

# DAY SURGE

Newsletter of the Day Surgery Nurses Association - NSW Inc.

**October 2003**

## **President's Message**

Dear Colleagues,

Well its can I say "9 weeks" until Christmas. Where has the year gone?

I haven't got over winter yet!

Let's recap. February we were at the Mater DSU learning about ACL's, April we nearly got to lovely Lidia Perin in Canberra. A little hitch prevented us but we will one day.

June at The San Day Surgery Hornsby with Justin Greenwell and the team.

**September YOUR** conference, "*Expanding the Horizons of day surgery*" had some interesting and varied topics. The speakers that kindly donated their time were may I say outstanding. I felt the venue was a bit "squeezy" so I think we will endeavour to look for something bigger next time. That will be 2005.

I'd like to congratulate all our prize winners from the conference and all the people and companies who donated prizes they were fantastic

November 15<sup>th</sup> of course is at Coffs harbour Campus DSU. Notice we picked a warm month and climate for an end of year rest and fun.

Sue Woolnough the NUM of the DSU has put together a great program on Ophthalmology so I hope members will be able to make their way to Coffs harbour for the weekend.

Next year's education program is already at the planning stage. We have a few possible venues and months so pop these in next year's diary.

We have Manly Public Hospital, Canterbury, RNSH day surgery, Prince of Wales, St Vincents at Lismore and Wagga Base Hospital.

So there will be something for every one.

The months for education next year will possibly be February, April, June, September and November. So we'll keep you posted.

This month while travelling on holidays, dropped in to visit the Day Surgery team at Wagga Base Hospital. It was great to see how other day surgery's work and that we discussed having an education day in Wagga. Meagan, Gisselle and Linda are very enthusiastic and keen to network with other centres. We will send more information as it comes to hand. Particularly members in the southern and Riverina area it should be great.

The response to the recent conference was very positive and a few questions were raised for future topics.

Some of these I think were very relevant to our current practice and the committee and I felt that some were good questions that could be presented to a forum at an education day. Also I thought I could put one in the newsletter and people could write in to me with what their response or current practice is. This forum would be a vehicle in which members could network with each other through the newsletter. So this month I will post the question, you can send in an email or letter in response to the question. These responses would be published in the next newsletter with the question and a new question for discussion.



## **The Question!**

**What standing orders do members use at their facility? And how were they set up?**

Send replies to Ms Jacqueline Hurley at Wollongong Day Surgery, P.O.Box W22, West Wollongong, NSW 2500.

Email: [jhurley@wollongongdaysurgery.com.au](mailto:jhurley@wollongongdaysurgery.com.au).

Lastly I would like to thank the committee for a great conference and welcome the new committee to an exciting 2004.

I would like to thank all our members for your continued support of the Association and to wish you all a safe and healthy Christmas and New Year.

Don't forget the committee and I are here to support you our members.

Jacqueline Hurley President.

## • INTRODUCING YOUR NEW COMMITTEE.

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### • ADSNA Report

The first meeting of the ADSNA committee will be on the 25<sup>th</sup> October in Adelaide.

Jacqueline Hurley and Celia Leary are our NSW state representatives on that committee. Celia is the editor of the very professional journal that all our members receive about 4 times a year. It is a lot of hard work but Celia is certainly very good at what she does. This is the first time Jacqueline has been to an ADSNA committee meeting but I'm sure she will come away with lots to do.

### Recipe

## **Char grilled Prawns with Coriander and Lime.**

**Serves 12**

**Prep time 10 minutes**

**Chilling time 30 minutes**

**Cooking time 5 minutes**

**1/2 cup Coriander leaves, chopped, plus 1 cup leaves extra**

**2 tblsp finely chopped ginger**

**1 garlic clove, finely chopped**

**140mls olive oil**

**80mls (1/3 cup) lime juice**

**1 tsp ground coriander**

**24 large green prawns, shelled & de-veined**

**1/2 tsp sugar**

**60mls (1/4 cup) dry sherry or white wine**

**1 tsp fish sauce**

**24 small bamboo skewers, soaked in water**

Place coriander, ginger, garlic, 1/3 cup olive oil, 1 tblsp lime juice and ground coriander in a food processor and process to a smooth paste.

Place prawns in a bowl and coat with paste. Cover and chill for 30 minutes.

Combine extra coriander, remaining olive oil and lime juice, sugar, sherry and fish sauce in a food processor and process until smooth. Season to taste.

Set dressing aside.

Preheat char grill pan or large frypan on medium heat.

Thread prawns onto bamboo skewers and cook on pan for 3-5 minutes, until cooked through.

Serve drizzled with dressing.



### **• From the Editor**

If you have any articles you would like to share with your colleagues either here or in our national Journal please let one of your committee members know or phone me at work on Ph 02 97257799, Fax 02 97257134  
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### **Web Site**

Don't forget to check out the ADSNA web site for all state updates, contact details and education events. The site is [www.adsna.info](http://www.adsna.info).

Have a look. We try to keep it up to date. Cathy is very diligent.

