



THE KOROTKOFF SOUND

Newsletter of the Australian Nurses Cardiovascular and Hypertension Association
Volume 15, Issue 1, April 2010



A NOTE FROM THE

EDITOR

Welcome to the first (cringe, very late) Korotkoff Sound for 2010. The year has flown, as always, and it is now just a hop away from Easter.

Many things have been occupying my time from work office relocation, emotional upheaval of soon-to-be teenager starting high-school, to family accidents. I will have plenty of news at the end of the year catch-up.

Cheers,
Cynthia.

COMMITTEE MEMBERS

New office bearers were voted at the December 2009 AGM. Many thanks to our outgoing President Helen Tully.

President – Di Robson
Vice President – Kim Do
Secretary – Di Cowley
Treasurer – Mary Ryan
Newsletter Editor – Cynthia Kogovsek
Liaison – Di Cowley

STATE REPRESENTATIVES

ACT –
NSW – Kim Do
VIC –
QLD – Di Robson
SA –
WA –



PRESIDENT'S

NOTE

First of all, a big thank you to Helen Tully our past president. Helen has done a fantastic job but I'm sure she will enjoy some extra leisure time with her family in her new home.

I'm working towards encouraging new members for ANCHA in 2010. Cynthia and I are also looking at plans for our annual seminar in Melbourne this year. Please feel free to contact me for theme suggestions. A few ideas have already been submitted eg. diet, nutritional supplements, salt, co-enzyme 10 and pharmacology.

On a personal note, my eldest son has just become engaged to a beautiful young woman from Brasil.

Looking forward to hearing about new members and hearing from current members.

Kind regards,
Di.

MEMBERSHIP

ANCHA membership is January to December and fees are payable to the Treasurer (Mary Ryan). Mary can be contacted via email at mandmryan@optusnet.com.au or by phone on 0425 264 614 or (02) 9419 2447.

One year membership - \$45.00

Two year membership - \$80.00

Payment is by cheque or money order and made payable to 'ANCHA'.

CONFERENCE NEWS

The 2009 ANCHA conference was held on Wednesday 2nd December, at Vibe hotel North Sydney. It was a wonderful location, situated across from the Milsons Point railway station and only two blocks from Sydney's iconic harbour. The seminar facilities provided by the Vibe hotel were excellent.

The conference theme "Hypertension and Related Cardiovascular Disease" was explored by a variety of speakers:

Dr Eduardo Pimenta

Hypertension Research Fellow,
Princess Alexandra Hospital
Brisbane

"Association of Aldosterone with Target-Organ Damage. Cause and Reversion."

Nancy Huang

National Manager, Clinical Programs, National Heart Foundation

"Hypertension Management: What the Heart Foundation is doing"

Vanessa Brenninger

Senior Clinical Dietician in Endocrine/Obesity, Intensive Care Dept of Nutrition, Royal North Shore Hospital

"Dietary Management of Obesity and Hypertension"

Professor Michael Cowley

HBPRCA Austin Doyle Lecturer

"Does hyperleptinemia cause hypertension in obesity?"

Lindsay Wollard

Clinical Nurse Consultant Caridac Services RNSH

"Cardio protective effects – Red Wine versus White Wine"

Jane Carpenter

Patients' weight loss journey

"My biggest gift to me"

Geoff Head

Head, Neuropharmacology Laboratory, Baker IDI Heart & Diabetes Institute

"Relationship Between Ambulatory and Clinic Blood Pressure"

Dr Alex Bune

Head of Hypertension Service RNSH

"Ambulatory and Home Blood Pressure Monitoring Clinical Usage" a workshop discussion.

Our Brisbane nurses joined the HBPRCA conference dinner held at the Taronga zoo function centre. Guests enjoyed a ferry cruise across the harbour, stunning views of Sydney into the evening hours, greeting a small resident of the zoo and of course a lovely dinner.

The 2010 conference is in planning stages at present and will be held in Melbourne this year. It will, as usual, be held in conjunction with HBPRCA's Annual Scientific Meeting (ASM) scheduled for Wednesday 1st December – Friday 3rd December. Don't forget to look at HBPRCA's website for further details of the ASM – www.hbprca.com.au . Please send details of ideas or speakers you might find informative.



SMART READ

DASH lowers blood pressure in obese hypertensives beyond potassium, magnesium and fibre Y Al-Solaiman et al. *Journal of Human Hypertension* 2010; 24: 237-246.

Glomerular filtration rate is related to dipping pattern in ambulatory blood pressure monitoring – a cross-sectional population-based study H Kastarinen et al. *Journal of Human Hypertension* 2010; 24:247-253.

Hypertension and the Kidney: Perspectives on the Relationship of Kidney Disease and Cardiovascular Disease M R Weir *Clinical Journal of the American Society of Nephrology* 2009;4:2045-2050.

Addition of Angiotensin Receptor Blockade or Mineralocorticoid Antagonism to Maximal Angiotensin-Converting Enzyme Inhibition in Diabetic Nephropathy U F Mehdi et al. *Journal of the American Society of Nephrology* 2009;20:2641-2650.

EXCITING NEWS / UNIT UPDATES

Congratulations are in order for Di R. with her sons' engagement. Poor thing is desperate for grandchildren.

Congratulations also to Di C. who has commenced her nurse practitioner studies at UQ.

Sarah Higgins has completed her secondment with Di C. in the PAH hypertension unit and will be missed. Welcome to Helen who has been appointed to this position. Chris has completed her secondment to the staff development unit, but is continuing in that area.

Di and Cynthia have finally completed their unit move within the hospital. Their office/cupboard is looking quite homely although Cynthia and Di are unable to move as freely as previously due to confined space. There have been episodes of interlocking chair wheels preventing or causing unwanted movement at times!

Cynthia's son Alex has commenced high school. He has been subjected to work he never expected. The last words from Cynthia's lips were "I don't want to be one of those parents who do their childrens' assignments".....

Please email me at qhainc@ozemail.com.au if you have any great news to share.

CONTACT US

www.ancha.org.au OR www.meetingsfirst.com.au