

# BREAKING

# NEWS

NEW ZEALAND ORTHOPAEDIC NURSES ASSOCIATION 2006. Issue 11

Hi everyone,

I hope this finds you well and you are not too caught up and stressed with Christmas. Today, at least in Auckland, it appears the weather is improving so we can hope for a fine Christmas. At Middlemore we have been very busy over the last week, moving two wards, Casting Unit and CNE office to our new facilities. I have a stunning view of the golf course when I have the chance to actually look. Christmas decorations are up and all the illegal food appearing.



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

**Orthopaedic Scholarships.**  
The Ministry of Health is



I wish all a happy Christmas and I trust you all have the opportunity to have a break from work. This month's crossword is all about Christmas, just for a change from a steady diet of orthopaedics. I wish you all well for the summer break and look forward to the next newsletter in February.

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Other opportunities.

**Auckland University of Technology** offers a Speciality Practice paper on Orthopaedic Nursing. This will next be offered in Semester One 2007. This can become part of a course of study that leads to certification as a Nurse Practitioner. This paper is offered on-

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.



line. It is a single semester paper.

**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 2007- it is a double semester paper.



Northern Education Section.

Meeting 5<sup>th</sup> December 2007 at Tauranga Hospital

This was the first meeting of this section.

Matters arising include:

Lyn Harris and Lyn Paul will represent this group of the NZONA executive committee.

Sheree Gare has agreed to serve as secretary for the group, than you Sheree.

Four meetings will run in 2007.

Waikato Hospital, Hamilton.

Orthopaedic Outpatients.

5.30 pm with food and beverages on arrival.

Speakers at 6.00pm.

Tuesday 27<sup>th</sup> February 2007.

Speakers to be confirmed.

Host: Lyn Harris CNL.

Other venues:

Auckland

Rotorua

Tauranga.

Dates and specific venues to be confirmed.

Certificates of attendance will be issued at the completion of each session to acknowledge education hours.

It is proposed that each host asks own orthopaedic unit about appropriate topics. We would encourage nurses from the floor to attend these sessions.

The aim is for two speakers if possible. Some topics already suggested include reading X-rays, neurovascular observations, compartment syndrome. Any feedback from conferences and seminars attended would also be welcome.

Other formats for the meetings an also be explored. Currently Tuesday evenings seem to work well for most starting at 5.30 pm.

Costs: Some areas have budgets that will cover any catering costs. A \$3.00 cover charge has been recommended and if this is not required it can be used for consecutive meetings.

At this meeting Tina Rawlings, Spine Nurse Specialist from Auckland's Starship Hospital provided an overview of her role and the many activities she is involved in. Tina has a wealth of knowledge about paediatric spinal care but also in the area of lobbying and developing submissions to government.

New Zealand has agreed to host the 2007 ANZONA conference. Members agreed that Rotorua would be the best venue because of the tourism aspects as well as the conference and accommodation infrastructure that is in place. At this stage the conference is scheduled for the 1<sup>st</sup> week in November 2007.

Theme is related to Obesity in Orthopaedics.

The Conference Working Party include:

Teena Robinson

Kim Brooks

Rachael Mills

Kevin Ankcorn

Lynley Papadopoulos

Sheree Gare

Lyn Paul

Lyn Harris

**Show and tell:**

Do you have anything interesting happening in your area? If so, please share it. Send contributions to this newsletter to [LynleyP@middlemore.co.nz](mailto:LynleyP@middlemore.co.nz)

**Upcoming events:**

AUSTRAMA 2007

The Sting

Trauma and Critical Care Conference

Sydney Convention & Exhibition Centre

Darling Harbour, Sydney

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

CONA 30<sup>th</sup> annual conference,  
Victoria, British Columbia, Canada  
May 12-15 2007

NAON 27<sup>th</sup> Annual Congress  
St Louis, MO  
Energising the Future  
May 19-23 2007

Northern Orthopaedic Nurses Education Section  
New Zealand Orthopaedic Nurses Association  
Tuesday 27<sup>th</sup> February 2007  
Waikato Hospital  
Orthopaedic Outpatients  
5.30 pm

**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:**

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Previous Orthopaedic Typing Experience

Contact: Heather Almao PH 021 478 846

**Special Notice:**

All members are reminded the NZONA subs are now due. Invoices will be going out soon. Through ANZONA we have managed to secure subscriptions to the *Journal of Orthopaedic Nursing* and this will be sent out to all

members. This journal is a joint collaborative publication between Britain and Canada.

**Article of interest:**

Hart,E., Grottkau,B., Rebello,G. & Albright,M. (2006). Broken Bones: Common Pediatric Upper Extremity Fractures- Part 2.

This article discusses some of the most common fractures of the upper extremity in children. With Christmas coming up and all those new toys to test drive, we stand to see quite a bit of these injuries over the next few weeks.

The fractures identified in this article include clavicle fractures, proximal humeral fractures, elbow fractures, supracondylar fractures, distal radial fractures and hand fractures including scaphoid, phalanx and metacarpal injuries.

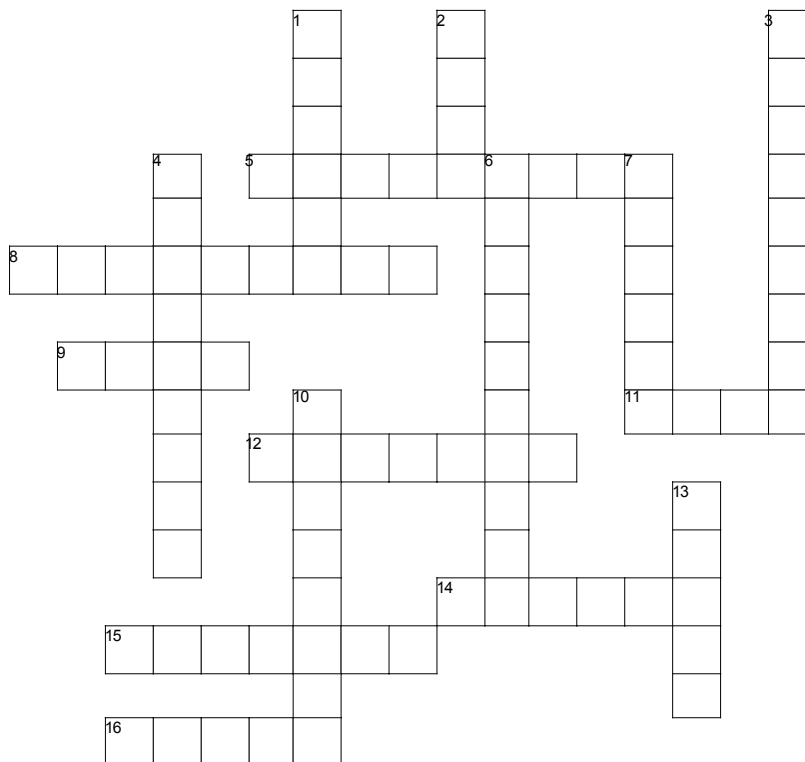
The treatment options for these fractures are discussed as are the mechanisms of injury.

Some of these injuries present some difficulties. In elbow fractures, diagnosis can be challenging in the immature skeleton. To diagnose these, the clinician must have a sound knowledge of the six ossification centres to be able to distinguish them from fractures.

Supracondylar fractures are also challenging and this type of fracture in children has a high rate of complications. The mechanism of injury appears complex, involving a FOOSH with hyperextension of the elbow forcing the olecranon into the olecranon fossa with the distal fragment usually dislocating posteriorly. There are classifications of supracondylar fractures using Gartland's 1959 system. Treatment options vary according to the classification.

Puzzle for the month:

# Christmas knowledge



www.Crossword Weaver.com

## ACROSS

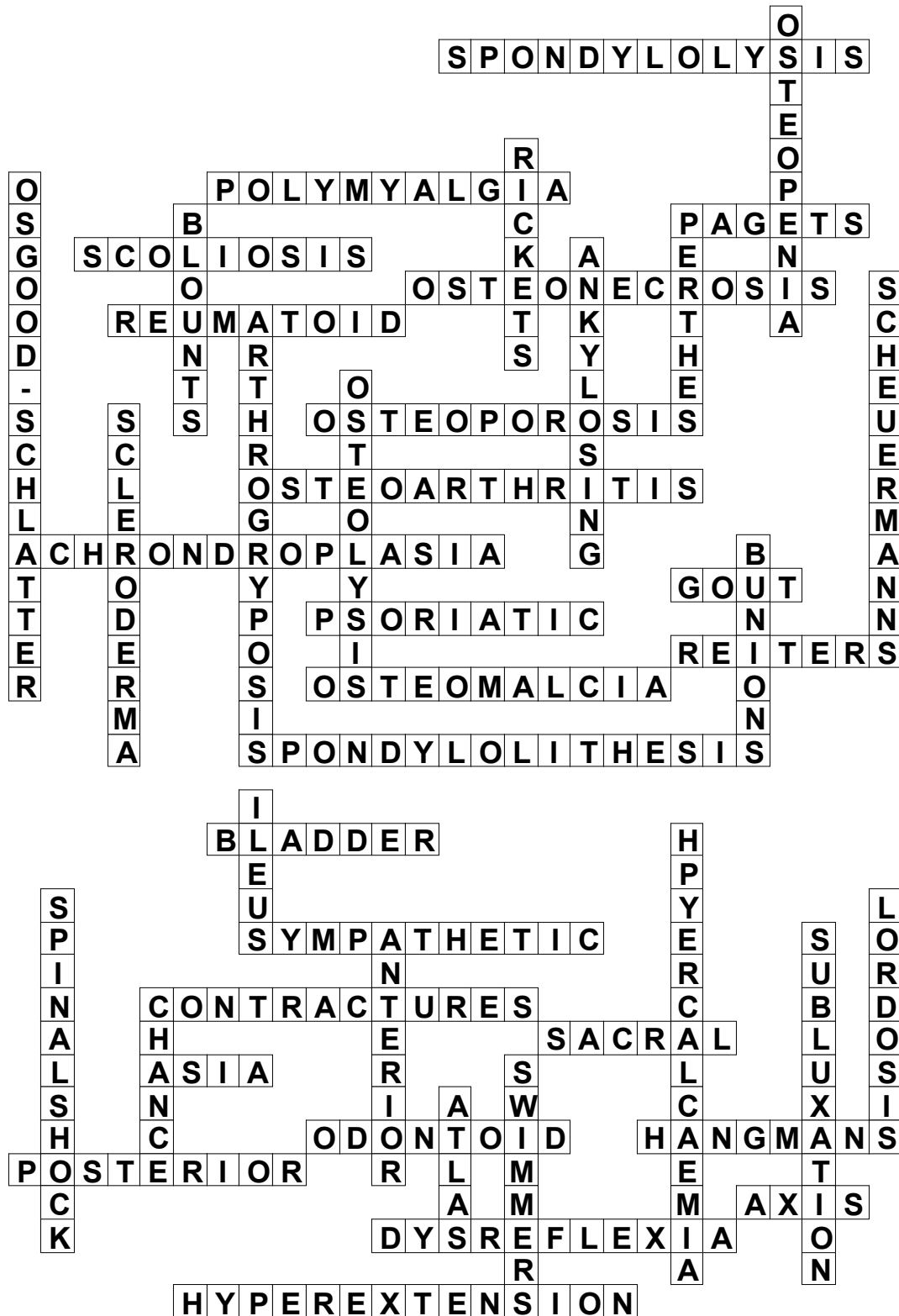
- 5 Good King \_\_\_\_\_ looked out on the feast of Stephen
- 8 An important symbol of fertility used by the Celts to decorate their homes. Must stand under it if you want to be kissed.
- 9 One of the gifts brought by the three wise men
- 11 A Scandinavian period of festivities was known as the \_\_\_\_\_. We still have \_\_\_\_\_ logs today.
- 12 The ancient Persian sun-god whose birth was celebrated on December 25th
- 14 Jesus' cradle was a \_\_\_\_\_
- 15 The red nosed reindeer
- 16 On the seventh day of Christmas by true love gave to me seven \_\_\_\_\_ a-swimming

## DOWN

- 1 This Christmas carol was originally written with no music by a pastor of a church because the organ was broken. \_\_\_\_\_ night
- 2 A Christmas tradition introduced in England by Prince Albert, Queen Victoria's consort, was the Christmas \_\_\_\_\_
- 3 \_\_\_\_\_ in a pear tree
- 4 Town where Jesus was born
- 6 The Romans used to celebrate the feast of \_\_\_\_\_ on December 25th which marked the winter solstice
- 7 Who the Red Baron fought
- 10 Santa Claus is also known as Saint \_\_\_\_\_
- 13 King of Judea when Jesus was born

Answer to last month's puzzle.

## Musculo-skeletal disorders





**MERRY CHRISTMAS TO  
YOU ALL**