

BREAKING NEWS

NEW ZEALAND ORTHOPAEDIC NURSES ASSOCIATION 2006. Issue 6

Hi everyone,

We are now well and truly into winter. Our wards are taking in a number of medical patients as hospitals try to cope with the onslaught of medical ills. We are now passed the shortest day so moving toward summer.

The latest NZONA meeting was held in Auckland at Manukau Super Clinic on 18th July 2006.

It is with regret that the committee has accepted Amanda Burton's resignation from the role of President. Kim Brooks is fulfilling the role until the AGM in September.

The AGM will be at the Wellington Conference, the last item on the agenda for the 9th September. All are welcome to attend.

NZONA will be contributing a workshop to the ANZONA conference in Canberra in October.



The topic will be related to cultural safety.

A brief overview of the Congress in Boston was provided at the NZONA meeting discussing the Orthopaedic Nursing Certificate, the site visit to Mass General and the ICON meeting. The Congress is huge, covering 4 days and numerous sessions.

International Orthopaedic Nurses Day is now not far away (Monday October 30th) so you need to start thinking about how we (and you in your areas) can celebrate the uniqueness that makes Orthopaedic nurses special.

Please take care of yourselves in the midst of the winter ills and remember that summer will come.

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

Other opportunities.

Auckland University of Technology offers a Speciality Practice paper on Orthopaedic Nursing. This will next be

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.

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-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.



Upcoming events:

Conferences:

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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Trauma Services 11th Annual Injury Conference

Injury 2006

3rd & 4th August 2006

Eden Park

Auckland

www.adhb.govt.nz/trauma/injury_2006

The 5th Wellington Orthopaedic Nursing Conference

Management of the multi trauma patient

Wellington Town Hall

8th and 9th September 2006-05-12

Contact Pip Andrews

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ANZONA conference, Canberra, Australia

12th/13th October 2006. Rydges Lakeside

www.anzona2006.com.au

RCN Society of Orthopaedic and Trauma Nursing International
Conference and Exhibition, Sands of Time: Orthopaedic Nursing Past,
Present and Future.

September 14th-16th 2006. Floral Hall and Theatre Complex Southport,
UK. For further details visit

www.orthopaedicnursing.org and click on conferences tab

Trauma 2006-06-22 28 September -1 October 2006

Gold Coast

Queensland

Australia

www.trauma2006.com

NZONA AGM:

Saturday 9th September 2006

Town Hall

Wellington

Some useful websites:

www.orthopaedicnursing.org

www.ona.asn

www.orthonurse.org

Call for proposals:

NAON Congress St Louis, Missouri 19th-23rd May 2007.

Deadline for presentations: 23/06/2006

Deadline for posters 29/09/2006

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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Article of interest:

Harvey,C. (2005). Wound Healing. *Orthopaedic Nursing*. 24(2) 143-157

Wound healing in orthopaedics can often be a challenge. Not only to do have to contend with the nature of the trauma/surgery, but also with the implants we use for our management plans. These include joint prostheses, internal and external fixation devices. It is well known that bone infections are difficult to heal.

Harvey talks about the principles of wound healing that include promoting a healthy host (the patient) as well as promoting an environment that encourages natural skin healing.

Harvey introduces her article with a brief overview of the anatomy of the skin. She then discussed the physiology of wound healing, describing the phases of wound healing. A diagram of the cascade of wound healing events is also included.

A discussion of the factors that can affect wound healing is helpful in understanding the process and factors such as age, nutrition, lifestyle, medications and risk predictors (such as pressure areas) are discussed.

There are three areas of wound classification that are included in the article are:

Intentional/unintentional

Closed/open

Orthopaedic wounds/grafts

Harvey discusses wound staging, most often applied to pressure sores.

A section is devoted to wound assessment which is essential to provide baseline information. Nursing implications are discussed.

A chart on quick guide to wound dressing function can be useful in a busy work environment.

Harvey identifies the essentials of skin/wound care as being primary support of the host and preventative measures to maintain skin integrity. If a wound does occur, the principles of wound care involve identification and elimination of infection, removal of necrotic tissue, filling of dead space, management of excessive drainage maintaining a moist environment and protection of the wound and surrounding skin.

Final thought:

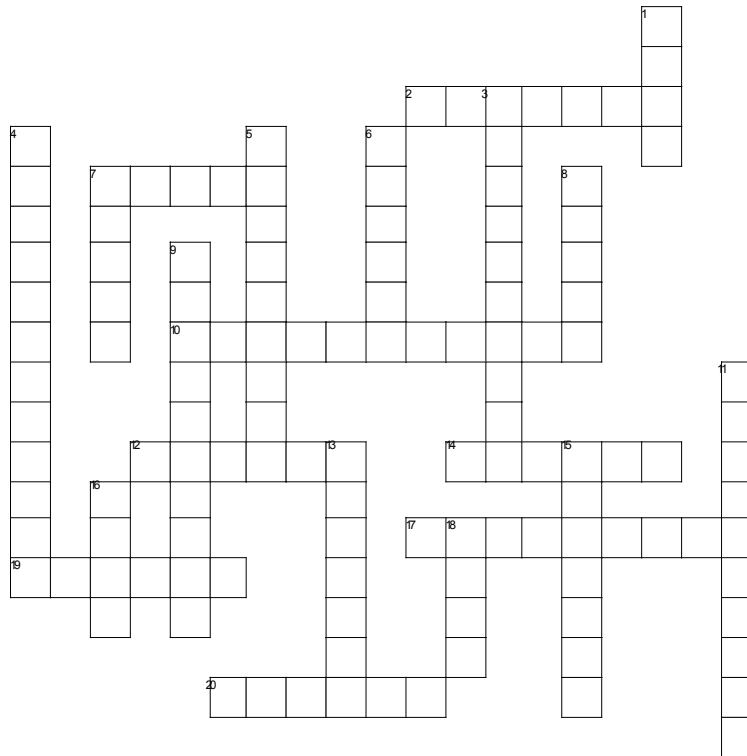
The unique function of the nurse as being to assist the individual, sick or well in the performance of those activities contributory to health or its

recovery (or a peaceful death) that he or she would perform unaided if she or he had the necessary strength, will or knowledge to do so in such a way as to regain independence as soon as possible.

Virginia Henderson

Puzzle for the month.

Bones, bones and more bones



www.CrosswordWaver.com

ACROSS

- 2 Triangular shaped sesamoid bone enclosed in the quadriceps tendon
- 7 _____ capitis is a small central pit on the head of the femur from where the ligamentum teres runs
- 10 projections on proximal femur that serve as sites of attachment for thigh and buttock muscles
- 12 Seven bones of which the talus is one are known as the _____
- 14 _____ and lateral condyles articulate with the tibia
- 17 One of the medial bones in the foot
- 19 5 vertebrae used that form part of the pelvic girdle and articulates with L5 vertebra
- 20 Tail bone. From the Greek word meaning 'hook' as this resembled a birds beak

DOWN

- 1 The pectoral nerve wraps itself around the _____ of the tibia
- 3 One of the three arches of the foot
- 4 When weight is borne by the ischial _____
- 5 The medial projection of the tibia is known as the medial _____
- 6 Bone that runs parallel to the tibia and is joined to it by an interosseous membrane
- 7 The longest and strongest bone in the body
- 8 The gluteal muscles attach to three ridges known as the posterior, anterior and inferior gluteal _____
- 9 Five small long bones in the foot
- 11 The point to which the patellar ligament attaches is known as the tibial _____
- 13 Indentation on the ilium that allows a thick cord like ligament to pass is known as the greater _____ notch
- 15 The pelvic bones contribute to the structure of the acetabulum. These are the ilium, _____ and pubis.
- 16 The _____ is the weakest part of the long bone
- 18 Wing like regions on the scapula known as the _____

Answers to last month's puzzle.

