



THE KOROTKOFF SOUND

Newsletter of the Australian Nurses Cardiovascular and Hypertension Association
Volume 13, Issue 4, November 2008



A NOTE FROM THE

EDITOR

A big hello to everyone. It is getting to be a very exciting time of year. Summer is about to start. Christmas is only 7 weeks away (yes, I can hear you all groaning) – but hopefully for most that will mean some time off. School is on the home stretch (this could be good or bad for some of us). And, most importantly, our conference is just around the corner – I will get to that soon.

We have sailed through another year with little time to catch our breath or smell the roses (I do believe some roses still do smell) – the clichés could continue, but I will still stop. However, despite the frenetic pace of things, please remember to be proud of what you accomplish given the many constraints we all face.

I look forward to seeing you soon. Enjoy this pre-conference edition of The Korotkoff Sound.

Kind regards
Christine

CONFERENCE NEWS

The 12th annual ANCHA conference is only 4 weeks away. It will be held on Friday 5th December 2008 at the Melbourne Exhibition Centre (coinciding with the HBPRCA conference 3rd-5th December, 2008). There is no ANCHA dinner this year, however, several ANCHA members arriving Thursday will be attending the HBPRCA conference dinner to join in with the celebration of their 30th Anniversary.

The RD Wright Lecture which will be held on 5th December, at 1.45pm. Dr Carlos Ferrario is the guest lecturer for the session and comes from the Hypertension and Vascular Research Centre at Wake Forest University Health Sciences, USA. His topic for the lecture is focussing on the hormonal regulation of Blood Pressure.

The executive committee has been working hard in the background organising the conference. Loose ends are currently being tied together and plans finalised. We have a great 'line-up' of speakers to tie into our theme of "**Obesity, Weight Loss, Cardiovascular Health and Survival**". I have attached the conference outline with the newsletter.



CONFERENCE FEES

2008 ANCHA conference fees:
Early bird registration - \$130.00
Standard registration - \$150.00

IMPORTANT – EARLY BIRD REGISTRATIONS CLOSE VERY SOON!

Early bird registration will be accepted to close of business, **Friday 14th November 2008 - 5:00pm**. Full registration fees will be applicable after this date.

REGISTRATION

The registration process for the conference will be the same as last year.

Registrations are to be forwarded to the Treasurer (Mary Ryan – mandmryan@optusnet.com.au) with an invoice for payment sent to the delegate. A receipt will be issued when payment is received.



PRESIDENT'S

NOTE

Hello everybody – our 13th annual conference in Melbourne is rapidly approaching and is nearly organised!!

Sorry about the change of title for the conference mid way but one of the surgeon's I had invited gave the inspiration for the new one and I had to agree it did lend itself for more scope.

Our speakers for this year have been a challenge to organise from

Sydney for a Melbourne conference but hopefully things will go to plan.

Our guest speaker A/Professor Bruce Neal will start our conference. Our Melbourne speaker Dr Paul Burton a surgeon from the Monash Uni/Alfred Hospital who is also a part of CORE (Centre for Obesity Research and Education) will talk about gastric banding and outcomes.

Dr David Mann a dietician from Sydney that Kim Do asked to speak has accepted and I am really looking forward to hearing him and the great results that he achieves with patients.

Cynthia Kogovsek our own ANCHA nurse from Greenslopes will also present "Medication counselling whilst waiting for medical advice" with Dr Vlado Perkovic closing our conference "Medications when and what combinations"

So girls stay tuned and ready for the day – I will be handing the President baton on at the end of 2008 and look forward to giving the next president my full support. Thank you for allowing the "journey" that I have taken you all on!

My warmest wishes,
Helen Tully

MEMBERSHIP

ANCHA membership is January to December and fees are payable to the Treasure (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'.

EXCITING NEWS / UNIT

UPDATES

Please email me at Christine_Ossenberg@health.qld.gov.au if you have any great news to share.



SMART READ

Circadian blood pressure: Clinical implications based on the pathophysiology of its variability. Peixoto, AJ and White, WB. *Kidney International* (2007) 71, 855-860.

Effects of comprehensive lifestyle modification on diet, weight, physical fitness and blood pressure control: 18-month results of a randomized trial. Elmer, PJ; Obarzanek, E; Vollmer, WM; Simons-Morton, D; et al. *Annals of Internal Medicine* 2006;144:485-495.

CONTACT US

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



ANCHA 2008 Conference Friday 5th December

“Obesity, weight loss, cardiovascular health and survival “

8am	Registration to Conference
8.25	Welcome to Conference
8.30- 9.25	A/Professor Bruce Neal. Senior Director George Institute Professor of Medicine University of Sydney, Chair, Australia Division of World Action on Salt & Health including 10mins question time
9.30 -10.25	Dr Paul Burton Department of Surgery, Alfred Hospital - CORE Centre for Obesity Research and Education) including 10mins question time
10.30-11.00	Morning Tea with HBPRCA
11.00 - 11.45	Dr David Mann -Dietician, Sydney- Private Practice including 10mins question time.
11.50 – 12.30pm	Workshop: “How to discuss obesity and lifestyle risk with your patient in Hypertension Clinic setting”.
12.30 – 1 pm	ANCHA AGM
1pm – 1.45pm	Lunch with HBPRCA Annual Scientific Meeting.
1.45pm– 2.45	R.D. Wright Lecturer Prof Carlos Ferrario , Cardiovascular Medicine Haemodynamics of Hypertension Hormonal Regulation of Blood Pressure
3.00 – 3.15	Afternoon Tea
3.15 – 4.00	Workshop Presentation – Cynthia Kogovsek RN Greenslopes Private Hospital Brisbane “Medication Counseling whilst waiting for Medical Advice”
4.00-4.45	Dr Vlado Perkovic Nephrologist &Hypertension Specialist RNSH Head of Clinical Research Renal Division George Institute. “Anti- Hypertensive Medications - When and What combinations” including 10mins question time.

Close of Conference 5pm