

The 'hands on' conference for workplace health professionals



THE AUSTRALIAN AND NEW ZEALAND SOCIETY OF OCCUPATIONAL MEDICINE **ANNUAL SCIENTIFIC MEETING 2016** Noah's on the Beach, Newcastle Sun 21st - Wed 24th August 2016

Sponsored by:





The Australian and New Zealand Society of Occupational Medicine Inc. (ANZSOM)

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ANZSOM gratefully acknowledges Sonic HealthPlus as the major sponsor for the 2016 ASM.

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Please see details of all our sponsors and exhibitors later in the program.

WELCOME

The NSW/ACT Branch Committee welcomes delegates to the 2016 Annual Scientific Meeting. We have enjoyed bringing together a program that explores issues relevant to the day-to-day activities of occupational health practitioners.

The Well in Work theme was developed to encapsulate the topics of health surveillance, workplace health promotion and prevention. The inspiration for the theme was drawn from reflection on the daily activities of occupational health practitioners and from re-emerging issues such as coal miners' pneumoconiosis. Continuing on from the 2015 ASM we have also further explored the topic of mental health in the workplace as it continues to be a major challenge and fits well with the Well in Work theme.

The location of Newcastle, with its diverse industrial activities, provides an opportunity to showcase a variety of worksite visits. There is also the option of two hands-on workshops that respectively explore smoking cessation programs and spirometry for occupational health practitioners.

The social program will offer special time for delegates to network and enjoy music provided by ANZSOM members and their families. The Pacific Ocean provides a backdrop to the Welcome Reception at the beautiful Noah's on the Beach and for the dinner which is being held at the historic Fort Scratchley site overlooking Newcastle Beach.

The organising committee of Louise Crowle, Maggie Goldie, Amanda Tompson, Mark Burns and Eddie Foley are confident that the conference program will inspire and educate. We encourage delegates to take the opportunity to catch up with colleagues and to make new connections. For those fortunate enough to have the opportunity for some additional leisure time pre and post conference, Newcastle and the nearby Hunter Valley have much to offer with respect to scenic countryside, wineries and the arts. We look forward to hosting this year's conference and thank the Federal Secretariat and the Executive for their support and ongoing assistance at the ASM.

Louise Crowle

K. Crowle

Convener, NSW /ACT Chairperson On behalf of the Organising Committee

Need help?

Contact the Conference Secretariat on 0408 530 865 (Fiona) or 0412 089 594 (Cathie). Make sure you download the ASM App for updates throughout the conference.

Registration/Hospitality desk hours:

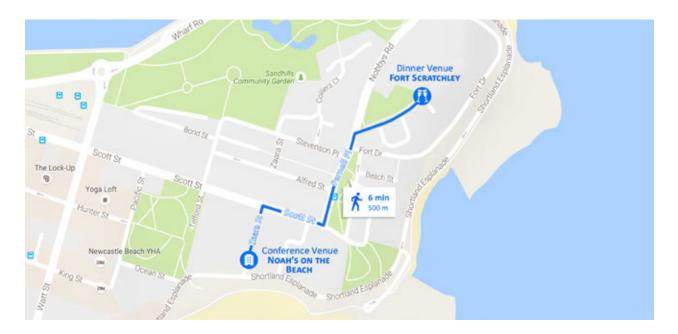
- » Sunday 21 August: 5.30pm 9.00pm
- » Monday 22 August: 8.00am 5.00pm
- » Tuesday 23 August: 8.00am 5.00pm
- » Wednesday 24 August: 7.00am 3.00pm

Prelude Area, adjacent to the Promenade Ballroom Hallway, adjacent to the Prelude Area Hallway, adjacent to the Prelude Area Hallway, adjacent to the Prelude Area

» VENUE MAP

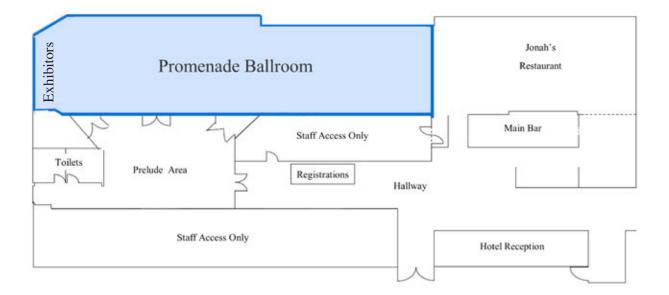
WELCOME TO NOAH'S ON THE BEACH

Shortland Esplanade & Zaara St, Newcastle East



VENUE LAYOUT

- » Main Conference Area and Sponsors Expo Promenade Ballroom
- » Registration Hallway
- » Catering Prelude Area



The Tuesday morning CPR Session will be held in The Harbour View Room, located on the 6th Floor

» GET TO KNOW NEWCASTLE





Perched between a working harbour and beautiful beaches, Newcastle is a vibrant cosmopolitan city, with a rich maritime history, lively arts culture, cool bars, acclaimed restaurants and accommodation options galore.

The city is surrounded by amazing surf beaches that are linked by the Bathers Way, a walk that takes your from Nobbys Beach to Merewether Beach and is an ideal way to explore the city.

Port Stephens is a 40-minute drive from Newcastle. As well as beautiful waterways, Port Stephens is a great place to see dolphins in the wild and take a whale-watching cruise. Meanwhile, if you fancy a trip to a Hunter Valley vineyard, it's only an hour's drive from Newcastle.

Other local attractions include:

- » Newcastle Art Gallery
- » Newcastle Museum
- » Fort Scratchley
- » Blackbutt Reserve
- » TreeTop Adventure Park
- » Blue Gum Hills Regional Park
- » Newcastle Golf Club

For more information about Newcastle, visit the tourism bureau - http://www.visitnewcastle.com.au/



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» SOCIAL PROGRAM



WELCOME RECEPTION

Welcome Reception – Noah's on the Beach Sunday 21st August from 6.30pm

Noah's on the Beach provides an ideal venue for the ANZSOM ASM, with excellent conference facilities and great proximity to the natural beauty of the Newcastle coast as well as city amenities. The Welcome Reception will provide an opportunity to catch up with colleagues in a relaxed atmosphere, enjoying local wines and great food.

There will also be surprise musical entertainment. The reception is included in the cost of full registration. Additional tickets can be purchased separately at the registration desk, which will be located adjacent to the Promenade Ballroom from 5.30pm (refer map on page 4).

CONFERENCE DINNER – FORT SCRATCHLEY Tuesday 23rd August from 6.00pm sharp Nobbys Rd, Newcastle East

The conference dinner this year will be held at historic Fort Scratchley, located on the eastern edge of Newcastle with spectacular views out to sea. The early start will give delegates the opportunity to enjoy the outlook and to network with colleagues before your Committee treats you to something special.

Then enjoy the roving entree before being seated for a memorable meal and entertainment. The conference dinner is included in the cost of full registration. Additional tickets can be purchased separately from the registration desk. Fort Scratchley is short walk from Noah's on the Beach (refer map on page 4). Alternatively Rickshaws are available for hire to transport you to the venue



» SITE VISITS

MONDAY 22ND AUGUST AND TUESDAY 23RD AUGUST Departing at 1.15pm

This year's program features a diverse range of site visits, designed to provide an insight into industries and workplaces in Newcastle and the surrounding region. Visits have been pre-booked with your registration. Buses will leave from Noah's on the Beach front driveway at 1.15pm sharp on Monday and Tuesday afternoons. The time of return will vary for each site visit, depending on the distance to be travelled. If you have forgotten which site you registered for, please contact the registration desk, as seats are strictly reserved due to limited numbers.

Clothing requirements are noted below.



Moly-Cop Steelworks

Moly-Cop is the largest manufacturer and supplier of grinding media to mining operations worldwide, with installed manufacturing capacity in excess of 1.3 million tonnes per year and global annual sales approaching 1.0 million tonnes. Delegates will see the steelworks operations, the occupational exposures (dust, fumes, noise, heat) and approaches to management.

Delegates are required to wear steel capped shoes or boots. Other PPE will be provided.

Newcastle Mines Rescue

Coal Services is an industry owned organisation committed to providing critical services and expertise to the NSW coal mining industry, including health, safety, environment and insurance solutions. These services support NSW coal mine workers, employers and communities and demonstrate an ongoing commitment to maintaining a safe workplace and a healthy workforce. Newcastle Mines Rescue's primary role is to provide underground incident response. Delegates will have a viewing of the 360' Virtual Reality theatre and the underground simulator.

Delegates are required to wear flat closed footwear.



» SITE VISITS

WesTrac

WesTrac is one of the largest authorised Caterpillar dealers in the world with over 4,000 staff nationally. The 23 hectare Tomago site comprises 12 major purpose-built interconnected facilities. Delegates will see a state of the art Caterpillar mobile equipment and truck facility with vehicle construction, parts and service activities. Occupational exposures include noise, dust, fumes, manual handling and pedestrian/vehicle interaction.

Delegates are required to wear closed footwear.





Orica - Kooragang Island

Orica - Kooragang Island is an integral part of the company's global operations and is strategically located at the entrance to the Hunter Valley. The operation supplies critical products to the mining and infrastructure, agriculture, water supply, food, dairy and medical sectors. It includes an ammonia plant, three nitric acid plants, two ammonium nitrate plants and a product dispatch facility. Occupational exposures include chemicals, storage and manufacture, manual handling, noise and emissions.

Delegates are required to wear long pants and long sleeved shirts. Orica will provide safety boots, hi-viz vests, safety glasses, hard hats and hearing protection.

» SITE VISITS



Hunter Medical Research Institute

Hunter Medical Research Institute is a state of the art facility resulting from a collaboration between the University of Newcastle, the John Hunter Hospital and the State Government. Since 1998, it has helped deliver key translational health and medical research and technology closely aligned to community health needs. Delegates will be guided through the facility and provided with an overview of the clinical research projects that are undertaken at the Institute with a particular focus on respiratory health.

Delegates are required to wear closed footwear.



Hands on respiratory health – educating about the dangers of asbestos

The ADRI 'Betty' House is an initiative of the Asbestos Education Committee in partnership with the Asbestos Diseases Research Institute (ADRI). It is a purpose built, mobile model home designed to demonstrate where asbestos might be found in and around any Australian home built or renovated before 1987. Betty's mission is to educate Australians about the dangers of asbestos so they think smart, think safe, think asbestosawareness.com.au. The bus will be a feature of the Wednesday morning program.

» SUNDAY 21 AUGUST

3.30PM - 5.30PM	ANZSOM General Council Meeting Boardroom , Level 6, Noah's on the Beach
5.30PM - 9.00PM	Registration Prelude Area, Noah's on the Beach
6.30PM - 9.00PM	Welcome Reception (included in full registration) Promenade Ballroom, Noah's on the Beach
	Noah's on the Beach provides an ideal venue for the ANZSOM ASM, with excellent conference facilities and great proximity to the natural beauty of the Newcastle coast as well as city amenities. The Welcome Reception will provide an opportunity to catch up with colleagues in a relaxed atmosphere, enjoying local wines and great food. There will also be surprise musical entertainment.

NEED HELP?

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Registration/Hospitality desk hours: Lobby Level

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The Centre for Brain and Mental Health is delighted to invite you

e-Mental lealth onference

17th-18th November 2016 **Hunter Medical Research Institute** Newcastle, AUSTRALIA.



newcastle.edu.au/e-mental-health

The conference's theme is 'Delivering person-centred care through new technology'. Through keynote speeches, symposia, concurrent sessions and poster presentations, scholars, practitioners and researchers from all over the world will come together to share the most updated developments in e-mental health.

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» DAY 1 MONDAY 22 AUGUST

8.00AM	REGISTRATION
	Session Chair: Maggie Goldie
9.00AM	WELCOME ADDRESS
	Mr Paul Jeans - Chancellor, University of Newcastle
	Mr Paul Jeans BE, FIE Aust, FAICD, is a fourth-generation Novocastrian with a leadership career in business spanning more than four decades. He was appointed as the Chancellor of the University of Newcastle in 2013, providing an opportunity to combine his business experience with his passion for education.
9.15AM	KEYNOTE ADDRESS
	Professor Brian Kelly - Head of School for Public Health, University of Newcastle
	Professor Brian Kelly is the Chair of Psychiatry at the University of Newcastle. Professor Kelly's leads off a day focussed on mental health in the workplace.
	As a practising clinician and Co-Director of Centre for Brain and Mental Health Research, and Aspen Medical Chair and Director of Centre for Resources Health and Safety, Professor Kelly has a keen interest in seeing research translated into clinical practice. He will explore with us how this research might apply to the workplace and how it might help us address in very practical ways the challenges we face in preventing and managing mental health issues at work. Empowering people to respond appropriately when they sense that a patient is in emotional distress is a common thread in his research and is particularly pertinent to our work as occupational health professionals.
10.30AM	Morning tea
	Session Chair: Maggie Goldie
11.00AM	MENTAL HEALTH
	Frontline mental health care in the workplace
	Professor Catharine Coleborne - Head of School of Humanities and Social Science, University of Newcastle
	Sharon Champness - Director People and Workforce Strategy, University of Newcastle
	Diane Bunch - Health and Safety Advisor, University of Newcastle
	Awareness of mental health issues has never been higher, yet we still have much to learn about how best to address these issues in the workplace and how to act positively to improve and support the mental health of employees. Our speakers offer diverse perspectives and experiences that will leave you better informed and better equipped to contribute in this challenging area.
12.30PM	Lunch

» DAY 1 MONDAY 22 AUGUST

1.15PM - 3.30PM

Session Chair: Fiona Landgren

WORKSHOP

Spirometry - don't blow it!

Sarah Baum - Senior Respiratory Scientist, Spirometry Training Professionals

This hands-on session will focus on the importance of correct technique, highlighting the implications of inaccurate testing, both for employers and employees. Participants will have the opportunity to undertake testing and discuss the results in small groups.



1.15PM SITE VISITS (PRE-BOOKED)

Site visits are a highlight of the ANZSOM conference and are an opportunity to see first-hand the occupational health issues of local industries. Places on the site visits are pre-allocated. For details see page 7 of the program. Buses to the site visits will leave from the front of Noah's on the Beach promptly at 1.15pm. Please see information earlier in the program for PPE and other requirements. Contact the Registration desk if you are unsure about whether you are booked into the site visits.

Moly-Cop Steelworks WesTrac Orica, Kooragang Island Newcastle Mines Rescue Station





Would you like to be part of a vibrant and spirited team?

We are on the lookout for energetic and passionate Medical Practitioners to join our Sonic HealthPlus Clinics.

This is a great opportunity to apply your expertise in Occupational Health, while working in a team-oriented and supportive environment.

For more information contact our Doctor recruitment consultant Amanda Blatch.

- E: Amanda.blatch@sonichealthplus.com.au
- **P:** 0428 244 634
- W: sonichealthplus.com.au

» DAY 2 TUESDAY 23 AUGUST

Session Chair: Amanda Tompson

CPR UPDATE

Harbour View Room, Level 6, Noah's on the Beach

Conducted by Coals Services Health (pre-booked with registration)

The CPR Update has become a regular feature of the ASM, providing delegates with an opportunity to meet their certification requirements. Attendance must be pre-booked and all participants will need to register to receive a Unique Student Identifier (USI) before participating on the day: https://www.usi.gov.au/students/create-your-usi

9.30AM

7.30AM - 9.30AM

Session Chair: Sarah Moss

CONTRIBUTED PAPERS

Assessing Fitness to Drive 2016

Dr Bruce Hocking - Occupational Physician, Bruce Hocking & Associates

The medical standards for private and commercial vehicle drivers have recently been reviewed and come into force on October 1st 2016. There remain some challenging areas for health professionals to be involved in assessing fitness to for duty.

Is the Intrinsically Photosensitive Retinal Ganglion Cell the 21st Century key

Miguel Kabilio - Consultant Occupational Physician

The Intrinsically Photosensitive Retinal Ganglion Cell (ipRGC) is the third and latest photosensitive retinal cell found. The function of this cell was fully unveiled in 2007. The environmental light/dark cycles synchronizes (entrains) the SNC via a distinct pathway originated in a subset of specialised photosensitive cells, the ipRGC. With special synapses with rods and cones, the ipRGC is both endogenously and exogenously light sensitive. Throughout specialised and selected retinohypothalamic tract the ipRGC provides direct retinal input to the pineal gland controlling the circadian cycle with appropriate release of Melatonin. The paper will present recent researches exploring the potential role of the ipRGC in fatigue management. Investigation about the use of different lights as preventive of fatigue in the workplace will be introduced. Furthermore, potential retinal injury risks will be discussed.



» DAY 2 TUESDAY 23 AUGUST

10.15AM

11.15AM

Session Chair: Mark Burns

Hugh Denehy Oration - Dr Helen Jagger

Dr Helen Jagger is a long standing member of ANZSOM and a great contributor to the New South Wales Branch, so we are delighted that she has accepted the invitation to deliver the 2016 oration in memory of one of our founding fathers, Dr Hugh Denehy. Helen has had a diverse career, spanning roles in health service delivery and senior management in the New South Wales health system. She also has over 20 years' experience as a surveyor and administrator for the Australian Council on Health Care Standards (ACHS). Helen is currently enjoying retirement and voluntary service for the Rotary Club of Campsie and as a consumer advocate on the Clinical Governance Committee for Tresillian Family Care Centres.



10.45AM Morning tea

HEALTH SURVEILLANCE

Health surveillance in action – emerging hazards & unique work environments

Associate Professor Anthony Brown - School of Rural Health,

University of Sydney

Associate Professor Anthony Brown will chair the first conference session on the practical application of health surveillance principles. He will provide a refresher on the principles of health surveillance and guide the audience through two working examples of health surveillance that demonstrate these principles in action.

Common hazards in uncommon places: Using a comprehensive exposure assessment strategy to assess and implement workplace health surveillance requirements in a unique workplace

Dr Catherine Field - Consultant Occupational and Environmental Physician

Carmen Smith - Occupational Hygienist, Australian Nuclear Science and Technology Organisation (ANSTO)

The Australian Nuclear Science and Technology Organisation (ANSTO) is the centre of Australia's nuclear science capabilities and expertise. As a large research facility that undertakes studies in a variety of fields, there is a much wider assortment of materials used compared to many other organisations. Many of these substances are only used periodically and often for short durations. As a result, there may be less in-depth knowledge about the various material hazards. This presentation will outline a practical approach of how to apply exposure assessment methodologies in a research setting to assist in determining appropriate health monitoring requirements.

Nanotechnology Update - Challenges for health surveillance

Dr Maggie Goldie - Associate Director Health and Safety, Human Resource Services, University of Newcastle

Assessing the risks associated with nanoparticles is challenging due to the limited data on the impact of prolonged human exposure. A model for assessing the exposure hazard will be presented including how this can be used to determine health surveillance requirements for different levels of exposure.

12.45PM

Lunch

» DAY 2 TUESDAY 23 AUGUST

1.15PM SITE VISITS Site visits are a highlight of the ANZSOM conference and are an opportunity to see first-hand the occupational health issues of local industries. Places on the site visits are pre-allocated. For details see page 7 of the program. Buses to the site visits will leave from the front of Noah's on the Beach promptly at 1.15pm. Please see information earlier in the program for PPE and other requirements. Contact the Registration desk if you are unsure about whether you are booked into the site visits. **Moly-Cop Steelworks Orica, Kooragang Island Newcastle Mines Rescue Station Hunter Medical Research Institute** Session Chair: Fiona Landgren WORKSHOP 1.15PM - 3.30PMSmoking cessation and the workplace – opportunities & challenges Dr Rudi Gasser - Occupational Physician, Barwon Health, Victoria

Ms Emma Dean - Senior Pharmacist, Smokefree Coordinator, Alfred Health, Victoria

Mr Dan Hobin - Niche Medical Territory Manager, New South Wales

Smoking continues to be a major cause of ill health, with smokers being 1.4 times more likely to be absent from work than nonsmokers. This session presents best practice approaches to supporting smokers including an update on pharmacological management, carbon monoxide monitoring and behavioural interventions. It will include case studies and opportunities for hands-on involvement through demonstrations of the latest in nicotine replacement therapies (NRT) and carbon monoxide monitoring devices. Workplace resources will also be available from the National and jurisdictional agencies.



6.00PM – 10.00PM CONFERENCE DINNER – FORT SCRATCHLEY

The conference dinner this year will be held at historic Fort Scratchley, located on the eastern edge of Newcastle with spectacular views out to sea. 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. Canapes will be served between 6pm and 7pm providing a 'roving entrée'. Please be at the venue by 6.15pm as your committee have something special planned for you.

The conference dinner is included in the cost of full registration. Additional tickets can be purchased separately from the registration desk. Fort Scratchley is short walk from Noah's on the Beach (refer map on page 4 of the program).

» DAY 3 WEDNESDAY 24 AUGUST

SOM ANNUAL GENERAL MEETING Annual General Meeting will be held over breakfast. Papers for the ting can be downloaded from the members section of the website. tions will be held for Treasurer General and Nurse Liaison Officer.
sion Chair: Edward Foley I <mark>STRIAL LUNG DISEASE</mark> duction by Dr Chris Colquhoun, icare dust diseases care
 Imoconiosis & associated conditions: prevention & surveillance Inciate Professor Deborah Yates - Respiratory Physician, St Vincent's poital, Sydney Mark Shepherd - Statutory Compliance Manager, Coal Mines Technical fices NSW Tessor Malcolm Sim - Director, Monash Centre for Occupational and ronmental Health, Head, Occupational and Environmental Health and the dearch Division Imoconiosis is a topical issue in Australia due to the recent re-emergence ases in coal miners. Attention is currently re-focused on workplace controls early detection through health surveillance programs. This session siders pneumoconiosis and other industrial lung diseases from a cal and industry perspective, examining the role and limitations of health eillance programs. Orah Yates will outline the spectrum of lung disorders which can be caused oal dust exposure and how best to detect these early using up to date niques. Mark Shepherd will focus on the prevention of dust related lung ase in the NSW coal industry through a collaborative model that provides sight and industry assistance. Malcolm Sim will highlight the limitations of eillance, and will present the recently released findings of the independent wo of the respiratory component of the Queensland Coal Mine Workers' th Scheme conducted by the Monash University Centre for Occupational Environmental Health and the University of Illinois Chicago.

Sponsored by:





» DAY 3 WEDNESDAY 24 AUGUST

Morning Tea

10.30AM

HANDS ON RESPIRATORY HEALTH

Betty House

The ADRI 'Betty' House is an initiative of the Asbestos Education Committee in partnership with the Asbestos Diseases Research Institute (ADRI). It is a purpose built, mobile model home designed to demonstrate where asbestos might be found in and around any Australian home built or renovated before 1987. Betty's mission is to educate Australians about the dangers of asbestos so they think smart, think safe, think asbestosawareness.com.au.



11.30AM

Session Chair: Louise Crowle

WELL AT WORK

This session provides a fascinating selection of presentations related to the conference themes including contributed papers.

Do occupational medical professionals have a role to play in respiratory protection? (Contributed paper)

Heather Rowsell - Senior Occupational Hygienist, 3M

Where respiratory protection is worn, there is specific guidance around its use; with a number of professional inputs required to implement and support a successful program. This presentation will explore the standards and guidance surrounding medical assessment in relation to respirator usage in the workplace, any anticipated changes to that guidance, and share an Occupational Hygienist's view on the implementation of this guidance in the Australian context.

Management of occupational and environmental health risks for front line workers during an outbreak of highly pathogenic emerging infections – lessons from Ebola and Zika

Associate Professor David Heslop - School of Public Health and Community Medicine, University of NSW

The recent outbreaks of Ebola and Zika viruses have brought a focus to the risks faced by individuals working in high risk biological agent threat environments. This presentation will touch on the considerations, recent controversies and fundamental conceptual framework for evaluating workplace hazards and risk in these settings. It will also describe the approaches currently used to devise and implement evidence informed risk controls, and the influences of other stakeholders and practical considerations.

Findings of major mental wellbeing survey (Contributed paper)

Anna Snodgrass - Principal Advisor Health, Wellbeing Team Rio Tinto

Over 2000 of Rio Tinto Iron Ore's (WA) employees volunteered to participate in a major survey of mental wellbeing in September 2015. What we have learnt has challenged some common stereotypes and helped to focus efforts to make a difference to workforce mental wellbeing.

» DAY 3 WEDNESDAY 24 AUGUST

WELL AT WORK (CONTINUED)

Resilience – lasting the distance

Marie Louise - Co-founder of Evolve Yourself Institute

Online approaches for resilience training and mental health support are now mainstream, and it is now easier than ever to prioritise prevention. Learn how these tools and the simple practices of mindfulness and neuroscience education can support growth in emotional intelligence and higher brain functioning to improve communication, creativity, innovation and compassion.

12 year longitudinal analysis of injury frequency in an US manufacturing company (Contributed paper)

Dr Nimisha Kalia - Interim Director, Division of Occupational Medicine, John Hopkins University

Work related injuries have declined in the United States over the past three decades due to an emphasis on behavioural / mental health programs, safety committees, and ergonomics. However, upon categorization of musculoskeletal injuries, back injuries have declined while knee and shoulder injuries remained constant. This paper will present research on the implications these findings may have for occupational medicine clinicians.

1.30PM - 3.00PM

AWARDS LUNCH

Don't rush off! The finale of the ASM will be our inaugural 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.

TSON

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WWW.ANZSOM.ORG.AU

18 ANZSOM ANNUAL SCIENTIFIC MEETING

» INAUGURAL DAVID GODDARD AWARD FOR BEST PAPER

ANNOUNCING THE INAUGURAL DAVID GODDARD AWARD FOR BEST PAPER

ANZSOM is pleased to announce this inaugural award for papers submitted at the Annual Scientific Meeting. Named in honour of long standing member and respected educator David Goddard, the award aims to recognise contributions to knowledge and practice in occupational medicine.

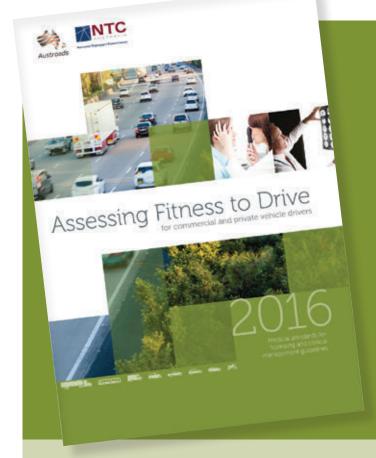
David Goddard graduated in medicine from Monash University in 1969. Post graduate coursework led to his obtaining a Diploma in Occupational Health (University of Sydney, 1975) and a Master in Health Professional Education (Monash University, 2010). He has worked in occupational medicine since 1973 and as a medical educator since 1990. His years of experience with the railways, State Government Occupational Health Service, State Worker's Compensation system and his network of practitioner friends have contributed in their own ways to his teaching.



David teaches medical undergraduates in occupational medicine and has taught postgraduate students in occupational hygiene, toxicology and basic OHS. He has a passion for teaching, which in 2001 led to his being awarded the Monash University Vice-Chancellor's Award for Distinguished Teaching.

Between 2008 and 2013, he worked part-time as lead Fellow in educational development with the Australasian Faculty of Occupational & Environmental Medicine (AFOEM) in the Royal Australasian College of Physicians. He led development of a new training curriculum, a training handbook, formative assessments and the summative assessment for basic trainees. In May 2013, he received the AFOEM President's award for outstanding contribution to education, training and assessment.

Dr David Goddard MB BS BMedSc DipOccupHealth MHealthProfEd Fellow, Australasian Faculty of Occupational Medicine, RACP Senior Lecturer (Education focused)



New national medical standards for licensing from 1 October 2016

Assessing Fitness to Drive contains the nationally agreed medical standards for driver licensing. The standards apply to private and commercial drivers, including drivers of heavy vehicles, light vehicles and motorbikes.

A new edition of *Assessing Fitness to Drive* will come into effect on 1 October and will be available from 1 September 2016.

To download an electronic version or purchase a hard copy, please visit the Austroads website at www.austroads.com.au

For more information please contact Austroads Level 9, 287 Elizabeth Street, Sydney NSW 2000, Australia Phone: +61 2 8265 3300 | austroads@austroads.com.au | www.austroads.com.au





While physical safety should never be discounted or detracted from, it should be seen as part of a bigger picture alongside emotional and mental safety.

By thinking of safety in a more holistic way, not only will you protect your team against a greater spectrum of hazards and risks, but you'll also create a more positive, innovative and creative work environment.

To see if you're contributing to a physically, emotionally and mentally safe workplace, ask yourself how well you can relate to these statements.

Physical

PROTECT: PRACTICE

you're able to identify a risk or hazard and can take the appropriate action to protect yourself and others from it by ensuring its removal or minimisation.

KEEP WELL:

you take your own and other people's physical wellbeing into consideration, practice good hygiene, get regular exercise and eat a balanced diet. you're aware of your workplace health and safety policies and programs, putting them into action each day.

EDUCATE:

you take it upon yourself to keep up-to-date with the latest workplace health and safety standards, support networks and resources available to help keep you and your team happy, healthy, safe and productive!

Mental RESPECT: MANAGE:

feel objectively and rationally, can understand

and control your own

decisions collaboratively

and productively, taking into consideration a wide

range of influences and feeling comfortable with

your final choice.

thoughts

RESPECT: MANAGE: ideas and you can think and

you treat new ideas and concepts with respect, providing them with the time and consideration they deserve.

CREATE: DECIDE: er creative you're able <u>to make</u>

you foster creative thinking and innovation, always looking for new and better ways to achieve your goals.

SAFE WORKPLACE

Emotional

SELF-REGULATE: you're able to regulate your own moods, exercise restraint and express feelings with control.

EMPATHISE:

you're a compassionate person and have the ability to connect with those around you. Generally great at customer service and problem solving.

PEOPLE SKILLS:

you're able to build rapport and trust quickly with others, avoiding power struggles and backstabbing.

TE: SELF-AWARE:

you have a healthy sense of self-awareness such as being able to understand your own strengths, weaknesses and impacts your actions have on others.

MOTIVATE:

you're self-motivated, resilient and optimistic when you encounter disappointment and are driven by inner ambition not just external rewards.

Sarah Baum

Senior Respiratory Scientist, Spirometry Training Professionals

Sarah is the Senior Respiratory Scientist and Course Director at Spirometry Training Professionals. Sarah brings over 10 years clinical experience in lung function testing from various hospitals and private clinics around Sydney. More recently Sarah has been involved in both the development and delivery of accredited spirometry training courses for primary care and occupational health professionals around Australia.

Associate Professor Anthony (Tony) Brown School of Rural Health.

University of Sydney

Associate Professor Tony Brown is a public health physician and occupational and environmental health physician with extensive research experience. Tony has worked for the School of Rural Health, the University of Sydney based in Dubbo since early 2009 and was the Associate Dean and Head of the School for some years. He now coordinates the population health professional development teaching and conducts some research at the School. Prior to this he held the position of Area Manager of Population Health and Medical Officer of Health for Greater Western Area Health Service, and worked for many years in the Discipline of Environmental and Occupational Health at the University of Newcastle. Tony has broad research interests, having worked on large epidemiological studies and industry specific studies. Tony continues to do some consulting in occupational medicine. He is an ANZSOM member having joined first in the early 1980s.

Diane Bunch

Health & Safety Advisor - Wellbeing, University of Newcastle

Diane Bunch is the Health and Safety Advisor -Wellbeing at The University of Newcastle which she has held for over 10 years. Diane's role is focused on developing holistic wellbeing programs for staff as a preventative measure for injury and illness in the workplace. Diane's passion is supporting staff with non-work related illness or injury by working with their health professionals to develop a plan to assist them in the workplace with recovery and to ensure a supportive work environment. Diane has a Bachelor of Business majoring in Human Resource Management, a Graduate Diploma of Occupational Health and Safety and a Bachelor of Social Science (Psychology).

Sharon Champness

Director of People and Workforce Strategy, University of Newcastle

In a career spanning more than two decades, Sharon's passion for people and organisational change has seen her work for a number of organisations in a range of roles across both human resources and information technology. She has also supported mergers and acquisitions, shaped talent strategy and lead significant organisational change within a number of large Australian and global organisations including Arrium, OneSteel, BHP, Orica and most recently, the University of Newcastle. Sharon is an alumni of the University of Newcastle with a Bachelor of Science (Hons) as well as a Masters of Business Administration from Herriot Watt University, UK.

Professor Catharine Coleborne

Head of School, School of Humanities and Social Science, University of Newcastle

Professor Catharine Coleborne is the Head of Humanities and Social Science, a large and diverse school at University of Newcastle. She is an internationally recognised historian of health and medicine with an extensive portfolio of research, teaching, administration and academic leadership. Her research and publishing in the histories of mental health, families, illness, colonial worlds and medical institutions, as well as in law and history has attracted world-wide attention.

Emma Dean

Senior Pharmacist and Smoking Cessation Coordinator, Alfred Health

With more than 12 years of experience as a clinical pharmacist, Emma has developed well recognised expertise in the area of smoking cessation and related pharmacotherapies. She has contributed to a multisite, ARC funded research project highlighting the value of brief interventions for smoking cessation within the hospital setting. Emma has been integral in driving multidisciplinary system change to ensure effective clinical management of nicotine dependency among patients of Alfred Health and more recently, across Victoria. Importantly, Emma continues to maintain a clinical caseload in supporting Alfred Health inpatients and outpatients to quit smoking.

» INVITED SPEAKERS

Dr Catherine Field

Consultant Occupational and Environmental Physician

Dr Catherine Field is a Consultant Occupational and Environmental Physician in private practice in Sydney. She has 15 years' experience in occupational medicine and consults to a wide variety of clients, in both the private and public sectors, including ANSTO. She has designed and implemented occupational health surveillance programs for a number of clients for a range of occupational hazards.

Dr Rudi Gasser

Occupational Physician, Barwon Health, Victoria

Dr Rudi Gasser is an occupational physician with extensive experience in the private and public sector. He has spent many years championing the role of health care professionals in proactively addressing smoking and provides direct clinical services for smoking cessation as well as providing organisational leadership to systematise smoking interventions. Rudi was instrumental in initiating the Victorian Network of Smokefree Healthcare Services in 2011 and sits on the Board of the Global Network of Tobacco Free Health Services.

Dr Maggie Goldie

Associate Director Health and Safety, Human Resource Services, University of Newcastle

Dr Maggie Goldie is an occupational physician who for the past 30 years has focused on injury prevention and health and safety management. Her experience stretches across a broad spectrum of industries including construction, mining, manufacturing, hospitality, security and education. Working for multinational companies has led to expansive travel across the globe to promote good health and safety management wherever the company operations were based. This included 3 years in the USA while working for Tyco Fire and Security. Currently heading up the health and safety function at the University of Newcastle, Maggie is enjoying the challenges of working with a very diverse organisation to ensure the University's staff and students work and study in a safe and healthy environment.



For more information phone (02) 9005 7090 Email: commercial.pathology@laverty.com.au



Dr David Heslop

Associate Professor, School of Public Health and Community Medicine, University of NSW

Dr David Heslop retains significant military responsibilities as Senior Medical Adviser for CBRNE to Special Operations Headquarters Australia and to Australian Defence Force (ADF) joint senior leadership. He was appointed as Senior Medical Officer for Special Operations Command for 2014, and was the Officer Commanding and Senior Medical Officer to the ADF CBRN medical incident response element at Special Operations Engineer Regiment from 2012-2015. Dr Heslop is a practicing vocationally registered General Practitioner, a senior trainee in Occupational and Environmental Medicine with RACP, and a fellowship candidate for the Academy of Wilderness Medicine. He is an international expert in Chemical, Biological, Radiological, Nuclear and Explosive (CBRNE) and general military medicine, and regularly is consulted and participates in the development and review of national and international clinical and operational CBRNE policy and doctrine.

Dr Helen Jagger

2016 Hugh Denehy Oration presenter

Dr Helen Jagger is a long standing member of ANZSOM and a great contributor to the New South Wales Branch. Helen is currently enjoying retirement and voluntary service for the Rotary Club of Campsie and as a consumer advocate on the Clinical Governance Committee for Tresillian Family Care Centres. Her previous experience includes service delivery and senior management at a variety of hospital and community health services, including manager of programs and policy for Primary Health Care Services for NSW Health Department, Deputy Director at HealthQuest, and Director of Medical Services at The Canterbury Hospital. She also has over 20 years' experience as a volunteer (peer) surveyor for the Australian Council on Health Care Standards (ACHS), including 3 years Contracted survey coordinator, consultant and educator as a Medical Administrator and Clinician (Community Health) for ACHS and its international business arm (ACHSI).

Paul Jeans

Chancellor, University of Newcastle

Mr Paul Jeans BE, FIE Aust, FAICD, a fourthgeneration Novocastrian with a leadership career in business spanning more than four decades was appointed as the Chancellor of the University of Newcastle in 2013. Mr Jeans says he was honoured to be appointed Chancellor and proud to be able to contribute to a University that consistently ranks in the top three per cent of universities in the world. His appointment was most fitting for the University as Mr Jeans is passionate about education and believes that everyone who can benefit from a University degree should have the opportunity to study.

Mr Jeans professional background includes more than 40 years with BHP in a number of leadership roles, including Executive General Manager and CEO of its Ferrous Minerals business and three of its steel businesses. He has a remarkable record of service on the boards of a range of organisations including Fosters Brewing Group and Ausgrid. He was also President of the Australia Korea Business Council and a member of the Council of the University of Wollongong. Mr Jeans long standing relationship with Newcastle has led to his other passion which is to see the revitalisation of the City post BHP and the development of the surrounding region.

Professor Brian Kelly

Acting Head of School for Public Health, University of Newcastle

Professor Brian Kelly is the Chair of Psychiatry at the University of Newcastle. As a practising clinician and Co-Director of Centre for Brain and Mental Health Research, and Aspen Medical Chair and Director of Centre for Resources Health and Safety, Professor Kelly has a keen interest in seeing research translated into clinical practice. Professor Kelly has a distinguished track record spanning psychiatric epidemiology, palliative care and psycho-oncology, substance use, social determinants of mental health and ethical aspects of clinical practice.

In 2004 Professor Kelly was appointed Director of the NSW Centre for Rural and Remote Mental Health. He subsequently led a ground-breaking, NHMRC funded, longitudinal study of mental health in rural regions (the Australian Rural Mental Health Study).

Flow-on projects addressing the mental health needs of farming communities include Farm Link (supported by the National Suicide Prevention Program) and the XTEND study investigating the role of social support in mental health outcomes, with a focus on men. Professor Kelly has also conducted significant workplace interventions and research in primary industries, including coal mining, playing a key role in informing mental health policy. His work in population mental health has yielded international collaborations in South East Asia addressing workplace mental health and impacts of environmental adversity.

» INVITED SPEAKERS

Marie Louise

Co-founder of Evolve Yourself Institute

Marie Louise is co founder of Evolve Yourself Institute and author of Discover Worlds Within. Marie has presented all over the world, the importance of self care practices and has created programs that develop self empowerment, self responsibility and self awareness. Her drive and curiosity into learning human behaviour, came from a lifetime experience of her mother's condition of bipolar. Her own life was exposed to the cellular memory of childhood trauma of sexual abuse and teenage rape. In her own processes and transformation Marie was able to see things clearly and driven with purpose to make a change, Marie founded Evolve Yourself Institute with a mind matters approach, merging mindfulness, yoga, positive psychology, neuroscience, meditation and breath.

Mark Shepherd

Statutory Compliance Manager, Coal Mines Technical Services NSW

Mark has worked with Coal Services since 2005 and currently manages the airborne dust inspectors in the NSW coal industry. With 35 years' experience in operational mining and management roles, Mark has developed a reputation in effectively working together with customers to achieve great outcomes, particularly in the area of reducing respirable dust exposures. Mark's key focus is to ensure monitoring delivers not just results, but quality information that drives improvement.

Professor Malcolm Sim

Director, Monash Centre for Occupational and Environmental Health, School of Public Health and Preventive Medicine, Monash University

Malcolm Sim is an Occupational Physician and epidemiologist who leads a team of about 25 research and teaching staff. His main research interests include the risks of chronic diseases from occupational and environmental exposures, occupational disease surveillance, veterans' health, longitudinal cohort studies of working populations, exposure assessment and long term outcomes of work injury. He was the lead of the recent review of the respiratory medical screening program for coal mine workers in Queensland. Malcolm is the course coordinator for the Masters degree in Occupational and Environmental Health at Monash and has been involved in many projects to develop occupational health capacity in Asia. In recognition of his extensive national and international activities and collaborations. Malcolm was awarded the Dean's Award for Excellence in External Engagement at Monash in 2013.

Carmen Smith

Occupational Hygienist

Carmen Smith is an Occupational Hygienist and member of the Australian Institute of Occupational Hygienists (AIOH). She commenced work in the corporate health industry as an exercise physiologist before moving into the area of occupational hygiene. She was the Occupational Advisor for BHP Billiton at Mt Arthur Coal before moving into a broader WHS role at Sydney International Airport with dNATA. Carmen is currently employed as a site-based Occupational Hygienist at Australian Nuclear Science and Technology Organisation (ANSTO).

Associate Professor Deborah Yates

Consultant Thoracic Physician

Deborah Yates is a physician in the Department of Thoracic Medicine at the St Vincent's Hospital in Sydney and a Conjoint Associate Professor at the University of NSW. She has a longstanding clinical and research interest in obstructive lung disease, including asthma, chronic obstructive pulmonary disease (COPD) and lymphangioleiomyomatosis (LAM), and also in occupational lung disorders. She has published widely in the field of asthma and occupational lung disease including asbestosrelated disorders and occupational asthma.

Deborah's current research interests also include the development of non-invasive methods for assessing lung disease, including the use of exhaled nitric oxide as a clinical tool for assessing asthma. Deborah worked as a Senior Medical Officer in the UK for the Central Pneumoconiosis Panel before coming to Australia and thus has unique experience in coal workers' pneumoconiosis, silicosis and other pneumoconiosis.

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Session Sponsor – icare, NSW Workers' Compensation Dust Diseases Authority The NSW Workers' Compensation Dust Diseases Authority (Dust Diseases Care) provides financial compensation and support to people who have had work-related exposure to harmful dust in New South Wales. Along with compensation, the organisation also funds on-going assistance to improve quality-of-life. This can include mobility aids, personal care, and medication and treatment from health professionals, as well as general assistance such as domestic support and respite care for families.

For more information about the NSW Workers' Compensation Dust Diseases Authority visit: *www.icare.nsw.gov.au* Call *02 9687 9404*

Dust Diseases Care is proudly supporting the Industrial Lung Disease session on Wednesday morning. They have also helped facilitate involvement of the Betty Bus.

» COMPANY PROFILES

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Niche Medical is proudly supporting the Smoking cessation and the Workplace Workshop on Tuesday afternoon.



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EXHIBITORS



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We believe communication and respect for the needs and rights of all parties involved in the management of occupational health are fundamentally important. We provide an evidence-based approach, and seek to provide the most efficient and transparent service possible.

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MS MELINDA MILLER ~ANZSOM FEDERAL PRESIDENT~

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» DELEGATES

Dr Prasad Abeydeera Dr Caroline Allum Dr Ann Andrews **Dr Christine Aus** Dr Craig Barnett Dr Sasan Beheshti Dr Teresa Boyle Ms Chervl Boysen Dr Stephanie Brookman A/Prof Anthony (Tony) Brown **Dr Mark Burns** Dr Pearlle Chan Dr Wing Chan Dr Poh Lin Cheah Ms Kaylene Chidgey Mrs Sandra Code A/Prof Peter Connaughton **Dr David Crocker** Dr John Cross Dr Louise Crowle Dr Chris Cunneen Ms Ariane Delessert Ms Robyn Dye **Dr Catherine Field Dr Edward Foley** Dr Amanda Gardner Dr Rudi Gasser Ms Annette Gentry Dr Margaret Gibson Dr Barry Gilbert Dr David Goddard Dr Maggie Goldie Dr Sandra Gongora Dr Steven Goode Dr David Gras Dr Richie Gun Dr Graham Hall Dr Philippa Harvey-Sutton Dr Angela Hassab

Ms Lorraine Henley A/Prof David Heslop **Dr Marcus Hirschfield** Dr Bruce Hocking **Dr Claire Hollo** Dr David Imlah Dr Helen Jagger Dr Miguel Sergio Kabilio Dr Jim Kafiris Dr Nimisha Kalia- Satwah Mrs Sally Kane Mrs Elizabeth Keating Dr Courtenay Kenny Dr Bob Kenyon Ms Sylvia Kidziak Dr Georgios Konstantinou Ms Robyn Laurie Dr Leon Le Leu Dr Virginia Li Dr Themis Lui Dr Vern Madden Dr Sandra McBurnie **Dr Robert McCartney** Dr Mary McGinty Dr Susan Miles Ms Melinda Miller Dr John Monigatti Dr Sarah Moss Dr Tom Mulholland Dr Denis Mulkeen Dr Paul Niall Dr Iain Nicolson Dr Ross Nolan Mrs Hilary Oakley **Dr Christopher Oates** Dr James O'Regan Dr Neil Ozanne Dr John Parkes Dr Virginia Pascall

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