



**Continenence Nurses Society Australia Inc (CoNSA)**

Including:

Continenence Nurses Society Australia, New South Wales and Australian Capital Territory Branch Inc

Continenence Nurses Society Australia, Queensland Branch Inc

Continenence Nurses Society Australia, Victorian and Tasmania Branch

Continenence Nurses Society Australia, South Australian, Northern Territory and Western Australian Branch

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Dear CoNSA Member,

Time has flown by this year and I had not realised how long it had been since I last updated you on the activities of CoNSA National. I would like to thank you for the responses we have received from our electronic surveys undertaken at the end last year and the beginning of this year.

The review of the draft CoNSA Practice Standards for Nurse Continenence Specialists is well underway. 165 CoNSA members responded to the validation survey. There is strong support for the Practice Standards. We are currently reviewing the written feedback to further refine the Practice Standards. This will then be presented at the CoNSA Annual General Meeting (AGM) in November this year for endorsement. Joan Ostazskiewicz is leading this phase of the project with the involvement of Liz Watt (who has been central to the Practice Standards development) and myself. Joan and Liz are the co-chairs of the CoNSA Professional Issues and Education Sub-committee.

There were also 133 responses to the CoNSA member profile and workplace issue, and vaginal and rectal examination survey. I am now in the process of writing up a manuscript on this piece of research, so the CoNSA Management Committee can look at addressing the issues raised.

The responses to this survey has lead to the inclusion of a vaginal and rectal examination workshop for nurses at this year Continenence Foundation of Australia (CFA) conference. Vicki Paton, CoNSA Vice President, is chairing the workshop. It will involve a hands-on component examining life models in a supportive environment. I would strongly encourage CoNSA members who would like to increase their confidence or upskill in vaginal and rectal examination to do this workshop. Being skilled in physical examination, including vaginal and rectal examinations, is essential to the Nurse Continenence Specialist role. It is also important for functioning at an advanced practice level and as reflected in the Practice Standards.

You should have all received the flyer regarding the 10 sponsorships to attend this year's CoNSA Dinner and AGM, and the CFA Conference (see attached flyer). Please consider applying for a sponsorship as the CoNSA Dinner is a not to be missed event. This year's CoNSA AGM will hopefully result in a significant achievement with the review of the Practice Standards/Competencies after 17 years.

Independence Australia and Tena are sponsoring the CoNSA Dinner and the 10 conference attendance sponsorships for the further three years. I would like to thank them for the continued support of CoNSA. The CoNSA Dinner is likely to be held on a luxurious cruise boat on Darling Harbour which will be amazing.

CoNSA National and CoNSA members continue to voice our concerns about issues affecting members our clients such as My Aged Care and the National Disability Insurance Scheme. Please contact CoNSA if you have any issues, concerns or ideas on how CoNSA can support its members further and fly the flag for continence nursing in Australia.

Yours sincerely

A handwritten signature in blue ink, appearing to read 'Janie Thompson', with a stylized flourish at the end.

JANIE THOMPSON  
President, CoNSA National