

ACORN MEMBERS REPORT

PNW 2023

2023 Event Recap | P.11-12

SPECIAL DAY FUN

Valentine's Day

Perioperative humour for your card | P.16



ARTICLE

HYPERKALAEMIA

Can be clinically silent, but potential deadly. | P.13

EDUCATION SUBCOMMITTEE

Grant & VPNG Reflections

Sharing personal experiences | P.23-29

VPNG MEMBERS

Years of Service

CELEBRATING 5 - 50 YEARS! #STRONGERTOGETHER | P.8-9

VPNG PODCAST

The Relaunch

Introducing your new hosts | P.19

BONUS PHOTO GALLERY

STATE CONFERENCE

Event Subcommittee

P.6-7

PNG

Tian perioperative lutises group

REGULARS

Editor's Zone & President's Report
Events for the Calendar
ACORN Members' Report
New VPNG Committee Members
Vale: Pamela Waite
VPNG Scholarships & Grants, Reflections + 20-29
Tearoom Table Talk (TTT) / Did You Know? 25, 27, 32
Surgical Tattoos & Xtreme Xrays
GameTime: A Perio-Wordv-Word Find

Editor's Zone

WELCOME TO THE SUMMER EDITION OF SNIPPETS





Erin took over the mantle of Snippets Editor not long after joining the Committee and ran with the task right from the start. Her enthusiasm for the newsletter was energetic and constantly burgeoning with ideas and creative flair. Under her management the publication grew, reaching new heights with both informative and entertaining content.

Recently Erin decided to retire from the role and from the Committee due to competing personal demands. VPNG would like to thank her for her boundless energy and commitment to the Editor role and we wish her well with her future endeavours. §









Are you made of the write stuff?!

Do you enjoy compiling and editing articles and topics of interest....?

VPNG is seeking new Member/s to join the Committee in the role of *Snippets Editor*.

Please refer to the poster on Page 34 for more information, and/or contact VPNG at enquiries@vpng.org.au for more information.



WRITE TO US...!

Do you like the new-look Snippets? Do you have a question for the Committee? Or would you like to share a celebration or concern with your fellow perioperative nurses across Victoria?

We would love to hear from you! Please send your letters to snippets@vpng.org.au

SEEKING YOUR SUBMISSIONS!



VPNG SNIPPETS' SPACES: ADVERTISING SPOTS AVAILABLE!

If you would like to see your products or services advertised here contact the friendly Snippets' Team at enquiries@vpng.org.au

Quarterly publication. Advertising sizes and prices available on request.



2023-2024

(TBA)

PIORNA 'Uniting the Pacific Through Nursing Excellence'

Location: Apia, Samoa

https://www.acorn.org.au/ piorna-conference-2023

2024

1 MAR - 2 MAR 2024

Introduction to Perioperative **Nursing Course**

Location: Leongatha Hospital See poster on Page 21

SAT 23 MAR 2024

VPNG Country Conference 2024, "Collaboration for Success: Strengthening Perioperative Care"

Location: Wangaratta, Victoria

See poster on Page 17

22 DEC 2023 - 2 JAN 2024

VPNG Closed for Christmas & New Years

Wishing you a safe and happy time over the break



Have an upcoming event you want to add?

Email snippets@vpng.org.au and let us know!

16-18 MAY 2024

EORNA 'Lights of Hope' Congress

Valencia, Spain

https://eorna-congress.eu/congress2024/



11th EORNA CONGRESS

LIGHTS OF HOPE

16 - 18 MAY 2024 | VALENCIA, SPAIN

vpng.org.au/events

A SURGAID **STARHOOK® DON'T PAY OVER THE TOP PRICES PREMIUM** QUALITY ISPOSABLE **ELF-RETAINING** RETRACTORS!

Our focus is the future





1300 655 160

Info@Endovision.com.au | Endovision.com.au

President's Report

EVENTS 2023 - 2024, AND HELLO...

Following the success of the 55th VPNG State Conference in August, the Committee has kept up the momentum with the metro Introduction to Perioperative Nursing two-day program held at Epworth Richmond on 8th and 9th September.

This educational program delivers a balanced theoretical and practical content to nurses seeking a career in the perioperative specialty or for any novice practitioners. Thanks to the dedication of the Education Subcommittee who in their commitment to provide this program twice a year, receive as much as they give with participant engagement and the positive energy throughout both days.

Scholarships and grants have been finalised for the year and the successful applicants are featured in this edition. This year has seen an increased number applying for the 'Lyn Saunders Professional Development Scholarship' for enrolled nurses undertaking a bachelor's degree which is a fantastic opportunity for perioperative EN's. If you are planning further study in 2024 please keep your eye on the eblasts, socials and website for announcements (vpng.org.au/scholarship-vpng-scholarships/vpng-scholarships).

The Communication Subcommittee have continued to provide some fabulous posts and photos of all our events, keeping all our members up to date in real-time and creating forums for discussion and Q and A's. They busily work in the background to keep the website updated and user friendly.

If you are interested in promoting VPNG in your workplace there are opportunities to become a VPNG Representative and spread the word amongst your colleagues. Our large group of Reps are in the clinical areas keeping both members and non-members in the loop. Please check out the listings on the website (vpng. org.au/vpng-representatives/who-is-your-vpng-rep) But those of you with a penchant for media, writing, editing and creating

content or even enjoy playing with figures, we have 2 interesting roles open for new committee members; Snippets editor or Deputy Treasurer. Check out the recent eblasts or the website.

Next year looks bright with the Country Conference in Wangaratta on 23rd March and planning underway for the regional Introduction to Perioperative Nursing Course. Do keep a lookout for the VPNG podcasts as a whole suite of offerings is in the pipeline (vpng.org. au/podcast).

As you can see it's been an active and productive year for the committee with the Strategic Planning Day and Perioperative Nurses week in November rounding off activities for the year. Thanks to the committee for all your ideas, innovations and expertly managing the load with work and family life. And I'm excited to welcome two new members to join our ranks; Eden Hall and Kerry Pontin.

This is the final Snippets report for 2023 and my first as President. I look forward to communicating all of VPNG's achievements and milestones over the coming 2 years and hope to see our membership grow and flourish.

I would like to thank you all for your support and encouragement of VPNG over the past year and wish you all a happy, restful and enjoyable festive season with batteries recharged and ready for 2024. §

Warm regards,

Karolin King

Karolin King | VPNG President







Sonicision™ 7 curved jaw cordless ultrasonic dissector

Cordless freedom to do more, your way. 1,1,1,000

The next advancement[†] in cordless ultrasonic dissection is here – now designed to coagulate and dissect vasculature up to and including 7 mm in diameter.^{1,‡}



- More natural movement^{2,§}
- Easier instrument exchanges $^{2,\Omega}$
- Improved use of OR space^{3,††}

A tapered, curved jaw provides:

- Access in tight spaces^{2,‡‡}
- Visualisation of target structures^{2,‡‡}
- Precise energy dissection^{1,‡}

A single intuitive^{1,‡} dual mode energy activation button enables:

- Procedural versatility^{1,§§}
- The surgeon's eyes to stay on the surgical field $^{1,\Omega\Omega}$
- Improved surgical efficiency^{1,‡}

†Compared to earlier generations of the Sonicision™ curved jaw device. ‡25 out of 27 surgeons surveyed after use agreed. §30 out of 33 surgeons surveyed after use agreed. Ω32 out of 33 surgeons surveyed after use agreed. ††29 out of 29 nurses surveyed after use agreed. ‡‡33 out of 33 surgeons surveyed after use agreed. §\$27 out of 27 surgeons surveyed after use agreed. ΩΩ26 out of 27 surgeons surveyed after use agreed. ††28 out of 28 nurses surveyed after use agreed. ‡‡±29 out of 33 surgeons surveyed after use agreed. 1. Based on internal test report #RE00329878 rev A, Marketing evaluation of surgeon experience using the Sonicision™ 7 curved jaw cordless ultrasonic dissector. Apr. 14–15 and 20-22, 2021. 2. Based on internal test report #R0042752 rev A, Marketing evaluation of surgeon experience using the Sonicision™ curved jaw cordless ultrasonic dissector. Feb. 13–17, Feb. 28, March 3, May 16, 2017. 3. Based on internal test report #R0049393 rev A, Operating room staff marketing evaluation of the Sonicision™ curved jaw cordless ultrasonic dissector. Dec. 1, 6–7, 2016.

Please refer to the product insert or Instructions for Use for a complete list of indications, contraindications, warnings, precautions and other important medical information. Always read and follow the Instructions for Use.

Medtronic Australasia Pty Ltd, 2 Alma Road, Macquarie Park NSW 2113. P: 02 9857 9000. www.medtronic.com.au Medtronic New Zealand Ltd, Level 3 - Building 5, Central Park Corporate Centre, 666 Great South Road, Penrose, Auckland 1051 New Zealand. P: 0800 377 807. ©2023 Medtronic. All Rights Reserved. CONF 116-09-23 ANZ | 13248-102023





EVENTS SUBCOMMITTEE REPORT

EVENT GALLERY

BY TARRYN ARMOUR | VPNG EVENTS SUBCOMMITTEE LEAD



Breaking

- Exploring how experiences, people and concepts have helped to develop innovative solutions
- Discussing the challenges of providing evidence-based nursing practice in the perioperative environment
- 🛗 FRI 18TH SAT 19TH AUGUST 2023 PULLMAN MELB. ALBERT PARK, VIC.

www.vpng.org.au



Mary Barry/Medtronic Education Grant, Joshua Hermans, Jacinta Andrews & Marcus Webb from Medtronic

2023 State Conference Gallery #2

The recently held State Conference was a resounding success, thanks to everyone who attended. We thought you'd enjoy seeing an extra gallery of photos from the event. §



Award of Merit Recipients: Jane Thomas & Tarryn Armour



Registration booth: Darth Vader & Lisa Tricarico



Elyse Coffey, Darth Vader, Kate Mitchell & Amy Cotterell



AGM Panel: Helen Parr, Karolin King, Elyse Coffey & Amy Cotterell



Want more? Read our State

Conference Grant

Recipients share their event reflections on

pages 23-25!

35 Years of Service: Jennifer McRobert



Thomas Edwards & Marie, the Guide Dog

cont...



EVENT SUBCOMMITTEE REPORT, CONT.



VPNG Committee



Felix Allen Scholarship Winners



Marea Fennell session: Jade from Becton Dickinson



Keynote Speaker: Tasneem Chopra OAM



MC Warwick Merry & Keynote speaker: Tasneem Chopra OAM



VPNG Conference Grant: Sherryn Chapman, Deb Gray, Jo Lynch, Leah Ta'ala, & Bernice Vinci



Keynote Speaker: Assoc Prof David Read







FOLLOW US ON INSTAGRAM





@vicperiopnurses



ARE YOU LOOKING TO JOIN OR RENEW YOUR VPNG MEMBERSHIP?

Online membership is now available, visit the VPNG website or click on this button

EVENT SUBCOMMITTEE REPORT, CONT.

YEARS OF SERVICE



Congratulations to all our dedicated members! We applaud and appreciate you! #strongertogether

5 years

Sundar Adhikari
Edgwyn Amparo
Natalie Anderson
Narelle Andrews
Ruth Arifin
Kerelyn Arnold
Makuachukwu Ayodele
Johanna Bagacay
Renee Barbour
Zika Belos
Carly Bird
Vanessa Bourke
Mandy Breedveld
Julie Campbell

Eveth Canefin Sally Cappelli Jodie Chambers Alexander Chernvak Julie Churchill Shannen Coleman Sharyn Conn Jenny-Lou Cooke Corinne Cooke Simone Cooley Jennifer Craig Lauren Crosby Nathan Davidson Janine Davie Carissa Dcunha Tania Demarco

Margot Dobie Melissa Edwards Therese Eldridge Brenda Evans Katharine Flynn

Ranran Ding

Jennifer den Hollander

Natasha Gatt
Della George
Leah Gourley
Leah Gourley
Danielle Grace
Lara Graves
Eden Hall
Fleur Hatfield
Ann Hazen
Emily Heinz
Jordan Hili
Sue Hill
Carissa Kay Hill
Kate Howell

Jo Jackson
Lucy James
John Jamison
Joy Javier
Tilda Johnston
Brianna Jones
Judy Lees
Emma Leeworthy

Lisa Leonard

Dianne Lucas

Linda Matthews

Tamara McCann

Regina Marr

Olivia Lowe

Joanna McCorrison
Jodie McCurdy
Wendy McKinlay
Narelle McLeod
Tracy Micallef
Elizabeth Mioduchowski

Kate Mitchell Danielle Molloy Natasha Munday Janet Nancarrow
Michelle Nelson
Kirsten Nitsiopoulos
Jennifer Pearson
Johanna Pertzel
Nicole Pickford
Alison Plain

Mohammad Reza Pour Mosavi

Ruth Rehfisch
Sarah Robinson
Dianne Roenfeldt
Philippa Rutley
Katharine Rutter
Christciel Salanatin
Tracie Savanah
Julianne Schultz
Mari Scott

Premalatha Semple Lisa Showler

Rosalind Simonsen Jessica Spaans

Denise Squite Kim Stasinowsky Dayna Stewart Jane Sykes

Betty Thompson Karen Thompson Kathryn van Dyk

Julie Wade Allison Ward Joanne Watson Tracie Wealands

Rebecca Whimpress Charlotte Whiting Yuliya Yunasheva

Hayley Zumpe

10 years

Deborah Adams Sarah Aisbett Tarryn Armour Etevise Aukusitino Kate Blyth

Sherilyn Bucatcat Carolyn Carter Wendy Crellin

Judy Dehnert Anita Evans Kristie Field

Mary Denise Geoghegan Kate Harwood

Merel-Ann Hince Hollie Janzen Larissa Jenkins Andrew Johannesen

Julie Johnson
Patricia Kitney
Janet Kolotelo
Kavell Lyons
Kate Mulheron
Julie Nankivell
Ronela Osan
Michelle Punton
Alison Rose
Alison Scott
Sarah Taylor

Jolly Thomas

Sharon Van Kampen

Chanea Wilkinson

cont...



15 years

Jennifer Bessell Kathryn Driver Michelle Gadsden Jennifer-Maree Gamble Stephanie Gardiner Lumnije Kacic Diane Knight Christine Martins Meryl McLean Meryl McLean Pauline Moore Kerry Pontin Kerry Schroder Monica Tay Kimberley Thomas Janette Vella

Lia Williamson

EVENT SUBCOMMITTEE REPORT, CONT.





WeCare is Mölnlycke's Sustainability Roadmap for 2030. It aims to create **shared value** for all our stakeholders.

It is a driver for **growth, innovation** and **productivity**, and an integral part of our employee value proposition.

WeCare sustainability strategic pillars



Targets

- Become a **net zero** company (Scope 1, 2 and 3) by 2050 at the latest
- 50% reduction of Scope 1 and 2 absolute greenhouse gas emissions by 2030 (vs 2016 baseline)
- 100% fossil-free electricity use at manufacturing sites by end of 2024
- Zero waste to landfill at all manufacturing sites by 2030
- >95% of packaging will be recyclable and >80% to be made of recycled (PCR¹) and/or renewable material by 2030²
- Assess the sustainability profile of Mölnlycke's product portfolio³ by 2025

2022 achievements

- 10% reduction of GHG emissions across the entire value chain (Scope 1, 2 and 3) compared to 2021
- 11% reduction of Scope 1 and 2 absolute GHG emissions (compared to baseline 2016)
- 51% fossil-free electricity use
- Four zero manufacturing waste-tolandfill sites
- 91% of packaging recyclable and 72% of all packaging made of recycled (PCR¹) and/or renewable material²
- 93% of Mölnlycke's sites environmental management systems (ISO 14001) certified

1. Post-Consumer Recycled. 2. Covering products mainly produced by Mölnlycke, most contract manufactured and distributed products excluded from the initial scope. Scope to be increased during 2023 3. According to the standardised categorisation methodology by World Business Council for Sustainable Development (WBCSD), adapted to be fit for purpose for a MedTech company https://www.wbcsd.org/Projects/Chemicals/Resources/Framework-for-portfolio-sustainability-assessments

Find out more at www.molnlycke.com.au or www.molnlycke.co.nz

Mölnlycke Health Care Pty Ltd, Level 4, 12 Narabang Way, Belrose, NSW 2085. T 02 9485 1544. F 02 9485 1555. Mölnlycke Health Care Pty Ltd, PO Box 62-027, Mt Wellington 1641, New Zealand. Orders & Enquiries 0800 005 231. The Mölnlycke trademarks, names and logotypes are registered globally to one or more of the Mölnlycke Health Care Group of Companies. © 2023 Mölnlycke Health Care AB. All rights reserved.









FCS Single Use ANOSCOPE with LED LIGHT

FCS Anoscope is a single-use anoscope with cool LED light source. Supplied Clean and ready-to-use, our Anoscope eliminates the time and expense of reprocessing and reduces risk of cross-contamination.

Experience improved visibility with our Single-use Anoscope with built-in, hands-free LED light source.

Slotted to allow for isolation of Haemorrhoids and Lesions

Aids in the examination of the anus to screen, diagnose, evaluate, and treat problems of the anal canal

Ideal for examination in office or under anaesthetic and for diagnostic and therapeutic procedures.

Product Code: 05ANOL

Description:
Slotted Anoscope with Light
96 x 23mm single use
Includes Obturator
Provides 30+ minutes of Light

Reveale Surgical

9 Merrifield Street Brunswick VIC 3056 Australia 1300 473 832 revealesurgical.com.au



F CARE Systems NV www.fcaresystems.com



Members' Report

SUMMER 2023

PNW2023

[Perioperative Nurses Week]

Perioperative Nurses Week is a time to reflect on the incredible impact each of you make in the world of health care. You are the unsung heroes of surgery, ensuring the seamless orchestration of procedures and the well-being of those under your care. However, your dedication to precision, care and patient wellbeing does not go unnoticed!

In 2023, the theme was H.E.A.R.T. The week was a reminder to acknowledge not just the tasks you perform but the heart and passion you bring to your profession. Embrace this week as a celebration of your journey, your expertise and the positive impact you have on countless lives. Take a moment to recognise the strength that comes from unity within the perioperative nursing community.

The week closed with the G.L.U.E. Awards and announcement of other winners. The ACORN G.L.U.E. Awards acknowledge a special nurse who keeps the team together 'like glue'. Colleagues who are genuine, make you laugh, are unique, and above all, show empathy.

These awards are proudly sponsored by Multigate.

https://www.acorn.org.au/pnw2023



EVENT RECAP BY BOARD OF DIRECTORS

Congratulations to the 2023 ACORN G.L.U.E. Awards winners





Kelley Toohill Shepparton Private hospital

Kelly is a very inspiring young woman. She completed her division 1 degree while juggling two teenage children and a husband working shift work. She excelled in her studies while always maintaining an incredibly high standard as a perioperative nurse and quickly progressed to be CNS of gynaecology and urology; with no handover or help she is now kicking goals in that portfolio.



She turns up to work everyday with a smile. Can always be relied upon to help when needed, without complaining. She is incredibly kind to her colleagues, always empathetic and caring. She listens and offers support through the tough times while being lighthearted and jovial at appropriate moments.

Kelly is absolutely beautiful to her patients – always making them feel safe and important. She has grown into an amazing senior practitioner without ever losing her humanity.

She is an amazing nurse, but more importantly, an amazing human and completely deserves recognition for the commitment she gives to her job, colleagues and patients.





Machele Payne Albury Wodonga Health - Albury Campus

Machele demonstrates genuine commitment to her department, to her fellow colleagues and to the patients of Albury Wodonga Health.

Machele works as a PACU nurse, where she always greets her patients with a cheerful smile, tender care and goes the extra mile for each of her patients. She ensures that they are comfortable, blankets are neatly tucked in and presentable, and that their dignity and respect is maintained for every minute of their care.



Machele is unique in that rain, hail or shine, she will come in to work every second Saturday to run an additional infusion clinic for patients within our community. She coordinates all of their care, from paperwork, monitoring, ordering of medication and their infusions. She is genuinely empathetic with these patients and will coordinate additional time allocations to them if they need it. She does this all with a smile on her face, and true compassion for their lives.

Machele is always willing to lend a helping hand, working additional shifts, staying back to help her colleagues and mentoring junior staff and students. She is a pleasure to work with, a wealth of knowledge and is the glue quietly holding so many key components together.

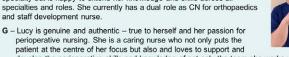


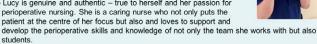


Lucy Devenish

Rockingham General Hospital

Lucy is an RN that specialises in orthopaedics and has a passion for this specialty but is happy to extend her knowledge and skills across all specialties and roles. She currently has a dual role as CN for orthopaedics and staff development nurse.





- L Lucy loves to laugh and always has a smile on her face, bringing humour and positivity to the unit. She is friendly and approachable and always willing to lend a hand to her colleagues, supporting management, colleagues and students alike. Helping lift spirits and improve
- U Lucy is unique there is no one else like her and her colleagues feel lucky to have her
- E Not only does Lucy actively engage in staff education she is also there to offer emotional support to staff after traumatic experiences. Recently, we had a poor outcome from an emergency procedure, and she provided support and reassurance to staff affected by the



ACORN Members' Report, cont.

PNW2023 EVENT REFLECTIONS

ELYSE COFFEY | COMMITTEE MEMBER

Perioperative Nurses Week (PNW) is a time to celebrate the tireless work we do as perioperative nurses. This year's theme, "H.E.A.R.T: Happiness, Empathy, Ask, Rest, Thank You," perfectly captured the essence of what it means to be a perioperative nurse. I spent PNW reflecting on what H.E.A.R.T means to me (see right).

This year's PNW was a great success. There were many events help across operating suites to celebrate our perioperative nurses. It was wonderful to see all the social media post of teams laughing and having fun. Bringing the happiness to departments across the state.

Overall, PNW was a great week to celebrate what we do as perioperative nurses, we/you are H.E.A.R.T of perioperative departments across Victoria. §

TARRYN ARMOUR | ACORN DIRECTOR

This year we celebrated Perioperative Nurses Week from November 12-18, 2023, the same date colleagues from around the globe. This week provides us with the opportunity to reflect on the incredible impact we make in the world of healthcare. As a perioperative nurse, your dedication to precision, care, and patient well-being does not go unnoticed.

In the operating room, you are the unsung heroes, ensuring the seamless orchestration of procedures and the well-being of those under your care. Your commitment to excellence, compassion, and the pursuit of knowledge sets a standard that inspires us all.

Each year, Perioperative Nurses Week is a reminder to acknowledge not just the tasks you perform but the heart and passion you bring to your profession. You transform challenges into triumphs, always putting patient safety at the forefront.

VPNG hopes that you embraced this week as a celebration of your journey, your expertise, and the positive impact you have on countless lives. We hope that you were able to take a moment to recognise the strength that comes from unity within the perioperative nursing community.

VPNG thanks you for your unwavering commitment. Your work is the heartbeat of healthcare, and during Perioperative Nurses Week, we were able to honour and celebrate you and give you the recognition you so rightfully deserve. §



Happiness

Some of the happiest people I know are perioperative nurses. They love that their jobs allow them to advocate for patients in a unique environment, they are passionate about helping patients. Their happiness is contagious, and it makes the OR a positive and supportive environment.

Empathy

Perioperative nurses are incredibly empathetic. We understand the anxiety and fear that patients experience before, during, and after surgery. We take the time to listen to patients' concerns and to provide them with the support they need.

Ask

We are not afraid to ask for help or ask patient pertinent questions related to their care. We know that we cannot do it all alone and are always willing to collaborate with other members of the healthcare team to provide the best possible care for their patients.

Rest

Perioperative nurses work long and demanding hours. It is important for us to take breaks and to get enough rest. This will help us to stay healthy and to provide the best possible care for Our patients. Rest is the key to keeping the perioperative strong and sustainable.

Thanks

Perioperative nurses deserve to be thanked for all that we do. We/you are the backbone of the OR and play a vital role in patient care. This PNW, I hope you all took the time to thank all perioperative nurses and yourself for their hard work and dedication.

HYPERKALAEMIA



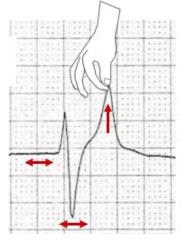
Hyperkalaemia, elevation of extracellular fluid potassium (potassium >5.5 mmol/L) can range from a mild condition (where no treatment may be indicated) to a life-threatening medical emergency.

Hyperkalaemia most commonly effects patients with chronic kidney disease, but also those with cardiovascular disease (notably heart failure), diabetes, liver and renal disorders, and those on certain medications such as angiotensin-converting enzyme (ACE) inhibitors, potassium sparing diuretics and potassium supplements. For the perioperative nurse, it is important to note that cellular injury can also release potassium from the cells into the extracellular space (such as rhabdomyolysis from crush injury). Metabolic acidosis from sepsis or dehydration is another cause of raised potassium.

The vast majority (approximately 98%) of potassium is stored in cells, and, in the extracellular environment, multiple mechanisms work together to maintain a narrow therapeutic range. Potassium is used in the body to regulate the normal electrical activity of

Potassium level (mmol/L)	Mechanism	ECG changes
5.5 - 6.5	Repolarisation abnormalities	Peaked T waves
6.5 - 7.0	Progressive atrial paralysis	P wave widening/flattening PR prolongation P waves eventually disappear
7.0 - 9.0	Conduction abnormalities	Bradyarrhythmias: Sinus Bradycardia; high- grade AV block with slow junctinoal and ventricular escape rhythms; slow AF Conduction blocks (bundle branch block, fascicular blocks) Prolonged QRS interval with bizarre QRS morphology
> 9.0	All of above	Development of sine wave appearance (pre- terminal rhythm) Asystole Ventricular fibrillation PEA with bizarre, wide complex rhythm

Table: Hyperkalaemia: levels and ECG changes



be caused by a defect in the

ability to maintain potassium's

Hyperkalaemia

Peaked T waves P wave flattening PR prolongation Wide QRS complex



the heart; hyperkalaemia leads to suppression of sinoatrial	Degree of hyperkalaemia	Potassium level (mmol/L)
node impulse generation, and	Mild	5.3 - 6.0
reduces conduction through	Moderate	6.0 - 6.9
the heart's electrical system.	Severe	> 7.0
Alterations in potassium may	Table: Classificati	ion of soverity of

Table: Classification of severity of hyperkalaemia

homeostasis; increased dietary intake, impaired distribution or decreased renal excretion.

Hyperkalaemia can be clinically silent, and only identified by blood test results. Some patients present with vague signs and symptoms, such as nausea, muscle pain and weakness. Other signs and symptoms of hyperkalaemia include cardiac dysrhythmias, respiratory depression, paralysis, decreased tendon reflexes and diarrhoea. In the perioperative setting, these symptoms are not readily observable. However, we can monitor regularly for serum potassium levels, and maintain continuous ECG monitoring. 'Tenting' of T waves is a common sign of hyperkalaemia, and P wave flattening may also occur, alongside increased QRS duration, eventually leading to bradycardia and a 'sine wave pattern' prior to cardiac arrest.



There are lots of different treatment strategies for hyperkalaemia which are used to either stabilise the cardiac membrane, redistribute potassium back into the cells, or speed up the elimination of potassium from the body.

One strategy for the treatment of moderate to severe hyperkalaemia is an infusion of dextrose and insulin. It may seem counterintuitive to administer these together, so let's break it down and find out how it works to decrease the serum potassium, and protect the sensitive cardiac cellular membranes.

Intravenous insulin quickly shifts potassium into the cells, lowering serum potassium. It works by stimulating the activity of the Na+K+ATPase, and causes an influx of potassium into the cell. In other words, insulin sets of a chain reaction that facilitates cellular entry of potassium. Dextrose is given to counteract the effects of the exogenous insulin administration and prevent hypoglycaemia.

It is important to monitor for hypoglycaemia whenever insulin is administered. Please refer to your hospital policy for monitoring requirements when administering IV insulin, both intra operatively and in PACU. §

REFERENCES

Buttner, R. & Burns, E. (2022). *Hyperkalaemia*. In LITFL – Life In The Fast Lane, retrieved from https://litfl.com/hyperkalaemia-ecg-library/

Crnobrnja, L., Metlapalli, M., Jiang, C., Govinna, M. & Lim, A. (2020). The Association of Insulin-dextrose Treatment with Hypoglycemia in Patients with Hyperkalemia. *Scientific Reports*, 10(1), 22044–22049.

Li, T. & Vigayan, A, (2014). Insulin for the treamtnet of hyperkalemia: a double edged sword? *Clin Kidney J.* 7(3) 239-241

Moussavi, K., Fitter, S., Gabrielson, S., Koyfman, A. & Long, B. (2019). Management of Hyperkalemia With Insulin and Glucose: Pearls for the Emergency Clinician. *The Journal of Emergency Medicine*, 57(1), 36–42.

Sarnowski, A., Gama, R., Dawson, A., Mason, H. & Banerjee, D. (2022). Hyperkalemia in Chronic Kidney Disease: Links, Risks and Management. International *Journal of Nephrology and Renovascular Disease*, 15, 215–228.

Tamargo, J., Caballero, R. & Delpón, E. (2021). The pharmacotherapeutic management of hyperkalemia in patients with cardiovascular disease. *Expert Opinion on Pharmacotherapy*, 22(10), 1319–1341. https://www.tandfonline.com/doi/full/10.1080/14656566.2021.1891223

IMAGES/TABLES

Sourced from www.litfl.com/hyperkalaemia-ecg-library

MEDICAL INSTRUMENTS GmbH

ABOUT THE AUTHOR

Erin Wakefield, RM, has degree in MN, Grad Cert Clinical Simulation, Grad Cert Perioperative Nursing & RN.

Erin is an experienced perioperative nurse with a background in clinical education, and a focus on simulation. She is passionate about research and empowerment of nursing students and novices in the Operating Theatre.

Erin completed her Master's thesis at Monash University, titled 'Simulation for the Practice of Crisis in the Perioperative Environment – A Qualitative Study'. She commenced PhD study in 2020.



+ Value without compromise

NEW VPNG COMMITTEE MEMBERS

Introducing...



KERRY PONTIN

My name is Kerry Pontin. I am the CURA Graduate Nurse Program Co-ordinator. I have developed the Graduate Nurse Pilot program for CURA Day Hospitals 2023 which will be going national in 2024.

Previous to this role I have been working as a clinical educator at Victoria Parade Surgery Centre for 15 years, and in the Perioperative Area for 30 years, I have also worked in theatre at Mercy Hospital from Women and the RVEEH.

I have been a member with VPNG for the last 10 years and looked forward to joining the committee. My passion has always been training novice nurses into the perioperative clinical setting.

When I am not working, I enjoy doing jigsaws and going to concerts, theatre shows now that my three sons are grown.

EDEN HALL

Hello, I'm Eden. I am an Instrument and Circulating Nurse and have worked in the speciality for six years.

I have completed a Master in Advanced Nursing (Perioperative) to support and extend my clinical practice; and currently work as a Clinical Nurse Educator and Sessional University Teacher with undergraduate nursing students. I am an advocate for evidence based perioperative nursing

practice and value opportunities to improve patients' perioperative care.

I've recently joined the VPNG Committee and part of the Education Subcommittee, and look forward to contributing to the profession.



Vendor Managed Inventory (VMI)



A Medline-managed program designed to support your hospital inventory needs, giving you more time to focus on patient care. **Deliveries from our warehouse to your shelves - and everything in between.**



For more information, contact the Medline Australia team



SPECIAL DAY FUN



In case you are so busy working on Valentine's Day, and need a little help writing a card for your loved one, Snippets is here to help.

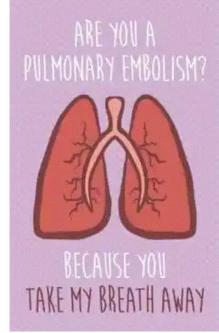
We hope these give you a smile:-

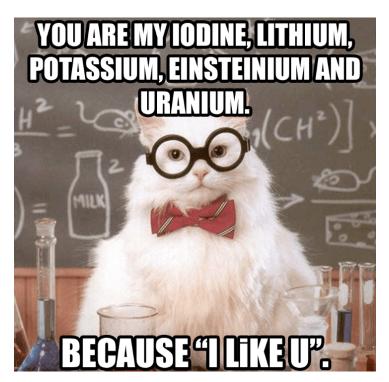
- "Roses are red, Violets are blue, You make my heart skip, I think I have Mobitz type II!"
- "Emphysema puffs pink, chronic bronchitis makes you blue, but no COPD makes me as breathless as you!"
- "Maybe you need a little Vitamin ME in your life"

The best way to a mans heart is through his groin.

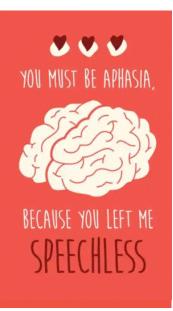
-The Cath Lab.











Images sourced from lifeofamedstudent.com or nurselabs.com

SAVE THE DATE

VPNG COUNTRY CONFERENCE 2024



COLLABORATION FOR SUCCESS

Strengthening Perioperative Care



Network with Experts

Connect with perioperative professionals, exchange insights, and learn from their experiences to drive positive changes in your practice.



Elevate Your Practice

Gain a deeper understanding of evidence-based practices and collaborate with peers to develop solutions that will elevate your perioperative nursing practice and improve patient outcomes.



Explore Innovative Solutions

Discover cutting-edge technologies and innovative approaches to perioperative care that can transform the way you address challenges unique to rural and regional settings.





SATURDAY 23RD MARCH **2024** 9AM - 5PM



WANGARATTA PERFORMING ARTS & CONVENTION CENTRE

Proudly affiliated with



vpng.org.au | enquiries@vpng.org.au | 1300 721 169



VALE:

IN LOVING MEMORY OF PAMELA WAITE

It is with heavy hearts that we announce the passing of a beloved member of our community, Pamela Waite. Pamela, who was not only a dedicated member but also the recipient of the Award of Merit and an Honorary Member, peacefully left us on 01/12/2023 in the comfort of her home.

Pamela's contributions to perioperative nursing were immeasurable. Her commitment, passion, and tireless efforts left an indelible mark on the hearts of everyone who had the privilege of working alongside her. As the recipient of the Award of Merit and an Honorary Member, Pamela's influence extended far beyond her immediate circle; she was an inspiration to us all.

Pamela's legacy is one of unwavering dedication and kindness. Her impact on our community will be felt for years to come. We are grateful for the time we shared with her, for the wisdom she imparted, and for the warmth of her friendship.

Our thoughts and deepest sympathies are with Pamela's family and friends during this difficult time. May the memories of her extraordinary life bring comfort, and may she rest in eternal peace.

With heartfelt condolences **VPNG** Committee







THE VPNG PODCAST IS BACK AND BETTER THAN EVER! WE ARE EXCITED TO ANNOUNCE THAT ELYSE COFFEY AND KATE MITCHELL WILL BE OUR NEW CO-HOSTS.



Elyse is a perioperative nurse with 15 years of experience. She is also a passionate nurse leader, with a keen interest in quality and safety for patients. She works as an academic in nursing education and is a PhD candidate.



Kate is a perioperative nurse completing her Masters. She has an interest in nursing education and is the Vice President of VPNG.

Elyse and Kate are both passionate about nursing and about sharing their knowledge with others. They are excited to use the VPNG Podcast to educate and entertain listeners, and to build a community of nurses who are committed to providing the best possible care to their patients.

The new VPNG Podcast will be released monthly, with each episode running for approximately 30 minutes. Elyse and Kate will cover a wide range of topics, including:

- Nursing education and professional development
- Quality and safety in the perioperative setting
- Current events and trends in nursing
- Interviews with other nurses and healthcare professionals

We encourage you to subscribe to the VPNG Podcast on your favourite podcast platform, and to leave us a review. We look forward to sharing our passion for nursing with you!

We are excited to see what Elyse and Kate do with the VPNG Podcast. We are confident that they will create a valuable and informative resource for nurses everywhere.

Links at: vpng.org.au/podcast



APPLE PODCASTS



GOOGLE



SPOTIFY



AMAZON-AUDIBLE



VPNG SNIPPETS' SPACES: ADVERTISING SPOTS AVAILABLE!

If you would like to see your products or services advertised here contact the friendly Snippets' Team at enquiries@vpng.org.au

Quarterly publication. Advertising sizes and prices available on request.

PNG SCHOLARSHIPS & GRAI

EDUCATION SUBCOMMITTEE, SUMMER 2023

SCHOLARSHIP WINNERS 2023

CONGRATULATIONS



Mary Barry/Medtronic Grant Round 2, 2023

Awarded to:

Tarryn Armour

Tarryn will use the Mary Barry / Medtronic Grant to fund attendance at the 11th EORNA Congress 'Lights of Hope' 16-18 May 2024, in Valencia, Spain 2024 to disseminate research activity about the development of an educational app for novice perioperative nurses.

Please refer to the poster on Page 30 for more information and how to apply.

Marea Fennell Scholarship 2023

Awarded to:

Indra Doresamy

Indra is currently undertaking her Masters of Nursing (Education in Nursing & Midwifery) at Latrobe University.

Doresamy, with Marea's



All Your Lighting **Solutions for Surgery**





LX2

The Gold Standard (& brightest) LED Surgical Headlight with 80K LUX at 40cm.



LED-9500

Portable, Lightweight & Bright with 70K LUX at 40cm.



LED-5500

The Brightest Cable Free Headlight available with 30K LUX at 40cm.

Our focus is surgical headlights





1300 655 160 | Info@Endovision.com.au | Endovision.com.au

EDUCATION SUBCOMMITTEE, CONT.

Introduction to Perioperative Nursing Course

In September we were able to run the metropolitan Introduction to Perioperative Nursing Course at Epworth Richmond. Over the two days, 30 nurses, both enrolled and registered, from metro and regional hospitals were provided with an overview of the roles and responsibilities of the Perioperative Nurse.

The participants gained a solid foundation of the principles and practice of perioperative nursing through a mix of tutorials and practical workshops. The course explored the perioperative journey, connecting theory to technical clinical skills enhancing the participants confidence in the perioperative environment.

We were fortunate to have the support of Medline, Ansell and Medtronic to facilitate the workshops and VPNG would like to acknowledge and thank them for their ongoing support.

The Introduction to Perioperative Nursing Course is aimed at novice nurses with no more than 6 months perioperative

nursing experience, starting out in the operating theatre or considering a career change. If this sounds like you or someone you know, there will be the opportunity to register to attend the course on the 1st and 2nd March 2024 at Gippsland Southern Health Service- Leongatha Hospital. Details will be on the VPNG website.

Lisa Tricarico | VPNG Education Subcommittee



Wishing you a very Happy Christmas.
VPNG Education Subcommittee

vpng website.



nurses group



This course has been designed to provide exposure to the perioperative environment for Registered and Enrolled Nurses who have limited or no experience (less than 6 months) and are interested in moving into this specialty area of nursing

THE AIMS OF THE PROGRAM INCLUDE:

- Provide an overview of the roles and responsibilities of the Perioperative Nurse
- ◆ Facilitating the development of a basic understanding of the principles and practice of perioperative nursing
- ◆ Encouraging participants to further develop their knowledge, skills and understanding of perioperative nursing on completion of the course

TOPICS INCLUDE:

- ◆ Roles of the Perioperative Nurse
- Principles of perioperative nursing
- ◆ Preoperative care of the perioperative patient
- ◆ Overview of anaesthesia
- ◆ Perioperative pharmacology
- ◆ Principles of airway monitoring
- Patient assessment and care of the unconscious patient
- ◆ Pain management
- ◆ Infection control principles
- Legal and safety issues relevant to perioperative nursing
- ◆ Role of the Perioperative Nurse as patient advocate

FRI 1STAND SAT2ND MARCH 2024

FROM 9AM TO 5PM

INTEGRATED PRIMARY CARE CENTRE LEONGATHA HOSPITAL 66 KOONWARRA ROAD, LEONGATHA COURSE FEES: \$150 (+GST) FOR BOTH DAYS

(LIMITED TO 30 DELEGATES)

TO REGISTER FOR THIS COURSE VISIT OUR WEBSITE: WWW.VPNG.ORG.AU



VPNG Conference Grant Reflections...

STATE CONFERENCE GRANT RECIPIENTS: BREAKING BARRIERS VPNG 2023

Deborah Gray | Perioperative Educator, Epworth Eastern/ Sessional academic, Deakin University

"Let us never consider ourselves finished, nurses. We must be learning all of our lives." —Florence Nightingale.

Attending the Victorian Perioperative Nursing Group (VPNG) state conference is always a highlight. This year's conference, as always, was an inspirational event with the opportunity to learn from peers, network and celebrate Perioperative Nursing.

The title of this year's conference was 'Breaking barriers', something we are skilled at as Perioperative Nurses. Facing hurdles and challenges, we navigate them whilst being strong patient advocates, maintaining patient safety.

Perioperative Nursing is a complex, technical and demanding high acute area. Potential barriers can present themselves particularly for the novice Nurse as they integrate into the Perioperative area.

As a Perioperative Educator my training of novice Perioperative nursing staff is multi-faceted. It is making certain that their experience is one where they feel supported and valued as well as arming them with abilities to guarantee patient safety and enhance patient outcomes within an area that is new to them and can present confronting situations.

Utilising the Australian College of Operating Room Nurses (ACORN) standards and guidelines and evidence-based practice (EBP), to teach and guide my novices, I work to nurture a culture of learning within them.

I foster them to engage in reflection involving not only receiving and accepting feedback, but also asking for feedback. I encourage them to have a voice, to be heard, to escalate and to be first and foremost a strong patient advocate.

Barriers that novice Perioperative nurses may experience along their early learning journey are often overwhelming. The discomfort they experience from events or situations can be all consuming. This discomfort they sense requires an outlet for them to be able to work through and voice their concerns.

Conversations, catch ups, debriefs are a frequent daily event with my novices. I reinforce that I am always available for them. I aim to be transparent and open as well as an ally and supporter. Putting in the time and care and making them feel included, along with celebrating accomplishments helps to provide them with an identity and feeling that they belong.

As I encourage them to be active listeners, within the work environment, I too listen openly and actively to them. We may work through an issue or concern together; however, we are involved in a learning event. Conversations promote change and change equals growth.

The experience of these novice nurses is imperative in ensuring that they remain in Perioperative nursing, that their, and our, efforts are not wasted. For them to become workforce ready we need to set them up to succeed, not to fail, and to support them in building resilience to aid recovery.

The novice workforce of Perioperative nurses is our future and they will need to continue to break barriers. Together we can ensure that our patient's quality of care is upheld, and first-class Perioperative care continues to be experienced now and into the future.

Bernice Vinci | Perioperative Practice Development Nurse, SVHM

The place was abuzz. Perioperative nurses gathered from near and far after several years of being unable to share information in person as in "BC", before COVID, as Elyse Coffey, immediate past president of VPNG explained.

Ms Tasneem Chopra is the first cab off the rank. Diversity Training in Leadership. Everyone can relate to her as a mother, daughter, sister, professional and exhausted feminist among all of the other parts of ourselves that we cannot leave at the door. She spoke about being an accomplice, as well as an ally. And called for action, and "calling it out" despite the discomfort that often arises. We are off to a great start.

The Breaking Barriers Panel Session was the first highlight of the conference for me. On the panel we meet A/Prof Pat Nicholson, Ms Simone Alexander and Ms Jo Ferrier, three highly esteemed women in nursing and all wonderful leaders to look

up to in our field. With the audience of perioperative nurses putting forward questions, the theme of the discussion could be summarized into the topic of empowerment. Being brave, taking leaps and believing in yourself. Striving for excellence, teamwork and quality, in a world where change is constant. We all stand up and do the Wonderwoman pose. We are inspired.

Next, we split up into different sessions. It is a hard choice each time. In the first breakout room Ms Rachael Menadue takes us through her journey to becoming an Advanced Practice Nurse. We learn about the ASPIRE model of assessment and look at career pathways in terms of gaining experience, furthering skills and knowledge, and then becoming an expert and acknowledged leader. Rachael takes us through her day



and compares the roles of a Clinical Nurse Consultant and an Advanced Practice Nurse. Hearing about others' career paths is always enlightening.

Now, as a scrub/scout nurse, I couldn't pass on the talk about Surgical Hand Antisepsis by Ms Mary Anne Laysico. In this Back to Basics session, the ACORN mission was reiterated - to provide safe, quality perioperative care for every patient on every occasion. What a great reminder of why we are all here. Then we get into it. A session all about how to SHAGG (Surgical Hand Antisepsis Gloving and Gowning)! This talk reinforces a lot of my knowledge and it feels good to be reminded of our bread and butter.

To follow, I attend some sessions introducing new innovations in the industry. The Scrub Up app, a useful tool, where information on surgical specialties can be accessed, and information can be uploaded and shared, including surgeon preferences and professional learning records. The UltraSAFE automatic formalin dispensing system was great to see in action. A novel idea to bring back to our workplaces, in order to adhere to the ACORN standards regarding the safe use of formalin. And a session on Skin Antisepsis from BD, highlighting the ACORN standards on the best practice choice and application of antiseptic solution. Again, it's the back-to-basics messages that hit home.

To wrap up Conference Day 1, Dr Paula Foran talks about the challenges for the perioperative workforce and how we can continue to enable first class perioperative care. Compassion fatigue cannot go unacknowledged. But, some mindfulness, meeting peers like her, listening to talks like these and attending gatherings like this conference, should all reignite that little bit of Florence Nightingale in all of us.

If we weren't inspired enough, we are onto Day 2 of the conference. A/Prof David Read, Director of Trauma at RMH takes us through his experience from the AUSMAT Field Hospital in the Philippines and the importance of maintaining surgical standards in disaster response surgery. It is fascinating to hear his stories on teamwork and humility. Their team found

inspiration in McGuyver and his innovative methods. Another hero we can add to our list.

We split into breakout rooms once more. Dr Aria Nasteka takes us through practicing inclusive care in the perioperative environment: a personal and professional perspective. It is gratifying to learn how support leads to better patient outcomes. Next, Ms Kerry Pontin talks about the pilot program for Graduate Nurses at Cura Day Hospitals, and the importance of preceptor training. Then, Ms Catherine Barnes outlines how Day Case Laparoscopic Cholecystectomy (DCLC) is collaboratively improving care across the Loddon Mallee Health Network. It is really energizing to hear about the quantifiable results of their hard work in this area, to improve the efficiency of the health network whilst maintaining the quality of their patient care.

As an educator, the last couple of sessions leave a solid impression on me. Ms Amy Skiller talking about the impact of COVID 19 on the perioperative Transition to Specialty Practice Program and Ms Erin Wakefield taking us through a qualitative systematic review on what new nursing graduates need in a high acuity setting. One of the biggest take home messages for me after these highly informative couple of days, is learning about the Transition Shock Framework, and that a graduate's sense of belonging is the basis of an effective learning environment. This is something that I can take back to my workplace and immediately apply to my practice as well as work into future programs.

I have had a wonderful time attending this conference. I cannot wrap up this piece without making mention of the companies and their reps attending the trade exhibition on both days. It was great to liaise with them as well as my fellow nurses throughout the event. Warwick Merry, MC extraordinaire, was a brilliant host, cleverly entertaining us all with his wit and poetry. And finally Zule, in her glittering scrubs and her dazzling show. My favourite lyrics; take a little time, take a little breath, take another step. Look after each other. We will be fine.

A spark has been ignited in me and isn't that what events like this are all about. §

Sherryn Chapman

Each time I attend a conference I always reflect on some of the topics the speakers or trade show floor reps impart. These topics often include new concepts, new equipment and results of research by dynamic and professional experts in the perioperative field.

During the VPNG state conference, I resonated particularly with Dr Paula Foran's talk regarding Compassion Fatigue.

This is not a new concept to me however, I now have a name that encompasses a myriad of issues. Perhaps this will help me, and hopefully others, to have insight and awareness to the consequences of constant exposure and the emotional toll we are under, by caring for the sick, injured, scared and vulnerable patients within our work environment. I'm sure we have all experienced this phenomenon whether living it to varying degrees, being on the receiving end or witnessing it in others.



Compassion Fatigue appears to be a common and natural response to the physical and emotional strain that often accompanies working within a caregiving role. The gradual erosion of compassion and empathy towards others leads to feelings of emotional exhaustion and reduced ability to provide effective care.

Dr Foran's negative experience during her journey in the hospital setting is one of many occurrences people in our communities

have experienced. We have all heard the different horror stories of how "I was treated", and the reluctance in returning unless absolutely necessary to the health provider in question. With this in mind, looking after ourselves and our colleagues should be at the forefront of our priorities.

In the healthcare industry, professionals such as nurses, doctors, and social workers would be especially susceptible to compassion fatigue, as we all know how demanding and emotionally challenging the nature of our work can be. Witnessing pain, suffering and loss daily can take a heavy toll on our mental and emotional well-being.

Compassion fatigue manifests itself through various symptoms, and I know I've certainly suffered one or more of these throughout my career, including feelings of hopelessness, irritability, detachment, and a lack of joy or fulfilment in providing care. I've also experienced some physical symptoms such as headaches, fatigue, sleep disturbances, and an increased susceptibility to illness. Although I didn't have a name for this, I felt "burnt out", and I needed a way to effectively address my "compassion fatigue". I decided I didn't like how I was feeling, and in discussion with my very understanding and supportive NUM, I prioritised some self-care.

I'm currently trying to establish a healthy work-life balance by engaging in activities that promote relaxation, stress

reduction, and emotional well-being. This includes such things as exercise, hobbies, and spending time with loved ones and friends. By putting myself first I'm hoping to replenish my emotional reserves and improve my emotional and physical wellbeing, thereby having enough compassion and empathy for others by filling my cup first. This doesn't comes naturally to me as I'm sure it doesn't too many of us being in the caregiving roles we have chosen. Additionally, I also sought support from peers and mentors, who have helped in facilitating the process of difficult emotions and experiences in a safe space. Although at this stage, I have not engaged the services of a professional counsellor, I certainly would not hesitate if I felt the need. My GP has also been instrumental in helping me through this journey, with helpful suggestions in a holistic approach.

I believe regular self-reflection and self-awareness are crucial in identifying and addressing early signs of compassion fatigue.

By acknowledging and addressing it, we as healthcare professionals, can ensure our own well-being while continuing to provide compassionate and effective care to those who are vulnerable and in need of our services. It is through self-care, support, and a proactive approach that we can manage compassion fatigue, enabling ourselves to thrive in the caregiving roles of our choice. §



LOOKING TO JOIN OR RENEW YOUR VPNG MEMBERSHIP?

Online membership is now available, visit the VPNG website or click on this button

MEMBERSHIP

to renew or join today!



Do you have a joke, image or story to make us learn or laugh? Feel free to share it with us at snippets@vpng. org.au



DID YOU KNOW...

Source: mdlinx.com/article/10-weird-and wacky-medical-facts/lfc-5134

Children of identical twins are genetically siblings rather than cousins! This is because the share 25% of their DNA: Full siblings share 50% of their DNA, half siblings share 25%, and cousins share 12.5%. So – they are the genetic equivalent of half siblings not cousins!

VPNG Reflections

SARAH AISBETT

2022 MARY BARRY/ MEDTRONIC EDUCATION GRANT REFLECTION

As 2022 began (with yet another wave in the never-ending Covid-19 pandemic), and as the sole scrub / scout Associate Nurse Unit Manager (ANUM) in the operating theatre department; the discussion of supported Post Graduate study arose. I decided to enroll in a Post Graduate Certificate in Leadership (Health and Human Services).

I quickly began and spent the initial weeks orientating the online workspace, understanding my upcoming requirements with assessment tasks. Soon after commencement I became an acting NUM without any preparation due to unforeseen circumstances. I was educated and encouraged by senior management to take on the role and tasks, but I was in for a real shock, due to nil prior experience of management. Over the period of acting NUM, I learnt quickly what some of the role entailed, and the many management requirements and duties. As the semester progressed, I found myself working more than full time, spent many hours of each evening studying, and my weekends were soon filled with study - online discussion posts, readings and assessment tasks.

This year, I completed the entire online Certificate (4 units), and on reflection – I still am unsure how I managed to juggle it all. The stress was enormous at times, especially when large assessment tasks were near due, and I was trying to manage

the work life balance. It certainly put additional pressures on my life, but I knew I just had to push on, and get it done to the best of my ability; knowing that I had a rewarding and enjoyable summer ahead of me where I could make up for lost time, spending time with family and friends.

Post finishing the year, and on reflection; I have learnt so much more about law and ethics, strategic planning and management, personal positivity and workplace morale and management. But most of all, I have learnt a lot about myself and understood how strong and motivated I am to battle through what has been a challenging, enormous year.

In recommendation for future Postgraduate Study, I would certainly encourage completing one unit per semester if you wish to have a better and relaxed balance of study - work - life, and to always remain up to date and motivated with assessments. The weekly required readings for each unit were very heavy, and at times far exceeded the



expected / allocated time requirements, additional to the nightly discussion post requirements. However; I really enjoyed the discussion posts a lot where others provided feedback, recommendations and suggestions on posts relating to workplaces and / or prior experiences; aiding in a manageable solution to discussion posts / queries.

In the future, I hope to move into a more senior management role, where the recent education, understanding and the additional use of this Leadership course will be valuable and beneficial.

I would like to thank VPNG for offering the 2022 Mary Barry / Medtronic Education Grant, for the support. §

LELE ROBERTS

2023 FELIX / ALLEN GRANT REFLECTION



In my professional journey, choosing to pursue postgraduate studies stemmed from a clear purpose: to deepen my understanding of healthcare and contribute meaningfully to my field. This decision was driven not only by a personal quest for knowledge and skill enhancement but also by a desire to share these insights with my colleagues, serving as an educational resource in my workplace.

The desire to evolve into a Nurse Practitioner has been a driving force in my educational journey. It extends beyond personal advancement, encompassing a commitment to cultivate a culture of continuous learning within my professional community. Pursuing postgraduate studies is a purposeful stride aimed at enhancing my skills and knowledge, positioning me

as a knowledgeable and influential figure capable of educating and empowering others in the workplace. Additionally, the scarcity of Nurse Practitioners in Australia amplifies the significance of this pursuit, motivating me to contribute to bridging the gap and elevating the standard of healthcare delivery in the country.



Embarking on this educational journey has proven to be a nuanced experience, marked by both personal growth and self-discovery. However, it has not been without its fair share of challenges. Striking a balance between the rigors of postgraduate studies, a demanding full-time job, and familial commitments (mainly directed towards my one-year old) demanded a resilient approach and meticulous time management.

In facing this challenge, many late nights were spent studying, as I journeyed towards grasping the intricacies of advanced nursing concepts. Early mornings were equally devoted to this pursuit, creating a schedule that accommodated the demands of both professional and academic responsibilities. While undeniably challenging, this balancing act was made possible by a deep-seated passion for continuous learning and an unwavering commitment to the nursing profession.

In essence, my journey is a testament to the belief that a genuine love for learning and a profound dedication to the nursing profession can provide the motivation and strength needed to overcome the complexities inherent in managing a full-time job, familial obligations, and rigorous academic pursuits simultaneously.

Throughout this educational journey, live sessions emerged as a pivotal component, offering a unique avenue for real-time engagement with both the subject coordinator and peers. These interactive sessions became invaluable moments for discussions, the clarification of concepts, and the vibrant exchange of ideas. The

dynamic nature of live interactions not only deepened my understanding of the course material but also fostered a sense of friendship among fellow students, creating a collaborative and enriching learning environment. Complementing these interactive sessions were workshops that proved to be exceptionally advantageous. These hands-on experiences provided a practical application of the theoretical knowledge acquired during postgraduate studies. The workshops became a space where concepts were not just understood theoretically but were also applied in a tangible, real-world context. This application-oriented approach not only reinforced the learning but also facilitated collaborative problem-solving and skill development, contributing significantly to the overall educational experience.

Amidst these interactions, the modules learned during the postgraduate journey formed the foundation of my academic exploration. Delving into critical topics such as Systemic Inflammatory Response Syndrome (SIRS), Sepsis, Multiple Organ Dysfunction Syndrome (MODS), Haematology, Resuscitation, Fluid Resuscitation, and Massive Transfusion, each module helped to achieve a comprehensive understanding of perioperative care. The integration of theoretical knowledge from these modules into live sessions and workshops provided a holistic learning experience, enhancing both academic and practical dimensions of the postgraduate studies.

As I reflect on the impact of the Graduate Certificate in Perioperative Practice on my professional practice, it's evident that this qualification has been more than a steppingstone. It's been a catalyst for increased confidence and competence in delivering optimal patient care.

Looking ahead, the journey continues as I begin on a Masters of Nursing (Public Health) at La Trobe University in 2024. This decision is not just a progression but a commitment to specialising further, with a focus on the broader health landscape. The prospect of delving into public health is both exciting and personally meaningful, aligning with my passion for community well-being and preventative healthcare measures.

This path forward is not without gratitude. I extend my sincere appreciation to the Victorian Perioperative Nurses Group for the Senior Mary Felix/June Allen Scholarship – 2023, which has played a pivotal role in supporting my educational pursuits. This scholarship has not only lightened the financial load but has also served as a beacon of encouragement, reinforcing the collective belief in the power of education to effect positive change.

For those contemplating a similar educational path, I suggest you view challenges as opportunities for professional development, prioritise self-care as a foundation for sustained success, and establish a robust support network.

As I stand at the beginning of a new academic pursuit prepared with advanced skills and a unwavering commitment to the field of nursing, I approach the future with a sense of anticipation, excitement, and confidence. §



Do you have a joke, image or story to make us learn or laugh? Feel free to share it with us at snippets@vpng. org.au



CHOCOLATE COMES FROM COCOA
WHICH IS A TREE.
THAT MAKES IT A PLANT.
CHOCOLATE IS SALAD.

DID YOU KNOW...

Source: newswise.com/articles/thechemistry-of-chocolate

Chocolate (via its cacao plant derivatives) is the richest source of naturally occurring theobromine. Chemically similar to caffeine, theobromine is believed to be responsible for the pleasant effects of eating chocolate! Scientists believe it is the mix of sugar and fat which activates the reward centre in our brains, making it addictive.

VPNG Reflections

JESSICA YARNELL, EMILY FORREST, NATASHA TABONE, BREANA WOOD & AMY ECCLES

REFLECTIONS OF POST GRADUATE PERIOPERATIVE NURSING STUDENTS

Why undertake Post Graduate Studies?

Natasha: I decided to pursue Post Graduate Studies specialising in Perioperative Care, to consolidate my current knowledge, clinical experience and challenge me personally and professionally. Despite the many challenges, by maintaining a healthy work-life and study balance I can confidently say that it was all worth it and I have come out as a stronger and betterequipped clinician.

Amy: By enrolling in Post Graduate Studies in Perioperative Nursing, I could further my education and gain exposure to more opportunities in my workplace. I had clinical support from colleagues and educational support from university lectures helping to bring theory to practice. New knowledge and rotations through new specialty areas in the operating theatre it has helped me to be more adaptable and confident in all areas of our operating theatre. By continuing my studies, I have secured a full-time permanent contract in the nursing specialty I am most passionate about and find equally exciting and challenging.

Emily: I decided to undertake postgraduate studies in Perioperative Nursing to further enhance my knowledge and broaden my scope of practice. After working two years as a perioperative nurse, it was important for me to continue my professional development to get the best out of my nursing career.

Breana: I undertook my post graduate certificate in perioperative nursing because I have a strong passion for perioperative nursing and wanted to enhance my knowledge and further my skills in the workplace. I wanted to be sure that I was providing my patients with high quality care in line with up to date best practice. I work in a regional setting so being able to have recent and up to date knowledge is great so that I am able to pass on this to my colleagues so we can all implement it into our daily practice.

What were the challenges?

Jessica: Yarnell: Juggling my contributing responsibilities of being a CNS, a mum, a wife and a person. Finding the time to study and write my assignments was a big challenge! Getting back into study after 5 years was a huge challenge as I needed to remember my academic writing.

Breanna: One of the biggest challenges I found was to find the balance between work/study and life. Working 0.8 EFT, being on call and finding time to study was challenging and limited my ability to balance this with my life. However, I knew it was only for 1 year and it would be worth it in the end as I would come out a better perioperative nurse.

Emily: The challenges of post-graduate studies were balancing the study load with current work commitments and personal life. Post-graduate courses require a high workload and organisation, and commitment are high priority when undergoing further study along with work.

Amy: As I have been a registered nurse for a long time, it was difficult to go back to basics and learn new skills, such as when I was on rotation in Scrub/Scout, as I went from being a competent team member back to being a student. Despite the unfamiliar skills and equipment, the experience provided me with a holistic image of the different nursing specialities, and how everyone has an important role on both an individual and team level.

What were the major learnings?

Jessica: I learnt a lot more about anaesthetics and the triad of anaesthesia. I also learnt a lot about ventilation and the different types of ventilator settings on the anaesthetic machine. I also learnt the potential complications for surgical CO2 insufflation on the heart such as ECG changes and losing the p wave and surgical emphysema. I also have a deeper understanding of the complexities of the anaesthetic medications and their effect on the patient.

Breanna: A major learning for me was the ACORN standards. These standards are something that I had heard people talking about and teaching me about but I had not actually read them until I started my course. This was eye opening for me as it explained the reasons why I was doing what I was doing in the way that it was being done and how to do it in the safest possible way for the patient and my colleagues.

Amy: I had to make sure I was looking after myself and managing my fatigue, social, personal and work-life balance. This was difficult to navigate when dealing with assignment deadlines and going into exam periods, however, despite being stressed at the beginning it allowed me to develop better time management skills.

cont





How has it benefited your practice?

Jessica: I am now more competent and confident in my nursing practice in the anaesthetic and scrub scout speciality. I can support junior and novice staff in multiple speciality areas. I can be relied upon in emergency situations as I now have an advanced level of knowledge and experience.

Breanna: I am now more confident in my skills and abilities as I have the knowledge and reasoning behind why I am doing it. I can continue learning and developing my anaesthetic skills and work in more complex lists such as dental, orthopaedics – including shoulders and other complex procedures. I am also now competent in Advanced Life Support. I have also been able to further develop my instrument and circulating nurse skills by working in accordance with the ACORN standards to improve my practice.

Amy: Completing these studies benefited my practice immensely. It has expanded my knowledge of the operations provided at my hospital and given me the opportunities to experience anaesthetic nursing and PACU nursing. As I have gained confidence in these areas, I can work in whichever area I am required to on a given shift. In my workplace, this has made me a flexible nurse, aiding in securing a permanent position in the operating theatre.

Emily: Completing my post-graduate studies has benefitted my practice as it provided me with the opportunity to not only gain greater knowledge but allow for the rotation through different specialty areas in my clinical practice to increase my skills and scope of practice.



Where will this take you in your career?

Jessica: I am quite happy in my ANUM role now and am happy to continue to grow in this role. This may include teaching junior or novice staff and floor co ordinating in theatre. My long term future is filled with a variety of possibilities which is exciting!

Breanna: This will allow me to take on more responsibilities within the workplace and allow me to apply for more advanced roles such as Clinical Nurse Specialist. I will be able to provide more detailed knowledge to newer staff and nursing students who are in the department.

Natasha: Post Graduate studies has opened up many career paths for me, creating opportunities to travel, such as to rural Australian communities or overseas, and instil the knowledge I have gained. This is particularly relevant in terms of managing fatigue in nurses, as rural communities do not always have adequate resources to comply with all practicing policies. Another pathway I now want to explore is that of taking on an educational role to foster intergenerational support within my own workplace, by not only helping less experienced co-workers but also by recommending practices to support one's self-care and well-being.

Emily: Finishing this course will lead to further career opportunities such as taking on leadership roles within my department as well as opportunities to educate and assist new nurses in their career.

Any tips/recommendations to share with prospective students?

Jessica: Make sure you have a clear reason for studying as without it, you will struggle to find the motivation to complete the study. Go in hoping to become a better qualified nurse and not just to get a piece of paper.

Breana: I would strongly recommend for the prospective student to ask a lot of questions. There are so many things to learn and asking questions is one of the best ways to learn and gain different insights from different people.

Natasha: My key message is that it is a challenging year but with the right study techniques and self-care practices [whether you take on board my strategies or create your own], you will achieve the results and study/life balance you are after. Nevertheless, these are the tips and tricks that worked for me:

- Incorporating mobile apps, websites and video channels into my study routine to solidify relevant concepts, helping me gain more from journal articles as I had a better understanding of the basics.
- Consolidating learning points into summaries, diagrams, mind maps and tables to help retain information easier as the links and relationships between different concepts are more evident.
- Ask for help early if you are struggling with a concept or your own well being as you are not alone and the University has many support in place to provide assistance.

I recommend against rushing into postgraduate studies after completing your bachelor degree as from my personal experience, the networks you create within the workplace can significantly ease the learning burden, as you can gain first-hand clinical experience and advice from various health colleagues.

Emily: My tips for prospective students is to priorities your studies as much as you can throughout the year and take as many learning opportunities at work as you can whilst participating in the course. I also recommended doing research into the many scholarships that are available to students that offer financial relief during an intense but rewarding year.

Amy: I always tell undergraduate students I have met in my workplace to continue to experience new areas of nursing and be driven by passion. For prospective perioperative nursing students, make sure you embrace change and don't fear new experiences of specialty areas in the operating theatre. As mentioned previously, a significant challenge for me was staying on top of my study planner, asking questions and asking for help when needed. Apply for scholarships to ensure access to what you need most to succeed. §





SCHOLARSHIPS AND GRANTS

Are you a Registered or Enrolled Nurse looking at attending a conference, getting involved in research or project work or enrolling in postgraduate study?

We may have a scholarship or grant to assist you in undertaking professional development activities.

Sister Mary Felix and June Allen Scholarships

The Sister Mary Felix and June Allen Scholarships are for postgraduate studies at Graduate Certificate and Graduate Diploma level in perioperative nursing. These Scholarships are only for nurses practicing in Victoria in the area of perioperative nursing. The scholarship is worth \$2,000.

The number of Scholarships awarded annually will be determined by the VPNG Committee and by the annual budget. Non VPNG members eligible to apply. Membership is a requirement for all successful applicants.

Applications open 1st Feb | close 31st Mar

Mary Barry / Medtronic Education Grant

The Mary Barry Medtronic Education Grant, is awarded to support Victorian Perioperative Nurses Group members in their ongoing professional development in perioperative nursing by project work or research.

The Grant is worth up to \$2,000 with two rounds of applications per year. Only VPNG members for at least 2 years are eligible to apply.

Applications open #1 1st Feb | close 31st Mar open #2 1st Aug | close 30th Sep

Marea Fennell Scholarship

The Marea Fennell Scholarship is awarded to support Victorian Perioperative Nurses undertaking postgraduate studies at a Masters level majoring in Management or Education. This Scholarship is only for nurses practicing in Victoria. Applicants are required to demonstrate the relevance of the postgraduate study to their current professional practice in perioperative nursing.

The Scholarship is awarded up to \$2,500 annually Only VPNG members for at least 2 years are eligible to apply.

Applications open 1st Aug | close 30th Sep

VPNG and ACORN Conference Grants

Grants for VPNG members to attend the biennial VPNG and ACORN Conferences are made available each year. The number of Grants awarded will be determined by the annual budget.

The Conference Grants are valued at \$500 each and the number of Grants awarded will be determined by the annual budget.

Applications open at various times during the year

Please check all the details including selection criteria and the closing dates, and complete an online application form on the VPNG website.

If you have any questions please contact us on the details below.

vpng.org.au | enquiries@vpng.org.au | 1300 721 169





Have you got an idea for a new Snippets segment? Email us at snippets@vpng.org.au



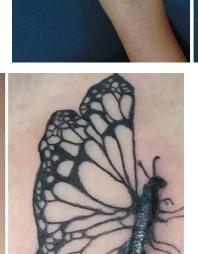




















A PERIO-WORDY-WORD FIND

0 ς G F C П \cap S C ς F F \/\ С С W Р 0 0 0 L G F S R 0 C Ε S Α Ε 0 Ε В Α U S C 0 U 0 0 0 C C Μ Ε 0 С ī Ε S S Α Α G 0 Q S 0 D С Χ Α L R R R М D Н U C Ε D Т Ε F 0 С Ε S Ε G Ν D D Ε С C F Т D C Ε Α U М S C S 0 S 0 D Ε C 1 1 М Ζ Ε Ν В R Н Α S Α R S R Ε Ε 0 0 0 С 0 Ρ 0 0 R Ε Р S S ٧ N R Α 0 D F Ν C 1 F R V F U F 1 F F В Ν F U Ε R Ε C Ε C Ε F Р т 0 C D F M N F S D M 1 C N Α F F Н C D 0 1 F W U 0 D F C F 0 S 0 Ε F С S С Ω В W F U W S D F R Р F S 1 Α 1 Ω 0 Υ S Т - 1 C R С Κ 0 Κ Μ Ν Ν Ε Α С Т 0 Ε C В J С L Α 1 D М 1 0 Т Μ В Н S S Ε Μ 0 Т 0 Ε S 0 Κ 0 Ε Ε Ε 0 Р Α C G Ν S C R 0 D Ε М L M C Ε - 1 L Р L G 1 Α Ζ Р Α Κ С В V В Ν Р L С R Α G 0 F C S U G Р 0 U Ν Ε Α 1 0 Ρ М Α L Ε 1 1 G Н G Ν V 0 L Κ Ν U Ν Т R 0 C Α R S Ρ Ν W Χ Α Χ Μ 0 Т 0 Α G

Anvil

Artery forceps

Backhaus towel clamp

Bipolar forceps

Bozeman dissector

Cautery

Curved Kelly clamp

Curved Rochester-Pean clamp

Cushing clamp

Debakey forceps

Dissecting scissors

Doyan Rib Rasp

Doyen retractor

Fogarty Clamp

Hemostat

Hoke Osteotome

Metzenbaum scissors

Mosquito clamp

Needle holder

Penfield dissector

Richardson retractor

Ring forceps

Rongeur

Scalpel

Silver retractor

Sponge forceps

Suture scissors

Tissue forceps

Trocar

Volkmann retractor



Do you have a joke, image or story to make us laugh? Feel free to share it with us at snippets@vpng. org.au

DID YOU KNOW...



Source: whalefacts.org/ blue-whale-heart

The arteries in a blue whale (the biggest living creature on earth) are so broad, that a human could swim through them. The heart of the biggest creature on earth - the blue whale - is the size of a go-kart. The blue whale's heart rate reduces to a rate of 2-10 beats per minute when submerged, but rises to between 25-40 when floating on the surface. MET criteria required!.







Have you got an extreme xray or xray-related story to share!?!

Then let us know at snippets@vpng.org.au



THE INVISIBLE An 1896 X-ray by Wilhelm Roentgen. American Institute of Physics/Associated Press



Police have shared this x-ray to warn others about the dangers of riding with your feet up (Picture: Wales News Service)



© u/jsherman256 / reddit











Join the VPNG COMMITTEE & make a difference

VPNG is seeking new Members to join the Committee in two exciting roles:

Snippets Editor

Do you enjoy compiling and editing articles and topics of interest?

OR

Deputy Treasurer

Are you good with finances and figures?

Then this opportunity is for you!

WE WOULD LOVE TO HAVE YOU JOIN US.

We are looking for perioperative nurses with passion and motivation to join our vibrant Committee.

The VPNG Committee consists of volunteers who work in the area of perioperative nursing and have been a financial member of VPNG Ltd for at least 12 months prior to nomination.

Committee Members are expected to:

- Participate at monthly online Committee Meetings according to their ability, interest and/or expertise.
- Participate on Subcommittees as appointed.
- Participate in VPNG sponsored educational programs.

Subcommittees that you can be involved in are:

COMMUNICATION

The purpose of this Subcommittee is to promote professional roles and the image of perioperative nurses through Snippets, Hospital Representatives. Website and Facebook.

EDUCATION

The purpose of this Subcommittee is to foster education and research through an annual education program and the provisions of Grants and Scholarships.

EVENTS

The purpose of this Subcommittee is to plan and coordinate the biennial State Conference and Country

Conference, as well as regional and metropolitan Study Days.



IF YOU WOULD LIKE TO BE A VPNG COMMITTEE MEMBER PLEASE REGISTER YOUR INTEREST:

www.vpng.org.au/pages/committee-nomination

WANTED PRELOVED OBSOLETE ENDOSCOPY EQUIPMENT NO LONGER BEING USED

NOW NEEDED FOR USE IN THE VETERINARY INDUSTRY!

Austvet Endoscopy PURCHASES endoscopy equipment for diagnostic and therapeutic, imaging, minimally invasive procedures and key hole surgery for all animals large and small.



Upon assessment of obsolete & preloved endoscopy equipment we purchase from Hospitals, Day Surgeries, Endoscopy Units, Operating Suites and Biomedical Departments around Australia and New Zealand.

Here is an example of items we are interested in purchasing listed below:

- Arthroscopes
- pes Gastroscopes
- Hysteroscopes
- Laparoscopes

- Colonoscopes
- Bronchoscopes
- Cystoscopes
- Orthopaedic Shavers

- Video Cameras
- Light Sources
- Video Processors
- Endoscopic Accessories

- Monitors
- Light Cables
- Recording Systems
- Endoscopic Instruments

If you have anything,
please don't hesitate to contact us.
We look forward to hearing
from you soon

5 / 14 Lionel Rd, Mt Waverley VIC 3149 Email: wally@austvetendoscopy.com.au Mob: 0438 084 418

Sales • Service • Support

AUSTVET ENDOSCOP

