

# POCKET PROGRAM

*40th*  
CRANApplus  
Conference

## Building on 40 Years of Strength

*For a sustainable, skilled  
and safe workforce.*



**10-12**  
October 2023  
Gimuy/Cairns  
*Cairns Convention Centre*

**CRANA**   
improving  
remote  
health

## Major Partners



## 2023 Exhibitor Displays



On behalf of the Board of Directors and the CRANApplus team, welcome to the 40<sup>th</sup> CRANApplus Conference in beautiful Cairns.

As we gather on Gimuy Walubara, Yidinji and Yirrganydji Country, we pay our respect to the traditional custodians and acknowledge Elders past, present and emerging. We hope you can find some time to explore the area, from the hinterland to the reef.

This year's theme is 'Building on 40 years of strength for a sustainable, skilled and safe workforce'. We will be exploring clinical updates, wellbeing practices, leadership capabilities and research findings that have the power to improve remote health; and drawing inspiration from 40 years as a unified workforce to highlight present priorities and plan ahead. We hope that the presentations leave you feeling inspired and equipped to improve remote health.

The remote health workforce is geographically dispersed and covers diverse settings from Indigenous communities to mine sites, but the CRANApplus Conference is always a timely reminder that we share in common many our experiences, joys, and concerns. This week is a unique opportunity to bridge our country's vast distances and recognise our strength and potential as a united professional group, in the spirit of the CRANApplus Conferences that have paved the way to our 40<sup>th</sup>.

Thank you to our many exhibitors and especially to our major partners Flinders University Rural & Remote Health and James Cook University Central Queensland Centre for Rural and Remote Health for making this event possible. Delegates, be sure to check out the many interesting displays this week, including the CRANApplus Wellbeing Lounge and CRANApplus booth, where we will be displaying some interesting photos and documents from CRANApplus' history.

Warm regards,  
The CRANApplus Conference Committee

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CRICOS 00114A

## GENERAL INFORMATION

### Conference Venue

**Cairns Convention Centre**  
Cnr Wharf & Sheridan Street  
Cairns Qld

Pre-conference workshops	M4
Welcome function	Mezzanine Exhibition
Conference	Plenary
Exhibitors	Mezzanine Exhibition
Wellbeing lounge	M4
Gala dinner	Trinity Room

### Registration

Tuesday	08.30 – 19.00
Wednesday	08.00 – 16.15
Thursday	08.00 – 16.00

### Special Requirements

Every effort has been made to ensure delegates with special requirements are catered for. Should you require any assistance please see the Conference Design Team at the Registration Desk.



### Wi-Fi

Complimentary Wi-Fi will be available throughout the conference.

Network	CCC-Convention
Password	Cairns2023



**CONFERENCE  
DESIGN**

Conference Design Pty Ltd  
Level 6/152 Macquarie Street  
Hobart TAS 7000  
Australia  
mail@conferencedesign.com.au  
www.conferencedesign.com.au

## EXHIBITORS

#	ORGANISATION
01	E4 Recruitment
02	James Cook University - Central Queensland Centre for Rural and Remote Health
03	Northern Territory PHN
04	NT Health Nursing And Midwifery
05	Flinders University - Rural and Remote Health
06	Your Nursing Agency Pty Ltd
07	Office Of Rural And Remote Health
08	Defence Force Recruiting
09	Alliance Rural & Remote Health
10	Royal Flying Doctor Service
11	Redstone
12	Central West Hospital and Health Service
13	Downs Nursing Agency
14	Cornerstone Medical Recruitment
15	Torres and Cape Hospital and Health Service
16	Rural Locum Assistance Program
17	AMSANT

#	ORGANISATION
18	Mala'la Health Service Aboriginal Corporation
19	Kimberley Aboriginal Medical Services
20	Nursing and Midwifery Board of Australia
21	Evolve Talent
22	Stryker
23	ANMAC
24	Apunipima Cape York Health Council
25	Healthcare Australia
26	Aged & Community Care Providers Association (ACCPA)
Pod 1	West Australian County Health Services
Pod 2	Nurse & Midwife Support
Pod 3	LiveUp
	CRANaPlus
M4	Wellbeing Lounge
	Registration
	Water stations
	Catering
	Dietary
	Melita Coffee

## EXHIBITOR FLOOR PLAN





Welcome Function

Welcome to the 40<sup>th</sup> CRANAplus Conference! The Welcome Function is your first social opportunity to catch up with your interstate colleagues and sponsors and exhibitors of the conference. Drinks and canapes will be served, and if you are attending the conference on your own, it's a great opportunity to meet new contacts to network with over the upcoming days.



2023 CRANAplus Ruby Gala Dinner

Formally concluding our 2023 Conference is our 40<sup>th</sup> Anniversary Gala evening - an opportunity to 'let your hair down' and enjoy the company of your colleagues before heading back home. This year is extra-special, as we celebrate 40 years of uniting as a workforce. There will be mingling, drinks, and photos followed by CRANAplus awards and acknowledgements before we settle into a three-course meal and socialising. Live music from Tony George Entertainment will round out the evening, with dancing and non-dancing options (including a photo booth) to interact. Rubies are the traditional symbol for a 40-year anniversary, so this year's event has a voluntary 'Ruby' theme. Embrace the theme by wearing red clothing or accessories, or even ruby sparkles if you're feeling fancy!

Date	Tuesday 10 October
Time	18:00 – 20:00
Venue	Mezzanine Exhibition, Cairns Convention Centre
Dress code	Smart Casual

Date	Thursday 12 October
Time	18:30 – 23:00
Venue	Trinity Room, Cairns Convention Centre
Dress code	Cocktail



Australian Government



The Rural Locum Assistance Program (Rural LAP) is funded to provide tailored support to health professionals serving in rural and remote areas. We understand the unique challenges and commitments health professionals face in these areas, and we want to alleviate the burden of taking leave for CPD or a well-deserved break.



REQUEST A LOCUM

How our program benefits you

We connect you with the right locum with no fees or charges. We arrange and cover our locum's travel, accommodation, \$100 per day for meals, and \$150 per working day incentive while on placement. You only pay the locum's hourly wage, super and any applicable taxes.



BECOME A LOCUM

How to Apply

You can request a locum if you are an eligible health or aged care service needing our support, or you can apply to the locum register by scanning the QR codes provided.

For more information call us on:

Health: 1800 RURAL LAP (78725 527)

Aged Care: 1800 861 819



# Making Rural & Remote Health Matter



Discover more  
[cqcrhh.jcu.edu.au](http://cqcrhh.jcu.edu.au)



JCU  
CENTRAL QUEENSLAND  
CENTRE FOR RURAL  
& REMOTE HEALTH

## PROGRAM

**Tuesday 10th October 2023**

### Pre-Conference Day

Registration 08:30 – 19:00

09:00 – 13:00	<p><b>Message Stick Gathering</b></p> <p><i>For registered participants only.</i></p> <p>Led by CRANaplus' Executive Director of First Peoples' Strategies Dallas McKeown and facilitated by Kellie Kerin, participants will craft a message on the meaning of Cultural Safety from their perspective. The message will subsequently be presented during the main program. Indigenous and Non-Indigenous delegates are welcome. Lunch included.</p>
14:30 – 15:30	<p><b>Wellbeing Reset: Mental Health &amp; Wellbeing Session</b></p> <p><i>For registered participants only.</i></p> <p>This interactive session from the CRANaplus Wellbeing team celebrates the rewards of being a remote health worker while acknowledging the difficulty of balancing professional and personal demands. It provides participants the opportunity to check in with themselves and consider steps to promote their wellbeing.</p>
16:00 – 17:00	<p><b>Meditation for Resilience: Mental Health &amp; Wellbeing Session</b></p> <p><i>For registered participants only.</i></p> <p>Meditation can be a powerful tool for maintaining wellbeing as a rural and remote health worker. Give it a go during this complimentary session!</p>
18:00 – 20:00	<p><b>Welcome Function</b></p> <p>We invite you to join our welcome drinks to mingle with colleagues, exhibitors, and sponsors. Drinks and canapes will be served, and if you are attending the conference on your own, it's a great opportunity to meet new contacts to network with over the upcoming days.</p>



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## Wednesday 11th October 2023

**Day 1 – commences at 08:30**

Registration 08:00 – 16:15

08:30	<b>Conference opening</b> Acknowledgment of Country and CEO's Welcome
08:45	<b>Opening address: Professor Alison McMillan PSM</b> <i>Commonwealth Chief Nursing and Midwifery Officer</i>  A registered nurse for over 40 years, Prof. McMillan provides high-level strategic policy advice to the Australian Government and the Executive and staff within the Department of Health and Aged Care on nursing, midwifery, health system reform, health workforce, regulation, and education.
09:20	<b>Keynote speaker: Professor Eddy Strivens</b> <i>Successful ageing in rural and remote Australia – a Far Northern Journey linking research and clinical service delivery</i>  Eddy Strivens is a geriatrician who has worked in FNQ for more than 25 years and an 'accidental' researcher. This presentation will describe the journey from clinical service delivery to research and back again, exploring successful ageing and service delivery for complex frail older Australians living in regional, rural and remote regions in Northern Australia. Models of novel service delivery and evidence of efficacy and transferability will be explored as well as potential future directions. The presentation will also concentrate on specific issues of successful ageing within First Nation communities and that journey with community partners in the Torres Strait and Far North Queensland.
10:25-10:55	<b>Morning tea</b>

# FIND YOUR CALLING IN BEAUTIFUL CAPE YORK

✓ DOCTORS

✓ NURSES

✓ ALLIED HEALTH WORKERS

Make a real difference to the health  
and wellbeing of First Nations people  
living in remote Australia.



our health in our hands

## PROGRAM

10:55



**Keynote speaker: Lesley Salem**

*Improving health of those with chronic disease in rural and remote Australian communities*

Descendant of the Wonnarua Nation, Lesley Salem, is currently working in private practice as a generalist and chronic disease Nurse Practitioner. She will be discussing the evolution of expanding scope of practice for nurses to meet population needs; current scope of practice requirements, legislation, law, restrictions and prejudice; and the need for the healthcare system to centre on the needs of Australian consumers.

11:55

**Abstract 1**

Nurses, midwives and Aboriginal and Torres Strait Islander Health Practitioners partnering in culturally safe, collaborative clinical practice: The development of guidance for nurses and midwives working with Aboriginal and Torres Strait Islander Health Practitioners

*Saz Newbery, Nursing and Midwifery Board of Australia and Margaret McCallum, The Aboriginal and Torres Strait Islander Health Practice Board of Australia*

12:10

**Abstract 2**

Developing a nursing workforce in Tuvalu

*Julie Kirk, Office of the Chief Nursing Officer Department of Nursing, Ministry of Health Social Welfare and Gender Affairs – Tuvalu*

12:35-13:20

**Lunch**

13:20

**National Nursing Workforce Strategy Consultation**

*Karrie Long & Lucy Firth, Department of Health and Aged Care*

The Commonwealth, in partnership with Victoria and in collaboration with all jurisdictions, is developing Australia's first National Nursing Workforce Strategy. In order to develop the Strategy, the Department of Health and Aged Care is consulting to capture viewpoints on nursing workforce issues from a wide variety of stakeholders.



14:15	<p><b>Abstract 3</b> Growing our own – Developing leaders in a remote hospital <i>John Wright &amp; Julie Brown, NT Health</i></p>
14:30	<p><b>Abstract 4</b> Tools to help you support Dementia education and care for Aboriginal and Torres Strait Islander peoples <i>Diane Cadet James, James Cook University</i></p>
15:00-15:30	<p><b>Afternoon tea</b></p>
15:30	<p><b>Keynote speaker:</b> Adjunct Professor Shelley Nowlan <i>Deputy National Rural Health Commissioner – Nursing and Midwifery Australian Government Department of Health and Aged Care</i></p> <div></div> <p>Deputy National Rural Health Commissioner and Chief Nursing and Midwifery Officer for Queensland Health, Shelley Nowlan will be discussing the National Rural &amp; Remote Nursing Generalist Framework and its applications for employees, employers, and educators.</p>
16:05-16:15	<p>Housekeeping &amp; farewell for the day</p>

Stop by the **Wellbeing Lounge (M4)** to relax and recharge, and for the chance to win great prizes.



- Experience a head and neck massage
- Recharge phones and devices
- Sample mindfulness activities
- Learn more about CRANAplus' Wellbeing workshops, resources and the Bush Support Line
- Connect, collaborate and share wellbeing strategies with others
- Meet members from CRANAplus' Mental Health and Wellbeing team
- Take home prizes and giveaways
- Browse or add to our gratitude wall




## Thursday 12th October 2023

### Day 2 – commences at 08:30

Registration 08:00 – 16:00

08:30-08:50	Day Two Opening Housekeeping & Message Stick presentation
08:50	<b>Opening address: Hon Ged Kearney MP, Assistant Minister for Health and Aged Care</b> <i>Introduction to Day 2</i>  <p>Ged Kearney is the Assistant Minister for Health and Aged Care and the Federal Member for Cooper. Ged started her working life as a nurse and rose to become Federal Secretary of the Australian Nursing Federation. From 2010, Ged served as the president of the ACTU. Ged is an advocate for social justice, workers' rights and universal healthcare.</p>
09:15	<b>Keynote speaker: J'Belle Foster</b> <i>Tuberculosis management in the Torres Strait</i>  <p>J'Belle Foster is a Nurse and PhD Scholar with a passion for translational research. In 2014, she moved to the Torres Strait to work on a Federally funded cross-border Torres Strait / Papua New Guinea (PNG) TB project and subsequently established the Torres and Cape TB Control Unit. She will discuss making research-led changes to local policy to improve patient outcomes, diagnostics, collaboration, and disease management.</p>
10:10-10:40	<b>Morning tea</b>
10:40	<b>Keynote Speaker: Alison Weatherstone</b> <i>Rural and Remote Midwifery care</i>  <p>Chief Midwife at the Australian College of Midwives, Alison has lived experience across WA, Vic, Qld and Kenya. She is drawn to rural and remote midwifery and has a keen interest in access to safe woman- and family-centred maternity care, midwifery leadership, breech birth, and global maternal health. Alison has</p>

played key roles in the implementation, review and sustainability of Midwifery Group Practices across Far North Qld.

11:40	<b>Keynote Speaker: Michelle Taylor</b> <i>Leadership, rural and remote retention – new ways to self care</i>  <p>Michelle Taylor is a former critical-care nurse turned psychologist and leadership coach. She has worked in remote communities where healthcare pressures are intense. As a corporate trainer, she has run workshops at all levels of government and helped clinical team leaders to get the best performance from themselves and their teams. In this session she will discuss anti-fragility (the new resilience), how to manage your energy, and mental boundaries for taking work home even if you live and work in a community.</p>
12:35-13:20	<b>Lunch</b>
13:20	<b>Abstract 5</b> <b>Aboriginal Community Controlled Health Service (ACCHS)</b> <b>model of care in action</b> <i>Natasha Hegarty &amp; Danielle Thorne, Kimberley Aboriginal Medical Services</i>
13:40	<b>Abstract 6</b> <b>Sepsis management best practice in remote settings; a case for sepsis kits and cake tins</b> <i>Debbie Glover, NT Health Central Region Primary and Public Health Care</i>
13:55	<b>Abstract 7</b> <b>Improving access to allergy care</b> <i>Heather Roberts, National Allergy Council</i>
14:10	<b>Abstract 8</b> <b>Training remote practitioners in handheld single view echocardiography</b> <i>Dr Alice Mitchell, Menzies School of Health Research</i>



**Right care**



**Right time**



**Right health  
professional**



**Right place**

## PROGRAM


15:00-15:30	<b>Afternoon tea</b>
15:30	<p><b>Conference closing session: Building upon 40 years of Strength</b></p> <p><b><i>Sabina Knight – From 1983 to 2023: 40 years of CRANaplus</i></b></p> <p>CRANaplus Fellow Professor Sabina Knight AM is a career-long Member, former Vice President and President of CRANaplus, and the Director of the newly established JCU Central Queensland Centre for Rural and Remote Health in Emerald. Sabina will reflect on 40 years of CRANaplus, its evolving role as a peak professional body and its major achievements.</p> <p><b><i>Michelle Appo – The next 40 years in the remote health sector</i></b></p> <p>Michelle Appo is a Clinical Nurse and Outreach Coordinator in FNQ. Michelle's involvement in the CRANaplus Remote Area Nursing Pathway Program and Nursing and Midwifery Roundtable has laid a strong foundation for a transition to remote health that will enable her, as a First Nations RN, to strongly advocate for Aboriginal and Torres Strait Islander health.</p>
15:55-16:05	<b>Housekeeping &amp; farewell</b>
18:30 – 23:00	<p><b>Ruby Gala Dinner</b></p> <p>Join us at the 40<sup>th</sup> CRANaplus Conference Ruby Gala Dinner. The dinner is your chance to celebrate and catch-up with colleagues and friends, new and old, as we announce award winners, enjoy a three-course meal and drinks, and celebrate with live music from Tony George Entertainment. Rubies are the traditional symbol for a 40-year anniversary, so this year's event has a voluntary 'ruby' theme. Embrace the theme by wearing red clothing or accessories, or even ruby sparkles if you're feeling fancy!</p>



**SCAN** the QR code to learn more about the Shared Care for Allergy project or subscribe to the Shared Care for Allergy Bulletin

Friday 13th October 2023

Post-Conference Learning Opportunity

<div>09:00 – 17:00</div> <div> <b>MONASH</b> University</div> <div>Please note this session will be held at the Pullman, Cairns.</div>	<div>Monash University CPD Training Unit 2: Responding to Sexual Violence in Adults</div> <div><i>CRANApplus endorsed. Only available to participants who have booked in advance.</i></div> <div>This unit focuses on sexual assault consultation. It will equip practitioners with an understanding of the challenges to disclosure; identification, assessment and management of risk; informed consent and capacity to consent; privacy and confidentiality; medical care; forensic principles, documentation and reporting; and referrals.</div>
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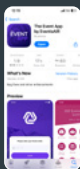


## CRANApplus DELEGATE APP

We encourage you to download our mobile guide to enhance your experience at the CRANApplus 2023 Conference. You'll be able to plan your day with a personalised schedule, take notes, connect with other delegates and browse exhibitors, maps and general conference information.

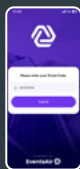


The app is compatible with iPhones, iPads, iPod Touches and Android devices.



### 1. Download

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### 2. Open the App

Open the App and enter the following Event Code when prompted: **2023CRANA**



### 3. Log in

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### 4. Explore!

Start exploring the program, upload your photo, scan QR codes to win prizes and more!

[cranaconference.com](http://cranaconference.com)