. Current research is looking at sea-slug venom so we look forward to seeing what evolves from that.

**Ginny Martin, RN**, talked about constipation (often attributed to the oxycodones etc that we give our patients) and shared with us two constipation risk assessment tools. These tools were very simple to use, just one page and would not overburden with the current paperwork we have to complete. These tools highlight those indicators that may be overlooked until it is too late and encourage us to be proactive when caring for the orthopaedic patient.

**Dr James Fenton, Radiologist**, focused his talk on **MRI**. MRI is a very complex machine and a complex subject but it provides valuable diagnostic information in orthopaedics. This talk generated a huge amount of discussion and questions from the floor.

**Jenny Sandom, Clinical Nurse Specialist, Chronic Pain**, talked about **Chronic Pain** and used a case study of a multi trauma patient with acute pain which developed into chronic pain whilst still an in-patient. Jenny talked about the 5<sup>th</sup> vital sign and suggested that instead of using the word "pain" when assessing our patient to use the word "comfortable". Research shows that using the word pain tends to sow the seed of pain.

Next study morning is planned for August /September, date to be confirmed.

Robin Harris  
 Southern Representative.

**Northern Regional Study day**

**Lesley Warner from Tauranga Hospital** spoke on the

**Tauranga Hospital 18<sup>th</sup> June 2011**

This study session was attended by approx 30 people from Tauranga, Auckland, Rotorua, Hamilton and even as far away as New Plymouth.

**Vaughan Poutawara**

Spoke on revision hip arthroplasty. He covered history of complaint, symptoms, investigations and planning. The most important part was ensuring the surgeon had a good breakfast!!!

One very important detail to remember is that a revision arthroplasty will never be as good as the primary so careful consideration is part of the decision making process.

**Aman Singh** spoke on osteomyelitis. He spoke of the significance of the advent of antibiotics in managing this disease which used to carry a mortality of 25-50%. Now the mortality is less than 0.1%. Earlier diagnosis and treatment has played a significant part in this and the incidence of chronic osteomyelitis is now rare.

**Bob Lynch from Bayer Healthcare**

Spoke on VTE prophylaxis. Rivaroxaban is an oral preparation that involves once daily dosing and has a rapid onset of action. Blood monitoring is not required.

experience of having a patient for 390 days. This patient had many co-morbidities including epilepsy, sub arachnoid haemorrhage, osteoarthritis and morbid obesity. She had fallen at home and fractured her femur. She developed post op problems such as dysphagia and it was concluded she had experienced an ischaemic stroke. She also had two episodes of self harm during her stay. The fracture was extremely slow to heal resulting in further surgeries and the use of the Exogen ultrasound bone healing system which is designed to accelerate # healing and is non invasive.

The issue of rehabilitation was significant for this lady and consumed a considerable amount of time for the caregivers involved including ACC.

She was finally discharged after 390 days in hospital, well over a year.

**Ross Turner (CNM Tauranga)** shared the story of his daughter with us. She had a pseudarthrosis of her fibula from birth. This was not detected until after her first birthday. A diagnosis of neurofibromatosis was made. His daughter has undergone several surgeries involving leg lengthening procedures as she has grown. She has had a number of neurofibromas removed but as yet still has her leg, although amputation has been mentioned when she was very young.

# Upcoming Events

The ANZONA website now has a page listing upcoming conferences and meetings.

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Southern regional study day

Dunedin August/September 2011- date to be confirmed

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Northern Regional Study Day

Auckland

Late August 2011.

Date to be confirmed

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RCN Society of Orthopaedic and Trauma Nursing

22-23<sup>rd</sup> September 2011

The Thistle Grand Hotel Bristol

[www.rcn.org.uk/newsevenrs/evnr\\_details/ren\\_eventsms/ortho2011](http://www.rcn.org.uk/newsevenrs/evnr_details/ren_eventsms/ortho2011)

e-mail [orthopaedic@rcn.org.uk](mailto:orthopaedic@rcn.org.uk)

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5<sup>th</sup> ANZONA Conference

28-29 October 2011

Brisbane, Queensland

Australia

[www.anzona.net](http://www.anzona.net)

e-mail: [gonsig@bigpond.com](mailto:gonsig@bigpond.com)

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Some useful websites:

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

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

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

[www.nursingcenter.com](http://www.nursingcenter.com)