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June 2006

# NEWSLETTER

No 13.

A Publication of the Psychogeriatric Nurses' Association Australia (Inc)  
Affiliated with The College of Nursing

## EDITORIAL

Hi all! Well the year is almost half over but much as been achieved by the PGNA Executive again this year.

2006 is conference year and much work has been undertaken already to make this a success. We welcome Dr Christine Neville (Uni of Southern QLD) to the Education and Research Committee and value her guidance in education and research in future directives of PGNA. She is also leading the Committee this year for conference planning 2006. Needless to say significant groundwork has been set by past conference coordinators such as Shelley Taylor & Amelia Renu for past Sydney events, the Illawarra team 2002, and Bryan McMinn for the 2004 Newcastle Conference.

The Conference this year will be held at the Wesley Conference Centre, Pitt Street Sydney, on Friday 1<sup>st</sup> September 2006. Accommodation is available at a number of different hotels in the city centre if any one is planning to arrive the evening before or to stay in Sydney for the weekend. Information on accommodation options will be in the registration brochure.

I hope many of you are considering submitting abstracts for paper presentations or posters- after all this conference is for YOU!, and much effort goes into its organisation.

See you all there - I Hope!!!!

Regina McDonald  
Editor of the PGNA Newsletter

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## Current Members of the Executive Committee 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.

**Special welcome and thank you to Dr Christine Neville for accepting the challenge of Education and Research Committee Chairperson.**

### **Education and Research Committee**

The Education and Research Committee consists of:

- ✓ Dr Christine Neville - Chairperson
- ✓ Elizabeth Brandis
- ✓ Regina McDonald
- ✓ Peter Brown
- ✓ Dianne Wikstrom
- ✓ Bryan McMinn

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## **1. BUSINESS PLAN FOR PGNA**

The "Website" is now up and running and being maintained by The College of Nursing under PGNA's direction. While some information will continue to come to you by mail - such as James' Clayton's Newsletter, minutes of meetings, and occasional fliers - most information will now be posted on the website. So keep tuned to that site!

## **2. CONFERENCE NEWS**

The PGNA biennial conference will be held this year at the Wesley Conference Centre, Pitt St Sydney, on Friday 1<sup>st</sup> September 2006.

**The theme is "MIND, BODY, AND SOUL: MENTAL HEALTH FOR OLDER PEOPLE"**

Call for abstract closing date is the 26<sup>th</sup> June 2006 so please consider papers, research activities, or posters for our conference.

## **3. EDUCATION AND RESEARCH REPORT**

**Wagga Wagga Education and Research Evening**

**Reporter: Dianne Wikstrom - CNC Psychogeriatrics: Illawarra Dementia Support Team**

**Photography: Dianne Wikstrom**

On April 27th I travelled to Wagga Wagga on a work-related mission representing the Illawarra Dementia Support Team as well as to represent PGNA at a dinner which had been organised by Isabel Baker, our most recent member of the PGNA Education and Research Committee.



*Isabel & co - registration for the evening*

informed me they had already registered, with one person intending to submit an abstract. Some of the participants were not familiar with PGNA and were advised to access the

The dinner, held at the Wagga Wagga RSL Club, was a most successful evening with fifty enthusiastic attendees travelling from the surrounding district. Over half the participants travelled over 1 hour and five people travelled over 2 hours to attend.

The venue was well appointed for the evening's proceedings and the staff were most helpful. A delicious meal was served and followed by two speakers, the first being myself. The audience was very interested in the forthcoming PGNA conference and a couple of participants



*Dianne - at the rostrum.*

care for the past ten years and more recently as a train-the-trainer program.

PGNA website. Copies of the PGNA membership form and PGNA conference registration were also distributed.

Following the main course I continued to speak on the forthcoming introduction of the P3 Prevent, Plan, Protect, Assault Management program which will be introduced shortly into the Greater Southern Area by Isabel. This program has been run and promoted in the Illawarra for the management of aggression in dementia



*Participants - enjoying fine food & fine company.*

Dessert was followed by an excellent presentation by a local Diversional Therapist, Natalie Cross. Natalie delivered a most informative talk entitled 'Diversional Therapy, Therapeutic Techniques', which focused on the different therapeutic approaches used in aged care. She also discussed the benefits of diversional therapy and supported her talk by interesting case studies.



*Isabel - introducing DT Natalie*



*Natalie - Diversional Therapy, Therapeutic Techniques*

During coffee the audience was presented with 'Social Management' slides 'Adding Meaning to My Day' from the Carunya Day Therapy Centre in the Illawarra and was then invited to examine the display of simple resources which can be used for diversion and occupation in caring for people with dementia. All of the resources displayed are easily obtained, low cost and designed to be used 'on the fly' by any carers of people with dementia.

This was the second successful dinner arranged in Wagga Wagga by Isabel. She is now working on inviting guest speakers for a future dinner to be held later this year.

#### 4. CONTINUING EDUCATION - Courses

- Courses offered at the NSW 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 AgeFor details on these programmes contact the NSW Institute of Psychiatry on (02) 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 and 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 (02)9682 3133.



Photo Essay by PGNA Secretary - James Turner: General Meeting of PGNA in session at St Joseph's Hospital, Auburn, NSW on 3<sup>rd</sup> February 2006.

#### 6. SCHOLARSHIPS

Scholarship application forms are now available on line at the PGNA website.

## **7. NEXT FPOA MEETING - 23<sup>rd</sup> June 2006**

The FPOA (Faculty of Psychiatry of Old Age, NSW) meeting will be hosted by Blacktown Older Persons Mental Health Service and will be held at Cumberland Hospital, Westmead, NSW on the 23<sup>rd</sup> June 2006.

**PGNA meeting at 1pm followed by the FPOA education forum commencing at 2 pm.**

**ALL WELCOME!**

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