

AUSTRALIAN NURSES' CARDIOVASCULAR AND HYPERTENSION ASSOCIATION Inc.



THE KOROTKOFF SOUND

Newsletter of the Australian Nurses' Cardiovascular and Hypertension Association
Volume 11, Issue 1, February 2006

A NOTE FROM THE EDITOR

Hello to you all. Welcome to 2006. Christmas and New Year have gone by at a blazing pace and along with it, blazing temperatures. I hope that all had a suitably enjoyable time however it was spent. But, life in all its facets goes on and so comes the first newsletter for the year. As this is my first attempt at such a task, you will have to bear with me as I evolve into the role.

A big thank you to all you mother hens who ensured that I was suitably taken care of in my unfit state – it was quite a welcome, but you can't say I was a wallflower and remained unknown! You would all be pleased to know the return flight was much better and no disasters occurred. I was distracted on the return flight somewhat by sharing Di's stash of mints taken from the conference. As luck would have it the conference is in Brisbane this year – so no flying for me! Hopefully this year I will be able to join in the social festivities and get to know you under better circumstances.

Regards
Christine



On to business then...

CONFERENCE REPORT

The 9th Annual ANCHA conference was held over the 7th and 8th December, 2005 in Melbourne in conjunction with the HBPRCA. The conference format and content was well received by all members and a sincere thank you for all who worked hard in putting it together.

Accounts are still coming in from the conference and the merchant banking issue continues to be pursued. An update on these to follow in the next newsletter.

Committee members (as voted at AGM)
President – Diane Cowley
Vice President – Kim Ngan Do
Secretary – Helen Tully
Treasurer – Jane Gillespie
Newsletter Editor – Christine Ossenberg

State Liaison Representatives

QLD	Di Robson
NSW	Mary Ryan
VIC	Anne Bruce
ACT	Jane Gillespie
SA	?Dawn Gunn
WA	

PRESIDENT'S REPORT

A big thank you to all members for the privilege of being President again! It was great to see so many members at the 2005 conference. 2006 will be a big year for ANCHA (1996 was the inaugural year), so this is ANCHA's 10th Anniversary. This is a great milestone for a unique specialist group such as ours and shows the dedication and motivation by members to continue the search for education. The committee will have to think big this year.

An exciting prospect is the 2006 conference being held in Queensland. You may have heard the saying "Beautiful one day – Perfect the next" but then, most of us Queenslanders are prejudiced. When information becomes available about a venue for this year's conference, Christine will advertise in the newsletter.

During December I attended the planning day for the NHF– Blood Pressure and Vascular Disease Committee (BPVDAC), in Sydney. I just sat and listened and tried to act intelligent but I do not believe I fooled anyone. This is a steep learning curve and a great challenge for me.

Regards
Diane

MEMBERSHIP

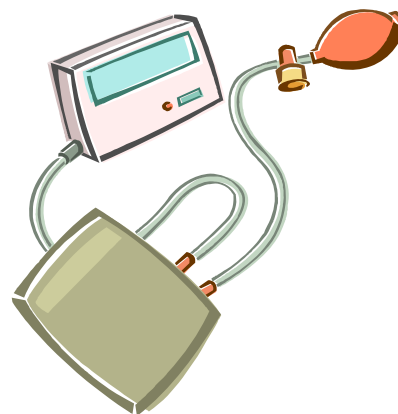
2005 brought with it several new members to ANCHA – Cynthia Kogovsek, Dianne Robson, Julieanne Coburn (from Greenslopes Private Hospital, Brisbane) and Christine Ossenberg (from Princess Alexandra Hospital, Brisbane) – Hooray for us! For membership queries contact the Treasurer.

EXCITING NEWS / UNIT

UPDATES

If you have any exciting news (either personal or professional or both) please email me at Christine.Ossenberg@health.qld.gov.au. It would be great to hear what is going on in each of the States and allow all to join in the excitement. It may be that you become a granny like Di, or you get to go to a workshop, or a win for your unit re staffing, equipment, etc.

Our exciting news is we now have a designated Hypertension Registrar (all be it part-time). Previously three Medical Registrars shared the duties and it was very confusing for everyone.



Thinking of Home BP's...

HAVE YOU READ???

For this edition's 'smart read' section I am including (with his permission) Professor B McGrath's power point presentation delivered at the conference.

If anyone comes across any good articles please email the details to me as we will all benefit from pooling resources (plus my mind is still struggling with where to start with all this information).

Check out the latest articles in the February 2006 Journal of Hypertension, Vol 24, No 2.

1. "In hospital 24-hr BP" by D. Conen et al.
2. "Blood pressure in the oldest old" by T. van Bommel et al.
3. Review: "Lifestyle interventions to reduce BP: a systematic review"



REMINDER

Don't forget to visit the website at www.ancha.org.au