



MAKING IT WORK

Practical solutions in occupational health



The Australian and New Zealand
Society of Occupational Medicine



ANZSOM Annual Scientific Meeting ADELAIDE 2019



In collaboration with the Australasian Faculty of
Occupational and Environmental Medicine (AFOEM)
as scientific program partner



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WELCOME

Welcome to Adelaide!

On behalf of the SA/NT ANZSOM ASM Organising Committee, I extend a warm welcome to our delegates, partners, sponsors and supporters, and encourage you to make the most of our vibrant city and the excellent program that has been put together for you at this years' Annual Scientific Meeting.

The technical program, developed in partnership with AFOEM, reflects the complex range of issues we currently face in occupational health and the diverse inputs required to "Make it Work". You will hear from experts and industry leaders on hot topics such as silicosis, opioid use, domestic violence impacts, road transport and mental health for first responders. There will also be an opportunity to explore cutting edge science in areas such as burns management, exposure science, occupational epidemiology and pain immunology. Complementing these presentations will be workshops on social media, mental health first aid and basic life support, and of course the unique ANZSOM worksite visits. A common thread is to provide current evidence together with practical solutions to guide your practice

Of course, a drawcard of the ASM is the social program and other networking opportunities, which this year will include a Welcome Reception here at The Playford and a memorable dinner at the National Wine Centre, featuring exceptional local produce and wines, as well as world class entertainment from concert pianist Konstantin Shamray. We hope you will also take the opportunity to enjoy the many sights and delights of Adelaide.

The quality and breadth of this program is the result of a great collaborative effort and I wish to acknowledge our Committee, who have not only created an exceptional technical program, but have worked hard to bring us some memorable experiences through the social program and networking events. Thank you also to the General Council, Federal Executive and the Secretariat for their commitment and support.

I extend particular thanks to all our sponsors, exhibitors and supporters, whose contributions and ongoing commitment to ANZSOM enable us to make a meaningful contribution to this important field of occupational health. I thank you all most sincerely for your contributions.

Enjoy **Making it Work** in Adelaide in 2019!

Kind regards,

Dr John Cross

ANZSOM ASM2019 Convenor

GETTING YOUR BEARINGS

KEY LOCATIONS

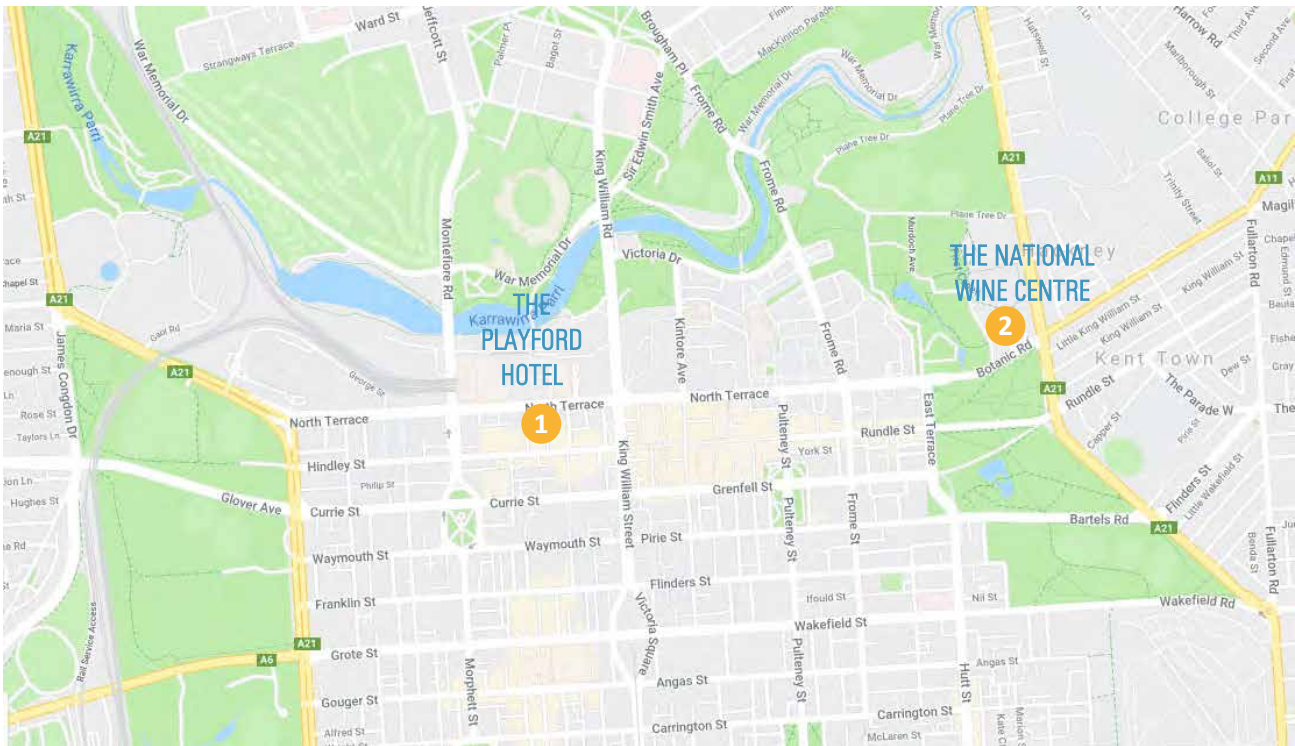
- 1

The Playford Hotel

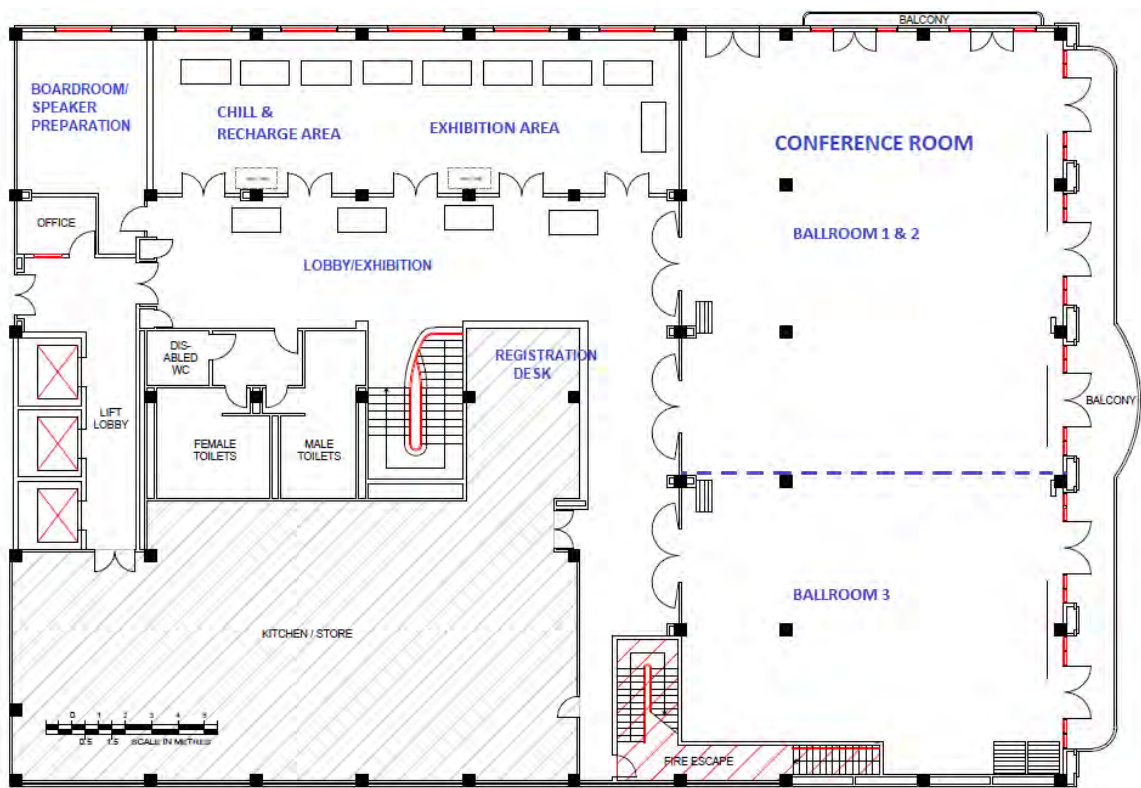
120 North Terrace, Adelaide
- 2

The National Wine Centre of Australia

Corner of Hackney Rd and Botanic Rd, Adelaide



VENUE LAYOUT - The Playford Hotel, Level 1



NEED HELP?

REGISTRATION DESK HOURS

Located at The Playford Hotel – Level 1 Foyer

Sunday 27 October	5.30pm - 9.00pm
Monday 28 October	8.00am - 5.00pm
Tuesday 29 October	8.00am - 5.00pm
Wednesday 30 October	7.30am - 5.00pm

CONTACTS

For general enquiries, please contact the Secretariat - Cathie on 0412 089 594 or Fiona on 0408 530 865. For enquiries regarding the Partners Program, please contact Cheryl Cross on 0416 289 155.

FEEDBACK

Please provide feedback for each session (including site visits, CPR and workshops) via the ASM App. An overall conference survey will also be available at the end of the conference or online via the App.

WIRELESS INTERNET

Wireless internet is available to all delegates through The Playford Hotel network. Guests to log in to **The Playford Conference WiFi**. The password is **ypedru** (all lower case).

SPEAKER REQUIREMENTS

ANZSOM welcomes all our generous speakers. Please be sure to arrange loading of your presentation well before your session. For assistance please go to the Registration Desk. The Boardroom, located on level 1 of The Playford Hotel, has been set aside to be used as a speaker preparation room should you need a space to gather your thoughts or your notes.

DIETARY REQUIREMENTS

Delegates and speakers who have communicated their special dietary requirements to us will be catered for, either through the general selection of catering options or through a specific meal preparation. Please talk to the catering staff or staff at the Registration Desk if you require assistance.

SITE VISIT REQUIREMENTS

Bookings for the site visits have been allocated prior to the ASM. For attendance lists see the Registration Desk or the ASM App. Buses for the visits will depart from the front of the hotel at various times commencing at 1.00pm. Departure times and PPE requirements for each site visit are listed on page 10.

WIN FREE REGISTRATION TO ASM2020 IN LAUNCESTON

This year you will have a chance to win free registration to next year's conference in Launceston (and many more prizes), simply by visiting our exhibitors! Each exhibitor will have a unique stamp to record your visit on your ASM Passport. You'll find your Passport in your delegate envelope. Once you have all the stamps, record your name and contact details and pop it in the box at the Registration Desk. The winner will be drawn at the Awards Lunch on Wednesday. To be eligible you will need to be at the lunch to receive the prize in person.

FOLLOW US ON SOCIAL MEDIA

Follow, tag and share your snaps and stories during the conference! Use these hashtags:

#ANZSOM

#ASM2019



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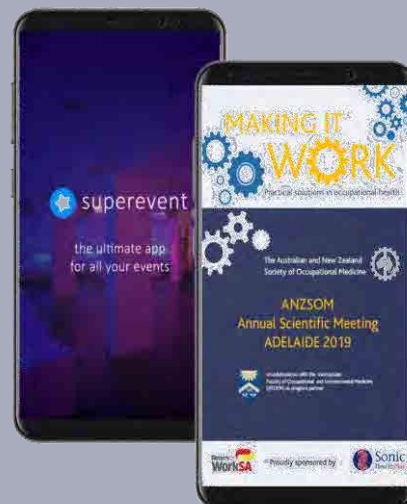
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ASM APP

Make sure you download the ASM App for information and updates throughout the conference!



GETTING TO KNOW ADELAIDE

Adelaide is one of Australia's most accessible cities, on the doorstep of South Australia's unique cultural experiences. You will want to linger longer in South Australia once you find out all there is to see and do. For more information go to southaustralia.com.

CITY TOURIST ATTRACTIONS

All in close proximity in one of the world's most walkable cities!

- Adelaide Central Markets
- Adelaide Zoo
- South Australian Museum
- State Library of South Australia
- Art Gallery of South Australia

BEYOND THE CITY

Beyond Adelaide, delegates may choose to explore:

- **Iconic Wine Regions** - Over 200 cellar doors within 1-hour drive of the city, including the Barossa Valley, McLaren Vale and the Adelaide Hills.
- **Kangaroo Island** - Take a ferry from Cape Jervis on Adelaide's Fleurieu Peninsula and experience the unspoilt wilderness that Kangaroo Island has to offer.
- **Flinders Ranges** - Experience Australia's outback, with breathtaking views, natural wilderness and memorable experiences for all.

FREE TRAVEL

For your convenience, Adelaide Metro provides several free public transport options servicing the city and North Adelaide.

City Connector bus

A joint initiative of The City of Adelaide and Adelaide Metro, the free City Connector bus serves the city and North Adelaide, and links major tourist attractions, key destinations and facilities. The buses are wheelchair and pram accessible.

Bus routes 98A and 98C connect North Adelaide with the city, while routes 99A and 99C connect the inner-city areas.

Free city tram

You can travel on the tram in the city centre free of charge from the South Terrace stop, to, and along North Terrace. The free zone continues out to the Adelaide Entertainment Centre where a Park n Ride service is available.

This service is a great option for visiting the Adelaide Central Markets (alight at Victoria Square), Adelaide Railway Station/Adelaide Casino (alight at Adelaide Railway Station), the Royal Adelaide Hospital (alight at West Terrace) or the Botanic Gardens or Adelaide Zoo (alight at Botanic Gardens).

Plan your journey using these free city services. For more information visit www.adelaidemetro.com.au.



WELCOME AND THANK YOU TO OUR SPEAKERS

Thank you to all speakers involved in the ASM 2019, including invited speakers and those presenting contributed papers. Profiles of invited speakers are available on the ANZSOM website and ASM App. Contributed paper abstracts are also available on the App.

INVITED SPEAKERS

KEYNOTE - Dr Gary Franklin, Research Professor, Departments of Environmental and Occupational Health Sciences and Medicine (Neurology), University of Washington (UW), Adjunct Research Professor, Department of Health Services, UW

Natalie Bottroff, Director and Principal Consultant, nb&a group

Dr Matt Brearley, Occupational Heat Stress Consultant, Charles Darwin University

Matthew Burnell, Senior Branch Official, Transport Workers Union

Dr Armand Casolin, Chief Health Officer, Sydney Trains & NSW TrainLink

Dr Robin Chase AM, Occupational Physician

Dr Bianca Cheong, Occupational and Environmental Physician

Clayton Cross, Head of Strategy, Conversion Digital

Debbie De Palma, Barrister, Howard Zeller Chambers

Professor Maureen Dollard, Work and Organisational Psychology, School of Psychology, Social Work and Social Policy, UniSA

Dr James Economos, Occupational and Environmental Physician

Dr Graeme Edwards, Senior Consulting Physician, Occupational and Environmental Medicine

Commander Grant Edwards, Australian Federal Police

Professor Sally Ferguson, Appleton Institute in Adelaide; Deputy Dean of Research in the School of Human Health and Social Sciences, CQUniversity

Michael Francis, Chief Executive Officer, ReturnToWorkSA

Dr Sharyn Gaskin, Occupational Hygienist, Adelaide Exposure Science and Health

Professor Hugh Grantham, Professor of Paramedics, Flinders University

Professor John Greenwood AM, Plastic Surgeon and Medical Director, Adult Burns Unit, Royal Adelaide Hospital

Stuart Harper, Nurse Practitioner Candidate, Adult Burns Unit, Royal Adelaide Hospital

Professor Mark Hutchinson, Director, Centre for Nanoscale BioPhotonics; Professor with the Adelaide Medical School

Dr Dilip Kapur, Specialist Pain Medicine Physician, Senior Lecturer in Pain Medicine, Flinders University

Abbey Kendall, Director, Working Women's Centre SA Inc.

Associate Professor Dennis Lau, Cardiologist, Cardiovascular Centre, Adelaide

Dr Jamie Mackenzie, Research Fellow, Centre for Automobile Safety Research, University of Adelaide

Professor Sandy McFarlane AO, Director, Centre for Traumatic Stress Studies, University of Adelaide

Professor Lorimer Moseley, Senior Principal Research Fellow, NeuRA; NHMRC Principal Research Fellow; Professor of Clinical Neurosciences & Foundation Chair in Physiotherapy, UniSA

Dr Katrina Newbigin, Chest Radiologist, Wesley Hospital, Brisbane; Certified B Reader

Dr Paul Pers, Spinal Clinician; General Practitioner

Professor Dino Pisaniello, Professor in Occupational and Environmental Hygiene, The University of Adelaide; Director, Adelaide Exposure Science and Health and OEH Laboratory

Nicole Saddler, Senior Specialist Military and High-Risk Organisations, Phoenix Australia

Dr Katrina Sanders, Chief Medical Officer, Australian Federal Police

Professor Malcolm Sim AM, Director, Occupational and Environmental Health Sciences, Monash University

Professor Julian White AM, Unit Head, Toxinology Department, Women's and Children's Hospital

Associate Professor Deborah Yates, Thoracic Physician, St Vincent's Hospital, Sydney

CONTRIBUTED PAPERS

Dr Umberto Boffa , Occupational Physician, Safelens PL	Dr Miguel Sergio Kabilio , Occupational Physician, OSH Group
Dr Michael Donoghue , Occupational Physician, Alcoa Corporation	Dr Devandran Kumarasamy , Occupational Physician, Petronas, Malaysia
Professor Niki Ellis , Occupational and Public Health Consultant, Kim Thrift , Senior Program Manager, Comcare	Dr Moazzam Zaidi , Occupational Physician, Johns Hopkins Aramco Healthcare; Hawke's Bay District Health Board (New Zealand)
Associate Professor John Gall , Forensic Physician, Era Health	

SOCIAL PROGRAM

Welcome Reception – The Playford Hotel

Sunday 27th October, from 6.30pm (Ballroom 1)

Both exciting and sophisticated, The Playford Adelaide Hotel is the perfect setting for the Welcome Reception, where guests will enjoy innovative cuisine incorporating fresh South Australian ingredients and a selection of local wines and beer.

We present for your enjoyment throughout the evening, some wonderful musical entertainment, provided by “Richie and Friends”.

Proudly supported by eReports, the Welcome Reception is included in the cost of full registration.



Nurses Dinner – Georges on Waymouth (by invitation)

Monday 28th October, from 6.30pm

Resile is proud to support this special function for occupational health nurses, following on from the very successful inaugural event in Melbourne in 2018. Join your nursing colleagues for this memorable evening at Georges on Waymouth.

Brought to you by Resile
*Maximising the health,
wellbeing and productivity of your
workforce.*



Partner's Program

South Australian Art Perspective – Day Tour to Adelaide Hills

Tuesday 29th October – departing from The Playford Hotel at 9.45am and returning at 4.00pm.

Partners and other guests are invited to join host Cheryl Cross in visiting some iconic sites and embracing a taste of art and culture in Adelaide and surrounds, including The Cedars. The Cedars in Hahndorf is a must see for visitors to South Australia, being the family home of Sir Hans Heysen, who was arguably South Australia's best landscape artist, as well as a great visionary and environmentalist. The work of his daughter, Nora Heysen, who was a successful portraiture artist and Archibald prize winner, can also be viewed at The Cedars. The property is still owned by the Heysen family and you will be treated to a guided tour of the house and studio.



SOCIAL PROGRAM

Conference Dinner – The National Wine Centre of Australia

Tuesday 29th October, from 7.00pm (Hickinbotham Hall)

The National Wine Centre is a flagship of Australia's internationally renowned wine industry, acting simultaneously as a cultural and educational centre, and a major tourist attraction.

Situated on the edge of Adelaide's stunning Botanic Gardens, an easy walk from The Playford Adelaide Hotel, it is a combination of eye-catching architecture and smooth functionality. The Hickinbotham Hall will be the venue for the Conference Dinner and is located on the ground floor, with views and access to the outdoor paved terrace and vineyard. It also features a stunning wooden ceiling that rises 23 metres, as well as beautiful jarrah floorboards and a spectacular rammed earth wall.

You will enjoy a stunning three course meal with wines sourced and matched by South Australian medico/vignerons, including Mosquito Hill and Tomich Wines.

Among other entertainment, we are excited to present a special performance by internationally acclaimed concert pianist Konstantin Shamray. This will be a rare opportunity to experience the brilliance and emotion of this exhilarating performer who has enjoyed critical acclaim for his performances with orchestras and chamber music groups around the world, including the Russian National Philharmonic, the Mariinsky Theatre Orchestra, Moscow Virtuosi, Orchestre National de Lyon, Prague Philharmonia, Belgrade Philharmonic Orchestra and the Sydney Symphony among others.

The Conference Dinner is included in the cost of full registration.

Getting there

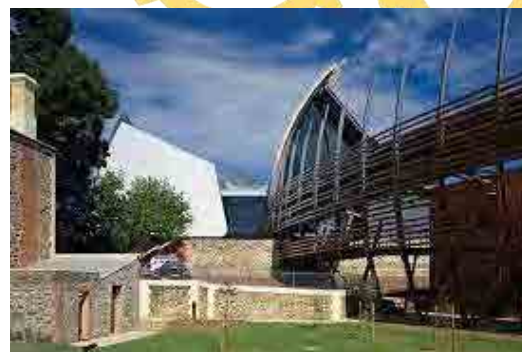
TAKE A FREE BUS: Special conference dinner buses will leave The Playford Hotel at 6.30pm.

A return shuttle will also operate between 10.00pm and 11.00pm between the Australian Wine Centre and The Playford Hotel. Bookings are not required.

CATCH A FREE TRAM: Leave from the railway station stop near The Playford Hotel. Trams leave every 10 mins and will take you to the Botanic Garden stop, 650m from the Wine Centre. Choose the scenic route through the gardens.

WALK: Straight down North Terrace, 1.8 Km, 15min.

Proudly supported by:



SITE VISITS

Bookings for the site visits on Wednesday 30th October have been allocated prior to the ASM, and can be found on the App. Buses for the visits will depart from the front of the hotel as per the times indicated below.

PPE requirements described are those that must be provided by the delegate.

ASC Shipbuilding

Bus departure: 1.00pm, a packed lunch will be provided

ASC Shipbuilding is a subsidiary of BAE Systems Australia. It currently provides the shipbuilding workforce and capability for the Hobart Class Air Warfare Destroyer and Arafura Class Offshore Patrol Vessels, and holds the head contract for the Hunter Class Frigate Program. This site visit will provide an opportunity to experience the shipyard and learn about the manufacturing and testing processes across the three programs. The visit will highlight the diversity of technical work roles and environments, and the considerations for occupational health and safety.

PPE: Delegates to bring/wear own steel cap boots, long pants, long sleeve shirt.



ASC North submarine maintenance facility

Bus departure: 1.15pm

ASC North in Osborne is the location for the majority of maintenance undertaken on the Collins Class submarines. This site conducts full cycle dockings (major refits) engaging a team of designers and engineers who are constantly developing and implementing upgrades to ensure the Collins Class submarines remain at the cutting edge of submarine technology. This site visit will involve a tour of the maintenance facility to provide context to the type of work being performed and the working environment that the workforce is exposed to. While on board access to a submarine will not be possible, delegates will get up close and personal to these magnificent vessels.

PPE: Delegates to bring/wear own steel cap boots, long pants, long sleeve shirt. Other PPE to be provided.



Adelaide Exposure Science and Health Laboratory

Bus departure: 1.30pm

Adelaide Exposure Science and Health offers a diverse range of research, field-based consulting, laboratory, and education and training services to industry, government and the community. The organisation is staffed by experienced occupational hygienists, consultants and research staff with wide ranging expertise across scientific disciplines. This site visit will include demonstrations of sampling and analysis equipment for chemical contaminants and noise, as well as research equipment for dermal exposure assessment. There will also be an opportunity to discuss a number of exposure assessment case studies.

PPE: Delegates are required to wear enclosed flat shoes.



Haigh's Chocolates

Bus departure: 1.30pm

Haigh's is the oldest family owned chocolate maker in Australia, established by Alfred E Haigh in 1915. This site visit will provide an opportunity to experience the "Bean to Bar Chocolate Manufacturing Facility" including a variety of manufacturing and finishing processes, and to discuss the considerations for material handling and other workplace issues. There may even be a chance for some taste testing and a retail shopping opportunity!

PPE: Delegates are required to wear enclosed flat shoes and no jewellery/watches. White coats, hairnets and ear plugs to be provided.



WORKSHOPS & COURSES

CPR skills update (pre-booked)

Monday 28th October, 1.30pm

Facilitator: Professor Hugh Grantham, Professor of Paramedics, Flinders University

A popular feature of the ASM, the CPR skills update provides delegates with an opportunity to meet their certification requirements. 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
- Defibrillation



Mental Health First Aid Course (pre-booked)

Wednesday 30th October, 1.30pm

Facilitator: Natalie Bottroff, Director and Principle Consultant, nb&a group

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 ideally be completed before attending the conference and within 3 months of the session. Content includes 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.



How to survive and thrive in the digital age

Wednesday 30th October, 1.30pm

Clayton Cross, Head of Strategy, Conversion Digital

Like many professionals, you may be just starting to think about your *digital transformation*, or you may have decided that horse has bolted! Fear not – this workshop will cut through the jargon and the mysteries of Google and social media to equip you with practical and achievable strategies for a meaningful digital presence.

Clayton Cross delivers an entertaining, inspiring and hands-on session, drawing on his understanding of the health sector and professional practice. Bring your iPad and prepare to get to work!

Topics will include:

- How Google's Medic Update has impacted your practice
- How to attract more calls and appointments from patients and businesses near you
- How Facebook can help promote positive branding and position your practice as the thought leader in your community





Mining & Quarrying
OCCUPATIONAL HEALTH &
SAFETY COMMITTEE

Our Vision is for South Australia's
mining and quarrying industries to
be safe, responsible, prosperous, well
educated and innovative workplaces



MAQHSC provides extensive support and services to the South Australian Mining and Quarrying Industries

Fully Funded Industry Projects and Programs

- Health Surveillance - Skin Cancer Screening
- Health Surveillance - Workplace Dust Monitoring
- Health Surveillance - Workplace Health Assessments
- Work Health and Safety - Certificate IV
- Accredited Mental Health First Aid Officer Training
- Accredited Drug & Alcohol testing

Products and Resources

- Complete safety management system
- Audit tools, safety templates and checklists
- MAQHSC quarterly newsletter
- Industry safety alerts
- Events & Training's
- Mental Wellbeing - Health Resources

Research Grants and Funding

The Committee supports and accepts grant applications for research funding that could benefit workers in the mining and quarrying industries.

- Prevention of Occupational Dust Related Diseases
- Health Surveillance - protecting workers from silicosis
- Research or studies into silicosis and or that could benefit mine and quarry workers

Workplace Services



Our Work Health and Safety Specialists can assist:

- Mentor those with WHS responsibilities
- Provide workplace information sessions
- Conduct workplace audits and inspections
- Safety management system development

SUNDAY 27 OCTOBER

3.00pm – 6.00pm	ANZSOM General Council Meeting The Playford Hotel – Boardroom, Level 1
5.30pm – 9.00pm	Registration The Playford Hotel – Level 1 Foyer
6.30pm – 9.00pm	Welcome Reception (included in full registration) The Playford Hotel – Ballroom 1, Level 1

MONDAY 28 OCTOBER

8.00am	Registration The Playford Hotel – Level 1 Foyer
8.45am	Convenor's Welcome Dr John Cross, ANZSOM SA/NT Welcome to country Mickey Kumatpi Marrutya O'Brien, Kaurna and Narrunga Elder ANZSOM and AFOEM Presidents' Welcome Spirit of ANZSOM, Strength of AFOEM Melinda Miller, President ANZSOM, Dr Beata Byok, President AFOEM KEYNOTE ADDRESS Preventing disability in workers' compensation: Delivering more integrated care to injured workers Dr Gary Franklin, Research Professor in the Departments of Environmental and Occupational Health Sciences and Medicine (Neurology) <p>Most workers entering workers' compensation systems heal and return to work within a short time. However, about 5% of workers transition to long term disability. This minority of injuries is associated with 70-80% of total costs in the system. Prevention of this disability by early screening and delivery of occupational health best practice care can save productive life in our communities, and prevent transition to permanent disability.</p> <p>Session aims:</p> <ul style="list-style-type: none">• To describe the key contributors to long term disability in workers' compensation systems• To describe how early delivery of occupational health best practices can prevent long term disability• To describe the health system innovations that can prevent workers' compensation disability on a population-wide basis <p>Session sponsored by:</p> <div></div> <div></div>
10.00am	MORNING TEA

10.30am	<p>SESSION THEME: Psychosocial issues and the workplace</p> <p><i>Chairperson: Melinda Miller</i></p> <p>Work organisation and psychosocial factors</p> <p>Professor Maureen Dollard, Professor Work and Organisational Psychology, School of Psychology, Social Work and Social Policy, UniSA</p> <p>Psychosocial safety climate (PSC) concerns the value and priority given to worker psychological health compared to productivity imperatives such as downsizing and lean structures. This presentation will discuss contemporary economic policies, work stress issues, PSC theory and evidence-based implications for organisations and national level, policy, practices and procedures for worker psychological health. The presentation will highlight how PSC affects working conditions, employee health and well-being, and organisational outcomes, with evidence from around the globe.</p> <p>Session aims:</p> <ul style="list-style-type: none">• To describe how organisational climate relates to worker health and wellbeing• To describe the strategies that are likely to be most effective in addressing psychological distress at work• To describe how psychosocial safety climate can be assessed <p>Session sponsored by:</p> <div> safe work australia</div>
11.30am	<p>Fatigue, shift work and performance</p> <p>Professor Sally Ferguson, Professor with the Appleton Institute in Adelaide; Deputy Dean of Research in the School of Human Health and Social Sciences, CQUniversity</p> <p>Shiftwork and other non-standard working time arrangements require workers to be awake when they are driven to sleep, and to sleep when they are driven to be awake. In addition, working time arrangements that involve long hours, on-call work, night work, quick returns or overtime, all have the potential to cause sleep and circadian disruption. The misalignment of internal circadian biological rhythms (with each other and/or with the external environment) means that workers experience elevated fatigue and are at increased risk for errors and accidents in the workplace. Mitigation of these health and safety risks requires action at the organisational and individual level.</p> <p>Session aims:</p> <ul style="list-style-type: none">• To identify the factors that contribute to elevated fatigue-related risk in shift-workers• To define the role of sleep and circadian disruption in impaired performance• To outline the key elements of a fatigue risk management system
12.30pm	<p>LUNCH</p>



NEED TO CHILL AND RECHARGE?

Check out the Chill & Recharge space in the exhibition hall, where you can sit, relax and recharge (including your phone)! The recharge facility is kindly supported by MLCOA.



WE NEED YOUR FEEDBACK

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1.30pm

PARALLEL SESSIONS

Chairperson: Stephen Thomas

Ballroom 1 & 2

Knowns and unknowns in occupational epidemiology

Professor Malcolm Sim AM, Director, Centre for Occupational and Environmental Health, Monash University

Occupational epidemiology involves the study of injury and disease patterns among working populations, including the identification of work and other risk factors. It has played a prominent role in identifying important causes of occupational diseases and injury and informing prevention programs. This presentation will cover some of the challenges facing occupational epidemiology, including the play of chance, bias and confounding, which can make it difficult to interpret the findings from epidemiological studies. This will be illustrated by some examples from the occupational epidemiological literature.

Session aims:

- To describe the strengths and limitations of occupational epidemiology
- To describe difficulties in interpreting epidemiological findings
- To describe the challenges for occupational epidemiology in the future

Chairperson: Melinda Miller

Ballroom 3

Pregnancy and work

Dr Robin Chase AM, Occupational Physician

Pregnancy is a normal physiological process, not an illness. Pregnant women, or those who wish to become pregnant, or who have recently had a baby, or who have had an unsuccessful pregnancy, and their employers, need good advice about how to safely remain at work.

Session aims:

- To identify how the physiological changes in each trimester may impact upon different work
- To communicate some of the recommended guidelines about physical capacity at work
- To describe ways to discuss exercise and pregnancy
- To provide recommendations for travel and remote workers during pregnancy
- To identify some of the more general work hazards such as prolonged sitting and standing, ionising and non-ionising radiation, heat, humidity, vibration and hypo- and hyperbaric environments
- To describe the application of guidelines for the development of workplace policies and procedure for pregnant workers

Pre-reading:

The Australasian Faculty of Occupational and Environmental Medicine. Guide to Pregnancy and Work. November 2017 (available online and via the ASM App)

WIN FREE REGISTRATION
To ASM2020 and other great prizes

This year you will have a chance to win free registration to next year's conference in Launceston and many more prizes, simply by visiting our exhibitors! Each exhibitor will have a unique stamp to record your visit on your ASM Passport. You'll find your Passport in your delegate envelope. Once you have all the stamps, record your name and contact details and pop it in the box at the Registration Desk. The winner will be drawn at the Awards Lunch on Wednesday. To be eligible you will need to be at the lunch to receive the prize in person.

N.B. not all exhibitors are attending every day of the conference, please check your passport to make sure you don't miss anyone!



PARALLEL SESSIONS (continued)

2.10pm

Chairperson: Stephen Thomas

Are recommended heat stroke treatments adequate for Australian workers?

Dr Matt Brearley PhD, Research Scientist, National Critical Care and Trauma Response Centre; Managing Director, Thermal Hyperformance

Workers undertaking labor-intensive activities are susceptible to heat (and humidity). While heat-related illnesses associated with occupational settings are typically mild, there is potential to progress to the severe condition of heat stroke, diagnosed by hyperthermic (>40°C) core temperature and neurologic impairment.

A 30-minute 'window' or 'golden half hour' exists to reverse the abnormally high core temperature of heat stroke sufferers. This presentation details the efficacy of cooling strategies, highlighting the disparity between Australian recommendations and the evidence.

Session aims:

- To describe physiological responses to working in hot conditions
- To provide an overview of heat-related symptoms reported by Australian workers
- To describe the efficacy of heat stroke treatments

2.40pm

Exposure Science - building new bridges in occupational and environmental health

Professor Dino Pisaniello, Professor in Occupational and Environmental Hygiene, University of Adelaide; Director, Adelaide Exposure Science and Health and OEH Laboratory

It has been argued that environmental exposures, as distinct from genetic factors, are the predominant causes of chronic disease. However, exposure assessment is typically the weak link in risk assessment and epidemiology. There is now increasing interest in the field of exposure science as a means of preventing disease. Disparate domains of exposure assessment are being brought together under the concept of the "exposome" - the totality of exposure, during life or critical time periods. This presentation will provide an overview of how occupational and environment health risk assessment can be integrated using exposomics.

Session aims:

- To describe the concept of the exposome and the scope of exposomics
- To describe how they differ from conventional approaches to exposure assessment
- To outline some current techniques and applications in occupational and environmental health

Chairperson: Sandra Code

Practical burns management

Stuart Harper, Nurse Practitioner Candidate, Adult Burns Unit, Royal Adelaide Hospital

For burns injury, correct first aid, early assessment and identification of potential complexities in management are critical. Understanding of the complexities and early referral can significantly improve outcomes for burns injured worker.

In this presentation we will discuss common burn injuries sustained in the work place and the initiation of early management starting with correct first aid, an aspect of burns care not well understood, especially in the context of chemical injuries.

The session will also touch on referral pathways and resources, and return to work issues.

Session aims:

- To describe referral criteria for burn injuries
- To describe the mechanisms of injury (e.g. chemical, electrical)
- To describe first aid approaches
- To describe potential referral pathways and resources
- To describe return to work challenges

NEED TO CHILL AND RECHARGE?

Check out the Chill & Recharge space in the foyer, where you can sit, relax and recharge (including your phone!) The charging facility is kindly provided by MLCOA.



MONDAY 28 OCTOBER

3.30pm	AFTERNOON TEA
4.00pm	<p>PARALLEL SESSIONS</p> <p>THEME: The motor vehicle as a workplace</p> <p><i>Chairperson: Dr Richie Gun</i></p> <p>Vehicle design</p> <p>Dr Jamie Mackenzie, Research Fellow, Centre for Automobile Safety Research, University of Adelaide</p> <p>Medication and driving</p> <p>Dr Armand Casolin, Chief Medical Officer, Sydney Trains and NSW Trainlink</p> <p>Safe rates, save lives</p> <p>Matthew Burnell, Senior Branch Official, Transport Workers Union</p> <p>Driving and arrhythmia</p> <p>Associate Professor Dennis Lau, Cardiovascular Centre, Adelaide</p> <p>The motor vehicle is the most common mechanism of fatal occupational injury in Australia. This session will cover the spectrum of risk factors that must be addressed to reduce work-related road trauma. It will include safety factors in vehicle design; the effect of pay structure on incentives for drivers to put themselves at risk from speed and fatigue; and identifying and managing medical conditions that may impair control of their vehicle.</p> <p>Session aims:</p> <ul style="list-style-type: none">• To explore the history of work-related road safety in Australia, highlighting a number of issues, and providing an update on current best practice guidelines• To describe how vehicle design supports safety for commercial vehicle drivers, and explore strategies for adoption of safe design and purchasing decisions in the Australian transport industry• To describe the safety implications of the transport industry pay structure and how this can be remediated.• To describe how physicians can identify and manage drivers' medical and psychological risk factors that may compromise road safety <p>CPR Update</p> <p>Facilitator: Professor Hugh Grantham, Professor of Paramedics, Flinders University</p> <p>This session will ensure that participants have demonstrated CPR / BLS as described by the Australian Resuscitation Council. Participants will receive a certificate upon successful completion which is be recognised by the RACGP.</p> <p>In addition to Basic Life Support which includes defibrillation, the interactive session will focus on aspects of emergency medicine and management in a community practice setting. There will be scope to explore any aspect of emergency medicine that the participants wish. All the clinical discussions will be through the lens of primary healthcare/distant healthcare in an industrial setting.</p> 

6.00pm – 7.30pm **ICOH2021 SPONSORSHIP & PARTNERSHIP RECEPTION (The Playford Hotel – Level 1 Foyer)**

ANZSOM is pleased to host a reception for current and interested sponsors and partners, to learn more about the opportunities to participate in the forthcoming ICOH2021 Congress in Melbourne. This is a once in a generation opportunity to showcase the services and products of the Australian occupational health industry to a national and international audience.

6.30pm – 9.30pm **NURSES DINNER, GEORGES ON WAYMOUTH (by invitation)**

Resile is proud to support this special function for occupational health nurses, following on from the very successful inaugural event in Melbourne in 2018. Join your nursing colleagues for this memorable evening at Georges on Waymouth.

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9.00am	<p>SESSION THEME: Pain and return to work</p> <p><i>Chairperson: Dr Josh Munn</i></p> <p>Reach for the Facts</p> <p>Michael Francis, Chief Executive Officer, ReturnToWorkSA</p> <p>The dangers of prescription opioids have been gaining significant coverage in the media. In Australia, 3.1 million people use prescription opioids yearly (Australian Institute of Health and Welfare, Australian Government 2018). 1 in 10 people who misuse them will become dependent (Penington Institute 2017).</p> <p>ReachForTheFacts is a community awareness campaign that aims to raise awareness of the dangers of long-term use and misuse of prescription opioids, and encourage enquiry into alternatives to opioids for safe and effective pain management via discussions between patients and their medical practitioner.</p>
9.15am	<p>Opioids and outcomes in work injury</p> <p>Dr Gary Franklin, Research Professor in the Departments of Environmental and Occupational Health Sciences and Medicine (Neurology)</p> <p>An epidemic of morbidity and mortality from prescription opioids has occurred in the US and other developed nations, since 1999. Specific to the injured worker population, opioids have contributed to the initiation and perpetuation of disability, and transition to permanent disability. This has contributed to the 10 million Americans of working age now on Social Security Disability, likely never to return to work. The principal causes of the epidemic will be reviewed, along with the three main strategic actions to reverse the opioid epidemic, in both the injured worker and general health populations.</p> <p>Session aims:</p> <ul style="list-style-type: none">• To describe how the opioid epidemic began and became transformed over time• To describe the key methods to effectively reverse the epidemic both in policy and in practice• To present the most up-to-date evidence on preventing transition to chronic opioid use after acute injuries and surgery <p>Dr Franklin’s attendance at the conference is proudly supported by RTWSA</p> 
9.50am	<p>How pain becomes chronic</p> <p>Professor Lorimer Moseley, Senior Principal Research Fellow, NeuRA; NHMRC Principal Research Fellow; Professor of Clinical Neurosciences & Foundation Chair in Physiotherapy, UniSA</p> <p>How does pain become chronic? We don’t really know. However, we know how it <i>doesn’t</i> happen. We are slowly getting a more complete picture of factors that elevate the risk of poor recovery, and factors that elevate the likelihood of recovery. These factors are mostly cognitive and behavioural and the best approaches for promoting recovery are the same. Clinical guidelines for the management of acute and persistent pain have reflected this situation for almost 20 years, but in that time, the likelihood that someone with acute pain will receive this ‘high value’ care has hardly increased. Professor Lorimer will discuss targeting realistic and not catastrophic expectations, understanding our inbuilt protective mechanisms and ‘bioplasticity’, and justification of high value care, as potentially powerful interventions to promote recovery from acute and persistent pain.</p> <p>Session aims:</p> <ul style="list-style-type: none">• To describe a contemporary model of pain as a protective feeling• To describe key biological mechanisms that increase the protective function of pain• To discuss client expectations and understanding of bioplasticity as key concepts to promote optimal client choices• To explain the principles of high value care and how to ‘sell it’
10.30am	<p>MORNING TEA</p>



11.00am

SPECIAL SESSION: Silicosis and artificial stone benchtops

Chairperson: Dr Beata Byok

Accelerated silicosis and Pandora's box - what we can learn from kitchen bench tops?

Dr Graeme Edwards, Senior Consulting Physician, Occupational and Environmental Medicine

Is silicosis treatable?

Associate Professor Deborah Yates, Department of Thoracic Medicine, St Vincent's Hospital, Sydney

Silicosis in manufactured stone: the role of the radiologist

Dr Katrina Newbiggin, Chest Radiologist, Wesley Hospital, Brisbane; Certified B Reader

Silica: exposure, toxicity and control measures

Dr Sharyn Gaskin, Occupational Hygienist, Adelaide Exposure Science and Health


The serious health risks associated with exposure to respirable crystalline silica for workers in the stone benchtop manufacturing, finishing and installation industries are a cause for deep concern, and are likely to have significant and widespread impacts on workers and the industry. This session will explore the epidemiology and practical implications for screening, monitoring and surveillance.

Session aims:

- To describe the current situation with respect to silicosis in Queensland and Australia more generally
- To describe the difference between health screening, health monitoring and health surveillance in relation to silicosis
- To describe the implications for the WHS Model Laws
- To explore the need for a national health surveillance and disease register

Session sponsored by:



12.30pm	LUNCH
1.30pm	<div><div><p>PARALLEL SESSIONS</p><p>SESSION THEME: Musculoskeletal</p><p>Ballroom 1 & 2</p><p><i>Chairperson: Dr Gavin Shepherd</i></p><p>Evidence-based decisions</p><p>Dr Gary Franklin, Research Professor in the Departments of Environmental and Occupational Health Sciences and Medicine (Neurology)</p><p>Most health care delivery in the US is regulated by state jurisdictions, not the Federal government. This imbalance in oversight of drugs, devices, surgery, and tests as delivered in health care systems leaves it up to regional public agencies and insurers to make coverage decision policies based on independent review of the evidence. We will discuss examples of how this type of activity is critical to enhance efficacy and prevent harm from controversial health services.</p><p>Session aims:</p><ul style="list-style-type: none">• To describe formal processes for determining coverage policy based on best available scientific evidence• To describe how poor care in workers' compensation systems can be improved by application of evidence-based principles• To describe the most controversial health care services that are contributing the most to long term disability in workers' compensation systems<p>Dr Franklin's attendance at the conference is proudly supported by RTWSA</p></div><div><p>SESSION THEME: First Responder Mental Health</p><p>Ballroom 3</p><p><i>Chairperson: Melinda Miller</i></p><p>Mental health in first responders: what you need to know</p><p>Dr Katrina Sanders, Chief Medical Officer, Australian Federal Police</p><p>Professor Sandy McFarlane AO, Director, Centre for Traumatic Stress Studies, Adelaide University</p><p>Commander Grant Edwards, Australian Federal Police</p><p>Nicole Saddler, Senior Specialist, Military and High Risk Organisations, Phoenix Australia</p><p>First responder mental health is a complex interplay of trauma exposure, stigma and workplace stressors. This panel will explore the interplay of these factors by sharing their professional insights into mental health in first responder communities. Grant Edwards will share his mental health journey as a first responder. Professor McFarlane will discuss the epidemiology and longitudinal course of PTSD. Nicole Saddler will provide an update on the research relating to organisational impacts on mental health and Dr Katrina Sanders will discuss the AFP experience and approach to supporting mental health.</p><p>Session aims:</p><ul style="list-style-type: none">• To describe the challenges to first responders' mental health• To describe organisational barriers and opportunities to supporting health in first responders• To describe the longitudinal cause of PTSD with respect to trauma exposure</div></div>

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Monday only: Ethical Sleep Studies | **Monday & Tuesday:** Bird Healthcare

Tuesday only: MAQOHSC, ResMed | **Wednesday only:** Conversion Digital



2.05pm

PARALLEL SESSIONS (continued)
SESSION THEME: Musculoskeletal (continued)

Ballroom 1 & 2
Chairperson: Dr Gavin Shepherd

Pain immunology

Professor Mark Hutchinson, Director, Centre for Nanoscale BioPhotonics, Professor with the Adelaide Medical School

The aetiology of persistent pain is comprised of a complex, twisted and multi factorial journey. Recent advances in the basic science underpinning our understanding of persistent pain have embraced "the other brain" as an integrator of multiple life stimuli. This complex integration of life experiences cause the neuroimmune cells of the central nervous system to adapt and change the environment in which the neuronal system operates. Our appreciation for this neuroimmune signalling and its contributions to the health and disease of the brain has its origins in the study of the illness response. It is now apparent that these specialised brain-immune processes are engaged in a range of other disparate responses, including the rewarding effects of drugs of abuse.

- Session aims:
- To describe the cellular and molecular pathways of immune-to-brain and brain-to-immune communication and their relevance to creation and maintenance of persistent pain states
 - To describe how peripheral inflammation and central nervous system events are intimately intertwined
 - To describe how talk-based psychology interventions and next generation pharmacotherapies can work in concert as therapies for persistent pain

2.40pm

High value communications in work injury

Dr Paul Pers, Spinal Clinician & General Practitioner

As workers' compensation and personal injury professionals, we share a need to build relationships, drive change in behaviour and achieve positive outcomes. If only people didn't get in the way!

This session combines practical clinical, insurance and consulting experience, with the latest research in behavioural science, nudge theory and human interaction, with real-life personal injury examples of how the words we say will influence the actions others take.

- Session aims:
- To explore the importance of matching our language with the main personality types
 - To describe how to influence others to get your desired outcomes
 - To communicate practical tactics that can be applied to even the most difficult working relationships.

3.30pm

AFTERNOON TEA

SESSION THEME: First Responder Mental Health (continued)

Ballroom 3
Chairperson: Melinda Miller

Mental health in first responders: what you need to know (continued)

Dr Katrina Sanders, Chief Medical Officer, Australian Federal Police

Professor Sandy McFarlane AO, Director, Centre for Traumatic Stress Studies, Adelaide University

Commander Grant Edwards, Australian Federal Police

Nicole Saddler, Senior Specialist, Military and High Risk Organisations, Phoenix Australia



4.00pm

PARALLEL SESSIONS

SESSION THEME: Musculoskeletal

Ballroom 1 & 2

Chairperson: Dr James Economos

Work injury causation panel

Dr James Economos, Occupational and Environmental Physician

Debbie De Palma, Barrister, Howard Zelling Chambers

Dr Dilip Kapur, Specialist Pain Medicine Physician, Senior Lecturer in Pain Medicine, Flinders University

Establishing causation in musculoskeletal injury can be complex and difficult. In this session, our panel of medical and legal professionals will explore the concepts of medical and legal causation and methods for information gathering, as well as provide guidance for managing uncertain diagnoses. Come along to work through some challenging cases.

Session aims:

- Explore the difference between legal and medical causation
- Explain the context in which causation can arise in a medico-legal case
- Provide guidance to assist in managing and accepting ambiguity when the diagnosis is uncertain
- Explain the approaches to information gathering by treating practitioners and independent medical examiners

SESSION THEME: Domestic and family violence and the workplace

Ballroom 3

Chairperson: Melinda Miller and Emma McCartney

Domestic and family violence - Work aware

Abbey Kendall, Director, Working Women's Centre - Adelaide

Domestic violence is not just a personal or private issue. It can significantly undermine the working lives of those affected and can have significant impacts for the workplace, including in relation to productivity and absenteeism. This session will explore these impacts, as well as workplace obligations and practical strategies for management and support.

Session aims:

- To describe the impact of domestic violence on performance and attendance at work and the obligations for support
- To describe how to assess the risks to the workplace and develop a workplace safety plan and protocol
- To describe how to communicate with employees about domestic violence issues

7.00pm – 11.30pm CONFERENCE DINNER, NATIONAL WINE CENTRE OF AUSTRALIA (Hickinbotham Hall)

The Hickinbotham Hall, located on the ground floor of The National Wine Centre, will be the venue for the Conference Dinner. For full details, see page 9 of this program.

The Conference Dinner is included in the cost of full registration.

Getting there

TAKE A FREE BUS: Special conference dinner buses will leave The Playford Hotel at 6.30pm.

A late shuttle service will return delegates to The Playford Hotel and will operate between 10.00pm and 11.00pm. Bookings are not required.

CATCH A FREE TRAM: Leave from the railway station stop near The Playford Hotel. Trams leave every 10 mins and will take you to the Botanic Garden stop, 650m from the Wine Centre. Choose the scenic route through the gardens.

WALK: Straight down North Terrace, 1.8 Km, 15min



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7.45 – 8.45am	ANZSOM Annual General Meeting, Main room <i>(Light breakfast provided)</i>	
9.00am	<p>Kevin Sleigh Memorial Presentation</p> <p>Dr Bianca Cheong, Occupational and Environmental Physician, 2019 Ramazzini Prize Winner</p> <p>Sonic HealthPlus is proud to support Dr Bianca Cheong’s attendance at the 2019 Annual Scientific Meeting, honoring the memory of Dr Kevin Sleigh and his commitment to mentoring and inspiring early career professionals. Bianca will present her award-winning paper ‘Risk factors for work absence in mental health claims’ in which she explores the risk factors identified from a study of mental health claims in Western Australia over a 10-year period and asks the question: Are the risk factors of long duration claims different to short duration claims?</p>	<p>Proudly supported by</p> 
9.30am	<p>SESSION THEME: Update on early management</p> <p><i>Chairperson: Dr Bill Panayiaris</i></p> <p>A revolution in burns management at Royal Adelaide Hospital Adult Burns Unit</p> <p>Professor John Greenwood AM, Plastic Surgeon and Medical Director, Adult Burns Unit, Royal Adelaide Hospital</p> <p>Two cutting-edge technologies have revolutionised the management of serious burns at the RAH. This presentation will describe the journey from development to application of Biodegradable Temporising Matrix (BTM), a skin dermal replacement that temporises the burn wound while Composite Cultured Skin (CCS) is grown to eventually close the wound.</p> <p>Ophidian encounters; Is this work related?</p> <p>Professor Julian White AM, Unit Head, Toxinology Department, Women’s and Children’s Hospital, Adelaide</p> <p>This presentation will cover aspects of toxin-induced diseases and their relationship to occupational illness, both in Australia and in the global context, with an emphasis on ophidian envenoming, discussing key clinical points and treatment controversies.</p> <p>Session aims:</p> <ul style="list-style-type: none">• To describe toxin-induced-diseases – what they are and why they are important• To describe the relationship with occupational illness• To describe the key clinical points and treatment aims, approaches and controversies	
10.30am	MORNING TEA	
11.00am	<p>CONTRIBUTED PAPERS</p> <p><i>Chairperson: Dr Peter Jezukaitis</i></p> <p>The Collaborative Partnership to improve work participation – building practical solutions to support work participation</p> <p>Professor Niki Ellis, Occupational and Public Health Consultant, Kim Thrift Senior Program Manager, Comcare, Natlie Bekis General Manager of the new Strategic Partnerships and Engagement (SP&E) Group, Comcare</p> <p>Managing fatigue amongst offshore workers through a digital solution</p> <p>Dr Devandran Kumarasamy, Occupational Physician, Petronas, Malaysia</p> <p>Pneumococcal vaccination of welders: global deployment within a multi-national corporation</p> <p>Dr Michael Donoghue, Occupational Physician, Alcoa Corporation</p>	<p>CONTRIBUTED PAPERS</p> <p><i>Chairperson: Dr Bruce Hocking</i></p> <p>Wellness strategies that work: Case study from Hawke’s Bay District Health Board</p> <p>Dr Moazzam Zaidi, Occupational Physician, Johns Hopkins Aramco Healthcare; Hawke’s Bay District Health Board (NZ)</p> <p>Making cardiovascular risk work: Practical solutions in calculation of absolute atherosclerotic-cardiovascular risk</p> <p>Dr Miguel Sergio Kabilio, Occupational Physician, OSH Group</p> <p>A safety critical worker with odd behaviour – a case study</p> <p>Dr John Gall, Forensic Physician, Era Health</p> <p>Screening evaluation of the evolution of new heart failure study (SCREEN-HF): early detection of chronic heart failure in the workplace</p> <p>Dr Umberto Boffa, Occupational Physician, Safelens PL</p>

12.00pm

Hugh Denehy Oration

The Hugh Denehy oration was presented for the first time at the 2006 ANZSOM Annual Scientific Meeting to celebrate the memory of Dr Wallace Hugh Denehy, one of ANZSOM's founding members, and one of its greatest proponents.

The 2019 ASM Hugh Denehy oration will be presented by Dr John Cross.



Dr John Cross

- MBBS Sydney University 1970
- GPH Adelaide University 1994
- Chairman, Pneumoconiosis Board 1990-2003, Broken Hill
- Chairman, Lead Board 1990-2003, Broken Hill
- Medical Officer in Charge Bureau of Medical Inspection Broken Hill 1990-2003
- Medical Director Regency Tafe Adolescent and Occ Health Unit 1980- 2003 1st such Private Clinic on a tertiary campus
- Medical Referee NSW 1990-2001
- Eligible Medical Panellist SA
- CEO and Medical Director SAPMEA (oldest medical education training organisation in Australia
- Co-writer of the current National PIA Training modules for Safe Work Australia and co-writer of current SA WPI training modules.



John maintains his clinical skills with emergency work in rural areas and with rural indigenous communities, while creating educational workshops in mental health, ALS and chronic disease management.

To keep busy when he goes bush, John is a keen bird watcher and fisherman. He has been a past ANZSOM Federal President - those who have attended some of the ANZSOM ASMs organised by him will remember the Barking Owl sighting at the Kakadu dinner; the BUSTARD sighting on the drive into the Bungle Bungles, the Satin Bower bird, with bower, and the Red Backed Wren. There were also various times he and a group provided a fish meal for the delegates.

12.30pm

AWARDS LUNCH

Relax and enjoy a sit-down lunch with your colleagues and join us in recognising contributions to ANZSOM.

- David Goddard Award for Best Paper
- President's Award
- New Members' Certificate Presentation
- ASM Exhibitor Passport Prizes



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To get started, download the Superevent App from the AppStore (iOS) or GooglePlay (Android) and access the event by entering your personal invitation code that you find below. The event is only available to those who have received a code.

Get started, get involved!

From 1.00pm SITE VISITS

ASC Shipbuilding – bus departs 1.00pm

ASC Shipbuilding is a subsidiary of BAE Systems Australia. It currently provides the shipbuilding workforce and capability for the Hobart Class Air Warfare Destroyer and Arafura Class Offshore Patrol Vessels, and holds the head contract for the Hunter Class Frigate Program. This site visit will provide an opportunity to experience the shipyard and learn about the manufacturing and testing processes across the three programs. The visit will highlight the diversity of technical work roles and environments, and the considerations for occupational health and safety.

ASC North submarine maintenance facility – bus departs 1.15pm

ASC North in Osborne is the location for the majority of maintenance undertaken on the Collins Class submarines. This site conducts full cycle dockings (major refits) engaging a team of designers and engineers who are constantly developing and implementing upgrades to ensure the Collins Class submarines remain at the cutting edge of submarine technology. This site visit will involve a tour of the maintenance facility to provide context to the type of work being performed and the working environment that the workforce is exposed to. While on board access to a submarine will not be possible, delegates will get up close and personal to these magnificent vessels.

Adelaide Exposure Science and Health Lab – bus departs 1.30pm

Adelaide Exposure Science and Health offers a diverse range of research, field-based consulting, laboratory, and education and training services to industry, government and the community. The organisation is staffed by experienced occupational hygienists, consultants and research staff with wide ranging expertise across scientific disciplines. This site visit will include demonstrations of sampling and analysis equipment for chemical contaminants and noise, as well as research equipment for dermal exposure assessment. There will also be an opportunity to discuss a number of exposure assessment case studies.

Haigh’s Chocolates – bus departs 1.30pm

Haigh’s is the oldest family owned chocolate maker in Australia, established by Alfred E Haigh in 1915. This site visit will provide an opportunity to experience the “Bean to Bar Chocolate Manufacturing Facility” including a variety of manufacturing and finishing processes, and to discuss the considerations for material handling and other workplace issues. There may even be a chance for some taste testing and a retail shopping opportunity!

1.30pm – 6.00pm WORKSHOP

Ballroom 3

Mental Health First Aid

Facilitator: Natalie Bottroff, Director and Principle Consultant, na&b group

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 includes 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.

1.30pm – 4.30pm WORKSHOP

Ballroom 1 & 2

Chairperson: Melinda Miller

How to survive and thrive in the digital age

Clayton Cross, Head of Strategy, Conversion Digital

Like many professionals, you may be just starting to think about your *digital transformation*, or you may have decided that horse has bolted! Fear not – this workshop will cut through the jargon and the mysteries of Google and social media to equip you with practical and achievable strategies for a meaningful digital presence.

Clayton Cross delivers an entertaining, inspiring and hands-on session, drawing on his understanding of the health sector and professional practice. Bring your ipad and prepare to get to work!

Topics will include:

- How Googles Medic Update has impacted your practice
- How to attract more calls and appointments from patients and businesses near you
- How Facebook can help promote positive branding and position your practice as the thought leader in your community.



6.00pm CONFERENCE WRAP-UP, The Playford Hotel

THURSDAY 31 OCTOBER

8.00am –
4.00pm

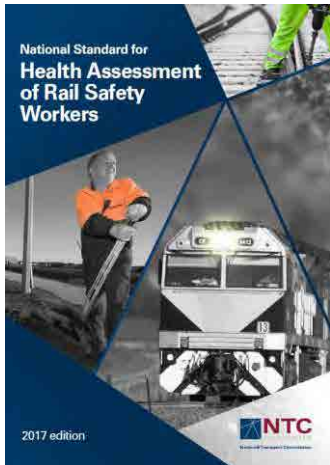
SATELLITE EVENT

Rail Worker Health Assessments - Authorised Health Professional Training Program

RACP Regional Office - Level 2, 257 Melbourne Street,
North Adelaide

ANZSOM is proud to be hosting this 1-day training as a satellite event associated with the 2019 Annual Scientific Meeting.

Bookings for this training program have closed. However, if you are interested in participating in future training sessions, please contact Sherryl Rozario (email sherryl.rozario@transport.nsw.gov.au or call 0466 327 966)



WE NEED YOUR FEEDBACK

Please remember to provide feedback for each session (including site visits, CPR updates and workshops) via the ASM App. An overall conference survey will also be available at the end of the conference or online via the App.

DAVID GODDARD AWARD FOR BEST PAPER

Named in honour of long-standing member and respected educator Dr David Goddard, this 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 Workers' 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.

The David Goddard Award for Best Paper will be presented at during the Awards Lunch on Wednesday 30th October.





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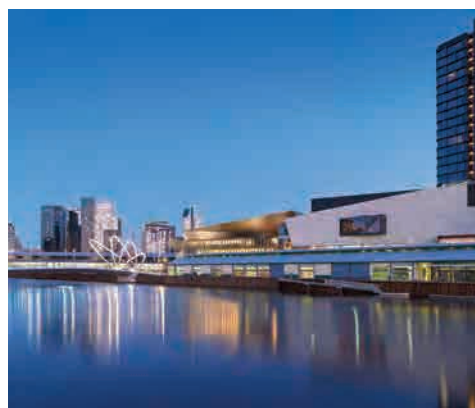
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ReturnToWorkSA is responsible for providing work injury insurance and regulating the South Australian Return to Work scheme. We provide insurance that protects South Australian businesses and their workers in the event of a work injury. Designed to protect business owners from the full cost of work injuries, we provide financial support to cover worker wages, reasonable medical treatment and return to work services to people who have been injured at work. Our services and those delivered by our claims agents are designed to provide early intervention support to workers and employers to ensure the worker can recover and return to work as quickly as possible. For more information about ReturnToWorkSA visit www.rtwsa.com or call 13 18 55.

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Sonic HealthPlus is one of Australia's leading providers of occupational healthcare and general medical services. Their mission is to deliver best-practice healthcare solutions to customers by way of their national network of medical centres, site services and alliance clinics. With over 50 years' experience, they understand the importance of protecting the health and wellbeing of your company's greatest asset – its workforce. It is for this reason, they employ and work with some of the best and most experienced health professionals, including specialist occupational and environmental physicians, general practitioners, allied health professionals and medical support staff. For more information about Sonic HealthPlus visit www.sonichealthplus.com.au.

GOLD SPONSOR / SESSION SPONSOR



The Mining and Quarrying Occupational Health and Safety Committee (MAQOHSC) aims to promote high work health and safety standards to prevent injury and disease in the mining and quarrying industry in South Australia. MAQOHSC is a tripartite Committee comprising of employer representation, unions and the state government. All initiatives align with the Committee's strategic plan and include work health and safety research, education and training. A key focus is the prevention of long latency occupational dust related respiratory lung diseases such as silicosis. For more information visit www.maqohsc.sa.gov.au.

CONFERENCE DINNER SPONSOR



mlcoa is a premier provider of independent medical reporting services to insurers, government departments, self-insured companies and the legal profession. Celebrating 30 years of experience in 2016, mlcoa delivers consistently high levels of reporting services by 300 respected and experienced medical specialists across all capital cities and key regional areas of Australia. For more information about mlcoa, visit www.mlcoa.com.au.

Contact Carol Busby, Consultant Resources Coordinator, on 08 8212 6958, email carol.busby@medhealthgroup.com.au

WELCOME RECEPTION SPONSOR



Established in 2000, eReports is the largest Australian owned national provider of a broad range of medico-legal services across a wide network of metropolitan and regional consulting locations. We provide an exceptional service standard to a large range of clients in the corporate sector, legal profession, insurance industry, state and federal government departments. eReports offers full support for our specialists including full transparency of financial transactions, management of travel arrangements and flexibility to align with your work and lifestyle preferences. Our business model is unparalleled and empowers you to be placed amongst a highly accomplished industry leading team of Independent Medical Examiners across Australia. For more information about eReports visit www.eReports.com.au.

NURSES DINNER SPONSOR



The Resile team assists organisations in all aspects of occupational health. Our commitment is to maximise the health, wellbeing and productivity of your workforce. Specialist occupational physicians spearhead our multidisciplinary approach to occupational health risk management, supported by a multidisciplinary team of professionals. For more information visit resile.com.au.

COMPANY PROFILES

OTHER SESSION SPONSORS



Safe Work Australia is an Australian government statutory body established in 2008 to develop national policy relating to work, health and safety (WHS) and workers' compensation. We work in partnership with governments, employers and employees to drive national policy development on WHS and workers' compensation matters. We work to develop and evaluate national policy and strategies; develop and evaluate the model WHS legislative framework; undertake research, and collect, analyse and report data. For more information visit www.safeworkaustralia.gov.au.



SafeWork SA administers South Australia's health, safety and workplace relations related legislation, including the Work Health and Safety (WHS) legislation. It does this by providing information, advice and support as well as compliance and enforcement activities to ensure safe, fair, productive working lives. The role of our inspectors is to ensure those with a duty under the WHS legislation have fulfilled their obligations to ensure workplaces are safe and that the activities of a workplace do not pose a risk to other person, such as members of public. They do this by performing proactive compliance audits and by responding to incidents that have exposed or caused injury to a person. For more information visit www.safework.sa.gov.au.



Bird Healthcare is an Australian owned company with over 25 years' experience in developing, manufacturing and providing Respiratory diagnostic equipment and services. Bird Healthcare provides world class, state of the art ultrasonic spirometry and lung function technology for all pre-employment assessments as well as the assessment of silicosis and other workplace-based lung diseases. Bird healthcare offers a wide range of universal respiratory consumables, asthma emergency devices and calibration syringe validation service. Bird healthcare can also provide both remote and fixed lung function laboratory services for any organisation looking to outsource its lung function testing to a third party. For more information visit www.birdhealthcare.com.



LIME Medicolegal is a specialist independent medical opinion provider, answering questions including: the effects of work on an individual's health; the effect an individual's health has on their ability to work; causation of injury or illness, and disability resulting from illness or injury. As occupational physicians we are the medical specialists specifically trained in the determination of work-relatedness of injury and illness. Organisations are increasingly aware of the role that optimal employee health and wellness play in terms of bottom line performance. We can offer advice on how to navigate the psycho-social, medical and legal interplay of health issues in contemporary workplaces. For more information visit www.limeml.com.au.



Phoenix Occupational Medicine is an occupational health company, founded and led by Occupational Physicians, providing expert Occupational Health Consulting aimed at preventing workplace injury before it happens, managing the injured when it does, and returning the injured back to normal living. For more information visit www.phoenixoccmed.com.au.

OTHER EXHIBITORS



Cohort software for occupational health saves users time and money by automating common tasks such as; appointment bookings, producing a list of health surveillance recalls, providing reports to management, and collating a full set of patient records. This allows more focused time to be spent on what is important: the business of adding value as a service provider. For more information visit www.cohort-software.com-aus.



About Sleep Clinics are leaders in the provision of diagnostic and treatment services for people in Adelaide with sleep disorders. Since 2006, the About Sleep Clinics have provided choices for people with sleep problems, delivered by qualified health professionals. Clinics in Marryatville, Kidman Park and soon to be opened in Marion. For more information visit www.ethicalsleepestudies.com.au.

COMPANY PROFILES

OTHER EXHIBITORS



Conversion Digital is an award-winning full service digital agency based in Melbourne. Our team of over 60 digital specialists each has specialised skillsets across SEO, SEM, Social, Web & App and works closely with our clients to help them become high-performance businesses. Our “high performance analytics” strategy builds on our experience in business consulting to help clients perform at their highest level, so they can create sustainable value for their customers and deliver the ideal customer experience (CX). At Conversion Digital, we strive to deliver ROI and develop long term relationships. We are transparent in what we do and act with honesty and integrity. This is how we have built our business and how we will build yours. For more information visit www.conversiondigital.com.au.



The Medilaw Group is a network of providers committed and focused on being the supplier of choice for medico-legal solutions. Expanding nationally we remain the trusted local provider of medical specialists, offering our consultants with opportunities that are well balanced with their clinical practice, hospital work and independent medico-legal work. Medilaw Group includes Next Health, Medilaw, Australian Medico-Legal Group, CaseWorks and MindSense with the group looking to expand by inviting a small select group of local brands who meet the high standards established by the foundation businesses. The Medilaw Group will continue to look to strengthen their national coverage and build on the existing capabilities. Determined to be the local partner, with access to and support of a national network. We invite you to join other premier medical professionals and enjoy the substantial benefits of being a Medilaw Group consultant in an organisation committed to providing its consultants with superior quality of service. For more information visit www.medilaw.com.au.



Medico Legal Specialists (MLS) is a boutique company based in Sydney with a geographic reach extending throughout the capital cities and regional locations. We pride ourselves on building long lasting relationships with our clients. Our highly regarded independent doctor panel are experienced in providing evidence based compliant reports. Our bespoke booking system enables appointment tracking, detailed data analysis and accurate accounting. There is also the capability of online booking for those clients who prefer this option. Both our clients and doctors benefit from having complete transparency. MLS has a long history of innovation in medico legal reporting, introducing a series of combined reports with our investigation and functional assessment partners. Medico Legal Specialists welcome the opportunity to service all of your medicolegal reporting requirements as an insurer/lawyer client or specialist doctor. For more information visit www.mls.net.au.



At ResMed we pioneer innovative solutions that treat and keep people out of the hospital, empowering them to live healthier, higher-quality lives. Our cloud-connected medical devices transform care for people with sleep apnea, COPD and other chronic diseases. Our comprehensive out-of-hospital software platforms support the professionals and caregivers who help people stay healthy in the home or care setting of their choice. By enabling better care, we improve quality of life, reduce the impact of chronic disease and lower costs for consumers and healthcare systems in more than 120 countries. For more information visit www.resmed.com.



Seqirus, a CSL company, is a leading provider of essential vaccines and pharmaceuticals. We have served Australia's healthcare needs for over a century and today we develop, manufacture and source medicines that support the health and wellbeing of many thousands of people around the world. Seqirus operates Australia's only local manufacturing facility for seasonal and pandemic influenza vaccine and produces a range of unique medicines in the National Interest including antivenoms and Q fever vaccine. Seqirus also in-licenses a broad range of paediatric and adult vaccines and specialty pharmaceutical products including Palexia®SR (tapentadol sustained release), Palexia® IR (tapentadol immediate release), Versatis® (lidocaine [lignocaine]) and Caldolor® (ibuprofen). For more information visit www.seqirus.com.au.

DELEGATES

Dr Prasad Abeydeera	Todd Dyson	Dr Devan Kumarasamy	Dr James Provan
Dr Keith Adam	Louise Earl	Dr Roger Lai	Navneeth Rajgopalan
Courtney Armsden	Dr James Economos	Robyn Laurie	Vanessa Renall
Dr Sandra Armstrong	Prof Niki Ellis	Dr David Le	Frances Robson-Marcellin
Dr Craig Barnett	Jeraldine Fernandez	Dr Leon Le Leu	Dr Thomas Rosenthal
Dr Gavin Ballenden	Kristine Finlay	Dr Evelyn Lee	Judge David Russell
Dr Sasan Beheshti	Dr David Fish	Dr Thea Leman	Dr Shaun Salimi
Carman Betterridge	Dr Martyn Flahive	Dr Mark Lethbridge	Dr Richard Sekel
Dr Mukti Biyani	Debbie Flynn	Dr Virginia Li	Dr Gavin Shepherd
Dr Michael Bloom	Dr Edward Foley	Diane Lieutenant	Dr Dhriti Shukla
Dr Umberto Boffa	Dr Angus Forbes	Catherine Logan	Dr John Silver
Dr Clem Bonney	A/Prof John Gall	Dr William Ma	Dr June Sim
Dr Michael Bowles	Dr Siobhan Gavaghan	Dr Michael MacMahon	Prof Malcolm Sim
Cheryl Boysen	Annette Gentry	Dr Vern Madden	Valerie Sleigh
Debra Bracher	Dr Peter Gianoulis	Dr Jessica Maistry	Graeme Smith
Dr Amy Bright	Dr Barry Gilbert	Dr Nigel Marsh	Lara Smith
Dr Christine Brown	Dr David Goddard	Dr Maria Mazaheri	Penelope Speldewinde
A/Prof Tony Brown	Dr Sandra Gongora	Dr Sandra McBurnie	Clare Stanton
Amanda Budd	Peter Gould	Emma McCartney	Dr Tim Stewart
Dr Nicholas Burke	Dr Geoffrey Graham	Dr Robert McCartney	Dr Arthur Stratigopoulos
Dr Paul Burke	Dr Richie Gun	Dr Gregory McGroder	Dr John Suthers
Dr Mark Burns	Dr Christopher Hammersley	Jodie Miller	Dr Kevin Tan
Dr Beata Byok	Dr Andrew Harper	Melinda Miller	Dr Aran Thillinathan
Dr Gregory Cameron	Dr Warren Harrex	Dr Reem Mina	Adrienne Tracy
Louise Cameron	Wendy Hayes	Dr Sarah Moss	Dr Bernadette Trifiletti
Michelle Carse	Dr Philip Haynes	Dr Denis Mulkeen	Dr Michael Troy
Dr Armand Casolin	Dr John Heydon	Dr Josh Munn	Dr Andrew Van Ballegooyen
Tracey Ceh	Dr Marcus Hirschfield	Karen Nedelkovski	Dr Tuan Vo
Dr John Chalkley	Dr Bruce Hocking	Helen Neighbour	Dr Chris Walls
Dr Wing Chan	Dr Alan Home	Prof Kar Loong Ng	Gretta Walsh
Dr Ian Cheng	Jodie Hurd	Dr Iain Nicolson	Dr Kar Chan Wan
Dr Bianca Cheong	Dr David Imlah	Dr Christopher Oates	Dr Anthony Webster
Dr Steven Clarke	Robin Jackson	Dr Victoria Oey	Dr Neil Westphalen
Sandra Code	Dr Andrea James	Dr Brett Oppermann	Tamara Whitehead
Dr Chris Colquhoun	Dr Peter Jezukaitis	Dr Sid O'Toole	Dr Edwin Whiteside
Dr Peter Connaughton	Della Joyce	Dr John Parkes	Dr Nel Wijetunga
Dr John Cross	Dr Miguel Kabilio	Megan Parsons	Jane Wilkinson
Diane Croxford	Sally Kane	Rovie Pasadilla	Linda Winn
Dr Christopher Cunneen	Dr Cain Kapiri	Dr Nathan Pastor	Dr Arthur Wong
Dr John Davis	Dr Cath Kelaher	Dr Benson Pek	Dr Graham Wright
Lyn Davis	Dr Andrew Keller	Dr Paul Pers	Dr Bili Wu
Dr Tersia de Wilzem	Dr Courtenay Kenny	Dr Rochelle Phipps	Dr Mary Wyatt
Dr Werner de Wilzem	Dr Azhar Khan	Dr Ralph Poppenbeek	Dr Zen Yap
Ariane Delessert	Dr Matthew Klein	Dr Karina Powers	Dr Dominic Yong
Dr Michael Donoghue	Dr Pravind Kumar	Dr David Prestage	Dr Moazzam Zaidi



The Australian and New Zealand Society
of Occupational Medicine

CERTIFICATE

✧ OF ATTENDANCE ✧

~THIS IS TO CERTIFY THAT~

ATTENDED THE ANZSOM
ANNUAL SCIENTIFIC MEETING

27TH – 30TH OCTOBER 2019 | ADELAIDE, SOUTH AUSTRALIA

MS MELINDA MILLER

~ANZSOM FEDERAL PRESIDENT~

*VALID ATTENDANCE ONLY IF ATTACHED TO A CONFERENCE TAX INVOICE IN THE DELEGATES NAME



Occupational Lung Disease

...it's on the rise.

Re-emergence of silicosis alarms health professionals

The increased popularity of artificial stone kitchen benchtops has exposed a new sector of the work force to dangerous dust. Artificial stone (also known as engineered, composite or quartz stone) benchtops are made from 90% of the mineral crystalline silica, which when cut or drilled creates toxic silica dust.

Workers inhaling the extremely fine particles of silica dust are at high risk of occupational lung disease, especially silicosis.

Why ILO chest x-ray?

Patients who have worked in an occupation with exposure to inhaled silica may require evaluation for silicosis. Patients may present with cough, phlegm or breathing difficulty, or may be asymptomatic.

A chest x-ray performed and reported to ILO standards is crucial to diagnose the type of silicosis. 'ILO' refers to the accepted International Labour Organisation's standardised approach for classifying pneumoconiosis and monitoring disease progression. It is a complex and extensively validated system of radiology reporting and recording of nodules, pleural and mediastinal disease from a PA "ILO-standard" chest x-ray.

Further assessment may be required via a specific high resolution CT chest (HRCT) protocol.

A small number of radiologists in Australia are NIOSH-certified* B Readers, accredited to report to ILO Standards. At I-MED we use B Readers to complete all dust-related reports nationwide.

Any occupation that involves the disturbance of the earth's crust can expose workers to silica including:

- Various forms of mining, such as coal and hard rock mining
- Construction work
- Tunnel work
- Masonry
- Sand blasting
- Glass manufacturing
- Ceramics work
- Steel industry work
- Quarrying
- Stone cutting - including the cutting and shaping of artificial stone (also known as manufactured, engineered, composite or quartz stone) benchtops

I-MED Radiology – world-class reporting on dust disease

EASY PATIENT ACCESS

215 clinics Australia-wide.

TRUSTED EXPERT OPINION

I-MED's B Readers specialise in chest radiology.

IMAGING PROTOCOL

Our radiographers follow NIOSH* imaging protocols.

FAST TURNAROUND

I-MED's certified B Readers can report within 24-48 hours.

DIGITAL STORAGE OF IMAGES AND REPORTS

Electronic image storage supports longitudinal patient treatment.



**I-MED Radiology
Network**

Comprehensive care. Uncompromising quality.

WORKING TOGETHER TO SUPPORT
PRACTITIONERS AND PATIENTS

i-med.com.au/dust-disease

Reference: Thoracic Society of Australia and New Zealand
(www.thoracic.org.au)

*NIOSH certified B Reader = Physician certified by National
Institute for Occupational Safety and Health (NIOSH), USA.