



## **THE KOROTKOFF SOUND**

Newsletter of the Australian Nurses Cardiovascular and Hypertension Association  
Volume 12, Issue 4, November 2007



### **FROM THE**

#### **EDITOR**

Welcome to this edition of 'The Korotkoff Sound'.

There are two things that always come to mind when I sit down to prepare the newsletter. Firstly, how hectic life is, and secondly, the weather. I expect I notice the first as writing the newsletter allows me time to reflect on what has happened between editions and how busy it has been. Noticing the second hasn't been too difficult as we are having such weird weather!

Discussing the weather used to be a topic for 'small talk' when nothing else could be thought of, now it has turned into a topic in its own right as there have been such vast variations occurring. It is not so much the actual weather that interests me, but the social commentary that we find ourselves engaged in. I find it truly fascinating, just as you will find this edition of The Korotkoff Sound...

Christine

### **CONFERENCE NEWS**

It is roughly 3 weeks until the 11<sup>th</sup> Annual ANCHA conference is to be held in Adelaide on Friday 7<sup>th</sup> December, 2007 in conjunction with the HBPRCA conference (5<sup>th</sup> - 7<sup>th</sup> December). This year's venue for the ANCHA conference (and HBPRCA conference) is the Adelaide Hilton. Professor Guido Grassi will be the speaker at the R D Wright lecture. Professor Grassi is from the University of Milano – Bicocca, Italy. Profile information on Professor Grassi can be found on the HBPRCA website: [www.hbprca.com.au](http://www.hbprca.com.au).

The ANCHA conference theme for this year is – "Managing Hypertension and Cardiovascular Disease in Rural Practice" and is going to be 'jammed packed' with information for all of us. Conference speakers, venue and equipment and meals (the important part) are confirmed.

Letters for sponsorship have been sent out and will be followed up by the Secretary.

**REMINDER - All** conference enquiries and registrations for the 2007 ANCHA conference will go

through the ANCHA treasurer –  
Mary Ryan. Mary can be contacted  
by:

Telephone - 0425 264 614

Fax - 01 9419 2447

Email -

[mandmryan@optusnet.com.au](mailto:mandmryan@optusnet.com.au)

Mary will forward and invoice for  
payment to the delegate. A letter  
of confirmation and receipt will be  
sent to the delegate.

AGM nomination forms need to be  
forwarded to the secretary  
Margaret Ross-Styles by **5pm on  
Tuesday, 20<sup>th</sup> November 2007**.  
Margaret's email:  
[mstyles@nscchahs.health.gov.au](mailto:mstyles@nscchahs.health.gov.au).

The ANCHA conference dinner will  
be held Thursday (6<sup>th</sup> December)  
night at 'Sarah's Cafe'. This is  
always a great time sharing food  
and conversation with new and old  
(??) faces. Please RSVP to Helen  
(president) or Margaret (secretary).  
Helen will let us know the  
reservation time.

## **CONFERENCE FEES**

2007 ANCHA conference fees:

Early bird registration - \$130.00

Standard registration - \$150.00

## ***IMPORTANT, IMPORTANT, IMPORTANT***

Early bird registrations close on  
**Tuesday 20 November 2007** (at  
close of business). Please contact  
Mary ASAP if you haven't done so  
yet to take advantage of the  
discount. Registrations will still be  
accepted after this date, but **full  
fees** will be applicable.

## **PRESIDENT'S NOTE**

Hi Everybody,

Our annual 11<sup>th</sup> ANCHA meeting is  
less than 3 weeks away and I  
looking forward to seeing you all in  
Adelaide.

Our speakers and nurse's  
workshop from the Murray Mallee  
Area will give us all the taste of  
what life is like in our Aussie  
outback, with resources that we  
can all take home to "city" patients.

Hope you are all looking forward to  
sharing our knowledge and our  
partnership that we have as  
ANCHA nurse's at this year's  
conference.

A change of restaurant for our  
Thursday night annual dinner -  
Litza Graham (SA Nurse  
Ambassador for Heart Foundation)  
has found one closer to Mercure  
Hotel (125 North Terrace), saves  
us catching taxi's.

The new restaurant is "Sarah's  
Café", 12 Leigh Street Adelaide,  
cost will be \$30 approx for 3  
courses and \$6 corkage per  
bottle(screw only) or buy wine  
there, food is delicious,  
[www.sarahscafeatwhereinn.com](http://www.sarahscafeatwhereinn.com).

See you all on Thursday 6<sup>th</sup>  
December, my mobile  
no.0413015713 if you need contact  
me.

Cheers Helen

## **MEMBERSHIP**

Membership fees are to be paid to  
the Treasurer (Mary Ryan) and are  
from January to December. Mary  
can be contacted via email at



[mandmryan@optusnet.com.au](mailto:mandmryan@optusnet.com.au) or  
by phone on 0425 264 614.

One year membership - \$45.00  
Two year membership - \$80.00

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



## **EXCITING NEWS /**

### **UNIT UPDATES**

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.

### **SMART READ**

The National Heart Foundation has  
a great wealth of resource material.  
Recently updated guidelines and  
information are now available  
(some are still being finalised) and  
include "Ensuring the Quality Use  
of Medicines among Indigenous

Australians: key directions for  
policy, research and practice for  
cardiovascular health" and  
"Reducing Risk in Heart Disease"  
2007. Visit the website  
([www.heartfoundation.org.au](http://www.heartfoundation.org.au)) for  
more information/titles.

Other articles of interest:

"Lifetime Risk for Developing  
Congestive Heart Failure: The  
Framingham Heart Study". Lloyd-  
Jones, D M, et al. Circulation  
2002;106;3068-3072.

"Interaction between serum  
cholesterol levels and the renin-  
angiotensin system on the new  
onset of arterial hypertension in  
subjects with high-normal blood  
pressure". Borghi, C., Veronesi, M.,  
et al. Journal of Hypertension 2007,  
25:10, 2051-2057.

### **CONTACT US**

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