

The Irish Practice Nurses Association (Kilkenny Branch) is hosting the 2016 Annual Conference and AGM in the Crown Plaza Hotel, Santry, Dublin 9, on Friday 14<sup>th</sup> & Saturday 16<sup>th</sup> October. The theme is

## Healthy Body, Healthy Mind

**HAVING A HEALTHY MIND  
IS JUST AS IMPORTANT  
AS A HEALTHY BODY**

Practice Nurses are primary health care professionals in key positions within the community who work with a general public that has ever growing and changing needs. It can be difficult at times to keep up with all that is happening in healthcare and so we require the skills to be resilient ourselves and to build resilience in our clients. This year's conference covers both mental and physical aspects of caring for ourselves and providing effective care for and with our clients.

Our speakers this year include a clinical psychologist renowned for his work and public speaking about resilience, a dietician who will inform the audience on the importance of a healthy lifestyle and a speaker who will give her experience of working with people in the community who have chronic health issues. Well renowned speakers from the clinical field will also deliver talks on Hepatology and Haemochromatosis, and Heart Disease. We have also invited a sports personality who will talk about his lived experience with depression

*The Irish Practice Nurses Association (IPNA) is a charitable association and the conference is run in line with Charitable Status Regulations. The function of the conference is to provide a forum for PNs for education in a suitable and organised environment and to provide a forum for the association's AGM*

## **Conference Programme**

### Friday 14<sup>th</sup> October

12 noon	Arrival of delegates, registration and viewing of exhibition stands
13.45	Conference Opening Ms Karen Canning IPNA National Chairperson
14.00	Opening address Minister Simon Harris TD
14.15	Sheila Ryan, Advanced Nurse Practitioner / Dermatology
15.05	Aoife Hearn, Dietician
16.00	Alan Quinlan, Testimonial
17.00	Viewing of exhibitions stands
19.00	Welcome Reception
19.30	IPNA Clinical Award IPNA Contribution to Practice Nursing Award
20.00	Awards Dinner

### Saturday 15<sup>th</sup> October

08.30	Viewing of exhibition stands
09.30	Opening address Chairperson IPNA Kilkenny Branch
09.45	Dr Fergus Heffernan, Psychologist, Resilience
10.45	Noreen Maher, CNS, Hepatitis and Haemochromatosis
11.30	Coffee and viewing of exhibition stands
12.30	Dr Andrew Marry, Cardiologist, Sudden Adult Death
13.15	IPNA Research/ Audit Educational Bursary Award
13.25	Valerie Mangan Branch Loyalty Educational Bursary
13.30	Lunch
14.30	IPNA National AGM
16.00	Conference Closes