

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.

Labour weekend has come and gone. The next public holidays are Christmas. Some lovely person reminded us the other day that there are 59 shopping days until Christmas which may be reassuring, or not.

International Orthopaedic Nurses Day is coming up (30th October) so please take time to celebrate orthopaedic nursing. Ginny Martin and her team are doing an excellent job in the South. In August the Mercy hospital hosted an education session with an attendance of 50 people.

Auckland hosted a session at the Manukau Super Clinic with a focus on paediatrics in September.

I want to take this opportunity to congratulate Queen Elizabeth Hospital in Rotorua on their move into new facilities. This happened in September.

Take care and have a great Orthopaedic Nurses Day.

Regards,

Lynley Papadopoulos

Report from NZONA Northern Region Study Morning.

On Saturday 19th September 2009 a small group met at the Manukau Super Clinic for a study session. This session had a paediatric focus.

Mr Wesley Bevan spoke about cerebral palsy and some of the treatment options for the associated musculo-skeletal problems, including Botox.

Elmarie Hoe, a physiotherapist, spoke on the post surgery care in the community.

Julie Carroll spoke about child protection, which is the responsibility of everyone.

The final session was on Botox used (sorry, not foreheads or eyes, purely medical). Marina discussed the many medical uses for Botox, including relaxing tight tendons and muscles.

The key thought for me from the day was that nothing happens fast and many of these problems in children can take many months or years to resolve.

Many paediatric problems go on to cause problems in adulthood so it is important for us to have an understanding of these problems, even if we do not work in paediatric orthopaedics.

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Upcoming Events

Joanna Briggs Institute International Convention, Ripples to Revolution: From Bench to Bedside.

Hyatt Regency, Adelaide,
South Australia.

www.joannabriggs.edu.au/events/2009JBICConv/index.html

EFORT

**11th European Federation of Orthopaedic and Traumatology Congress,
Nurses Session**

Madrid, Spain.

2-5 June 2010

Early registration deadline January 31st 2010

www.efort.org/madrid2010/nurse

Canadian Orthopaedic Nurses Association Halifax Mayflower Chapter.

May 16-19 2010.

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 28th November 2009.

Rotorua

0830-1300.

Details to follow.

The 1st International Collaboration of Orthopaedic Nurses

(ICON)Conference

16th-17th September 2010

Crowne Plaza, Northwood Park

Dublin, Ireland.

www.icon2010.com

SOTON Annual International Conference

18-19th March 2011

York Racecourse,

York, England

orthopaedics@rcn.org.uk

Some useful websites:

www.orthopaedicnursing.org

www.ona.asn

www.orthonurse.org

Article review.

Grinstein-Cohen,O., Sarid,O, Attar,D., Pilpel,D. & Elhayany,A. (2009). Improvements and difficulties in post operative pain management. *Orthopaedic Nursing*, 28(5) 232-239 including CE credits.

This article reviews literature on post operative pain management from the perspectives of healthcare providers, patients and institutions. Two hundred and twenty studies were retrieved. These studies included the term post operative management, together with one or more of the following terms: adult patients, education, interdisciplinary teams, attitudes, physicians and nurses. Of the two hundred and twenty retrieved, only 93 were sufficiently close to the topic. These were organised according to the following themes: Post operative pain management as it related to healthcare providers, patients, and institutions; changing trends in healthcare education in relation to various post operative pain interventions and the role of policy makers concerning improvements and challenges in the management of postoperative pain.

The article points out that the attitude and beliefs of healthcare providers affect the effectiveness of post operative pain management. For example, a study revealed that over 80% of nurses working in surgical wards over estimate the risk of addiction among post operative patients. Another study revealed that only 25% of nurses correctly estimated the risk to be less than 1%. Research indicates that as a result patients were given lower doses at longer intervals. Other studies ave shown that improving pain assessment requires

The article identifies that post operative pain has been a significant problem for patients and is still a challenge in healthcare. Although several factor are identified such as lack of education, money and attitudes, other are only lightly referred to including cultural beliefs about pain, previous experiences of pain, fear and anxiety.

In Summary, the article indicates that although specific programmes have often been set up, the results are often inconclusive. However, where interdisciplinary teams composed of anaesthetists, nurses, surgeons and physiotherapists receiving the same education have occurred, evidence suggests that there is a marked reduction in the patients' pain and post operative complications.

Successful pain management depends on healthcare providers ongoing process of education and learning.

