



## A message from the President

Dear DANA members,  
The beginning of this year has commenced for me, with a rollercoaster of personal highs and lows, with the loss of family members, the arrival (and pending arrival) of beautiful new lives, and major celebrations and change.

The year 2006 will herald a significant milestone for DANA, by reaching our the 21st Annual General Meeting (see inside)! I hope this meeting will provide opportunity to celebrate DANA's many achievements to date, and the chance to welcome the changes that will assist us to carry DANA forward for another 21 years!

A highlight for DANA will be this year's Conference, featuring a carefully chosen program of keynote speakers and papers. To retain an interactive and practical focus, the Conference also features a number of workshops including the pre-conference workshop on pain and opiate dependence, and the satellite workshops on Motivational Interviewing. To close the Conference, the team have initiated a HOT TOPICS feature, highlighting, well, topical issues currently influencing or affecting work in the ATOD field.

The social program is equally important, with a 70's themes set for the Conference dinner, and of course, the traditional welcome reception. The AGM itself may hold a few surprises! All said, this is a fabulous and packed program, and one not to be missed! Ensure you obtain Early Bird rates by registering before May 12! Many thanks to Chris Stephens, James Mabbutt and Conference Committee for pulling this together and our sponsors and supporters for their assistance!

We are delighted to host Associate Professor Peggy Compton from the School of Nursing at UCLA this year. A/Professor Compton's work includes pain management for opiate

dependent people, and pharmacotherapies. Along with Peter Athanasos and Professor Charlotte deCrespigny, A/ Professor Compton will be conducting the (free for delegates!) pre-conference workshop. Dr Compton will be visiting South Australia for a series of lectures and workshops following the Conference, so look out for a flyer advertising her sessions. She will be hosted by a partnership comprising DANA, FUSA, Adelaide University, University of South Australia and DASSA during her time in SA.

As part of our website/database project, you will be introduced to the new DANA logo (as voted by membership in 2005). We look forward to your feedback on the website and in particular, welcome your contributions on content you believe will be of interest to yourself and others — it is your website, so take the opportunity. I encourage you to do so using the web forum. (See Dave's article for more info.)

In the meantime DANA members have been progressing other key activities, such as providing representation on committees and conferences, writing to the chief nurses, developing MOU's with other organisations to enhance benefits to our members, and facilitating MI workshops (DANA SA). Activities included the 'AOD Education, Training and Development in NSW' project (Tonina and myself), Compulsory treatment of ATOD dependent individuals (Maureen Hanly), negotiations with the Johanna Briggs Institute (Lynette Cusack, Charlotte de Crespigny and myself), and the Development of Governance Standards for Nursing and Midwifery Organisations, for example.

It has been a very busy year for our small but very committed team, so think of them as the AGM approaches. Consider what you can offer the team and our membership in any role, and importantly, what you may gain from a professional and personal perspective from your active participation in DANA.. I look forward to meeting you at the conference!

Cheers, Jodie Shoobridge

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**ADVANCE NOTICE**  
**Applying Advanced Motivational Interviewing to Mental Health Issues**  
 with Denise Ernst,, Phd, Allan Zukoff, Phd and Joel Porter, Phd.  
**Adelaide, November 2006.**  
 Limited places! To reserve your place now contact Janice Ough, Treasurer. Details to be announced in the next issue!

## Reports from Regional Reps



**Please note new  
DANA postal  
address:  
PO Box 5095  
Warrnambool  
VICTORIA 3280**

### WORKSHOPS

*DANA SA will be hosting several workshops this year, including Motivational Interviewing with Dr Joel Porter in May and November, and 'working with people with personality disorders'. Contact Janice Ough, Treasurer for details.*

## DANA NZ - NORTH ISLAND

We have had a very quiet start to the year, having had no meetings so far. Our first one is scheduled for March. We are going through a period of introspection as attendance at meetings fell away through last year and we need to refocus on our purpose.

To that end we are going to have the next meeting doing just that.

I have been encouraging our members to submit abstracts for the conference, which I am hoping to attend (although it is someone else's turn to get paid to go this time.)

DANA is slowly being recognised within CADS Auckland, which is the biggest employer of AOD nurses in NZ and managers often introduce me as the DANA rep.

We are still awaiting a significant pay rise, which has been agreed to and should assist with the recruiting and retaining of nurses in NZ.

Well, that's about it for now.

Regards,  
Brian Neal

## DANA SA

The SA DANA membership continue to meet on a 2 monthly basis to share experiences, information, advice, professional support and friendship

SA DANA has hosted Dr Joel Porter from the Pacific Centre for Motivational Change (NZ) to conduct introductory and advanced workshops on motivational interviewing on several occasions now, the last (February) occurring in partnership with Relationships Australia. All workshops have been very well attended by people from a range of backgrounds. As well as the application of MI to the AOD field, the February workshops had focus on gambling as the targeted behavior for

change.

A small working party for DANA submissions has been formed. The purpose of the working party is to produce draft policy submissions on matters of interest for DANA, which are then forwarded to members of the executive for approval. At present the working party consists of Peter Athanasos, Jodie Shoobridge and Charlotte DeCrespigny and Judy Gonda ( ex SA, now QLD).

DANA SA has been pleased to receive support by Roche pharmaceuticals for the meetings. This has prompted a need for developing a policy on sponsorship, which SA will commence. Presentations by Roche

representative include highlights from the National Nurses Hepatitis Education & National Hepatitis C Scientific Symposium, and a presentation on hepatitis C.

In 2005 SA DANA were again pleased to support the Samaritans Purse Charity by sending 5 shoebox donations of children's gifts overseas.

SA membership continues to recruit and promote DANA at all teaching opportunities, graduate nurse workshops, regional country newsletters and inservice programs.

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## NEWS

### VAADA Conference

#### “Matrix of Diversity: the AOD Sector and Beyond”.

7<sup>th</sup> and 8<sup>th</sup> of February 2006

DANA was represented at VAADA’s well attended conference. The Victorian Alcohol and Drug Association Inc. (VAADA) is a peak organisation, which aims to reduce the harms associated with alcohol and other drug (AOD) use within the Victorian community. The conference had a main theme of discussing partnerships across the health, social and justice sectors. The Minister for Health, the Hon. Bronwyn Pike opened the conference. This was an excellent forum in which to discuss future directions, collaborative practice, research, what works, what doesn’t, and new and innovative delivery of treatment from an indigenous and mainstream perspective.

The conference, through specific keynote speakers and workshops on the first day, represented an understanding that alcohol and substance use does have associated health issues. Alcohol and Drug Acquired Brain Injury, and Dual Diagnosis/mental health were highlighted as key areas whereby interdisciplinary models of practice are vital in providing best treatment outcomes.

DANA was showcased through the dissemination of information about membership, and pens which were contained within the show bags (of which 170 were given out). What was apparent within the conference was the debate and discussion



that occurred by keynote speakers and through workshops, which emphasised how drug and alcohol service systems in Victoria will need to undergo a new direction. How that new direction will look is difficult to determine at this point, but DANA, through its Victorian members, will ensure that members are kept informed.

For further information on the VAADA Conference 2006 please go to the website [www.vaada.org.au](http://www.vaada.org.au) where you can access an overview of papers presented.

Sharyn Amos  
Secretary

### UPDATE: 2006 DANA Conference: ‘Bridging Evidence & Practice’

The Conference is progressing well, with Registration Brochures now posted and online registrations coming in.

Featuring **A/Professor Peggy Compton** from UCLA for her expertise in pain management and drug use; **Dr Richard Matthews**, Justice Health, NSW on the role of prison; **Susan Hill** on

child protection issues; **Dr Joel Porter** (who was a real hit last year) on working with mandated clients and the therapeutic relationship; **A/Professor Greg Dore** on HCV issues, and **Professor Ian Webster**, on the importance of nursing in the AOD field, the program promises to be an exciting two and a half days. Don’t forget the free pre-conference workshop on

**Opioid Tolerance and Management of Acute Pain**, and the satellite (and excellent) **Motivational Interviewing** workshops (reduced rates for conference attendees). And of course brush down your best frocks for Conference dinner—a 70’s event! Some scholarships are available so refer to brochure for details. For further info please contact me on (02) 9515 8653. **Christine Stephens** Conference Chair, 2006



*‘The 2006 Conference will offer participants an opportunity to discuss how evidence is implemented into clinical practice.’*

**UPDATE—  
Affiliations and  
Organisational  
memberships**

*DANA has or is developing affiliate status with a range of nursing, other AOD organisations and peak bodies to benefit our members and others working in the ATOD field.*

*Affiliate status offers our members a range of benefits or privileges that would otherwise only be achieved through full membership of*

### **Alcohol and Drugs Council of Australia (ADCA)**

In April 2006, Australia will celebrate the 21<sup>st</sup> anniversary of harm minimisation as the foundation of drugs policy in our country. Harm minimisation has been the guiding principle behind the National Drug Strategy since 1985. Successive Australian governments at national and state/territory levels have agreed that a balance of supply, demand and harm reduction measures is the best way to reduce the impact of alcohol and other drug use on individuals, families and communities. Australia's harm minimisation model, which underpins the National Drug Strategy, is

recognised internationally for its effectiveness.

The national peak body for the AOD sector in Australia, the Alcohol and other Drugs Council of Australia (ADCA), believes we should celebrate the coming of age of Australia's harm minimisation policy in a distinctive way. As part of the commemorations, ADCA is establishing a "Harm Minimisation Supporter List" on the ADCA website. ADCA has invited leading organisations and key stakeholders in the AOD field to add their names to the list, as a public

expression of support for the principle of harm minimisation in its 21st year.

If you would like to know more about the Harm Minimisation Supporters List, or would like to add your name to the growing list of supporters, please contact ADCA on (02) 6281 0686 or email [Holly.Coates@adca.org.au](mailto:Holly.Coates@adca.org.au)

Regards,

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Chief Executive Officer  
Alcohol & Other Drugs  
Council of Australia  
PO Box 269  
Woden ACT 2606  
Tel: (02) 6281 0686  
Fax: (02) 6281 0995

### **Australian College of Midwives Inc (ACMI)**

DANA has recently been in contact with the Australian College of Midwives. The conversations have included interest in developing closer links between DANA and the ACMI. To this end, we will be

working towards the development of a Memorandum Of Understanding (MOU) with ACMI to enhance the benefits of membership of our respective professional organisations. We have also been

invited to submit articles for the College newsletter (among others), so if anyone is interested in writing some articles on behalf of DANA, please contact Sharyn, our Secretary.

### **Australasian Professional Society on Alcohol and Other Drugs (APSAD)**

DANA has been represented as an ex-officio member of APSAD Council for around ten years, participating in decision making processes and advising on nursing-related issues. In recent years we have reciprocated booths at

our conferences, and at times, have been able to hold nursing streams at APSAD Conferences. While the relationship has certainly been amiable and productive from APSAD's perspective, we have created opportunity to strengthen this relationship and negotiate some

reciprocal benefit for DANA members. A MOU was drafted and recently submitted for consideration at the most recent Council meeting. We hope to bring you news regarding the MOU in later editions of the newsletter.



## Notice of AGM

**The 21st Annual General Meeting of DANA will be held on Thursday, June 22, 2006, at the Four points by Sheraton, Darling Harbour at 4.45 pm.**

Following tradition, the AGM is held following or during a DANA Conference, to enable as many members as possible to participate and become involved in the decision-making process. This includes the election of office bearers.

### Elections

As in recent years, to ensure all members have equal opportunity to

participate in the selection of the management team, we will seek nominations for positions prior to the AGM by post. We hope that all positions will be filled beforehand however, should there be no, or more than one, nomination for a position by the cut off date (TBA) a ballot will be conducted at the meeting.

Please consider becoming involved in DANA, and taking the unique opportunity to develop new, or existing skills. Most positions are due for renewal this year, so opportunities abound!

For further information on the nomination process, please contact Anne Davies, or for specific positions, the current office bearer. Further information will be posted to you in coming weeks.

### Agenda

Please contact our Secretary, Sharyn Amos, regarding any items you wish to include on the agenda prior to May 1, 2006.

### Survival Kits

To assist with role hand over, the team is in the process of developing a 'Survival kit' of all

positions to assist newcomers to their role. In addition, DANA Executive have agreed to fund a brunch on the Saturday morning following the Conference to enable the new committee to meet face to face (a rare opportunity!). Friday night's accommodation for committee members will be covered by DANA so be prepared to enjoy an additional nights stay to meet the team for brunch if you are thinking of joining the team!

I look forward to meeting you at the Conference and welcoming in the 2006-7 Committee!

Jodie Shoobridge

## DANA Website and Member Interactive Forum

The new site gets ever closer to completion. The re-design has occurred and is being tested over coming weeks - it should be live by end of March.

The next step is then the 'Members Only' section which will be launched at the 2006 DANA Conference in June. Mr Darryl Smeaton of the Alcohol Education Rehabilitation Foundation (AERF), who funded the project, will launch the Website. In

the meantime, apologies for the lack of updates on the old site.

New additions to the website include the discussion forum, which has been available now for a number of months. If you'd like to discuss issues with colleagues across the country then please take the time to check the forum, which is located at [www.danaonline.org/phpBB2](http://www.danaonline.org/phpBB2). As a forum lives or dies on the level of contribution, please jump in

and post a message on any topic you are interested in.

In addition, if you would like to contribute to the development of content by providing us with relevant links, resources or information you would like to see included on the website, please drop us an email soon so the website is complete before the Conference.

**David Holloway**  
**Webmaster**

### DANA FORUM

[www.danaonline.org/phpBB2](http://www.danaonline.org/phpBB2)

Topic areas include:

- General discussion
- Regional discussions
- 2006 Conference update

**RESOURCES**

**Information on Methadone & Buprenorphine  
with Dr. Frank McLeod**

A DVD entitled *“Information on Methadone & Buprenorphine with Dr. Frank McLeod”* is available from the Australian College of Rural & Remote Medicine (ACRRM).

This DVD has been developed to address the need for an accessible source of detailed information for non-professionals on Methadone and Buprenorphine treatments for opiate dependence.

Aimed primarily at parents, partners and friends of people engaged in treatment the DVD presents research-based information from an experienced clinician working in Addiction Medicine.

While patients may well find the content informative and helpful the main goal of the DVD is to underline to those

representing the support framework around the patient the long-term nature of addiction and its treatment, emphasising the need for adequate dosage and retention in treatment programs.

Topics include:

- The nature of addiction incl. physiological & psychological aspects
- Heroin - tolerance and withdrawal
- The purpose of treatment programs including the role of counselling
- Actions of Methadone & Buprenorphine (incl. side effects)
- Rules and regulations concerning treatment programs
- Coexisting conditions including pregnancy and hepatitis C

Presented in an informal style using everyday language, this 40 minute DVD has a selectable chapter format to allow viewers to choose

specific information or to view the entire production.

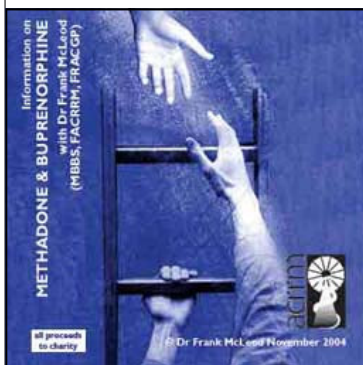
The DVD is available for \$25 (including GST and postage and handling). To order contact ACRRM on 1800 223 226 or download the order form at [www.acrrm.org.au](http://www.acrrm.org.au).

All profits from this resource are donated to the Smith Family.

Regards,  
Craig Carmichael

Professional Development Program Coordinator, Australian College of Rural & Remote Medicine (ACRRM) PO Box 2507 Brisbane, QLD 4001 410 Queen St, Brisbane

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**THE GROG BOOK**

Here is a new resource for all alcohol and other drug workers who have difficulty finding

relevant information regarding indigenous patients who have problems with alcohol.

It may prove to be a useful tool!

Clancy Aimers-McGuinness (Editor)

To order your **FREE** copy of *The Grog Book*, call 1800 020 103 and ask for publications orders on extension 8654 or go to [www.alcohol.gov.au](http://www.alcohol.gov.au)

## National clinical guidelines for the management of drug use during pregnancy, birth and the early development years of the newborn

A landmark project, commissioned by the Ministerial Council on Drug Strategy (MCDS), has resulted in a set of nationally agreed, evidence based clinical guidelines to assist all health care workers who care for pregnant women experiencing drug and alcohol use problems, their children and families.

In many different Australian settings, babies are born to women dependent on opioids, cannabis, alcohol, tobacco and other drugs. Some women also use drugs or alcohol intermittently or binge use.

While accurate data on the extent and nature of problematic drug or alcohol use during pregnancy are difficult to obtain, the serious consequences are well known. These situations present challenges for many drug and alcohol nurses and health care agencies, particularly in regard to providing continuity of care between midwifery and obstetric services and drug and alcohol services; to ensuring the well being of the fetus or infant; and to keeping the woman engaged in care during the antenatal, birthing and postnatal periods.

In order to provide a comprehensive, coherent and consistent framework to support clinical staff, this project systematically reviewed the evidence on the effects of drug use during pregnancy, birth and the child's early years.

An expert workshop then engaged in a facilitated discussion to reach consensus. The outcome is a set of guidelines which addresses issues concerning the antenatal, birthing and postnatal periods, including pain management in labour and the management of neonatal absti-

nence syndrome. The specific drugs covered include not only the licit substances alcohol and tobacco but also the illicit drugs heroin and other opioids, cannabis, amphetamines, cocaine, and unprescribed use of benzodiazepines. Other topics include blood-borne viruses, breastfeeding, and early childhood development.

The guidelines, once drafted, went through an extensive process of consultation, and have now been endorsed by the MCDS, which is made up of Ministers from each State, Territory and the federal government. The project was initiated by the MCDS under a cost shared funding arrangement involving all jurisdictions.

The MCDS endorsement means that each jurisdiction in Australia is supportive of these guidelines as indicating best clinical practice, so nurses may feel confident in using them locally.

This is the first time a set of nationally agreed and evidence based clinical guidelines has been developed to address these issues.

In summary the guidelines recommend that pregnant women with problematic drug or alcohol use would benefit from multidisciplinary midwifery and obstetric care and the following interventions.

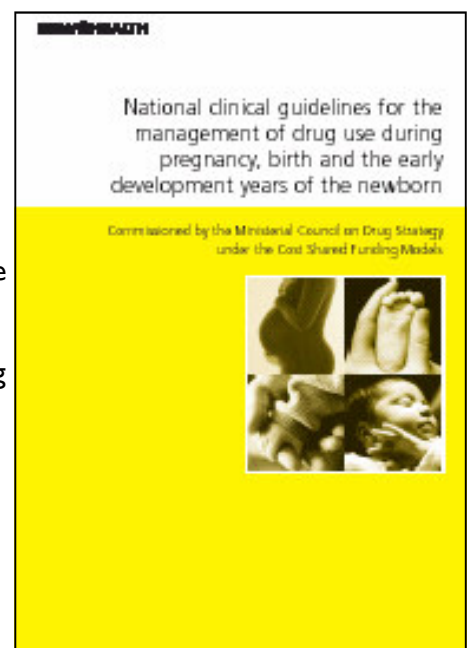
- Appropriate referral e.g. to a drug and alcohol specialist for assessment;
- Appointment of a case manager and care team who remain consistent throughout the pregnancy;
- A range of treatments which may include counselling, pharmacotherapies; and relapse prevention.

The guidelines also make comment on issues including disclosure of D&A use, workforce development, secondary consultation, child protection, client information and partner involvement.

The guidelines will be available from the NDS website, the NSW Health website: [www.health.nsw.gov.au](http://www.health.nsw.gov.au) and websites of other health jurisdictions, and soon, the DANA website. The background papers reviewing the evidence will also be Available soon.

DANA was represented on the Steering Committee of the project by Anne Bartu. A paper describing the project and its outcomes will be presented at the upcoming DANA conference.

Jill Molan,  
Project Leader





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**What is DANA?**

Drug and Alcohol Nurses of Australasia (DANA) is the peak nursing organisation in Australasia providing leadership to nurses and midwives with a professional interest in ATOD issues. We aim for excellence & the ongoing improvement of quality care in nursing in all practice contexts.

To do this effectively, DANA aims to:

- actively promote a legitimate role for nurses and midwives to respond to Alcohol, Tobacco and Other Drug-related issues
- provide opportunity for relevant professional development, education, mentoring & support for all nurses and midwives
- provide consultancy, advice and advocacy to our members, nursing organisations & key stakeholders in relation to ATOD matters
- promote inclusion of ATOD in core undergraduate curriculum, staff development programs and continuing education, and within postgraduate clinical and research degrees
- promote evidence-based practice and research in Alcohol, Tobacco and Other Drug-related interventions, and other key issues.

We currently have Rep vacancies in WA, ACT, Tasmania and NSW.

If you would like more information please contact Tonina Harvey (VP National).

**Your Regional Representatives are**

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**Note from the Editor:**

Thanks all who submitted articles for this quarters newsletter. It certainly has been a busy year for our members, and we are all looking forward to the DANA conference in June.

I hope that all of you have got your early bird registration and are set for another informative and re energising three days! It will be great to catch up with all the friends we made from the last years conference in

Canberra. Please do not hesitate to continue to send me material for the newsletter, and remember to post on the forum!

Clancy Aimers-McGuinness  
Public Officer & Newsletter Editor