

LNAA Life Member

In addition to naming Angela Uhrhane as Lutheran Nurse of the Year, the LNAA Executive marked International Nurses Day this year (12 May) by naming its founding president – **Lynette Wiebusch** – an honorary Life Member. She is the first person to be honoured in this way. She served as president from 1991 to 2001 and guided the infant body onto a sound footing. She is now living in residential care at LHI, Hope Valley, South Australia.

Completing her secondary education at Concordia College in Adelaide, Lynette had to decide whether to accept the Commonwealth scholarship she received and study for an education degree at Adelaide University, or to embark on a nursing career. She chose nursing, believing it to be more portable. Later events validated her choice.

Lynette trained at the Royal Adelaide Hospital, graduating third in the State, with a gold medal in 1962. A couple of months later she was married and joined her pastor-husband in Perth, WA. Her leadership qualities soon surfaced, and she became the first woman to chair the congregation's women's fellowship. Her daughter was born in Perth, and her son in Geelong, Victoria, when her husband accepted a position in a suburban parish there several years later.

From Geelong they moved to Wellington, New Zealand, where Lynette returned to the work force, initially as Assistant to the Personnel Manager at a large city department store. With the nursing profession facing an acute staff shortage, she did a short orientation course, was registered in New Zealand, and started work at the Wellington hospital, a few blocks from where they lived.

When her husband became President of the NZ Lutheran Church, and they moved to Palmerston North, she worked, first at the Palmerston North hospital, then at the *Awapuni* aged-care facility. While in New Zealand she also served as the elected national president of Lutheran Women of New Zealand for 10 years.

On returning to Adelaide in 1986, she served as Hostel Supervisor at the Fullarton Lutheran home for several years, then at the Nurses Specialising Bureau, and finally at the Acacia Court aged care complex in the Adelaide Hills.

While at Mt Barker, Lynette became aware of an emerging nursing practice known as Parish Nursing (now Pastoral Care Nursing). She was appointed – the first Parish Nurse in the Lutheran Church of Australia (LCA) – and received a scholarship that enabled her to learn more about this nursing ministry in the United States.

When Australian Lutheran College introduced a Graduate Diploma for Parish Nurses, Lynette was one of the first three graduates. In 2001 she received



the National Health and Medical Research Council's International Year of Volunteers SA Award for health education and promotion.

As the LCA's national Coordinator for Parish Nursing, Lynette travelled widely around Australia, introducing congregations, pastors' conferences and church conventions to the role of Parish Nurse.

She was a founding board member of the Australian Faith Community Nurses Association, and its chair for three years. She was also a founding board member of the global network, Lutheran Parish Nurses International, and represented Australia at various Parish Nurse conferences and study tours in the United States, Finland and New Zealand.

With her husband, she co-authored a short introductory course for Parish Nurses, which they presented in a number of locations in Australia, and also in Papua New Guinea. This course is now available by Distance Education – also internationally – and this version has been adopted by the Parish Nursing Council of the Lutheran Church Missouri Synod in the United States.

From the President

By now we're all very aware of the impact Covid-19 has had on our daily activities and our economic situation. Whether it's facing the hardship of not getting shifts we're accustomed to working, or having to work from home, missing catch-ups with friends and family, not being able to see elderly family members or have a nice meal out, missing our footy, our Lutheran Nurses meetings and a sense of normal. It has also affected the way our acute and community health-care sites have to treat and accommodate their patients and residents.

I thought it might be interesting to show how Covid-19 has affected the running of the cardiovascular investigation suite (CVIS) and the Lyell McEwin Hospital.

With the changes to elective surgery, it was decided that only Cat 1 coronary angiograms, Permanent Pacemaker and Defibrillator implants, and systematic cardioversions would continue as elective procedures. All patients were screened using, *SAHealth* criteria including the presence of fever, current acute respiratory infection, anosmia, hyposmia, and any recent been test for Covid-19. To be suspected positive, patients had to have any one of these, recent close contact with a suspected/positive case, recent international or inter-state travel, or being from high risk areas (areas of known clusters), aboriginal or rural and remote communities or any healthcare worker.

Challenges faced were the essential workers with interstate travel, including truckies and emergency workers. These people, while able to conduct their business legally, were still within the high-risk category, and had to be treated accordingly. So, the use of screening tools for early identification was essential to ensure all protective measures were initiated.

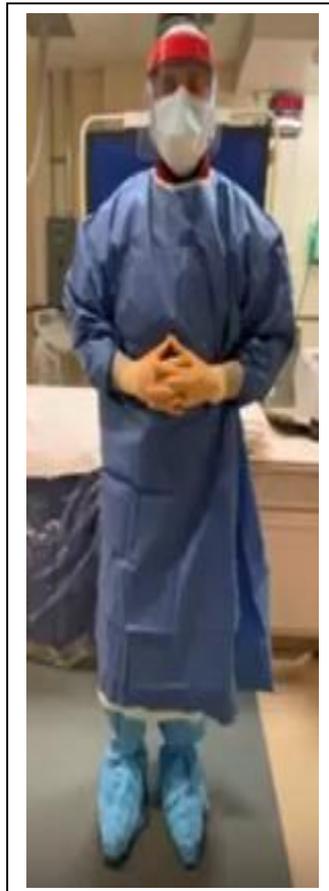
The Lyell McEwin Hospital decided early on to adopt most of the precautions and donning/doffing of additional PPE devised from the Italians, who faced losses of their own staff due to early infection in the pandemic. Learning from experience the need to have a dedicated lab that could be changed from positive to neutral pressure was very important. Steps for additional PPE with dedicated donning/doffing areas were identified, posters put up and interactive training provided to all staff. Bud-dies were required to ensure

donning/doffing was carried out according to protocol: only essential staff to be in the lab, with all documentation done outside the lab. Pre-identified equipment only is to be in the lab, with all machinery covered with plastic covers. Doors must remain shut during procedures, which must be kept as short as possible. After the case, the receiving ward/ICU nurse is to attend in full PPE, receive handover, and transport the patient to their destination, co-ordinating the closure of the corridor to be used. The CVIS staff is to tidy, doff PPE and shower. The lab then sits for an hour, so aerosols can settle, before a terminal clean.

The donning outfit includes head bonnet, eye protection, face shield, N95 mask, protective collar, lead, yellow gown, 1st sterile glove, sterile gown, 2nd sterile glove, shoe covers. It is very hot under all this PPE, which constrains movement, requiring purposeful and thought-through processes for simple tasks.

Changes to procedures were also made to include not using any medication or treatments that use additional aerosols. This includes nebulisers, non-invasive CPAP and BIPAP. Changes to resuscitation and advanced life support include no active feeling or listening for breath, and no bag and mask unless used by two people to ensure seal. And to shock, if appropriate, before commencing CPR in the hope that a normal sinus rhythm may be established negating the need for CPR.

This is just a condensed version of the changes and challenges facing our acute healthcare workers. Whether in a hospital, community health setting, aged care facility or GP's office, there has been thought-through change implemented due to Covid-19.



Megan Materne

Facts about Florence



Statue behind the Crimean War Memorial, Waterloo Place, London

She founded England's first nurses' training school in 1860.

It was located at St Thomas Hospital, across the Thames from the Houses of Parliament in London, and was funded by donations and a sizable gift from the British government for her service in Crimea.

She educated 'America's first trained nurse'.

Linda Richards (1841-1930) attended the Nightingale School of Nursing in London. Florence personally helped train her.

She introduced new approaches to the emotional and psychological side of patient care.

In the Crimea, she and her team of nurses helped injured soldiers write letters home.

She was the first woman to be inducted into the Order of Merit.

This British honour was created by King Edward VII in 1902 to recognise individuals who had rendered exceptionally meritorious services towards the advancement of the Arts, Learning, Literature, and Science. The award was conferred on her in 1907, when she was aged 88. The next woman to be awarded this honour was biochemist Dorothy Hodgkin, in 1965.

She influenced medical and scientific improvement in India.

As British control of the subcontinent expanded, she was pressed into duty to develop a series of surveys that were sent to military installations and hospitals, leading to medical and scientific improvements for both soldiers and civilians across the country.

She was a prodigious and versatile writer.

In her lifetime, much of her published work was concerned with spreading medical knowledge. Some of her tracts were written in simple English so that they could easily be understood by those with poor literary skills. Much of her writing, including her extensive work on religion and mysticism, was only published posthumously. Her writings sparked worldwide health care reform.

While at Scutari, she contracted 'Crimean fever', and never fully recovered.

By the time she was 38 years old, she was home-bound and bedridden, and remained so for the rest of her life.

Applications invited



The NMBA's state and territory boards are delegated to make registration and notification decisions about nurses and midwives.

Applications are now sought from registered nurses, enrolled nurses and midwives to fill multiple practitioner member and chair vacancies arising in the following jurisdictions:

- Australian Capital Territory – 3 practitioner members and Chair
- Northern Territory – 1 practitioner member

- Victoria – multiple practitioner members
- South Australia – 3 practitioner members and Chair

More information about the roles, eligibility requirements and application process can be found in the information documents and online application form available on the [Board member recruitment](#) page on the Ahpra website.

Applications close at **5.00pm AEST, Friday 26 June 2020.**

Lutheran Nurse of the Year presentation

With worship services still banned, Wendy Rocks, Managing Director at Lutheran Aged Care Albury (LACA), arranged a small ceremony with a few staff in attendance to present Angela Uhrhane with her Lutheran Nurse of the Year certificate and gift. LACA's food services produced a special celebratory cake for the occasion, decorated with stethoscope



Staff at *Tabeel* celebrate nurses day

Former Pastoral Care Nurse, Shirley Klinge, is back serving as a relief chaplain at the *Tabeel* Lutheran aged-care facility in Laidley, Queensland, on Tuesday, Thursday and Sunday mornings. While there she participated in a fun-filled celebration of International Nurses Day. She describes the day.

'The day started with us all wearing crazy hats. It was amazing what inventions came up!

'Then in the morning there was a bed-making competition between Registered Nurses and Nursing Assistants. I was asked to judge the bed-making, and was very strict, as an old nurse should be, making sure the corners, etc were just right! It was based on time and accuracy of the bed making. There were six teams to start; then it was down to the two fastest teams and the RNs just pipped the NAs at the post!

For lunch, *Tabeel* arranged packed lunches from the Sorella Café in Forrest Hill for the nursing staff on the three shifts, which was greatly appreciated.

'Then, for the afternoon staff there was a tablet and spoon race using Tic-Tacs. We had teams from the hostel and the nursing home racing against one another. They started with one Tic-Tac, and at each end of the relay had

add one extra "tablet" to the spoon until they had all 15 on their spoon ... or someone dropped theirs!.

'It was a fun-filled day and something to give laughter in the Covid-19 spin of things.'

Realising that it is important to maintain staff morale during this time of extra stress, *Tabeel* followed up its International Nurses Day antics with a crazy socks parade a couple of weeks later. 'Man, did the girls find crazy socks to wear', Shirley said. 'It will be interesting to see what the net crazy idea will be.'

Introduction to Pastoral Care Nursing course

The Covid-19 pandemic has highlighted the valuable role Pastoral Care Nurses around the world are playing.

A 16-module introductory course is now available by Distance Education. It is being offered at a reduced cost that just covers the price of the textbook.

For further information, or a registration form, contact: robert.wiebusch@lca.org.au

Wise words from 90-year-old Regina

Life isn't necessarily fair, but it's always good.

When in doubt, just take the next small step.

Life is too short to waste time hating anybody.

Your job won't take care of you when you're sick. Your friends and family will. Stay in touch.

Pay off your credit cards every month.

You don't have to win every argument. Agree to disagree.

Cry with someone. It's more healing than crying alone.

It's OK to get angry with God. He can take it.

Save for retirement, beginning with your first pay cheque.

When it comes to chocolate, resistance is futile.

Make peace with your past, so it won't screw up the present.

It's OK to let your children see you cry.

Don't compare your life to others. You have no idea what their journey is all about.

If a relationship has to be secret, you shouldn't be in it.

Everything can change in the blink of an eye. But don't worry! God never blinks.

Take a deep breath. It calms the mind.

Get rid of anything that isn't useful, beautiful or joyful.

Whatever doesn't kill you really does make you stronger.

It's never too late to have a happy childhood. But the second one is up to you and no-one else.

When it comes to going after what you love in life, don't take no for an answer.

Over prepare, then go with the flow.

Burn the candles, use the nice sheets, wear the fancy lingerie. Don't save it for a special occasion.

Today is special.

Be eccentric now; don't wait for old age to wear purple.

The most important sex organ is the brain.

No-one is in charge of your happiness but you.

Frame every so-called disaster with the words: 'In five years will this matter?'

Always choose life.

Forgive everyone, everything.

What other people think of you is none of your business.

Time heals almost everything. Give time, time.

However good or bad a situation is, it will change.

Don't take yourself too seriously. No-one else does.

Believe in miracles.

God loves you because of who he is, not because of anything you did or didn't do.

Don't audit life. Show up and make the most of now.

Growing old beats the alternative — dying young.

Your children get only one childhood.

All that really matters in the end is that you are loved.

Get outside every day. Miracles are waiting everywhere.

If we threw all our problems in a pile and saw everyone else's, we'd grab ours back.

Envy is a waste of time. You already have all you need.

No matter how you feel, get up, dress up, and show up.

The best is yet to come.

Program



Venue for regular meetings: LCA/SA District Office, 137 Archer Street, North Adelaide

25 May 7.30pm **Don't rush to crush** – Ela Platos **Cancelled**

27 Jul 7.30pm **Forum: Hate the sin, love the sinner** **Subject to confirmation in next issue**

28 Sep 7.30pm **Eye bank: giving the gift of sight** **Subject to confirmation**

30 Nov 7.30pm **The role of a cancer nurse** **Subject to confirmation**

Visit our Facebook page (@lutherannursesassociationaustralia) for details.

LNAA office bearers

President: Mrs Megan Materne, 48 Saltram Pde, Oakden, SA 5086 ☎ 04 0391 9061

Vice-President: Mrs Diane Proeve, 20 Annesley Ave, Trinity Gardens SA 5068 ☎ 04 7550 9048

Secretary: Mrs Rose Howard, 2 Glen Eyre Crt, Aberfoyle Park SA 5159 ☎ 08 8270 1575

Treasurer: Mrs Vicki Minge, 16 Douglas St, Lockleys, SA 5032 ☎ 08 8352 8819

Extra Members: Mrs Sylvia Hutt, 6 Brook Dr, Aberfoyle Park, SA 5159 ☎ 04 1785 4873

Mrs Lynette Pech, 51 Alabama Ave, Prospect, SA 5082 ☎ 04 1889 2131

Spiritual Counsellor: Rev Chris Gallasch, 1215 Grand Junction Rd, Hope Valley, SA 5090;
☎ 08 8265 8001

IN TOUCH

IN TOUCH is published six times a year. News items, letters, articles, jokes, and suggestions for topics, are welcome. **Editor:** Robert Wiebusch, 200/1215 Grand Junction Rd, Hope Valley, SA 5090. ☎ 08 8336 3936. Email: robert.wiebusch@lca.org.au. Deadline for next issue: **25 June 2020**.

Membership renewal for 2019-20 and 2020-21

Membership renewal for the 2019-20 financial year is overdue. The new financial year starts next month. Kindly return the form below, together with your cheque, to the LNAA Treasurer, Mrs Vicki Minge. Funds can be transferred electronically, using the following information: BSB: **704942** Account number: **155449** Account name: **Lutheran Nurses Association of Australia**. If you transfer funds electronically, please advise the Treasurer. Your name or postcode may be given as a reference. This should be included when notifying the treasurer.

LNAA MEMBERSHIP RENEWAL FORM 2019–2020

NAME: _____ **DATE:** _____

ADDRESS: _____

EMAIL ADDRESS: _____

TELEPHONE: () _____ **NURSING STATUS:** _____

My membership fee of \$25.

I arranged electronic transfer of my membership fee of \$25 on: _____

Reference: _____

In future, please send me electronic copies of *IN TOUCH*

SIGNATURE: _____

LNAA TREASURER: Vicki Minge, 16 Douglas St, Lockleys, SA 5032 pvminge@hotmail.com