



THE KOROTKOFF SOUND

Newsletter of the Australian Nurses Cardiovascular and Hypertension Association
Volume 14, Issue 1, February 2009



A NOTE FROM THE

EDITOR

Hello and welcome to 2009. I hope that everyone had a safe and wonderful Christmas and New Year. As always the year gets off to a flying start and February is here before we know it.

Welcome to the first edition of the Korotkoff Sound for 2009. As the new newsletter editor, please be kind and patient as I have not done anything like this before. I certainly have big shoes to fill.

It is always wonderful catching up with everyone at the annual conference and last December certainly didn't disappoint. Again we had a brilliant day of guest speakers, providing much practical knowledge to share with our colleagues and patients. Big thanks go to all who helped to arrange, it was certainly a big feat organising the conference whilst interstate. As always, I am already looking forward to our next conference in December (even if it is for the after conference entertainment).

Anyhow, please enjoy the first edition of the Korotkoff Sound for 2009.

Cheers,
Cynthia.

CONFERENCE NEWS

The 12th annual ANCHA conference was held on Friday 5th December 2008 at the Melbourne Exhibition Centre. This was held in conjunction with the HBPRCA conference 3rd-5th December held at the same venue, celebrating their 30th anniversary. Several ANCHA members were able to attend the HBPRCA conference dinner to join in with the anniversary celebrations. The highlight of the dinner was our very own Brisbane Hypertension Specialist Prof. Michael Stowasser's musical talent.

The conference theme was "**Obesity, weight loss, cardiovascular health and survival**". The talks by the guest lecturers were all very enjoyable and informative. It was especially heartening to hear a patients' perspective following laparoscopic gastric banding and subsequent weight loss and improved quality of life.

The theme for this years conference has not been announced. The conference venue will be at Luna Park Sydney, with expected date to be in the first week of December.

COMMITTEE MEMBERS

(voted at December AGM)

President – Helen Tully

Vice President – Kim Do

Secretary – Di Cowley

Treasurer – Mary Ryan

Newsletter Editor – Cynthia

Kogovsek

Liaison –

STATE REPRESENTATIVES

ACT –

NSW –

VIC –

QLD – Di Robson

SA –

WA –

Unfortunately, there has been a decline in ANCHA membership and attendance at the annual conference. The election of office bearers at the AGM has been directly affected by this situation.



PRESIDENT'S

NOTE

Welcome to the first ANCHA newsletter for 2009.

Hope everybody enjoyed the conference in Melbourne especially the serious shoppers that hit the streets and made impact on the global economy.

My apologies for keeping this newsletter longer than I should but

I think the story is pretty much the same for everybody working in the health industry – you hit the ground running!

Looking forward to our 2009 Conference in Sydney, lets all try and think of which direction we would like to go and what speakers we would contact – it will be much easier for us Sydneysiders to help with that.

Hope everybody is enjoying what they are doing at the moment – the Health / Public Hospital System is evolving at a rapid pace and sometimes difficult to keep up.

Enjoy Learning.

Cheers Helen.

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'.

Thankyou to those members who paid their fees at the conference.

EXCITING NEWS / UNIT

UPDATES

Your newsletter editor has been appointed to a full-time Hypertension Nurse's position at Greenslopes Private Hospital (previously part-time).

Your former newsletter editor across at Princess Alexandra Hospital, Christine Ossenberg has been seconded to a Clinical Educator position in the Staff Development Unit.

On a more personal note, I have been blessed with a new niece just before Xmas in London and am now waiting patiently for a new nephew to arrive in March. This one will be local and able to be babysat!

Please email me at ghainc@ozemail.com.au if you have any great news to share.



SMART READ

Food, salt and blood pressure. Dr Trevor Beard. Summer 2008 Conquest.

Guide to management of hypertension 2008. Quick reference guide for health professionals. National Heart Foundation of Australia (National Blood Pressure and Vascular Disease Advisory Committee).

CONTACT US

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