### Physiotherapy Conference 2013
#### Gerontology

**FRIDAY 18 OCTOBER**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>7.30 onwards</td>
<td><strong>Registration</strong></td>
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<tr>
<td>8.45 – 10.00</td>
<td><strong>Plenary Session 1</strong></td>
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<tr>
<td></td>
<td><strong>Evidence based management of Arthritis</strong></td>
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<tr>
<td></td>
<td>8.45 – 9.00              Welcome - Jan Taylor and Stephanie Fu</td>
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</table>
|            | 9.00 – 10.00             Updating the evidence for management of osteoarthritis & rheumatoid arthritis.  
                            **International Keynote Speaker:** Professor Lucie Brosseau |
|            | **Chair:** Stephanie Fu     **Room:**                                |
| 10.00 - 10.30 | **Morning Tea – Exhibition Hall**                                    |
| 10.30 – 12.30 | **Plenary Session 2**                                                 |
|            | **Key Issues for aging Australia**                                    |
|            | 10.30 – 11.30            The Opportunities and Challenges of Ageing Australia  
                            **National Keynote Speaker:** Professor Hal Kendig |
|            | 11.30 – 12.00            Meeting the imminent challenges in gerontology and physiotherapy  
                            **Invited Speaker:** Terry Haines |
|            | 12.00 – 12.30            The ageing foot and ankle: implications for treatment  
                            **Invited Speaker:** Hylton Menz |
|            | **Chair:** Jan Taylor     **Room:**                                  |
| 12.30 - 1.30 | **Lunch – Exhibition Hall**                                          |
| 1.30 – 3.00  | **Concurrent Session 1**                                              |
|            | **Rehabilitation**                                                    |
|            | 1.30 – 1.45              Additional Saturday rehabilitation improves functional independence and quality of life and reduces length of stay in inpatient rehabilitation  
                            **Speaker:** Casey Peiris |
|            | 1.45 – 2.00              Age did not influence improvement in gait performance among older adults undergoing in-hospital rehabilitation for orthopaedic conditions  
                            **Speaker:** Stephen McPhail |

*Gerontology Program as at 16.9.2013 – subject to change without notification.*
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<th>Time</th>
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<tbody>
<tr>
<td>2.00 - 2.15</td>
<td>Aetiology influences outcomes following lower limb amputation</td>
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<td><strong>Speaker</strong>: Heather Batten</td>
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<tr>
<td>2.15 - 2.30</td>
<td>Gender influence on physical functioning and recovery among older people</td>
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<td><strong>Speaker</strong>: Lynda Woodward</td>
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<tr>
<td>2.30 - 2.45</td>
<td>A case study comparing usual care exercise and brain training exercises</td>
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<tr>
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<td><strong>Speaker</strong>: Anton Harms</td>
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<tr>
<td>2.45 - 2.50</td>
<td>Differences in outcomes for clinical diagnostic groups</td>
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<tr>
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<td><strong>Speaker</strong>: Rachael Williams</td>
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<tr>
<td>2.50 - 2.55</td>
<td>Providing timely home based rehabilitation to improve functional</td>
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<td><strong>Speaker</strong>: Jessica Gale</td>
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**Chair**: Jenny Nitz  
**Room**:  

### Concurrent Session 2

#### Disability Care

See National Neurology Group Program  
*This session is now scheduled for Friday 18th October 3.30pm – 5.15pm.*

#### Workshop - JoP Writing for Publication

Writing Skills Workshop  
**Speaker**: Editorial Board members, Journal of Physiotherapy  
**Chair**: Mark Elkins  
**Room**:  

#### Afternoon Tea – Exhibition Hall

### Plenary Session 3

#### Falls and E Health

3.30 – 4.00  
Falls in people with dementia and cognitive impairment  
**Invited Speaker**: Morag Taylor  

4.00 – 4.30  
Tele-rehabilitation in cardiorespiratory disease - new ways to deliver effective therapies  
**Invited Speaker**: Anne Holland  

4.30 – 5.00  
Tele-health and physiotherapy assessment in the primary care sector  
**Invited Speaker**: Trevor Russell  

**Chair**: Cathie Sherrington  
**Room**:  

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*Gerontology Program as at 16.9.2013 – subject to change without notification.*
5.30 - 7.30  Gerontology cocktail function  
*Venue: Melbourne Convention Centre  
*Please note this is a ticketed event and pre-registration is required.

### SATURDAY 18 OCTOBER

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<thead>
<tr>
<th>6.30 onwards</th>
<th>Registration</th>
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<tbody>
<tr>
<td><strong>Joint Plenary Session (ALL GROUPS)</strong></td>
<td></td>
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</table>

#### Telephysiotherapy

- **8.30 – 8.35**  
  Introduction

- **8.35 – 8.55**  
  Phone based Physiotherapy Consultations  
  **Invited Speaker:** Jill Gamlin and Annette Bishop

- **8.55 – 9.15**  
  Phone based Coaching  
  **Invited Speaker:** Rana Hinman

- **9.15 – 9.35**  
  Video based postoperative rehabilitation  
  **Invited Speaker:** Trevor Russell

- **9.35 – 9.55**  
  When setting up a service, what a Physiotherapist needs to consider from a Clinical Governance perspective  
  **Invited Speaker:** Maureen Robinson, Healthdirect Australia

**Chair:** Ross Iles  
**Room:**

<table>
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<tr>
<th>10.00 - 10.30</th>
<th>Morning Tea – Exhibition Hall</th>
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<td><strong>Joint Plenary Session (ALL GROUPS)</strong></td>
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</table>

#### Current Workforce Reform Projects: Way of the Future

- **10.30 – 11.00**  
  Physiotherapy Workforce Reform  
  **Invited Speaker:** Kath Phillips

- **11.00 – 11.20**  
  Advancing Physiotherapy - where are we now and where to from here?  
  **Speaker:** Paula Harding

- **11.20 – 11.30**  
  TBA  
  **Speaker:**

- **11.30 – 11.45**  
  Creating an active and socially engaged older population  
  **Invited Speaker:** Noeline Brown

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### Journal of Physiotherapy Oration

**11.45 – 12.30**  
Evidence-based practice – a marriage made in heaven  
**Invited Speaker:** Sue Jenkins

**Chair:** Nicki Doyle  
**Room:**

### 12.30 - 1.30

**Lunch – Exhibition Hall**

### Joint Plenary Session (ALL GROUPS)

**Evidence based practice a philosophy not really a practice**

**1.30 – 1.35**  
Sponsor Presentation - HESTA

**1.35 – 2.15**  
**Invited Speaker:** Sally Green

**2.15 – 2.35**  
**Invited Speaker:** Jon Ford

**2.35 – 3.00**  
**Panel:** Sally Green, Jon Ford, and Steve Milanese

**Chair:** Marcus Dripps  
**Room:**

### 3.00 - 3.30

**Afternoon Tea – Exhibition Hall**

### Concurrent Session 3

**Falls Prevention**

**3.30 - 3.45**  
Tailored education for older patients to facilitate engagement in falls prevention strategies after hospital discharge—a pilot randomized controlled trial  
**Speaker:** Anne-Marie Hill

**3.45 - 4.00**  
Falls in the first month following discharge from rehabilitation  
**Speaker:** Catherine Said

**4.00 - 4.15**  
Physiological function modifies the effect of cognitive function on the risk of multiple falls – a population-based study  
**Speaker:** Michele Callisaya

**4.15 - 4.30**  
Increased falls with home exercise for older people after hospital stays: exploration of an unexpected finding from a randomised trial  
**Speaker:** Cathie Sherrington

**4.30-4.45**  
Preparing people at high risk of falls for discharge home following rehabilitation: Do we meet the guidelines?  
**Speaker:** Catherine Said
### 4.45 - 5.00
Home exercise for older people after hospital stays: exploration of intervention dose mobility and falls in a randomised trial
**Speaker:** Cathie Sherrington

**Chair:** Ting Lio  
**Room:**

### Concurrent Session 4

**Combined session with National Sports Group - The Masters Athlete**

**3.30 – 3.50**
Rotator cuff degeneration in the Masters Athlete
**International Keynote Speaker:** Dr Ann Cools

**3.50 – 4.10**
Injuries in Athletes at the Australian Masters Games
**Invited Speaker:** Geoff Thompson

**4.10 – 4.30**
Sports Physiotherapy at the Australian Masters Games
**Invited Speaker:** Pippa Tessman

**4.30 – 4.40**
Consumer Presentation
**Speaker:**

**4.40 – 5.00**
Panel

**Chair:** Shylie Mackintosh  
**Room:**

### 5.00 – 6.00
Honoured Members and College Graduation 2013

### 7.00 – 11.30
Conference Dinner
**Venue:** MCEC  
**Proudly sponsored by SteelBlue**

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### SUNDAY 20 OCTOBER

**7.30 onwards**
**Registration**

**8.00 – 9.00**
**Workshop 1**
Understanding and undertaking research
Panel and discussion session
**Speakers:** Terry Haines, Cathie Sherrington and Ann-Marie Hill

**Chair:** Sze-Ee Soh  
**Room:**

**9.00 – 10.00**
**Concurrent session 5**
Physiotherapy delivery and participation

**9.00 - 9.15**
Evaluation of a physiotherapy service delivered to post-acute community rehabilitation clients through

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<tr>
<th>Time</th>
<th>Session Title</th>
<th>Speaker(s)</th>
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</thead>
<tbody>
<tr>
<td>9.15 - 9.30</td>
<td>Physical activity behaviour in older people living in retirement villages</td>
<td>Frances Moran</td>
</tr>
<tr>
<td>9.30 - 9.45</td>
<td>Factors limiting adherence to a 12-month home exercise intervention as reported by participants and therapists</td>
<td>Catherine Kirkham</td>
</tr>
<tr>
<td>9.45 - 10.00</td>
<td>Physiotherapy provided by carers can improve patient outcomes: a systematic review</td>
<td>Katherine Lawler</td>
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**Chair:** Ileanne Au  
**Room:**

### Concurrent session 6

#### Outcome measures

<table>
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<tr>
<th>Time</th>
<th>Title</th>
<th>Speaker(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>9.00 - 9.15</td>
<td>Intra-rater and inter-rater reliability of ultrasound measures of lateral abdominal and lumbar multifidus muscle thickness in older adults</td>
<td>Anitra Wilson</td>
</tr>
<tr>
<td>9.15 - 9.30</td>
<td>Systematic review of the literature on abdominal and multifidus muscle function, assessment methods and their measurement reliability in older adults</td>
<td>William Cuellar</td>
</tr>
<tr>
<td>9.30 - 9.45</td>
<td>The Berg Balance Scale has high intra- inter-rater reliability, but absolute reliability varies across the scale: a systematic review</td>
<td>Stephen Downs</td>
</tr>
<tr>
<td>9.45 - 10.00</td>
<td>Normal values of the Berg Balance Scale in healthy elderly people: a systematic review</td>
<td>Stephen Downs</td>
</tr>
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</table>

**Chair:** Sarah Tan  
**Room:**

### 10.00 - 10.30

**Morning Tea – Exhibition Hall**

### 10.30 – 11.30

**Workshop - JoP Writing for Publication**

Writing Skills Workshop  
**Speaker:** Editorial Board members, Journal of Physiotherapy

**Chair:** Mark Elkins  
**Room:**

### 10.30 – 12.30

**Concurrent Session 7**

**Aged Care, community and the older person’s perspective**

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<tr>
<th>Time</th>
<th>Title</th>
<th>Speaker(s)</th>
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<tbody>
<tr>
<td>10.30 - 10.45</td>
<td>Does the Aged Care Funding Instrument (ACFI) lead physiotherapy away from evidenced based practice?</td>
<td>Amy Hill</td>
</tr>
</tbody>
</table>
### 10.45 - 11.00
Physiotherapy student clinical placements in the aged care setting: practitioner attitudes and support needs  
**Speaker:** Clint Newstead

### 11.00 - 11.05
Nursing home residents’ preferences and perceptions when engaging in semi-structured activity with student volunteers.  
**Speaker:** Alana Charron

### 11.05 - 11.10
Does physiotherapy (directed towards mobility) improve function in older people with dementia?  
**Speaker:** Shakira Simon

### 11.10 - 11.15
Factors effecting participation rates in chronic disease self-management programmes  
**Speaker:** Allan Abbot

### 11.15 - 11.30
Strategies used to stand up: comparisons between older people with and without dementia  
**Speaker:** Urszula Doleka

### 11.30 - 11.45
Older people’s perspectives on participation in exercise: a systematic review and thematic synthesis of qualitative literature  
**Speaker:** Marcia Franco

### 11.45 - 12.00
Patient-reported decision support software for monitoring global status and functional recovery in a stroke patient from inpatient to home  
**Speaker:** Philip Gabel

### 12.00 - 12.15
Patient perceived readiness for discharge from hospital based rehabilitation to home  
**Speaker:** Sarah Mattin

**Chair:** Rik Dawson **Room:**

### Concurrent session 8

**Balance and functional ability**

### 10.30 - 10.45
Does balance strategy training improve function in people with myasthenia gravis?  
**Speaker:** Katrina Williams

### 10.45 - 11.00
Pilates exercise for improving balance and decreasing falls risk  
**Speaker:** Anna Barker

### 11.00 - 11.05
PRIME: improving the journey to hip and joint arthroplasty for the elderly with co-morbidities and higher risk of complications 5x5  
**Speaker:** Edmund Leahy

### 11.05 - 11.10
Falls trends within physiotherapy: a retrospective analysis  
**Speaker:** Julie Lam
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<tr>
<th>Time</th>
<th>Session</th>
<th>Speaker/Details</th>
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<tbody>
<tr>
<td>11.10 - 11.15</td>
<td>Comparing balance outcomes of adding a home-based exercise program to a group exercise program in Community Therapy Services</td>
<td><strong>Speaker:</strong> Kenneth Koh</td>
</tr>
<tr>
<td>11.15 - 11.30</td>
<td>Health and community services in older adults recently discharged from hospital: utilisation, costs and impact of a home-exercise intervention</td>
<td><strong>Speaker:</strong> Inez Farag</td>
</tr>
<tr>
<td>11.30 - 11.45</td>
<td>Effects of early standing and walking on function, mobility and walk-speed at discharge, for people following surgery for hip fracture</td>
<td><strong>Speaker:</strong> Rebecca Ferrier</td>
</tr>
<tr>
<td>11.45 - 11.50</td>
<td>Developing a discharge predictor tool for fractured neck of femurs</td>
<td><strong>Speaker:</strong> Catherine Senserrick</td>
</tr>
<tr>
<td>11.50 - 11.55</td>
<td>Commitment to prescribed aquatic exercises assisted pain and function in diffuse degenerative condition of peripheral joints and spine</td>
<td><strong>Speaker:</strong> Judith Shepherd</td>
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**Chair:** Anne-Marie Hill  
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<tr>
<td>12.30 – 1.30</td>
<td><strong>College General Meeting</strong></td>
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<tr>
<td>12.30 - 13.30</td>
<td><strong>Lunch – Exhibition Hall</strong></td>
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<tr>
<td>1.30 – 3.00</td>
<td><strong>Plenary Session 4</strong></td>
<td><strong>Arthritis and Dizziness</strong></td>
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<tr>
<td>1.30 – 2.00</td>
<td>The use of the Knowledge-To-Action Cycle model to implement the Ottawa Panel clinical practice guidelines in the management of arthritis.</td>
<td><strong>International Keynote Speaker:</strong> Professor Lucie Brosseau</td>
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<tr>
<td>2.00 – 2.30</td>
<td>Differential diagnosis of dizziness in older</td>
<td><strong>Invited Speaker:</strong> Kate Murray</td>
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<tr>
<td>2.30 – 3.00</td>
<td>Cervicogenic dizziness and sensorimotor problems in older adults</td>
<td><strong>Invited Speaker:</strong> Julia Treleaven</td>
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**Chair:** Nancy Low Choy  
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<td>3.00 – 3.30</td>
<td><strong>Close</strong></td>
<td><strong>Conclusion and awards</strong> - Jan Taylor and Stephanie Fu</td>
</tr>
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<td>3.30 – 4.00</td>
<td><strong>Afternoon Tea – Exhibition Hall</strong></td>
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