Conference Handbook

Puka Hui

14–16 September 2018
Dunedin
FOREWORD FROM PRESIDENT
KUPUTAKI NĀ TE TUMUAKI

Welcome to the Physiotherapy New Zealand Conference 2018. It’s exciting to finally be at New Zealand’s largest physiotherapy event here in Dunedin. This has been a year of change for PNZ and it’s great to take stock of where we are and collectively celebrate the continued pursuit of excellence in our profession.

Thank you to everyone who has travelled to be here from around New Zealand, as well as all our international speakers and delegates from all the corners of the globe, making this a truly leading event in terms of the opportunity to learn from and network with colleagues.

Dunedin is a wonderful setting for our vibrant conference programme, designed by the Conference Programme Committee with something for everyone. I’d like to thank the Committee, Special Interest Groups, Branches, Tae Ora Tinana, National Executive and our PNZ Office for all their efforts in delivering this year’s conference. The dedication to this event shown across PNZ demonstrates the commitment everyone has to work together for our members.

Thank you to our presenting partner ACC, as well as all our sponsors and exhibitors. Your support and ongoing work with PNZ is much appreciated.

Enjoy the next few days learning, networking and making new acquaintances and I look forward to catching up with as many of you as possible.

Nga Mihi

Liz Binns
President
Physiotherapy New Zealand
Your Programme Committee has worked hard to bring you a conference with something for everyone. Registration is available from 3pm on Thursday 13 September and re-opens again from 7.30am on Friday, with the Conference opening Mihi Whakatau at 11am. The programme then comprises four parallel sessions on Friday and five on Saturday and Sunday.

For the programme to stay on time, please ensure you move quickly between sessions and take your seat promptly. We also ask that you fill the seats in the front of the room first.

Morning tea, lunch and afternoon tea will take place in the trade hall. Again, please make your way quickly to your next session at the end of every break.

Special thanks to this year’s Programme Committee including Cathy Chapple, Sue Doesburg, Martin Kidd and Julie Reeve.

The conference registration desk will be open from 3pm on Thursday afternoon and from 7.30am on Friday, Saturday and Sunday.

In addition to room sessions, conference includes:

- The Saturday night social function at the Distinction Dunedin Hotel, from 7pm.
- A number of paid workshops, held pre and post conference.
- A PAANZ Qigong workshop and breakfast at the Chinese Gardens on Sunday morning.

Please note the programme is correct at time of publication but subject to change.

SPORTS CONCUSSION

- You do not need to be knocked out to be concussed, it can happen as a result of a blow to the head or the body.
- The signs and symptoms of concussion do not always show immediately, they can occur over the following days.
- It is important that return to work/education must be achieved before return to sport.

Visit our stand or find out more at accsportsmart.co.nz/concussion

ACC SportSmart
<table>
<thead>
<tr>
<th>Time</th>
<th>Topic</th>
<th>Speaker</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>8.30am</td>
<td>ACC Fraser Wilkins &amp; Shaun Westhead (Physiotherapy Services Contract Redesign Workshop)</td>
<td></td>
<td>Town Hall</td>
</tr>
<tr>
<td>11.00am</td>
<td>Mihi Whakatau (Intro and Welcome)</td>
<td></td>
<td>Glenroy</td>
</tr>
<tr>
<td>11.30am</td>
<td>Liz Bins/Leigh Hale</td>
<td></td>
<td>Fullwood</td>
</tr>
<tr>
<td>12.00pm</td>
<td><strong>Lunch 12pm – 1pm</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1.00pm</td>
<td>Professor Fiona Jones (The secrets of working with not for patients)</td>
<td></td>
<td>Conference 1</td>
</tr>
<tr>
<td>2.00pm</td>
<td>Whiteley Allcare (10 mins)</td>
<td></td>
<td>Conference 2</td>
</tr>
<tr>
<td>2.10pm</td>
<td>Professor David Baxter (The Dunedin Multidisciplinary Health and Development Study: From early intervention to ageing well)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2.30pm</td>
<td>Nikita McGruer (Maori lived experiences of Osteoarthritis: A kaupapa Maori qualitative study)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2.50pm</td>
<td>Dr Emma Wyeth (Maori: Injury Outcomes: Experiences and ways After Injury)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3.00pm</td>
<td>Dr Ramakrishnan Man (Towards personalised pain treatments based on noceicive pain profile)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3.30pm</td>
<td>Claire Matheson (Is Nasal High Flow (NHF) oxygen in the ward setting beneficial?)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3.30pm</td>
<td>Emily Gray (Perceptions and experiences of engaging in physical activity in adults following coronary artery bypass graft surgery)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4.00pm</td>
<td><strong>Afternoon Tea 3.30pm – 4pm</strong></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Please note that this programme highlights the three main days of Physiotherapy New Zealand Conference 2018, from Friday 14 to Sunday 16 September. A number of additional paid workshops are also being held in the days immediately before and after these dates.
SATURDAY 15 SEPT – MORNING

8.30am
9.50am

Assistant Professor Kathryn Schneider
An integrated approach to the management of concussion

Physotherapists use of electronic information for CPD

10.00am
10.30am

ACC Stafford Thompson
Clinical reasoning: Causation and ACC eligibility

Associate Professor Joanne Potterton
Leasons learnt from a pandemic: What HIV has taught physiotherapists

Lara Vleitas
Exercise interventions in healthy older adults with sarcopenia: A systematic review and meta-analysis

10.50am

Dr Dan Ribiero
The initial effects on shoulder muscle activity of shoulder mobilization with movement during shoulder abduction: a repeated-measures study on patients with pain limited shoulder elevation

Dr Prasith Jayakaran
Physical activity in individuals with a lower limb amputation

Nita Brown
Stroke prevention for indigenous peoples requires a comprehensive multi-level integrated approach to reduce stroke incidence in Australia

11.00am

Professor Denise Taylor
A decade on... have we increased the amount of arm activity our patients do in stroke rehabilitation?

Dr Prasith Jayakaran
Physical activity in individuals with early signs of hip osteoarthrosis: A feasibility study

Professor Marion Kennedy
Inter-rater reliability of sonographic measurement of the acromioclavicular and coracohumeral distances and rotator cuff tendon thickness

11.50am

Professor Ngaire Kerse
Depression in older people: beyond the biomedical model to multidisciplinary care

Dr Prasith Jayakaran
Biomechanics: conflict or concordance for musculoskeletal disorders?

Nicola Jepsen
Patient characteristics and predictors of completion of a pulmonary rehabilitation programme in Counties Manukau, Auckland

12.00pm

Lunch 12.10pm – 1pm

12.10pm

12.50pm

Invited Speakers
Key Note Sessions
ACC
Kōrero
Free Papers

Trade in the Town Hall from 8.50am – 6.20pm

SATURDAY 15 SEPT – AFTERNOON

1.00pm

Panel Chaired by Dr Margo Skinner
Non-communicable diseases: Physiotherapists have the solution to the world’s greatest health problem, but how do we get the world moving?
Panel Participants:
Professor Dave Baxter, Professor Paul Hirdges, Associate Professor Linda Woodhouse and Associate Professor Joanne Potterton.

Lunch 12.10pm – 1pm

1.10pm

Panel Chaired by Dr Cathy Chapple
How relevant is research to clinical practice?
Panel Participants:
Professor Leigh Hale, Professor Hasdby Abbott, Dr Catherine Granger and Associate Professor Nicola Kayes.

Panel Chaired by Dr Ewan Kennedy
Return to sporting after anterior cruciate ligament reconstruction: risks, rewards and the evidence

2.00pm

Professor Fiona Jones
Applying person centred self-management in acute and multiple trauma: working with the ups and the downs.

Associate Professor Kate Webster
Comparing clinical reasoning of physiotherapy and medical students

3.00pm

Professor Denise Taylor
A decade on... have we increased the amount of arm activity our patients do in stroke rehabilitation?

Associate Professor Nicola Kayes
Co-creating health in physiotherapy: Moving beyond adherence, education and prescription

4.00pm

Professor Denise Taylor
Navigating the world: why understanding spatial memory may help those with MCI as well as those with vestibular disorders

Associate Professor Nicola Kayes
Co-creating health in physiotherapy: Moving beyond adherence, education and prescription

5.00pm

Dr Ewan Kennedy
The global physiotherapy profession: are today’s priorities fit for purpose in tomorrow’s world?

Dr Ben Darlow
Living with osteoarthritis: is a balancing act an exploration of beliefs about knee pain in people with osteoarthritis

Dr Paul Hodges
The global physiotherapy profession: are today’s priorities fit for purpose in tomorrow’s world?

6.00pm

Afternoon Tea 3.20pm – 3.50pm

CTSIG AGM

5.10 – 6.30pm

CTSIG AGM

5.10 – 6.30pm

CTSIG AGM

5.10 – 6.30pm

CTSIG AGM

5.10 – 6.30pm

CTSIG AGM

5.10 – 6.30pm

Dr Jonathan Warren
Continuing Professional Development: Should it be compulsory?
Friday Cocktail Function
The Dunedin Centre, Trade Hall
Starting immediately after the PNZ AGM

Join us on Friday evening for the conference cocktail function. This event will be in the trade hall, following the Physiotherapy New Zealand Annual General Meeting, and is a great opportunity to visit the conference sponsors and catch up with colleagues. Your conference name badge lanyard will get you into this event, including complimentary drinks and nibbles.

Saturday Social Function
Distinction Dunedin Hotel, 6 Liverpool Street, starting at 7pm

We’ll be taking inspiration from Dunedin’s rich heritage on Saturday night and dining at the city’s recently transformed Distinction Dunedin Hotel. What started out in 1937 as the Chief Post Office is now a luxury hotel and we’ve booked out their newest function room for dinner, including the unique experience of Dunedin’s own Haggis Ceremony.

Given Dunedin is the Celtic name for Edinburgh, with ties back to Robbie Burns, we’ll be taking the opportunity to celebrate the region’s Scottish roots. To get in the spirit, you’re encouraged to wear your best tartan. However you choose to represent, whether it’s more Bay City Rollers or Braveheart, you’ll be suitably dressed for a great night.
If I work under ACC Cost of Treatment Regulations, how do I get a contract?

The ACC Physiotherapy Services Contract is an open contract. If you meet the requirements you’re eligible to apply.

If you’re interested in learning more, please register on the Government Electronic Tendering Services website (www.gets.govt.nz) and enter the GETS reference number: 19776520, “Physiotherapy Services 2018” to get an application pack for the ACC Physiotherapy Services Contract.

If you have any thoughts, ideas or questions about the ACC Physiotherapy Services Contract, please visit us at the ACC stand in the Exhibition Hall or email physiocontract@acc.co.nz.
The registration desk is your first point of contact for any questions or issues you may have over the conference. It will be open from 3pm on Thursday afternoon and from 7.30am on Friday, Saturday and Sunday.

Alternatively keep an eye out for the conference team, who will be wearing staff name badge lanyards.

Morning tea, lunch and afternoon tea will be held in the trade hall at the times scheduled in the conference programme.

A buffet lunch will be available, with vegetarian and gluten-free options.

Morning and afternoon tea is sponsored by Medtech.

Please be considerate to presenters and other attendees by keeping phones and devices off, or switched to silent mode, during all presentations.

For both security reasons, and to ensure admission into all conference sessions, catering breaks and social functions, please wear your name badge lanyards at all times.

MOBILE PHONES
Please be considerate to presenters and other attendees by keeping phones and devices off, or switched to silent mode, during all presentations.

REGISTRATION DESK
The registration desk is your first point of contact for any questions or issues you may have over the conference. It will be open from 3pm on Thursday afternoon and from 7.30am on Friday, Saturday and Sunday.

Alternatively keep an eye out for the conference team, who will be wearing staff name badge lanyards.

REFRESHMENTS
Morning tea, lunch and afternoon tea will be held in the trade hall at the times scheduled in the conference programme.

A buffet lunch will be available, with vegetarian and gluten-free options.

Morning and afternoon tea is sponsored by Medtech.

SMOKING POLICY
Smoking is prohibited inside the venue. A designated smoking area is located outside the main entrance on Harrop Street.

WIFI
WiFi is available during the conference. Please use PNZ2018 as both the Username and Password.

#PNZCONF2018
PNZ will be posting on Facebook (@PhysiotherapyNZ) and Twitter (@PhysioNZ) during Physiotherapy Conference 2018. Please follow our feed and tag your own posts using #PNZConf2018.
The conference wouldn’t be the same without the support from our presenting partner, sponsors and exhibitors. We encourage you to take time over the three days to visit all our stands in the exhibition.

PASSPORT COMPETITION

Enter the Exhibitor Passport competition for an opportunity to win an Apple Watch. To enter, simply collect passport stamps by visiting at least 15 exhibitors in the trade hall during the conference. You’ll receive a passport competition card with your name badge lanyard. Once you have collected 15 stamps, complete your name and contact number and place it in the competition box located at the conference registration desk.

Polestar creates life-changing movement experiences by fusing Pilates, physical therapy, and mind-body energy systems, with facilities and courses worldwide.

Driven by science and evidence-based curriculum, professional leadership and a variety of specialties, Polestar applies Pilates exercises in helping people to restore, achieve and excel in physical fitness. Founded in 1992, Polestar is now taught in over 24 countries around the world.

Contact us now for more information and to register

Call Polestar Pilates NZ on 09 – 3032211
E: info@polestarpilates.co.nz
W: www.polestarpilates.co.nz
**EXHIBITION DIRECTORY**

<table>
<thead>
<tr>
<th>COMPANY NAME</th>
<th>STAND NUMBER</th>
</tr>
</thead>
<tbody>
<tr>
<td>ACC</td>
<td>25&amp;26</td>
</tr>
<tr>
<td>Amtech Physio</td>
<td>31</td>
</tr>
<tr>
<td>AT Therapy</td>
<td>27</td>
</tr>
<tr>
<td>Cubro</td>
<td>5</td>
</tr>
<tr>
<td>D3 Tape</td>
<td>28</td>
</tr>
<tr>
<td>DJO Global</td>
<td>11</td>
</tr>
<tr>
<td>Elastoplast &amp; Leuko</td>
<td>8</td>
</tr>
<tr>
<td>Fisher &amp; Paykel Healthcare</td>
<td>18</td>
</tr>
<tr>
<td>Gensolve</td>
<td>17</td>
</tr>
<tr>
<td>Foot Mechanics</td>
<td>30</td>
</tr>
<tr>
<td>Medtech Global</td>
<td>6</td>
</tr>
<tr>
<td>Motion Health Group</td>
<td>13</td>
</tr>
<tr>
<td>Obex Medical</td>
<td>3</td>
</tr>
<tr>
<td>OrthoMedical</td>
<td>32</td>
</tr>
<tr>
<td>Orthotic Centre</td>
<td>9</td>
</tr>
<tr>
<td>Permobil</td>
<td>23</td>
</tr>
<tr>
<td>Physiotherapy Board of New Zealand</td>
<td>19</td>
</tr>
<tr>
<td>Pilates Reformer NZ</td>
<td>24</td>
</tr>
<tr>
<td>School of Physiotherapy Archival Display</td>
<td>29</td>
</tr>
<tr>
<td>Southern Cross Health Society</td>
<td>10</td>
</tr>
<tr>
<td>TBI Health</td>
<td>16</td>
</tr>
<tr>
<td>Tui Balms</td>
<td>1</td>
</tr>
<tr>
<td>University of Otago, School of Physiotherapy</td>
<td>20</td>
</tr>
<tr>
<td>Whiteley Allcare</td>
<td>21</td>
</tr>
</tbody>
</table>
For over 15 years, our happy, close-knit family owned company has been a leading supplier within the Medical, Dental and First Aid markets. Now, our dedication to delivering the best is extended to the Physiotherapy industry! Exciting, right? We are committed to providing you with the best. With a wide range of physiotherapy products, excellent service and free freight to every corner of the country, we’ve got you covered.

ACC provides New Zealanders with comprehensive, no-fault personal injury cover. We work closely with businesses and the community, to try to prevent injuries from happening and to make New Zealand a safer place. But when injuries do happen, we’re here to help. We manage injury claims, coordinate services and work closely with health professionals to help get people back to living their life as quickly as possible.

At Therapy are a rehabilitation company specialized in the upper limb. We have a comprehensive range of products for splinting, bracing and casting. In addition, we are the exclusive distributors for the following ranges: Push Braces, Push Sports Braces, Genuine Theraband Products, Promedics, Rolyan and Spio. Please visit our stand to see the new range of Sports braces and the Spio range of compression garments.

We’re on a mission to enhance the quality of life for all. At Cubro, we’ve been enhancing the quality of life of the elderly and people with disabilities for over 35 years. And that’s something we’re very proud of. Everything we do is based on our shared belief that people have the right to enjoy a great quality of life, irrespective of age or ability. This belief drives us to search the globe to bring life-changing equipment and solutions, to empower all New Zealanders to live their best lives. We are privileged to have helped so many New Zealanders to live better lives and we look forward to partnering with you to help many more.

Start your Postgraduate study in Rehabilitation 2019

Specialists in Distance-Taught Postgraduate Courses in Inter-Professional Rehabilitation

“One of the great things about these qualifications is that you can study while you work. RTRU is based in Wellington, but we have students from all around New Zealand, from a wide variety of different professional backgrounds, all working together toward Postgraduate Certificate, Diplomas, Masters or PhD in rehabilitation.”

A/Prof William Levack, Academic Head of the Rehabilitation Teaching and Research Unit (RTRU)

For further information or to enrol please contact:
Maggie McConville | Programme Administrator
Rehabilitation Teaching & Research Unit
University of Otago, Wellington
New Zealand
Email: rtru@otago.ac.nz
Tel: +64 4 385 5591
otago.ac.nz/wellington/departments/medicine/postgraduate/rehabilitation/

Facebook://studyrehabilitation
DJO GLOBAL

DJO Global is a leading global developer, manufacturer and distributor of high-quality medical devices and solutions, used in both clinical and home care settings, for musculoskeletal and vascular health, rehabilitation, and pain management. DJO Global’s products address the continuum of care from injury prevention to rehabilitation after injury or surgery, or through the progression of degenerative disease, helping people to keep moving and return to a healthier lifestyle. Our products are used by orthopedic specialists, spine surgeons, primary care physicians, pain management specialists, physical therapists, podiatrists, chiropractors, athletic trainers and other healthcare professionals. DJO Global’s surgical division offers a comprehensive suite of reconstructive joint products for the hip, knee, shoulder and elbow. In addition, the Company’s consumer division extends the DonJoy and Compex brands directly to athletes and consumers with its commercial lines of premium bracing, compression and performance products. DJO Global’s core product lines include rigid and soft orthopedic bracing, hot and cold therapy, bone growth stimulators, vascular therapy systems and compression garments, electrical stimulators for pain management or muscle recovery and physical therapy products. DJO Global’s products are marketed under a global portfolio of brands including Aircast®, Chattanooga™, CMF™, Compex®, DJO Surgical, DonJoy®, DonJoy Performance®, Dr. Comfort®, Exos®, and ProCare®. For additional information on the Company, please visit www.DJOglobal.com

CONTACT

djoglobal.com

DJO Global’s Comprehensive Product Range

Introducing DJO Global’s Comprehensive Product Range

Showcasing at the Physiotherapy NZ Conference, please come and visit us at stand #11&12 and check out our range of products. We hope you love them as much as Rafa does.

T: 0800 60 60 40 | E: CustomerService.NZ@DJOglobal.co.nz | W: www.DJOstore.co.nz
ELASTOPLAST & LEUKO
Beiersdorf Health Care (BHC) is a newly formed affiliate of Beiersdorf ANZ. Our brands include the market leading Elastoplast & Leuko Sports Medicine. Beiersdorf Health Care is delighted to be a Silver Sponsor attending this year’s Physiotherapy Conference. We look forward to showcasing our brands Elastoplast & Leuko at Booth #8 and to further supporting Physiotherapy in New Zealand.

CONTACT
elastoplast.com

FISHER & PAYKEL HEALTHCARE
Fisher & Paykel Healthcare is a world leader in medical devices and systems for use in respiratory care, acute care, surgery and in the treatment of obstructive sleep apnea.

CONTACT
fphcare.com

FOOT MECHANICS
For over 21 years Foot Mechanics Podiatry has collaborated with physiotherapists to deliver exceptional treatment plans to our patients. We are specialists in treating lower limb pain and problems with a focus on sports biomechanics and gait analysis. Orthotic Therapy - Shockwave – ACC funded orthotics, moonboots, knee and ankle braces.

CONTACT
footmechanicspodiatry.co.nz

GENSOLVE NZ
Gensolve Practice Manager offers a complete end-to-end business solution for Allied Health Professions and delivers proven cloud-based technology that integrates patient, practice and business management. This cost-effective solution allows you to easily manage your business with one single application. Gensolve offers an integrated accounting services, product management and e-marketing tools so you can effectively manage your entire business, with no need for multiple software programs.

CONTACT
gensolve.showmypc.com

MEDTECH GLOBAL
Medtech Global is a leading health information technology company. We provide advanced practice management software and state-of-the-art solutions that enable health professionals to provide improved care, and for patients to manage their health and well-being. Medtech Global empowers health across several geographic regions worldwide. It is widely recognised for its innovative leading-edge software solutions, its ability to securely share data and the enabling of clinical health information to be available when and where it’s needed most.

CONTACT
medtechglobal.com/nz/products-nz/allied-health-nz

MOTION HEALTH GROUP
Motion Health is a unique franchise group of physiotherapy practices fuelled by a vision to bring optimal lifelong physical health to all New Zealanders. We enable practice owners to access the support of an international group to help them grow their business.

CONTACT
motionhealth.co.nz

OBEX MEDICAL LTD
For over 35 years, Obex Medical has worked to ensure New Zealanders have access to world class medical technologies and to ensure patients receive best medical care. Our team is excited to introduce to New Zealand, unique foot and hand orthotics using the VACO12 technology. Visit us during this conference to learn more about the VACO range.

CONTACT
orthotics.co.nz

ORTHOTIC CENTRE
Being active is second nature here in New Zealand. But if you suffer from limited mobility or pain, you know it shouldn’t be taken for granted. Orthotic Active understands that the entire human body needs to be healthy to work optimally. We don’t create generic orthotic solutions; we take a holistic approach to every client to create the best orthotic recovery and management plan for your needs, no one else’s.
NEW Bulk Length Rolls with
NEW Dispenser Station

Elastoplast® Silver Sponsor NZPA

Elastoplast is now providing a quality range of Bulk Rolls which will service your ever increasing demand on these popular products. This contemporary dispenser station is yours free when you buy your opening order.

Please visit the Elastoplast & Leuko booth for further details.

FREE with Opening Order
Size: 56cm x 18cm x 18cm

Beiersdorf Health Care Aust Pty Ltd
4 Khartoum Road, North Ryde NSW 2113
Customer Service: 1300 269 933 toll free.

Beiersdorf Health Care New Zealand
Level 2, 25 Teed Street, Newmarket, Auckland 1023
NZ Freephone: 0800 008 081

www.elastoplast.com.au
Always read the label. Use only as directed.
If symptoms persist see your healthcare professional.
For all your PRACTICE ESSENTIALS

For all your practice needs

BTL-6000 SWT EASY
Shockwave Therapy

Comprehensive range of braces & supports

Whiteley Allcare
0800 255 227 | allcare.co.nz