



# From the Chair

## Welcome .....

How the year has flown and another scientific meeting is upon us, Christchurch 2007!

At this year's meeting a number of the original working group executive will be standing down and I would like to take this opportunity to thank, Deborah Wilson, Helene Sirvas-Brown, Linda Worrall-Carter, Karen Owen, Sonja Cleary, Yvonna Zuydam and Stewart Eadie for the efforts over the last two years. To replace their positions on the executive the following applications have been received unopposed and I welcome the following on board Sue Mattschoss, Andy McLachlan, Bernadette Hoffman and Ross Proctor. There are a number of positions still available and expression of interest will be requested at the working group AGM.

A major role of the working group is to provide a cardiovascular nursing voice within CSANZ that ultimately allows us to directly collaborate with cardiologists and other health professionals and highlights the multidisciplinary role in treating cardiovascular disease. The executive acknowledges the importance of increasing the profile of the working group and I encourage the readers of this newsletter to inform their colleagues of the group, particularly those individuals who are nursing affiliate members of the CSANZ. This year we have been able to highlight on the application process that when you join cardiac society as a nurse you automatically join the working group.

Within the last year a new cardiovascular nursing body has evolved "The Australasian Cardiovascular Nursing College" and the working party have been corresponding to ensure that we collaborate closely to enhance the voice of cardiovascular nursing. It will be mutually beneficial to work together to enhance the profile and professionalism of cardiovascular nurses with the ultimate goal of improving cardiovascular health outcomes.

The future of any group is only as good as its members so I encourage you to assist the executive by providing us with insight into the issues that you believe we can address. I look forward to seeing as many of you as possible in Christchurch and particularly hope that you will attend CSANZ nursing working group satellite meeting on Thursday 9<sup>th</sup> August. This year we have purposely changed the timing of our meeting to the morning to allow nursing members to also attend the heart failure working group meeting in the afternoon.

## *James (Jim) McVeigh*

Chair CNWP

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James P McVeigh, Nurse Practitioner- Heart Failure, Prince of Wales Hospital, Randwick.

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# Clinical Development Awards

As a Heart Failure Nurse Specialist, it was very rewarding to receive a Clinical Development Award from the Cardiac Society in 2006. I see the award as a recognition of the role of Heart Failure Nurse Specialists in Heart Failure Management. I am the Team Leader for the Northern Sydney Health Area Heart Failure Service (MACARF program), which provides hospital and community care in the area.

The Award enabled me to attend the Annual Cardiac Society Conference in Canberra in August 2006. At the Conference, I shared our experiences with my colleagues by presenting a Paper entitled "Interventions By heart Failure Nurse Specialist: Potential for Reducing Hospital Admissions" and was a co-author of another paper presented by Robyn Cleary RN entitled "Who Are the Frequent Flyers? ".

I thoroughly enjoyed a trip down memory lane at the "History of Cardiology in Australia and New Zealand" Symposium. I was able to benefit from the information presented at the conference particularly strategies for patient education and management. The information gained has been shared with my colleagues.

The Award, for which I am grateful to the Cardiac Society, has encouraged me to continue to look further at our practice and develop new strategies for improved management of heart failure patients.

**Anne Sullivan, CNS**

*I am the cardiovascular genetics coordinator in the Agnes Ginges Centre for Molecular Cardiology, Centenary Institute. I completed a Bachelor of Biomedical Science and a Graduate Diploma in Genetic Counselling. The Agnes Ginges Centre for Molecular Cardiology is head by A/Prof Chris Semsarian and research is focused primarily on understanding genetic causes of heart disease. Currently, we have a large cohort of approximately 350 families, many of which are recruited to our research programs through the Hypertrophic Cardiomyopathy and Genetic Heart Disease Clinics, held at Royal Prince Alfred Hospital. Unique to these clinics are that patients are not only seen for clinical management and follow-up, but are offered genetic counselling. This includes taking a detailed family history, explanation of inheritance and recurrence risk to children, information and discussion about genetic testing options and assistance in organising clinical screening of family members.*

*The opportunity to attend the CSANZ meeting in Canberra, 2006 was of great benefit as the field of cardiac genetics is very specialised. Thus, having the opportunity to meet with colleagues from across Australia and New Zealand was a particularly valuable experience. This offered the chance to discuss current problems and practices facing those working with inherited heart disease families. In addition, the presentation of current research findings at CSANZ 2006 is extremely useful in keeping up-to-date with the latest practices not only in genetic heart diseases, but in general cardiology.*

**Jodie Ingles**

In June 2006 it was with great honour that I accepted a CSANZ Affiliate Clinical Development Award to attend the 54th Annual Scientific Meeting in Canberra.

My interest in cardiovascular health originates in preventative cardiology, and my work for The COACH Program (Coaching On Achieving Cardiovascular Health) has orientated my focus towards secondary risk factor prevention and management. My role as a 'Cardiac Coach' encompasses 'coaching' patients via the telephone to assist them in achieving their secondary risk factor targets as set by The National Heart Foundation of Australia. Patients are educated on dietary and lifestyle strategies, as well as being informed with respect to their prescribed cardiovascular medications to encourage compliance.

Attendance at the CSANZ scientific meeting has assisted me in keeping up-to-date with current research and evidence-based practise in the medical, surgical and pharmacological aspects of patient care. The thorough Affiliate program also offered excellent updates on trial methodology and clinical research.

The poster sessions provided excellent networking opportunity and the chance to enjoy some wine and cheese while examining the fantastic array of scientific research presented. It was an especially rewarding opportunity to be able to display my own research titled "Ezetimibe in the 'real world': The COACH Program Experience" which explored the "real world" impact of the prescription of Ezetimibe according to Pharmaceutical Benefits Scheme (PBS) criteria.

I sincerely thank the organisers for a great meeting and to CSANZ for providing me with the opportunity to attend.

**Kristin O'Grady, Cardiac Coach/APD**

*Cardiovascular Nurses  
Working Group Symposium  
Thursday 9 August 2007  
0900-1230  
Christchurch Town Hall*

A Programme specifically designed for nurses working in the field of Cardiology

**CHAIRS: Stewart Eadie and James McVeigh**

**0900-0930 The Challenges of Large Health Inequalities**

**Professor Norman Sharp -**

**Medical Director National Heart Foundation**

**0930-1000 One Heart Many Lives**

**Marama Parore -**

**Manager Maori Health / Manager Demand Side - Acting**

**1000-1030 The challenges of Research and improved outcomes in vulnerable populations**

**Professor Martha Hill**

**Head of Johns Hopkins University School of Nursing**

**1030-1100 *Morning Tea***

**1100-1130 Forum on Research and reducing inequalities**

**Martha Hill, Marama Parore, Norman Sharpe**

**1130 -1150 Ethnic Difference highlighted by electronic decision support in CCU**

**Andy McLachlan -**

**Clinical Nurse Specialist, CVD, Chronic Disease**

**1150 -1230 **AGM****

**Jim McVeigh**

**Chair of CVNWG**

**1230-1330 *Lunch***