

2020 Physiotherapy Symposium

Friday 16th October, 2020

When: Friday 16th October, 2019

Time: 12.30pm – 4.30pm

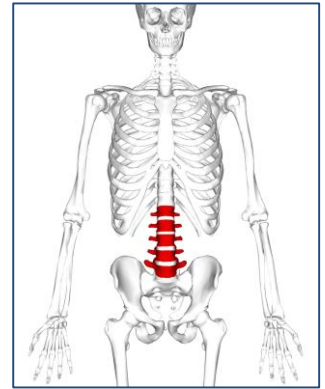
Where: by zoom or Skype for Business

Cost: Free – with thanks for all you do 😊

Registrations ESSENTIAL! Please register here to receive a link to access the Symposium:

<https://uni-sydney.zoom.us/meeting/register/tJElF--orjkiG9MB506X29auxFvbMLVdyQxH>

After registering, you will receive a confirmation email containing information about joining the meeting.



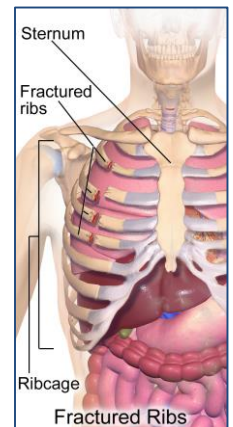
Who should attend: Physiotherapists working in the NNSW LHD and private practices across the Northern Rivers. Physiotherapy students are all welcome to attend.

About the Symposium: The annual Physiotherapy Symposium aims to provide physiotherapists with opportunities to gain valuable professional development. Due to COVID-19 restrictions, this year's Symposium will be presented on-line.



Program includes:

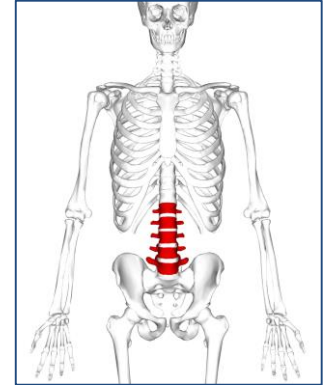
- ✓ Is it an upper extremity problem, lower extremity problem, or the spine? – Mr Peter Schoch, Physiotherapist
- ✓ Serious Pathology of the Lumbar Spine- Mr Mark Cheel, Physiotherapist
- ✓ Frailty, Fatigue and Functional decline – Ms Anne Moehead, Nurse Practitioner
- ✓ COVID-19: transmission and implications for healthcare workers – Dr Sarah Coghill
- ✓ Continuing group rehabilitation sessions despite COVID restrictions – Ms Tiphonie Lloyd, Exercise Physiologist
- ✓ Rib fractures – Dr Hervig Drobetz
- ✓ CPAP and proning in the age of COVID
- Dr Joe Churton, respiratory and sleep physician



This Symposium is being co-organised by the NNSW LHD, and the University Centre for Rural Health. Please email larisa.barnes@sydney.edu.au for more information.

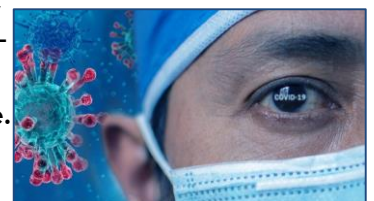
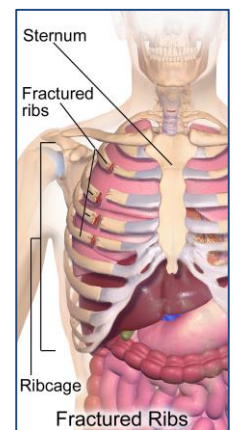
2020 Physiotherapy Symposium – Speaker information

Mark Cheel Graduated from Latrobe University, Melbourne in 1997 with a Bachelor of Applied Science (Physiotherapy). Since graduating, Mark has gained diverse musculoskeletal experience through both the public and private health sectors, and has also spent time working in the UK. Mark is currently a Senior Clinician Physiotherapist (Orthopaedics) at Barwon Health, Geelong and works in a primary contact role in the Emergency Department, Orthopaedic and Physiotherapy Specialist Clinics. He is an Associate Clinical Lecturer / Tutor with Deakin University School of Medicine. Mark also works 2 days a week in Private practice in Geelong. He is a member of the APA, including the Emergency Department network. He has also completed level 1 and 2 Acupuncture through the APA. Mark credentialed in Mechanical Diagnosis and Therapy (McKenzie Method) in 2011 and completed the MDT Diploma Training Program in 2013. In 2017 he was accepted as Teaching Faculty for McKenzie Institute Australia where he now teaches MDT short courses and is a supervisor for both the Theoretical and Clinical components of the MDT Post Graduate Diploma program. One of Mark's special interests is clinical education and he has been actively involved in supervising Undergraduate and Post Graduate physiotherapy students for 18 years.



Peter Schoch, BPhysio(Hons), DipMDT, DipBus, DipMgmt, APAM

Peter qualified as a Physiotherapist at the University of Melbourne in 1995. He also holds a post graduate Diploma in The McKenzie Method of Mechanical Diagnosis & Therapy, to go with his Diplomas in Business and Management. Peter has worked in both the public and private sectors in Australia and the UK. He currently works as the Physiotherapy Outpatient Coordinator & Advanced Practice Clinical Lead at Barwon Health, Geelong; where he has also collaborated on numerous research projects and publications related to musculoskeletal epidemiology and health system reform. Peter has been actively involved in undergraduate and post-graduate education since qualifying as a physio. He is one of three teaching Faculty of the McKenzie Institute Australia, a Diploma Educator for the McKenzie Institute International and an Associate Clinical Lecturer with the Deakin University School of Medicine. He is passionate about helping students and clinicians develop their clinical reasoning and communication skills, so they can deliver high value care and empower their patients to self-manage. In his spare time and when COVID19 restrictions in Victoria allow, he enjoys surfing, bike riding and sampling good food and wine. An reference for Peter's presentation can be found here: EXPOSS Study Abstract / PDF: <https://www.semanticscholar.org/paper/A-study-exploring-the-prevalence-of-Extremity-Pain-Rosedale-Rastogi/29069bb7960a8673f5b8414a44ac46eea79dfa75>



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Ms Anne Moehead is a Nurse Practitioner, specializing in Psychogeriatrics / Dementia. Anne works in the Northern NSW Local Health District and has provided expert training on care of the confused hospitalized older person, participated in falls prevention forums and dementia research.

Ms Tiphonie Lloyd is an Accredited Exercise Physiologist who works in Cardiac and Respiratory Rehabilitation in the Northern NSW Local Health District. The cardiac and respiratory rehabilitation team in Lismore regularly coordinate effective face to face group sessions. However, when COVID19 struck, face-to-face group sessions stopped. The team turned its attention to telehealth as a means of continuing this vital service. Modifications were implemented to suit the virtual model of care with most patients embracing the new virtual service.

Dr Herwig Drobotz is an Orthopaedic Trauma Surgeon and Director of Trauma Services at Lismore Base Hospital. Herwig originally trained in Austria, but moved to Australia in 2004 and has worked here ever since. Herwig also holds a conjoint Senior Lecturer position at the University of Newcastle's School of Medicine and Public Health. Herwig will present on rib fractures at this year's Physiotherapy Symposium.

Dr Joe Churton is a respiratory and sleep physician. Joe worked as a Consultant Respiratory and Sleep Physician at the Princess Alexandra Hospital, dealing with a wide range of respiratory and sleep disorders, including COPD, interstitial lung disease, bronchiectasis, asthma, pneumonia and other pulmonary infections. His time at the Princess Alexandra Hospital has led to exposure to complicated sleep disorders including Obstructive sleep apnoea, Obesity hypoventilation syndrome, narcolepsy and sleep disorders associated with muscular weakness. Joe will present on 'CPAP and proning in the age of COVID' at this year's Physiotherapy Symposium.

Dr Sarah Coghill is an Infectious Diseases Physician working at Lismore Base Hospital and providing an infectious diseases service to the Northern Rivers area of New South Wales. Sarah is passionate about the provision of high quality infectious diseases advice and support for regional Australia and is involved in all aspects of infectious diseases work including inpatient and outpatient consultation services, infection prevention and control, antimicrobial stewardship and providing training and teaching for junior medical staff. Sarah grew up in Melbourne and undertook training in infectious diseases in both Victoria and Queensland.

