

Nursing and Midwifery Matters

What matters to you, matters to us

Welcome to the October edition of the nursing and midwifery newsletter.

As you will all be well aware, the National Registration and Accreditation Scheme (NRAS) became a reality on the 1st of July 2010. South Australia was the first state to undergo registration renewal - on the 1st Sept 2010 - as we moved to national registration. On that date more than 26, 000 SA Nurses and Midwives renewed their registration. Of these, almost two thirds took advantage of the on-line facility for renewal and we received good feedback as to the user-friendliness of the system. Well done to all for leading the way.



Of all the changes that the NRAS has brought, one of the more noticeable for SA Nurses and Midwives is the requirement for a minimum of 20 hours Continuing Professional Development (CPD) per year. The CPD requirements encourage all nurses and midwives in their life long learning, to follow their passions, to seek out learning and mentoring opportunities. CPD is a versatile approach and can include self-directed learning, in-house lectures, mandatory updates and attendance at conferences. CPD time also includes time spent undertaking courses ranging from short courses as offered by hospitals, Vocational Education Training (VET) facilities and universities, up to full Postgraduate courses. This newsletter often has details of upcoming short courses, lectures and conferences and we always like to receive details of events that you would like to share with or advertise to your colleagues. Nurses and Midwives are also supported by a variety of scholarships being available for further study, information on these can be found on the nursing and midwifery website at <http://www.nursingsa.com/index.html>. Information on CPD requirements in general can be found at <http://www.nursingmidwiferyboard.gov.au/Registration-Standards.aspx>

Of course many South Australian nurses and midwives do much more than 20 hours active learning in a year. Actively pursuing learning allows nurses and midwives to develop the personal and professional qualities required throughout their professional lives. It equips us to seize opportunities as they arise and to create new opportunities. Our professions are evolving in response to changes in health provision driven by changing demographics, by technological developments and by shifting community expectations. New directions in health service emphasise multidisciplinary, collaborative team approaches to care, in acknowledgment of the fact that no single health care provider or service model can adequately meet the complex requirements of today's health care consumer. There are multiple opportunities for advanced practitioners in both Nursing and Midwifery as we go forward to meet the increasing demand of health services, particularly in primary care and rural and remote settings.

Congratulations to all the nurses and midwives who are pursuing further study and learning opportunities, we look forward to your leadership and inspiration in the years to come.

Regards

Jenny





National Registration for Nurses and Midwives

As discussed above, the registration of Nurses and Midwives moved to the National Registration and Accreditation Scheme (NRAS) on the 1st of July 2010.

For SA nurses and midwives this means the previous Nursing and Midwifery Board of South Australia (nmbSA) has been replaced by the Nursing and Midwifery Board of Australia (NMBA) under the Australian Health Practitioner Regulation Agency (AHPRA). They can be contacted at:

Postal Address

AHPRA
G.P.O. Box 9958
Adelaide SA 5001

Office Location

Level 8, 121 King William Street
Adelaide SA 5000

Office contact numbers are:

General enquiries: 1300 419 495

Notifications/complaints: 70715530

Office hours are 9am to 5pm Monday to Friday.

For up to date information visit the NMBA website:

<http://www.nursingmidwiferyboard.gov.au/>

which is part of the AHPRA website.

(We have received many enquiries in the Office of Nursing and Midwifery regarding AHPRA matters such as Registration. While we do try to be of assistance, it is better if the nurse/midwife contacts AHPRA as above for answers.)

Please note that AHPRA has informed us that a receipt for payment of registration renewal with a Certificate of Registration will be sent out to all nurses and midwives who have renewed their registration with AHPRA as soon as possible. The certificates will not be the same size or format as the previous nmbSA practicing certificates. In the interim, nurses and midwives can check and/or print a copy of their registration details, including the expiry date of their registration from the public register on the AHPRA website; www.ahpra.gov.au

Launch of the new SA Health Website

SA Health's new website is now live and can be found at www.sahealth.sa.gov.au.

The new website provides the latest news and health alerts from SA Health, information about health services, how to lead a healthy lifestyle, and how to access health.

The website also offers information on the latest hospital upgrades, progress on the new RAH, information on how we are improving and changing the health system and how SA Health is working with health professionals to continue to improve health care for patients.

The site has been designed to establish a profile as the single best site for high quality, engaging and customer focused health content in South Australia.

The SA Health website contains a link to the Nursing and Midwifery website, or you could go directly to <http://www.nursingsa.com>

Developing Leads

Developing LEADS is an initiative to provide the Clinical Leadership Programme for all health professionals, using an inter-professional model under the SA Health LEADS framework.

Building on the success of the inaugural programme, the second Developing LEADS programme will commence in November / December 2010.

The programme is two-tiered, conducted over 12 months and available to all health professionals working in all health settings within Adelaide Health Service; Country Health SA; Children, Youth and Women's Health Service and SA Ambulance Service. This initiative is supported through the Nursing and Midwifery Office as well as the offices of the Chief Allied and Scientific Health Advisor, Chief Medical Officer, Chief Pharmacist and SA Health Workforce Division,.

Participants have identified many benefits of their experiences in the inaugural programme. Some are highlighted in the following responses

to end of programme evaluation questions:

"It's good to come together with other professions because you see things from different perspectives"

"I can really appreciate the changes in myself and the impact this has already had on the staff and ultimately on the care of the patients"

"I became more aware and critical of the health care systems... more willing to challenge existing practice and influence change"

Expressions of Interest are now being sought for Clinical Leader participants. Application information is available on the Department of Health intranet at <http://in.health.sa.gov.au/leadership-excellence.asp>

The Closing date for Clinical Leader applications is **22 October 2010**.

Please contact Kirstie Walkley, State Lead Facilitator with any enquires or comments.
Email: Kirstie.Walkley@health.sa.gov.au
Telephone: (08) 8222 2884

Aboriginal Professional Employment Program

Applications for the 2011 intake are now open!

WHO CAN APPLY

- Full or part time Aboriginal or Torres Strait Islander students currently studying or about to commence an undergraduate degree at University in a relevant discipline, and who have resided in rural South Australia prior to undertaking their tertiary education.
- Full or part time students of Aboriginal or Torres Strait Islander currently studying or about to commence a required graduate or professional entry course which will lead to the student, upon graduation, being fully qualified to commence clinical practice. E.g. Allied Health students.

ELIGIBLE COURSES

- Scholarships are awarded for disciplines employed within a rural health unit:

Medicine, Nursing, Midwifery, Allied Health, Business and Aboriginal Studies.

- Allied Health disciplines include: Occupational Therapist, Speech Pathologist, Dietician, Physiotherapist, Physiologist, Orthotist/Prosthetist, Pharmacist, Medical Imaging, Psychologist, Podiatrist, Social Worker.

If you have any questions about what is an eligible Health discipline please visit the Country Health SA website or contact the Scholarship Coordinator on countryships@health.sa.gov.au.

PROGRAM FUNDING

- Full time students are provided with \$5000 per year in two half payments of \$2,500 for up to 4 years study for their undergraduate degree.
- This amount is adjusted for part time students according to study load.

TERMS AND CONDITIONS

If successful you will need to:

- Supply proof of University acceptance and enrolment.
- Maintain a successful academic record throughout your undergraduate studies.
- Accept the scholarship terms and conditions through a signed agreement.
- Provide a letter confirming your Aboriginal or Torres Strait Islander descent.
- On request, supply a National Police Certificate at your own expense in accordance with SA Health Policy.
- Work for Country Health SA upon completion of your undergraduate degree for a period equivalent to the years of program funding.

ADDITIONAL INFORMATION

Scholarships for the 2011 intake will close on 31st December 2010. To apply for a Scholarship or for further information about the Scholarship please visit the Country Health SA website at:

<http://www.countryhealthsa.sa.gov.au/Scholarships.aspx>



Perinatal Mental Health

The National Perinatal Depression Initiative (NPDI) is a 5-year Commonwealth and State funded initiative which aims to improve the prevention and early detection of antenatal and postnatal depression; and to provide better care, support and treatment for expectant and new mothers who are at risk or experiencing perinatal depression.

The rollout of universal routine screening for Perinatal Mental Health (PNMH) issues will be done by:

- extending routine and universal screening for depression using 2 short self-completion questionnaires: the Edinburgh Postnatal Depression scale and the new Antenatal & Postnatal Risk Questionnaires (ANRQ & PNRQ)
- increasing workforce training and development
- further identifying & developing pathways of care
- raising community awareness

In SA, screening during pregnancy will be introduced at the first midwifery contact. This is already happening in northern metropolitan Adelaide and at the Women's & Children's Hospital in central Adelaide. There are a small number of staff working across the state on the NPDI, including the Country Coordinator Carol-Ann Stanborough, dedicated to working with both metropolitan and country staff including GP's, Midwives, Aboriginal Maternal Infant Care workers (AMIC), Child Youth & Women's Health Services (CYWHS & CaFHS) staff and others including Adult Mental Health & CAMHS, GP Practice nurses and Remote area nurses. Training is given in the use of the nationally agreed screening tools; and awareness raised as to care and referral pathways for women identified as at risk of perinatal depression. PNMH Clinical positions are currently in the recruitment phase.

The PNMH Coordinators Implementation team have developed screening and referral pathways for nursing and midwifery staff. The coordinators engage and consult with clinical staff and management to ensure the smooth

transition to universal screening.

Some staff in SA regions have participated in the 'Connecting Mums' training led by Dr Anne Sved-Williams or in the culturally appropriate Aboriginal program 'Connecting Mums, Babies, Family & Culture' which is now part of the advanced training attached to the NPDI. Training in PNMH screening and PNMH issues will continue to be offered into 2011. In particular, country areas will receive targeted training for midwives. The training will be offered via a variety of media including videoconferencing, e-learning, face to face, pre-study booklets and audio.

Universal screening in SA will include all antenatal women being offered the **beyondblue** information booklet "Emotional Health in Pregnancy and Early Parenthood". This includes an information card on support services in SA. There is also a new booklet targeting fathers called 'Hey Dad'. For further Perinatal mental health resources please go to the *beyondblue* website www.beyondblue.org.au


Postnatal Depression Awareness week is 14th to 20th November 2010.

PNMH Coordinators are preparing resources and events to occur throughout SA to raise community awareness of these issues. For more information please Email: carol-ann.stanborough@health.sa.gov.au or: tracy.semmler-booth@health.sa.gov.au

Successful conference of Mental Health Nurses.

This year 485 delegates attended the Australian College of Mental Health Nurses, 36th International Conference: "Row with a team or paddle alone", held in Hobart. (30 Aug – 2 Sept). The conference brought together academics, clinicians and managers from across the globe to share their knowledge and experiences around research, clinical practice and partnership and collaboration in mental health, particularly mental health nursing.

A highlight this year was South Australia's Susan Wilson (Nurse Practitioner Candidate)



winning the Stan Alchin Award. The award is judged by college members who attend each of the sessions and is presented to honour and recognise the primary place of clinical practice in mental health nursing. It is awarded for the most outstanding clinical paper of the conference presented by a practising clinician.

Susan and Linda Nobes co-authored "Size Does Matter - assessment of risk and management of metabolic syndrome", describing how they developed nurse-led clinics, receiving referrals from clinicians of multi disciplinary teams in the northern and western regions of Adelaide, thus ensuring consistency of care across the regions.

Susan said that "the conference was an extremely worthwhile experience and that she would sincerely encourage others to participate if the opportunity arose".

Other South Australians presenting papers were:

- David Curren and Liz Cleland, who presented "Transition to Practice – Supporting Resilience, Reform and Consumers". This paper highlighted the lessons learnt from the implementation of a Transition to Practice Program for Mental Health Nurses in South Australia.
- Abbie Holtham and Anna Schembri presented a paper on the "Aboriginal Mental Health Team – Pathways Project".
- Flinders University's Deb O'Kane presented a paper that examined "the challenges of delivering mental health consultation in primary care practice".
- Louise Roberts also from Flinders University presented a paper entitled, "the identification assessment and management of psychiatric presentations by paramedics in the community".

The Standards of Practice for Australian Mental Health Nurses: 2010 were also officially launched at the conference by the Tasmanian Minister of Health.

Congratulations and well done to everyone.
Magda Simon
Nursing and Midwifery Office, SA Health

Useful Links

WMI CRC newsletter

Those nurses and midwives interested in innovative wound management practices might be interested in a bimonthly newsletter launched earlier this year. The Wound Management Innovation CRC newsletter was launched in July this year with the second edition now out. It may be accessed at:

<http://www.woundcrc.com/images/news/newsletter-september.pdf>

The CRC stands for Cooperative Research Centre, an government backed concept of bringing together diverse stakeholders to address multifaceted problems. The newsletter makes interesting reading and offers another resource for all nurses and midwives.

Upcoming events and conferences

2nd Joint International Evidence Based Healthcare Conference Experience the Difference, Show the Impact'

27 to 30 October 2010

Adelaide, South Australia, Australia

Presented by the University of South Australia and the University Malaysia Sarawak. The theme of this 2010 Conference, 'Experience the Difference, Show the Impact' will bring together a wide range of internationally renowned clinicians, researchers, educators and health service managers to showcase the impact of evidence on the delivery of quality healthcare to consumers (patients/clients and others).

Website:

<http://www.alloccasionsgroup.com/EBHC2010>


Contact name: Dr Carol Grech

WCHA 2010 Conference

8 to 10 November 2010

Melbourne, Victoria, Australia

The Conference has a focus on Women's and Children's Health. Delegates will come from a wide variety of disciplines - medical, nursing, midwifery, allied health, executives, service



managers, planners and policy makers.
Website: <http://www.wcha2010.com>
Contact name: WCHA 2010 Conference Managers

Best Care, Best Place: Designing and Improving Patient Flow

11-12 November 2010
Hilton Hotel, Victoria Sq, Adelaide, South Australia, Australia

The aim of this seminar is to showcase innovative acute and community based models of care that have been successfully implemented to:

- Improve the patient journey
- Ensure that patient care is delivered in the most appropriate setting
- Avoid and/or reduce growth in demand for acute care
- Manage demand flows into and out of the acute sector.

To share ideas, build networks and inspire delegates to think creatively about the best way to deliver patient centred care in the most appropriate setting for their care needs.

To find out more information and register go to:
<http://www.changechampions.com.au>

Aboriginal and Torres Strait Islander Healthcare Conference

23 to 24 November 2010
Sydney, NSW, Australia

This conference will look at: Tackling the social determinants and the origins of poor health - Increasing health promotion through education and training - Addressing the health and wellbeing of youths to ensure generational change.

Website: <http://www.indigenoushealthcare.com>

Contact name: Judy Lai

AUSTRAMA 2011 Trauma, Critical Care and Emergency Surgery

17th-19th February 2011
Sydney Australia

Multidisciplinary conference on Trauma, Critical Care and Emergency Surgery with speciality

forums including paediatric and Nursing forums.

Website:
<http://www.austraumaconference.org>

Contact name: Emma Thompson

Depression and Anxiety in the Elderly

Mon - Tue, 13 - 14 Dec 2010
Chifley on South Terrace
226 South Terrace , Adelaide, SA

This program is designed for nurses and other health workers in home care services, hospitals, GP clinics, residential care facilities and community settings who wish to understand more about these disorders, the impacts on elderly people and appropriate treatment interventions.

Web: [Download Brochure](#)

Chronic and Palliative Pain: A Clinical Nursing Update

Fri, 10 Dec 2010

Chifley on South Terrace
226 South Terrace , Adelaide, SA

This Chronic and Palliative Pain program addresses a range of challenging aspects when those in your care have chronic pain or pain connected with a variety of symptoms in a terminal illness. Guidelines for the nursing skills involved in assessing pain are central to this learning experience. Issues involved in pain treatments and management, e.g. analgesia implants, are also discussed.

Web: [Download Brochure](#)

For more information

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