

# AUSTRALIAN NURSES' CARDIOVASCULAR AND HYPERTENSION ASSOCIATION INC.



## THE KOROTKOFF SOUND

Newsletter of the Australian Nurses Cardiovascular and Hypertension Association  
Volume 12, Issue 2, May 2007

### EDITOR'S CORNER

Greetings. Easter has come and gone again for another year. Be careful not to blink...you might miss this year completely. But I must say, I do love a holiday where chocolate is the expected gift! (that bit I didn't miss)

Like most areas in the Princess Alexandra Hospital, we have a number of those small desktop daily calendars with a proverb/quote for each day around in our rooms. I love reading the daily quote and seeing what inspiration I can derive from it. I also love it as it serves as a distraction (all be it a minor one) from the task at hand when the day becomes a bit too much.

Having said that let me distract you all with this issue of the Korotkoff sound...

Cheers Christine

### CONFERENCE NEWS

The 11<sup>th</sup> Annual ANCHA conference will be held in Adelaide on Friday 7<sup>th</sup> December, 2007. The venue for the ANCHA conference is yet to be confirmed. The RD Wright lecture is being held at 11am and ANCHA will join with the HBPRCA for this.

This year's conference theme is "Managing Hypertension and Cardiovascular Disease in Rural Practice". Speakers for the conference are currently being contacted.

Notification of conference venue and registration costs will happen when confirmed.

For those wanting to make more of the visit to Adelaide than just the conference, visit the South Australian tourism commission website

[www.southaustralia.com](http://www.southaustralia.com) or call the South Australia travel centre on 1300 366 770 for accommodation enquiries. Another useful website is [www.wotif.com](http://www.wotif.com).



### PRESIDENT'S NOTE

Hi everybody,  
Yes, our conference in Adelaide is going full steam ahead, have spoken to some very interesting people whom all have said they would be happy to present at our meeting.

Litza Graham who works at National Heart Foundation in Adelaide will be talking about "Evidence based guidelines into practice through the Nurse Ambassador Program on Hypertension Workplan" and the best part "Laughter Yoga" and its health benefits, Litza has attended a workshop recently and will tell us all about it.!

Mary and I have decided to have our meeting at the Adelaide Hilton in conjunction with HBPRCA meeting, details to follow.

Went to "Drop the Salt!" campaign launch at RPAH Tuesday 15<sup>th</sup> May, arrived a little late, but will happily hand on info to people about the AWASH (Australian Division of World Action on Salt & Health) to support this mission of achieving a gradual reduction in dietary salt consumption that will reduce cardiovascular diseases and other salt related health problems.

World Hypertension Day May 17<sup>th</sup>, yes Dr Karen Duggan made it on 'Sunrise' with a patient from RNSH Hypertension Unit! Public Relations people did not quite tell us the whole story but Karen and patient came across extremely well.

Have just had email sent to me about -  
Arteriograph – Screen endothel  
dysfunction in 2 minutes, vascular age  
assessment simple and fast!  
Let me know if anybody else has been  
contacted or know about this product  
(TENSO MED).

Keep on doing our “pressures” and  
learning something everyday.  
Will keep you up to date with ANCHA  
Adelaide Conference

Cheers Helen Tully

## **MEMBERSHIP**

Membership fees are to be paid to the  
Treasurer – Mary Ryan. Mary can be  
contacted via email at  
[mandmryan@optusnet.com.au](mailto:mandmryan@optusnet.com.au) or by  
phone on  
0425 264 614.

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

Mary is currently sending out receipts for  
those who paid membership fees at the  
conference. If you haven’t received it yet,  
be patient, it will come.

Long term effects of dietary sodium  
reduction on cardiovascular outcomes:  
observational follow-up of the trials of  
hypertension prevention (TOHP). Cook  
N.R., Cutler, J.A., Obarzenak, E., et al.  
BMJ 2007; 334:885 (28 April).

## **EXCITING NEWS / UNIT**

### **UPDATES**

Our illustrious President has hit the big  
time again with another informative article  
entitled “Hypertension and How to Help  
Yourself” and can be found by going to  
[www.heartresearch.com.au](http://www.heartresearch.com.au). Great job  
Helen!

Please email me at  
[Christine\\_Ossenberg@health.qld.gov.au](mailto:Christine_Ossenberg@health.qld.gov.au) if  
you have any great news to share. We  
would all love to share in the joy.



### **SMART READ**

Drop the salt! campaign was launched this  
month. Visit [www.actiononsalt.com](http://www.actiononsalt.com) for  
more information. The smart read articles  
are related to this campaign.

Time to talk salt. (editorial) Fiona Godlee.  
BMJ 2007; 334 (28 April).

Salt and cardiovascular disease. (editorial)  
Francesco Cappuccio. BMJ 2007;  
334:859-860 (28 April).

### **CONTACT US**

[www.ancha.org.au](http://www.ancha.org.au) OR  
[www.meetingsfirst.com.au](http://www.meetingsfirst.com.au).