

# AUSTRALASIAN CARDIOVASCULAR NURSING COLLEGE

6<sup>TH</sup> Annual Conference

## *The Ageing Heart*



*The Crowne Plaza, Coogee Beach, Sydney  
February 24<sup>th</sup> & 25<sup>th</sup> 2012*

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## **Welcome to ACNC 2012**

**Ross Proctor**  
RN, CCU Cert



Welcome to ACNC 2012, this year we again have a fantastic program that I'm sure will inform and inspire. I would like to thank the entire committee for their hard work in bringing this conference to fruition. Special thanks needs to go to Sally Inglis, Chair of the Scientific Committee and Maria Sheehan our Secretary for their organisation and hard work for this Sydney meeting. It is great to see a marked increase in abstract submissions from across Australia and New Zealand showcasing the depth of experience and passion of cardiovascular nursing in Australasia.

Our 2011 meeting was a fabulous event, your feedback overwhelmingly positive. Our profile as a peak body representing the interests of cardiovascular nurses and the patients and families we care for continues to grow, not in a small part because of your participation. With this in mind the Executive is excited to announce that ACNC 2013 will take place in Auckland, New Zealand.

We hope with this move from the shores of Australia, we will encourage even greater participation and collegiality with our New Zealand colleagues and give our Australian members an exciting opportunity to experience our conference from an international perspective.

I would like, on your behalf, to again thank the Executive for their hard work and support. Through their many hours of voluntary work we have a robust and healthy organization. I would also like to acknowledge the work and vision of my predecessors, Professor Simon Stewart and Professor Patricia Davidson.

And thank you for your support, participation and encouragement for this is your organisation.

Please enjoy ACNC 2012 and the delights of Coogee. Hopefully we shall see you in New Zealand next February.

**Ross Proctor,**  
**President ACNC**



## ***Current Executive Committee (2011-13)***



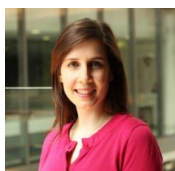
**Ross Proctor  
President**

**Andy McLachlan  
Vice President**



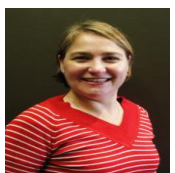
**Maria Sheehan  
Secretary**

**Margaret Lucas  
Treasurer**



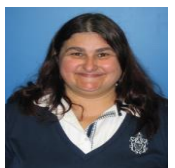
**Sally Inglis  
Chair of Scientific  
Committee**

**Patricia Davidson  
Immediate Past  
President**



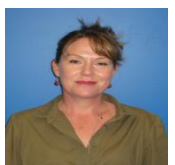
**Natasha Eaton  
Newsletter Editor**

**Karen Sanders**



**Snez Stolic**

**Jackie Colgan**



**Kimberly Bardsley**

**Gerry Lee  
Immediate Past  
Secretary**



**Jo Wu**

**Anna Green  
Secretariat**



## Day One - FRIDAY 24th February 2012

All main sessions will be held in the **OCEANIC EAST ROOM**.

Rooms for break-out sessions are indicated on the program.

|   |  |  |  |
|---|--|--|--|
| 08.00 - Registration  |  |  |  |
| 09.00   |  |  |  |
| 09.00 - Welcome to ACNC 2012: Mr Ross Proctor (President ACNC)                                      |  |  |  |
| 09.10 Welcome to Country: Mr Charles Madden   |  |  |  |
| 09.10 - Plenary 1   |  |  |  |
| 10.30 Chairs: Mr Ross Proctor & Dr Sally Inglis   |  |  |  |
| 9.10 - Professor Alex Clark, University of Alberta, Canada  |  |  |  |
| 9.55 The ageing heart: how today's heart health services can better meet the challenges of tomorrow |  |  |  |
| 9.55 - Professor Virginia Carrieri-Kohlman, University of California, San Francisco, USA            |  |  |  |
| 10.30 Managing breathlessness: a common and debilitating symptom                                    |  |  |  |
| 10.30 - Morning Tea   |  |  |  |
| 11.00   |  |  |  |
| 11.00 - Plenary 2   |  |  |  |
| 12.30 Chairs: Professor Patricia Davidson & Mr Andy McLachlan                                       |  |  |  |
| 11.00 - Professor David Celermajer, Royal Prince Alfred Hospital & Heart Research Institute         |  |  |  |
| 11.45 Contemporary issues in adult congenital heart disease   |  |  |  |
| 11.45 - Professor Sandy Middleton, National Centre for Clinical Outcomes Research, ACU              |  |  |  |
| 12.30 Quality in Acute Stroke Care (QASC) Trial   |  |  |  |
| 12.30 - Lunch   |  |  |  |
| 13.30   |  |  |  |
| 13.30 - Plenary 3   |  |  |  |
| 14.00 Chair: Associate Professor Robyn Clark  |  |  |  |
| 13.30 - Mr Adam Roshan, NSW Organ and Tissue Donation Service                                       |  |  |  |
| 14.00 Heart donation in Australia: challenges and progress  |  |  |  |
| 14.00 -   | Session title: <b>Heart failure</b><br>Chair: Ms Kimberley Bardsley<br>Room: <b>OCEANIC EAST</b>   | Session title: <b>Arrhythmias</b><br>Chair: Ms Natasha Eaton<br>Room: <b>OCEANIC WEST</b>  | Session title: <b>Telemonitoring</b><br>Chair: Ms Karen Sanders<br>Room: <b>CLOVELLY</b>   |
| 15.00   |  |  |  |
| 14.00 -   | High risk for heart failure: Clinical and risk profile of the Nurse-led Intervention for Less Chronic Heart Failure (NIL-CHF) study cohort. Presenter: Mr Wayne Dawson | Cardiac Implantable Electrical Devices (CIED) post cardiac transplant: The St Vincent's experience. Presenter: Mr Andre Tay  | Are telemonitoring and structured telephone support more effective in younger or older heart failure patients? A sensitivity analysis from a Cochrane review. Presenter: Dr Sally Inglis |
| 14.15   |  |  |  |
| 14.15 -   | Development of an assessment tool and scoring matrix for heart failure self-care ability. Presenter: Dr Jan Cameron  | The use of external permanent pacemakers and implantable cardioverter defibrillators as a novel approach to the management of device infections at the Prince of Wales Hospital and the Eastern Heart Clinic. Presenter: Mr Ross Proctor | Development of health communication system to support people with cardiac conditions. Presenter: Dr Jo Wu  |
| 14.30   |  |  |  |

|                          |   |  |  |
|--------------------------|---|--|--|
| 14.30 -<br>14.45         | Inotropic therapy in NYHA class III-IV heart failure patients in the home. Presenter: Ms Cynthia Masters  | The nurse's role in managing a patient with persistent ventricular tachycardia: a case study. Presenter: Ms Gerry Lee                        | Complex telemonitoring or a simple telephone call, which is more effective in post-discharge heart failure (HF) management? Presenter: Assoc. Prof Robyn Clark |
| 14.45 -<br>15.00         | The effect of exercise on sleep quality in heart failure. Presenter: Ms Jessica Suna  | Nursing considerations of radiofrequency cardiac ablation for people with accessory pathways: a literature review. Presenter: Ms Snez Stolic | Case report of a novel heart failure telemonitoring system. Presenter: Ms Carol Whitfield  |
| <b>15.00 -<br/>15.30</b> | <b>Annual General Meeting</b>   |  |  |
| <b>15.30 -<br/>16.00</b> | <b>Afternoon tea</b>  |  |  |
| <b>16.00 -<br/>17.00</b> | <b>Plenary 4<br/>Chair: Ms Maria Sheehan</b>  |  |  |
| <b>16.00 -<br/>16.30</b> | <b>Ms Desiree Robson, St Vincent's Hospital, Sydney<br/>Management of ventricular assist devices</b>  |  |  |
| <b>16.30 -<br/>17.00</b> | <b>Mr Blair McFarlane, The Royal Rehabilitation Centre Sydney<br/>Driver assessment and driving in older age</b>  |  |  |
| <b>17.00 -<br/>17.30</b> | <b>Chairs: Ms Jackie Colgan &amp; Ms Snez Stolic<br/>Oral poster presentations (5 minutes + 2 minutes questions)</b> <ol style="list-style-type: none"> <li>1. Ms Vanessa Lee: Impact of a drug-eluting stent guideline on clinical practice.</li> <li>2. Ms Kellie Roach: A pre-test post-test study of a brief educational intervention demonstrates improved knowledge of potential acute myocardial infarction symptoms and appropriate responses in cardiac rehabilitation patients.</li> <li>3. Ms Linda Prentice: Peripartum cardiomyopathy patient educational booklet.</li> <li>4. Mr Aaron Conway: Insights for monitoring respiratory function during procedural sedation and analgesia in the cardiac catheter laboratory from a retrospective medical record audit.</li> </ol> |  |  |
| <b>17.30 -<br/>19.30</b> | <b>Cocktails &amp; canapés<br/>POOLSIDE PATIO</b>   |  |  |

**Breakout session room locations:**

Oceanic West is located beside Oceanic East (plenary room), on your right as you exit Oceanic West. The Clovelly room is located on your left at the bottom of the large staircase in the centre of the Crowne Plaza.

## Day Two - SATURDAY 25th February 2012

All main sessions will be held in the **OCEANIC EAST ROOM**.

Rooms for break-out sessions are indicated on the program.

|   |  |   |   |
|---|--|---|---|
| <b>08.00 - 09.00</b> Registration   |  |   |   |
| <b>09.00 - 10.00</b> Plenary 1<br>Chairs: Ms Karen Sanders & Ms Gerry Lee   |  |   |   |
| <b>9.00 - 9.45</b> Professor Alex Clark, University of Alberta, Canada<br>Effective communication and ethical consent in decisions related to ICDs  |  |   |   |
| <b>9.45 - 10.30</b> Dr Michael Valenzuela, Neuropsychiatric Institute, Prince of Wales Hospital & UNSW<br>Healthy Heart, Healthy Mind: How better control of hypertension can help prevent dementia |  |   |   |
| <b>10.30 - 11.00</b> Morning Tea  |  |   |   |
| <b>11.00 - 12.00</b>  | Session title: <b>Heart failure</b><br>Chair: Dr Phillip Newton<br>Room: <b>OCEANIC EAST</b>   | Session title: <b>Nurse-led interventions/clinics</b><br>Chair: Mr Ross Proctor<br>Room: <b>OCEANIC WEST</b>  | Session title: <b>Coronary artery disease/cardiovascular risk</b><br>Chair: Ms Snez Stolic<br>Room: <b>CLOVELLY</b>                                       |
| <b>11.00 - 11.15</b>  | Palliative care and end stage heart failure (ESHF): The results of the implementation of a shared-care model of service provision.<br>Presenter: Dr Mary Boyde | Reducing CVD risk factors in a nurse-led intervention program: Preliminary results of short term improvements of the IMPRESS study. Presenter: Ms Fiona Schute  | Is troponin an accurate indicator of coronary artery disease in older patients? Presenter: Ms Natasha Eaton   |
| <b>11.15 - 11.30</b>  | Relationship between chronic heart failure symptoms and depressive symptoms.<br>Presenter: Ms Malke Boutros  | The development of a collaborative heart valve clinic run by nurses. Presenter: Mr Andy McLachlan   | ST-elevation myocardial infarction: a patient's journey through vessel occlusion, infarction, angioplasty and recovery. Presenter: Ms Beth Thompson       |
| <b>11.30 - 11:45</b>  | Enhancing medication titration in patients with heart failure project.<br>Presenter: Ms Annabel Hickey   | A multi-centre randomised controlled study of a nurse-led, home-based health care program for privately insured cardiac patients: Initial findings of the Young @ Heart Study. Presenter: Ms Linda Preston, Ms Amanda Brown | The importance of specification of risk target when assessing patients' causal attributions for coronary heart disease.<br>Presenter: Dr Leila Gholizadeh |
| <b>11.45 - 12.00</b>  | Prevalence of moderate cognitive impairment in heart failure patients without diagnosed dementia. Presenter: Ms Ann Sullivan                                   | The development of an outpatient nurse chest pain service. Presenter: Mr Andy McLachlan   |   |
| <b>12.00 - 13.00</b> Lunch  |  |   |   |

|                      |  |  |   |
|----------------------|--|--|---|
| <b>13.00 - 13.45</b> | <b>Plenary 2</b><br><b>Chair: Mr Ross Proctor</b>  |  |   |
| <b>13.00 - 13.45</b> | <b>Dr Sasha Bennett, St Vincent's Hospital, Sydney</b><br><b>Polypharmacy in the elderly</b>   |  |   |
| <b>13.45 - 14.30</b> | Session title: <b>Atrial fibrillation</b><br>Chair: Ms Natasha Eaton<br>Room: <b>OCEANIC EAST</b>  | Session title: <b>Multimedia technology in patient education.</b> Chair: Dr Jo Wu<br>Room: <b>OCEANIC WEST</b>   | Session title: <b>Peripheral arterial disease</b><br>Chair: Dr Sally Inglis<br>Room: <b>CLOVELLY</b>  |
| <b>13.45 - 14.00</b> | Atrial fibrillation (always fibrillating) - not such a benign condition. Presenter: Ms Gerry Lee   | Teaching self-management in heart failure patients: development of a prototype teaching tool and iPad application. Presenter: Ms Nazli Bashi                     | Peripheral arterial disease: a common co-morbidity in chronic heart failure, an observational study. Presenter: Ms Adriana Hermis                     |
| <b>14.00 - 14.15</b> | Optimising the management of high risk patients with atrial fibrillation: Promising signs from the Standard versus Atrial Fibrillation specific management study (SAFETY). Presenter: Ms Laura Waite | 'So you have been diagnosed with heart failure...': A patient education DVD. Presenter: Dr Mary Boyde  | Identifying effective care pathways for healing of arterial leg ulcers in patients with peripheral vascular disease. Presenter: Ms Kathleen Finlayson |
| <b>14.15 - 14.30</b> | Atrial fibrillation and thromboprophylaxis: methods in risk assessment and addressing barriers to adherence: A review. Presenter: Mr Caleb Ferguson  | Chronic disease self management: multilingual audiovisual resources for people with ischaemic heart disease and chronic heart failure. Presenter: Mr Glenn Paull |   |
| <b>14.30 - 15.00</b> | <b>Afternoon tea</b>   |  |   |
| <b>15.00 - 15.30</b> | <b>Plenary 3</b><br><b>Chair: Mr Andy McLachlan</b>  |  |   |
| <b>15.00 - 15.30</b> | <b>Mr Ross Proctor, President ACNC</b><br><b>Cardiovascular Nurses, are we so special?</b>   |  |   |
| <b>15.30</b>         | <b>Prize presentations &amp; ACNC 2013 announcement</b>  |  |   |
| <b>16.00</b>         | <b>Conference close</b>  |  |   |

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## **Professor Alex Clark**

*Associate Dean (Research), University of Alberta, Canada*



Alexander M. Clark is Associate Dean (Research) and Full Professor at the University of Alberta, Faculty of Nursing in Canada - the largest such Faculty in Canada. His international research program draws on complexity theory to understand outcomes in populations with coronary heart disease. His special interests are in: secondary prevention/cardiac rehabilitation, disease management and self-care. This work has directly influenced practice, policy and guidelines on both sides of the Atlantic and Australasia. It has been published in some of the world's most impactful journals in medicine, cardiology, social science, nursing, and rehabilitation. He also works locally, nationally and internationally as a mentor to promote academic excellence in doctoral and post-doctoral researchers. For these contributions, the World Economic Forum accorded him the status of: 'Young Global Leader' in 2011. For four years, he has been Co-Chair of 'Qualitative Health Research' – the largest conference in this area in the world.

## **Professor Virginia (Ginger) Carrieri-Kohlman**

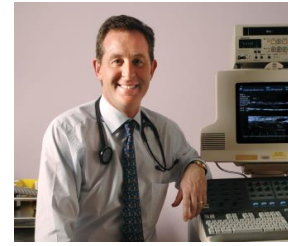
*Professor Emeritus in the Department of Physiological Nursing,  
University of California-San Francisco, USA*



Virginia (Ginger) Carrieri-Kohlman, RN DNSc FAAN is a Professor Emeritus in the Department of Physiological Nursing, University of California-San Francisco (UCSF). Ginger has a BS from Cornell University/New York Hospital School of Nursing, an MS and a DNSc from the University of California, San Francisco. She was a faculty member at UCSF for 37 years. Her research program for almost three decades has focused on the measurement and management of the symptom of dyspnea, primarily in people with COPD. She has numerous research publications focusing on the management of dyspnea and related factors. She has won various awards, including being elected fellow of the American Academy of Nursing; election to give the Helen Nahm UCSF Distinguished Research Lecture; an American Journal of Nursing Book of the Year Award; and a Cornell University-NY Hospital School of Nursing 45th Reunion Distinguished Alumnus Award. She is presently a Fulbright Senior Scholar at the University of Technology, Sydney to test the feasibility and beginning efficacy of the online dyspnea self-management program for people with chronic obstructive pulmonary disease (COPD) and CHF in Australia that has been successful in the US.

## **Professor David Celermajer**

*Director of Echocardiography and Cardiologist,  
Royal Prince Alfred Hospital & Clinical Director,  
The Heart Research Institute, Sydney*



Professor David Celermajer's work has focussed on early heart disease in children and young adults at risk of atherosclerosis. His research led to the identification of pre-symptomatic arterial damage and the invention of non-invasive screening for heart disease in young adults. He was also instrumental in discovering the link between passive smoking and cell damage in the hearts of adolescents and young adults. His investigation into the therapy 'clozapine' proved the association between the drug and potentially fatal myocarditis and cardiomyopathy in physically healthy young adults with schizophrenia.

David is a recipient of numerous awards including the RT Hall Prize for most outstanding contribution by a senior cardiac investigator, awarded by the Cardiac Society of Australia and New Zealand; the Eric Susman Medal for most outstanding contribution to any branch of Internal Medicine, awarded by the Royal Australasian College of Physicians; the Commonwealth Health Minister's Award for Excellence in Health and Medical Research; and he is a Fellow of the Australian Academy of Science.

## **Professor Sandy Middleton**

*Director of the National Centre for Clinical Outcomes Research,  
Director, Nursing Research Institute, St Vincent's & Mater Health Sydney  
Australian Catholic University*



Professor Sandy Middleton is the Director of the Nursing Research Institute a joint initiative between St Vincent's and Mater Health Sydney and Australian Catholic University. She is also Director of the National Centre for Clinical Outcomes Research, an Australian Catholic University Priority Research Centre.

Professor Middleton has a particular interest in stroke and implementation research and has been successful in obtaining funding as a chief investigator on 51 grants attracting funding of over \$9M. She was the lead investigator on the recently concluded Quality in Acute Stroke Care trial.

## Mr Adam Roshan

*New South Wales Organ Donor Coordinator,  
NSW Organ and Tissue Donation Service*



Mr Roshan has been a New South Wales Organ Donor Coordinator since 2010 and has completed the Advance International Diploma in Transplant Coordination at the University of Barcelona in 2011. Prior to this Adam worked in Heart & Lung transplant intensive care in the role of a Clinical Nurse Specialist. Adam also holds postgraduate qualifications in critical care and is in the process of completing his Master's in Clinical Nursing.

### **Heart donation in Australia; challenges and progress**

**Abstract:** Heart Transplantation is a highly effective and standardised treatment for patients with advanced heart disease. Australia has a world class reputation for successful transplant outcomes with survival rates which exceed that of the international figures. Latest data from the Australian & New Zealand Organ Transplant Registry noted heart recipients on average survive 14 years after transplantation with one-third of patients surviving more than 20 years.

After the first full year of the National Reform Agenda to implement world's best practice approach to organ and tissue donation for transplantation, Australia recorded its highest donation rate since national records began. A number of factors contributing to the increase in organ donation rates include the centralisation of the organ and tissue donation agencies, specialist medical and nursing expertise dedicated to organ donation in hospitals nationally and a successful community awareness and education campaign.

Despite an increase in organ donation, number of hearts transplanted in Australia has remained stagnant at 70-90 in the last decade. Challenges impacting on the availability of hearts for transplantation include changing donor demographic, mechanism of donor death, the physiological impact of brain death on the heart and introduction of donation after cardiac death. With an anticipated demand for heart transplantation to grow due to the ageing of Australia's population and the increased incidence of lifestyle diseases, this presentation will outline some of the strategies employed by the Organ Donation Network to maximise the availability and utilisation of donor hearts for transplantation.

## **Ms Desiree Robson**

*Clinical Nurse Consultant, St Vincent's Hospital, Sydney*



Desiree Robson is the Clinical Nurse Consultant for Mechanical Circulatory Support at St Vincent's Hospital, Sydney and work with the heart & lung transplant team. Desiree has worked in Cardiothoracic Intensive Care before becoming involved with Mechanical Circulatory Support. She has worked in mechanical circulatory support for over 15 years in both England and in Australia. Desiree has also complete a BSc(Hons) and Post Graduate Diploma at Oxford Brookes University in England. Desiree is a member of numerous national and international transplant societies.

## **Mr Blair McFarlane**

*Occupational Therapist,  
The Royal Rehabilitation Centre Sydney*



Blair started work as an Occupational Therapist (OT) in brain injury rehabilitation. He assisted people to overcome functional changes as a result of brain injury resulting in a return to the workforce. That role led to an interest in how people get to work which was a key issue for many clients. Blair trained to provide OT Driving Assessments in 2010. For 18 months Blair was the sole OT Driving Assessor within a major rehabilitation unit in metropolitan Sydney. Blair currently works at The Royal Rehabilitation Centre Sydney. He conducts assessments and recommends driving rehabilitation programs for a broad range of medical conditions.

## Dr Michael Valenzuela

*Neuroscientist,  
Leader of Regenerative Neuroscience Group  
Neuropsychiatric Institute,  
Prince of Wales Hospital & University of New South Wales*



Dr Valenzuela is a Senior Research Fellow at the School of Psychiatry, and leader of the Regenerative Neuroscience Group, UNSW. His background is in psychology, clinical medicine and neuroscience research. Dr Valenzuela's PhD focused on the topic of brain reserve, specifically how complex mental activity affects the development and expression of dementia. This question was tackled using multiple different technologies including epidemiology, neuroimaging and cognitive research. For this work he was awarded the prestigious *Eureka Prize for Medical Research* in 2006. More recently, he was honoured to receive a *NHMRC Excellence Award* for the top-ranked clinical Career Development Award in the 2010 round.

Dr Valenzuela's current research is aimed at further understanding the competing forces of *neuroplasticity* and *degeneration* in the human brain, and how these can either lead to, or help prevent, dementia. This research includes studies with stem cells, animal models, brain tissue, human clinical trials and large multinational population-based samples. Dr Valenzuela is the author of the popular science book *Maintain Your Brain* and believes that the problem of dementia is a critical one for modern society. He is committed to communicating dementia-prevention health ideas to the public.

## Dr Sasha Bennett

*Pharmacist, St Vincent's Hospital, Sydney*



Dr Sasha Bennett is a pharmacist with experience in hospital and community clinical practice. Her PhD investigated the significance of a neurohormonal and multidisciplinary approach to the optimal management of heart failure. She has a keen interest in the chronic management of cardiovascular diseases and is the pharmacist for the cardiac rehabilitation program at St Vincent's Hospital, Sydney. She is currently the Executive Officer, NSW Therapeutic Advisory Group, which promotes, facilitates and advises on the quality use of medicines in New South Wales hospitals. Sasha is also accredited to perform Home Medicines Reviews.

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The 7<sup>th</sup> annual  
Australasian Cardiovascular  
Nursing College  
scientific meeting  
- **WORKING TOGETHER** -  
will be at the Sky City Convention  
Centre in Auckland, New Zealand  
on February 23<sup>rd</sup> & 24<sup>th</sup> 2013.

For further information go to  
[www.acnc.net.au](http://www.acnc.net.au)



**New Zealand 2013**

