



ARNS Newsletter

Editors' Notes



Welcome to the latest Issue of your Newsletter. This is a packed issue which covers many topics, proving that the care of Respiratory patients is speedily moving up the Health Service Agenda. This is the result of increasing recognition by the government of the need for improved care for lung disease sufferers brought about by pressure from many professional and patient groups.

The NICE guideline on the management of COPD provides a basis from which to lobby those who can influence its implementation, and as members of ARNS we are well placed to do this.

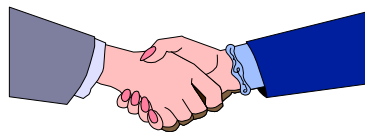
Enjoy this issue, and remember, your comments, ideas and opinions can be aired and shared in the newsletter.

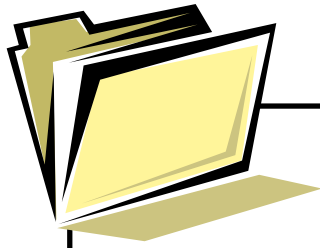
Christina (Editor)

Inside this issue:

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- 2004 Conference
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and much more





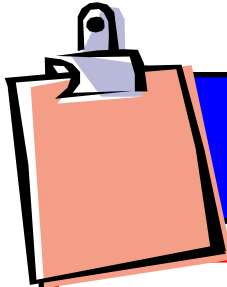
Conference 2004

This year's conference will take place on Friday and Saturday, November 12th and 13th at our most popular venue, Ettington Chase. This year's conference promises to be as varied, educational and enjoyable as ever, and reflects the evaluations and suggestions of the members. There will be an 'early bird' fee of £150 for those who book before the end of August, £175 thereafter. ARNS continues to represent great value for money, as those of you who have attended in the past will know.

The evening's after dinner entertainment will be a 70's/80's evening (with a bit of karaoke thrown in!) and you are invited to dress accordingly!

Nursing Times Awards

This year the Nursing Times awards include a respiratory nursing category for the first time. Details of the awards have already been distributed to members. There is so much excellent and innovative work being done all around the country by respiratory nurse specialists, and the awards offer an opportunity for this to be recognised and rewarded. So, if you are involved in an initiative which influences and improves the standard of respiratory care, then please do apply.



Notice Board

USE THE ARNS WEBSITE – IT IS A MINE OF INFORMATION AND HAS GREAT LINKS

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RG40 2BB

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Fax: 01189 794670
Email: ARNS@arns.co.uk

ARNs web page

www.arns.co.uk

Dates for your diary

BTS Summer Meeting Manchester UMIST	24th and 25th June 2004
European Respiratory Society	4th to 8th September 2004
RCN Respiratory Conference York Racecourse	21st October 2004
ARNs Conference Ettington Chase	12th and 13th November 2004
BTS Winter Meeting	30th November & 1st December 04

Breathe Easy Conference 2004



This year's Breathe Easy conference was held at Staverton Park in Daventry, an excellent purpose built conference facility with leisure facilities and a golf course. The staff were exceptionally helpful, especially to those delegates who came complete with all the trappings of respiratory disease, nebulisers, oxygen and wheelchairs etc. The conference was attended by around 200 delegates, a mix of Breathe Easy group members, British Lung Foundation staff and health care professionals.

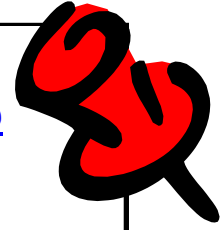
The programme was so packed there was no time at all for using the leisure facilities or a round of golf but we did enjoy an excellent dinner and were entertained afterwards by Don McLean - only members in my age group may know who he is! Speakers included Professor Peter Calverly who outlined the new NICE Guidelines and urged the delegates to lobby for their implementation. Dame Helena Shovelton outlined the BLF's plans for the future in raising the profile of respiratory care, and in providing support for members. In addition there were a variety of workshops to attend providing good ideas and guidance to ensure a thriving Breathe Easy Group. Altogether the conference was stimulating and good fun. I would certainly urge all respiratory nurse specialists to get involved.

Christina Dean, Respiratory Nurse Specialist, Central Cheshire PCT





European Respiratory Society Nurses Group



Dear Colleagues

If you are working within the field of respiratory care I would like to introduce you to the ERS Nurses Group. We form part of the ERS assembly of Allied Health Professionals and bring together nurses working in the field of respiratory health care across Europe.

Members of this group are particularly keen to share new ideas, new research and provide networking opportunities amongst others with similar interests. The most significant event in our calendar is the ERS annual congress and I am especially excited this year, as secretary of the Nurses Group, that the congress is in the UK. Many British nurses find it difficult to access funds to travel to international conferences but we are hoping for a strong UK nursing representation this year.

Please visit the website www.ersnet.org to find out more about the conference which will be held at the Scottish Exhibition and Conference Centre in Glasgow 4th–8th September 2004. A Primary Care Pre-ERS meeting will be held on Friday 3rd September. This exciting programme will include: topical presentations on Asthma, COPD, TB and Chest infections along with debates, scientific presentations and practical workshops.

Yours sincerely

Kay Holt, Secretary, ERS Nurses Group

Elections, Elections, Elections!



There will be three vacancies from November 2004. Nominations are invited and need to be submitted by September. Serving on the committee is interesting and worthwhile, requiring attendance at 3 or 4 meetings per year and the conference (and it looks very good on your CV!). If you would like to be involved, please contact Anne Lee at the ARNS Secretariat.

Research Update — April 2004

You will have all recently received your form to renew your ARNS membership. Included on this is a question on Research - please complete this. This will enable me to update the database that we hold of members' research Interests.

For those of you who have indicated your interest in being involved with research, your name and area of interest have been entered on the database, which I hold. This information is not given to any third party.

The ARNS committee are presently talking to other respiratory organisations (NRTC, RETC, and RCN) to look at the feasibility of multi centred nursing research. We will keep you informed of our progress.

Should we decide to undertake this research you will of course be contacted if you have expressed an interest in the topic to be looked at

Irene Griffiths
Respiratory Nurse Specialist
ARNS Committee Member



Membership Issues



You will by now have received your membership renewal form - please make sure you complete this and return as soon as possible - otherwise your name may be removed from the list of members.

This year the membership agreed that greater involvement and collaboration with our colleagues in primary and community care would be welcomed and ARNS is promoting this through the Nursing Times, the website and Primary Care Nursing Journals.

Travel Award Winner

From cough to asthma compliance, air travel with lung disease, to driving with hypoxia, there was something for everyone at last winter's BTS meeting. If you fancied something a bit unusual, how about 'Bio-terrorism: The lung under attack'. I came back to Manchester re-invigorated, energized and ready to take up the challenges for respiratory medicine in true 'Bridget Jones' fashion. From always thinking this was an exclusive 'medical' conference where nurses and other health professionals were tolerated, I was pleasantly surprised to find that the conference provided much for all allied health professionals.

Having won an ARNS travel award to attend the conference, it was worth confronting my manager for a few study days leave, and the break to travel to London and find out what was new in respiratory medicine. It is difficult for any manager to refuse an employee who is not asking for financial assistance and has gained recognition in the form of an 'Award' to attend such a conference.

The presentations took place at the British Lung Foundation pre-BTS dinner, during which Karen Clancy our chairperson gave a good overview of the Association of Respiratory Nurse Specialists, so much so that during the dinner we were approached many times by physicians wanting to know more about ARNS and how we had managed to achieve the awards. We were well taken care of by welcoming Allen and Hanbury representatives who were at hand to answer any questions, and point us in the right direction for the conference hall.

I would certainly encourage and recommend anyone to attend the BTS meetings, and to apply for a travel fellowship. As nurses, I think we are inherently passive, undervalue ourselves and are self-critical. It is easy to assume that there is someone else out there who is more deserving of an award than ourselves. However, I believe that we all have much to offer in our unique experiences and work in respiratory disease. We owe it to our patients to provide the best current, evidenced based, treatment options, and it is only by attending, discussing and reflecting on new issues that are presented at such conferences as the BTS that we can hope to raise the profile of respiratory nursing, and improve outcomes for patients with respiratory diseases.

Editor's Note: Would the writer of this excellent article please contact me and I'll give you full publicity next issue!

Raising the Profile



The following letter was submitted to the British Sleep Society Newsletter by Carol Beckwith, Nurse Specialist at the North West Lung Centre, Wythenshawe:

Nurses roles within sleep medicine

As recognition of sleep disorders and the treatment of sleep disordered breathing continues to develop in the UK, there are now more nurses becoming involved in the care of patients with OSA and other sleep related problems. Historically across the UK nurses have been few in number and technicians have been predominate in many centres. Nurses are now becoming significant members of the team. Many have roles that are purely related to treatment and follow up of patients on long term CPAP. Others in smaller units find their role as a respiratory nurse specialist now includes patients such as this in a response to services developments.

So although few in number we do have a significant role to play and are in a unique position to collaborate with others to influence improvements and developments in sleep services, and to patient care.

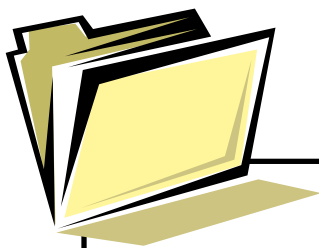
Nurses are involved in research as part of their professional roles, and opportunities to share this at conferences with experts from the fields of medicine and allied professions is vital. As nurses we are all trying to improve patient care and promote effective evidenced based outcomes, and raise our professional profile. Opportunities that provide links with other professional organisations are welcomed as we all have something to learn from each other. Many of the nurses who are members of the B.S.S. are also members of the Association of Respiratory Nurse Specialists (ARNS) ARNS is a professional organisation for respiratory nurse specialists who desire to develop a network which would enable collaboration between primary and secondary care services and with other professional groups.

ARNS seeks to achieve this in a number of different ways, and has, for example representation on the BTS education committee.

It would seem logical that the links between ARNS and the BSS are strengthened, so that information can be shared for the purpose of enhancing the work that is going on within sleep medicine and any future developments.

Hopefully as time goes on more nurses will attend the BSS conference in Cambridge, which can provide a useful forum to network with others.

Information about ARNS is available on the web site arns@arns.co.uk



Travel Fellowship Awards Celebrating Excellence in Respiratory Care

The British Lung Foundation and Association of Respiratory Nurse Specialists are offering Travel Fellowship to members of ARNS who have made a significant improvement in respiratory care. The fellowships are designed to contribute towards the cost of attending a respiratory educational conference, both national and international, of your choice.

Who can apply? Anyone who has developed/improved the service provided to respiratory patients

Why should I apply? It is an opportunity to promote good work. Successful applicants will have their work displayed on the website and in the newsletter and will receive financial support to attend the BTS or a similar conference.

How do I apply? Complete an application form available by post
from: Resource House
20 Denmark Street
Wokingham
Berkshire RG40 2BB
or online: www.arns.co.uk

Closing date for applications: To avoid disappointment please apply as soon as possible. However applications will not be considered if submitted less than three months before the event that you wish to attend

If you need advice please don't hesitate to contact Michaela Bowdon on 01204 390891 or Irene Griffiths on 01925 662718

Celebrating Excellence in Respiratory Care



Travel Fellowship

Have you; improved
respiratory care,
changed practice?

Set up a new way
of thinking?

Audited
practice?

Then why not share your work by applying for a Travel
Fellowship

If you are successful you will be rewarded with;

Financial
Support to
attend BTS or
relevant
conference

Help in
disseminating
your work

Recognition of
your work on the
website

Complete an application
form available

On line www.arns.co.uk

Or by post: Resource House
20 Denmark St
Wokingham
Berkshire RG40 2BB
Tele: 01189369100

Have a go!!
No one knows what you
are doing unless you tell
them!!