

ANZSOM  
ANNUAL SCIENTIFIC MEETING



19-22 MARCH 2020

*Four Days*  
ON  
THE **ISLAND**

LAUNCESTON, TASMANIA

*Registrations are  
now open*

[www.anzsom.org.au/asm-2020](http://www.anzsom.org.au/asm-2020)

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# PRE-CONFERENCE WORKSHOPS

## THURSDAY 19 MARCH

8.00am–5.00pm

### ***You nailed it!***

#### **Presentation & Media Skills Workshop**

We all admire and envy those who can deliver a great presentation! This interactive workshop, delivered by actor team Imogene and Christoph Hewitt from [Resonant Integrity](#), will introduce skills and techniques to help you create and deliver impactful and inspiring presentations, whether to your work team or an audience of 100. Content includes contextualisation, emotional intelligence, engaging the audience, and staying on topic, as well as performance tips and multiple approaches to concept presentation. It will also specifically address the challenges of communicating with the media, with strategies to ensure clarity of message so that you optimise impact and reduce risk.

Cost is additional to conference registration:  
\$700 (members), \$800 (non-members)



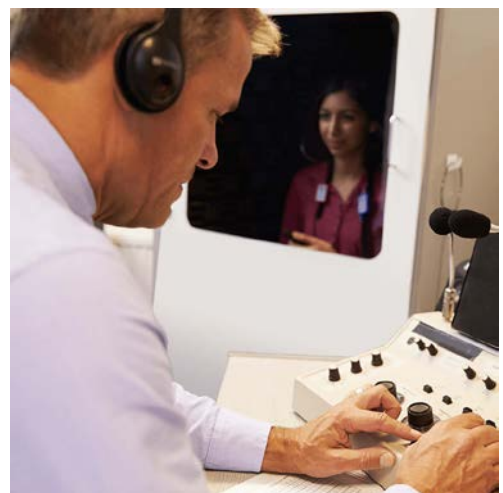
8.00am–5.00pm

### **Audiometry Skills Workshop**

Audiometry is a core component of occupational health practice, yet accuracy and quality of tests can be influenced by numerous factors. This full-day workshop, delivered by Glenn Johnson, from [The Hearing Company](#), provides hands-on training in the basic skills required to conduct accurate hearing tests, manage clients and act on results. It includes a course manual and use of practice equipment, as well as case discussion.

Ideal for those looking for basic training or a useful refresher and reminder of the factors to be managed in providing quality audiometry testing.

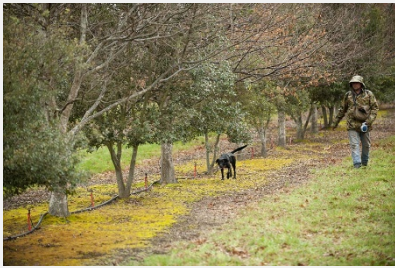
Cost is additional to conference registration:  
\$300 (members), \$400 (non-members)



# SITE VISITS – THURSDAY & FRIDAY

Full Registration delegates will have **three separate opportunities** to attend site visits across Launceston - on Thursday afternoon, Friday morning and Friday afternoon. The Friday visits are also available to Day Registrants. Visits to local agricultural, industrial, and educational worksites will provide insight into the varying nature of work and the issues facing employers, employees and health professionals. The site visits are yet to be allocated to the three sessions. This information will be available shortly and delegates will be invited to nominate their preferred visit before attending the conference.

**NOTE FOR AFOEM TRAINEES:** A site visit on the Friday afternoon will be allocated for undertaking requirements for the Direct Observation of Field Skills (DOFS). A debriefing meeting will follow on the Saturday morning.



## TAMAR VALLEY TRUFFLE FARM

Tamar Valley Truffle Farm is home of Tasmania's Black Perigord Truffle products, crafted from locally grown truffles and featuring a range of artisan products including truffle butter, truffle oil and truffle salt. The site visit will provide an opportunity to gain firsthand experience of this unusual industry and the occupational and environmental health considerations.

## BOAGS BREWERY

James Boag established the brewery in 1881 on the banks of the Esk River in Launceston, utilising the best of Tasmania's pure water and natural ingredients. The now state-of-the-art facility employs over 150 people and produces over 76 million litres of beer annually.



## PFD FOODS SERVICES



PFD Food Services encompasses processing, packing and distribution of a wide range of food products. There are over 70 branches nationally including four in Tasmania. The Launceston distribution warehouse handles a variety of goods, including frozen, chilled and dry goods, as well as some cheese production. Delegates will conduct a walk-through of the warehouse and witness the processes from freight delivery to storage, picking & packing to dispatch. You will also view temperature control and audit processes for HACCP compliance. **PPE:** Closed shoes must be worn. Hi-vis tops will be provided.

## AUSTRALIAN MARITIME COLLEGE (UTAS)

The Australian Maritime College at the University of Tasmania is the national institute for maritime education, training and research. The suite of specialist teaching, learning and research facilities are internationally acclaimed and are used by Defence, industry and government organisations world-wide to answer leading-edge research questions. Delegates will tour some of AMC's facilities including the Hydrodynamic Towing Tank and the Model Test Basin. They will observe marine survival training taking place in the purpose-built Marine Survival Centre and obtain some hands-on experience in the Centre for Maritime Simulations.



### HILLWOOD BERRY FARM



Hillwood Berry Farm is a second-generation family farm located on the banks of the Tamar River, 25kms north of Launceston. The farm boasts over 36 hectares of berries, including strawberries, raspberries, blackberries and blueberries. All berries are grown under protected cropping structures and almost all are grown using hydroponic growing principles. In addition to a diverse permanent workforce, the business relies on over 250 seasonal workers during peak harvest. The site visit will provide an opportunity to explore the production operation and discuss the workforce and occupational health considerations.

### TASRAIL RAIL YARD

TasRail is one of Tasmania's largest and most efficient logistics businesses and the supply chain partner of choice for the State's heavy industries and freight forwarders. Vertically integrated since its establishment as a State-owned company in 2009, TasRail is responsible for both safe and reliable Below Rail operations and a sustainable Above Rail business. Delegates will experience a guided tour of TasRail's primary rollingstock workshop where locomotives and wagons are maintained. The workshop will be operational with a variety of maintenance activities being performed. All TasRail workplaces have a zero drug and alcohol policy - random testing may occur.



*PPE: Long trousers & sleeves, fully enclosed, sturdy footwear (steel caps preferred), hi-vis orange vest & safety glasses*

### BLUELINE LAUNDRY INC.



Blueline Laundry is commercial laundry operation providing services to aged care, hospitality and healthcare businesses throughout Tasmania. In addition to providing a high quality laundry service and state-of-the-art equipment, they aim to offer rewarding employment opportunities for people with intellectual disabilities. This site visit will explore the common considerations for worker health. Delegates will be able to see the commercial laundry in operation, as well as view how Blueline employees with a disability are integrated into business operations..

### TAMAR VALLEY DAIRY

Tamar Valley Dairy is a yoghurt manufacturing facility, established in 1996. The site produces 330-350T of finished goods each week with a projected annual tonnage for 2020 to exceed 18 000T. The site runs 24/5 with 3 x 8 hour shifts divided into processing and packaging scheduled in accordance with the projected orders for the week. Delegates will experience a safety induction and witness the shift change during a comprehensive tour of the facilities and production line.



### MOORE'S HILL VINEYARD



Moore's Hill vineyard is a boutique family operated winery located in the Tamar Valley. It is Tasmania's first off grid solar wine making operation, featuring 108 solar panels and 81kw gel battery storage. Their chief winemaker Jules Alport will lead the tour through the vineyard and wine making operations.

# MAIN CONFERENCE – DAY 1

## THURSDAY 19 MARCH

LUNCH – PICNIC IN THE PARK – Riverbend Park

### 1.00pm-4.30pm SITE VISITS

Four site visits will be offered on the first afternoon of the conference. These are included in full registration but are not available as a day registration option.

The site visits are yet to be allocated to this session. This information will be available shortly and delegates will be invited to nominate their preferred visit before attending the conference.



### 6.00pm-8.30pm WELCOME RECEPTION – PEPPERS SILO HOTEL



The Peppers Silo Hotel will host the Welcome Reception on Thursday evening, where guests will enjoy innovative cuisine incorporating fresh Tasmanian ingredients and a selection of local wines. The Welcome Reception is included in Full Registration and may be purchased separately for Day Registrants and guests/partners.

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# MAIN CONFERENCE – DAY 2

## FRIDAY 20 MARCH

### WORKSHOP

9.00am-12.00pm

#### CPR Skills Update

The CPR Skills Update provides an opportunity to meet your certification requirements. In line with the specifications for **HLTAID001 Provide Cardiopulmonary Resuscitation**, the course will cover:

- response to emergency situations
- performance of CPR procedures
- communication of details of the incident, and
- administering defibrillation.



### MORNING SITE VISITS

9.00am-4.30pm

Four site visits will be offered on the morning of the second day of the conference. These are included in full registration and are also available to day registration delegates. The site visits are yet to be allocated to this session. This information will be available shortly and delegates will be invited to nominate their preferred visit before attending the conference.



12.30pm-1.30pm

#### LUNCH – PICNIC IN THE PARK – Riverbend Park

### AFTERNOON SITE VISITS

1.30pm-4.30pm

Another four site visits are available on Friday afternoon for full and day registrants to explore. The site visits are yet to be allocated to this session. This information will be available shortly and delegates will be invited to nominate their preferred visit before attending the conference.



**NOTE FOR AFOEM TRAINEES:** One of the site visits will be allocated for undertaking requirements for the Direct Observation of Field Skills (DOFS). A debriefing meeting will follow on the Saturday morning.

# MAIN CONFERENCE – DAY 2 (cont.)

FRIDAY 20 MARCH

6.30pm - 11.30pm CONFERENCE DINNER, JOSEF CHROMY WINES



Josef Chromy Wines provides a spectacular setting for the main Conference Dinner, located on a 61-hectare vineyard estate just south of Launceston. Josef and his team combine attentive service, quality produce and careful attention to detail, guaranteeing a night to remember.

We are honoured to have Associate Professor Terry Hannan speaking on his career as a general physician and the importance of listening to our patients, also the topic of his book, 'Bedtime Stories'.

Following on from an impactful engagement at the Tamar Valley Writer's Festival 2018, where his session was considered the best received and most attended, Professor Hannan has taken time from the publication of his second book to attend the ASM and honour us with his collected wisdom.



JOSEF CHROMY  
TASMANIA



*'Bedside Stories: Learning to listen' by Tasmanian general physician Terry Hannan is a deeply personal book, which gives unique insights into the relationships between doctors and their patients. It reveals that despite all the important focus on scientific and medical advances, what's just as important is that patients feel like they are being heard, and that doctors need to sit and listen to what their patients are telling them. 'Bedside Stories: Learning to listen' is undoubtedly one of the best books in its genre.*  
- Sophie Scott, Medical Reporter, ABC

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# MAIN CONFERENCE – DAY 3

## SATURDAY 21 MARCH

### SOCIAL & NETWORKING MORNING

8.30am

#### AFOEM TRAINEE NETWORKING & DEBRIEFING BREAKFAST

A great opportunity for trainees to get together and build their networks. This session will also serve as a debrief for the Direct Observation of Field Skills conducted at the site visit on Friday afternoon.

9.00am

#### HARVEST LAUNCESTON COMMUNITY MARKET

Every Saturday morning, Harvest Launceston Community Farmers' Market brightens a quiet inner-city car park and brings the farm gate to you. With your local guide you will have a chance to meet the farmers, connect with locals and enjoy a visual feast of seasonal produce and products including ethically raised meat, organic dairy, artisan bread and pastries, local wine and cider and much more. Savour a locally roasted coffee and taste your way around the foodie State at this vibrant weekly event. Follow this [link](#) to find out more.



12.00pm-5.00pm

#### EXHIBITION



12.00pm

#### LUNCH



# MAIN CONFERENCE – DAY 3 (cont.)

## SATURDAY 21 MARCH

### PARALLEL TECHNICAL SESSIONS

Commencing  
1.00pm

#### Cases in occupational medicine

**A/Prof Terry Hannan**, Consultant Physician, Visiting Fellow, Centre for Health Informatics, Macquarie University, Sydney

**Dr Barry Gilbert**, Public Health Physician, Occupational Medicine Consultant, Gilbert Consulting Tasmania

Chronic pain is not always what it seems. Confounders include the need for the correct diagnosis, and then a plan for suitable treatment. Two interesting case studies will be presented.

CASE 1: “I want to drive my truck but can’t stop shaking” explores the case of movement disorder of the upper limb following shoulder surgery.

CASE 2: “I can’t walk anymore” an unusual presentation and then resolution of CRPS.

#### Medicinal marijuana – seeing through the smoke

**Dr David Hamilton**, Specialist Pain Medicine Physician

Medical use of cannabis has been a hot topic over the last 12 months. This session will address the current evidence for the use of cannabis-based products relating specifically to chronic pain, as well as the current legislation, professional opinions from the colleges and implications for the workplace. It will also include the history of cannabis use, the pharmacology of the endocannabinoid system and the impact of exogenous cannabinoids.

#### PTSD and the workplace – new laws to support emergency workers

TBC

The introduction of new legislation to support Tasmanian government workers has set a precedent in Australia. Tasmania is the first jurisdiction in the nation to legislate a presumptive provision that a PTSD diagnosis is work related. This session will explore how this is has changed the way this diagnosis is managed.

#### Pandemic: How to manage a crisis and stay safe and sane!

**Sandra Code**, Health Services Manager, Transdev Melbourne

**Sally Kane**, EHS Manager Agilent Technologies Australia P/L

This session will explore how two different organisations have tackled the recent Novel Coronavirus outbreak to manage not only their own workforces and keep their operations on track but, in some cases, the wider population.

Both presenters have had long careers in the occupational health space and have coordinated health campaigns involving outbreaks of SARS and MERS in the last decade.

#### Cases in maritime health and safety

**Dr Maurice Harden**, Occupational and Environmental Physician, Hunter Industrial Medicine

**Dr Neil Westphalen**, Medical Practitioner, Royal Australian Navy

This session will address a case of a serious accident in a marine pilot to highlight the high risks of this specialised maritime role. It will include the circumstances of the incident, the short- and long-term clinical consequences and the accident investigation and outcome.

#### Australian occupational audiometry: legislation, protocols and best practice

**Glenn Johnson**, Principal Occupational Audiologist, The Hearing Company

While national consistency across Australia in occupational audiometry legislation hasn’t worked out as planned. there are legal requirements in most jurisdictions to conduct audiometric surveillance on noise-exposed workers. This presentation will provide an update on the current status of audiometry legislation around Australia and an overview of the best practice protocols for conducting accurate audiometry and managing test results.

# MAIN CONFERENCE – DAY 3 (cont.)

## SATURDAY 21 MARCH

### PARALLEL TECHNICAL SESSIONS *(continued)*

#### Determinants of mental stress and dysfunction among sportspeople

**Professor Tim Driscoll**, Professor of Epidemiology and Occupational Medicine at School of Public Health, University of Sydney

Professional, and indeed amateur sportspeople have always experienced physical injuries that are generally dealt through a medical model that is well understood. Increasingly there appears to be an increase in “mental health issues” that are less well understood. This presentation will outline the distribution and determinants of this phenomenon in a manner that will help our overall understanding.

#### Cyber security 101 - risks and solutions in the digital age

**Clayton Cross**, Head of Strategy, Conversion Digital

Cyber security is a significant risk for industry and healthcare. Understanding the risks, getting the right advice and implementing workable solutions should be high on our list of priorities in order to protect our businesses, clients and patients. This is an essential session for those looking for direction on this important issue.

3.00pm-3.30pm

### AFTERNOON TEA

### PARALLEL SESSIONS

Commencing  
3.30pm

#### The current landscape of OEM training

**Dr Amy Bright**, Occupational Physician Registrar, AFOEM Federal Trainee Representative Stage B

**Dr Thea Leman**, Occupational Physician Registrar, ANZSOM General Council Federal AFOEM Representative, AFOEM Trainee Stage A

**Dr Carlin White**, Occupational Physician Registrar, Gilbert Consulting

Why choose Occupational and Environmental Medicine as a career? This interactive panel presentation and discussion will draw on the experience of three trainees through the training process.

#### The assessment and prevention of thermal injuries

**Dr Angus Forbes**, Occupational Physician, Phoenix Occupational Medicine

Heat, electricity and environmental injuries make up about 1% of worker injuries in Australia, and there is an increasing interest as industries seek to address concerns about climate change. This session aims to equip delegates to provide evidence-based advice to workplaces and workers. It describes the spectrum of thermal conditions and their challenges in the workplace and describes how to assess the thermal risks to the workplace and determine appropriate prevention strategies.

# MAIN CONFERENCE – DAY 3 (cont.)

## SATURDAY 21 MARCH

### The (new) draft radiofrequency exposure standard

**Dr Bruce Hocking**, Occupational Physician

This session will explain the new radiofrequency exposure standard with emphasis on application in workplaces. There will be a brief refresher on the electromagnetic spectrum and the biophysics of radiofrequency radiations. Recent research regarding mobile phones and brain tumours will be discussed as well as the potential for health effects of the upcoming 5G mobile phone system. The standard specifies the situations in which the occupational exposure limits may be applied and the obligations of employers or operators of radiofrequency sources to employees.

### Colour vision requirements – case studies

**Dr John Parkes**, Colour Vision Specialist & Occupational Physician

**Dr Karina Powers**, Occupational Health Physician

This session will address the different colour vision deficits and the difficulties experienced with various work tasking and potential risk with safety critical work. It will include examples of employment where colour vision is integral to role.

### A Clinical Take on Health and Wellbeing

**Meg Parsons**, Clinical Governance Manager, Bodycare

Wellbeing, wellness, mindfulness, digital health, detox, intermittent fasting, office yoga, resilience training, sleep training, treadmill desks, fitness challenges... there is no doubting that the Corporate Wellness juggernaut has gained significant momentum in recent years. But do these programs really make a difference and what is their impact among the blue-collar workforce? This session will explore the evidence and describe experience in delivering wellbeing programs to a variety of blue-collar industries, sharing learnings on what works, what doesn't and what's next.

## 6.00pm 'SURPRISING LAUNCESTON' - DINNER

Launceston is full of surprises! But you'll have to wait to find out more.

Proudly sponsored by Medilaw:



# MAIN CONFERENCE – DAY 4

## SUNDAY 22 MARCH

9.00am-1.00pm EXHIBITION



### TECHNICAL SESSIONS

9.00am

#### Hugh Denehy Oration

**Dr Chris Walls**, Occupational Physician, Occupational Medicine Specialists

Dr Hugh Denehy was a founding father of ANZSOM, and a well-respected leader in the field of occupational medicine. Delivery of the oration in his name is a highlight of the Annual Scientific Meeting, bestowed on an ANZSOM member who espouses the qualities of Hugh Denehy and his great contribution to the field of occupational medicine.

9.30am

#### The hearing loss journey – from challenges to solutions

**Michelle Moran**, Audiologist

##### Other speakers to be advised

Hearing deficits and or loss are poorly understood by many health professionals. Not only is this the case with noise induced hearing deficits but it also for deficits associated with other causes. Consequences such as social isolation and links to dementia warrant particular consideration. After identifying that someone has an impairment, assessing the causes and impacts, the question is what to do about it. This illuminating talk will transform your level of knowledge and encourage you to upskill your management of “hearing deficits”. Don’t miss it!

10.30am

MORNING TEA

# MAIN CONFERENCE – DAY 4 (cont)

## SUNDAY 22 MARCH

### TECHNICAL SESSIONS

11.00am

#### Regulatory failure: what have recent events taught us?

**Dr Rob McCartney**, Occupational Physician, Resile

**Dr David Goddard**, Occupational Physician, Monash University

Recently in Australia there has been concern regarding regulatory failure in banking, building and OHS. In OHS there have been clusters of coal workers pneumoconiosis and silicosis – both preventable diseases. The session will examine the extent to which there has been regulatory failure and what can be done about it including the role for ANZSOM

11.30am

#### The role of exercise physiology in occupational rehabilitation and injury prevention – case studies

**Marcus Burston**, Exercise physiologist, and Managing Director of AIM Health and Lifestyle, Launceston

**Dr Barry Gilbert**, Public Health Physician and Occupational Medicine Consultant, Gilbert Consulting Tasmania

**Dr Carlin White**, FRACGP, Registrar in Occupational & Environmental Medicine, Gilbert Consulting Tasmania

Case studies will be presented for active discussion in relation to the benefits of physical movement in occupational rehabilitation, with a focus on cases involving the shoulder, knee, ankle and lumbar spine.

The audience and panel will address the following questions:

Is there a place for rehabilitation and how do you do it?

When should passive therapy transition to active?

How important is proprioception?

What is the therapeutic role of the gym?

What is the therapeutic role of hydrotherapy?

How effective are self-directed home-based exercises?

12.30pm

### LUNCH @ PEPPERS SILOS



1.30pm

### CONFERENCE CLOSE