

WINTER/SPRING EDITION | VOLUME 12, ISSUE 2 | SEPTEMBER 2020



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FROM THE EDITOR'S DESK

Welcome to the Autumn Edition for 2020

A belated e-Bulletin as across the country (and the world) goes into over-drive with the CoVID-19 pandemic. This has put our National Conference NNEC 2020 which was planned for later this year on hold with the plan to move to 2021. In this e-Bulletin we have contributions from Members on how the pandemic has had an effect on their workplace relating to education.

Within Australia the pandemic situation continues to fluctuate and staff are shared across borders to support our colleagues in areas that are harder hit. In the news it is often the mental health of people that is discussed, as in general we are a social species I do not take to isolation well, specifically if we are alone. I have included several apps that are recommended and are at no cost within the bulletin to promote mental well-being. In addition, I've included the nurse strong PDF from the ACN with 60-second stress busters that can be used in the workplace or in your personal life.

If you have a story to share be it a ..

poem, letter, photographs with captions or short paragraph

on what's happening in your area send them through for submission in the next e-Bulletin to karen.simunov@sa.gov.au.

Karen Simunov
E-BULLETIN EDITOR

ANTS PRESIDENT'S REPORT

Due to CoVID-19 activities and Internal Management responsibilities there is no President's Report other than to say:

'Stay Safe'

and

**'Our Thoughts are with the Healthcare Facilities
caring for positive Patients/Clients'**

COMPETITION WINNERS

As a BRONZE AFFILIATE of the Australian College of Nursing ANTS Members who join ACN receive discounted membership.

In addition the ANTS received (3) 12-month members vouchers. To open the opportunity to all members a competition was posted on the website titled 'Education During COVID 19.....'. Members were invited to submit 1 page stories, photo story (with captions), cartoons, poems or member choice for an article in this e-bulletin with the competition closed on 7 August 2020.



CONGRATULATIONS:

1. Jennifer Vanechop (nee Goh) – Education Centre, Sydney Children's Hospital Network
2. Nicole Graham - Mental Health and Specialist Services, Gold Coast University Hospital

ABSTRACTS FOR NNEC 2021

Abstracts are invited for the 18th National Nurse Education Conference in 2021.

The '**Inspire, Motivate, Educate**' reflects education within the nursing and midwifery profession, to share our learnings, expand our knowledge and celebrate our success.

The following key areas that may be of interest in the conference are outlined below.

These will be given preference for inclusion in the program:

- Creating and supporting change in education and learning, particularly though the current epidemic
- Innovative educational programs
- Student engagement initiatives
- Collaborative health education projects
- Supporting vulnerable groups through education (such as children, refugees, Aboriginal and Torres Strait Islanders)

[Abstract Submission Link](#)

Guidelines and templates are available on the Conference website for abstract submission.

EDUCATING DURING COVID 19 ...

1. 'SYDNEY CHILDREN'S HOSPITALS NETWORK EDUCATION TEAM'

JENNIFER VANECHOP (NEE GOH), ACTING NETWORK NURSE EDUCATOR, EDUCATION CENTRE, SYDNEY CHILDREN'S HOSPITALS NETWORK

With the current COVID-19 Pandemic, the Sydney Children's Hospitals Network (SCHN) Education team have embraced change and have moved towards Virtual Education for majority of our education programs and study days. We quickly identified that Education needs do not stop during a pandemic, if anything, they increase exponentially! Moving towards a Virtual platform has been a great exercise in problem solving, innovation and being out of our comfort zones. We have opted to use a combination of virtual platforms (mainly Zoom and Google Classrooms) which have been evaluated extremely positively by the program participants.

The team has put in a long hours in creating Virtual friendly education resources which the participants can review pre, during and post the study days/education programs. The SCHN Education team have been the pioneers with Virtual education and have expanded their skills from not only planning and delivering Virtual study days and education programs but have branched out to other specialty education teams to help support them in transitioning to providing education on a Virtual platform. The SCHN Education team want to ensure that we support not only program/study day participants, therefore, we can also started creating Virtual education resources for other educators with information on the logistical issues that people may not think of such as; needing a presenter and moderator, having a separate computer for the moderator etc.

While it has not been an easy feat (filled with many technical difficulties), I am extremely proud of our team for all their hard work and dedication in creating a robust, effective and sustainable teaching program that continues to meet the needs of the Nursing staff within our Network.

2. 'MENTAL HEALTH NEWLY QUALIFIED NURSE WORKSHOP'

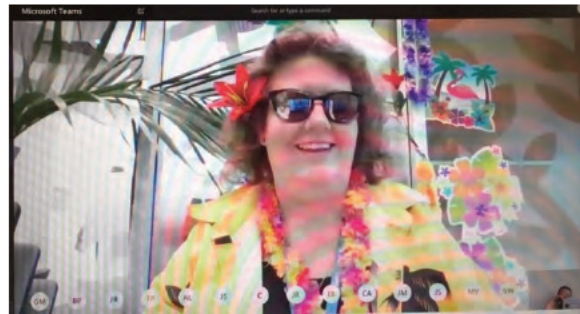
BN, MAVANCEDPRAC, CREDENTIALLED MENTAL HEALTH NURSE, AUTHORISED MENTAL HEALTH PRACTITIONER
ASSISTANT DIRECTOR OF NURSING - EDUCATION | MENTAL HEALTH AND SPECIALIST SERVICES, GOLD COAST UNIVERSITY HOSPITAL
ADJUNCT PROFESSIONAL FELLOW | SCHOOL OF HEALTH AND HUMAN SCIENCES | SOUTHERN CROSS UNIVERSITY GOLD COAST HEALTH

Initially we had some resistance and lack of engagement in the new delivery strategy of using Microsoft teams. Many people had their cameras off and we had no idea if they were watching, engaged, asleep on the lounge or cooking dinner as they were learning from home. We decided to implement themes into our training, with many of us having itchy feet. We decided on Hawaiian. We have never had so many laughs, throughout the day, we had more and more layers of Hawaii coming through, everyone's camera was on. There was fantastic feedback and really helped with the team building. Even now as we go back to face to face training, they have asked if we can continue with our themes and blended delivery style.

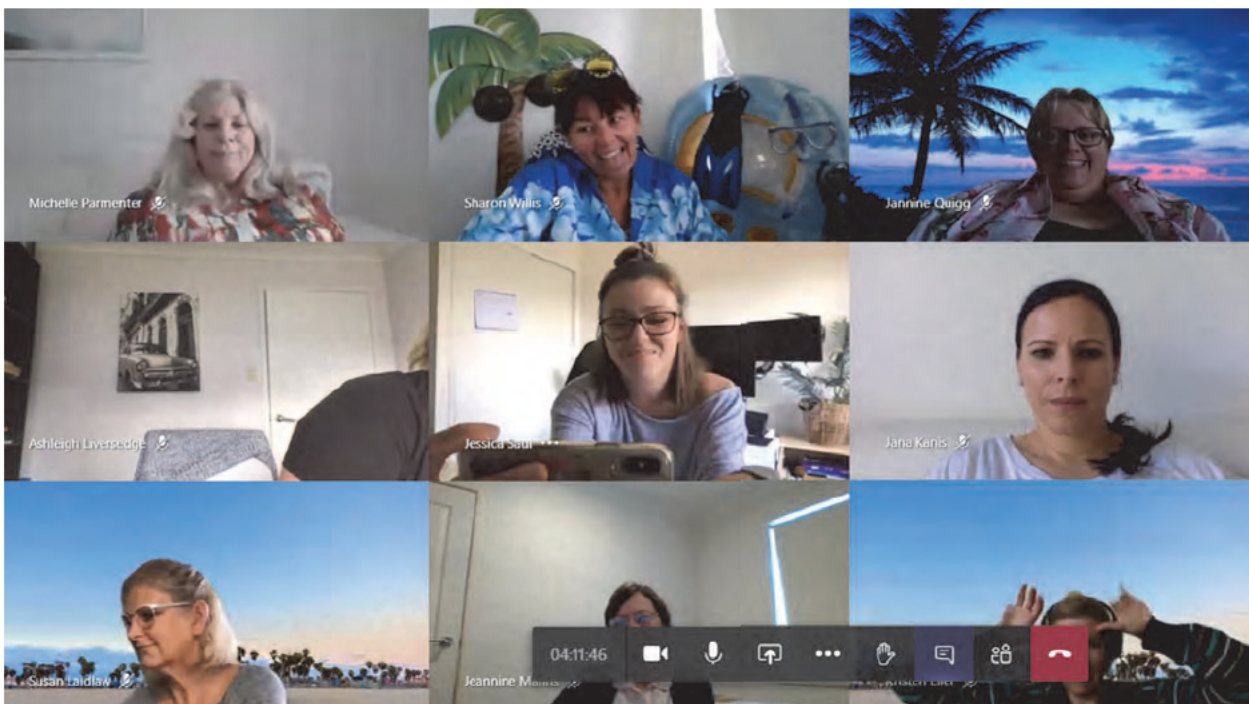
Mental Health and Specialist services embraced creative education delivery during COVID 19



2020 January Intake
Mental health Newly
cohort



Assistant Director of Nursing,
Nicole Graham delivering a
Hawaiian themed graduate
workshop



Newly qualified nurses engaging in online education
TL – Michelle Parmenter, Sharon Willis, Jannine Quigg
M – Ashleigh Liversedge, Jessica Saul, Jana Kanis,
BL – Susan Laidlaw, Jeannine Manns, Kristen Eller

TURNING LEMONS INTO ONLINE LEMONADE

BETH PIERCE, LECTURER, AND CREINA MITCHELL, DEPUTY PROGRAM DIRECTOR, BACHELOR OF NURSING, SCHOOL OF NURSING AND MIDWIFERY, GRIFFITH UNIVERSITY

The COVID-19 pandemic has challenged the way in which education is facilitated across contexts. Social distancing requirements have shifted many face-to-face education sessions online, and changed the ways we interact with our learners. From these challenges, however, opportunities arise! Many educators have enjoyed greater freedom to explore new and interesting digital education tools; learners have experienced more flexibility when using these tools to learn.

To this end, a number of digital education tools have captured our attention (and our student's attention) over the past few months. These tools support both educators and learners to explore content, test knowledge, give and receive feedback, and collaborate. Three of these tools are presented below; each is free to set-up and use indefinitely or for a trial period, some advanced features are available with institutional licenses. All can be used as links or embedded within learning management systems.

ANSWER GARDEN

What is it?

An online “cloud” whereby learners record responses (up to 40 characters/20 words) synchronously or asynchronously in a text-box. Popular responses appear in larger text in the “cloud” and are visible to all learners, but are anonymous.

Benefits?

It's easy to set-up, always free, and enables collaboration amongst small and large groups of people.

Where to access? <https://answergarden.ch/>

Example? Here's one from a family nursing course



H5P

What is it?

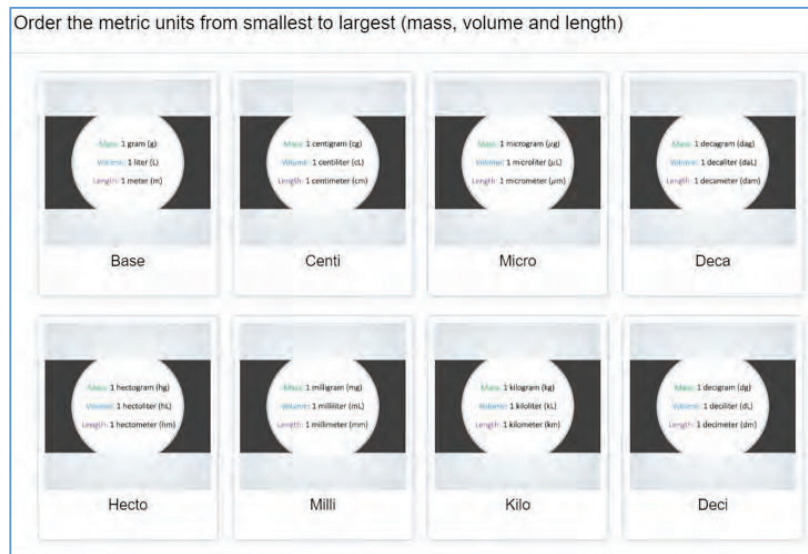
Tool for creating drag-and-drops, fill-in-the-blanks, quizzes, diagram labelling, word searches, memory games, guess the answer, flashcards... the list is endless!

Benefits?

It's free (although more products are available with a paid license), pretty intuitive to use, great for adding variety to education, usually allows for instant feedback to be incorporated.

Where to access? <https://h5p.org/>

Example? Here's an ordering game to prepare learners for medication conversions



PADLET

What is it?

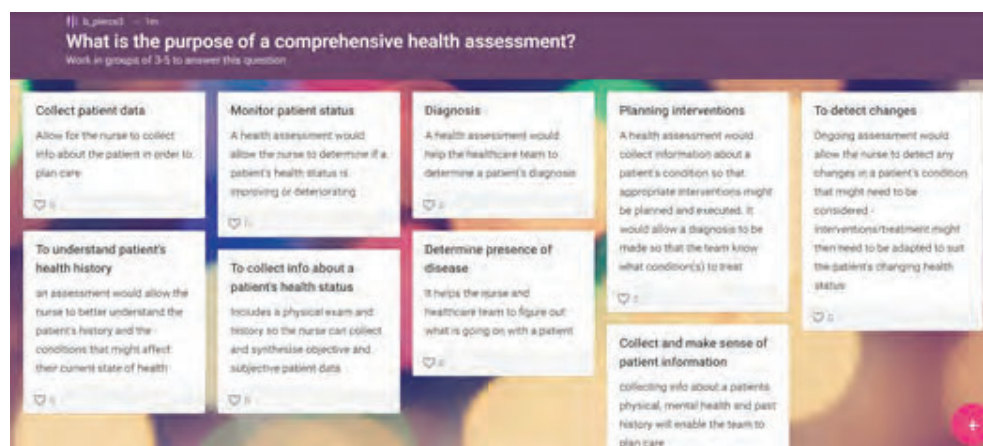
An online whiteboard allowing learners to anonymously post text, images, GIFs, videos, audio and other files synchronously or asynchronously. Learners can comment on and 'like' other's responses.

Benefits?

It's free, enables collaboration amongst small and large groups, enables sharing of more text than Answer Garden.

Where to access? <https://padlet.com/>

Example? Here's one related to the purpose of a health assessment

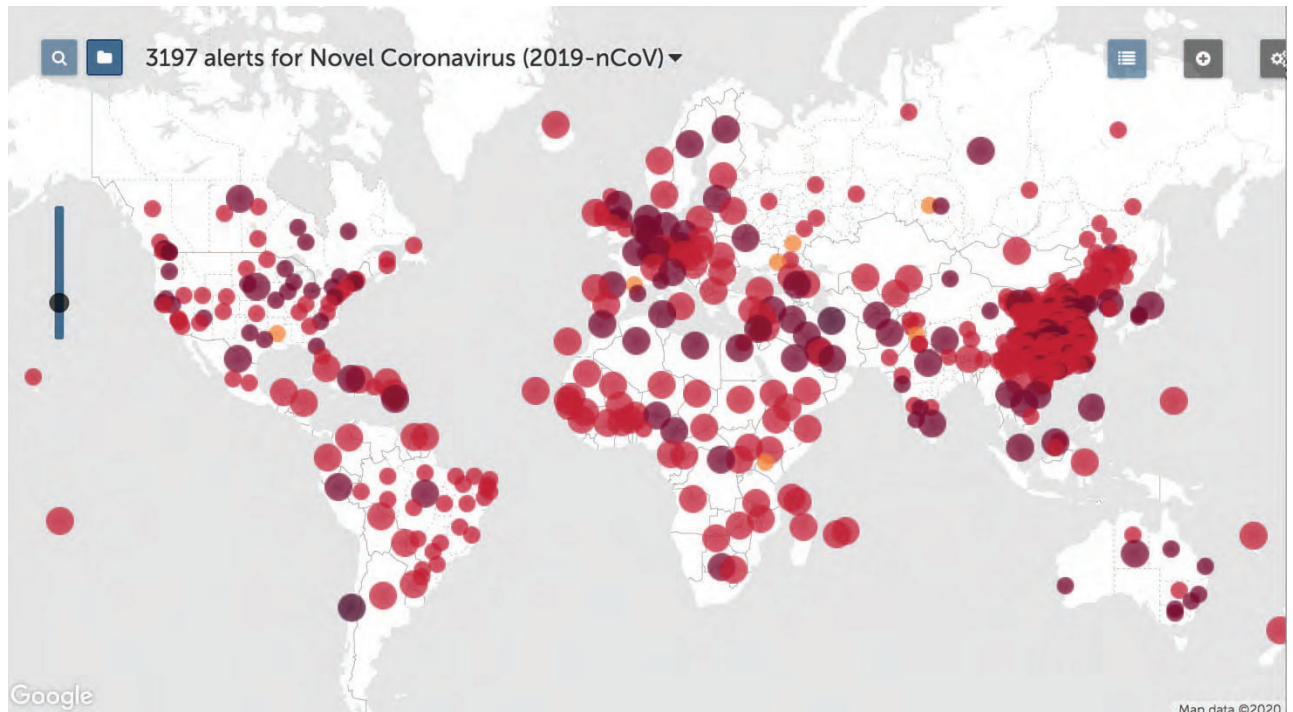
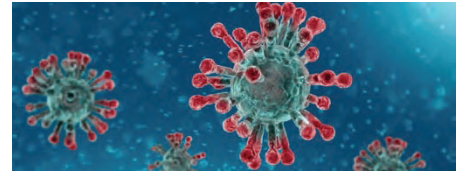


LET'S SHARE...

We'd love to hear about the tools you're using for your online education sessions. We've created an Answer Garden so that we can share ideas... follow the link and add your suggestions for online learning tools! <https://answergarden.ch/1300855>

Keep safe everyone!

CORONAVIRUS (COVID-19)



World Map at 16/3/2020 <https://www.sciencealert.com/these-5-tools-provide-up-to-date-tracking-of-the-coronavirus>

WEBSITES FOR UPDATES

The following links are to each state department of health with a focus on Corona Virus

NSW <https://www.health.nsw.gov.au/Infectious/diseases/Pages/coronavirus.aspx>

NT <https://health.nt.gov.au/news/coronavirus>

SA <https://www.sahealth.sa.gov.au/wps/wcm/connect/public+content/sa+health+internet/clinical+resources/clinical+topics/infectious+disease+control/novel+coronavirus+%282019ncov%29+infection+for+health+professionals>

TAS <https://www.health.tas.gov.au/publichealth/communicable+diseases+prevention+unit/infectious+diseases/coronavirus>

Vic <https://www.dhhs.vic.gov.au/coronavirus>

WA https://ww2.health.wa.gov.au/Articles/A_E/Coronavirus

OTHER WEBSITES OF INTEREST

<https://www.health.gov.au/health-topics/novel-coronavirus-2019-ncov>

<https://www.cdc.gov/coronavirus/index.html>

<https://www.elsevier.com/connect/coronavirus-information-center>

WHO Poster
<https://www.elsevier.com/connect/coronavirus-information-center>

VITAMIN D AND COVID-19

ADAPTED FROM NPS MEDICINE-WISE <https://www.nps.org.au/news/vitamin-d-and-covid-19>

During the pandemic, many Australians are spending more time indoors than usual, because of the restrictions in place. In addition to reducing the spread of COVID-19, restrictions have also helped slow down the spread of many common infectious diseases. Spending less time outside has left some people vulnerable to a vitamin D deficiency. Recent reports have suggested that vitamin D levels may influence risk of COVID-19 infection and severity.

WHAT IS VITAMIN D?

Vitamin D is an essential vitamin that helps to regulate calcium in your body is unique in the way it's produced and used in our bodies, and because of the role it plays in balancing calcium levels it's sometimes thought to be more like a hormone than a vitamin

WHAT DOES VITAMIN D DO?

Vitamin D has an important role in helping the body absorb calcium

CAN VITAMIN D SUPPLEMENTS PROTECT ME FROM COVID-19 INFECTION OR PREVENT SEVERE COMPLICATIONS?

Having enough vitamin D is important for your overall wellbeing however, taking supplements (including vitamin D) to prevent COVID-19 infection is not supported by any clinical evidence. To avoid infection, practice good hand hygiene and physical distancing, and follow restrictions and recommendations. Some international studies have reported that people who died after being diagnosed with COVID-19 tended to have low levels of vitamin D. A review of available data has concluded that age and health status – not vitamin D levels – increased vulnerability to poor health outcomes after being infected with COVID-19. Currently no evidence demonstrates vitamin supplements can protect against COVID-19.

WHAT HAPPENS IF VITAMIN D LEVELS IN THE BODY ARE TOO LOW?

Low levels of vitamin D can contribute to a loss of bone mineral density. In mild cases, this is known as osteopenia. In more severe cases, osteoporosis

HOW DO I GET VITAMIN D?

The best natural source is exposure to sun's UVB rays, in Australia you should not go outside without sun protection if UV level is above 3. Check Bureau of Meteorology's website

WHAT LEVEL OF VITAMIN D SHOULD I HAVE?

In Australia, blood serum levels of 25(OH)D that are equal or higher than 50 nmol/L

HOW DO I KNOW IF I HAVE A VITAMIN D DEFICIENCY?

In Australia, 23% of the population are estimated to be vitamin D-deficient

I THINK I'M DEFICIENT IN VITAMIN D – WHAT SHOULD I DO NEXT?

Talk with your health professional about the next steps

FURTHER READING

Read the [full article](#) here

COVID-19 ONLINE COURSES

The ANTS Executive take no responsibility for the content and application to practice. Any external content for online learning is to be reviewed by the Educator as suitable for their intended audience and the content is applicable and meets organisational policy and procedures.

OPENWHO.

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/training/online-training>

World Health Organisation (WHO) free online courses (some are listed below) on their website.

Health and safety briefing for respiratory diseases – ePROTECT

General introduction to Acute Respiratory Infections (ARIs) and basic hygiene measures to protect against infection.

Basic microbiology

Basic understanding of microbiology to recognize how your role as an Infection Prevention and Control person to help break the cycle of transmission, prevent health care-associated infections (HAI) and reduce antimicrobial resistance (AMR).

AusMED

<https://www.ausmed.com.au/cpd/hubs/covid-19-coronavirus>

A collection of education and resources to support healthcare workers through the COVID-19 coronavirus pandemic (updated daily).

Raw stories from the CoVID-19 frontline

Ausmed and The Nurse Break collaboration brings you this scrolling feed of stories from those on the frontline of the health service!

The Reality COVID-19 is not over

COVID-19's continuing ability to evolve and spread is a troubling reality we must face head-on.

Telehealth Communication Skills

This article is designed to complement a 'A Guide to Video Telehealth Consultations

AUSTRALIAN COLLEGE OF NURSING

<https://www.acn.edu.au/covid-19-resources>

Various COVID-19 resources to support nurses including:

COVID-19 Discussion Form forum

For ACN fellows and members to engage in discussions and support each other during this challenging time

Collated List of Educational Resources

To keep nurses informed safe and prepared to respond to the unfolding COVID-19 outbreak

AHPRA | ADDITIONAL PROFESSIONS TO BE ADDED TO THE PANDEMIC RESPONSE SUB-REGISTER

<https://www.ahpra.gov.au/News/2020-04-16-Additional-professions-to-be-added-to-the-pandemic-response-subregister.aspx>

16 April 2020

The Australian Health Practitioner Regulation Agency (AHPRA) and National Boards have announced that additional health professions will be added to the pandemic sub-register to prepare for any surge in workforce demand resulting from COVID-19.

Around 5,000 physiotherapists, psychologists and diagnostic radiographers who left the Register of practitioners or moved to non-practising registration in the past three years will be added to the sub-register from 20 April.

The sub-register enables AHPRA to fast track the return to the workforce of experienced and qualified health practitioners.

‘Being added to the sub-register is the first step in returning to practice. If practitioners have capacity to return to practice they are also encouraged to go to their state and territory health department website where they can express interest in joining their COVID-19 workforce,’

‘Employers, including health departments, will also play an important role by carrying out employment and probity checks and providing any induction and training that may be needed,’ AHPRA CEO Martin Fletcher

These additional practitioners will join the 30,000 doctors, nurses, midwives and pharmacists who remain on the sub register from the first phase which was launched on April 6.

The pandemic response sub-register was established following a request from Australia’s Health Ministers to enable more qualified and experienced health practitioners to quickly return to practice. They do not need to fill in forms or pay fees, nor meet the usual return-to-practice requirements.

There is no obligation for anyone added to the sub-register to practise or remain on it. They can opt out at any time, for any reason.

Practitioners who choose to stay on the pandemic sub-register and go back to work will need to comply with their profession’s code of conduct, professional indemnity insurance requirements and work within their scope of practice. After 12 months (or sooner if the pandemic subsides), they will be removed from the sub-register. If they wish to continue practising after the emergency they will be able to apply for ongoing registration through the standard process.

For more information visit: <https://www.ahpra.gov.au/News/COVID-19.aspx>

PROFESSIONAL ASSOCIATION – ACIPC

<https://www.acipc.org.au/>

The Australasian College for Infection Prevention and Control is the peak body for infection prevention and control professionals in the Australasian region.

Our vision is to empower our members to be leaders in infection prevention and control.

MEMBERSHIP

ACIPC members are key decision makers in the field of infection prevention and control and include nurses, aged care workers industry professionals, scientists, academics and educators, policy makers, dentists, veterinarians, beauticians and tattooists.

- Australasian Full
- International
- Australasian Postgraduate
- Australasian Retired
- Fellowship of ACIPC
- Australasian Undergraduate

Including an invitation to sponsor a member from a Low-middle Income country (eligible regions).

- Low-middle Income International

CREDENTIALLING

The ACIPC Credentialling Framework and provides a clear career pathway for all professionals seeking a career pathway as an infection control professional.

EDUCATION

Offering a range of educational opportunities including workshops and other continuing professional development (CPD) activities available to members and non-members.

- Foundations of Infection Preventions and Control Course – online and is ideal for commencing a role in infection prevention and control or infection prevention and control activities as part of the role.
- Educational workshops - can be tailored to meet individual needs.
- Member only - Professional development activities – including monthly webinars, and other member only events.



12 Benefits to being an ACIPC member

- 1. EDUCATION**
 - Foundations of Infection Prevention & Control
 - Articulation pathway to Universities
- 2. FREE**
 - Webinars
 - Journal
 - Webber Training Teleclasses
- 3. PROFESSIONAL DEVELOPMENT**
 - Workshops
 - Events
 - Annual Conference
- 4. INFEXION CONNEXION**

Moderated, members-only discussion forum
- 5. CREDENTIALLING**
 - Primary
 - Advanced
 - Expert
- 6. DISCOUNTS**
 - Foundations of IPC
 - Workshops
 - Annual Conference
- 7. JOURNAL**

Infection Disease and Health - Medline indexed and highly regarded
- 8. POLICIES & STANDARDS**

Supporting IPC Professionals in the workplace
- 9. HUMANITARIAN OPPORTUNITIES**
 - GOARN
 - LMI member sponsorship
- 10. ADVOCACY**

Represent ACIPC members at State & Federal Government and other national & international bodies
- 11. RESOURCES**

Webinars, videos, international teleclasses and more in the Members Only area
- 12. SCHOLARSHIPS & AWARDS**

Annual Foundations scholarship; research & educational grants; awards.

PERSONAL DEVELOPMENT/EMPOWERMENT

Remote camaraderie: Making remote work office friendly

ADAPTED FROM <https://psnews.com.au/2020/08/10/remote-camaraderie-making-remote-work-office-friendly/?state=sa>

“When we’re back, I’m never eating lunch, I want to be in the break room others”

If you find yourself really missing the camaraderie of the office, you’re not alone. Many of these working from home are longing to actually be with their working family. Zoom just....isn’t the same.

Sure, working from home means no commute and pants optional, but it can also come with deep loneliness and feeling less connected. Being a well-connected (remote) team takes an extra layer of intention. Here are a few best practices to keep you from feeling like a lone wolf.

Connect more frequently, for shorter durations

In working from home, our interactions become more formal and also longer, both of which contribute to exhaustion.

In the office, many teams connect casually with unscheduled touch-bases that last a few minutes. In remote environments, we tend to save every potential question or comment for a long, structured meeting.

Combat this by checking in more frequently and for shorter durations.

Many teams we work with are doing 15-minute check-ins every morning or making a practice of having virtual lunch together to stay connected beyond formal meeting agendas.

Zoom beyond your core team

Multiple connection points occur within the workplace ... lunchroom, elevator or carpark, including connecting with others outside of our core teams.

The ‘reason’ for these interactions and connections disappear in remote environments. These make the organisation, and your impact, feel a lot smaller.

Try connecting with others even if it’s just a morning coffee or a quick hello.

Change up your physical environment

In the office, you work at your desk and in conference rooms, in your boss’s office, in the lunchroom, in the training room. At home, we tend to work in the same place every moment.

Change it up ... kitchen / living room / rearrange furniture / change artwork / take calls outside

Talk about not-work

Not-work talks help us see each other as full human beings, beyond the roles we play at work.

Just because your meeting is virtual doesn’t mean skip the casual updates at the start or end.

The relaxed vibe made everyone feel connected.

Check-in beyond your action items and keep friendships alive. Be intentional about staying connected helps you and your team experience a more connected, purpose-driven workplace.

*Lisa Earle McLeod is the author of *Selling with Noble Purpose* and *Leading with Noble Purpose*. She can be contacted at mcleodandmore.com. This article first appeared at mcleodandmore.com

HEALTH PROMOTION DIARY

|SEPTEMBER

Starlight Movie Month
Dystonia Awareness Month
Liptember
Blue September
Prostate Cancer Awareness Month
Dementia Awareness Month
Childhood Cancer Awareness Month
Big Heart Appeal



Weeks of September |

1-7 National Asthma Week
1-7 Spina Bifida Awareness Week
7-11 Women's Health Week
7-13 Idiopathic Hypersomnia Awareness Week
7-13 Spinal Injury Awareness Week
21-27 Herbal Medicine Week

Days of September |

1 Gold Bow Day
4 PKD Awareness Day
7 World Duchenne Awareness Day
8 Kidney Health Research Walk
9 International Fetal Alcohol Spectrum Disorder Awareness Day (FASDAY)
10 R U OK Day
16 Lyme Gladiolus Day
21 World Alzheimer's Day
26 Mesothelioma Awareness Day
29 World Heart Day



|OCTOBER

Breast Cancer Awareness Month
Lupus Awareness Month
Ocober Month
Dyslexia Awareness Month

Weeks of October |

4-11 National Amputee Awareness Week
5-11 Mental Health Week
11-17 Bleeding Disorders Awareness Week
15-21 National Nutrition Week
20-26 National Week of Deaf People (NWDP)



Days of October |

- 1 World Vegetarian Day
- 4 Odd Socks Day
- 8 World Sight Day
- 10 World Mental Health Day
- 11 Headspace Day
- 12 World Arthritis Day
- 15 Pregnancy and Infant Loss Remembrance Day
- 18 Developmental Language Disorder (DLD) Awareness Day
- 20 World Osteoporosis Day
- 24 World Polio Day



| NOVEMBER

Movember
Lung Cancer Awareness Month
ALPHA-1 Awareness Month

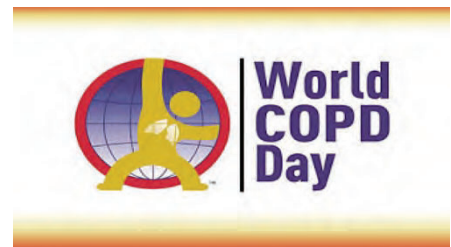


Weeks of November |

- 8-14 Perinatal Depression and Anxiety Awareness Week
- 14-22 Alopecia Awareness Week
- 11-17 Antibiotic Awareness Week

Days of November |

- 1 International Drug Users Day
- 2 Healthy Hips Day
- 12 World Pneumonia Day
- 14 World Diabetes Day
- 17 World Prematurity Day
- 18 World Chronic Obstructive Pulmonary Disease Day
- 20 World Children's Day



| DECEMBER

Decembeard

Weeks of December |

- 12-24 December | National Skin Cancer Action Week

Days of December |

- 1 World AIDS Day
- 2 World Pollution Prevention Day
- 3 International Day of Persons with Disabilities
- 10 Human Right Day



APP OVERVIEW | MENTAL HEALTH SUPPORT

There are multiple apps related to mindfulness and CBT. The following (5) are based on quality research and have been developed by a university, government department or mental health organisation. Good app should also have a privacy policy.



Initially free then a monthly fee.

iOS and Android

Learn to meditate with this apps guide sessions an mindfulness exercises scientific studies have shown headspace helps to reduce stress and increased mindfulness and sense of well being



Free

iOS

Aims to boost your mood through behaviour activation at popular CBT technique created by the US VA Department. Set goals, schedule positive activities during the day, track your mood and progress.



Free

iOS and Android

Developed by anxiety Canada providing CBT based tools to help you take charge. Includes guided meditations, coping cards, thought journal, goal setting and tips for creating healthy habits.



Free

iOS and Android

Developed by Black Dog Institute it has been designed particularly for men. Guiding you through a 30 day mental fitness challenge using behaviour active activation and mindfulness.



Free

iOS and Android

Created by two psychologists with support from Monash and Swinburne universities. Tell the app how you are feeling and it will provide you with five missions to improve your mood based on CBT.

AUSTRALIAN NURSE TEACHERS SOCIETY

2020-2022 NATIONAL EXECUTIVE CONTACT DETAILS

PRESIDENT	Michelle GIRDLER	South Australia
VICE PRESIDENT	VACANT	
SECRETARY	Didy BUTTON	South Australia
TREASURER	Christine TAYLOR	New South Wales
STATES LIAISON OFFICER	VACANT	
MEMBERSHIP OFFICER	Stuart TAYLOR	New South Wales
E-BULLETIN EDITOR	Karen SIMUNOV	South Australia
GENERAL COMMITTEE	Katie TUCKER	South Australia
	Creina MITCHELL	Queensland

E-BULLETIN CONTRIBUTIONS

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SUBMISSION / ADVERTISING DEADLINES (EXCEPTIONS BY ARRANGEMENT)

Autumn Edition | 15th February

Winter Edition | 15th May

Spring Edition | 15th August

Summer Edition | 15th November

Submissions from members AND non-members are accepted

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