



# brainstem

[www.anna.asn.au](http://www.anna.asn.au)

Australasian Neuroscience Nurses Association

## Dear members,

Recent events in NSW have highlighted the necessity of communities working together. Bushfires in NSW between 19<sup>th</sup> October and early November destroyed 208 homes and damaged an additional 122 homes. Firefighters battled more than 71 fires, 29 of which were uncontained, schools were closed, hospitals and nursing homes were evacuated. A state of emergency was declared and whether by good management or luck loss of life was minimal. The importance of Bushfire safety plans was highlighted and a Rural Fire Service Officer was heard to say "if you don't have a plan, here's one. Pack your car and get out" ([www.news.com.au](http://www.news.com.au)). Communities were asked to evacuate or alternately to help out; and they did.

To those members of ANNA or their families who have lost homes please accept our commiserations. Please don't hesitate to contact us if we can be of help, as an example reissuing receipts or confirmation of attendance at conferences. To members or their families who form part of the large cohort of volunteers fighting the fires or providing food, housing or clothing in the recovery ANNA expresses our thanks.

What made this more poignant was that colleagues lost their homes and at the WFNN meeting 2013 in Gifu the ethics of disaster and the way communities respond was discussed in a special lecture from Tetsuro Shimizu entitled Origin and Essence of caring in Healthcare: A philosophical and Ethical investigation. Using the earthquake, tsunami and subsequent nuclear disaster in northern Japan, Miyagi Prefecture, on March 14, 2011 Tetsuro Shimizu outlined how in times of need people saw themselves as very similar and worked together to survive. I'm not sure it was prophetic when the similarities of behaviour between the Japanese people during the Tsunami and Australian people during bushfires was highlighted by Emma Everingham but it was certainly true.

There are reports on the WFNN meeting elsewhere in this newsletter but I must say it was an amazing sight when the call (Aussie, Aussie, Aussie) went out at the Welcome Dinner and so many answered. Over 40 Australian delegates with the majority presenting papers or posters. Well done! Let's see if we can improve at future international meetings. Remember that presenting at ANNA conferences provides a fantastic opportunity to develop your presentation skills.

The 40<sup>th</sup> anniversary ANNA meeting entitled 'Yesterday, today and tomorrow...40 years on. The evolution of Neuroscience Nursing will be held in Canberra at Hotel Realm from Wednesday 7<sup>th</sup> to Friday 9<sup>th</sup> May. Call for abstracts has been sent out and we look forward to your submissions. As trade is an important component of the conference remember to mention sponsorship to any company representatives you meet. The sponsorship proposal is available on the website [www.anna.asn.au](http://www.anna.asn.au)

The website is also updated with educational opportunities that the ANNA Executive is advised about. Please provide as much notice as possible and don't hesitate to recontact us if you don't see it uploaded in a timely way, sometimes our paid employment gets in the way! ANNA Executive also offers an apology to Carrienne Rees, who was omitted from the authors of the ANZAN Best Poster Prize for the poster titled "Re-feeding Syndrome". The abstracts of papers and posters presented at the 2013 conference can be found in the October 2013 Australasian Journal of Neuroscience. ANNA is a reflection of its members and the commitment the members bring to the advancement of neuroscience nursing to enable optimal patient centered care. ANNA offers the avenues to both publish and present your work that is so essential in meeting this objective. Experience in Executive roles is also great for career development and the National Secretary position is still vacant.



The 2013 conference held in Sydney in collaboration with the Neurosurgical Nurses Professional Development Scholarship Committee of the NSW Agency for Clinical Innovation was a great success. Well over 100 delegates attended and our guest speaker, Professor John Worthington presented a very fervent presentation on 'What matters most in Stroke and TIA'. Very generously Professor Worthington has provided his presentation which is available on the website.

Lastly it is that time of year when our minds turn to the festive season. The ANNA executive wish you and your families the peace and joy of the Christmas season, prosperity and health and the time to write those papers and presentation for 2014!

Sharryn

ANNA President



## ANNA CONTACTS

<b>ANNA</b>	PO Box 193 Surrey Hills Vic 3127 Phone: 03 9895 4461	Email: <a href="mailto:anna@pams.org.au">anna@pams.org.au</a> Fax: 03 9898 0249
For specific executive enquiries please contact the relevant committee member		
President	Sharryn Byers	<a href="mailto:president@anna.asn.au">president@anna.asn.au</a>
Vice President	Kylie Wright	<a href="mailto:vicepresident@anna.asn.au">vicepresident@anna.asn.au</a>
Treasurer	Sandra Krpez	<a href="mailto:treasurer@anna.asn.au">treasurer@anna.asn.au</a>
A/Secretary	Kylie Wright	<a href="mailto:secretary@anna.asn.au">secretary@anna.asn.au</a>
Webmaster	Maureen Winn	<a href="mailto:webmaster@anna.asn.au">webmaster@anna.asn.au</a>
Conference Convenor	Linda Nichols & Leigh Arrowsmith	<a href="mailto:conferenceconvenor@anna.asn.au">conferenceconvenor@anna.asn.au</a>
Journal Editor	Vicki Evans	<a href="mailto:editor@anna.asn.au">editor@anna.asn.au</a>

### Branch Delegates

Calling all Tasmanian and South Australian members, we urgently need new Branch delegates to represent you; all positions are currently vacant, president, secretary and treasurer. Please contact ANNA executive	
Jeanne Barr - NSW	<a href="mailto:nswdelegate@anna.asn.au">nswdelegate@anna.asn.au</a>
Steenus von Steensen - ACT	<a href="mailto:actdelegate@anna.asn.au">actdelegate@anna.asn.au</a>
Mary Lomas - VIC	<a href="mailto:vicdelegate@anna.asn.au">vicdelegate@anna.asn.au</a>
Joan Crystal - QLD	<a href="mailto:qlddelegate@anna.asn.au">qlddelegate@anna.asn.au</a>
Kate Snedker - WA	<a href="mailto:wadelegate@anna.asn.au">wadelegate@anna.asn.au</a>
Michelle Knox - NZ	<a href="mailto:nzdelegate@anna.asn.au">nzdelegate@anna.asn.au</a>



# *noticeboard*

*Australasian Neuroscience Nurses Association*

*yesterday, today, tomorrow...  
forty years on*

THE EVOLUTION OF  
**NEUROSCIENCE NURSING**

Wednesday 7<sup>th</sup> – Friday 9<sup>th</sup> May 2014

*40 Year Anniversary*  
1974 – 2014



*Hotel Realm* 18 National Circuit, Barton ACT 2600



## Expressions of Interest for- ANNA Executive Secretary

The Secretary shall manage the administrative objectives of the Association.

### Responsibilities:

Carry out the responsibilities of a member of the Executive Committee.

Ensure all correspondence related to the Association is dealt with promptly;

Ensure accurate records of membership are maintained and are available for inspection and member details are kept in a safe location;

Prepare and present membership reports for Executive Committee meetings and Branch Delegates as required;

Together with the President, prepare agendas for Executive Committee meetings;

Maintain minutes of Executive Committee meetings;

Maintain records of all correspondence pertaining to the Association;

Disseminate minutes of the Executive Committee meetings to members of the Executive Committee and Branch Delegates;

Produce and publish Brainstem;

Circulate relevant documents and receive feedback on any matters concerning the Association;

Participate with the Executive Committee in the development of strategic direction for the Association;

Assist the Conference Convenor in the administrative proceedings for the Annual Scientific Meeting.

## The Australasian Journal of Neuroscience needs YOU!



**It's good for the profession, it's good for you!**

**The AJoN will be published twice yearly – May & October.**

**Deadline for submission of articles: 1 March for publication in May  
&**

**1 August for publication in October.**

**Help is available to assist you if needed.**

**More information available on the ANNA website [www.anna.asn.au](http://www.anna.asn.au)**

**Email to the Editor - Vicki Evans –  
[editor@anna.asn.au](mailto:editor@anna.asn.au)**

***See you in PRINT!***



## **Barbara Lester Scholarship: Post conference report**

**Danielle Wheelwright, St Vincent's Hospital**

I was fortunate to have been awarded the Barbara Lester Scholarship to assist me in attending the World Federation on Neuroscience Nurses Congress in Gifu, Japan in September, 2013. I had a poster accepted into the conference and so attending the conference and representing my poster (and my colleague Stephanie Gilmore who worked with me on it!), my hospital and my country was very important to me. I had a number of objectives that I wished to achieve during my time at the conference:

**1. To gain new knowledge and insights into international neuroscience nursing.**

There were so many inspiring presentations from all around the world. I have most definitely learnt some different perspectives that I am looking forward to sharing with my colleagues. Talks that I particularly enjoyed were Lena Adal's presentation on 'Nursing roles and functions in the inpatient neuro rehabilitation of stroke patients- a literature review', also Dawn Tymianski's presentation on 'Clinical pathways for the assessment of the deterioration patient' as well as 'Rewire your mind: tapping the potential within clinical practice' by Jacqueline Baker and Sonia Matiuk.

**2. To form new and strengthen existing professional relationships within neuroscience nursing.**

It was such a lovely feeling to arrive at the conference and be greeted with familiar faces (especially lovely as I was travelling on my own!). It was fantastic to see friends from ANNA, the last time being at the Tasmanian conference last year. I met some wonderful and inspiring nurses both from around Australia and overseas who I will remain in contact with and hopefully see at future conferences.

**3. To bring my ideas and knowledge to an international arena and inspire change in practice.**

My poster presentation on painful stimulation used by nurses in the GCS highlighted some issues that are relevant to every neuroscience nurse conducting neurological assessment. During the poster session I spoke to many nurses whose clinical areas were using techniques not in line with current evidence. I saw many nurses interested, inspired and excited to take back this information back to their own areas.

It is important that information, new knowledge and insights from the conference is shared amongst my colleagues. Since being back, I have spoken extensively with many of the nurses and shared my lessons and experiences. Formally, I will be giving a number of inservices on the ward summarising the conference. I have also been asked to speak at the ANNA and RPA 'Neuroscience Symposium' coming up in November which will involve the local speakers that presented at the WFNN congress- looking forward to that!

Overall, I had a fantastic 4 days at the WFNN 2013 Congress and can't thank ANNA enough for the opportunity in assisting me to attend. I look forward to the next gathering and seeing all of the familiar faces again.



## Barbara Lester Scholarship post Congress Report

### Linda Nichols

The WFNN Congress 2013 was themed around Integration, Knowledge, Skill, Clinical Practice and Education of neuroscience nursing. The Barbara Lester Scholarship enabled me to achieve a number of objectives through attending and presenting at the congress. My poster 'Aneurysmal Subarachnoid Haemorrhages a Retrospective Cohort Study' was well received and the feedback that I received was really positive and I look forward to further presenting my work at both a national and international level. My poster outlined my PhD research project that aims to describe the incidence, demographic characteristics, risk factors and presentation of aneurysmal subarachnoid haemorrhages in Tasmania, with the ultimate goal of applying these findings to developing guidelines to assist with the initial assessment of individuals and improving time to treatment. The opportunity to discuss my research with other international colleagues was invaluable and will help in guiding my work over the next few years.

Attendance at the congress has enabled me to contribute to ANNA and the wider neuroscience community. It was a wonderful experience to be able to represent ANNA and network with likeminded academic, professional and clinical colleagues. I look forward to sharing some of the new knowledge and insights that I have gained at the 2014 scientific meeting and through my continued publication in the *Australasian Journal of Neuroscience*. I was also able to attend the Pre-Congress Workshop run by Linda Littlejohns. Linda's presentation 'Tying Brain Anatomy and to Patient Assessment' was really insightful and a good reminder of the vital knowledge that students needs when embarking on a neuroscience career.

Barbara Lester's commitment to neuroscience nursing has demonstrated the value of building global networks in neuroscience nursing. Attendance at the Congress has enabled me to participate in building global networks and

opportunities for collaborative partnerships that can be utilised to generate research and educational opportunities in Australia. From this outcome the congress has given me the opportunity to experience frontiers of contemporary neuroscience nursing knowledge from a global perspective. We often forget about the context of our workplaces and this is what makes things so special. There were a number of inspirational presentations some who were embarking on what might initially appear to be a simple change in practice only for the audience to realize that within their context they were incredibly difficult project to undertake. It really does remind us not to take our health care systems and equipment funding opportunities for granted. We often forget to think outside the square and to look at some of the simpler solutions.

Sharing current research and identifying strategic research concepts on a global stage is fundamental to the continued growth of neuroscience nursing in Australia. From my contribution at the Congress and from the networking and collaborative opportunities, I am uniquely placed within my role as a tertiary educator to identify, explore and transfer contemporary knowledge and advances in global neuroscience nursing to current and future student nursing practitioners. Discussions were held with the Neuroblend Foundation, sharing resources and opening up neuroscience education is vital to strengthening and improving the level of education that we provide and I look forward to discussing further collaborations with Paul and the NeuroBlend team.

I would like to again thank the committee and the Barbara Lester Scholarship fund for the opportunity to attend the WFNN congress. The congress was fantastic, the quality of posters and presentations was excellent and friendships made will last a life time.



## The Louie Blundell Prize

**Closing date: 5pm EST last Friday in March 2014.**

This prize is awarded for the best neuroscience nursing paper by a student submitted to the Australasian Neuroscience Nurses Association (ANNA) for inclusion in the *Australasian Journal of Neuroscience* by the designated date each year. The monetary value of the prize is \$500 AUD.

Candidates must be, or have been, students in a course as deemed appropriate by the ANNA Executive Committee during the preceding academic year and if they have completed their course must have graduated no more than six (6) months prior to submission of the paper. Types of papers that will be considered include case studies, reviews of literature, and research reports.

Each candidate for the prize must be the sole author of the paper and may only submit one paper for the Best Neuroscience Nursing Student Paper Prize.

Candidates should not have had a previous publication as a solo author.

ANNA reserves the right not to award the prize if no paper is of a satisfactory standard. The decision of the ANNA Executives is final. All candidates will be notified of the outcome in August.

A minimum of 3 judges will be appointed by ANNA to review the papers and report to the Executive Committee.

The award will be made based on the standard of scholarship of the paper. The qualities that the judges will be looking for are:

- Originality of the work
- The relevance and importance of the topic to current neuroscience nursing practice
- Evidence of reflection consistent with the level of the student
- Comprehensiveness, clarity and conciseness
- Conformity to the Guidelines for Authors, as specified in the *Australasian Journal of Neuroscience*

The author of the winning paper is required to submit the paper for publication in the *Australasian Journal of Neuroscience* and encouraged to present the paper at the

Annual Scientific Meeting. At the discretion of the Journal Editor, all applicants, whether selected for a prize or not, may still be encouraged to submit their paper for publication, oral or poster presentation at the Annual Scientific Meeting. The judging process will form part of the peer review process for publication and as such recommendations may be made to the author prior to publication.

Registration, accommodation and travel arrangements are at the individuals' expense. Application for scholarships from ANNA or other organisations is encouraged.

Electronic submission of the paper is to be made to [anna@pams.org.au](mailto:anna@pams.org.au)

Further information is available on the web site [www.anna.asn.au](http://www.anna.asn.au)

Louie Blundell, was born in England, and although she wanted to be a nurse she had to wait until after World War 11 to start her training as a mature student in her late twenties. Later she and her family moved to Western Australia in 1959. She worked for a General Practice surgery in Perth until a move to the Eastern Goldfields in 1963. Subsequently, she worked at Southern Cross Hospital and then Merriden Hospital. During this time she undertook post basic education to maintain her currency of knowledge and practice, especially in coronary care.

Louie was also active in the community. She joined the Country Women's Association and over the years held branch, division and state executive positions until shortly before her death in 2007. She was especially involved in supporting the welfare of students at secondary school, serving on a high school hostel board for some time. She felt strongly that education was important for women and was a strong supporter and advocate of the move of nursing education to the tertiary sector, of post graduate study in nursing and the development of nursing scholarship and research, strongly defending this view to others over the years.



## BARBARA LESTER SCHOLARSHIP FUND



**Hurry.....** Apply for the Barbara Lester Scholarship Fund.

**Please forward all applications to ANNA Executive by the last working day of March 2014.**

### Aim

To provide opportunity for an ANNA member who is presenting a verbal paper or poster or who is facilitating a workshop/breakout session at an international, national or local conference to receive financial assistance.

### Objectives

- To promote professional development in the field of Neuroscience.
- To maintain availability of a scholarship from ANNA on a yearly basis (that provides equal opportunity) for ANNA members presenting at conference.
- To assist with funding to attend the conference where the presentation will be delivered.

### Eligibility Criteria

- Available to full financial members.
- A minimum of 24 months of continuous period of membership is required.
- Priority accorded to members working within an environment where neuroscience patients receive care/management.
- Nurses must have current registration in their state/territory/country.
- The conference presentation or workshop/breakout session must have relevance to the neuroscience specialty.

**NB:** All attempts to ensure fair distribution of the scholarship fund will occur.

### Funding Available / Financial Policy

- Up to \$3000 available to fund a scholarship for one successful applicant.
- The ANNA Executive will convene for scholarship review annually in the month of June. Therefore a fully completed application must be received by the last working day in May.

**\*\*\*\*\*Please visit the ANNA website for further information and scholarship application forms\*\*\*\*\***

**[www.anna.asn.com.au](http://www.anna.asn.com.au)**

ANNA is an Organizational Partner with the World Parkinson Coalition  
[www.worldpdcongress.org](http://www.worldpdcongress.org);



## MEMBERSHIP MATTERS

Please notify ANNA promptly of change of address via the website

**OVERDUE:** as per your ANNA handbook, if renewal payments are not received within 3 months you are required to rejoin as a new member

All renewals are \$90 and new members \$100 per annum

All membership specific enquiries can now be directed to PAMS, the Professional Association Management Service

I work as Neurosurgery Liaison and my role is extensive and varied. It includes Elective surgery access and waitlist management, point of reference for GP's and other health professionals and managing all outpatient clinics.

I am currently working on a project for my employer (DHHS) looking at referral triaging for Neurosurgery. In Tasmania we are receiving upwards of 50 referrals per week and have updated our referral guidelines as the first phase of addressing this overwhelming demand. I am now looking at the triaging process and hoping that I may not need to reinvent the wheel, and seek the support of other ANNA members.

If a member has access to a triaging guideline that could be shared, I would be forever grateful.

With thanks

Karen Daly, Neurosurgery Liaison Royal Hobart Hospital Tasmania Ph.: 03 62227552  
Email: [karen.daly@dhhs.tas.gov.au](mailto:karen.daly@dhhs.tas.gov.au)

## Celebrate

### AUSTRALASIAN NEUROSCIENCE

### NURSES DAY

On 4 May, 1974, Tonnie Koenen organised the first meeting of Australasian neuroscience nurses in Canberra, during the Neurosurgical Society of Australasia's annual meeting. About 30 nurses from the ACT, NSW, TAS, VIC and WA met to formally establish the Australasian Neurosurgical Nurses' Association.

Since that time, Neuroscience nurses have continued to promote collaboration with other nurses and other health professionals in a committed effort to the professional development and education of nurses within the specialty of neuroscience. We celebrate this and the beginning of our Association on our Australasian Neuroscience Nurses Day, every 4th May

**Australasian Neuroscience Nurses Day is on 4<sup>th</sup> May 2014.**

## Annual Australasian Neuroscience Nurses Day Competition

Submit a report describing how you celebrated Australasian Neuroscience Day and be in the running to win

\$100.00 for your ward/unit.

Submit reports to [secretary@anna.asn.au](mailto:secretary@anna.asn.au) by 30<sup>th</sup> June 2014, for your chance to win.



# state news

Australasian Neuroscience Nurses Association

## AUSTRALASIAN NEUROSCIENCE NURSES DAY

MATER PRIVATE HOSPITAL, BRISBANE QUEENSLAND



ST VINCENT'S PRIVATE HOSPITAL, SYDNEY NSW





*state news*

Australasian Neuroscience Nurses Association

## **AUSTRALASIAN NEUROSCIENCE NURSES DAY**

**MELBOURNE PRIVATE HOSPITAL, VICTORIA**



**LIVERPOOL HOSPITAL, NSW**





## AUSTRALASIAN NEUROSCIENCE NURSES DAY

Royal North Shore Hospital Hospital, NSW

“Neuro Olympics”





## ANNA VICTORIA BRANCH REPORT

Greetings from Victoria

The past six months have been relatively quiet for us.

Several Vic. Branch members travelled to Sydney for the Annual Scientific Meeting in June.

Our August meeting was aborted as a result of a very large thunder storm which prevented many members from attending.

The October meeting was held at the Mary McKillop Room at St. Vincent's Private Hospital at which Lyn Wallace gave a report on her recent attendance at the WFFN Conference in Japan.

Victoria was represented by three delegates; Lyn Wallace, Analisa Raimondo and Christine Pripic. Lyn spoke of her concern that more members had not attended, in light of the fact that funding is available from both Federal and Branch levels.

Lyn is currently preparing her report to be available to members as part of the minutes. Some discussion also took place regarding branch document storage as highlighted by the Federal Executive.

ANNA Vic. Branch is currently in talks with St. Vincent's Private Hospital regarding collaboration with the upcoming Neuroscience continuing education forum to be held in the near future.

Our next meeting will be held on the 4<sup>th</sup> December.

All the best for the coming festive season

Mary Lomas, State Delegate Vic. Branch

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## **Conference Report from the 2013 John Sheard Travel Award Winner.**

Caleb Ferguson , ANNA NSW Executive Member.  
PhD Candidate, Centre for Cardiovascular & Chronic Care  
Lecturer, Faculty of Health, University of Technology, Sydney

11<sup>th</sup> Quadrennial Congress of the World Federation of Neuroscience Nurses, Gifu, Japan. September 2013

### **Peer Reviewed Poster Presentation Provided**

Ferguson C, Inglis SC, Newton PJ, Middleton S, Macdonald PS & Davidson PM (2013) "Stroke prevention in heart failure: time to rethink risk prediction models?"

### **Oral Peer Reviewed Conference Presentations Provided**

Baker JD, Matiuk SS & Ferguson C (2013) "Rewire your mind: Tapping the potential within clinical practice: neuroplasticity"

Ferguson C, Baker JD & Matiuk SS (2013) "Why neuroscience nursing should not be fully MOOCed"

### **Report**

I recently had the privilege to attend the 11<sup>th</sup> Quadrennial Congress of the World Federation of Neuroscience Nurses in Gifu, Japan in September with the kind financial support of a John Sheard Travel award from the ANNA NSW Chapter. This award is open yearly, and I encourage members to apply for this generous award.

I travelled with fellow neuroscience nursing colleagues Dr Jacqueline Baker and Sonia Matiuk from UTS. I was able to spend some time travelling in Osaka and Kyoto before and after the congress to explore this beautiful country. The congress provided the ability to network with old and new friends from Australia and across the globe. Due to the regional proximity of the conference, there were many Sydney hospitals represented with clinicians from Liverpool, Nepean, Westmead, Royal North Shore, Royal Prince Alfred, and St Vincent's to my knowledge. There were plenty of opportunities to engage in some of the many cultural experiences on offer from traditional green tea and cakes to origami paper kangaroo making! The Japanese hosts were very welcoming and accommodating. For me a highlight session was from the Japanese experts who have managed to provide actions to thoughts to help paralysed patients, particularly with locked-in syndrome. They have titled this technology - Brain-machine interface. This shows particular promise to enhance the quality of life with such conditions. I was intrigued to the cost of such innovative cutting edge technology, only to be informed it would be somewhere in the region of 1 million dollars.

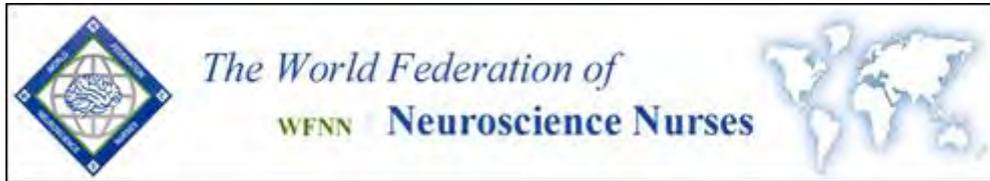
The poster session provided a great opportunity to mingle and discuss individual projects with the researchers and clinicians. I presented a paper on Massive Open Online Courses (MOOCs) and their implications for neuroscience nursing, and the need for practice readiness and clinical skill development at postgraduate level. Whilst MOOCs are an innovative method of course delivery, there still remains a need for face to face interaction in specialty nursing education.

Another highlight of my time at WFNN was the important theme of caring and rehabilitation throughout the conference. I enjoyed learning about new methods of inter-professional and blended education.



# WFNN

Australasian Neuroscience Nurses Association



### Congress Summary:

The 11th WFNN Congress was a great success with 485 delegates as well as 203 students, giving a total of close to 700 attendees travelling from around the globe, including countries such as Australia, Austria, Belgium, Brazil, Cameroon, Canada, China, Croatia, Denmark, Finland, Ghana, Hong Kong, India, Iran, Japan, Korea, Mongolia, New Zealand, Norway, Sweden, Switzerland, The Netherlands, United Kingdom, United States.

The Japanese were very hospitable and included sessions for Kimono, Tea Ceremony, Calligraphy and Origami. Delegates were treated to a “dinner cruise” experiencing the ancient art of Ukai (cormorant) fishing. Luckily this occurred before typhoon Man-yi advanced toward central Japan with heavy rain, flooding and strong wind warnings. It was good to see that our overseas mobile phones could pick up (albeit Japanese character writing) the emergency alert signals!



The Scientific Program was vast, covering a wide range of neuroscience topics. There were several other lectures as well including the -

- Pre Congress Workshop by Linda Littlejohns—“Tying Brain Anatomy to patient assessment”,
- 3 x Special Lectures—“Nursing patients with long term disturbance of consciousness: current status and future prospects in Japan”; “Brain-Machine interface”; “Origin and essence of caring in healthcare”.
- 3 x Luncheon Seminars—“Lessons learned in WFNN”; “NeuroBlend”; “Concussion in school sport”.
- 45 x oral concurrent sessions
- 36 x posters

There was a change in the WFNN Executive with Virginia Prendergast stepping down after 20 years in the leadership position. The new WFNN Executive Committee is -

President: Christi DeLemos (USA)  
Vice President: Vicki Evans (Australia)  
Secretary/Treasurer: Dawn Tymianski (Canada).

The next WFNN Congress in 2017 will be held in Opatija, Croatia. Dates will be confirmed in the coming year. Please do not hesitate to contact any of the team if you have any questions or suggestions.

### Vicki Evans





# WFNN

Australasian Neuroscience Nurses Association

