



THE KOROTKOFF SOUND

Newsletter of the **Australian Nurses Cardiovascular and Hypertension Association**
Volume 14, Issue 3, November 2009



A NOTE FROM THE

EDITOR

Welcome to the last edition of The Korotkoff Sound for 2009. Xmas is only a meagre 5 weeks away. Eeek! I always have the best intentions of starting my xmas shopping early, however as always, it seems that I am on the way to lining up at the registers with last minute purchases.

We are now counting down the days to the annual conference which promises to be practical and informative as always. See below for a tempting teaser of what is to come.

I look forward to catching up with you all again, see you soon.

Cheers,
Cynthia.

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 –



PRESIDENT'S

NOTE

Yes, we are nearly there!
Wednesday 2nd December our 13th
annual ANCHA conference in
Sydney.

The ANCHA annual meeting still
remains our
communication/discussion/get-
together of nurses' from other
states in Australia with our interest
on hypertension, cardiovascular
disease, causes, prevention and
treatment.

We must continue with our interest
for this meeting as it essential for
our patients and professional
development.

Look forward to seeing you all.
Warmest wishes
Helen

MEMBERSHIP

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

CONFERENCE NEWS

The 14th Annual ANCHA Conference will be held on Wednesday 2nd December 2009, in conjunction with HBPRCA's Annual Scientific Meeting (1st – 3rd December), at Vibe Hotel, North Sydney.

Theme: "Hypertension & Related Cardiovascular Diseases".

Workshop: "What is happening in Australian Research? Where is it heading?"

This year will bring a change from our usual attendance at the R D Wright lecture. Holding the conference on Wednesday has allowed us to attend two lectures. Please visit

www.hbprca.com.au/keynote-speakers for speaker profile information.

Austin Doyle Lecture – "Does hyperleptinemia cause hypertension in obesity?" Professor Michael Cowley.

Colin I Johnston Lecture – "CVD in indigenous Australians: Opportunities for improving outcomes across the continuum of care" Dr Alex Brown.

The ANCHA conference dinner will be held Tuesday night 1st December at 'Ripples Restaurant'. Reservation has been booked for 6pm. Ripples at Milsons Point is next door to Luna Park, underneath the Harbour Bridge's northern pylon. Importantly, Ripples is BYO, so please don't forget your favourite bottle.

www.aquadining.com.au

HBPRCA Conference dinner will be held Wednesday night 2nd December at Taronga Zoo Function Centre. For those attending, the night looks to be a wonderful evening beginning with a ferry ride from Luna Park to the Zoo, followed by a cable car ride to the venue, before enjoying a lovely dinner overlooking Sydney Harbour.

AGM will be held during the conference. All attendees should have received AGM Nomination Forms, if not please contact Di Cowley.



SMART READ

Heart Foundation Guide to management of hypertension 2008

was updated September 2009. The web version was updated soon after the last ANCHA newsletter. The Guide has been updated with the new Australian cardiovascular risk charts. The charts identify risk for people with and without diabetes and include male, female and aboriginal and TSI populations. Please refer to the last newsletter for additional details to access the website

www.heartfoundation.org.au

Impact of Nonadherence to Antihypertensive Therapy. Aram V.

Chobanian. *Circulation* 2009; 120: 1558-1560.
<http://circ.ahajournals.org/cgi/content/full/120/16/1558>

A comprehensive review on salt & health & current experience of worldwide salt reduction programmes. J. Polonia & L. Martins. *Journal Human Hypertension* 2009; 23: 771-772.

Night-day blood pressure ratio and dipping pattern as predictors of death and cardiovascular events in hypertension. R H Fagard, L Thijs, J A Staessen, D L Clement, M L De Buyzere & D A De Bacquer. *Journal Human Hypertension* 2009; 23: 645-653.

Impact of Accessory Hepatic Veins on Adrenal Vein Sampling for Identification of Surgically Curable Primary Aldosteronism. D Miotto, R De Toni, G Pitter, T M Seccia, R Motta, M Vincenzi, G Feltrin, G Paolo Rossi. *Hypertension* 2009; 54: 885-889.

Health Literacy. Australian Bureau of Statistics. 4102.0 – *Australian Social Trends*, June 2009.
www.abs.gov.au/AUSSTATS/abs@

[.nsf/Lookup/4102.0Main+Features20June+2009](#)

EXCITING NEWS / UNIT

UPDATES

This newsletter brings some very big “unit update” news - the Greenslopes Hypertension Unit girls are in a state of total chaos (yes even more than usual). Their unit will be moving to a new ward from the New Year (hence this newsletter being very late). The very recent news has brought with it a need to educate a whole ward of completely new staff and the dreaded process of tidying existing offices to enable a smoother move after return from new year break. All the goss will be shared at the annual conference.

Exciting news - Di Robson has officially started buying shoes following her bunion surgery.

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

CONTACT US

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