

BREAKING NEWS

Newsletter of the New Zealand Orthopaedic Nurses Association (N.Z.O.N.A)



Editorial note...

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Hi everyone,

Welcome to this issue of Breaking News.

Winter is nearly over. At the moment we seem to be experiencing an usually mild August and the spring flowers are starting to come out in force.

Just a reminder that the ANZONA conference is coming up in October for those who are interested in attending but haven't yet registered.

The northern and southern regions of NZONA are being very active with education sessions which are well attended.

Those who attend have enjoyed the opportunity to network afterwards so if you have the opportunity to attend, please do.

International Orthopaedic Nurses Day is coming up on October 30th. Please take the opportunity to celebrate what we do.

Take care over the next couple of months. Enjoy the fact that spring and summer are coming and celebrate.

Regards<

Lynley Papadopoulos

Report from NZONA Northern Region Study Morning.

On Saturday 27th June 2009 Tauranga hosted an educational workshop. As with the session previously held at Waikato in March, the focus was on the elderly.

Dr Sethi presented a session on the physiological reasons for falls, which was very informative and enabled us to understand more readily how falls can easily happen and how important falls prevention is in addressing the factors that lead to falls.

Julie Graves discussed nutritional aspects related to keeping bones healthy, important at all ages, but more so in the elderly. It is well documented that elderly on their own are frequently malnourished as they do not take time to prepare nutritionally balanced meals.

Injury prevention was presented by Liz van Welie. She discussed ACC funded exercise programmes designed to strengthen muscle and bone in the elderly. The primary discipline in such programmes is Tai Chi. The nature of the exercises encourages the development of muscle strength and also improves balance.

A final session on the Otago Exercise Program was presented by Yvonne Hartwell. This exercise programme is innovative in the sense that people are able to do this in their own homes and does not require the purchase of any special equipment.

A small group gathered at the Urban café afterwards for an executive meeting and lunch.

Thanks to Janet Ford for organising the day and Leslie Warner for stepping in as host at the last minute.

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Upcoming Events

4th ANZONA Conference, Adelaide, South Australia.
21-23 October 2009.
Further information:
www.anzona.net

Association of Maltese Orthopaedic Nurses
TEMPLES OF INSPIRATION

15th-16th October 2009.
www.amon-nurse.com

— **RCN SOTN** Conference
24th to 26th September 2009
Newcastle Upon Tyne
www.rcn.org.uk

Canadian Orthopaedic Nurses Association Halifax Mayflower
Chapter.
May 16-19 2009.
Halifax Canada. Further information:
www.cona-nurse.org/en/Conference/index_conference.

NAON at 30: Memories and Momentum

Washington State Convention and Trade Center
Seattle, Washington
May 15 - 19, 2010

Further information: www.orthonurse.org

NZONA Northern region workshop.
Saturday 19th September 2009.
0830-1300.
Manukau Super Clinic, conference room 1.
Further information contact:
papafam@ihug.co.nz

Some useful websites:

www.orthopaedicnursing.org

www.ona.asn

www.orthonurse.org



Reports from 3M Casting Conference

In March 3M Medical held their casting conference at the Heritage Hotel in Auckland. This conference used to be an annual event but has not been held for several years. It was excellent to see it being held once again and very much appreciated by the participants who attended, particularly the wearable plaster arts awards.

There were over 100 delegates, most coming from the outpatient, plaster room and private clinics, however there was a mix of presentations and would have been enjoyed by all staff working in the orthopaedic area. Subjects ranged from a presentation on hip and knee trauma presented by Mr Michael Flint to a case study presentation on applying serial plasters on a complex and 'difficult' patient presented by Sue Thornton (North Shore Hospital). Mr Tim Astley was on the programme to speak on shoulder injuries, but instead he gave us a very entertaining review of being an orthopaedic registrar in days past and on some of the changes he has witnessed over his long career. The photographs he showed also gave many of us an opportunity to see our orthopaedic consultants at a much younger age and to hear stories they would probably best forget.

The wearable arts awards in the evening demonstrated the huge creativity and imagination of the participants who entered. There were some very attractive form fitting cocktail dresses, fantasy costumes and wall art. It certainly had me thinking about what I could enter next year!

I look forward to the next conference.

Amanda Burton

3M CASTING CONFERENCE

The 3M Casting Conference was held this year in Auckland on the 27th- 28th March

It was excellent as usual and attended by a wide selection of nurses throughout N.Z.

This gave Amanda and me a great opportunity to inform them about NZONA.

This conference covered a wide variety of subjects associated with orthopaedics and casting, making it an interesting and enjoyable two days.

On the first day we had a very clear and informative presentation by Mr. Michael Flint on hip and knee trauma. This was then followed by Nicola Bush a lawyer employed by NZNO who gave a talk on medical litigation.

Sarah Waldin a hand therapist who specialises in the treatment of hand and upper limb injuries covered the management and use of custom made softcast splints

A radiographer Karen Wills gave the most enlightening talk in interpreting x-rays which I could have listened to again as it was highly informative.

Practical workshops were then provided each day for everyone to network and practice casting in arm and leg injuries.

The second day included pain management, hand injuries and Liz Milner gave a rewardingly informative lecture on wound assessment which we have followed up on by changing some of the products we use in our casting unit.

Overall the conference was a valuable opportunity from which we gained fresh knowledge from a wide variety of speakers that we have now put into good practice.

Sue Sharpe Casting Unit Middlemore Hospital, CMDHB