

# BETTER TOGETHER

Enhancing connections between  
occupational health professionals

The Australian & New Zealand Society of Occupational Medicine

**Annual Scientific Meeting 2017**  
**FREMANTLE, WA**

**20th - 23rd August, 2017**

(plus a pre-conference visit to Rottnest Island 19th to 20th August 2017)



**ANZSOM**

The Australian and New Zealand Society  
of Occupational Medicine inc

[www.anzsom.org.au](http://www.anzsom.org.au)

The Australian and New Zealand Society of Occupational Medicine (ANZSOM) is pleased to announce the 2017 Annual Scientific Meeting to be held at the Esplanade Hotel Fremantle, Western Australia. Conducted over three days and providing a diverse range of topics and learning formats, the conference is a key educational and networking event for health professionals working in the field of occupational medicine and workplace health.

The ANZSOM conference is well regarded as a practical 'hands on' meeting, and this year's event is no exception, drawing on numerous local industries and experts to provide a balance of theory and practical application. The conference will continue to address the needs of the diverse range of professionals in this field including medical and nursing professionals.



**Join us at the Esplanade Hotel Fremantle**

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# ASM 2017 PROGRAM

## Rottnest Island Pre-Conference

### SATURDAY 19 August

There is no fixed program for Saturday. Delegates and guests are invited to make their own arrangements as per the guidance provided on the website.

### SUNDAY 20 August

9.30am –  
12.00pm

#### Site visit - Rottnest Island Authority facilities

This technical visit is included in the full delegate registration

Other activities to be arranged by delegates.



## Main Conference – Esplanade Hotel Fremantle

### SUNDAY 20 August

4.00pm –  
6.00pm

**ANZSOM General Council Meeting**

5.30pm –  
9.00pm

**Registration**

*WA Maritime Museum*

6.30pm –  
9.00pm

**Welcome Reception - WA Maritime Museum  
(included in full registration)**

*Perched on the Indian Ocean's shore, the WA Maritime Museum is symbolic of Fremantle's past, present and future as a coastal city and port. The Welcome Reception will provide an opportunity to catch up with colleagues in a relaxed atmosphere, enjoying local wines and great food.*



# ASM 2017 PROGRAM

## DAY 1 - MONDAY 21 August

From 8.00am	<b>REGISTRATION</b>
8.30am	<b>Welcome address</b> <i>Professor Carmen Lawrence, Professorial Fellow School of Psychological Science, University of Western Australia, Former Premier of Western Australia</i>
<b>SESSION THEME: Better Together</b>	
9.05am	<b>KEYNOTE ADDRESS</b> <b>Impacting the future – the value of occupational health</b> <i>Associate Professor Peter Connaughton, Occupational and Environmental Physician and President of AFOEM</i>  As context to this diverse meeting, Peter's presentation will lead us to reflect on current occupational health strategies and practice in relation to international benchmarks and trends, and be challenged and inspired to focus on future opportunities for occupational health.
9.50am	<b>Better together - New perceptions and red flags for managing hand and wrist conditions</b> <i>Mr Jeff Ecker, Orthopaedic surgeon, Director Hand and Upper Limb Centre</i>  Renowned surgeon and innovator, Jeff Ecker will alert us to injuries and conditions of the hand and wrist that are frequently missed or not known. The session will highlight the options to treat or not treat, including when surgery is indicated. New and cool will meet old and reliable in this fascinating presentation, which will provide for plenty of discussion.
10.30am	<b>MORNING TEA</b>
11.00am	<b>Better together: Joining research teams and medical specialists</b> <i>Professor Ming Hao Zheng, Winthrop Professor, Associate Dean (International) The University of Western Australia</i> <i>Associate Professor Gerard Hardisty, Orthopaedic Surgeon</i> <i>Dr Arjun Rao, Sports Medicine Physician</i>  Collaboration between researchers and clinicians is key to achieving successful translation of innovations into practice. In this session we will hear about exciting new technologies supporting the regeneration of tendon and cartilage, and the repair of soft tissue injuries. We will also hear how these technologies are applied in practice for sport and work-related injuries and how this is facilitated by collaborative relationships.
12.30pm	<b>LUNCH</b>



# ASM 2017 PROGRAM

## Day 1 - MONDAY 21 August (continued)

Parallel sessions (from 1.30pm) Mental Health First Aid and CPR sessions are pre-booked with registration. Interest in attending site visits should be indicated on registration and will be allocated at the conference.

### Site Visits 1.30 – 4.30pm

#### **Austal Ships- The Australian Shipbuilder**

Austal is a major defence contractor and maritime technology provider, involved in designing, constructing and supporting revolutionary defence systems and commercial vessels for the world's leading operators.

This is an opportunity for delegates to consider the occupational health issues for this unique workplace.

#### **Evolution Commercial**

Evolution Commercial and Echo Yachts operate from modern, purpose-built waterfront facilities within the Australian Marine Complex in Henderson, Western Australia. A flexible, multi-disciplinary workforce ensures Evolution Commercial has in-house capability across all core skill areas. They presently have under construction the largest tri hull aluminium superyacht in the world and delegates will be able to view the vessel while hearing about the diverse occupational health considerations for the business.

#### **Fiona Stanley Hospital**

As well as delivering comprehensive clinical services, Fiona Stanley Hospital is a leader in research and education. The organisation also boasts the most advanced medical equipment and state-of-the-art information and communications technology.

The site visit will be hosted by the OHS and Injury Management Department and will introduce the delegates to the public health industry and assessing risks for health workers.

#### **Orthocell**

Orthocell is a leading regenerative medicine company, dedicated to providing innovative treatments for people suffering from tendon, cartilage and soft tissue injuries.

The site visit will provide a unique opportunity to learn about the growth of autologous tissue and will include a tour of the GMP accredited laboratory.

#### **Wesfarmers Chemicals, Energy & Fertilisers**

Wesfarmers Chemicals, Energy & Fertilisers (WesCEF) operates chemical, energy and fertiliser businesses that service a range of sectors in both domestic and international markets.

The WesCEF Safety & Health Manager will be the host for the visit and support the group learning about the business and how it interacts with occupational hygiene, health and medicine.

### Mental Health First Aid 1.30 – 6.00pm (pre-booked)



Facilitator: **Bronwyn Milkins**

The Blended Mental Health First Aid Course is a combination of online (eLearning) and a half day of face-to-face training.

The online pre-learning aspect takes approximately 3-4 hours and should be completed before attending the conference but within 3 months of the

session. Content will include mental health problems, mental health crises and provision of initial assistance to an adult developing a mental health problem or in a mental health crisis.

The face-to-face workshop will provide an opportunity to apply this knowledge and skills to specific scenarios.

Participants then complete a short online assessment in order to receive a Mental Health First Aider Certificate of Accreditation which is valid for 3 years. Accredited Mental Health First Aiders are eligible to be appointed as Mental Health First Aid Officers in the workplace.

### CPR Update 1.30pm – 3.30pm (pre-booked)

The CPR update is a popular feature of the ASM, providing delegates with an opportunity to meet their certification requirements.

This year we have secured the services of Premium Health, who will conduct the 2 hour course encompassing face-to-face training and assessment.

In line with the specifications for HLTAID001 Provide cardiopulmonary resuscitation, the course will cover:

- Response to an emergency situation
- Performance of CPR procedures
- Communication of details of the incident



### 6.30pm – Fremantle Prison Torchlight Tour

8.45pm

Fremantle Prison was built as a convict barracks in the 19th century and remained in continual use until 1991. The Prison was a place of hangings, floggings, dramatic convict escapes and prisoner riots. Inmates included imperial convicts, colonial prisoners, enemy aliens, prisoners of war and maximum-security detainees. Join the Guides in the dark as they entertain you with sordid and ghastly stories. Be warned - this tour is not for the faint hearted.

# ASM 2017 PROGRAM

## DAY 2 - TUESDAY 22 August

### SESSION THEME – Environmental issues and management

#### 8.00am Occupational travel - a team based approach

*Dr Peter Burke, Travel Medicine Specialist*

With the interests of the employee, employer and other stakeholders to consider, occupational travel presents a number of complex issues for the advising occupational health professional. Dr Burke will discuss these in the context of recent developments in travel medicine practice.

#### 8.45am Winning behaviours in a multidisciplinary team

*Chair: Dr Max Hills, Chief Medical Officer, Chevron Australia*

*Panel members from Chevron Australia*

Successful teams don't just happen! Understanding and fostering the behaviours that contribute to successful collaboration is essential. Chevron Australia's Health and Medical team have adopted a set of behaviours that drive efficiency, excellence and results. Members of the team will present on each of the behaviours and provide practical examples of how these are contributing to the delivery of our services, and how they can be applied to your practice.

### Parallel sessions

#### 9.45am When nothing is wrong but something is wrong: the role of coaching in addressing work performance issues

*Danielle Kabilio, Career, performance & personal coach*

Managing the interface between work performance and occupational health can be complex. Coaching provides a vehicle to increase an employee's self-awareness so that they may gain a greater insight into their performance and behaviours and thus contribute to appropriate workplace solutions. A case study will illustrate the principles and application of coaching in this context.

#### Audiological rehabilitation options for noise induced hearing loss

*Angela Mack, Audiologist*

Noise induced hearing loss is the most common permanent, preventable occupational injury in the world, however it is commonly not well understood. This session will highlight how workplace-based education can enable employers to implement better strategies and for employees to make better choices.

#### 10.15am MORNING TEA

### Parallel sessions

#### SESSION THEME – Medico legal

#### SESSION THEME – Preventing psychosocial injuries at work

#### 10.45am The credibility of the expert witness

*Chair: Dr Stewart Lloyd, Occupational Physician*

*Panel: Dr Joel Silbert, Occupational Physician, Judge Andrew Scotting*

This interactive panel session featuring prominent legal professionals will provide insight into medicolegal procedures, highlighting common issues relevant to occupational health professionals.

#### Employer strategies for psychosocial injury prevent

*Kath Jones, Senior Inspector / Scientific Officer (Human Factors and Ergonomics) WorkSafe WA*

Prevention of psychosocial injury continues to be a high priority for workplaces. This session will explore the risks that contribute to these injuries and to long-term mental health claims. It will also outline effective strategies for prevention and management including strategies for identifying and measuring impacts.

# ASM 2017 PROGRAM

## DAY 2 - TUESDAY 22 August (continued)

11.45am	<p><b>Pitfalls for confidentiality and consent</b>  <b>Victoria Astill-Smith</b>, Claims Manager, MDA National  <b>Gae Nuttall</b>, Risk Adviser, MDA National</p> <p>Confidentiality is an accepted and fundamental basis of the doctor-patient Relationship, and obtaining consent is not only good medical practice but is a legal necessity. This session will explore common pitfalls in this important area and practical strategies for avoiding them.</p>	<p><b>Sleep restriction and its effects on employee resilience</b>  <b>Dr Nick Mabbott</b>, Fatigue Risk Management Specialist, Beyond Midnight Consulting</p> <p>Sleep is an important factor in maintaining employee resilience and preventing psychosocial injury. This session will support understanding of the causes and impacts of sleep restriction and strategies for improved sleep.</p>
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12.30pm LUNCH

12.30pm	<p>Lunchtime session - limited numbers, registration at the conference</p> <p><b>Remote monitoring master class: the future of sleep in OH&amp;S</b>  <b>Sarah Hull</b>, Sleep and Respiratory Care</p> <p>This session will introduce participants to the new and exciting advances in remote monitoring in sleep and respiratory medicine and will explore how this fast-paced environment is changing the way we provide therapy and assess risk in the OH&amp;S space. Participants will have hands on experience of the latest sleep and respiratory therapy devices as well as the remote monitoring and patient experience platforms used to improve success of and compliance to therapy.</p>	
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<b>Parallel sessions</b>	<b>Cases in occupational medicine</b>	<b>Competencies for occupational health nurses</b>
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1.15pm	<p><b>Cases in occupational dermatology</b>  <b>Associate Professor Kurt Gebauer</b>, Dermatologist</p> <p>Occupational dermatitis accounts for the majority of cases of occupational skin disease and is one of the most common work-related problems presenting to general practitioners in Australia. This session will explore the role of the dermatologist as a member of the occupational health team and more specifically their role in assessing and managing occupational dermatitis. This will be illustrated through discussion of a number of case examples.</p>	<p><b>Occupational health nurse competencies</b>  <b>Facilitator: Jo McNeily</b>, Facilitating Possibilities</p> <p>In 1991, The Australian College of Occupational Health Nurses (ACOHN), the professional body representing OHN's in Australia prior to the merger with ANZSOM in 2008, developed a comprehensive document, Competency Standards for OHNs. A subcommittee of ANZSOM members has been formed to review the document in line with the OHS Body of Knowledge and the changing nature of the OHN's role in the workplace today. This workshop will be a key input into the review.</p>
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2.00pm	<p><b>Contributed papers</b></p> <p>Contributed papers will be eligible for the <b>David Goddard Award for Best Paper</b>.</p> <p><b>Dr Richie Gun</b> – Proposal for model regulations for prevention of work-related road trauma</p> <p><b>Dr Andrew Harper</b> – How can we make the rehabilitation of compensable injuries better? A clinical perspective</p> <p><b>Professor Malcolm Sim</b> – The impact of sustained hot weather on risk of acute work-related injury in Melbourne, Australia</p>
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# ASM 2017 PROGRAM

## DAY 2 - TUESDAY 22 August(continued)

**2.30pm** **Declining work performance in a safety critical worker**  
*Dr Bruce Hocking*, Occupational and Environmental Physician  
This case study will highlight the complex considerations in assessing and managing declining work performance for a safety critical worker.

**3.15pm** **Afternoon Tea**

### Parallel sessions

**3.40pm** **Drug and alcohol testing in the workplace**  
*Dr Robert McCartney*, Occupational and Environmental Physician, Resile  
Drug and alcohol testing in the workplace can be a minefield unless managed well. This presentation will provide the background to Alcohol and other Drug programs and the role of occupational health professionals. Case studies will illustrate how to avoid medicolegal risks and how to manage the interpretation of results, confidentiality and fitness for duty.

**The future of workplace health – physical meets digital**  
*Matt Taylor*, Workplace Wellbeing Specialist and HR Consultant, Vitality Works  
This interactive session will explore how digital is helping to better reach out to people and instil positive behaviour change, and to help measure the effectiveness of health programs, while complimenting physical health services. We will also look at what technology is on the horizon and how the digital and physical will further integrate to open up new opportunities in health for the future.

**4.30pm-5.30pm** **Shipwrecks Museum visit with talk by Hugh Edwards OAM**  
The [WA Shipwrecks Museum](#) is recognised as the foremost maritime archaeology museum in the southern hemisphere. Housed in 1850s-era Commissariat building, the galleries house hundreds of relics from ships wrecked along WA's treacherous coastline, including the original timbers from the *Batavia* (wrecked in 1629). Wander around the museum and hear stories about the discovery of the *Batavia* wreck and the discovery of the shallow graves.

**6.30pm** **Conference Dinner – Esplanade Hotel Fremantle**  
**Speaker: Dr Peter Burke: CY O'Connor - a Fremantle tragedy**  
The conference dinner will be held at [Esplanade Hotel Fremantle](#). The early start will give delegates the opportunity to enjoy the outlook and to network with colleagues before being seated for a memorable meal and entertainment.





# ASM 2017 PROGRAM

## Day 3 - WEDNESDAY 23 August

8.00am Breakfast session: ANZSOM Annual General Meeting (Light breakfast provided)

SESSION THEME: Clinical updates

9.10am **Chronic pain and return to work**

*Chair: Dr Brian Galton – Fenzi, Occupational and Environmental Physician*

*Prof Eric Visser - Pain Consultant; Dr Tim Mitchell – Pain Specialising Physiotherapist; Carl Graham - Pain Specialising Clinical Psychologist*

Chronic pain reduces or delays the possibility of returning to work, and successful management requires a multidisciplinary approach. This session will outline the principles and current practice of managing chronic pain and return to work, including a discussion of the roles of consultant physicians, physiotherapists and clinical psychologists.

10.05am **Hugh Denehy Oration**

*Dr Joel Silbert, Occupational and Environmental Physician*

Dr Joel Silbert is a member of ANZSOM and an active contributor to the Western Australian Branch. We are delighted that he has accepted the invitation to deliver the 2017 oration in honour of one of our founding fathers, Dr Hugh Denehy.

10.30am Morning Tea

11.00am **Sleep disorders – management considerations in occupational health**

*Chair: Dr Andrew Webster, Respiratory and Sleep Physician*

*Dr David Hillman, Consultant Physician, Research Scientist; Dr Stewart Cullen, Consultant Physician, Research Scientist*

Sleep disorders are common and present a considerable occupational risk. Challenges for occupational health professionals include initial detection and diagnosis, treatment compliance and ongoing monitoring. Using scenarios and audience discussion, this session will explore these issues and the role of members of the multidisciplinary team, including sleep specialists.

11.45am **Contributed papers**

Contributed papers are eligible for the **David Goddard Award for Best Paper**.

**Dr Andrew Van Ballegooyen** – It's just the 'flu' doctor

**Dr Jeremy Raiter** – Transitory blindness: In the blink of an eye

**Julie Crewe** – Pterygium as early indicators of an increased risk of developing skin cancer

**Dr Arif Rahim Valibhoy** – Pseudomyxoma peritonei diagnosed after a paraumbilical hernia repair

**Steve Bartnik, Julie Crewe & David Mackey** – Hospitalisation due to work related eye injury in Western Australia between 2005-2014

1.00pm **Awards Lunch**

Relax and enjoy a sit-down lunch with your colleagues and join us in recognising the Best Paper and other awards for contributions to ANZSOM.

# ASM 2017 PROGRAM

## Day 3 - WEDNESDAY 23 August (continued)

### Parallel sessions

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Site Visits 1.30 – 4.30pm

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#### From 5.00pm Post-conference drinks – Little Creatures Brewery

Join your ASM Committee for a drink to say farewell to ASM 2017 Fremantle at Little Creatures Brewery, 40 Mews Road, Fremantle (across the park from the Esplanade Hotel Fremantle).