

BREAKING NEWS

NEW ZEALAND ORTHOPAEDIC NURSES ASSOCIATION 2008. Issue 2.

Hi everyone,
Welcome to this issue of Breaking News.
We are now well into the year. Thus far, we have survived the junior doctors strike and some of us also survived the one by Spotless staff earlier this year. However, we are not out of the woods yet, with further action planned by the junior doctors still to come.

The Queensland Conference held in Surfer's Paradise was attended by a few delegates from New Zealand and provided an excellent opportunity for networking.



With International Nurses Day coming up (May 12th) take some time to celebrate the special contribution we make to the welfare of our patients. Go well, and enjoy what you do.

Lynley Papadopoulos

Registered Nurse

Orthopaedics

Counties Manukau DHB

LynleyP@middlemore.co.nz or

papafam@ihug.co.nz

Later this year, the newsletter will be available only as a web page. Further developments will be notified to the membership as they occur.

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NZONA Regional Study Meeting
Waikato Hospital 5th April 2008
Prepared by: Lyn Harris NZRN
NZONA Regional Representative and Facilitator

The theme for this workshop was practical casting and practice updates. The objective was to share information and create discussion on a range of topics related to casting. The morning was well attended with over 50 participants with some sponsorship support from 3M and Orthotic Centre which added to the successful meeting.

The first session was presented by SN Dianne Williams (Waikato) giving an overview of the Ponseti method and conference feedback. The Ponseti method has been a new approach and challenge for staff working at Waikato hospital and it was a good opportunity to share this change in clinical practice with local nursing staff. One of the potential difficulties with this method is ensuring patient compliance with the approach and this is seen as an area in which orthopaedic nursing can contribute to ensuring that the approach is successful.

The principal of casting application and trouble shooting was then presented by Amanda Wyn-Burton (Waikato) and Dianne Williams (Waikato). This was an opportunity to refresh knowledge on signs of a potential cast complication, how to respond and a general overview of how to prevent situations from occurring.

Following this the application of an Equinus cast associated with the treatment programme of Achilles tendon injury. This included an application of a Range of Motion (ROM) boot and an overview of the new TA protocol was presented by Janice Turney (Waikato), Brenda Paterson (Waikato) and Pradeep Chauhan Orthotist (Waikato). This change of practice had been introduced to both medical and nursing Waikato Hospital late 2007 by Mr Peter Black Orthopaedic Surgeon. The overriding reason was to reduce the number of re-ruptures and given the success of this procedure in the UK it was decided to commence a programme here for all Waikato Hospital presenting patients. Firstly a demonstration was given by Janice; explaining application technique of the Equinus cast using a synthetic product in a informing and tip advising presentation. Pradeep followed on with the application of the Range of Motion Boot (ROM) in which he tested the knowledge of the group and discussed how to move the ROM from plantar flexion to a neutral position, this also included some education tips for the patients and staff.

Principals of Hip spica application and care management was demonstrated by Brenda Paterson (Waikato) and Janice Turney (Waikato) providing an informative overview of the casting procedure. This again demonstrates the complexity of casting and the valuable lead role the nurse can play in application, patient education and care. Care Management was discussed by Amanda Wyn-Burton (Waikato) who presented patient information, transportation and led a lively discussion on the care management.

The final session was the practical session allowing attendees to have a go at applying a below elbow POP or FG cast. The presenters were Janice Turney, Brenda Paterson, Liz Blake-Palmer (Auckland) with clinical practice supporters Lisa O'Donoghue (Waikato) and Alison Fraser (Auckland). Within the group there were a number casting experts which provided the opportunity for knowledge to be shared, tips given and good discussion on approaches to casting. The Waikato DHB Casting Flip chart was used as the basis of this teaching.

Feedback on the morning has been overwhelmingly favourable with requests for further workshops in the future. Many thanks to 3M and Orthotic Care for their sponsorship and support. The NZONA meeting ran at the conclusion to this meeting.

Plea from the editor:

Is there anyone out there who would love to contribute to the newsletter in some way?

Have you written an interesting exemplar/case study that could be shared?

Have you attended a conference or seminar that was productive and beneficial?

Are you leading or involved in any research relating to orthopaedics?

I would love to have some help with contributions to the newsletter

LynleyP@middlemore.co.nz or papafam@ihug.co.nz

Website Development.

Our website is now up and running. Go to www.nzona.org to see the results.

The NZONA committee wish to express our gratitude to Liz Blake-Palmer for all her hard work and ideas.

We would like to see case studies and exemplars on the website as well. Also if you have done any research, either as part of your studies or your role, we would love to see this on the web site as well. Research can often seem a scary prospect but if those who have participated in the process share their research and any tips they learnt along the way, it will encourage others to take up the challenge as

well.

Upcoming events:

Kids Trauma Conference 9th May 2008

See attached flyer

NAON Congress San Jose California

Gateway to Excellence

May 17th -21st 2008

www.orthonurse.org

Grow with Us in Orthopaedic Nursing

The 31st Annual Canadian Orthopaedic Nurses Association

Best Western Lamplighter Inn

London,

Ontario, Canada.

Send to: Bob Harris

161 Brian Ave

London,

Ontario N6G2L8

e-mail: valerie.uniacc@lhsc.on.ca , laura.anderson@lhsc.on.ca

4th Annual Orthopaedic Nurses State Conference

Articulate, Align, Unite: Taking Orthopaedics Into the Future

22-23 August 2008

The University Club

The University of Western Australia.

Perth.

Call for abstracts coming soon.

For further information e-mail: president@ona.asn.au

Diamonds are forever: RCNSOTON 22nd International Conference and Exhibition.

25-27 September 2008

Llandudno, UK

Annual Scientific Meeting for Australian and New Zealand Spinal Cord Society

Christchurch

New Zealand

26-28 November 2008.

www.anzcos2008.org.nz

Northern region education offerings for 2008.

July 2008-
Spinal seminar
Auckland
See attached flyer

November 2008-
Metabolic meeting
Rotorua
Date and venue to be decided

November 2008- AGM

Some useful websites:

www.orthopaedicnursing.org

www.ona.asn

www.orthonurse.org

Services offered:

TYPING SERVICES

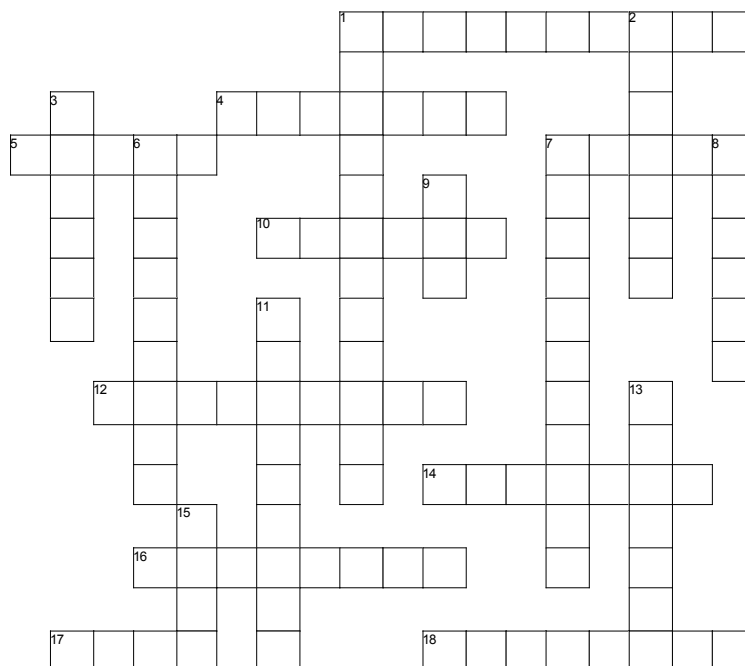
Assignments, Essays, Notes, Thesis, Interviews, Minutes, Reports Previous
Orthopaedic Typing Experience

Contact: Heather Almao PH 021 478 846

Request for information:

A request had come from Waikato for information on integrated care plans for the Spinal Cord Injured patient in the acute phase. Anyone who can help with this could contact Amanda Burton on BurtonA@waikatodhb.govt.nz. She would be most appreciative.

Orthopaedic Casting



www.CrosswordWizards.com

ACROSS

- 1 _____ was cut to shape to provide a splint after the limb was wrapped in wool. This was dampened down to allow for moulding to the limb. The limb was then wrapped in bandages which were coated with starch in the method brought to England by Samson Gamgee in the 1850's.
- 4 Plaster of Paris is more easily _____ than fibreglass
- 5 The Ancient Greeks used _____ and resins to create stiffened bandages
- 7 Unmodified plaster is not fully dry for 72 _____
- 10 Dominique _____ began stiffening bandages using camphorated alcohol, lead acetate and egg whites. This innovation came after the Battle of Borodino (1812)
- 12 Louis Seutin (1793-1865) developed the use of _____ splints and bandages soaked in a starch solution and applied wet. These dressings required 2-3 days to dry depending on temperature and humidity.
- 14 The use of a product of starch hydrolysis called _____ reduced drying time of bandages to 6 hours
- 16 The innovation of the modern cast can be traced in part to a group of _____ surgeons
- 17 Ambroise _____ (1517-1590) promoted the use of casts made from wax, cardboard, cloth and parchment that hardened as they dried
- 18 Plaster of Paris is _____ Gypsum

DOWN

- 1 Fibreglass bandages are impregnated with _____
- 2 Arabian doctors used _____ from egg whites to stiffen bandages
- 3 Ancient Hindus used _____ as splints
- 6 The Ancient _____ used wooden splints made of bark wrapped in linen
- 7 _____ advocated the use of wooden splints and exercise to prevent muscle atrophy
- 8 Ancient Roman writings in AD30 describe the use of splints and bandages stiffened with _____
- 9 Plaster of Paris hardens after it has been made _____
- 11 The stiff bandages used by the Ancient Egyptian were probably derived from _____ techniques
- 13 Plaster of Paris bandages were first employed in the treatment of mass casualties by Frolov during the _____ conflict
- 15 _____ was derived from sea shells by the Arabian doctors

Last month's answers.

General Orthopaedic Knowledge

