



Report on NZONA sponsored education session held at Waikato Hospital 14 march 2009

On 14 March Waikato Hospital hosted the first NZONA sponsored education session of 2009. The theme of the session was based on a quote by Lady Diana Cooper that was 'first you are young; then you are middle-aged, then you are old; and then you are wonderful'. Due to the large number of older people accessing our service we believe that it is vitally important that we do all we can to keep our patients and our families healthy and able to enjoy their rich lives.

The first presentation of the day was by Dr Ganesamoorthy Subakumar, Geriatrician, who spoke on pharmacology and aging. This could have been a very dry session with lots of statistics but Dr Subkumar presented an informative session that generated a great deal of discussion.

The second presentation was by Malcolm Foster, senior Social Worker, on non-accidental injury in the older adult. (Power point presentation attached). This session was both sobering and informative. It was obvious that non-accidental injury in the elderly is an under-reported situation and is very complex in its causes and how it is perceived by society.

After morning tea John Young, Discharge Planning Facilitator, gave a presentation on the benefits of Tai Chi, particularly in preventing falls in the elderly. (Power point presentation attached). There were several participants who taught Tai Chi to older people and they spoke very positively about the advantages of this exercise. Unfortunately there was insufficient room to practice any Tai Chi moves but John's presentation evoked a great deal of humour. People went away not only wanting to investigate Tai Chi for their patients but also for themselves.

Sandra Cate, R/N, presented on the differences between delirium and dementia and what we should be aware of in the management of these all too common conditions. (Power point presentation attached). Unfortunately delirium affects a high proportion of patients admitted to the orthopaedic are both electively and acutely. The Waikato DHB uses the CAM (Confusion Assessment Method) to assess patient's psychological state and there are several actions that can be put into place to prevent delirium and/or reduce the effects of delirium for the patient and their family.

Our last session was on the benefits of a #NOF pathway and was presented by Amanda Burton, Nurse Educator Orthopaedics. (Power point presentation attached). Integrated pathways have been around since the early 1990's and although used for joint replacement patients are not widely

used for less predictable cases such as fractured neck of femur. This presentation gave an overview of points that need to be included in a pathway and the evidence behind these.

The morning was very well support with approximately 50 people attending. There was a lot of discussion and questions that showed how much people enjoyed the session.