

# WFNN NEWS

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## Upcoming Meetings:

11<sup>th</sup> World Congress on Brain Injury March 2 - 4, 2016  
The Hague, Netherlands

World CONy (Controversies in Neurology) Conference  
March 17, 2016  
Lisbon, Portugal

AANN Annual Meeting  
April 21-24, New Orleans, LA. USA



## NOTES FROM THE PRESIDENT – Christi

Your Executive Board is working hard to promote neuroscience nursing worldwide by improving access to outstanding educational resources and the latest information on neuroscience nursing. This year we have held an interim conference in Northern California, updated our website and released a new version of the mobile application "neuroscience nurse" available for free at the app store and google play. Webinars with important content on stroke, Parkinson's disease and epilepsy have been released to the website and app. Providing engaging educational resources are important to us. Please take a look at our new website and send your feedback to us!

### RESEARCH UPDATE

In the recent publication of the *Journal of Cerebral Blood Flow and Metabolism*, researchers demonstrated a link between a highly processed fructose diet and decreased brain recovery post TBI. The researchers hypothesize that the high fructose may interfere with the ability of neurons to communicate, rewire or record new memory after injury. High fructose diets may even disrupt plasticity, paramount in our TBI population as they attempt to recover or need to re-learn daily routines. Though the research remains in the rat model (this is bad news for the rat TBI), it has yet to translate to their human

counter-parts, it speaks to the subtlety and complexity of TBI recovery.

### What did I learn about the brain today?

We all know that the brain uses up 20% of our circulating oxygen at any given time and that the brain is 75% water and 60% fat (yes, 60% fat!). But did you know that your brain uses way more energy dreaming than when you are trying to solve a puzzle? Or that given you recognize your own touch, it is impossible for you to tickle yourself? Or that the brain produces 23 watts of electricity at all times? More fascinating is our sense of smell which allows us to recognize our children, even distant relatives but not our step-children. Scientists think that this scent mechanism is protective so that you don't inadvertently marry a relative!



### WELCOME ITALY AND PHILIPPINES!!

We want to welcome our newest member nations to the WFNN. It's a pleasure to be able to share our passion for quality nursing with our colleagues. This opens new doors for collaboration, learning and expands our network of nurses across the world.



## CLINICAL CORNER – Dawn Tymianski

I, and others, listened with intrigue to a talk given by Johanna from Helsinki who spoke at the recent WFNN conference of their stroke model of practice that has swept the country. Where most countries have struggled to reduce their door-to-needle time (from hospital entrance to anti-thrombolytic treatment) to less than an hour for acute stroke management, Helsinki door-to-needle time is an astounding 17 minutes (there have even been claims to 5). The journey begins in the ambulance which is linked to their receiving hospital-patient information, including vital signs and physical findings, is uploaded on the way. In parallel, and in preparation, the stroke team is called and the CT area is cleared. Upon arrival, blood work and health history is obtained on the way to CT. The CT is done in minutes and the plan of action detailed. Clearly the success is the team communication which provides great and timely patient care.



**GET THE APP!  
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*Free access to important neuroscience nursing quick reference on stroke, TBI, hydrocephalus and more!*



*Get your abstract ready. Save the date for 2017!*

Vicki Evans

Go to [www.wfnn.org](http://www.wfnn.org) for more details.

# NEUROSCIENCE CLINICAL EXCELLENCE

**SEPTEMBER 17 - 21 2017  
OPATIJA • CROATIA**