

# Australian New Zealand Chapter IFNA



Newsletter 5 Sept 2020

## Chapter news!

Following a burst of activity after the meeting our chapter is slowly moving forward. The review of current courses across the main Australian Universities identified that many Bachelor of Nursing programs have no courses with a focus on family. We will continue to gather data for this review and it would be great to have input from other members and their universities.

Facebook group *AusNZ Family Nursing Chapter* is current and provides an opportunity to link and add in clinicians and other family researchers. Provides a platform for sharing your items of interest, publications and useful teaching points.

A lot of us are still working from home which adds a complexity to life that I would like to be finished with!

Elisabeth

Zoom meeting,  
audio only

Zoom meeting  
with video



### Next meeting

Wed 9th September

1-2pm via Zoom

Join Zoom Meeting

[https://deakin.zoom.us/j/6469172121?](https://deakin.zoom.us/j/6469172121?pwd=eDlpNnRwNkRYS213blhJKzg0OHZlQT09)

[j/6469172121?](https://deakin.zoom.us/j/6469172121?pwd=eDlpNnRwNkRYS213blhJKzg0OHZlQT09)

[pwd=eDlpNnRwNkRYS213blh](https://deakin.zoom.us/j/6469172121?pwd=eDlpNnRwNkRYS213blhJKzg0OHZlQT09)

[JKzg0OHZlQT09](https://deakin.zoom.us/j/6469172121?pwd=eDlpNnRwNkRYS213blhJKzg0OHZlQT09)

Meeting ID: 646 917 2121

Password: 565657



### 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.

## Complexity of family

- Who do they call family?
- Who normally lives in the residence?
- Who is the leader of the family?
- What does the family see as their strengths facing this health adversity?
- What is their main concern?
- What would the family like you to address today?
- Develop a genogram and ecomap



### Reflection on COVID-19

As a resurgence of COVID19 is occurring throughout Australia, there is heightened anxiety amongst us, our students and our colleagues. They are concerned about their risk, their family risk and most of all, wondering about what the future holds for them. These significant levels of stress have become almost normalised and somewhat expected of us to manage, but the consequences feel anything but 'normal'. Whilst it is clear what our stressors are, looking at some ways to support our stress is important.

Pinker (2018) identified the number one determinant to reduce stress is social connection.

Connecting with activities and people who bring you joy and make your heart sing will do you a world of good. But how do we do this in the current world? Perhaps our normal activities of catching up for coffee, going out for dinner, going to the gym, dancing are not so possible but it is important that we keep connected. Make time to call a friend, use the many technologies to chat virtually, go for walks in the park, feel the sunshine and embrace the opportunities we have.

The wider community has shown amazing generosity to health care workers (HCWs) throughout the duration of this pandemic. There is a Victorian Facebook group called Adopt a Health Care Worker. Members of the community connect with health care workers and check-in to see how they are doing. HCWs have identified that they have really appreciated this connection with some suggesting that they have even had home cooked food dropped off at their house.

We are all here to support each other – reach out, make connections – we will all get through this!

By Valda Frommolt

### Recent publications by chapter members

Arabiat, D., Al Jabery, M., **Whitehead, L.**, (2020), A concept analysis of psychological distress in parents related to diabetes management in children and adolescents. *Journal for Specialists in Pediatric Nursing*, 25(3), Article number e12287, United States, Wiley-Blackwell Publishing, Inc., DOI: <https://doi.org/10.1111/jspn.12287>.

Gabriel, I., Creedy, D., & **Coyne, E.** (2020). A systematic review of psychosocial interventions to improve quality of life of patients with cancer and their family caregivers. *Nursing Open*. <https://doi.org/10.1002/nop2.543>

### Useful teaching videos for family assessment

<https://www.youtube.com/watch?v=asY85vAoKd0> Family with baby

<https://www.youtube.com/watch?v=LD10FRbiAzc&t=6s> Oncology family

<https://www.youtube.com/watch?v=p77hAbldXvU&t=442s> Community health nurse

<https://www.youtube.com/watch?v=eiyVloAhbH8> Dignity in nursing



## Family Values

Respect Collaboration

Participation

Information sharing