



September / October 2011

**THE INJURED NURSES
SUPPORT GROUP**

PATRON: JUDITH DURHAM, OAM

INSG September 2011 Meeting

Date: Tuesday, 20 September 2011
Time: 11.00am – 12.30pm
Location: 3rd Floor Boardroom, ANF House, 540 Elizabeth Street, Melbourne
Speaker: Sharni Mabilia, Physiotherapist, Barbara Walker Centre for Pain Management, St. Vincent's Hospital

INSG October 2011 Workshop

Presenter: Brendan Sharpe, Exercise Physiologist
Date: Tuesday, 18 October 2010
Time: 10.00am – 2.00pm
Location: 7th Floor, ANF House, 540 Elizabeth Street, Melbourne
Cost: \$5 per person, includes lunch
Bring: Writing materials, any pillows, cushions etc that will assist your comfort

Brendan will be presenting on:

1. Benefits of exercise programs for pain and injury management.
2. Core anatomy and the conditioning of a functional core.
3. Shoulder structure and joint management.
4. Lifting programs: related to the workplace and also to home/outside the work environment.

Brendan will focus on back and shoulder injuries. He sees a large clientele, some of whom are nurses, with back and shoulder injuries.

PLEASE NOTE EARLIER STARTING TIME OF 10.00AM

Please complete the attached registration form and forward it to Yiota Paraskevopoulos at the Australian Nursing Federation (Vic Branch) OHS Unit by Thursday, 13 October 2011

THIS WORKSHOP REPLACES THE OCTOBER MEETING

INSG November 2011 Meeting

Date: Tuesday, 15 November 2011
Time: 11.00am – 12.30pm
Location: 3rd Floor Boardroom, ANF House, 540 Elizabeth Street, Melbourne

Postal address: ANF (Vic Branch) Box 12600 A'Beckett Street PO, MELBOURNE VIC 8006
SUPPORTING INJURED NURSES ♦ PAIN & INJURY MANAGEMENT
♦ RETURN TO WORK PROGRAMS ♦ WORKCOVER ♦ MEDICO-LEGAL ISSUES
♦ RETRAINING/REHABILITATION ♦ INTERPERSONAL PROBLEMS

INSG December 2011 End of Year Function

Date: Tuesday, 20 December 2010
Time: 11.00am
Location: 7th Floor, ANF House, 540 Elizabeth Street, Melbourne
Speaker: Member function

INSG July 2011 Meeting

Sally Deane Financial Adviser, LWR Financial Group convened a discussion group for our 19 July meeting. Sally discussed professional advice and income protection. Mark Dwyer, an Accountant, explained taxation issues. Michelle Gage, from Ryan Carlisle Thomas, discussed compensation for impairment.

INSG August 2011 Meeting

On 16 August we held a members' meeting, with time to discuss members' issues. Peter Moylan, ANF (Vic. Branch), reported on workers' compensation developments.

Nursing and Midwifery Health Program Victoria (NMHPV)

On 6 July I represented the INSG at the launch by the Hon. David Davis, MLC, Minister for Health, of the new title for the Program previously known as the Victorian Nurses Health Program (VNHP). Attached is a leaflet from the NMHPV.

ANF (Vic Branch) Stop Occupational Stress Seminar

On 9 August I attended this Seminar at the ANF (Vic Branch) which provided valuable information and advice on the causes, impacts and prevention of workplace stress.

Speakers included:

- Associate Professor Tony La Montagne, The University of Melbourne
- Andrea Shaw from Shaw Idea
- Peter Moylan from the ANF (Vic Branch)

Bariatric Handling

More than 500 nurses and midwives attended the bariatric manual handling stream at the June ANF Professional Issues Conference. For the first time since ANF adopted its No Lift Policy 13 years ago there will not be a separate ANF No Lifting Conference this year. By incorporating No Lifting into the new Professional Conference ANF achieved its aim of exposing more nurses and midwives to no lifting issues.

INSG Webpage

The INSG Webpage with details of upcoming meetings, the INSG membership application form and contacts for members is at www.anfvic.asn.au/sigs

Contact Annie or Joan

1300 760 602 (Monday to Friday 10.00am – 4.00pm)

This is the number for INSG members. The landline caller cost is the local call cost. Mobile charges depend on the mobile contract

Regards,

Joan



INSG October 2011 Workshop Registration

I would like to register to attend the workshop to be facilitated by Brendan Sharpe on Tuesday, 18 October 2011

Name: _____

Address: _____

Telephone: _____

E-mail: _____

Return by Thursday, 13 October 2011 to:

Yiota Paraskevopoulos
Industrial / Professional Secretary - OHS
Australian Nursing Federation (Victorian Branch)
Box 12600 A'Beckett Street PO
MELBOURNE VIC 8006

OR

Facsimile: 03 9275 9344
E-mail: yparas@anfvic.asn.au