

# AUSTRALIAN NURSE TEACHERS SOCIETY E-BULLETIN



COVER DESIGN: NNEC 2018

*Natalie Baldock [Best Novice Presenter] and Michelle Girdler, ANTS President*

WINTER EDITION | VOLUME 10, ISSUE 3 | JULY 2018

# ANTS

WORKING TOGETHER FOR THE FUTURE OF NURSING, MIDWIFERY AND HEALTHCARE

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## FROM THE EDITOR'S DESK

Welcome to the belated Winter (Post NNEC) Edition for 2018

Awaiting the Conference report plus both professional and personal circumstances have delayed the e-Bulletin Edition until July to be published.

Winter is well and truly on us across Australia with cold weather, rain and gusty winds often damaging property and buildings. The cold and rain most people can cope with the gale force winds and flooding are often what we could do without.

On Sundays I review my fridge and have a cook-up for the week on food that is not up to par. This waste-not-want-not lifestyle comes from the ABC show on 'Waste Reduction' plus the cooking channels with options on what to do with left-over food. In line with the story on the number of disposable coffee cups going to landfill, my work-place across the sites has done a blitz on purchasing re-usable cups from a design your own cup (colour and style choices) for those of us who purchase take-away drinks. Unfortunately, none of the on-site cafes offer a discount for bringing your own cup .. this is my next workplace campaign in the pipe-line for the LHN.

Reminder that planning for NNEC 2020 is about to start and there is a **Member Competition** for suggesting a theme (*refer page 16 – Members Area*)

in July we have celebrated **NAIDOC** week (and month) nationally under the theme

***Because of Her, We Can! - NAIDOC Week 2018 - Sunday 8 July to Sunday 15 July.***

As pillars of our society, Aboriginal and Torres Strait Islander women have played – and continue to play - active and significant roles at the community, local, state and national levels.

They are leaders, trailblazers, politicians, activists and social change advocates .. who continue to influence in their chosen careers as role models. They are our mothers, our elders, our grandmothers, our aunties, our sisters and our daughters.

Sadly, Indigenous women's role in our cultural, social and political survival has often been invisible, unsung or diminished. There were pioneering women and today trailblazers, their achievements, their voice, their unwavering passion give us strength and have empowered past generations and paved the way for generations to come. Because of her, we can!

Karen Simunov  
e-Bulletin Editor

## ANTS PRESIDENT'S REPORT JUNE 2018

Hello All

NNEC 2018 is now over – and it went fast, a lot goes into planning the event and with out the hard work of the National Executive and DCC Conferences I'm sure that the event would not have run so smoothly. The event as you should know was held in Melbourne at the Crowne Promenade from May 1-4<sup>th</sup>. With workshops, keynote speakers, free papers and posters there were sessions and presentations that suited everyone who attended interest. Very soon planning will need to commence for NNEC 2020....

The trade display area was well attended by both displays and conference delegates, I got around and spoke to all of our trade representatives – to thank them for supporting NNEC. The trade group provided a large amount of positive feedback about the interactions with our attendee's. So thank you all for making the company reps feel welcome and a true part of conference. It certainly helps our event to have a good variety and number of trade attend.

During the Conference the 2018 AGM was held, - thanks those who attended. During the AGM all executive roles were declared vacant for the next 2 year term. Nominations were received in advance, with no further submitted at the AGM. All members of the previous executive had re-nominated with the addition of Zoe Youl , who will be the state rep for Victoria – welcome aboard Zoe , its fantastic to have a rep from Victoria back on the National team. Victorian members I'm sure Zoe will be a great conduit between the National and local groups.

Don't forget if you would like to run an education event such as an evening a forum or other in your state of local area the ANTS National Exec are available to support, and your local state rep will be more than happy to liaise and assist. Executive member's details are available from the ANTS website.

Keep the traffic going on the ANTS forum pages – its always good to hear from members, have members share ideas, surveys or seek support from the colleagues across Australia.

Also don't forget you can find ANTS on Facebook and twitter

Happy winter – stay warm,  
Michelle

Michelle Girdler, ANTS National President

## CONFERENCE REPORTS

### 17TH NATIONAL NURSE EDUCATION CONFERENCE ENTITLED CHANGING WORLDS: SYNERGIES IN NURSING, MIDWIFERY AND HEALTH EDUCATION IN MELBOURNE, 1-4 MAY, 2018.

Hi thank you to all members who supported the conference in Melbourne in May.

The conference had a great variety of presentations, and feedback from delegates were that the keynote speakers were thought-provoking and inspiring.

The conference was also heralded by some valuable workshops held the day before the conference.

Starting off the conference was the well-known and well-published educator Emeritus Prof. David Boud, (UTS) whose presentation style and content was fascinating and very valuable to educators, relating to feedback and challenging our notions of assessments. Prof Margaret McAllister (CQU) offered some valuable insights into the use of technology in the humanistic environment of nursing. Prof Nicholas Proctor (Uni SA) gave some examples from his shared learning in clinical mental health practice that gave a great depth and understanding to the nature of collaborative learning and education.

On Thursday we had the pleasure of hearing two great keynoted speakers; Emeritus Prof Rhonda Griffiths (WSU), Prof Lisa McKenna (), and Dr Jackie Crisp (). Prof Griffiths gave some interesting historical information about research and education in nursing and then challenged us with the issues facing nurse educators today. Dr Jackie Crisp then gave a fascinating address on ways we can transform our way of thinking to meet these challenges, linking to neuroscience evidence. After lunch Prof McKenna describes and discussed some excellent strategies for developing nurse attributes for professional practice.

Friday commenced with a presentation by Prof Roianne West from the Foundation Professor of First Peoples Health at Griffith University and Director of the First Peoples Health Unit, and I was particularly impressed by her story of her people and her history, as well as the descriptions of the course she developed for cultural safety.

The final keynote event was a panel discussion with Mr Ian Crabtree (Head of School Otago Polytechnic, NZ), Prof Roianne west, Assoc Prof Suzanne Owen, and Dr Julie Shaw, on supporting diverse learners now and for the future. There was great interest from the delegates and some good discussion followed.

Oral concurrent presentations covered themes of: Creating and supporting change in education and learning, Innovative educational programs, Student engagement initiatives, Midwifery, Collaborative health education projects, and Supporting vulnerable groups through education (such as children, refugees, Aboriginal and Torres Strait Islanders).

We had delegates from all over Australia and international visitors from NZ and the USA.

There were many excellent presentations and posters. Congratulations to those who received prizes on your outstanding achievements.

Of course, a conference will not be complete without a social program. It is very important to have the opportunity to network with other delegates and speakers, to share ideas, share experiences, and to create contacts that may develop potential collaborations in the future. We had a busy welcome

drinks event at the conference venue, and the conference dinner was in a lovely venue with a great view of the river – and there was dancing of course! The venue itself was a great space for us to mingle and listen to speakers, and the food and drinks provided were delicious.

We are yet to receive the formal feedback from the conference but the delegates I spoke to all had a great time.

I also wish to give a big thank you to the conference organisers, DC Conferences, particularly Samantha Isnard, as they really contributed to the success of the conference. I encourage all members to consider attending the next conference in 2020 and spread the word to your colleagues.

There is still time to set aside some time; perhaps you can submit an abstract for a poster or presentation. I look forward to seeing you at the next conference.

Christine Taylor  
(National Treasurer, ANTS)

*Ausmed Education was extremely proud to be a Bronze Sponsor at the recent NNEC Conference. We'd like to thank the ANTS National Committee and conference organisers for the opportunity to be a part of this event. It was a fantastic opportunity for Ausmed to connect and show our commitment to nurse educators in Australia.*



*We would like to thank the delegates and presenters who visited us in the exhibitor hall over the course of the event. We enjoyed engaging in many robust discussions about the current state, future challenges and trends within healthcare education. To keep the conversation going, please feel free to contact us at any time via email ([wayne@ausmed.com.au](mailto:wayne@ausmed.com.au)) or phone (0414 005 166).*



ANTS National Executive (L-R) Zoe YUL, Suzzanne OWEN, Creina MITCHELL, Julie SHAW, Michelle GIRDLER, Peter TEEKENS, Christine TAYLOR and Stuart TAYLOR [not in attendance – Didy BUTTON, Mandy GALLACHER and Karen SIMUNOV]



## NNEC 2018 PHOTO GALLERY

## CONNMO REPORT | MAY 2018

The most recent CoNNMO member meeting was held on May 4th in Melbourne at the new office of the ANMF. The new building is I will say a fantastic venue to hold a meeting such as this – there was plenty of space and light, and an added bonus of a coffee shop in the foyer!

Due to attendance at the last day of NNEC 2018 I was only able to attend until lunch time, so here is a short report.

As usual for a Melbourne meeting a number of member organisations attended to listen to a variety of speakers' update on current relevant nursing and midwifery issues.

Commonwealth Chief Nurse Office: Karen Cooke, Senior Nursing Officer from the Commonwealth Chief nurse office updated on reports and standards that were being commissioned to commence to look at NP roles across the country and a report will be compiled for the Minister for Health later this year

Nursing and Midwifery Board Australia: Tanya Voigt – Exec Officer, Nursing and Midwifery Board Australia, identified the NMBA has recently released the new “Midwife Standards for Practice” which will take effect in Oct 2018.

- The NMBA now have standards for practice across all nursing and midwifery titles
- The N&M support service has now been running for 12 months and a survey is under way to measure the service. The N&M support service is funded by NMBA – but a separately operating service to support Nurses and Midwives Australia wide and operates 24/7
- AHPRA – is conducting 2 public consultations – review of accreditation arrangements and on a draft guideline. Submissions close late May 2018.
- ANMAC: is currently reviewing the RN accreditation standards and responses from the first round of consultation are available on the ANMAC website.

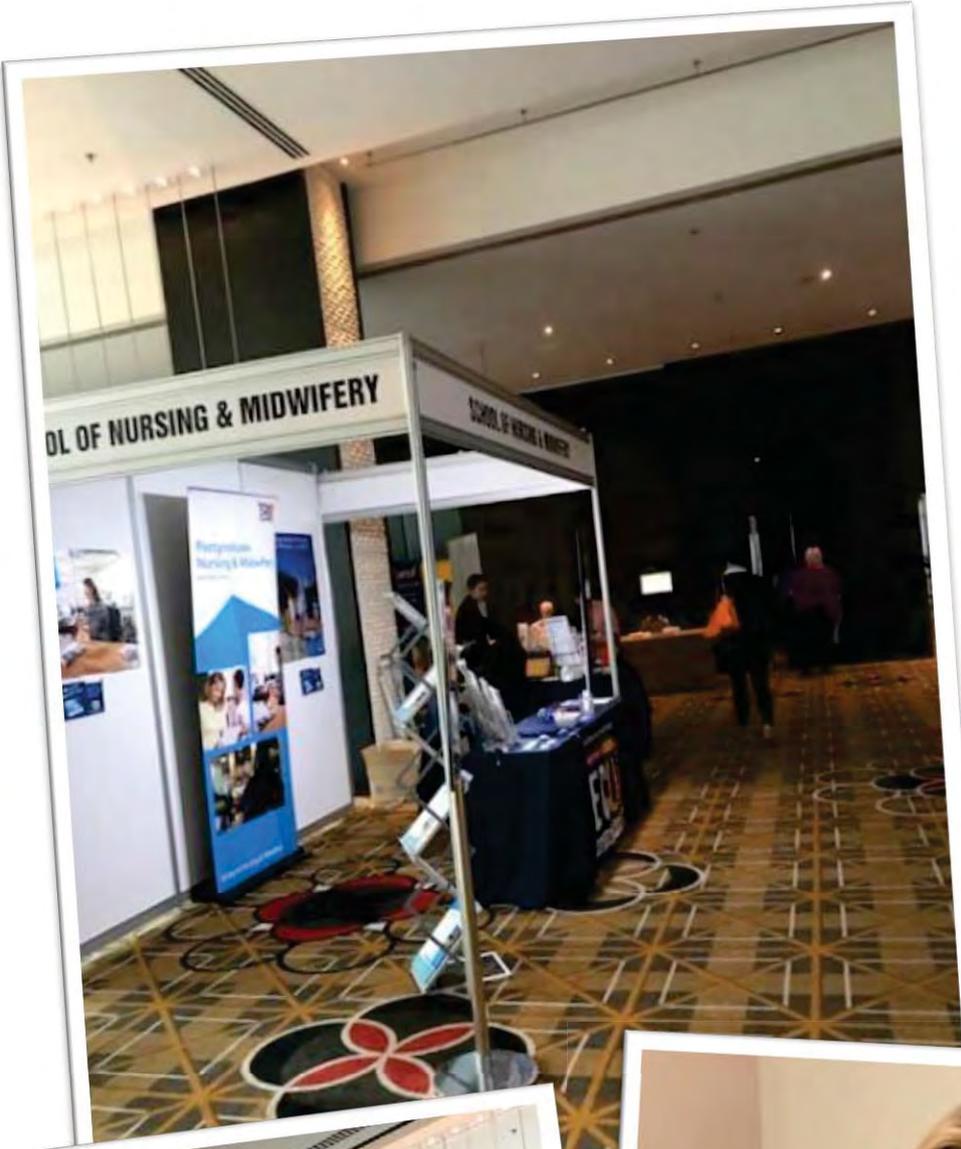
Unfortunately I was unable to stay for the rest of the meeting further updates re: CoNNMO activity is available from <http://connmo.org.au/>

## COMPETITION WINNER IS ...

ANTS and ACN have a professional affiliation, which includes a ONE year complimentary ACN membership. Recently an online completion was held for a member to write an article for the e-Bulletin on the topic - ***"Meeting the Challenges in Clinical Education"***.

Thank you to the members that sent in a submission

NNEC 2018  
PHOTO  
GALLERY



## MEDITATION AS A MEDICINE

MARIE LOUISE, EVOLVE YOURSELF INSTITUTE CO-FOUNDER

Meditation is a word popping up everywhere. Once viewed as an alternative practice by small subgroups, it's now entering the mainstream. The more studies that are being conducted are leading to an increasing quantification of the benefits that meditation provides. So the momentum is worth listening to.

Stress as a leading cause of sickness is increasingly prominent, and the analysis of the dis-ease is under the telescope. With more understanding as to the havoc stress places on immunity, cardiovascular and metabolic functioning grows, so does the detrimental biochemical impacts on brain structure. The relationship between stress and dementia is seeing some connections, and linking precursors of mind degeneration could support solutions in prevention.

Dr Linda Mah, author of research findings from University of Toronto, said: (Mah L, et al. Curr Opin Psychiatry 2016) "Pathological anxiety and chronic stress are associated with structural degeneration and impaired functioning of the hippocampus and the prefrontal cortex, which may account for the increased risk of developing neuropsychiatric disorders, including depression and dementia." [A1]

Stress is on the rise in the hustle and bustle of modern life. Where the word "busy" is the new norm and "should" and "musts" are on your to-do list, it's no wonder depression, anxiety and stress-related illness are increasing. You could roll your eyes and say "it's never going to change", "pressures are here", "you have to stress to get anything done". But, what if there was a practice that could change the state in which you react to those life situations? What if there was a medicine that reversed the signs of an aging mind and melted the motion of sickness. Would you take it?

There is increasing evidence around the benefits of meditation, specifically as a practice to relieve stress. A recent study [A2] (Neuroscience Letters Vol 556, 2013) from Beth Israel Deaconess Medical Centre suggests that the brain changes associated with meditation and stress reduction may play an important role in slowing the development of age-related cognitive disorders and dementia.

Participants were randomised two to one, either to a group who participated in Mindfulness-Based Stress Reduction (MBSR) using meditation and yoga, or a control group who received normal care. The results of MRI imaging showed that the group engaged in MBSR had significantly improved functional connectivity.

"What surprised us was, for a condition that has few other treatment options—and without FDA-approved medications to stop the progression to dementia—an intervention [like meditation] may impact the very areas of the brain most affected by Alzheimer's disease," says Rebecca Erwin Wells, MD, MPH. (A pilot study. Neuroscience Letters 2013)

If stress is a precursor to age-related illness, such as dementia, meditation could just be the medicine needed for the mind.

(Gaser 2013) Researcher Christian Gaser from Jena University shared that "the mental processes in meditation trigger the growth of new brain cells". In their recent study evaluating brain scans of 50 non meditators and 50 meditators, the researchers (Neuroimage Volume 134, 2016) found that brain age was an average of seven years younger than chronological age in meditators, than those who didn't meditate. [A3]

[A4] (Gaser 2013) “These findings suggest that meditation is beneficial for brain preservation, with a slower rate of brain aging throughout life,” Gaser said.

As the complexities of the mind breakdown and meditation’s positive relationship gains greater understanding, there will be further solutions for sicknesses that creates so much pain.

“It is refreshing and exciting information rising within scientific studies of meditation and its benefits”, says Marie Louise, co-founder Evolve Yourself Institute.

“It opens minds to the tool as a resource for healing. With advancements in technology, the ability to see the once unseen shows us the benefits of ancient practices. Stress is like poison; it creates a toxic biochemical mix within the internal system creating illness. A calm state creates chemicals that regenerates and renews, allowing the body to do what it does so well and heal”.

Marie Louise has seen the power of a calm state first hand.

“A young 9-year-old client could not open her eyes because of her eczema. My goal was to provide her with tools that would calm her central nervous system regularly. With reflection on life situations that cause diseases, a practice of 10-minute morning and night meditations, and using the tool of breath; I saw a clearing of her eczema on her face in 16 days. This was empowering for this young child, and not an isolated incident. I see meditation as a powerful practice to support any healing. This is definitely a great reason to be curious about meditation, it might just be your medicine.”

### **Slow the time of age with meditation as a tool**

1. Start your meditation practice with five-minute guided meditation
2. Alleviate chronic stress from your life, with a practice of becoming present
3. Take up a movement practice of yoga, tai chi, nature walks
4. When thoughts of worry, to do and should and shouldn’t consume you. Use your body as a cue to get you here and now.
5. Take on a breath practice of diaphragmatic breathing to calm your central nervous system
6. Get into nature, nature has a way of slowing the body down, your environment affects your internal state, choosing environments that serves you helps regeneration
7. If time is an issue, bring micro moments of breath and presence into your day. On the toilet, hall, or desk.

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## THE PRACTICE OF MINDFULNESS | MANAGING BURNOUT AND STRESS IN CLINICAL ENVIRONMENTS

KERRIE OTTO DE GRANCY, EVOLVE YOURSELF INSTITUTE, CO-FOUNDER

One-third of Australian nurses are considering leaving the profession as a result of stress and burnout (Monash University, 2016).

Are you going to be a burnout statistic? What are you doing to manage your stress and anxiety? How much thought and action have you put into your self-care?

Nursing is a high stress, high demand and high-risk vocation when it comes to sustainability, retention, illness and burnout. Nurses need self-care practices and tools to allow their specific demands to be dealt with in ease.

*Does it have to be complicated?*

*NO. What if one solution was to simply become more...mindful.*

Mindfulness is attention to the action without judgement; your attention to the experience with all senses. It is 'being' in the moment and opening your mind to what is in front of you, no matter what it is. Mindfulness is allowing the mind to rant, but not paying attention to what it has to say.

However, just like you have rehearsed so well to listening to your minds rant, it does take some practice to change this. The good news is that once you are there, you will have the ability to embrace the fundamentals of being human, goodness, compassion, joy and happiness (Giovanni, n/d)

The practice of mindfulness has been scientifically proven to develop thickening of grey matter, which develops self-awareness, self-regulation, connection and compassion (Hozel et al, 2011). The growth in these abilities leads to improved competencies in communication, emotional intelligence (EQ), team play and leaderships skills - supporting collaborative and growth mindsets.

There are four core elements to EQ:

Self-awareness: The ability to recognise your own emotions for what they are and understand their origins. Self-awareness means knowing your strengths and limitations.

Self-management: The ability to delay gratification, balance your needs with those of others, take initiative and to pull back on impulsivity. Self-management means being able to cope with change and to stay committed.

Social awareness: The ability to be attuned to other people's emotions and concerns, as well as being able to notice and adapt to social cues. Being socially aware means being able to see the power dynamics at play within any group or in an organisational context.

Relationship management: The ability to get along well with others, manage conflict, inspire and influence people, and to communicate clearly.

Life as a nurse can be very stressful. We know stress affects our health and increases the likelihood of reacting to situations, rather than responding to them. Many nurses are living with constant stress and anxiety; worrying about their patient's, relationships, work schedules, home schedules and the endless to-do lists. Where and how can you create time for more?

You don't have to. Mindfulness is about less doing and more being. One popular form of mindfulness is meditation. Meditation practices support being mindful. There are many forms of meditation, some of the most commonly known are: guided, mantra, visual, breath count, silence, walking, mindful and tree gazing.

MRI scans show that meditation decreases activity in the brain regions associated with stress. A reduction in levels of the stress hormone, cortisol, in the brain allows for a responsive state, rather than a reactive state (Eco Institute, n/d). With a regular meditation practice, stress and anxiety can be reduced.

In addition to a reduction in stress, there are other health benefits, including stronger immune systems. The University of Wisconsin School of Medicine researchers found that meditation lessens the effects of colds (Tsabary, 2010) - something every nurse and health practitioner would welcome...especially during the lead up to Winter!

If you're new to the concept of mindfulness, I invite you to be curious, explore and play. Start with just 5 - 10 minutes of meditation a day, before your shift, in the car after school drop off, before gym class, on the bus, in the park, before bed or on your tea break - grab a headset and your phone, and do a quick guided meditation. It is a tool for anytime, anywhere and for anyone. Guided meditation is a great kick-starter. Try one of my favourite 10-minute meditations below:

***Right now, take a moment and ...***

***CLOSE YOUR EYES***

*Feel the breeze in your hair.*

*Keep your eyes closed.*

*Squeeze your body - every part even your eyelids.*

*Relax and take 10 slow, mindful breaths through your nose and out your mouth.*

*Notice your abdomen rise and fall.*

*Notice your breath.*

*Notice the breeze on your skin and in your hair.*

*Smile.*

***YOU JUST MEDITATED***

Mindfulness is one of the world's fastest growing health and wellness spaces. It's use in business, trauma, sport, education and illness (just to name a few) are accumulating and the power of the practice is being heard.

The evidence is in the experience.

*"Mindfulness can be used in nurses daily lives, the workplace, and in assisting patients," said Kerrie Otto de Grancy, Evolve Yourself Institute Founder.*

*“Work-related stress has increased, and is a growing challenge for health care workers, managers, organisations and the community generally.*

*“Unmanaged stress is known to have a detrimental effect on staff wellbeing, with increased absenteeism, staff turnover, and reduced performance, all of which affect working relationships, staff-to-staff and nurse-to-patient interactions.”*

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**Editor’s note:** *EYI facilitates an ACN accredited online program How fit is your brain? SOS for Nurses and a practical workshop for nurses. EYI education delivers practical tools and strategies to develop self-awareness, emotional intelligence and manage stress and anxiety. Visit the [EYI website](#) for more information.*

## EVOLVE YOURSELF<sup>®</sup> WITH EYI

Offering self-awareness workshops and online education for improving mental health, reducing stress, anxiety and burnout.

Our self-awareness education looks at the whole System of Self<sup>®</sup>.

Start today and create real, lasting positive change in your life.

Our accredited programs for Nurses and Midwives [ACN endorsed] offer practical tools and strategies for self-care, inclusive of education into the world of meditation, mindfulness and self awareness practices.

Queensland | CAIRNS | Monday, August 20 | 0900-1700 | Novotel Cairns Oasis Resort

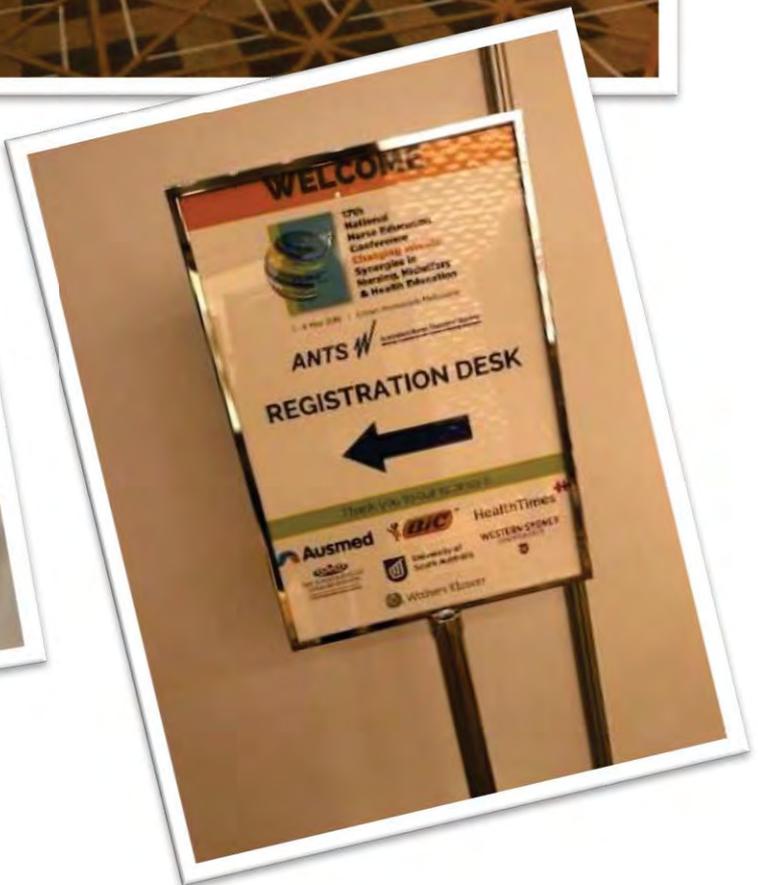
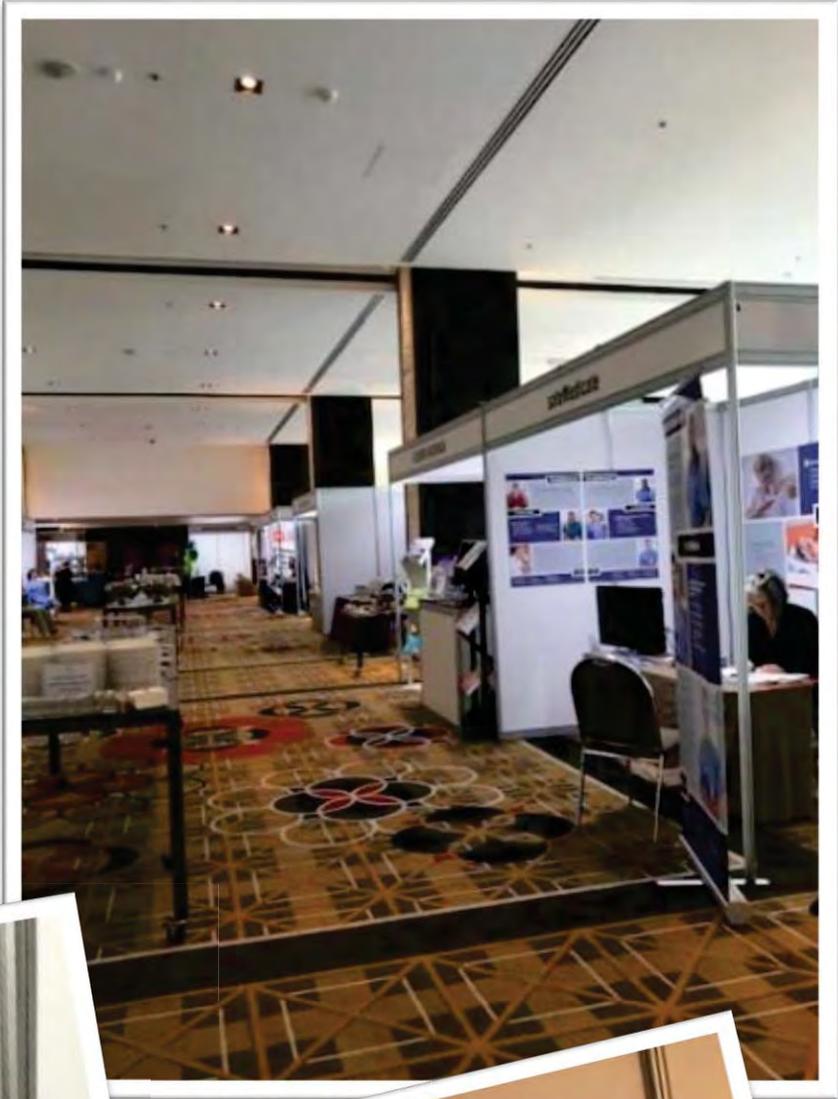
Queensland | GOLD COAST | Tuesday, September 18 | 0900-1700 | Novotel Surfers Paradise

South Australia | ADELAIDE | Tuesday October 16 | 0900-1700 | Mercure Grosvenor Hotel

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NNEC 2018  
PHOTO GALLERY



## MEMBER AREA

### SURVEYS

ANTS WEB LINK: <https://www.ants.org.au/ants/mod/forum/view.php?id=1>

ANTS Members (and Visitors) are invited to submit requests to support surveys / research

Australian Generation X nurses' responses to job satisfaction: In June 2015, a request for a Research Survey call for nurses born between 1965 – 1980 to complete an online survey. The results are now published and available from Collegian 25 (2018) 217–225 “*Factors influencing turnover in GenX nurses: Results of an Australian survey*”.

### COMPETITIONS

ANTS WEB LINK: <https://www.ants.org.au/ants/mod/forum/view.php?id=1>

ACN Membership: ANTS National Executive maintains a BRONZE affiliation with the Australian College of Nursing which includes two (1)-year ACN membership offered to members via a competition

EXTENDED CLOSING DATE for # 1 Competition |

"A Theme for the 2020 NNEC"

ANTS Members are invited to submit a theme that reflects contemporary nursing education across the sectors for the next National Nurse Education Conference (NNEC) to be held in 2020.

**Entries EXTENDED to Friday Friday 21<sup>st</sup> September at 4pm**

CLOSED # 2 Competition |

"How Being a Member of the ACN will Improve my Nursing Knowledge and Practice"

ANTS Members are invited to submit an article of 500 words or less on "How being a member of the ACN will improve my nursing knowledge and practice"

**Entries closed: Friday 21<sup>st</sup> July 27th at 4pm**

The most original entry as judged by the National Executive Committee. Committee decision is final

Email Submission: [michelle.girdler@sa.gov.au](mailto:michelle.girdler@sa.gov.au) [peter.teekens@sa.gov.au](mailto:peter.teekens@sa.gov.au) [karen.simunov@sa.gov.au](mailto:karen.simunov@sa.gov.au)

### ANTS RESEARCH GRANT / SCHOLARSHIP

ANTS WEB LINK: <https://www.ants.org.au/ants/mod/page/view.php?id=7>

Research Grants: individual grants not to exceed \$2000.00. Encouraging research with the primary focus on Nurse and/or Midwifery Education within all fields of nursing/midwifery educational practice a seeding grant to members (membership criteria). Applications be considered as demand dictates.

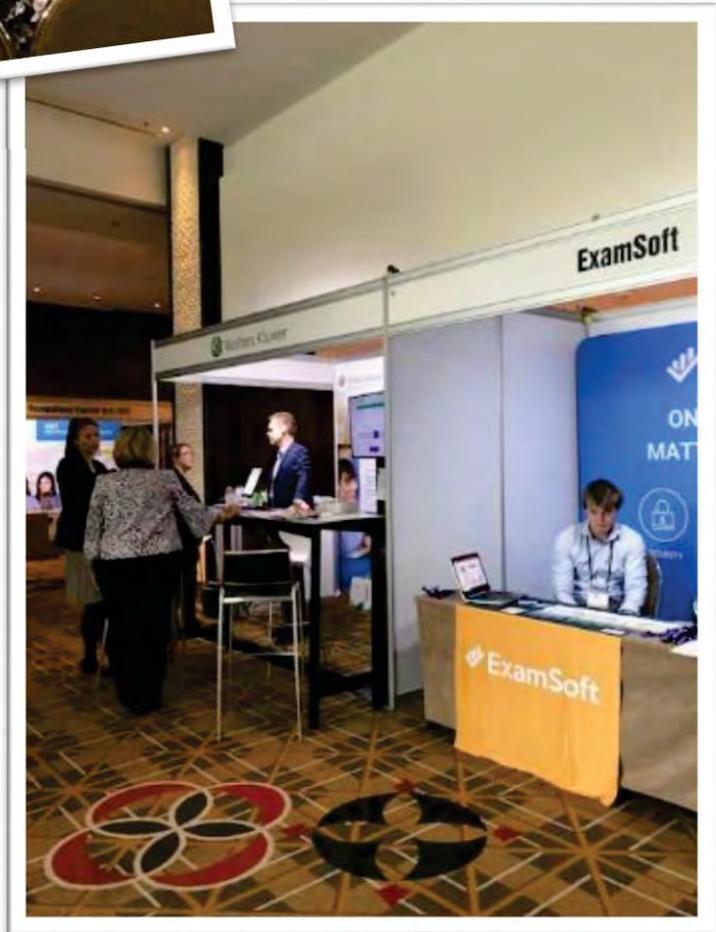
Scholarships: to a maximum of \$1000 are available (membership criteria) to attend conferences and seminars. Priority will be given to conferences with a strong nursing education focus.

Applications are available quarterly and close: 

31st January .....30th April 31st July      31st October



NNEC 2018  
PHOTO GALLERY





NNEC 2018  
PHOTO GALLERY



## PROFESSIONAL ASSOCIATION | ANDROLOGY AUSTRALIA

Established in 2000 at the Monash Institute of Medical Research (now Hudson Institute), with funding from the Australian Government Department of Health and Ageing. From 2013, based at the School of Public Health and Preventive Medicine at Monash University.

A unique 'centre without walls' that operates nationally, bringing together health and education experts and organisations to develop collaborative strategies to raise the awareness of male health and their associations with chronic disease.



<https://andrologyaustralia.org/>

Undertake those measures that will enhance the reproductive health of males by:

- Build the evidence-base on prevention, promotion and education;
- Provide evidence-based health information and best practice guidelines;
- Enhance current and future workforce capacity in male reproductive health and
- Develop collaborations and partnerships to support male health.

### **Education and training for health professionals**

Evidence-based information, training programs and other resources about reproductive health disorders and associated conditions for health professionals providing care to males.

Offered as self-directed learning via Andrology Australia's eLearning portal for GPs (RACGP and ACRRM accredited) and primary health care nurses. Registration is annually to the end of each RACGP triennium (currently until 31 December) to complete any course.

Registration, includes a free monthly health professional email 'Male Briefs' and quarterly newsletter 'The Healthy Male'.

### Available courses

- *The male sensitive examination consultation*: video series to help improve communication, and the techniques required in performing male intimate physical examinations.
- *Engaging Aboriginal and Torres Strait Islander males in different primary health care settings*: an active learning module to provide knowledge, skills and communication strategies to assist GPs to better engage Aboriginal and Torres Strait Islander men in the primary health care setting. Focus is on a range of culturally appropriate strategies to initiate dialogue and improve the ability of ATSI male patients to disclose sexual and reproductive health concerns and understand the associations between chronic disease and erectile dysfunction. GPs are encouraged to apply those elements that are considered relevant and/or appropriate.

*Reproductive health disorders in middle-aged and older adult males:* active learning module to provide knowledge, skills and communication strategies to assist GPs to appropriately diagnose and effectively treat a range of reproductive health disorders affecting middle-aged and older men. To enable GPs to recognise that some male reproductive health disorders are under diagnosed and most can be managed in the primary health care setting. Includes The communication strategies and management options as part of a multidisciplinary team approach.

*Male genital examination:* this activity includes a video which shows GPs how to perform a male genital examination. Topics covered include measurement of testis size using an orchidometer, examination of the epididymis and vas deferens, and how to identify a varicocoele.

*Reproductive health disorders in young adult males:* active learning module to provide knowledge, skills and communication strategies to assist GPs to appropriately diagnose and effectively treat a range of reproductive health disorders affecting young adult men. Communication strategies to confidently engage young men in discussions about sexual and reproductive health, involve partners (as applicable) in management and routinely undertake genital examinations as part of the assessment.

*A lot of Aboriginal men sort of keep it to themselves: communicating specific men's business:* a health education resource talking about specific men's business . Providing health professionals with the knowledge and skills to initiate dialogue and engage with Aboriginal and Torres Strait Islander males about the potentially tricky topic of male reproductive health.

*Primary Health Care for Men (for nurses):* a 2 hour activity to provide knowledge, skills and communication strategies to assist primary health care nurses to better engage men in the primary health care setting. To improve understanding of male reproductive health disorders, including the associations between reproductive health and chronic disease (such as heart disease and diabetes). Including communication and health promotion strategies to engage men about sensitive reproductive health disorders and identify opportunities for health promotion activities in the local community.

This activity has been endorsed by APNA criteria for eligible participants to claim (2) CPD hours.

## **Men's Health Promotion**

Supporting men's health promotion through awareness events organised by local community groups and through health promotion initiatives in primary care settings.

- *Community events*
  - Men's Health Education Kit [International Men's Health Week, June each year]
  - build local capacity to support men and their families by raising awareness, and
  - provide quality and evidence-based information on key men's health issues.

Provision of guidelines and clinical resources to better engage men in primary care, related to male health. Including engagement of ATSI males about the tricky topic of male reproductive health.

- *Primary care*

Primary care settings are often the first point of contact for men.

However, they may attend reluctantly and infrequently, so it is important that:

- men have positive health experiences, so that they are likely to return in future, and
- health professionals maximise each opportunity to improve men's health outcomes.

# PERSONAL DEVELOPMENT/EMPOWERMENT

## #1: HEY BOSS, I'M DROWNING IN MEETINGS

ADAPTED from Public Service News by Brian de Haaff

[https://www.psnews.com.au/archives/aps/587/personal\\_development/hey-boss-im-drowning-in-meetings?back=1](https://www.psnews.com.au/archives/aps/587/personal_development/hey-boss-im-drowning-in-meetings?back=1)

You are resigned to the fact that you will not begin your actual work until the end of the day ... after an endless loop of meetings.



0800	Start work.
0815 – 1200	Booked with meetings
1200 – 1230	Lunch (while catching up on email)
1230 – 1630	Booked with meetings

<https://themaalcolmauldblog.com/2015/03/27/those-two-marketers-walk-into-a-bar-and-laugh-about-stupid-meetings/>

There is a reason these meetings all seem the same ... no agenda, no clear goals, no questions or action items for attendees ... it drags on and on, wasting valuable time for everyone involved.

- These ineffective meetings are stealing something valuable from you, time!
- On the contrary, it is important for teams to connect often, sometimes even daily

### Block off time:

You maybe able to block off an entire day.. or a few hours here and there. It is reasonable to carve out chunks of time to do your work (or even to take a lunch) ... this does not mean being inflexible if a teammate needs you during one of these 'chunks'.

“Wonder Wednesday”: time to work and think deeply about the business.

### Hit pause:

Before you automatically 'accept' an invitation, take a moment to think about why you are needed.

If this is not totally clear, ask the organiser why they included you ... team representative for reporting back, key-stakeholder with periphery involvement, actively involved due to portfolio

### Set parameters:

You can help keep things productive by setting parameters ... arrive on time, display positivity, stay on topic, and follow up with any tasks that are allocated before the next meeting to report back.

Consider the agenda beforehand for discussion topics and desired goals to redirect the conversation back to the agenda when it takes a turn.

### Recurring evaluation:

The 'Standing Meeting' that starts off as necessary and grows ineffective over time ... think about what you could do to improve it – ensure relevant information, report sent prior, change frequency

### Talk to your boss:

If you are truly drowning in meetings each day, talk it over with your manager. A meeting epidemic may be symptomatic of larger organisational issues, but you can protect your own corner of it.

## #2: TO GATHER AGAIN: HOW TO RUN A SUCCESSFUL MEETING

ADAPTED from Public Service News by Belinda Lyone (at @belinda\_lyone).

<https://psnews.com.au/2018/05/07/to-gather-again-how-to-run-a-successful-meeting/>

This cartoon identifies with the frustration meetings emulate when participants people feel when their time is wasted.

Meetings are a **powerful tool**, if they are run efficiently, with structure and order. Here are seven steps to run a successful meeting:



<https://www.resourcefulmanager.com/bad-meetings/>

### Make your objective clear

Too often, a meeting is called to discuss something without considering a potential outcome.

- A successful meeting serves a useful purpose ... you achieve a desired outcome.
- To determine meeting objective, complete this sentence: "At the close of this meeting, I want the group to ..."
  - With the end result clearly defined, plan the meeting content and determine who needs to be present.

### Consider who is invited

Take time to consider who really needs to be there.

- Those present can make or break your effectiveness and success of the meeting in general.
  - If announcing a change, invite people who are affected by the announcement

- If you're trying to solve a problem, invite key-stakeholders for a solution.
  - if what is being discussed isn't relevant to them, or they lack the skills/expertise to assist, they'll view their attendance as time-wasting

### **Open the meeting with a positive round**

Psychological experiments have shown the way a meeting starts sets the whole meeting tone.

- If you want energy and engagement from your team, you need to embody those qualities while they walk through those meeting doors.
  - Starting with complaints, problems and mutual blame — that's what you'll get.
  - BUT, start with something positive, the rest of the meeting is more likely to be engaging ... start by asking each participant to briefly share something positive.

### **Stick to your schedule**

Vague intentions to have a discussion on a topic rarely end on a productive note.

- Create an agenda that lays out everything you plan to cover, along with a timeline that allots a certain number of minutes to each item.
  - You can then look at the information that should be prepared beforehand.
- If the meeting is to solve a problem, ask participants to come with a viable solution(s).
- If discussing an ongoing project, have each participant summarise progress circulate the report(s) amongst members.

### **Use time wisely**

Time is a precious resource and no one wants their time wasted. With the number of meetings, we often attend, it is important to streamline the meeting as much as possible.

- Participants appreciate it when you understand their time is valuable, therefore start and end on time will quickly enhance your reputation as an organised person.
- If running a large / complex meeting, consider allocating a time keeper.

### **Follow up**

Follow up is a vital professional habit and also matters in the context of successful meetings. Commonly participants to come away from the same meeting with different interpretations.

- To reduce risk, email a summary highlighting what was accomplished to all who attended within 24 hours after the meeting.
- It's important to document the following:
  - responsibilities given.
  - tasks delegated.
  - assigned deadlines.

Successful meetings can be a source of creativity and motivation — a time when team collaboration and leadership combine and create the space for achieving organisational goals.

With a solid objective in mind, a tight agenda and a commitment to involving the meeting participants, you will be able to chair a successful meeting.

*\*This article first appeared at [community.hrdaily.com.au](http://community.hrdaily.com.au).*

## DIARY | CONFERENCE AND HEALTH PROMOTION

### | August

#### *Month of August |*

Tradies National Health Month

#### *Week of August |*

1-7 August | World Breastfeeding Week

5-11 August - National EOS Awareness Week - ausEE.Inc

19-25 August | Speech Pathology Week 2018 - Speech Pathology Australia

20-26 August | Be Medicinewise Week | Natural Fertility Awareness Week

24-31 August | 22q Awareness

#### *Days of August |*

4 August | National Aboriginal & Torres Strait Islander Children's Day

8 August | Top 8 Challenge Day | Dying To Know Day

9 August | International Day of the World's Indigenous People

18 August | Vietnam Veterans' Day

8-10 August | 19th International Mental Health Conference | Our treatment. Our environment. Our strategies | Gold Coast | <https://anzmh.asn.au/conference/>

10 August | The proven, the practical and the personal Conference (OHS) | Melbourne | [events@anmfvic.asn.au](mailto:events@anmfvic.asn.au) or call 03 9275 9333

16-18 August | Hyperbaric Technicians and Nurses Association and Australia New Zealand Hyperbaric Medicine Group | 26th Annual Scientific Meeting | Bali | <http://www.htna.com.au/index.php>

20-21 August | 47th World Congress on Nursing & Health Care Nursing: Education | Healthcare and research in practice | Japan | <http://nursingcongress.nursingconference.com/>

22-23 August | 49th Annual Nursing Research and Evidence Based Practice Conference | Japan | <http://evidencebasedpractice.nursingconference.com/>

22-23 August | Australasian Diabetes Congress | Adelaide | <http://www.diabetescongress.com.au/>

22-25 August | 19th Asia-Pacific Prostate Cancer Conference 2018 | Brisbane | [www.prostatecancerconference.org.au](http://www.prostatecancerconference.org.au)

26-29 August | 10th ICN Nurse Practitioners/Advanced Practice Nurses Conference | Bridging the gap | Rotterdam, The Netherlands | [www.npapn2018.com/](http://www.npapn2018.com/)

28-30 August | Australian College of Nursing - The National Nursing Forum | Diversity and difference | Gold Coast | [www.acn.edu.au/nnf2018](http://www.acn.edu.au/nnf2018)

29-30 August | 17th World Congress on Clinical Nursing and Practice | Switzerland | <http://clinical.nursingmeetings.com/>

## | September

### *Month of September |*

Prostate Cancer Awareness  
International Gynaecological Cancer Awareness  
Hirschsprung's Disease Awareness – Worldwide  
Therapy Dog Awareness

### *Week of September |*

3-10 September - Stroke Week  
9-15 September - Women's Health  
14-21 September - Dystonia Awareness Week  
14-21 September - AF Awareness Week - Worldwide - hearts4heart  
22-30 September - Veterans' Health Week

### *Days of September |*

- 5 September | Indigenous Literacy Day  
13 September - World Sepsis Day  
13 September | Anniversary of the UN Declaration on the Rights of Indigenous People
- 9-11 September | Annual Association of Stoma Care Nurses UK Conference | UK |  
<http://ascnuk.com/ascn-uk-annual-conference-2018/>
- 10-13 September Australian College of Nurse Practitioners (ACNP) National Conference 2018 |  
Dimensions in care | Canberra | <https://acnpconference.com.au/>
- 13-14 September | 9th Annual Correctional Services Healthcare 2018 | Melbourne |  
[www.informa.com.au/correctional](http://www.informa.com.au/correctional)
- 17-19 September | Congress of Aboriginal & Torres Strait Islander Nurses & Midwives (CATSINaM)  
Professional Development Conference | Adelaide | <http://catsinam.org.au/>
- 20-22 September | International Rural & Remote Nursing & Midwifery Conference in conjunction  
with CRANAplus 36th Annual Conference | Leading primary healthcare in a challenging world |  
Cairns | [www.cranconference.com/](http://www.cranconference.com/)
- 21-22 September | 3rd International Conference on Paediatric Nursing and Healthcare | Exploring  
Innovations and Latest Advancements in Paediatric Nursing and Healthcare | Canada |  
<https://pediatricnursing.nursingconference.com/>
- 26-28 September | Australian Public Health Conference | Qld |  
<https://www.phaa.net.au/events/event/australian-public-health-conference-2018>
- 26-28 September | 2018 National Eating Disorders & Obesity Conference | Tweed Heads |  
<https://eatingdisordersaustralia.org.au/>
- 26-28 September | 22nd Nursing Network on Violence Against Women International Conference |  
Transforming Health Services, Policies and Systems through Research, Education, Innovation and  
Partnerships | Canada | <https://www.nnvawi.org/>

## | October

### *Month of October |*

Shoctor - Defibrillator Awareness Month

Polio Awareness Month

### *Week of October |*

4-11 October | National Amputee Awareness Week

1-7 October | Sleep Awareness Week

21 October | International Lead Poisoning Prevention Week of Action

21-27 October | Foot Health Week

29 Oct - 4 Nov | Blue Knot Day

### *Days of October |*

4-11 October | National Amputee Awareness Week

1-7 October | Sleep Awareness Week

10 October | World Mental Health Day

12 October | World Sight Day

20 October | World Osteoporosis Day

4-5 October | 51st World Nursing Leadership & Management Conference | Exploring the leadership practices in nursing and management | Russia | <https://nursingleadership.nursingmeetings.com/>

7-10 October | Australian and New Zealand Society of Occupational Medicine (ANZSOM) Annual Scientific Meeting 2018 | Perspectives in Occupational Health | Melbourne | <http://www.anzsom.org.au/annual-scientific-meeting/asm2018>

8-10 October | 33rd Euro Nursing & Medicare Summit | Accelerating Innovations & Fostering Advances in Nursing and Healthcare | Scotland | <https://europe.nursingconference.com/>

9-19 October | Perioperative Nursing Conference | Papua New Guinea | <https://goo.gl/EhA7qG>

15-17 October | 2018 Australian Rural & Remote Mental Health Symposium | Hobart | <https://anzmh.asn.au/rrmh/>

15-18 October | 21st Australian College of Nursing National Conference | Coming of age | Perth | <https://www.midwives.org.au/>

15-19 October | 19th South Pacific Nurses Forum | Transforming leadership – Nurses as change agents for non communicable diseases in the Pacific | Cook Islands | [www.spnf.org.au](http://www.spnf.org.au)

18-19 October | 28th National Australian Rehabilitation Nurses Association Conference | Blue Mountains | [www.arna.com.au](http://www.arna.com.au)

20-21 October | 4th Australian Association of Nurse Surgical Assistants Conference & AGM | Discover the difference | Launceston | <http://www.aansa.org.au/>

24th – 26th October | 2018 Transplant Nurses Association National Conference | Sydney | [www.tnaconference.com.au](http://www.tnaconference.com.au)

24-26 October | 4th International Mental Health Nursing Conference | Cairns |  
<http://www.acmhn.org/>

24-26 October | Wounds Australia National Conference | Advancing Healing Horizons: Towards the cutting edge in wound care | Adelaide | <http://www.woundsaustralia.com.au/home/>

25-26 October | Australian College of Children & Young Peoples' Nurses Conference | Heading west: focus on children and young people's health | Perth | <https://www.accypn.org.au/Conference/>

## | November

### *Month of November |*

ALPHA-1 Awareness Month

Pancreatic Cancer Awareness Month

Epilepsy Awareness Month

CRPS Awareness Month - Worldwide - The Purple Bucket Foundation Inc.

### *Week of November |*

11-17 November | Perinatal Depression & Anxiety Awareness Week

12-18 November | World Antibiotic Awareness Week

### *Days of November |*

2 November | Healthy Hips Day

4 November | World Parkinson's Day - Worldwide - Parkinson's Australia

11 November | Remembrance Day

10 November-18 November | 2018 Nursing Summit - Eastern Caribbean | The Latest Advances in Health Care Delivery and their Implication for Nursing Practice | Caribbean - Harmony of the Seas |  
<https://www.nursesfornurses.com.au/events>

12-13 November | 22nd International Conference on Global Nursing Education & Research | Innovation & advancements in nursing education and research | Melbourne |  
<https://nursingeducation.conferenceseries.com/>

Friday 16 November | Occupation, Health & Safety Conference | Melbourne |  
[events@anmfvic.asn.au](mailto:events@anmfvic.asn.au)

21-23 November | Hospital in the Home 2018 Conference | Brisbane |  
<http://hithsocietyconference.com.au/>

28-20 November | 8th Biennial Australian and New Zealand Falls Prevention Conference | Hobart |  
<https://anzfpconference.com.au/>

## | December

*Month of December* |

Decembeard

*Week of December* |

12-24 December | National Skin Cancer Action Week

*Days of December* |

1 December | World Aids Day

12 December | National Wear Red Day

## | 2019 Dates

International Council of Nurses (ICN) Congress 2019 | [www.icn.ch/](http://www.icn.ch/)

19th International Prader-Willi Syndrome Organisation (IPWSO) Conference 2019 | Cuba | [www.ipwso.org/conference](http://www.ipwso.org/conference)

17-19 March | 42nd Australian Association of Stomal Therapy Nurses Conference | Power of connections – coming together | Sydney | <http://www.stomaltherapyconference.com/>

24-27 March | 15th National Rural Health Conference | Hobart | [www.ruralhealth.org.au/15nrhc/](http://www.ruralhealth.org.au/15nrhc/)

12-15 April | International Society of Nephrology's Biennial World Congress of Nephrology | Melbourne | [www.isnwc2019.org/](http://www.isnwc2019.org/)

5-8 May | Council of International Neonatal Nurses Conference | Enriched family - enhanced care | Auckland | <http://www.coinn2019.com/>

10-15 June | 24th World Congress of Dermatology | A new era for global dermatology | Italy | <https://www.wcd2019milan.org/>

17-20 June | Lowitja Institute Indigenous Health & Wellbeing Conference | Darwin | <http://www.nirakn.edu.au/event/2019-lowitja-institute-international-indigenous-health-and-wellbeing-conference/>

25-26 September | International Council of Nurses (ICN) 21st International Conference on Nursing 2019 | London | [www.icn.ch/](http://www.icn.ch/)

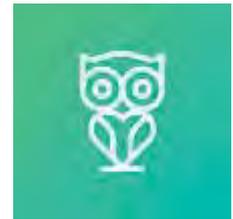
## | 2020

National Nurse Education Conference (NNEC) ... .. watch this space

## | 2021

International Council of Nurses (ICN) Congress 2021 | Abu Dhabi | [www.icn.ch/](http://www.icn.ch/)

# APP REVIEW | REMENTE - SELF IMPROVEMENT



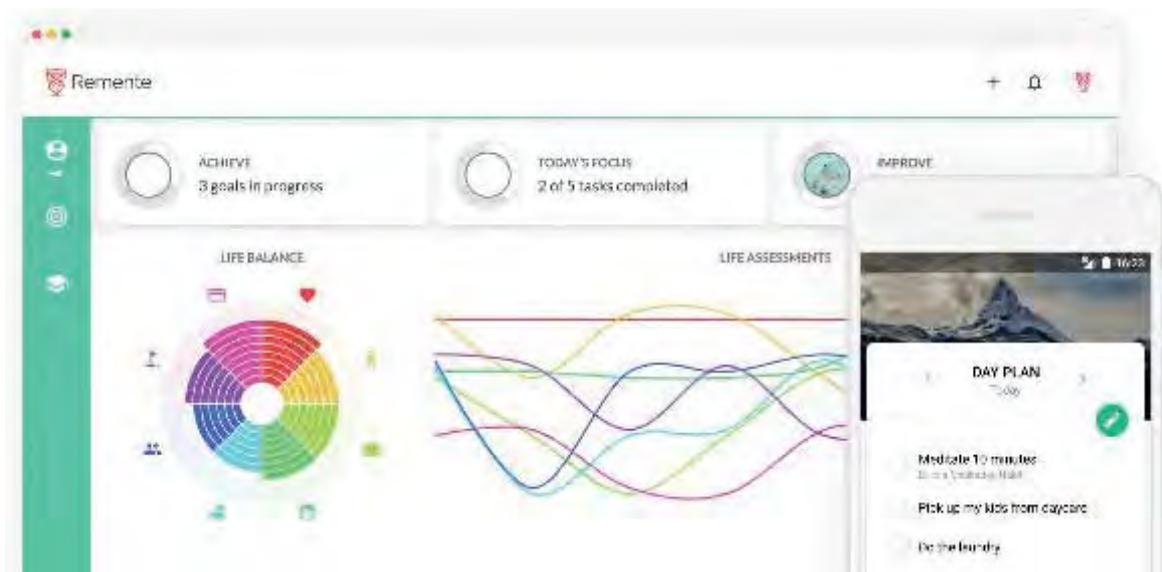
<https://itunes.apple.com/us/app/remente-self-improvement/id961633456?mt=8>

Remente - Self Improvement app for Personal growth & development is available at (2) levels – Free and Premium. Premium is available for a cost monthly, yearly or life-time.

A system of tools and insights to help you maintain focus and direction while managing stress and work-life balance, all in one app. Providing suggested goal plans and setting smart goals while keeping track of your daily to-dos in one place and reflect on how you are doing.

The app contains the following tools to help you on your journey:

- goal setting system to turn your dreams into tangible objectives
- day planner combining your daily to-do's with long term goals and habits.
- life assessment tool, visualizing what's important in your life and how it's balancing
- mood journal that helps you realise what affects your mood and wellbeing
- library of courses and exercises on topics ranging from:
  - Time Management
  - Productivity and Efficiency
  - Sleep Optimization
  - Memory Training
  - Diet and Health
  - Stress Management
  - Mindfulness
  - Motivation and Goal Setting
  - Leadership, ...



NOTE: Only available for IOS devices

# AUSTRALIAN NURSE TEACHERS SOCIETY

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	Mandy GALLACHER	South Australia
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	Suzanne OWEN	Queensland

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The official e-Bulletin of the Australian Nurse Teachers' Society Inc is published quarterly.

The opinions expressed by the contributors do not necessarily reflect the views of the executive or other members of the Australian Nurse Teachers' Society. The editor reserves the right to edit or delete submissions for length, content, or policy. All advertisements and items are taken in good faith but the Australian Nurse Teachers' Society Inc. cannot accept responsibility for misrepresentations by advertisers nor does inclusion of any item imply endorsement by the Australian Nurse Teachers' Society Inc. All rights reserved

## SUBMISSION / ADVERTISING DEADLINES (EXCEPTIONS BY ARRANGEMENT)

Autumn Edition | 15<sup>th</sup> March  
Winter Edition | 15<sup>th</sup> June  
Spring Edition | 15<sup>th</sup> September  
Summer Edition | 15<sup>th</sup> December

*Submissions from members AND non-members are accepted*

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