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NEWSLETTER

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EDITORIAL

The 2006 conference held at the Wesley Conference Centre Pitt Street Sydney on Friday 1st September was a great success thanks to the team effort lead by Dr Christine Neville (University of Southern QLD), with tremendous assistance and support given by Bryan McMinn, Dianne Wikstrom and Elizabeth Brandis.

Planning has already commenced for the proposed 2008 conference that may possibly be held in Canberra. So start considering abstracts for paper presentations or posters- after all the two years will come around quickly enough and the conferences are organised for the benefit of the members and all aged care service providers.

The PGNA Strategic Plan is up for review as it is three years since it was originally developed. This document, I think, has been useful in giving the Executive direction for implementing some specific items to achieve and for future planning and ongoing development of PGNA as a recognised nursing body. Many strategies in the plan have been successfully achieved but there is still more that can hopefully be done.

This will be the Christmas issue so I would like to wish everyone a great Christmas and a very Happy New Year and I thank each and every one of you for your support of me and of the PGNA.

Regina McDonald
Editor of the PGNA Newsletter

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Current Members of the Executive Committee as of September 2006 are:

- Regina McDonald (President & Public Officer).
- Dianne Wikstrom (Vice President).
- John Nadjarian (Treasurer)
- James Turner (Secretary).
- Lin Chan (Membership Secretary).
- Bryan McMinn (Ordinary Member).
- Elizabeth Brandis (Ordinary Member).
- This committee makes executive decisions about the PGNA's operations as a nursing body. A constitution has been developed for the association.

Merry Christmas

Education and Research Committee

The Education and Research Committee consists of:

- ✓ Dr Christine Neville - Secretary
- ✓ Elizabeth Brandis
- ✓ Regina McDonald
- ✓ Peter Brown
- ✓ Dianne Wikstrom
- ✓ Bryan McMin
- ✓ Isabel Baker
- ✓ Amelia Renu

1. BUSINESS PLAN FOR THE PGNA

The three-year Strategic (Business) Plan developed for PGNA in January 2004 is now up for review. Extensive consultation with members was offered at the time of its original conception, so this is another opportunity for you to put forward ideas regarding the future direction of PGNA. Everyone was given a copy of this document and an updated version will be placed on the website. If anyone wishes to make suggestions please forward any issues to me at regina.mcdonald@sswahs.nsw.gov.au

2. CONFERENCE NEWS



*Mind, Body and Soul:
Mental Health for Older People*

Friday 1st September, 2006



**Wesley Convention Centre
Pitt St, Sydney, NSW**

Report: James Turner - PGNA Secretary
Photos: Elizabeth Brandis - PGNA Executive Committee,
James Turner.

Another year almost over - another PGNA conference delivered. By and large the reports back from those who attended the conference were positive. I know that from behind the scenes the activity leading up to the conference was frantic.

Without adventurous people submitting abstracts and then presenting their work there is no conference. Without an organising committee to communicate with presenters, the venue proprietor, and people wanting to attend - there is no conference.

Without people to attend the conference - all else is in vain. The program put together by the organising committee was varied: After PGNA President Regina McDonald's welcome address, Professor Mary Chiarella got the day rolling with her keynote address - 'Developing responsive models of patient care: defining success and achieving sustainability'.

Such were the number and quality of presentations that the day was largely divided into two conjoint sessions, giving those attending ample choice of topics. Those presenting came from a variety of workplace backgrounds, including from Rotarua - New Zealand, Ipswich -

Mental health in late life.

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Queensland, as well as Matthew John Nursing Home – Erina, NSW, the Nursing & Midwifery Office – NSW Health, Australian Catholic University – NSW, as well as Hope Health Care – NSW.

The photo essay that follows can only be representative. I suspect the fluorescent lighting at the Wesley Centre and digital cameras are not the best mix – many of the photos taken by Elizabeth and myself on the day came out somewhat blurred. Here are some of the more viewable (with apologies to those of you who attended but not captured in print by Elizabeth or myself).



The new PGNA banner which greeted those attending the conference. This banner will be seen at all future events where PGNA is represented. Keep an eye out for it!



A busy welcoming committee! At the registration desk (from left to right) are Amelia Renu & Isabel Baker of PGNA's Education & Research Committee, John Nadjarian & James Turner of PGNA's Executive Committee, and (standing) is Dr Christine Neville – the conference convenor and Secretary of PGNA's Education & Research Committee.

Helga Merl & Chris Edwards of Northern Sydney Central Coast Health's Dementia Advisory Service entertained with their presentation – Gelotology in Gerontology.



Dr Christine Neville deserved a conference medal: as convenor of the conference she processed over 100 registrations leading up to the conference – then did a presentation on the day!

Life member of PGNA, Peter Brown – a PGNA conference habitue – co-presented with member Sharyn Cumming: that's Peter in the brown leather jacket.





Nurse Practitioner Elaine Ford was trying to be deadly serious – but CNC Di Wikstrom (PGNA Vice-President) and CNC Julie Strukovski (St Joseph's Hospital, Auburn NSW) were having none of that!

Generous sponsorship helps to make an even more successful conference – the Elsevier display looked so tidy until eager conference attendees swamped it!



PGNA's ubiquitous Bryan McMinn (on the left). Bryan is a member of both the PGNA Education & Research Committee and the Executive Committee. His was the last presentation of the day.

Brian was responsible for enlisting the conference's sponsors, including (here) Janssen-Cilag, makers of Risperdal & Reminyl.



And what is a conference without catering?

(Is that Bryan again?)

Morning tea, lunch, and afternoon tea breaks provided a chance for colleagues to catch up with familiar faces and to network, network, and network.



During the conference lunch break PGNA held its Annual General Meeting (AGM). This year's AGM was well attended. Don't worry - those empty chairs did fill!



And here they are - the PGNA Executive Committee for 2006 - 2007 (from left to right):

Elizabeth Brandis
Bryan McMinn (again!)
Lin Chan
John Nadjarian
Dianne Wikstrom
James Turner
Regina McDonald

So when's the next conference?

3. EDUCATION & RESEARCH REPORT

Elizabeth Brandis of the Education & Research Committee writes the following:

- Thanks to all previous scholarship recipients for either submitting an article to the PGNA Newsletter or presenting at the PGNA conference.
- Scholarship applicants are wanted. Forms are on the PGNA website.
- Venues and dates for Education Evenings in the Sydney area and a regional venue are sought. These will be sponsored and funded by PGNA. Please send your ideas or offers to the PGNA Executive or E&R Committee.
- PGNA membership needs to grow - recruit a colleague!
- If you have a burning desire to be involved in the organising of PGNA education and research activities, consider offering your services on the PGNA Education & Research Committee!!!!
- Planning has commenced for the **2008** PGNA conference. Would you like the conference to be in **YOUR** area? We are looking for a regional area with local members keen to have this prestigious event on their doorstep! Think of all the travel you'll avoid. All the other participants will do all the travelling to enjoy the secret delights and exotic accommodation you've kept hidden in your region all these years.
- On behalf of the PGNA Education & Research Committee - a happy and safe Christmas & New Year to **ALL!**

4. CONTINUING EDUCATION - Courses

- Courses offered at the Institute of Psychiatry specifically tailored to suit those working in Aged Care and Aged Care Psychiatry.
 1. Graduate Certificate in Mental Health (Aged Care) - course coordinator Regina McDonald
 2. Graduate Diploma in Mental Health (Aged Care) - course coordinator Peter Brown
 3. Introduction to Mental Health in Old Age
 4. Managing Challenging Behaviours in Old Age

For details on these programmes contact the Institute of Psychiatry on 9840 3833.

Course offered at the University of Newcastle:

Mental Health Nursing of Older People – Speciality Clinical Nursing Course.

Trimester Three begins September 2006 to Nov 2006.

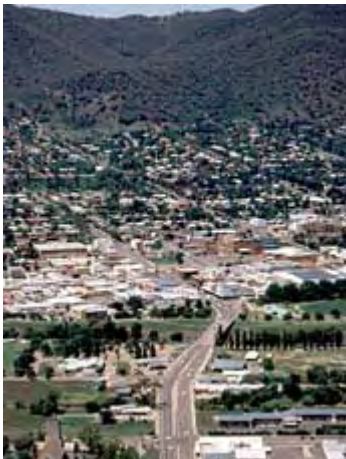
Contact 49 21 7198 or 49 21 6523 for more details or an Admission Package.

5. MEMBERSHIP NEWS

Membership forms are now on line through the PGNA website.

For more information on PGNA membership contact the membership secretary Lin Chan on 9682 3133.

Members' News Items: fast on the tail of the recent release of NSW Health's "NSW Service Plan for Specialist Mental Health Services for Older People (SMHSOP) 2005-2015", and the funding that followed the release of that plan, comes the following news submissions from Tamworth, NSW, and Sydney West, NSW:



SMHSOP in New England

(Submitted by Heather Sylvester & Chris Jones)

The Specialist Mental Health Service for Older People (SMHSOP) operates from Dean House, Tamworth offering outpatients and community consultations. This includes visits to homes, hostels, nursing homes, and some other hospitals. The SMHSOP team will accept referrals for elderly patients with psychiatric disorders including those in combination with dementia or organic brain damage. A Clinical Nurse Consultant and a Clinical Psychologist provide consultative assessment and management advice. There is some capacity for ongoing treatment in selected patients eg. cognitive behavioural therapy. However, the vast majority of patients will be seen on only one or two occasions. SMHSOP also facilitates appointments with psychiatrists, psychogeriatricians and other health professionals.

Heather Sylvester - Clinical Psychologist

Prior to beginning with the SMHSOP team, I had been working on the Adult Community Mental Health Team for several years. I have completed a Masters in Clinical Psychology at UNE including research looking at adjustment and satisfaction within elderly residents of residential care facilities. Having grown up in a local rural farming community I have an interest in contributing to high quality service provision in regional areas. I am now enjoying the challenge of being part of a new service designed to assist those over 65 years experiencing mental illness.

Chris Jones - Clinical Nurse Consultant

I have worked with the Adult Community Mental Health Team in Tamworth since my tree change over 20 years ago. This has seen me involved in the evolution of Community Mental Health services in Tamworth including the establishment of residential, outreach and crisis

services. The commencement of SMHSOP is an exciting, much needed and complimentary innovation to existing Mental Health Services in our area.

My new role has given me the opportunity to meet and work with new highly competent and motivated staff as well as renew relationships with workmates from my training years at Rydalmere Hospital.

I look forward to the challenges of developing my role, the service and forging new ties with other staff, carers and organisations to provide better health care for older persons.

SMHSOP in Sydney West - Western Cluster



(Submitted by James Turner CNC)

SMHSOP funding released earlier this year by NSW Health has seen the commencement of a SMHSOP community service in the Western Cluster (Penrith City, Hawkesbury City, Blue Mountains City) of the Sydney West Area Health Service. This service is in its infancy in the Western Cluster and has attracted three experienced registered nurses to work with older people with mental health problems. Each of the three nurses is located with and supported by a local Mental Health Service - Josephine (Jo) Newman at Penrith Community Health Centre; Ashley Baker at Hawkesbury Mental Health Service; Ivan Jankowski at Katoomba Community Health Centre. Governance for these three positions remains with the area SMHSOP directorate. Moves are already afoot to support these three positions with the appointment of a SMHSOP Psychogeriatrician and a Registrar.

The areas covered by Jo, Ashley, and Ivan - as the photos accompanying this article suggest - are rich in heritage and wilderness, as well as developing population centres.

6. SCHOLARSHIPS

Scholarship applications are now on line through the PGNA website

7. NEXT FPOA MEETING - the next FPOA meeting is scheduled for 2007. PGNA members will be advised further whether this meeting will take place.

Merry Christmas

The *PGNA Newsletter* is published by - The Psychogeriatric Nurses' Association Australia (Inc)
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