

April 2011
Issue 8

Barwon South West Regional Respiratory Newsletter

To view previous editions of this e-newsletter online, go to www.wdhs.net then click on Our Services / BSW Regional Respiratory Project.



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Welcome to the first edition of the BSW Regional Respiratory newsletter for 2011. I hope you all managed to enjoy our brief summer and were fortunate enough to escape the effects of the catastrophic events that Mother Nature unleashed and caused devastation to so many areas both here in Australia and Japan.

In the December 2010 edition of this newsletter I reported on the results from the survey conducted in Oct/Nov 2010 when I requested your input to help identify the educational needs & continuing professional development for the Barwon South Western region in 2011. (This report can be found in the Dec 2010 newsletter available at:

link:<http://www.wdhs.net/services/BSW%20Respiratory.htm>

The results of the survey will be used to form the content of future newsletters, forums and meetings where nearly 80% of respondents said they'd like to see more regional meetings and forums to promote and share best practice amongst our peers.

Thank you to all who participated in the survey, and, as always please do not hesitate to email me directly with *any* suggestions or ideas you may have to help improve the newsletter in any way.

Following on from the survey results and suggestions, I have commenced collecting information to form a directory of Pulmonary Rehabilitation Programs

and Respiratory Support groups currently running or on offer throughout the BSW region. I am requesting a few minutes of your time to assist with this task in the next newsletter

This edition contains information on Spirometry education to be offered locally in Colac by the NAC. This is another area of keen interest that was identified in the survey conducted. For dates and information see page 5, and thank you to Judy Wicking (NAC) for providing me with the information.

If you have a workshop, PD day or meeting you wish to promote please email me with the details.

With Easter just around the corner I take this opportunity to wish you all a safe and happy Easter break.



Regards, Robyn.

Robyn Beaton
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Coordinator**
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**News
In
Brief**



Asthma Action Plans

Asthma and diabetes go hand in hand.

A new study has found that people with asthma may have a higher risk of developing diabetes and heart disease. The study looked at the relationship between asthma and four other inflammatory conditions. This was a surprising result since it is well established that asthmatics have a different immune system profile from cardiac and diabetes patients

The team led by Dr. Young J. Juhn, of the department of Paediatric and Adolescent Medicine at the Mayo Clinic in Minnesota, also found that people with asthma were not at greater risk of developing

inflammatory bowel disease or rheumatoid arthritis.

However further research in the area of how asthma, diabetes and heart disease interact or affect each other is required.

A more detailed publication is available on the Asthma Foundation Victoria website.

Source: www.news-medical.net, 22 March 2011 and Asthma Foundation Victoria

New look Asthma Action Plans

The March 2011 edition of the National Asthma Council of Australia's newsletter featured an article on the updated Asthma Action Plan just launched by the National Asthma Council Australia. An important tool in asthma management, the revamped Asthma Action Plan template now comes in a handy z-card format, which folds down to credit-card size, making it easy to carry in a wallet, purse or pocket.

Sample packs of the new-look Asthma Action Plan z-cards are

currently being distributed nationally via local Allen and Hanburys (GlaxoSmithKline) representatives. Ordering details are available on the NAC website.

<http://www.nationalasthma.org.au/content/view/754/1112/#s1>

Portland Pulmonary Rehabilitation Program

Portland Community Health are up and running with their Pulmonary Rehabilitation program and successfully completed two 8 week programs in 2010. Their program consists of 2 sessions per week of exercise and education and runs for

8 weeks. 3 programs are planned for 2011. Fee is gold coin donation.

If you wish to refer a client to Pulmonary Rehabilitation in Portland the preferred method is via the SCTT tool to The Intake Officer, Rachel Storr



Designated Smoking Cessation programs in Vic

A list of "Designated Smoking Cessation Programs" currently available in Victoria is available from Lung Health Promotion Centre at The Alfred.

To obtain a copy please email Sue Reiff at www.lunghealth.org

T: (03) 9076 2382

Manse Medical Hamilton now has a Smoking Cessation program available for clients in and around the Southern Grampians region or beyond.

For referrals to this service please email nurse1@mansemedical.com.au



www.lunghealth.org 1

New QUIT Victoria website

The new look Quit Victoria website was launched in November 2011. The site has information for both clients and health professionals. The health professional area provides resources for health professionals and the general public on smoking related issues in Victoria.

This includes downloadable resources, policy guidance, advertising campaigns and press releases.

Well worth a look.

www.quit.org.au/



New anti - smoking laws regarding display of tobacco products:

New laws came into existence from 1 Jan 2011 banning the display of tobacco products and packaging in all retail outlets and vending machines. These products which include cigarettes, cigars and loose tobacco, are still able to be sold but must not be visible from anywhere inside or outside the retail outlet. Special cabinets and drawer arrangements have been purpose built for the concealment of the products. According to fact sheet information available on The Department of Health website, the rationale behind this latest Anti - Smoking law is that the previous visibility and availability of cigarettes and tobacco created the impression

that smoking was more popular than it really was. This encouraged young people to start smoking and made it harder for existing smokers to quit the habit. A penalty system for breach of tobacco law is in place to ensure retailers comply with the law.

TOBACCO REFORMS



*News
In
Brief*



For further information on COPD online

<http://www.lungfoundation.com.au/professional-resources/general-practice/copd-nurse-training-online>



Resources



COPD Online - an interactive training program for primary care nurses (The Australian Lung Foundation)

The Australian Lung Foundation has successfully secured funding to develop a training program for primary care nurses. This training is being developed as an online training resource, which will provide easy access to nurses living all over Australia. Wherever internet access is available a nurse will be able to participate in the training. This online training will be designed to increase the knowledge, confidence and skills of nurses working with patients that have chronic obstructive pulmonary disease (COPD).

The program is in the early stages of development and will be available late 2011. A steering committee of clinical experts has been brought

together to ensure that the content is of world standard. The Australian Lung Foundation is also working with professional nurse colleges so that participants will gain continuing professional development points for completing the online training. In a recent 'update letter' Judy Powell, Project Manager, Primary Care, COPD National Program, Australian Lung Foundation advised that the anticipated pilot testing planned for the project will not occur until the middle of the year.

If you know a primary care nurse that would like to learn more about the online training program they can contact Judy Powell via email judy@lungfoundation.com.au

La Petite e-chamber: new to Bird healthcare

Bird Healthcare have released their new La Petite e-chamber, 220ml spacer, which is low static and recyclable.

Contact Bird Healthcare on 1300 365 561 for further information



Getting Started on Home Oxygen:

The Australian Lung Foundation's new publication 'Getting Started on Home Oxygen' booklet is a comprehensive resource for Australians with chronic lung conditions, who have recently been prescribed home oxygen therapy or may be prescribed it in the near future. It is a great resource booklet and answers many of the commonly asked questions and concerns.

It explains how home oxygen therapy works, the equipment that is used and includes practical tips. This publication can be downloaded or you can purchase a copy of this resource for \$8 plus postage & handling by emailing enquiries@lungfoundation.com.au or calling 1 800 654 301

Professional Development Days

AAREA PDD to be held in Maryborough

Date: Monday 23rd May 2011

Time: 9am registration for a prompt 9.30am start
Finish at 3.15pm

Venue TBC

Town: Maryborough – a lovely town approximately a 2 hour drive from Melbourne. Maryborough is a perfect place for some time to get "away from it all". Centrally located in the heart of Victoria, between Ballarat and Bendigo, it is an ideal base for the visitor to explore the rich history of the region.

Registration forms and program will be available on the AAREA website once all details have been confirmed.

For any further information please contact **Judi Wicking (M,T &T)**
Project Manager|Asthma & Respiratory Educator|**National Asthma Council Australia**

Tel: 9929 4333 Mob: 0407 562 097

Email: judi.wicking@nationalasthma.org.au



National Asthma Council - COLAC Workshops

The National Asthma Council conducts education programs for health professionals generally hosted by Divisions of General Practice/GP Networks. A series of these workshops have been scheduled for COLAC in the first half of 2011, some of which have already occurred. These programs are targeted to primary care workers, particularly GPs, nurses and allied health professionals. As Colac is a rural location, the invitation can be extended to hospital nurses.

Dates for the remaining workshops are:

Saturday 7th May – Spirometry Training Course: a 6 hour day provides comprehensive training in the application, measurement and interpretation of expiratory spirometry in general practice. The 6-hour interactive workshop includes hands-on components to allow participants to apply their new knowledge in a practical setting.

Monday 30th May – Spirometry Training Update: a 2 hour evening workshop provides refresher training in the application, measurement and interpretation of spirometry in general practice for GPs and practice nurses who have undertaken formal spirometry training previously.

To register interest in attending any of these courses please email jcrow@otway.asn.au at the Otway Division of General Practice. As numbers are limited a waiting list will be kept and, if necessary, future workshops will be scheduled.

For more information www.nationalasthma.org.au under health professional education or contact Judi Wicking, Project Manager 03 9929 4333 or 0407 562 097

Professional
Development

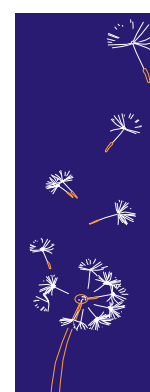
National Asthma
Council Australia

Conference and Course Dates

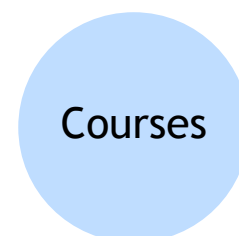
The Alfred Lung Health Promotion Centre Courses for 2011

Visit The Lung Health Website for enrolment details and
EARLY BIRD RATES.

www.lunghealth.org



Course	Dates 2011
Asthma Educator's Course (\$670) EB (\$603) CPD hours 18	20 – 22 July 9 - 11 November
Presenting & Educating With Confidence (\$245) EB (\$220) CPD hours 7	19 July 12 November
Smoking Cessation Facilitators Course (\$560) EB (\$504) CPD hours 13	28 - 29 July 24 – 25 November
Paediatric Respiratory Update (\$245) EB (\$220) CPD hours 7	9 June
Happiness & Positive Strategies For Life & Work (\$245) EB (\$220) CPD hours 7	29 June
Asthma Management Update (\$245) EB (\$220) CPD hours 7	12 May
Theory & practice of Non Invasive Ventilation (NIV) – Bi-Level CPAP Management (\$245) EB (\$220) CPD hours 7	24 June
Respiratory Clinical Update (\$245) EB (\$220) CPD hours 7	30 June
Respiratory Course (\$895) EB (\$805) CPD hours 25	27 – 29 April / 2 – 3 June 7 – 9 Sept / 12 – 13 Oct
Managing COPD – There IS something you can do! (\$500) EB (\$450) CPD hours 13	5 – 6 May 1 - 2 September
Spirometry Principles & Practice (General \$670 EB - \$603 / Public Hospitals & Universities \$530- EB \$477) CPD hours 13	19 – 20 May 18 – 19 August 3 – 4 November
Introduction to Spirometry Workshop (1/2 day) (\$125) EB (\$112) CPD hours 4	12 August



All course fees are GST inclusive - * Note EB is early bird paid in full one month prior to the course

For further information or to register for a course, please contact the Lung Health Promotion Centre at The Alfred on (03) 9076 2382, email lunghealth@alfred.org.au or visit www.lunghealth.org.