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Chronic Disease & Mental Health Symposium

*integrated care
is every nurse's
business*

**Stamford Plaza
Sydney Airport**

26 February 2016



Welcome to the Chronic Disease and Mental Health Symposium!

The Australian College of Mental Health Nurses (ACMHN) has partnered with the Australian Primary Health Care Nurses Association (APNA) and Australian Diabetes Educators Association (ADEA) to host this symposium looking at the management of chronic disease and mental health.

Chronic disease and mental health pose an enormous burden on the health of Australians. This symposium brings together specialist nurses to explore opportunities to take the lead in providing collaborative, integrated chronic disease and mental health management.

The program has also been developed in collaboration with the Thoracic Society of Australia and New Zealand and the Congress of Aboriginal and Torres Strait Islander Nurses and Midwives (CATSINaM).

Many of the presentations today are being recorded and will be available to delegates after the event on the symposium website www.cdmhn2016.com

We'd like to thank our sponsors Primary & Community Care Services Ltd, The Collective NSW and Catholic Healthcare. We'd also like to acknowledge that this Chronic Disease and Mental Health Symposium is supported by funding from the Australian Government Department of Health.

We hope you enjoy the day!

integrated care is every nurse's business



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Sydney | Friday 26 February 2016

www.cdmhn2016.com



Partners



Australian College of Mental Health Nurses

The Australian College of Mental Health Nurses (ACMHN) is the peak professional mental health nursing organisation and the recognised credentialing body for mental health nurses in Australia.

We represent the profession at all levels of government and across all health service sectors. In addition, the ACMHN sets standards for practice, supports mental health nursing research, and provides a forum for collegial support, networking and ongoing professional development for its members. Importantly, the ACMHN also works to promote public confidence in and professional recognition of mental health nursing.

Australian Primary Health Care Nurses Association

Australian Primary Health Care Nurses Association (APNA) is the peak professional body for nurses working in primary health care. APNA champions the role of primary health care nurses; to advance professional recognition, ensure workforce sustainability, nurture leadership in health, and optimise the role of nurses in patient-centred care.

APNA is bold, vibrant and future-focused. We reflect the views of our membership and the broader profession by bringing together nurses from across Australia to represent, advocate, promote and celebrate the achievements of nurses in primary health care.



Your trusted partner in diabetes care

Australian Diabetes Educators Association

ADEA is the leading organisation in Australia for healthcare professionals with a special interest and expertise in diabetes care and education, and has a strong focus on:

- Actively promoting evidence based diabetes education to ensure optimal health and wellbeing for those affected by, or at risk of, diabetes
- Setting national standards and developing guidelines for the practice of diabetes education
 - Offering professional development programs and endorsing those developed by other organisations

Collaborators

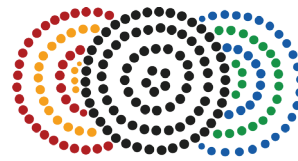


The Thoracic Society of Australia and New Zealand (TSANZ) is the only health peak body representing a range of professions (medical specialists, scientists, researchers, academics, nurses, physiotherapists, students and others) across various disciplines within the respiratory/sleep medicine field in Australia and New Zealand.

TSANZ is committed to serving the professional needs of its members by improving knowledge and understanding of lung disease, with the ultimate goals being to prevent respiratory illness through research and health promotion and to improve health care for people with respiratory illness.

TSANZ promotes the:

- highest quality and standards of patient care
- development and application of knowledge about respiration and respiratory disease
- collaboration between all national organisations whose objectives are to improve the of individuals with lung disease and to promote better lung health for the community
 - professional needs of the membership
 - goal of a tobacco smoke free society



CATSINaM

The Congress of Aboriginal and Torres Strait Islander Nurses and Midwives (CATSINaM) was founded in 1997 and is the national peak body that represents, advocates for, and supports Aboriginal and Torres Strait Islander nurses and midwives at a national level.

A key component of CATSINaM's work is to promote health services to become culturally safe working environments for Aboriginal and Torres Strait Islander nurses and midwives; and the promotion of Indigenous health through the improvement of health service deliver for Aboriginal and Torres Strait Islander peoples.





Symposium Program

Friday 26 February 2016

8:30am - 9:00am	Registration	Mascot Foyer Level 1
Opening Plenary		
9:00am - 9:15am	<p>Welcome and introduction Speaker: Commonwealth Chief Nursing and Midwifery Officer Adjunct Associate Professor Debra Thoms</p>	Mascot BC Level 1
9:15am - 10:00am	<p>Psychological impact of chronic disease: Normal adjustment or pathological? Speaker: Associate Professor Rosemary Higgins <i>Health Psychologist, Cabrini Health and Senior Research Fellow, Heart Research Centre</i></p> <p>For many, diagnosis with a chronic illness challenges perceptions of immortality and fairness. It is not surprising that almost all patients experience distress in reaction to diagnosis and treatment of a chronic illness. For some, the challenge of adjusting to a chronic illness is considerable. Poor psychological adjustment is related to worse disease outcomes, poorer quality of life and increased suffering for patients and their families. Alongside support for chronic disease management, patients want support and information to manage the psychological challenges of living with a chronic illness. The ONTRACK model will provide guidance to health professionals to support patients' emotional recovery after an acute health event.</p>	
10:00am - 10:45am	<p>Putting People First: responding to the burden of disease associated with chronic conditions and mental health in the 21st century Speaker: Ms Leanne Wells <i>CEO, Consumers Health Forum of Australia</i></p> <p>This presentation will provide a consumer perspective on the challenges associated with the management of the burden of disease associated with chronic conditions in our current system. It will examine the extent to which current attempts to integrate care are serving us well and where more effort is required. It will discuss some consumer ideas for strengthening and building capacity for better integrated care at all levels within the health system.</p>	
10:45am - 11:15am	Morning Tea and Exhibition	Mascot Foyer Level 1

Plenary Session 2		
11:15am - 11:45am	<p>Beyond completion of cancer treatment: integrated cancer survivorship care Speaker: Associate Professor Raymond Chan <i>NHMRC Health Professional Research Fellow, Queensland University of Technology and Royal Brisbane and Women's Hospital</i></p> <p>Many patients with cancer are expected to survive five years post-diagnosis and beyond. However, on completion of active treatment, many could continue to suffer from ongoing treatment or disease related health problems (physical and psychosocial). This presentation will provide an overview of the care needs of people who have completed treatment for their cancer. The role of nurses in providing integrated care and supporting patients in this important phase of their journey will be highlighted.</p>	Mascot BC Level 1
11:45am - 12:15pm	<p>Helping people to thrive in the face of co-occurring illness: strategies that work Speaker: Professor Kim Foster <i>Head, Disciplines of Nursing & Midwifery, University of Canberra</i></p> <p>People with mental illness have substantially greater risk of experiencing co-occurring physical illness and/or substance abuse.</p> <p>These risks can be mitigated however, by individuals' and family's strengths and coping and their access to resources. Resilience is a process that involves the capacity to maintain or improve physical and mental wellbeing in the face of adversities such as illness, and higher resilience has been linked with better wellbeing and more positive health outcomes. This presentation explores what resilience is, the factors that support resilience in the context of health, and strategies nurses can use to strengthen individual and family resilience in co-occurring illness.</p>	
12:15pm - 12:45pm	<p>Leading through collaboration: Improving self management through practitioner to practitioner relationships. Speaker: Professor Dawn Freshwater <i>Senior Vice Chancellor and Registrar, University of Western Australia</i></p> <p>* Chronic disease is a global concern with the WHO estimating that by 2020 it will account for nearly three quarters of all deaths globally (2010).</p> <p>* Self management of chronic illness is a key policy objective across many nations, with the objective to promote effective self-care in chronic conditions through holistic practices and seamless services.</p> <p>* Successful translation of such policies into practice is subject to a range of complex political, economical, structural and cultural factors.</p> <p>* Where co-morbid mental health conditions exist self-management and holistic care is often more difficult to enact.</p> <p>* This discussion focusses on the role of the practitioner in leading and building mutually collaborative professional relationships, reflecting on ways in which this may foster the patient's trust and hope in the proposed care pathway.</p>	
12:45pm - 1:45pm	Lunch and Exhibition	Mascot Foyer Level 1
Plenary Session 3		
1:45pm - 2:15pm	<p>Putting diabetes distress on the clinical agenda Speaker: Dr Christel Hendrieckx <i>Research Fellow, The Australian Centre for Behavioural Research in Diabetes</i></p>	Mascot BC Level 1



2.15pm - 2.45pm	<p>Self-management of chronic respiratory disease – individualised management approaches Speaker: Associate Professor Vanessa McDonald <i>Academic Clinician, School of Nursing and Midwifery, The University of Newcastle</i></p> <p>Chronic respiratory diseases are a leading causes of illness and death in Australia and internationally. More than 10% of the overall health burden in Australia is a result of lung disease. It is a major cause of mortality, hospitalization, quality of life impairment and loss of productivity in the work place. Chronic respiratory diseases also are complicated by multiple comorbidities, particularly anxiety and depression. Integrated care models that target mental health and other comorbidities are effective in decreasing disease burden and improving health status. This presentation will focus on effective models that can be delivered by nurses to improve outcomes for people with chronic lung disease.</p>	
2.45pm - 3.15pm	<p>Chronic disease, mental health, socioeconomic disadvantage, where do we begin? Speaker: Ms Lesley Salem <i>Conjoint Senior Lecturer, School of Nursing and Midwifery, The University of Newcastle</i></p> <p>Disparity + disadvantage = poor outcomes. THINK! If we do as we have always done then we will get what we have always gotten. Time for change.</p>	

3:15pm - 3:45pm	Afternoon Tea and Exhibition	Mascot Foyer Level 1
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Closing Plenary

3:45pm - 4:15pm	<p>How partnership and clinical supervision can support nurses to improve patient outcomes and improve practice Speaker: Ms Julie Sharrock <i>Credentialed Mental Health Nurse, Coordinator Consultation-Liaison Psychiatry, St Vincent's Mental Health</i></p> <p>As a Consultation-Liaison Nurse Julie has spent a career in working in partnership with her colleagues providing care to people with a range of chronic health conditions. As part of this work she has introduced general nurses to clinical supervision as a means of 'making space' for the emotional and relational aspect of their work.</p> <p>This presentation will identify some of the challenges and opportunities when working in partnership in care provision to people experiencing chronic disease, and in particular how clinical supervision can help.</p>	Mascot BC Level 1
4:15pm - 4:45pm	<p>All About you: Renewal, Compassion Satisfaction & Career Longevity Speaker: Ms Ruth Tarrant <i>Mental Health Nurse and Compassion Fatigue Educator</i></p> <p>Compassion fatigue is fast becoming a (silent) endemic across the western healthcare system and requires careful consideration along with solid, practical and immediate implementation of new skills, mindsets and approaches to healthcare delivery.</p>	
4:45pm - 5:00pm	<p>Symposium Close Speaker: Adjunct Associate Professor Kim Ryan <i>CEO Australian College of Mental Health Nurses</i></p>	

End of Symposium



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youtube.com/TheCollectiveNSW



Principal Sponsors



Primary & Community Care Services (PCCS) is a health organisation working to make it easier for people to access the health and community services they need. We provide innovative solutions to local social and healthcare challenges, creating a smoother journey for everyone in our community, including the people who deliver health and social services.

Our focus is to improve health and wellbeing through increased collaboration, integration, inclusion, research and the provision of targeted services. We are a not-for-profit service developer and integrator, acting as a conduit between GPs, nurses, allied health professionals, social and welfare services, and the local community members and carers they support.

Website: www.pccs.org.au
Phone: (02) 9477 8700



The Collective NSW is an initiative that brings together all levels of government with business, non-government organisations, academics and the community to help break the cycle of disadvantage and help our most vulnerable.

Launched in June 2014 by the Department of Family and Community Services Northern Sydney District, The Collective NSW recognises that innovation is needed to improve social impact and that communities are often best placed to devise solutions to the problems that they face.

Email: TheCollectiveNSW@facns.nsw.gov.au
Phone: (02) 8424 2533

Additional Sponsors



This Chronic Disease and Mental Health Symposium is also supported by funding from the Australian Government Department of Health.

We have a strong and proud history of providing accommodation and delivering care and support to people of all faiths, backgrounds and ethnicities for more than 20 years. We always position our clients and their needs at the centre of our operations and our care programs. We encourage our clients to focus on their health as they age and assist them in finding their own sense of independence and personal fulfilment while maintaining important relationships with friend and loved ones. We offer Residential Aged Care, Retirement Living Apartments and Community Services (delivered to you in your home or ours).

Website: catholichealthcare.com.au
Phone: (02) 8876 2100

Addresses and contacts

NAME	PHONE NUMBER	EMAIL ADDRESS	NOTES
<i>Australian College of Mental Health Nurses (ACMHN)</i>	<i>02 6285 1078</i>	<i>enquiries@acmhn.org</i>	<i>The ACMHN is the peak professional mental health nursing organisation and the recognised credentialing body for mental health nurses in Australia.</i>
<i>Australian Primary Health Care Nurses Association (APNA)</i>	<i>1300 303 184</i>	<i>admin@apna.asn.au</i>	<i>The Australian Primary Health Care Nurses Association (APNA) is the peak professional body for nurses working in primary health care.</i>
<i>Australian Diabetes Educators Association (ADEA)</i>	<i>02 6287 4822</i>	<i>inquiries@adea.com.au</i>	<i>The Australian Diabetes Educators Association (ADEA) is the leading Australian organisation for health care professionals providing diabetes education and care.</i>
<i>Thoracic Society of Australia and New Zealand (TSANZ)</i>	<i>02 9222 6200</i>	<i>Info@thoracic.org.au</i>	<i>The Thoracic Society of Australia and New Zealand (TSANZ) is the only health peak body representing a range of professions (medical specialists, scientists, researchers, academics, nurses, physiotherapists, students and others) across various disciplines within the respiratory/sleep medicine field in Australia and New Zealand.</i>
<i>Congress of Aboriginal and Torres Strait Islander Nurses and Midwives (CATSINaM)</i>	<i>02 6262 5761</i>	<i>admin@catsinam.org.au</i>	<i>The Congress of Aboriginal and Torres Strait Islander Nurses and Midwives (CATSINaM) is the sole representative body for Aboriginal and Torres Strait Islander nurses and midwives in Australia.</i>

