



AWMA
Australian Wound
Management Association Inc.
Victoria

Connective Issues

Volume 17 Issue 2

From the President's Desk

It seems hard to believe that we are in May already and we are enjoying the beautiful Autumn weather!

A very successful Twilight seminar was held at the start of March focusing on wound management in the bariatric patient.. The night was extremely well attended and I would like to congratulate, Carmen, Linda and the education sub-committee on a great evening. Thank you also to Lisa Hewitt and the education committee for all of their work in providing regional and remote members with easier access to these sessions. This was the first trial run of live web streaming and I am very excited about this prospect. While there is still work to do around this, it is fantastic to see it coming together. I am aware of how much work goes into organising such a great evening and the amount of background work required to set up the trial live stream and thank you on behalf of AWMA (VIC) and its members. Well done! Our next Twilight will be held in September, so keep an eye on the website for more details. We are committed to live streaming the September Twilight and I encourage anyone who is interested in participating from the regions to contact me as soon as possible.

AWMA(VIC) are continually working behind the scenes to make sure our members are kept up-to-date with the world of wounds and have access to a range of Professional Development opportunities. After receiving an overwhelming response of extremely high calibre applications to the first grant funding rounds, I am pleased to announce that the first round of grants for Professional Development and Regional education have been awarded and I would like to congratulate:

Professional Development grants:

Donna Nair: Ballarat Health Services
Leanne McLean: SJOG Health Choices
Stephanie DeVincentis: Melbourne Health
Louine Robinson: Beechworth Health
Susanne Ellis: Bendigo Health

Regional Education grants

Lauren Wilson: Djerriwarrh Health
Emma Macdonald: Goulbourn Valley Health
Catherine Dawson: Macedon Ranges Health, Gisborne

Successful applicants will be providing a report on the outcome of their grants and I look forward to reading all of them in upcoming editions of CI. The next round of grants are now open for applications – please see website for more details and I would encourage all members to apply.

As mentioned in the last edition of CI, we at AWMA (VIC) are working hard on plans for the next State Conference to be held in March 2015 and the AWMA National Conference to be held in Melbourne in 2016. Official details for the National Conference will be announced at the Gold Coast Conference, which I hope many of you are attending.

I hope you enjoy this edition of CI and, once again, my thanks go out to the fantastic team of AWMA VIC who not only work their day jobs, but dedicate many extra hours in their roles on the AWMA (VIC) Committee.

Andrea Minnis
AWMA (VIC) Inc. President

From the editor

Welcome to the mid year edition of Connective Issues. Before we start to rubbish the winter season that is about to start let's think about it in a new light. Cold and rainy weekends stuck indoors with a good heater are a great opportunity to start a new hobby or project, or return to one that didn't quite get finished before last Spring found its way to our gardens. I've started (or have attempted to at least) sewing, what are your indoor plans for this winter? If you've made it this far reading the CI is clearly one of them! For those heading to the AWMA National conference on the Gold Coast you might be lucky enough to grab a few last days of sun (and perhaps learn a thing or two at the same time).

In this edition you will find a summary of the most recent Twilight Seminar on the manual handling of the bariatric patient from Carmen and Linda as well as reports from our first grant recipients Sue and Emma . It's great to see the diversity of disciplines that we have amongst our membership here in AWMA (VIC) that has been reflected in the grants awarded this year.

The ever studious Hannah has reminded us that although treatments based on Wikipedia information might not be the best way to go, the worldwide web can still provide us with easily accessible resources and be a great tool both for patient education and Best Practice guidelines.

Regional Wounds Victoria tell us about an amazing online resource that they have developed to aid in the education of clinicians on compression bandaging. It looks like a user friendly and practical way of developing a hugely valuable skill set.

Happy reading!

Casie Barrette
AWMA (VIC) Editor

Have you seen an interesting or unusual wound lately?

Have you been involved in the care of the patient where an alternative treatment or approach was taken to achieve a successful management plan?

Would you like a \$50 Coles/Myer gift voucher?

Submit your Case Study for publication in Connective Issues and you will receive a gift voucher direct to your door!

Case studies published in Connective Issues are not peer reviewed however are a great opportunity to share success stories and inform others of the type of work that you do on a daily basis.

Simply go to the AWMA (VIC) website and find the *Case Study Template and Guide* and then email it to editor.vic@awma.com.au for your chance to get your name in print!

Education Report

Twilight Education

Our first Twilight event for this year was held in March at the Royal Melbourne Hospital and was based on our 2014 theme 'Wound Care and the Bariatric client'. Our guest speaker, Stephen Jones, an Occupational Therapist, discussed the complexities of caring for bariatric clients and reinforced to all the importance of an awareness of the manual handling issues associated with caring for this group of clients. His discussion on the impact of pressure redistribution for the client and the positive outcomes when utilising Best Practice equipment was well received, and generated much thought provoking discussions amongst those in attendance. We appreciate your feedback about the night via the survey monkey recently sent out. Thank you to our gold sponsors on the night 'ArjoHuntleigh' for their support.

The 2014 theme will continue at our September Twilight where we will consider factors impacting upon healing for our bariatric clients and ask the question, 'Is wound healing a realistic outcome for the bariatric patient?'

Live Web Streaming of Twilight's to Regional members

The first 'trial' of live streaming occurred at the March Twilight and proved to be both challenging and exciting for the committee. We are working hard to resolve some of the technological complexities with this but predict it will be a fabulous approach to delivering education and networking opportunities to our regional members. Refinements will continue over the next few months and we will keep you informed of our progress. Thank you to Lisa Hewitt and the rest of the Education sub-committee for their expertise and assistance on the night.

Twilight Venues

Alternative venues are still under consideration, and now that we have increased technological requirements to support streaming, we will need to revise the options available. Recommendations and feedback are welcome.

Education Grants:

As mentioned in the President's Report the education review panel has recently evaluated the applications for the first round of Education Grants and successful applicants have been notified. The second round of applications are now open and available on the AWMA (VIC) website for those wishing to apply.

We look forward to seeing you all at the next Twilight and Annual General Meeting in September.

Carmen Pout & Linda Howell
AWMA (VIC) Inc. Education Committee

Grant Recipient: Rural High Risk Foot Forum

The inaugural Hume Region High Risk Foot Open Forum was held at the Rural School of Health Academic Centre, Melbourne University, Shepparton on the 5th March 2014. This event was generously supported by the Australian Wound Management Association of Victoria, Goulburn Valley Health and Smith and Nephew.

The day was well attended with over 90 podiatrists, district nurses, diabetes educators, orthotists, and practice nurses from Northern and Central Victoria participating in the day. The theme of this year's event was "Models of care for the high-risk foot", where the importance of health professionals to coming together in collaborative care arrangements for clients with at-risk and high-risk feet was emphasised.

We were honoured to have both Associate Professor Paul Wraight, and Dr Rajna Ogrin provide the two keynote addresses. A/Prof Wraight presented "Multidisciplinary Diabetic Foot Units - The gold standard for improving outcomes" which demonstrated the significant difference to both minor and major lower limb amputation rates that a dedicated interdisciplinary approach to management of the diabetic foot could make. A/Prof Wraight also outlined management guidelines, both local and international for the care of the high-risk foot, and emphasised the seriousness of lower limb amputations by comparing the mortality rate at 5 years for clients undergoing lower limb amputations as compared to a number of different cancers.

Dr Rajna Ogrin shared her experience of designing, implementing and evaluating diabetes foot ulcer teams in Canada and Australia, sharing the challenges and how they were addressed to improve the outcomes of this complex group of patients. Dr Ogrin's presentation was particularly pertinent to our region, where rural clinicians are often required to develop services and adapt guidelines for the care of the high-risk foot according to locally and regionally available resources and expertise.

The consumer presentation, where a client shared his personal experiences of living with foot ulceration and the impact this had on his work, social and family life, was well received by attendees. This was a wonderful opportunity for health professionals working with clients with high-risk feet to gain insight into our client's experiences and feelings in living with this condition.

The final part of the program was an opportunity to begin a dialogue in our region between primary care clinicians, both in public and private practice, to explore the barriers and enablers to better collaboration and consistency of care for clients with high-risk feet in the region. Despite a slow beginning, some valuable ideas and insights were forthcoming, and we hope to build on these in future continuing professional development sessions for regional podiatrists that will be held every three months at Goulburn Valley Health, as well as at our next Open Forum in 2015.

We are also exploring the possibility of establishing an at-risk foot collaborative within the region, to bring together nursing, medical and allied health professionals to share resources and improve knowledge and practices in the care of clients with at-risk and high-risk feet. If you would like more information about this group please contact me.

Emma Macdonald
Senior Podiatrist
Goulburn Valley Health
High Risk Foot Service
Graham Street, Shepparton
T: 03 58323100

E: emma.macdonald@gvhealth.org.au

Grant Recipient: Australasian Lymphology Association Conference

The Australasian Lymphology Association conference was held in Auckland this year attended with a record number of delegates from Australia and New Zealand. The conference themes of life growth and movement were kick started with an enthralling performance of traditional Maori dance and welcoming ceremony from the local Maori community.

Bendigo Health submitted two abstracts one a case study presentation of a client and secondly the impact of multidisciplinary allied health input into a dedicated wound clinic and were successful with both being accepted. Bendigo Health was also represented with Rosalind Deacon running the two hydrotherapy workshops that were offered as educational sessions for participants.

This year's conference seemed to have a large focus on the role of healthy lifestyle factors for patients living with lymphoedema particularly around managing weight, maintaining effective skin care and the value of using pH balanced products on the skin and additionally the importance of reducing bacterial load. Exercise levels were highlighted as a key issue for many patients especially cancer survivors and engaging people into regular exercise to assist with fluid shift and muscle build up.

Professor Neil Piller and Vaughn Keeley presented a differential diagnosis workshop raising the profile of ensuring effective assessment and differential diagnosis including that of the affected tissues and changes that are occurring within the body to ensure that treatment can be altered accordingly to effectively target the problem. It certainly generated strong discussion amongst delegates and highlighted the importance of regularly reviewing the intervention being undertaken to ensure that it is meeting its target or goal for treatment.

Dr Keiron Rooney from the University of Sydney presented regarding the role of food as fuel for adiposity accompanying lymphoedema and the idea that diet is potentially the platform for all components that feed into the lymphatic system. His presentation highlighted that as therapists we have the potential to utilise diet more as a management tool for patient with lymphoedema. Dr Rooney emphasised that diet has an extraordinary capacity to influence how our bodies develop and function yet is often neglected as an adjunct to treatment plans. In the case of lymphoedema, given the immediate role of the lymphatic system in transporting dietary fats around the body and the potential for fats and sugars to introduce pro inflammatory states, dietary interventions may have a role in the prevention and management of adiposity accompanying lymphoedema.

Margot McNeely an invited speaker from Canada presented on her research being conducted with women post breast cancer and implementing a supported community and home based exercise program for women with breast cancer related lymphoedema. Of importance was her programs need to address sustainability that motivated participants into exercise, was relevant for the participants needs and supported at a community level to achieve sustainability with appropriately trained staff. Margo highlighted that quality of life is an important consideration in developing any programs specifically with the breast cancer population as people are living longer and there is an exponentially growing rate of cancer survivors.

The conference was concluded with another spectacle of traditional Maori dance and ceremony to wish participants well in their onward journeys. Lots of things to take back and consider for future practice.

Susie Ellis

Occupational Therapist
Tissue Trauma/Lymphoedema & Hand Therapy Clinics
Bendigo Health

Reminder about Best Practice Guidelines

Keeping up-to-date with current research and guidelines ensures Best Practice in wound care is achieved. Best Practice guidelines can be accessed from several different wound associations. In 2010, AWMA released 'Standards for Wound Management'. The philosophy conveyed by AWMA through this document states that, 'all people with, or who are likely to develop a wound, are entitled to receive personalised care and management that is supported by current validated research.'

Best practice guidelines in wound care can be accessed from sites including;

AWMA www.awma.com.au

Wounds International www.woundsinternational.com/

European Wound Management Association www.euma.org

International Lymphoedema Framework www.lympho.org

Wounds UK www.wounds-uk.com/

Association for the Advancement of Wound Care aawconline.org/professional-resources/resources

Whenever possible, knowledge of best practice should be shared and discussed to support improved standards in wound care in all care settings.

Hannah Tudor
Professional Standards Officer

Share your Wound Service Details

Do you work in a Wound Clinic or Wound Service?

Do you want to share the details of your service with the public to generate referrals?

The AWMA (VIC) Wound Clinics webpage is a resource available to referrers and the public where **AWMA (VIC) members** can provide information on access to the wound management services that they work in.

To ensure accuracy of information and consistency of presentation on the website, a new form is ready for AWMA (VIC) members to complete.

Head to the webpage to complete the form, or click here:

www.awma.com.au/publications/vic_AWMA_Wound_Clinics_Webpage_Proforma.pdf

Return the form to the Web Manager. Existing contributors to this page will be contacted over the coming weeks to confirm that their information is correct.

Regional Wounds Victoria Report



Compression, Compression, Compression!!!

Graduated compression is the first line treatment for healing Venous Leg Ulcers (VLUs) and reduces the risk of recurrence. Clinicians and managers know the evidence for the use of graduated compression therapy in the treatment of VLU however also acknowledge that there are barriers associated with its use. Regional Wounds Victoria has been working on ways to overcome these barriers and assist regional clinicians' transition this evidence into practice.

Compression improves the quality of care for patients, by decreasing oedema, managing exudate and reducing dressing frequency. Compression may also improve symptoms of pain, aching in the leg and improves quality of life through enhanced body image and socialisation. All these factors result in a reduced economic burden in healthcare. The cost saving benefits of compression therapy is well established. Recent research by KPMG estimates that appropriate compression therapy for the treatment of VLU could potentially deliver an average \$6,328 in health care savings per person. As the study noted around 42,600 people aged over 60 years have at least one VLU at anytime.

A persons experience with a VLU and compression also represents a challenge with cost, comfort, co-morbidities and the diversity that everyday life delivers. Truly acknowledging the person's goals and enabling concordance and adherence in compression may be where we need to focus our attention next.

Transitioning evidence into practice

A comprehensive online education package has been developed as part of the Connected Wound Care (CWC) project, a collaboration between RWV and the Royal District Nursing Service (RDNS) funded by the Department of Health. The course, entitled Compression Therapy in the Management of Venous Leg Ulcers has been designed to support nurses and other healthcare clinicians to apply graduated compression therapy for VLU, once it has been appropriately prescribed. The resource, which took 18 months to develop, includes animations and video demonstrations of RWV Clinical Nurse Consultants applying a variety of graduated compression bandage systems. The resource also includes embedded links to patient brochures and best practice flow charts on VLU assessment.

The course is based on the [2011 Australian and New Zealand Clinical Practice Guideline for Prevention and Management of Venous Leg Ulcers](#). Clinicians will have access to this 90 minute course via their respective online learning management systems across Victoria. Once permissions are finalised, the six demonstration videos contained in the online package, will be freely available for viewing on YouTube. This will be ideal for anyone wanting evidenced based visual instructions on the basics of below knee bandaging on multiple generic compression systems. Watch the Connected Wound Care website for these links coming soon.

Grampians region has piloted the online educational package with practical workshops to help clinician's transition this evidence into practice. These workshops reinforce the knowledge learned and give confidence to the clinician to purely focus on practical skills development. These skills of application of different types of therapeutic compression systems are assessed utilising an evidenced based checklist, developed by the CWC team. This is available freely to download at:

www.grhc.org.au/vic-wound-man-cnc-project/connected-wound-care-project

Workshops will be conducted in all regional area across Victoria in 2014. Contact your Regional Wound Nurse Consultant to find out more about the online education or up and coming compression workshops.

www.grhc.org.au/vic-wound-man-cnc-project

As a member of the former Connected Wound Care project, RDNS will also combine the online educational package with practical workshops. This collaboration has assisted in standardising graduated compression education across the entire state of Victoria.

RWV receives Commonwealth and Victorian Government funding support under the HLACC program.

References

(Feb 2013) Health Economics report: *An economic evaluation of compression therapy for venous leg ulcers*



AWMA (VIC) Committee Contact Details

Name	Work	Email
Andrea Minnis <i>President</i>	5454 8482	president.vic@awma.com.au
Ruth Angus <i>Vice President</i>	0410 416 981	vicepresident.vic@awma.com.au
Jan Rice <i>Ex-officio</i>	0418 367 485	woundconsultant8@gmail.com
Charne Miller <i>Treasurer</i>	0421 047 911	treasurer.vic@awma.com.au
Dianne Carr <i>Secretary/Secretariat</i>	9696 1210 0419 597 953	secretary.vic@awma.com.au
Kate Harper <i>Website Manager</i>		webmanager.vic@awma.com.au
Carmen Pout <i>Education Officer</i>	0410 416 542	education.vic@awma.com.au
Linda Howell <i>Education Officer</i>	0410 560 244	education.vic@awma.com.au
Ai Wei Ng <i>PR Officer</i>	0431 314 940	pr.vic@awma.com.au
Amanda Taylor <i>Regional Group</i>	0438 008 090	regionalrep.vic@awma.com.au
Casie Barrette <i>CI Editor</i>	9288 3493	editor.vic@awma.com.au
Hannah Tudor <i>Professional Standards Officer</i>	0400 851 419	professionalstandards.vic@awma.com.au
Lauren Wilson <i>Sub Committee—Education & Regional</i>		<p style="text-align: center;"><i>AWMA (VIC)</i></p> <p>Mission Statement AWMA (VIC) Incorporated is a multi-disciplinary group of health care professionals dedicated to the advancement of research based wound management.</p> <p>Aim of AWMA (VIC) Inc. Today as never before there is a focus on best practice in wound management to achieve a high quality cost effective outcome for the patient/client and their carers. Attaining effective wound management through education and support for its members is the aim of AWMA (VIC) Inc.</p>
Judith Campbell <i>Sub Committee—Regional</i>		
Marylou Hagebols <i>Sub Committee—PR Officer</i>		
Lisa Hewitt <i>Sub Committee—Education & Regional</i>		
Toni Howells <i>Sub Committee—Conference Support</i>		

Membership Information

Membership of the Association is open to all disciplines of Health Professionals interested in the management of wounds. The annual membership period of the Association is 1 July - 30 June.

Professional Association Management Services (PAMS) is the AWMA National Membership Secretariat.

If you need to contact PAMS directly regarding processing of your membership this can be done via email: admin@awma.com.au

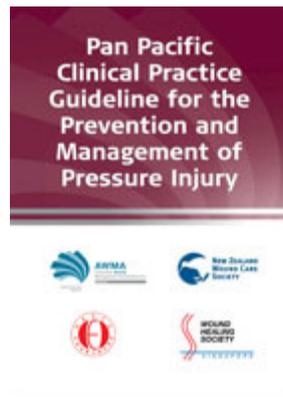
Phone: 03 9895 4435 (M-F 9:00-5:00 EST)

For general membership enquiries email: membership.vic@awma.com.au

For Secretariat enquiries the AWMA (VIC) Secretariat, Di Carr, can be contacted via email:

secretary.vic@awma.com.au

Phone: (03) 9696 1210 or Fax: (03) 9696 1684



WOUND PRACTICE & RESEARCH JOURNAL Online!

AWMA (VIC) members can access the AWMA Wound Practice and Research journal via the internet. Use the "journal" link is on the left hand menu on the AWMA website home page

To view articles please use the username and password following:

Username:

Password: