



## **THE KOROTKOFF SOUND**

Newsletter of the Australian Nurses Cardiovascular and Hypertension Association  
Volume 13, Issue 1, February 2008

### **EDITOR'S NOTE**

Happy New Year to you all, and yes before we all blink, it is February all ready! I hope you all enjoyed the overindulgences that come with the Christmas season.

It was wonderful to meet the South Australian delegates at the conference and get a local viewpoint on a range of topics. It was also great to see familiar faces. But, whether new or 'old' it was terrific to share food, wine and most importantly, laughter.

For those who stayed on in Adelaide, I hope you had a fantastic time and came home with memories to cherish. Thank you to Margaret (& Helen) for providing us all with our "goodie bags" – I think we all got them home somehow!

Like most of you, we finished the year "running at full steam" and have come back after the Christmas break pretty much starting the year the way we finished it – chaotic.

So, as we brace ourselves for what lies ahead this year and summon all our strength to plough through it, please sit back and enjoy reading the first issue of the Korotkoff Sound for 2008. (Make sure you have your secret stash of

Christmas chocolates with you while you read).

Christine

### **CONFERENCE NEWS**

The 11<sup>th</sup> annual ANCHA conference was held at the Adelaide Hilton on 7<sup>th</sup> December 2007 in conjunction with the HBPRCA conference 5<sup>th</sup>-7<sup>th</sup> December (also at the Adelaide Hilton). The conference speakers provided much insight into the importance of remote and rural practices and the issues faced through geographical isolation. It was also wonderful to see how involved **and** important nurses are in this setting. I know we all gained significantly from the information.

Our gratitude is extended to Helen Tully and Margaret Ross Styles for organising sponsors, speakers and the format for the conference. It was a resounding success.

The 2008 HBPRCA Conference will be held in Melbourne at the Exhibition Centre. The date for the ANCHA conference will be held on Friday 5<sup>th</sup> December. We will know more when plans are made by HBPRCA.

### **Committee members (voted at ANCHA AGM)**

President - Helen Tully  
Vice President – Kim Ngan Do  
Secretary – Margaret Ross Styles  
Treasurer – Mary Ryan  
Newsletter Editor – Christine Ossenberg

### **State Representatives**

ACT – Jane Gillespie  
NSW – Mary Ryan  
QLD – Di Robson  
SA – Dawn Gunn  
VIC  
WA

### **Liaison**

Diane Cowley

### **PRESIDENT'S NOTE**

Welcome everybody to 2008 – hope Adelaide ANCHA conference gave all of us some insight to rural health and the challenges involved for both doctors and nurses caring for patients.

It is so rewarding at the end of the day seeing everybody sharing experiences and all of us learning from each other – even if its only how to relate to our patients.

The AWASH (Australian World Action on Salt & Health) presented at our Hypertension monthly meeting last week, they are trying to target “Protecting Our Children” from too much salt, very interesting and I have attached email address [www.awash.org.au](http://www.awash.org.au) or [drothesalt@george.org.au](mailto:drothesalt@george.org.au)

I am looking forward to 2008 and the challenges that we will all face with our Hypertension Clinic / Services. Our conference for this

year will be in Melbourne and will start the ball rolling with our theme very soon.

Thank you for re-electing me as president. I will endeavour to make it interesting.

Helen Tully

### **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**

Please read the two attached power point presentations (thank you Kim) relating to sphygmomanometer calibration. Other articles of interest:

#### **CONTACT US**

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