

# BREAKING NEWS

NEW ZEALAND ORTHOPAEDIC NURSES ASSOCIATION ISSUE 4

November 2005

Welcome to all Orthopaedic Nurses.

We are now up to our 4<sup>th</sup> bulletin for the year. The year has gone so fast and Christmas is nearly upon us.

New Zealand Orthopaedic Nurses have been a presence at many conferences this year which has been great.

Across the country already we are starting to link and share information which can only help to develop Orthopaedic Nursing as a speciality in its own right.

The next NZONA meeting will be at Tauranga Hospital on the 22<sup>nd</sup> November. At this meeting the winner of the logo competition will be announced.

Lynley Papadopoulos  
CNE Orthopaedics  
Counties Manukau DHB

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

## **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.

## Professional development opportunities.



Other opportunities.

**Auckland University of Technology** offer a Speciality Practice paper on Orthopaedic Nursing. This will next be offered in Semester One 2006. This can become part of a course of study that leads to certification as a Nurse Practitioner. This paper is offered on-line. It is a single semester paper.

See attached flier for further details

The University of Auckland also run a Speciality Practice paper in Orthopaedics. This can also lead on to a clinical Masters and Nurse Practitioner certification. This is not currently offered on line. It will next be offered Semester One 2006- it is a double semester paper.

## Educational Resources:



A3 flip chart (laminated) presenting casting guidelines and principals of POP application. Developed by Orthopaedic Outpatients and Emergency Departments at Waikato District Health Board. Useful reference and teaching guide in acute plastering areas. Winner at Waikato DHB Best of Health Awards 2004 :Winner of the Braemar Hospital Clinical Practice Award and Finalist of the Fuji Xerox Innovation Award.

Cost is \$210 including GST (package and postage included)

For more information please contact:

Lyn Harris

Clinical Nurse Leader

Orthopaedic Outpatients

Waikato Hospital

(07) 839 8704

## NZONA Executive Profile:

Secretary: *Sheree Gare.*

I currently work in the Orthopaedic Outpatients at Waikato Hospital. I commenced my training way back in 1980, being in the last hospital trained group of nurses at Waikato. I completed my Bachelor of Nursing in 2000 and have then continued to study towards my Masters, in which I have only my thesis to complete next year. (Am I glad it is coming to an end, so I can get a LIFE back!) I am very committed to my nursing career and am passionate about orthopaedics. Incidentally, my very first ward back in 1980 was an orthopaedic ward. I have had a varied work history, completing all my time at Waikato Hospital. This included 10 years experience in Emergency Medicine and other acute care over the years include ICU, NBU.

I am married with one teenage boy. I keep very active, being actively

involved with the Waikato Rose Society. I am very passionate about growing, showing and adjudicating roses all over the country. I also assist my husband in running motorbike trail rides in the forests.

I wish to promote orthopaedic nursing as the specialised nursing that it is and uplift our profile in the professional world. I will do this job to the utmost of my ability.

Many thanks in advance for your support.

Upcoming events:

NAON Congress Boston. Partnering for Growth. May 20-24 2006. See NAON website: [www.orthonurse.org](http://www.orthonurse.org) e-mail- [naon@smithbucklin.com](mailto:naon@smithbucklin.com)

29<sup>th</sup> Annual CONA National conference, Edmonton, Alberta, Canada. May 7-19 2006.

Fantasyland Hotel, West Edmonton Mall  
[www.cona-nurse.org/upcoming\\_events.htm](http://www.cona-nurse.org/upcoming_events.htm)

NZONA meeting:

November 22nd 2005. Tauranga Hospital Bay of Plenty

**Show and tell:**

Congratulations to the nurses at Wakefield Hospital in Wellington for their innovative approach to International Orthopaedic Nurses Day.

Kate Leith reports:

We had a great International Orthopaedic Nurses Day here at Wakefield Hospital in Wellington. Tina and I organised an afternoon tea celebration in our seminar room and Wakefield management provided the food and drink. We held the celebration on the Monday afternoon so Orthopaedic nurses from all area could attend. There was a relay race with teams from the ward up against theatre. The first round was to run down the room wearing two Scott splints, round two NWBing on crutches and the final round a wheelchair race. Theatre won, but it was hard to tell with the chaos and loud shouts from the sideline. Next was a quiz of Orthopaedic questions. Geraldine leaped up so fast to be the first to write Scoliosis on the whiteboard that she ran straight up past the whiteboard and wrote a huge 'S' on the projector screen!. Everyone had a great catch up and left with an individual "Thanks for being a fantastic nurse goodie bag" of chocolates, gloves, toy skeleton and letter of appreciation.

Kate is the team leader at Wakefield Hospital.

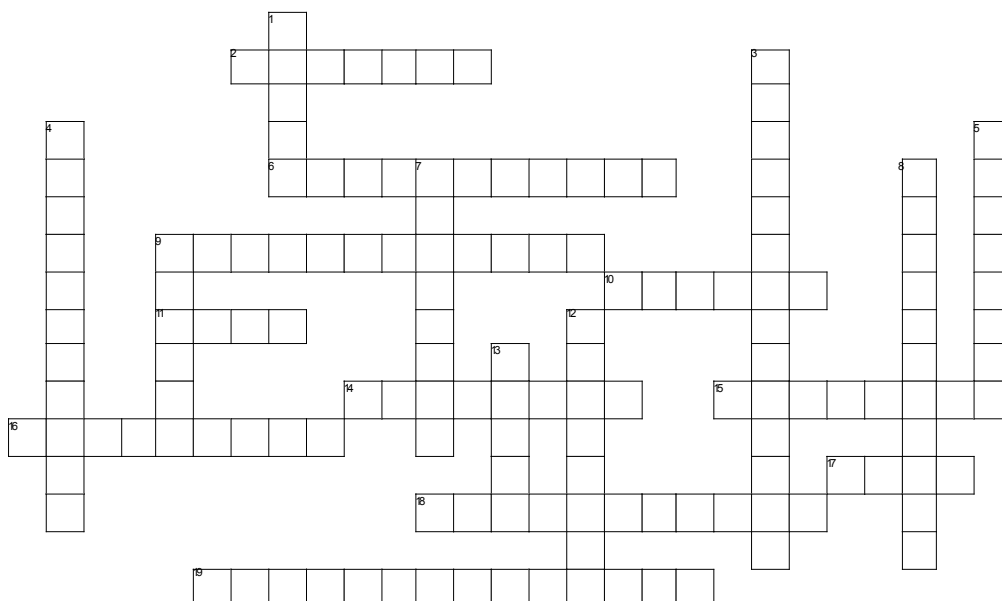
Sound like a great time was had by all.

Final thought:

One value for Orthopaedic Nurses:

Increased knowledge and skills helps decrease cost of health care through timely intervention.

## Puzzle of the month



www.CrosswordWaver.com

### ACROSS

- 2 A distended \_\_\_\_\_ is usually the cause of this complication but not exclusively so
- 6 Intra-aortic balloon pump flow is interrupted. Vagal tone is unopposed so patient can become hypotensive and bradycardic
- 9 The passive completed range of motion exercises of the joints helps reduce the development of \_\_\_\_\_
- 10 According to the ASIA impairment scale or SCI, complete lesions are the result of no sensory or motor function in the \_\_\_\_\_ segments
- 11 Impairment scale used to grade degree of impairment
- 14 X-Rays taken through an open mouth show images of this part of C2
- 15 Fracture of C2 with anterior slip of C2 body on that of C3
- 16 Longitudinal ligament at the posterior of the vertebral bodies
- 17 Alternative name for C2 vertebra
- 18 A complication commonly seen in patients with injury T6 or above is known as autonomic \_\_\_\_\_
- 19 This type of injury of ten results in central cord syndrome

### DOWN

- 1 Paralytic \_\_\_\_\_ usually accompanies severe Spinal Cord Injury
- 3 Prolonged periods of immobility results in the movement of calcium from the bones resulting in \_\_\_\_\_
- 4 The period of lowing injury during which all spinal reflexes are absent is known as \_\_\_\_\_
- 5 natural curvature of the spine is known as the lumbar \_\_\_\_\_
- 7 Longitudinal ligament at the front of the vertebral bodies
- 8 a partial anterior separation of the articular surfaces of a joint, incomplete dislocation
- 9 Type of fracture typically found in the upper lumbar vertebrae usually results from shearing forces exerted by a lap seat belt often associated with abdominal trauma
- 12 X-Ray view taken if lower cervical spine are difficult to see on plain films
- 13 Alternative name for C1 vertebra from a mythical giant who held up the world

Answers from last month.

