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# *SAPNA* **SAPNA** SOUTH AUSTRALIAN PERIOPERATIVE NURSI ASSOCIATION

## **Connect**

### **Winter 2023**



**Welcome to the Winter edition of SAPNA Connect. We hope you are all keeping well and warm.**

**This issue:**

- Get to know Kristin Cheeseman one of our new committee members.
- Save the Date for our Perioperative Nurse's Conference "Building on the Best" to be held at the Adelaide Entertainment Centre **22/23<sup>rd</sup> September 2023.**
- Information on our education session: Wednesday July 19<sup>th</sup>
- Vale – Jill Hilbig
- SAPNA visits the Sacred Heart Careers Expo

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# SAPNA Connect

**SAPNA** SOUTH AUSTRALIAN PERIOPERATIVE NURSES ASSOCIATION

**SAVE THE DATES!**

**Join us for our SAPNA conference to be held at the Adelaide Entertainment Centre September 22<sup>nd</sup> – 23<sup>rd</sup> 2023**

**Registrations are open!! [www.sapna.org.au](http://www.sapna.org.au)**

**BUILDING ON THE BEST**  
SAPNA STATE CONFERENCE • 2023

**Power of the Past**

**Force for the Future**

22-23 SEPTEMBER  
ADELAIDE ENTERTAINMENT CENTRE

**SAPNA** SOUTH AUSTRALIAN PERIOPERATIVE NURSES ASSOCIATION INC

Conference Enquiries  
SAPNA - PO BOX 38  
HIGHGATE SA 5063  
[sapnac@conference.sapna.org.au](mailto:sapnac@conference.sapna.org.au)

[sapna.org.au](http://sapna.org.au)

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## **COMMITTEE PROFILE: KRISTIN CHEESEMAN**

I have been nursing since 1999 and found my way into Perioperative Nursing via working in a women's health clinic.

Since then, I have worked in reproductive health and now at Burnside Hospital in Recovery and Day Surgery I am also the Clinical Educator for the department.

In 2019 I completed a Graduate Certificate in Perioperative Nursing through the Australian College of Nursing. This study gave me a deeper interest in quality improvement and staff development in the Perioperative space.

Working in Perioperative education, I believe that the development of technical skills is foundational, but that we have so many opportunities to go deeper than this. I am very interested in building mentoring into our working relationships. I love to see how highly effective teams work together to grow us all in our personal and professional lives. I believe that patients receive better care from highly functional teams, and that this culture will assist us in recruitment and retention of staff.

I have joined the SAPNA committee because I believe strongly in the service that SAPNA provides to the Perioperative community. The education sessions and the conference are just fantastic, and the opportunity to network and share resources is invaluable.

At home I am the Mum of 2 boys along with my partner. We have 2 cats, a dog, 6 chickens and a guinea pig as well as a beehive! I love gardening and making jams and chutneys from my garden. Any day spent in nature is a day well spent! I also make time for yoga, reading and meditation throughout the week. My worst habit is probably staying up too late streaming Netflix but I'm working on it!


# SAPNA Connect

**SAPNA** SOUTH AUSTRALIAN PERIOPERATIVE NURSI ASSOCIATION

Do you know your Standards? (Thanks to SALHN for the crossword)

## Know Your Standards CROSSWORD

See the SALHN intranet for answers and more challenges on the NSQHS Standards.



### ACROSS

- The only way consumers can provide informed \_\_\_\_\_ is when they are adequately informed of the risks, benefits, and alternatives to their treatment. (7)
- A high-risk medicine starting with 'I'. (7)
- \_\_\_\_\_ and educating consumers about their medication is important to strengthening trust and to build awareness about potential drug side effects. (10)
- The single most effective action to reduce healthcare associated infections. (4,7)
- The system used for reporting a hazard or incident. (3)
- Delivering care that is safe and \_\_\_\_\_ centred. (6)
- This method will be used by assessors to review the divisions and wards at the time of assessment. (1,1,1,1,1,1,1)
- Mandatory \_\_\_\_\_ is one of the best ways to ensure you continue to provide safe, high-quality care. (8)
- You need to label before you \_\_\_\_\_. (5)
- There are \_\_\_\_\_ moments of Hand Hygiene. (4)

### DOWN

- \_\_\_\_\_ awareness is key to ensuring Aboriginal and Torres Strait Islander people feel welcome, safe, and have their health care needs met. (8)
- Who's responsible for keeping consumers safe? (8)
- \_\_\_\_\_ care is safer care. (5)
- All consumers have healthcare \_\_\_\_\_ when accessing healthcare services. (6)
- Check all three patient \_\_\_\_\_ at all points of care. (1,1)
- Suspect \_\_\_\_\_, save lives. (6)
- Care should be coordinated and aligned to the patients' \_\_\_\_\_ of care and health needs. (5)
- Use ISBAR for the sharing of clinical information at bedside clinical \_\_\_\_\_. (8)
- ISBAR stands for: Identification, \_\_\_\_\_, Background, Assessment, Recommendation. (9)
- Where to document an integrated multidisciplinary care plan. (3)
- Where to find information about high-risk medicines. (8)

Answers on the last page.



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# SAPNA Connect

SOUTH AUSTRALIAN  
PERIOPERATIVE NURSES  
ASSOCIATION

**SAVE THE DATE FOR OUR NEXT SAPNA EDUCATION  
SESSION:**

**WEDNESDAY JULY 19<sup>TH</sup> AT FLINDERS MEDICAL  
CENTRE**



Wednesday  
July 19th 2023  
1700 - 2030

VENUE: Flinders Private Hospital

Sponsored by ~~Defries~~ Industries

## Cultural Awareness



1700 - 1750	Registration & Supper
1750 - 1800	Welcome: SAPNA President Cathie Hashemi
1800 - 1840	Cultural Awareness Vicky Arachi Manager, Multicultural Community Connections Program MCSSA
1840 - 1920	Consumer Experience -TBA
1920 - 1930	Comfort Stop
1930 - 2010	Cultural Awareness/Safety for First Nations People – Daniel Fejo SA Health
2010 - 2030	Discussion & Close

### Cost:

- FREE to SAPNA members
- Non-Members \$135 includes 12 months membership to SAPNA.
- Not a member? [Join here](#)

### CPD:

Certificate of Attendance for 3.5 hours  
\*Photos may be taken on the night for inclusion in promotional material

### Catering:

GF and Vegetarian catered for,  
please advise any serious food  
allergies or other dietary  
requirements.

### RSVP:

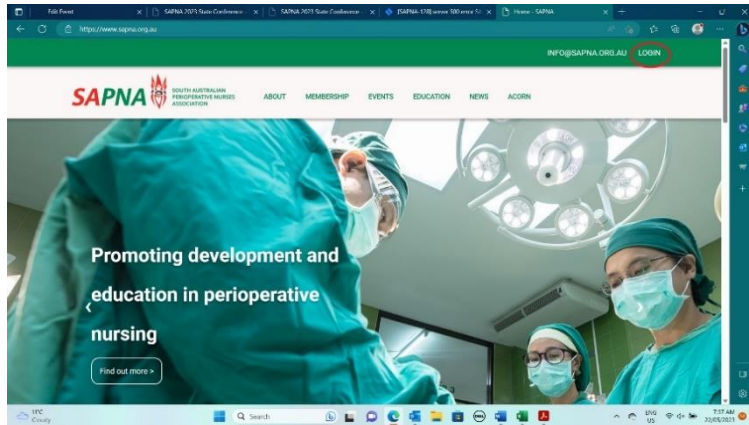
- [RSVP Link](#)

SAPNA Education

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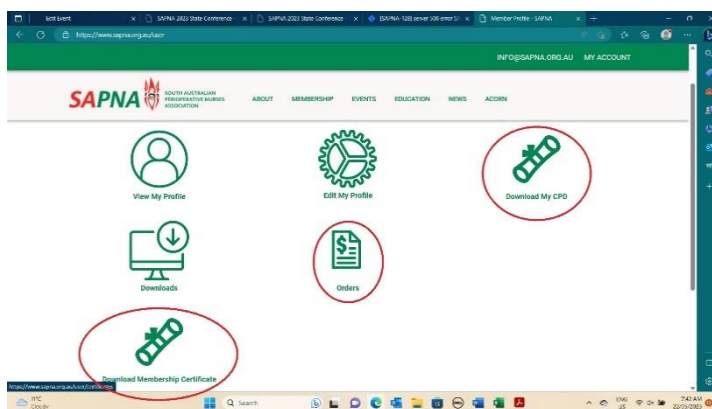
# SAPNA Website

Did you know that the new SAPNA website allows you to download your CPD Certificates as well as your membership certificate and Receipts? You will need to log in to the SAPNA website:



Your log in will be your email and password. If you have forgotten any of these just click on the forgot password button.

Once you have logged in you will see this page



From here you will see:

- Download your CPD – certificates for any sessions attended in the last year will be here.
- Orders – this will be any receipts for membership or CSW/State Conferences. (Please note that this only goes back for the last 12mths)
- Membership Certificate – you can download this here as well if needed.

Changed job or address recently? – You can update your details as well.

If you have any questions, please contact [secretariat@sapna.org.au](mailto:secretariat@sapna.org.au)

## **2023 Judith Berry Perioperative Excellence Award – Applications open now.**

The SAPNA Committee invites all members to nominate a colleague or self-apply for the 2023 Judith Berry Perioperative Excellence Award.

The Judith Berry Perioperative Nurse Excellence Award will be awarded to a perioperative nurse that has demonstrated one or more of the following, relating to the SAPNA tenets of Care, Vision, Excellence:

**Care ✓** contributed to the advancement of safe patient care; and/or contributed to the advancement of care of a colleague, or the profession.

**Vision ✓** provided a vision for perioperative nursing in their hospital or unit; and/or undertaken research, or taken direct action that promotes the vision and image of perioperative nursing.

**Excellence ✓** demonstrated excellence in perioperative practice (Clinical); and/or demonstrated excellence in perioperative practice (Management).

The Award is a \$500 monetary prize to be used in furtherance of the winner's perioperative career, professional development, study or research including travel costs and personal expenses related to supporting these activities.

**Nominations** The nomination form can be downloaded from the SAPNA website [www.sapna.org.au](http://www.sapna.org.au). You may self-nominate or nominate a worthy colleague. If nominating a perioperative nurse for this award, please ensure you have spoken to the nominee prior to submitting the nomination and have gained their consent.

The nominator must state in writing, in 500 to 1,000 words, details of how the nominated perioperative nurse has demonstrated excellence in perioperative nursing in relation to Care, Vision and Excellence. Attach your submission and provide supporting evidence (if required) to this nomination form. Nominations must be received by the SAPNA Secretary by 31st August. A confirmation of receipt email will be forwarded to both the nominator and nominee.

Nominations will be judged by a SAPNA Awards sub-committee. The winner will be announced at the SAPNA State Conference or SAPNA Country Study Weekend each year.



Unfortunately, we had to postpone the SAPNA Member Coaching and Mentoring Program due to lack of numbers. We encourage you all to look at the benefits of this program and we hope to be able to offer it again early next year.

## **FOCUS ON MENTORING:**

Mentoring in nursing is important for several reasons:

1. **Career Development:** Mentoring provides nursing students or novice nurses with guidance and support from more experienced nurses. This guidance can help them develop their skills, expand their knowledge, and gain insight into the profession.
2. **Personal Growth:** Mentoring helps nurses identify their strengths and weaknesses, set goals, and improve their self-confidence. It can also provide emotional support during difficult times.
3. **Knowledge Transfer:** Mentors can share their knowledge and experience with their mentees, helping them understand the complexities of the healthcare system and how to provide quality patient care.
4. **Retention:** Mentoring can help reduce nurse turnover by creating a positive work environment, increasing job satisfaction, and improving career advancement opportunities.
5. **Leadership Development:** Mentoring can help develop leadership skills in nurses, preparing them for management positions and enhancing their ability to lead and inspire others.

Overall, mentoring in nursing is crucial for the development of nurses and the advancement of the nursing profession. It provides a supportive environment for personal and professional growth, knowledge transfer, and leadership development.

<http://ahj.com.au/nursing/enriching-experiences-in-nursing-mentorship/>

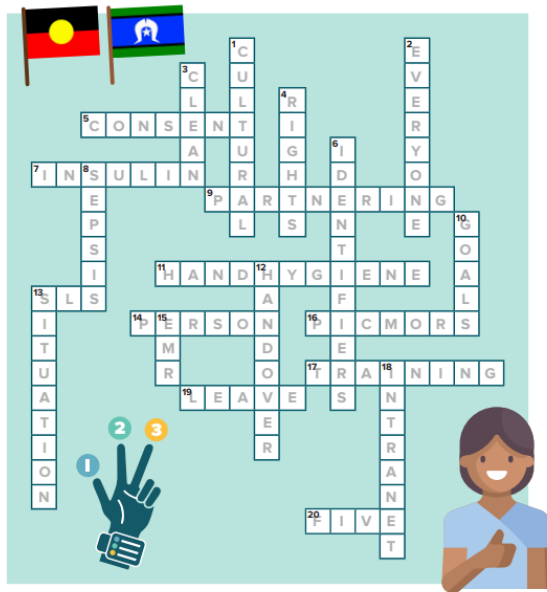
March 2023



# ANSWERS

## Know Your Standards ANSWERS

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### ACROSS

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- 2 Who's responsible for keeping consumers safe? (8)
- 3 \_\_\_\_\_ care is safer care. (5)
- 4 All consumers have healthcare \_\_\_\_\_ when accessing healthcare services. (6)
- 6 Check all three patient \_\_\_\_\_ at all points of care. (11)
- 8 Suspect \_\_\_\_\_, save lives. (6)
- 10 Care should be coordinated and aligned to the patients' \_\_\_\_\_ of care and health needs. (5)
- 12 Use ISBAR for the sharing of clinical information at bedside clinical \_\_\_\_\_. (8)
- 13 ISBAR stands for: Identification, \_\_\_\_\_, Background, Assessment, Recommendation. (9)
- 15 Where to document an integrated multidisciplinary care plan. (3)
- 18 Where to find information about high-risk medicines. (8)

When someone watches  
you while you're putting on  
sterile gloves.



FURNISHED  
FINDER Travel Nurse Housing



It is with sadness that SAPNA says goodbye to Jill Hilbig.

Jill passed away on May 28<sup>th</sup> 2023, surrounded by her husband Paul and family. Jill was a member of SAPNA for 40 years. She spent time on the committee and held the positions of Secretary, Education and President. She was also a director of ACORN.

Jill was passionate about Perioperative Nursing and presented many papers over the years at world conferences.

Our condolences to her family.

SAPNA sent flowers to Jill's family on behalf of our committee and members.

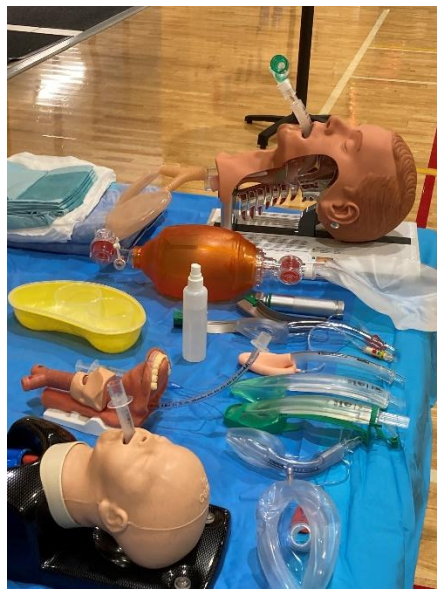


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# SAPNA *Connect*

**SAPNA** SOUTH AUSTRALIAN PERIOPERATIVE NURSI ASSOCIATION

SAPNA had the opportunity last week to show off the Perioperative Nursing field at the Sacred Heart Careers Expo. It was a fabulous night enjoyed by the students. We had lots of inquisitive young people finding out about our specialty with opportunities for them to try their hand at suturing, airway management and defibrillation. We loved having the opportunity to show off some of the exciting things that are beyond the theatre doors!!!



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## Useful Websites

[ACORN](#) is our national body and provides great resources and education opportunities for perioperative nurses.

[Ausmed](#) offers a free online CPD service (courses and documentation) and this can be expanded to unlimited access with a subscription that is tax deductible. A great way to keep all of your documented CPD in one place in case you get audited.

[Ansell](#) has 10 courses accredited by ACORN, available online.

[Medline University](#) has unlimited access to over 200 free continuing education courses for healthcare professionals.

*This newsletter contains images provided via Google images*

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