

BREAKING NEWS

NEW ZEALAND ORTHOPAEDIC NURSES ASSOCIATION 2006. Issue 2

Hi everyone,

It is hard to believe that we are now in March. The year has certainly got into full swing.

Many of you will have a new group of graduate nurses in your areas and I would like to take this opportunity to welcome these people to the Orthopaedic setting.

A number of conferences are coming up throughout the year so keep an eye out for information related to these.



The NZONA meetings also have an educational element to them after the business has been done. Do make the most of these opportunities as they come your way.

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

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.

Other opportunities.

Auckland University of Technology offers 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.

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

Contact your Director of Nursing office for further information.

offered on line. It will next be offered Semester One 2006- it is a double semester paper.



Upcoming events:

Conferences:

Orthopaedics Across the Generations- From Pediatrics to Geriatrics.
May 7-10 2006.

West Edmonton Mall Conference Center
Fantasyland Hotel,
Edmonton, Alberta,
Canada.

Contact: Tessie Poong. E-mail: tessiepoong@hotmail.com

NAON Congress Boston. Partnering for Growth. May 20-24 2006. See
NAON website: www.orthonurse.org e-mail- naon@smithbucklin.com

3M Casting Conference 2006 Rydges Hotel Auckland August 25-26.

Call for abstracts. Closing date for these is 16 June 2006.

Enquires to:

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NZONA meeting:

Tuesday March 21st 2006.

1830 hours

Rotorua Hospital.

Educational topics: Tsunami experience, DVT

Show and tell:

Do you have anything interesting happening in your area? If so, please share it. Send contributions to this newsletter to

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Final thought:

One value for Orthopaedic Nurses:

The increased knowledge and expertise of the orthopaedic nurse serves to decrease the cost of health care through timely and appropriate identification of patient needs, effective and efficient health care delivery and timely and appropriate health education, maintenance and prevention programmes.

Article of interest:

With the increasing concern regarding back injuries among health care workers, you may find the following article useful.

Pellino, T., Owen, B., Knapp, L. and Noack, J. (2006). The Evaluation of Mechanical Devices for Lateral Transfers on Perceived Exertion and Patient Comfort. *Orthopaedic Nursing*. 25(1), 4-12.

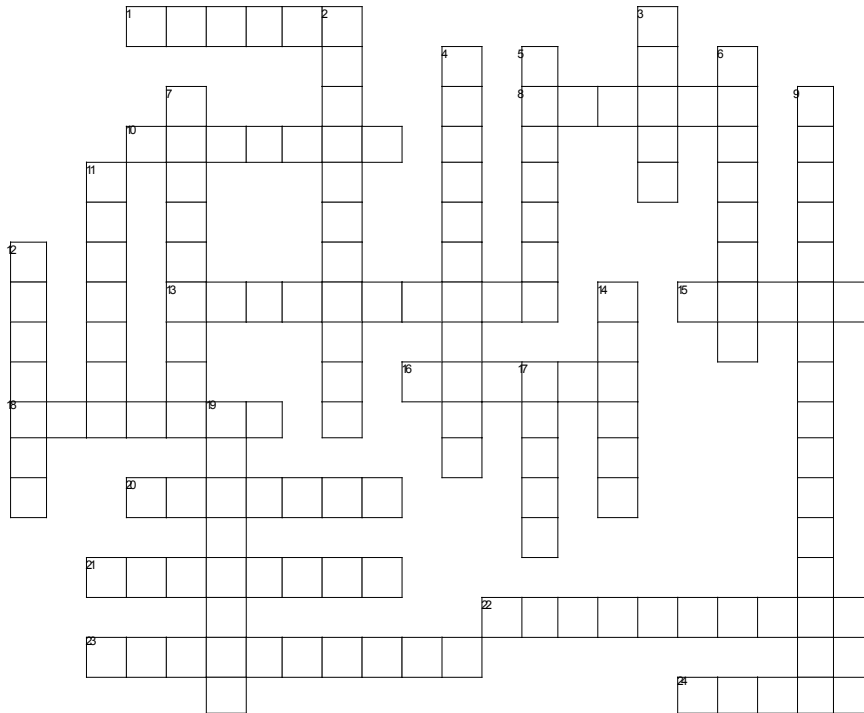
This is a research article that compares the perceived physical stress felt by health workers, time spent, number of people required and patient comfort when using different methods to transfer patients laterally when lying flat.

The study design is descriptive comparative. Manual and mechanical lifting methods were used in the study.

The summary of the study indicates that mechanical transfer devices decrease exertion, use less staff and time and enhance patient comfort. However, implementation of the use of these devices poses a challenge. Nurse input and involvement is key to the success of implementing new equipment. Indicators such as skin integrity have not been widely studied. A question posed is: Can devices help with the recruitment and retention of nursing staff in the face of a nursing shortage? Heavy workloads and the work environment are often cited as reasons why nurses leave the profession.

Puzzle for the month.

General Orthopaedic Knowledge



www.CrosswordWeaver.com

ACROSS

- 1 canal like passageway allowing blood vessels and nerves to pass
- 8 The basic unit of bone
- 10 Movement in two planes (saddle joint)
- 13 Raised area on or above a condyle
- 15 This accounts for approx 25% of live bone weight
- 16 law that states bone is laid down where it is needed and resorbed when it is not needed
- 18 these structures facilitate rotation at the knee joint by allowing better contact of the tibial surfaces with the femoral condyles
- 20 90% of this element is stored in bone
- 21 Movement in three planes (ball and socket joint)
- 22 is essential for the metabolism of calcium
- 23 large rounded projection that is a site for muscle and ligament attachment
- 24 sharp, slender and often pointed projection where ligaments may attach

DOWN

- 2 Joints that allow little or no movement such as the sutures between the skull bones
- 3 Narrow ridge of bone, usually prominent
- 4 Gland that produces the hormone that is required for the metabolism of calcium within the body
- 5 Rounded articular projection that forms part of a joint
- 6 Movement in one plane only (hinge joints)
- 7 connected bones to bones and help provide stability of the joint
- 9 This occurs with absence of bone stress often due to immobility
- 11 Protein found in tendons and ligaments
- 12 Round or oval opening through a bone that allows blood vessels or nerves to pass through
- 14 forms approx 40% of body weight
- 17 smooth, nearly flat articular surface projection that helps to form joints
- 19 The chief fibrous component of the musculoskeletal system

Answers for February issue.

