

Australian New Zealand Chapter IFNA



Newsletter 2 April 2020

Being a nurse

In times of health adversity the nurse has always been there, now more than ever nurses are stepping up and out of their comfort zone to provide nursing care. Nursing shows no boundaries or favouritism, we don't care for one, more than another. In fact nurses will treat their patients like their loved ones, providing information and support into the long hours of a shift. It is a privilege to be a nurse, invited into a person's life at their time of need, to listen to their stories and begin to understand their pain, and to share their joy. Nurses develop a connection with their patients, to help, to empower, to change their journey with the disease. The Health and Safety Standards of Australia highlight the partnership between nurses and consumers of health care as an important step towards best care and patient outcomes. This connection between nurses and their patient and families allows for an understanding of their health needs and information to be delivered at their level. Nurses enable the patient to negotiate the health system and empower them to make informed decisions about their health care.

A nurse is a person who learns to share stories and laugh, to see pain and be able help and understand. Elisabeth Coyne [Written for Cambridge Publishing Blog]

Objectives for Australia and New Zealand Chapter

Enhance and promote family nursing in Australia and New Zealand.

To facilitate and promote family research in Australia and New Zealand.

To develop a strong connection with the International Family Nursing Association for the promotion of family nursing activities internationally.

Demonstrate leadership in addressing the educational needs of nurses in relation to the provision of family-centred care to meet the National Health and Safety priorities.

Provide opportunities for professional networking amongst family focused nurses.

Learning to walk: The PhD Journey

By Elisabeth Coyne

Walking and looking, investigating
and deciding
I have chosen a path, I begin the
journey.
Mazes to follow, which way to go
Forward and backward, as the paths
open and close!

The first door is visible, but can I get
through
I begin to run, and hope the pathway
is right.
I pass through the first door, only to
see many more
I begin to wonder, why am I here?
Colleagues encourage, I begin again.

The hurdles become clear, as I move
into the next level,
I gather confidence from those who
have passed this way before.
The excitement of the next level
builds in my legs
I break into a jog as I move through
this level
Enjoying the contact with those who
my story is about!

Now I must open the next set of doors
They are heavy with knowledge,
which must be reclaimed?
The writing begins can I keep up the
pace,
At times I feel like a rabbit, running
between goal posts,
Hoping not to be caught!

But this is my choice
And my story needs writing
So I push towards the knowledge
laden doors
And hope one day I can pass through!

Goals for 2020 who can help!!!

- A collaborative survey of AUS/NZ nurses' attitude to family care Online survey platform Ethics application (one approval nation-wide?)
- Mapping of AUS/NZ curriculum against IFNA competencies, and then send it out for feedback

Where is 2020 going?

The year 2020 will be remembered as challenging in Australia; fires, pandemic, isolation and nurses working to keep society healthy. Family is key in all these aspects and our research that focuses on family is important as we seek to understand how to support families in adversity.

Build a family around your own family, support people for work and life balance. As we all work from home now within our families this can be challenging

Trying to stay on task. The balance of family and tasks and work expectations.

Take time in your day to appreciate working from home. Don't let work take over and continue past normal work hours. Use technology to connect with others working from home.

<https://www.chronicle.com/article/Why-You-Should-Ignore-All-That/248366/>

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15th International Family Nursing Conference



SAVE THE DATE

Monday, June 28 - Thursday, July 1, 2021

The Clayton Hotel
Burlington Road
Dublin, Ireland

#IFNC15



Interesting publications

This is a place where it would be good to share our latest work. Maybe a particular article that has a strong family focus.

Ning, J., & Cope, V. (2020, 2020/02/01). Open visiting in adult intensive care units – A structured literature review. *Intensive and Critical Care Nursing*, 56, 102763. <https://doi.org/https://doi.org/10.1016/j.iccn.2019.102763>

Hurst, A., Coyne, E., Kellett, U., & Needham, J. (2019, 2019/03/25). Volunteers motivations and involvement in dementia care in hospitals, aged care and resident homes: An integrative review. *Geriatric Nursing*. <https://doi.org/https://doi.org/10.1016/j.gerinurse.2019.03.010>

Hughes, L. J., Mitchell, M. L., Jones, C., & Johnston, A. N. B. (2020, 2020/02/01). Measuring assessors' experiences of grading marginal student performances in clinical assessments – The assess-safe tool: Development and preliminary psychometric validation. *Nurse Education in Practice*, 43, 102701. <https://doi.org/https://doi.org/10.1016/j.nepr.2020.102701>

Covid-19 stay healthy

Be active at home during #COVID19 outbreak



Online exercise classes Dancing Playing active video games Jumping rope Muscle strength and balance training

World Health Organization #BeActive #HealthyAtHome

Tips to stay active at home during #COVID19 outbreak



- 1 Regularly check your sitting posture while working from home
- 2 Break up your sitting & stand up while working, on the phone, or watching TV

World Health Organization #BeActive #HealthyAtHome