

NEWSLETTER – DECEMBER 2019

Robyn Hewlett, Te Tai Tonga / Southern Regional Council Management Committee reports

As this is our last NZNO regional council newsletter for 2019, we would like to thank everyone for the care they provide in all areas of health in the southern region.

Save the date for the NZNO Medico Legal Forum 2020 *Scope of Practice* which is being held in Dunedin on the 12 February 2020; the Te Tai Tonga / Southern Regional Council Professional Nurses seminar in Dunedin on Saturday 14 March 2020; the NZNO Southern Region Convention on 21 April 2020 and the 42nd Annual Enrolled Nurse Section NZNO Conference *Year of the Enrolled Nurse* in Dunedin on 19 – 21 May.

We would like to thank Barbara Findlay, RN, NICU, Dunedin Hospital, for her contribution to NZNO and its members over many years in the southern region and wish her well in her retirement.

Southern Region Enrolled Nurse Section Study Day Report, 12 October 2019

Our annual study day was held at the education centre at Southland Hospital. Forty-three enrolled nurses from across the southern region attended.

The first presenter of the day was Rachel Nally, RN from Southland Hospital, who gave a great overview of Osteoporosis which is the most common bone disease affecting both women and men. Treatment is screening, medication, falls prevention, and bio phosphates.

Skin Tears are a traumatic injury caused by sheer friction and /or blunt force. Mandy Pagan, CNS, Wound Care Services, Southland Hospital, updated everyone on the management, classification, types, dressing tips (including no steri-strips), followed by a great practical session.

“The National Bowel Screening programme in the Southern DHB area is changing lives,” presenter Jason Hill, clinical leader, Bowel Screening SDHB informed enrolled nurses. The uptake of participants in Otago and Southland has surpassed the national average. The take-home message was to encourage our families, whanau, friends, neighbour’s to take the test when offered.

Julie Symons, PDRP co-ordinator, Southland Hospital, presented on *PDRP - making it easy*. Julie gave us useful tips in preparing our portfolios for assessment. She informed ENs – “We are worth it; it’s a recognition of our practice, transferable, exemption from NCNZ audit, opportunity to progress through the levels, and financial allowance as per the NZNO and PSA MECA’s.”

Bailey Unahi, an inspirational young woman, presented on her personal story of a traumatic injury. Bailey’s courage and strength has not stopped her from studying as an occupational therapist, skiing and enjoying life to the max.

Two enrolled nurses presented at this year’s study day.

Sue Robson, Adult In-patient Forensic Mental Health Unit, Wakari Hospital, gave us a great overview of the forensic unit, how a patient is referred to the unit and Sue’s position as an enrolled nurse. Enrolled nurses are very involved in primary team nursing as a co-primary for the patient with an RN.

Janet Gray, Ward 3 Surgical, Dunedin Hospital, provided us with a great education session and update on the *Anatomy of the Cornea and Conditions*. Some graphic eye photos and a promotion for eye organ donations were included.

A big thank you to all our presenters for contributing to a great day.

**Robyn Hewlett, Chairperson,
Southern Region Enrolled Nurse Section**

NZNO Conference - article by Jo Wilson

A group from Te Tai Tonga/Southern Regional Council attended the annual conference in Wellington on the 18 September 2019. The theme for the conference was *leaving no one behind, health for all*.

Health Minister, Dr David Clark, spoke about how the government is committed to fair access to health services for all and the setting of sustainable health goals with a focus on mental health and addiction services, and a suicide action plan. There were some good discussions on staff shortages, staff retention and the availability of medication from Pharmac.

Judge Andrew Becroft, Children’s Commissioner, gave an informative and entertaining presentation on *Being child centered: - fad or foundation?* He challenged NZ to understand the impact that child poverty has and talked about how NZ was ranked the worst in the ratio of disadvantaged between people over 65 and under 18 compared to nine developed European and Scandinavian countries; to do better by Maori and Pasifika tamariki and to understand the prevalence of the effect neurodevelopmental disabilities have and the need to identify and treat disorders earlier; and to be truly child centred and listen to our children’s voices and put their needs, health and education first.



Annalyn Ulunga, an inpatient nurse at Mercy Hospice in Auckland, spoke about *the vital link in meeting cultural and palliative needs of terminally ill Tongan patients and their families*. She discussed the differences in care between palliative vs hospice care and the importance of family centred care and challenges that are better addressed in the community.

There were some amazing speakers that spoke around the topic and certainly gave each of us food for thought, challenged us for the year ahead as we move forward individually and as a union. It was also encouraging to meet up with other nurses from around NZ and share stories and experiences, as well as celebrating each other’s achievements and successes over the year.



To all NZNO members in the southern region we wish you a Merry Christmas and a Happy New Year

Upcoming Events

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| 12 February 2020 | NZNO Medico Legal Forum, Dunedin – <i>Scope of Practice</i>
(check out the NZNO website for more information and to register) |
| 14 March 2020 | Te Tai Tonga / Southern Regional Council Professional Forum |
| 21 April 2020 | Te Tai Tonga / Southern Regional Convention |
| 19 – 21 May 2020 | 42nd Annual Enrolled Nurse Section Conference in Dunedin |