

# AUSTRALASIAN CARDIOVASCULAR NURSING COLLEGE

7<sup>TH</sup> Annual Conference

[Working Together](#)

2013



SKYCITY Convention Centre

Auckland

New Zealand

Saturday, 23 February, 2013 - Sunday, 24 February, 2013

[www.acnc.net.au](http://www.acnc.net.au)

### **Sponsors.**

We would like to thank our sponsors for their support for the 7<sup>th</sup> ACNC conference.



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Please stop by the Edensleep stand and speak with their representative.

### **Clinical Excellence Awards Sponsor.**

This years clinical excellence awards have been jointly sponsored by the ACNC and the New Zealand Heart Foundation and we are proud to be working closely with this wonderful organisation.



[www.heartfoundation.org.nz](http://www.heartfoundation.org.nz)

## **Kia Ora, hello and welcome to ACNC 2013!**

The ACNC executive is very excited to have the seventh and our inaugural New Zealand conference in Auckland.

This is indeed fitting. At the end of this conference my term as President finishes and I hand over the reins to Andy McLachlan, a local fellow - well sort of local! Andy's accent tells you he hails from somewhere other than his home of Auckland, New Zealand.

As you look at the program I'm sure you will agree it is one that will inform and inspire. We are proud that the ACNC can showcase such depth and breadth in cardiovascular nursing and provide a forum just for you where first time presenters are positioned alongside experts. What a superb sharing environment for all.

As if the quality of the abstracts were not enough, we are privileged to have two enormously influential nurses accept our invitation to speak at this conference.

Professor Kathleen Dracup is an inspiring and gifted speaker, with gigantic influence internationally for cardiac nursing now and previously over the last three decades. I am sure you will join me in thanking Professor Dracup for travelling across the Pacific to be with us. We are also honoured to have Professor Jenny Carryer from Massey University in New Zealand joining us for this conference. Professor Carryer's influence in nursing in New Zealand has certainly been great.

I would like to thank the entire committee for their hard work in bringing this conference to fruition. Special thanks go to Jo Wu, Chair of the Scientific Committee and she has been skilfully assisted by Snez Stolic. Both of these women are from Queensland. It is not an easy feat organising a program in your spare time for another country. A very special thank you to your new President, Andy McLachlan, for his enormous effort in organising much of the logistics that are making this conference happen.

On your behalf I would like to thank the Executive for their hard work and support this year and during my term as President. Through their many hours of entirely voluntary work we have a robust and healthy Australasian Cardiovascular Nursing College.

Finally, thank you for your support, participation and encouragement - ***for this is your organisation.***

Please enjoy ACNC 2013 and the beautiful Auckland. Haere rā, farewell and see you all in the Gold Coast next February.

**Ross Proctor**  
**President**

## **The Mayor of Auckland, Len Brown.**

We are very honoured that Len Brown, the first mayor of the united Auckland, Australasia's largest territorial authority, will be officially opening our conference.

He was elected on a platform of improving Auckland's transport system; quality compact urban design; innovative, high-value economic development; and building an inclusive culture in a city of 1.5 million and 180 ethnicities. He has a vision of Auckland being the world's most liveable city.

Len was raised and educated in Auckland. He trained and worked as a lawyer, becoming a partner in Wynyard Wood. He established the East Tamaki branch of the firm, which became the largest law office in the Manukau area.



He co-founded the Otara Fleamarket, the innovative Otara Health community service, the Howick Free Legal Service, and the East Tamaki Business Association.

His political career began in 1992, when he became a Manukau City Councillor. He was elected as Mayor of Manukau City in 2007 and of all Auckland in 2010.

Under his leadership, Auckland's standing on global liveability indices has improved, moving into the top 10 lists in all three international quality of life surveys (10<sup>th</sup> in the Economist Intelligence Unit's Global Liveability Report, 9<sup>th</sup> in Monocle magazine's Most Liveable Cities Index and 3<sup>rd</sup> in the Mercer Quality of Living Survey).

Monocle magazine has also identified Mayor Brown as a global leader to watch, making positive change happen for his city.

During his tenure, Auckland Council has developed a 30-year blueprint, the Auckland Plan and launched a robust Economic Development Strategy, to create a competitive and prosperous local economy and a city that attracts visitors, skilled workers, businesses and investment.

Len's wife, Shan Inglis, is a partner in an Auckland law firm. They have three daughters and a grandson.

He is passionate about Auckland and committed to working across political boundaries to achieve the best for the region, its economy and its people.

## **Keynote Speakers.**

### **Professor Kathleen Dracup.**

RN, FNP, DNSc, FAAN.

Kathleen A. Dracup is Dean and Endowed Professor in Nursing Education, University of California, San Francisco, School of Nursing. Dr. Dracup earned a Doctorate in Nursing Science from the University of California, San Francisco, a Master of Nursing degree from the University of California, Los Angeles, and a Bachelor of Science degree from St. Xavier's University, Chicago, Illinois.



A member of the Institute of Medicine, she is a leader in the field of cardiovascular nursing; she has been an influential mentor for cardiovascular nursing researchers for the past three decades. She is recognized nationally and internationally for her investigation in the care of patients with heart disease and the effects of this disease on spouses and other family members. She has tested a variety of interventions designed to reduce the emotional distress experienced by cardiac patients and their family members and to reduce morbidity and mortality from sudden cardiac death.

Dr. Dracup has published her research in more than 300 articles, chapters and books. She served as the editor of Heart & Lung for over a decade and as the co-editor of the American Journal of Critical Care from 1992 until 2009.

In 2009 Dr. Dracup received the Marguerite Rodgers Kinney - American Association of Critical Care Nurses (AACN) Award for a Distinguished Career.

### **Professor Jenny Carryer.**

RN, Dip. Counselling, PhD. FCNA (NZ), MNZM.

Currently Professor of Nursing at Massey University.

Holds clinical postgraduate qualifications in oncology and cardiovascular nursing and in counseling. Holds a PhD from Massey University.

Has conducted extensive research and publication in the areas of primary health services, development of the Nurse Practitioner role and women's health.

Has over 50 peer reviewed publications in nursing, medical and health journals. Former member of the Ministerial Taskforce on Nursing, the Primary Health Care Advisory Council and the Nurse Practitioner Development and Employment group for the Minister of Health. Past president and now executive director of the College of Nurses Aotearoa (NZ) for the last sixteen years.



Awarded a Member of the New Zealand Order of Merit in the Queens Birthday Honours, 2000.

**Dr Nicolette Sheridan.** *PhD, RN.*

Dr Nicolette Sheridan is a registered nurse, associate professor in nursing and associate dean equity. She has more than 30 years experience in clinical practice and education, and has published over 40 journal articles. Recent research has investigated the health care experiences of Māori and Pacific older adults with chronic conditions, health equity in NZ district health boards, and tracked communication in primary care of people with diabetes.



Dr Sheridan was chair of two Health Research Council assessing committees in 2011, chaired the MoH Health Expert Advisory Group on PHC Nursing in 2009, and acted for the NZ Qualifications Authority as academic monitor of a Māori nursing programme delivered by Te Whare Wānanga o Awanuiarangi (indigenous university) 2009-11.

She received 'excellence in equity' awards in both 2007 and 2012 for service to Māori nursing and research on equity. Dr Sheridan is of Ngapuhi descent.

**Dr Ruvin Gabriel.** *BHB, MBChB (Auckland), FRACP, FCSANZ.*

Ruvin Gabriel began his cardiology training at the Green Lane Cardiovascular Service, Auckland City Hospital, and completed it at the Cleveland Clinic (Ohio, USA), where he worked for two years as a clinical and research fellow in multi-modality cardiovascular imaging. Ruvin currently works as a clinical cardiologist with a special interest in non-invasive imaging at Middlemore Hospital.



Ruvin's subspecialty expertise is in non-invasive imaging: cardiovascular CT, CT coronary angiography, cardiovascular magnetic resonance imaging (MRI), as well as trans-thoracic, trans-oesophageal and stress echocardiography. He integrates his imaging skills with the clinical assessment and management of ischaemic heart disease, valvular heart disease and heart failure.

**Dr Janine Bycroft .** *MBChB, Dip Obs, Dip Paeds, MPH (Hons), FRNZCGP.*

Janine is the Founder and Clinical Director for Health Navigator Charitable Trust. She is also a GP, Flinders Trainer and Self-Management Clinical Advisor for several DHBs and PHOs. Her areas of interest include self-management support, quality improvement, chronic care, e-health, health literacy and the integration of primary and secondary care. She is involved with a number of projects to improve long-term condition management at a local, regional and national level. She is the primary care clinical lead for the National Shared Care Plan Programme and a member of the Cardiac Care Strategic Advisory group for the Heart Foundation.



**Dr Jocelyn Benatar.** *MBChB, University of Cape Town.*

Dr Benatar, emigrated to NZ and worked as a GP for 10 years finally moving back into hospital practice in 2001

She currently works at Auckland City hospital as Primary Investigator with the Cardiovascular Research Unit, undertaking clinical trials in cardiology, diabetes and obesity.

She has conducted huge validation and research studies on informed consent most recently published in NZMJ and PLOS one Currently doing MD on fatty acids and heart disease at Auckland University where she led an observational study published in the peer-reviewed European Journal of Cardiovascular Prevention and Rehabilitation.

Dr Benatar has a strong interest in Nursing Education.



**Iris S. Fontanilla.** *BSc, MSc(Hons), PGDipHealthPsych.*

Iris is a registered psychologist specialising in Health Psychology. Iris has been practicing in the public (i.e., primary and secondary care) and private health care sectors for over a decade. Iris was one of the first New Zealand trained Health Psychologists from the Faculty of Medical and Health Sciences, University of Auckland.

She currently works for the New Zealand Heart Lung Transplant Service and Cardiovascular Services at Auckland District Health Board and in private practice at Fontanilla Psychology. Her special interests in addition to health psychology are positive psychology, resilience, and long-term conditions management.



Iris is an Honorary Clinical Lecturer at the Department of Psychological Medicine, Faculty of Medical and Health Sciences, University of Auckland where she is involved in training and supervision of pre-intern health psychology students and health psychology interns. She also engages in teaching sessions for medical students and post-graduate nursing students. Iris is a Full Member of the New Zealand Psychological Society and holds the Executive position of Director of Professional Development and Training. In addition to her national executive role, she is the Chair and a Full Member (Practitioner) of the Institute of Health Psychology. She has also been on the Executive of the Cardiac Rehabilitation Association New Zealand (CRANZ).

Iris has experience in TV, radio, and print media. Iris has appeared regularly on *Breakfast TV ONE's* health segment in 2011 (TVNZ). She was the *Expert Psychologist* on TV One's series *DO or DIE* (TVNZ). Iris has also written featured articles for health related magazines such as *Healthy Food Guide*.



### **Wendy Bryson.**

Wendy is a Cardiac Nurse Practitioner based at Tauranga Hospital, NZ. Her Cardiology background includes undertaking a certificate with the National Heart Hospital (London), working as Clinical Nurse Specialist at the Sir Charles Gairdner Hospital (Perth) and more recently completing a Masters degree (Wellington).



Her work focuses on improving cardiac risk in the secondary setting and enhancing quality of life in Heart Failure. Wendy coordinates Heart failure clinics to optimise medication, encourage self-management and ensure onward referral for diagnostics and interventions as indicated. She is also involved in the long term follow up of Implantable Cardiac Defibrillator / Cardiac Resynchronisation Therapy, optimising medications and adherence for rhythm / rate control.

Wendy was a founding member of the NZ Heart Failure Working group and for the past three years been the National CSANZ Nursing representative, working to advance the role of nursing within the Society and encourage a united collaborative Cardiac nursing voice in NZ.

### **Pat Flanagan.**

NZ Heart Foundation.

Pat has extensive experience in managing and coordinating national and district wide multi-stakeholder projects and services. Her strengths are in innovation and improvement and her specialty is transferring knowledge and research evidence into practical solutions that can be implemented in practice. She has a professional interest in the development of models of care which enable people with long term conditions to better manage their health with a particular expertise in self-management support and health literacy improvement.



Pat managed the development of the cardiovascular risk management programme 'Taking Control' as well as of the development of five e-learning modules aimed at increasing the capability of primary care in the area of cardiovascular risk management. These are co-design projects, working with patients, primary care professionals and designers in the development of a patient centered self-management and health literacy improvement programme for people with elevated cardiovascular risk.



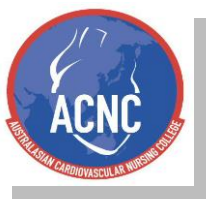


## ACNC 2013: Working Together.

Day One: Saturday 23rd February 2013.

Time	Session/Function
08.00	Registration
09.00	<b>Auckland Room 2</b> <b>Welcome-</b> Ponsonby Primary School, Kapa Haka group <b>Official Opening</b> - The Mayor of Auckland- Len Brown
09.30	<u>Plenary 1.</u> <b>Professor Kathleen Dracup</b> <b>Title:</b> Can you hear me now? - Interprofessional relationships in cardiac care <b>Chair:</b> Ross Proctor/Andy McLachlan
10.15	Morning tea
11.00	<u>Plenary 2.</u> <b>Dr Ruvin Gabriel</b> - <i>Interesting Imaging -2013</i> <b>Dr Jocelyn Benatar</b> - <i>Informed Consent: An Ethical Obligation or Legal Compulsion?</i> <b>Iris S. Fontanilla</b> - <i>Resilience: The antidote to chaos, panic, and mass confusion</i> <b>Chair:</b> Ross Proctor/Andy McLachlan
12.00	AGM and award presentations.
12.30	Lunch and poster viewing.
13.30	<b>Auckland Room 2</b> <b>Interactive Poster Presentation (Poster + 3 minutes presentation).</b> <ul style="list-style-type: none"> <li>- J. Downie (abstract #21 &amp; #27)</li> <li>- A. Sullivan (abstract #18)</li> <li>- C. Aldridge (abstract #22)</li> <li>- E. Nelson (abstract # 24)</li> <li>- A. McLachlan (abstract #19)</li> </ul> <b>Chair:</b> Dr Jo Wu

1400	<b>Intervention</b> Chair: Natasha Eaton <b>Auckland Room 2</b>	<b>Heart Failure</b> Chair: Kim Bardsley <b>Epsom 2</b>	<b>Smoking/Vascular</b> Chair: Dr Jo Wu <b>Epsom 3</b>
	Abstract # 1: The trajectory of post-operative recovery of octogenarians following transcatheter aortic valve implantation (TAVI). <b>Presenter:</b> R. Johnston	Abstract # 4: Is it cardiac? Is it respiratory? Just what is causing my patients shortness of breath? The complexities of managing heart failure and co-morbidities. <b>Presenter:</b> A. Quirey	Abstract # 7: Feasibility of establishing a nurse-led smoking cessation program for secondary prevention of cardiovascular disease. <b>Presenter:</b> K. McQualter
	Abstract # 2: Five-year clinical audit demonstrates that process change leads to sustained improvement in Door to Balloon Time (DTBT) for STEMI patients in a Melbourne. <b>Presenter:</b> L. Martin	Abstract # 5: Development of a culturally specific heart failure self-management iPad teaching tool for Aboriginal and Torres Strait Islander people. <b>Presenter:</b> N. Buitendyk	Abstract # 8: Smoking audit amongst hospital staff and patients at St Vincent's Hospital, Melbourne, Australia. <b>Presenter:</b> C. Wright
	Abstract # 3: Trends in nurse-administered procedural sedation and analgesia across Australian and New Zealand cardiac catheterisation laboratories: Results of an online survey. <b>Presenter:</b> A. Conway	Abstract # 6: Heart Failure: Incorporating an extra element into service provision via non-malignant palliative care pathway. <b>Presenter:</b> S. Woodruffe	Abstract # 9: Independence for patients in applying and removing compression stockings – An innovative device. <b>Presenter:</b> R. Skerman
15.00	<b>Afternoon tea</b>		
15.30	<b>Workshops:</b> - How to understand research. <b>Prof R. Clark - Epsom 3</b> - All your ECG questions answered. <b>R. Proctor- Auckland Room 2</b> - Practical and focussed cardiovascular physical examination. <b>A. McLachlan- Epsom 2</b>		
16.15	<b>Repeated Workshops:</b> - How to understand research. <b>Prof R. Clark - Epsom 3</b> - All your ECG questions answered. <b>R. Proctor- Auckland Room 2</b> - Practical and focussed cardiovascular physical examination. <b>A. McLachlan- Epsom 2</b>		
17.15	<b>Bring your walking shoes for a refreshing walk around the sights of Auckland</b>		
19.00	Drinks at 19.00 in the <b>Twentyone Bar (3<sup>rd</sup> floor Sky City Casino)</b> followed by Dinner at 20.00 hrs in <b>the Observatory Restaurant, Sky Tower.</b>		



**Day Two: Sunday 24th February 2013.**

Time	Session/Function		
08.00	Registration		
0900	<b>Auckland Room 2</b> <b>Plenary 3.</b> <b>Professor Kathleen Dracup</b> <b>Title:</b> Reducing delay to treatment in AMI. <b>Chair:</b> Ross Proctor/Dr Jo Wu		
09.45	<b>Plenary 4.</b> <b>Professor Jenny Carryer</b> <b>Title:</b> "Working to the top of your license" Yet another catch phrase or an important challenge? <b>Chair:</b> Andy McLachlan		
10.30	Morning tea		
11.00	<b>Plenary 5.</b> <b>Dr Nicolette Sheridan</b> <b>Title:</b> Health equity in the New Zealand health care system. <b>Chair:</b> Maria Sheehan		
11.30	<b>ACS/Education</b> Chair: Natasha Eaton <b>Auckland Room 2</b>	<b>Cardiac rehabilitation</b> Chair: Margaret Lucas <b>Epsom 2</b>	<b>Workshop</b> Chair: Kim Bardsley <b>Epsom 3</b>
	Abstract # 10: Choice of Health Options In prevention of Cardiovascular Events- Atrial Fibrillation (CHOICE AF) pilot study. <b>Presenter:</b> L. Neubeck	Abstract # 13: Audit of post-operative follow up telephone calls to patients in a Melbourne metropolitan Cardiac Catheterisation Laboratory. <b>Presenter:</b> L. Moore	Abstract # 16: Tackling the CHD diaspora: working with differing ethnicities. <b>Presenter:</b> Professor R. Fernandez
	Abstract # 11: People with ACS lack knowledge on how to self-manage episodes of angina using sublingual nitro-glycerine (SLN). <b>Presenter:</b> S. Stolic	Abstract # 14: Nurse led cardiac services in CMDHB- One size doesn't fit all. <b>Presenter:</b> K. Mclean	

	<p>Abstract #12: Using an eHealth approach to promote symptom self-management for cardiac patients with comorbid peripheral arterial disease: Development of a web-application system. <b>Presenter:</b> Dr J. Wu</p>	<p>Abstract # 15: Measurement of the effectiveness of structured education interventions for cardiac rehabilitation participants. <b>Presenter:</b> S. Woodruffe</p>	<p>Abstract # 16 (cont)</p>
<b>12.30</b>	<b>Lunch</b>		
<b>13.30</b>	<p><b>Auckland Room 2</b> <a href="#"><u>Plenary 6.</u></a> <b>Dr Janine Bycroft.</b> <b>Title:</b> Supporting self-management and promoting patient centered care. <b>Chair:</b> Maria Sheehan</p>		
<b>1400</b>	<p><b>Pat Flanagan.</b> NZ Heart Foundation. <b>Title:</b> Doing things differently to make a difference – supporting cardiovascular risk management within primary healthcare. <b>Chair:</b> Andy McLachlan</p>		
<b>1430</b>	<p><b>Wendy Bryson.</b> Title: CSANZ update. <b>Chair:</b> Karen Sanders</p>		
<b>1450</b>	<p>Panel/ time for discussion. <b>Chair:</b> Ross Proctor/Andy McLachlan</p>		
<b>1500</b>	Conference close.		

## Clinical Excellence and Travel awards.



**Wendy Senior** (Mater Hospital, Brisbane).

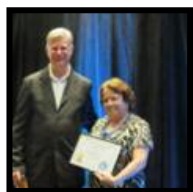
Recipient of the 2012 ACNC **Clinical Excellence Award**.



Carol Whitfield, best abstract presentation on the Saturday.  
Glen Paul won best abstract on the Sunday and Aaron Conway won best poster.



Linda Prentice (travel award winner).



Christine Wright (travel award winner).



Winner of "Door Prize" of free registration to 2013 conference was Rox Johnston.



*In 2013 ACNC has awarded 5 prizes and awards.  
**You** could win one of these in 2014, but remember to apply.*

**To do list for ACNC 2014:**

- ☐ submit abstract
- ☐ apply for a travel award
- ☐ apply for the clinical excellence award
- ☐ register for the conference
- ☐ book travel and accommodation

*Check the ACNC website for closing dates for abstract submission and awards.*



The annual Australasian Cardiovascular Nursing College conference is produced entirely by the voluntary work of your executive committee. In order to bring you a professional, inspiring and informative meeting at a cost that is not prohibitive, we do not engage event management companies. This year the ACNC executive would like to recognise the assistance of Stacey McLachlan and Lynne Belz with the organisation of the 2013 Auckland conference.

We hope you take the opportunity to meet new people while you are networking. The executive sincerely wish you enjoy the conference and above all have a great time.

*See you at the Gold Coast*

**Australasian Cardiovascular Nursing College**

The 8th conference of the ACNC

*Surfers Paradise Hotel Grand Chancellor – 21 & 22 February 2014*





**Contact the  
ACNC secretary**

[acncsecretary@gmail.com](mailto:acncsecretary@gmail.com)

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[www.acnc.net.au](http://www.acnc.net.au)

...

more news coming soon

SAVE THE  
DATE