

2ND  
REHABILITATION  
IN THE  
21ST CENTURY  
CONFERENCE

*advancing*  
**technology & innovation**  
*in rehabilitation*



**Friday 14 December 2018**

Thomas & Rachel Moore Education Centre,  
Liverpool Hospital NSW

This conference will  
showcase the latest in  
technology & innovation  
in rehabilitation  
research

We invite you to join us for the 2nd Rehabilitation Conference by the Ingham Institute & the South Western Sydney Local Health District. Our international and national speakers will address the conference theme, with a particular focus on neurological and physical rehabilitation. The program will appeal to a wide range of staff including medical, nursing, allied health and research personnel.

Speakers will discuss the latest innovations across:

- Telehealth and rehabilitation
- Robotics in rehabilitation
- Recent innovations in rehabilitation
- Local rehabilitation research expertise

For more information about this event please contact, Dr Joanna Kidd on [joanna.kidd@sydney.edu.au](mailto:joanna.kidd@sydney.edu.au)

[rehab21.inghaminstitute.org.au](http://rehab21.inghaminstitute.org.au)

# Invited speakers preliminary program



	<p><b>PROF LEANNE TOGHER</b> The University of Sydney, Australia</p> <p>Using digital health technologies to improve communication outcomes following stroke and TBI</p>	<p>Professor Leanne Togher is a speech pathologist who has worked in the area of communication disorders following brain injury for over 30 years. Leanne is the recipient of her 3rd Senior Research Fellowship from the NHMRC, and is Principal Research Fellow of The University of Sydney. Leanne's work has led to new ways of improving the communication of people with brain injury, particularly, by training people with brain injury and their communication partners, including family, friends and the community. Leanne's research is developing the use of E-health and technology to offer innovative treatment options for people with brain injury and their families.</p>
	<p><b>PROF TREVOR RUSSELL</b> University of Queensland.</p> <p>The effectiveness, challenges and uptake of telerehab in specific patient populations</p>	<p>Trevor Russell is a Professor in the Division of Physiotherapy within the School of Health and Rehabilitation Sciences at the University of Queensland. He has a PhD in Telerehabilitation and co-directs the Centre for Research in Telerehabilitation at the University of Queensland. His primary research focus surrounds the use of mobile technologies and telecommunication tools for both clinical service provision and teaching and learning in the rehabilitation sciences. Specifically his research aims to develop innovative computer based hardware and software solutions to enable the provision of rehabilitation services remotely via the Internet; to further the evidence base of telerehabilitation through controlled clinical trials of telerehabilitation interventions; to evaluate the treatment efficacy of specific telerehabilitation interventions; and develop best practice guidelines for the establishment of telemedicine services in the rehabilitation sciences.</p>
	<p><b>A/PROF SARAH DENNIS</b> The University of Sydney; SWSLHD</p> <p>Challenges and enablers for access to evidence-based rehabilitation: how do we implement best practice?</p>	<p>Associate Professor Dennis is Associate Professor of Allied Health in Faculty of Health Sciences, University of Sydney and South Western Sydney Local Health District. Her research interests are in the prevention, diagnosis and management of chronic conditions with a focus on equity and access in primary health care, integration of care across health sectors. She is particularly interested in how people can access effective allied health interventions to prevent or manage long term conditions or disability.</p>
	<p><b>A/PROF CATHY STINEAR</b> University of Auckland</p> <p>Predicting motor outcomes after stroke: How and why</p>	<p>Cathy Stinear is an Associate Professor in the Department of Medicine, University of Auckland. She is a clinical neuroscientist who has led the development of simple algorithms for predicting upper and lower limb motor outcomes after stroke. These predictions can be made within days of stroke, and are used to guide rehabilitation decisions, manage patient expectations, and individualise therapy. Her research in this area has been published in leading journals, including Brain, Stroke, and Lancet Neurology. In this presentation she will describe how to make accurate predictions for individual patients, and why this is worth doing in clinical research and practice.</p>
	<p><b>TAMSIN REED</b> Clinical Lead Physiotherapist, HCA Healthcare UK</p> <p>Ways to maximise practice intensity to optimise outcomes of neurological rehabilitation</p>	<p>Tamsin qualified as a Physiotherapist at Nottingham University in 2001. Following several years working in the public sector and deciding to specialise in Neurological Rehabilitation, she started working at the Wellington Hospital in London, on the Neurological Rehabilitation Unit.</p> <p>Tamsin completed a Masters in Neurological Rehabilitation and developed a keen interest in the use of Functional electrical stimulation and robotics in Neurological Rehabilitation.</p> <p>Tamsin is chair of the WFNR special interest group on the "Use of Advanced Technologies in Neurological Rehabilitation".</p>
	<p><b>A/PROF PAULO FERREIRA</b> Faculty of Health Sciences, The University of Sydney</p> <p>Using technology to assist management of musculoskeletal conditions</p>	<p>Fellow and an associate professor at the Faculty of Health Sciences, University of Sydney. He is also a senior research fellow funded by a University of Sydney SOAR fellowship. He was one of the leaders of the 2018 Lancet Series that reported on the burden and future directions for low back pain. His research interests are in the management of low back pain, and the impact of lifestyle factors, and how technology can assist management. He has 161 publications in the field and &gt;A\$6.5M in funding from NHMRC, Arthritis Australia, Medibank Foundation and International funding bodies.</p>

**ORGANISING COMMITTEE:** A/Prof Justine Naylor, Chair, SWSLHD; UNSW | Prof Grahame Simpson, SWSLHD; Griffith University | A/Prof Sarah Dennis, SWSLHD; University of Sydney | Dr Joanna Kidd, SWSLHD; University of Sydney | Lauren Christie, SWSLHD; University of Sydney | Ellie Pavlov, Ingham Institute for Applied Medical Research | Ryan Luhan, Ingham Institute for Applied Medical Research



**Health**  
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Local Health District



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Applied Medical Research

Inspiring health. Transforming care.

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TIME	SPEAKER
8.30-8.40	<b>WELCOME</b>
<b>PLENARY SESSION 8.40 to 10.00</b>	
8:40 - 9:10 + 10 min Qs	<b>PROFESSOR LEANNE TOGHER</b> Using digital health technologies to improve communication outcomes following stroke and TBI
9:20-9:50 + 10 mins Qs	<b>A/PROFESSOR SARAH DENNIS</b> Challenges and enablers for access to evidence-based rehabilitation: how do we implement best practice?
<b>10.00 - 10.30 MORNING TEA</b>	
<b>Neurological Rehabilitation 10.30 - 12.30</b>	
10:30 - 11.00 incl 5 min Qs	<b>A/PROFESSOR CATHY STINEAR</b> Predicting motor outcomes after stroke: How and why
11.00 - 11.30 incl 5 min Qs	<b>MS TAMSIN REED</b> Ways to maximise practice intensity to optimise outcomes of neurological rehabilitation
11.30-12.30 - 8 MIN PRESENT/2 MIN QUEST	<b>6 FREE PAPERS - STROKE</b> <ol style="list-style-type: none"> <li>1. Tamina Levy: Feasibility of using a computer tablet to monitor adherence to an upper limb home exercise program in stroke.</li> <li>2. Katharine Scrivener: Development of a self-managed exercise program for people with stroke - THE TASK PROJECT</li> <li>3. Alison Short and Karen Liu: Harnessing the creative mind in rehabilitation: Using imagery in stroke and cardiac rehabilitation</li> <li>4. Lauren Christie: Implementation of constraint induced movement therapy in a public health setting: The ACTiveARM Project</li> <li>5. Nicola Acworth An economic evaluation of constraint induced movement therapy implementation in a public health setting: The ACTiveARM Project</li> <li>6. Jeff Rogers: Innovations in neurophysiology and virtual reality for post-stroke assessment and rehabilitation</li> </ol>
<b>12:30 -1.30 LUNCH</b>	
<b>Physical rehabilitation 1.30 - 3.30</b>	
1.30-2.00 incl 5 min Qs	<b>PROFESSOR TREVOR RUSSEL</b> The effectiveness, challenges and uptake of telerehab in specific patient populations
2.00-2.30 incl 5 min Qs	<b>A/PROFESSOR PAULO FERRIERA</b> Using technology to assist management of musculoskeletal conditions
2.30-3.30 concurrent 10 MIN PRESENT / 3 MIN QUEST	<b>2 CONCURRENT SESSIONS</b>
<b>PHYSICAL REHABILITATION 1</b> <ol style="list-style-type: none"> <li>1. Karen Liu: Feasibility of a Newly Developed Self-Regulation and Imagery Program for Individuals with Chronic Low Back Pain</li> <li>2. Ling Ling Tsai: The effect of home-based telerehabilitation via real-time videoconferencing technology in people with chronic obstructive pulmonary disease (COPD).</li> <li>3. Katharine Scrivener: App-Based Supplemental Exercise During Inpatient Orthopaedic Rehabilitation Increases Activity Levels: A Pilot Randomised Control Trial</li> <li>4. Justine Naylor: Patient factors associated with weight gain and weight loss after knee or hip arthroplasty</li> </ol>	<b>PHYSICAL REHABILITATION 2</b> <ol style="list-style-type: none"> <li>1. Karen Height: Breaking Down Barriers: Improving Access to Paediatric Rehabilitation</li> <li>2. Ellana Welsby/Kate Laver: Delivering an evidence-based dementia rehabilitation program using telehealth: trial update and lessons learned</li> <li>3. Karen Liu: Education for caregivers to provide people with dementia assistance with activities of daily living</li> <li>4. Nicki Tulliani: The feasibility and acceptability of an app-based memory encoding program designed to enhance memory and functional performance in day-to-day activities in older adults.</li> </ol>
<b>Conference Close 3.30-3.35</b>	