

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



Annual Scientific Meeting  
Tuesday 27 to Saturday 31 August 2013  
Four Points Geelong VIC

**Over the horizon: Technology,  
innovation and new challenges  
in occupational health**



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PROGRAM 2013



# WELCOME

On behalf of the Victorian Branch of the Australian and New Zealand Society of Occupational Medicine I bid you a warm welcome to our Annual Scientific Meeting for 2013, and hope you will make the most of the varied program and the opportunity to catch up with your colleagues.

With a theme of technology and innovation, I'm confident you will find something new and that you will leave the meeting with fresh ideas. I also hope that you will feel inspired about the future of the occupational medicine, which I believe is more relevant than ever. I am particularly pleased that so many of our occupational health nurse colleagues have joined us this year, and I hope they enjoy the topics and speakers on offer at our first dedicated nursing stream. The site visits to local industries in and around Geelong will also provide some great hands-on experience for delegates of all disciplines.

My thanks to our organising committee who have worked tirelessly for the past 12 months, supported by our team at the Secretariat. I believe our annual meetings are becoming more professional each year and provide excellent value for the members of our organisation. This professionalism is also reflected in the engagement of our supporting sponsors and other stakeholders, which adds further to the quality of the meeting.

I hope you have an enjoyable and productive week and are able to take some of your new found learning back to your workplaces. We welcome the opportunity to speak to you about ANZSOM and how we can best support you in the future.

Amanda Sillcock  
Federal President and Conference Convenor

## Need help?

Contact the Conference Secretariat on 0408 530 865

Make sure you download the ASM App for updates throughout the conference. The link to the App has been previously emailed to delegates.

## SPONSORS & SUPPORTERS

ANZSOM acknowledges the generous support of our sponsors in helping to bring this conference to fruition.

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## SOCIAL PROGRAM & LOCAL SIGHTS

### Welcome Cocktail Reception – The Carousel

**Tuesday 27th August from 6.30pm**

The Carousel on the Waterfront (almost directly opposite the conference venue)

Join us at the historic Carousel on the waterfront for the Opening Cocktail Reception. Drinks and substantial finger food will be served from 6.30pm. The conference Registration Desk will also be open at the reception. The Welcome Reception is included in the cost of full registration. For additional tickets contact the Registration Desk.

### Conference Dinner – The Pier

**Thursday 29th August from 7.00pm**

The Pier (just a short walk from the conference venue)

This will be an evening to remember at The Pier, Geelong's premier event venue. Sponsored by the TAC, the evening will feature great food and stimulating speakers, not to mention the fabulous water views.

The Conference Dinner is included in the cost of full registration. For additional tickets contact the Registration Desk.



*Carousel on the Waterfront*



*The Pier*



*Carousel on the Waterfront*

## SOCIAL PROGRAM & LOCAL SIGHTS

### Great Ocean Road – Day Tour

**Wednesday 28th August**

Departs from Four Points Sheraton 8am

Be treated to the best of the Great Ocean Road, with a tour guide who can't wait to give you the best experience. This full day, small group tour down the Great Ocean Road takes in all the sites, scenery and history of this world famous tourist route.

- Door to door service
- Home made 'Aussie' morning tea on the beach, includes freshly brewed coffee and teas
- World renowned Bells Beach
- Kangaroos in the wild
- Split Point Lighthouse
- Seeing koalas & king parrots in their natural habitat
- Lunch at the seaside town of Apollo Bay
- Guided rainforest walk
- Twelve Apostles including optional helicopter ride
- Loch Ard Gorge where the most famous Australian shipwreck occurred

Places should be booked with registration. For further enquiries contact the Registration Desk. Additional tours will also be promoted at the Registration Desk.



## SITE VISITS

This year's conference program features a diverse range of site visits, designed to provide an insight into industries and workplaces in the region. Visits have been pre-booked with your registration. Buses to the site visits will leave on Thursday and Friday afternoon from the hotel entrance. Please be sure to wear appropriate footwear. Other protective wear will be provided as required.

### **Geelong Football Club**

Kardinia Park, also known as the "Cattery", is home to the Geelong Football Club, arguably the most successful AFL club in recent history. The stadium is a great focus for this regional community, but it is also a workplace in every sense of the word. Workplace risks and work performance are important considerations for the team's success - employed medical staff are experts in sports medicine, and a range of other allied health staff address fitness, nutrition, and psychology for general health and player welfare. The visit, led by Player Development Manager Ron Watt will provide an overview of the various roles and the support services offered to players and other staff. It will include a tour of the training facilities, the player lounge, and the medical and allied health facilities and the new stadium.

### **Deakin Clinical School – Simulation Teaching Laboratory**

Modern health professional education seeks to provide comprehensive "hands-on" clinical exposure, while also providing maximum individual patient comfort and safety. Enter the era of simulation based training, which seeks to provide realistic, hands on education in a safe, error tolerant environment with convenience and advantages over conventional "bedside" training.

The Regional Victorian Institute of Simulation Education based at Deakin Medical School is a state-of-the art facility providing tailored solutions to trainees and established professionals, with a particular focus on supporting skills in crisis management. The visit will include a presentation on crisis resource management and teaching using simulation. We will then divide into smaller groups to watch a 'live simulation scenario' and experience the extensive range of skill trainers. A Q&A session will round off the afternoon's activities.

### **Melbourne Water Sewage Treatment Plant Werribee**

The Western Treatment Plant in Werribee treats around half of Melbourne's sewage and generates almost 40 billion litres of recycled water a year. During the two hour tour, visitors will learn about the lagoon system of sewage treatment, recycled water production and methane gas collection for electricity generation. Management of a range of occupational and community health risks will be discussed including potential exposures to toxic chemicals such as chlorine and methane. The tour also includes a visit to the Ramsar listed wetlands and an opportunity for bird spotting in one of Australia's most popular bird watching locations.



Skilled Stadium, Geelong



Geelong Waterfront, Geelong



Four Points, Geelong

## SITE VISITS

### Shell Refinery

Shell Geelong Refinery is one of the largest and most complex of Australia's six refineries. It supplies about half of Victoria's and 30% of South Australia's fuel needs. The remainder is sent to New South Wales. About 415 people are employed on-site, as well as about 150 contractors. Shell Geelong refinery occupies 120 hectares of land adjacent to Corio Bay in Geelong, Victoria, and can process up to 120,000 b/d (barrels of oil per day).

The refinery produces gasoline, diesel, kerosene and LPG that is piped to Shell's Lara LPG facility and it makes specialty products including solvents. It produces propylene for Lyondell Basell and is the only manufacturer of bitumen in the State.

The refinery is one of only three makers of Avgas (lead-dosed fuel that small planes rely on) in the Southern Hemisphere and is the sole supplier of marine oil in Melbourne and Geelong. About 90 per cent of crude and other feedstock arrives at the refinery via ship.

The safety of employees and the community is Shell's number one priority. The refinery's health team takes a proactive, structured and risk-based approach to assessing health, reporting on health performance and assessing the potential health impact of projects as well as providing medical and emergency response services. The health team runs a number of proactive initiatives focused on improving employee health and emotional well-being. Visitors are required to wear closed shoes and long sleeves.

### Deakin University Institute for Frontier Materials, GTP Research & CSIRO

The Institute of Frontier Materials is a multi-disciplinary research institute within the structure of Deakin University. It is involved in the development of new materials and structures that are not only affordable, but also have a low societal cost in terms of manufacture, usage and disposal / recycling. Much of this work involves working with nano-materials such as metal nano-particles, carbon multiwall nanotubes and electrospun nanofibres. They also work with metals with 30 tonne stamping presses, 300 tonne alloy extrusion presses and can cast aluminium, magnesium, iron and steels (the latter up to 100kgs) in the foundry. The institute is currently commissioning a large carbon fibre production line that will be the only one in the world available for research and development work on a contract basis. The visit will provide an opportunity to learn about a variety of these processes and the occupational health implications. Visitors must wear closed footwear (no open toed shoes or sandals), however safety shoes with steel toe caps are not required. Safety glasses will be provided.

# CARDIOPULMONARY RESUSCITATION UPDATE

## Thursday 29th August

1. 8.00am - 10.30am
2. 10.45am – 1.15pm
3. 2.00pm – 4.30pm

This year's program provides a diverse range of educational experiences including an opportunity to update your CPR skills. Conducted by Ian Cash from the Australasian SOS Oxygen and First Responder Training Pty Ltd, the 2.5 hour sessions are RACGP accredited and cover:



## CPR theory

- Chain of survival, the five links
- Current and emerging concepts
- The debate between ventilation and compressions versus hands only CPR
- Common mistakes
- Latest updates from the Australian Spark of Life conference and the American ReSS conference

## CPR skills

- One and two rescuer techniques
- Optional advanced airway management using an intubating manikin
- Defibrillation use

If you have not booked into a session, please contact the Registration Desk.

## Join us at the ANZSOM Learning Lounge

A new addition to this year's Annual Scientific Meeting in Geelong is the ANZSOM "Learning Lounge". The area is a great place to relax between presentations, while learning how to access ANZSOM's e-learning portal. Bring your iPad, or use one of our laptops, while you browse the portal and have your questions answered by our helpful ANZSOM staff. The "Learning Lounge" also features information on training options from reputable educational providers, the opportunity to talk to the executive and tell them what ANZSOM can do for you, and a chance to complete the member survey and win the lucky prize draw. So make sure you join us in the "Learning Lounge" at this year's ASM!





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# DAY 1

# program

## TUESDAY 27 AUGUST

10.00am - 12.00pm

**ANZSOM General Council Meeting**  
Flinders Room, Four Points Sheraton

1.00 - 4.00pm

**Preconference Workshop – OHS Body of Knowledge**  
Hosted by the Safety Institute of Australia

6.30pm start

**Cocktail Reception**  
Carousel on the waterfront

### Hugh Denehy Oration – Dr Kevin Sleigh



Dr Hugh Denehy (1925-1996) was a founding member of ANZSOM and a great contributor to the profession of occupational medicine. He held the position of Chairman of the VIC/TAS Branch before becoming Federal President, and became a Foundation Fellow of the Australian College of Occupational Medicine in 1982. Each year, a member of ANZSOM is asked to give an oration in Hugh's honour, and to explore the positive achievements in the field of occupational medicine. Dr Kevin Sleigh will be carrying on this fine tradition at the 2013 Annual Scientific Meeting, and in keeping

with the conference theme, will be exploring the effects of technological change on occupational medicine during his professional career.

When he joined ANZSOM in the early 80's Kevin ran a very successful general practice in Moonee Ponds providing occupational health services to local industry. It was a major decision to take up the training for the Fellowship of the newly formed College of Occupational Medicine and then establish a full time career in occupational medicine. He has subsequently worked for a variety of different organisations including the Reserve Bank Note Printing Works, Caterpillar, Ansett and the Herald and Weekly Times. He also conducts the Medical Review Officer training.

Just as Hugh Denehy provided much wisdom, advice and support to the younger members, Kevin has demonstrated similar qualities and is regularly involved in training, networking with colleagues and sharing his vast experience and passion for the practice of occupational medicine.

# DAY 2 program

## WEDNESDAY 28 AUGUST

Theme: New Technologies & Implications For Workplace Health

9.00am	<i>Session Chair - Amanda Sillcock</i> Welcome Address
9.30am	Nanotechnology – application and implications for workplace health. <i>Professor Ian Gardner, Defence Centre for Occupational Health</i>
10.00am	Personalised genome-based healthcare in the workplace - improving health performance and productivity. <i>Dr Paul Beaver, FitGenes</i>
<b>10.30am</b>	<b>Morning tea</b>
11.00am	<i>Session Chair - Kevin Sleigh</i> Ethics of new technology. <i>Professor Paul Komesaroff, Monash University</i>
11.30am	E-health – patient held medical records. <i>Dr Jeffrey Urquhart, Barwon Medicare Local</i>
12.00pm	Privacy and ID theft - managing information. <i>Mr Greg Frank, Office of the Victorian Privacy Commissioner</i>
<b>12.30pm</b>	<b>Lunch</b>
1.30pm	<i>Session Chair - Sally Kane</i> Knowledge transfer and exchange in work and health research. <i>Associate Professor Peter Smith, Monash University</i>
2.30pm	Hugh Denehy Oration. <i>Dr Kevin Sleigh, Occupational Physician, Victoria</i>
<b>3.30pm</b>	<b>Afternoon tea</b>
4.00pm	Annual General Meeting
5.30pm	Close

# DAY 3 program

## THURSDAY 29 AUGUST

Theme: Research & Innovation In Workplace Health

9.00am **Session Chair - Hilary Oakley**  
Research and innovation in workplace health  
*Ms Irene Verins, Program Manager VicHealth*

CPR  
UPDATE  
Session 1  
8.00-10.30am

9.30am Prolonged sitting – risks and management strategies  
in the workplace. *Associate Professor David Dunstan,  
Baker IDI Heart & Diabetes Institute*

10.10 Stress and the workplace – latest evidence and practical  
applications. *Professor Andrew Noblet, Deakin University*

10.50am **Morning tea**

Theme: Musculoskeletal Update – Issues, Resources & Management Approaches

11.15am **Session Chair - David Middleton**  
Musculoskeletal disease – setting the scene - new  
evidence and imperatives for the workplace.  
*Dr Rob McCartney, Occupational Physician, QLD*

CPR  
UPDATE  
Session 2  
10.45-1.15pm

11.45am Evolution in disability discrimination and accommodating  
reasonable adjustment. *Andrew Weinmann, Lawyer,  
Maurice Blackburn*

12.15pm Technologies for analysing human movement to assess  
and manage occupational risk. *Garry Francis-Pester and  
Dr Kevin Netto, School of Physiotherapy, Curtin University,  
Dr. Andrew Ronchi, CEO, Dorsa Vi*

1.15pm **Lunch**

CPR  
UPDATE  
Session 3  
2.00-4.30pm

2.00pm **Site visits**  
1. Shell Refinery  
2. Deakin Medical School – simulation teaching methods  
3. Melbourne Water  
4. Institute for Frontier Materials, GTP Research & CSIRO

7.00pm Conference Dinner – The Pier Restaurant (Sponsored by TAC)  
*Speaker Judge Bill Kearns, Dust Diseases Tribunal of NSW*

# DAY 4

# program

## FRIDAY 30 AUGUST

### Theme: Emergency & Disaster Medicine

8.30am	<b>Session Chair - Nathan Pastor</b> Personal health and safety issues and long term impacts for overseas aid workers in rescue missions / humanitarian crisis interventions. <i>Associate Professor Eugene Athan, Director, Department of Infectious Diseases Barwon Health</i>
9.00am	Protecting the protectors - biohazards of policing. <i>Mr Mike Cosgrove, Manager OH&amp;S Tasmania Police</i>
9.30am	Post tsunami work-related health in Sri Lanka <i>Professor Hemantha Wickramatillake</i>
10.00am	Lessons from the Pike River Mine disaster <i>Dr Mike Anderson, New Zealand ANZSOM President</i>

### 10:30am Morning Tea

### Theme: Medical and Nursing Streams

	MEDICAL	NURSING
	<b>Session Chair - Rudi Gasser</b> "Seagulls" – an Australian perspective on the fly-in fly-out workforce. <i>Dr Chris Cunneen, Occupational Physician, QLD</i>	<b>Session Chair - Sandra Code</b> Shift work in ICU – issues and solutions. <i>Sam Breguet, Barwon Health</i>
11.00am		
11.30am	Occupational light vehicle use: an evidenced based strategy to improve surveillance and inform policy. <i>Dr Rwth Stuckey, Monash University</i>	Wound care update. <i>Jan Rice, La Trobe University</i>
12.00pm	Frequency of periodic health assessments in safety critical workers. <i>Dr Bruce Hocking, Specialist in Occupational Medicine, Victoria</i>	Diabetes in the workplace – issues and management approaches. <i>Victoria Stevenson, Austin Health</i>
12.30pm	Employers should offer welders polyvalent pneumococcal vaccine. <i>Dr Gerard Walpole, Occupational Physician, QLD</i>	Workplace health promotion: employee and employer perspectives. <i>Terry Buckingham, New Zealand Occupational Health Nurses Association</i>

### 1.00pm Lunch

# DAY 4&5

# program

## FRIDAY 30 AUGUST CONTINUED

1.45pm

### Site visits

1. Shell Refinery
2. Geelong Football Club
3. Melbourne Water
4. Deakin University Institute for Frontier Materials, GTP Research & CSIRO

## SATURDAY 31 AUGUST

Theme: Professional issues (Breakfast session)

9.00am

### Session Chair - Amanda Sillcock

Synergising the silos– taking prevention to the next level  
*Greg McLoughlin, Managing Director, Health by Design*

9.45am

ANZSOM – our role in professional development for occupational health professionals

- OHS Body of Knowledge – next steps
- Update on the ANZSOM e-learning portal

10.30am

The diagnostic dilemma – do we treat the X-rays or the patient?

*Dr Ralph Poppenbeek, Occupational Physician, Victoria*

11.15am

Reflections on OHS&E in a changing world

*Dr Rom Simson, Occupational Physician, NSW*

12.00pm

Meeting close

*Thank you for your participation. Please complete the evaluation to help us with future planning.*



## ANZSOM E-LEARNING PORTAL

### Login via the ANZSOM webpage, under “Education & Training”

All Australian ANZSOM members now have access to both paid and free online learning packages. Learn while earning CPD points from the comfort of your home or office. Four foundation modules are currently available.



- Assessing Fitness to Drive (Part 1 & 2)
- Emergency Care and the Workplace
- Injuries and the Workplace
- Skin Cancer

With two new modules - Mental Health in the Workplace and Drugs and Alcohol in the Workplace - coming soon!

Further modules will continue to be added throughout the year.

### Benefits of online learning:



### Want to do more?

ANZSOM currently has an exciting opportunity for volunteers to become involved in writing the technical content of new online learning modules. This work not only supports the important activity but also attracts CPD points in its own right. The work is well supported by the Secretariat in terms of facilitating writing groups and managing documentation. Email [secretariat@anzsom.org.au](mailto:secretariat@anzsom.org.au) or call on 1300 600 515 for more information and to register your interest.

ANZSOM online learning is made possible through an educational grant from the Workers Compensation Dust Diseases Board of NSW ([www.ddb.nsw.gov.au](http://www.ddb.nsw.gov.au))



New South Wales Government  
Workers' Compensation  
Dust Diseases Board

## INVITED SPEAKERS - in alphabetical order

ANZSOM welcomes all our speakers to the conference and thanks them for their generous participation.

### **Dr Eugene Athan, Barwon Health**

Dr Athan is the Director of the Infectious Diseases Department at Barwon Health and is Associate Professor of Medicine at the University of Melbourne and Deakin University. He is also co-founder of the Geelong Centre of Emerging Infectious Diseases (GCEID) in collaboration with Barwon Health, Deakin University and CSIRO Australian Animal Health Laboratory (AAHL), a centre which is developing multidisciplinary research to tackle emerging zoonotic diseases of public health importance. In addition to his extensive teaching and research involvement, he has worked as a public health specialist and epidemiologist to support humanitarian activities to mitigate several large scale communicable disease threats to populations including cholera epidemics.

### **Dr Paul Beaver, FitGenes**

Dr Beaver is the Director (Science) and co-founder of FitGenes Pty Ltd, a company that develops personalised health solutions based on nutrigenomics. This emerging science examines the interaction of genetics, exercise, nutrition, lifestyle choices and health. He is the co-author of the world's first nationally accredited practical course for using genetic profiling and nutrigenomics for improving health and performance outcomes. An engineer, Paul has worked in a variety of areas over the past 35 years, including research and development, compliance risk management, occupational health and safety and health and wellness. His attendance at the conference is supported by QBE.

### **Ms Sam Breguet, Barwon Health**

Sam Breguet is a Clinical Nurse Specialist at Barwon Health's ICU where she has worked for the past 12 years. Sam applies her keen interest in health and wellbeing to champion an active wellness program within the ICU department. As part of this program she is endeavouring to negate the long term health consequences of shift work and to bring about positive change to the health of the ICU workforce.

### **Mr Michael Cosgrove, Tasmania Police**

Michael Cosgrove served in the Royal Australian Navy before taking on a career in occupational health and safety, which he has pursued passionately for the past 25 years, gaining experience in heavy industry and the public sector. He has completed postgraduate studies in OH&S at the University of New South Wales School of Safety Science and the University of Newcastle Faculty of Medicine and Health. For the past 17 years Michael has held the position of OHS Manager for the Tasmanian Department of Police and Emergency Management. He has recently been appointed Chair of the Australian New Zealand Policing Advisory Agency, Safety and Wellbeing Working Group.

### **Professor David Dunstan, Baker IDI Heart and Diabetes Institute**

Professor Dunstan is an Australian Research Council Future Fellow and the Head of the Physical Activity laboratory at the Baker IDI Heart and Diabetes Institute in Melbourne. His research focuses on the role of physical activity and sedentary behaviour in the prevention and management of chronic diseases.

## INVITED SPEAKERS

### **Mr Greg Frank, Office of the Victorian Privacy Commissioner**

Greg Frank is the Training and Communications Officer at the Office of the Victorian Privacy Commissioner (Privacy Victoria) which regulates the Information Privacy Act 2000 and is the key body in a system regulating the way Victorian government agencies and local councils collect and handle personal information. With the changing information landscape, including the advent of social media, government collection of information, and identity theft, Privacy Victoria has an important role in education and Greg's role involves supporting organisations and individuals in understanding their rights and responsibilities under the Act, as well as developing strategies to address the threats to privacy.

### **Dr Ian Gardner, Defence Centre for Occupational Health Canberra**

Dr Ian Gardner is a Senior Physician in Occupational and Environmental Medicine at the Defence Centre for Occupational Health and Safety in Canberra. He is a medical specialist with more than thirty years global experience in occupational, environmental and public health medicine. He holds a Master's degree in public health and professional fellowships from Australia, the United Kingdom and the USA. He also holds an academic appointment as Adjunct Professor in Occupational and Environmental Medicine at the University of Queensland Centre for Military and Veterans' Health. He has been a visiting professor and external examiner in Occupational Medicine at the National University of Singapore and the Chinese University of Hong Kong in Shatin. He has significant senior management and consulting experience in both the public and private sectors, and holds a number of Board Advisory positions in Occupational Health with major Australian companies.

### **Professor Paul Komesaroff, Monash University**

Paul Komesaroff is a physician, medical researcher and philosopher at Monash University in Melbourne. He is a practising clinician, specialising in the field of endocrinology, and his scientific research work focuses on the effects of hormones on the cardiovascular system. He is involved in a variety of activities related to ethics in medicine and society. These include his roles as Director of the Clinical Ethics Service at the Alfred Hospital, Ethics Convener of the Royal Australasian College of Physicians (RACP), Chair of the RACP Expert Advisory Group on Ethics, Executive Director of Global Reconciliation and Chair of the International Health Workforce Society of Australasia. He has been a member or chair of a number of human research ethics committees continuously for over twenty years.

### **Professor Andrew Noblet, Deakin University**

Andrew is a Professor in Organisational Behaviour at Deakin University's Graduate School of Business. His research interests are in the areas of occupational stress, organisational fairness, leader-member relationships, and organisational health and development. Much of Andrew's recent work has focused on planning, implementing and evaluating strategies to enhance the health of workers and the environments in which they work. In addition to his scholarly research, Andrew provides advisory services to private and public-sector organisations and regularly undertakes employee needs assessments, leadership training and other organisational development initiatives.

### **Ms Jan Rice, La Trobe University**

Jan Rice is a registered nurse with many years' experience in surgical nursing. Her current position at La Trobe University is as the Coordinator of Wound Management Education. In addition to conducting a busy wound clinic in a large metropolitan general practice, Jan consults to over 100 aged care facilities and provides advice to general practitioners and surgeons regarding wound management. She is active at a professional level in her role as President of the Australian Wound Management Association and serves on subcommittees in relation to Venous Leg Ulcer Guideline Implementation and Pressure Injury Guidelines Development. Jan also undertakes volunteer work with Interplast.

## INVITED SPEAKERS

### **Associate Professor Peter Smith, Monash University**

Peter Smith is an Associate Professor and Larkin's Fellow at the Monash Centre of Occupational and Environmental Health. He has a Master's in Public Health from the University of New South Wales and a PhD from the Institute for Medical Science at the University of Toronto. Before moving to Monash in January 2012, Peter was a scientist at the Institute for Work and Health in Toronto, a position he held for more than 10 years. He has extensive experience conducting research related to work injury and its consequences using both large population based surveys and administrative workers' compensation data. His major research interests are in the epidemiology of work injury and its consequences; modeling change in labour market conditions over time and examining the associated health effects; and the measurement of aspects of the nature of work. He has particular interests in sub-groups of the labour market including recent immigrants and older workers.

### **Ms Victoria Stevenson, Austin Health**

Victoria Stevenson is a registered nurse, midwife, health educator and a credentialed diabetes educator. She currently manages the Diabetes Education Services at Austin Health but is involved in a diverse range of projects. Recent projects include the development of vehicle driving guidelines and resources through a working party of the Australian Diabetes Society (ADS)/Australian Diabetes Educators Association (ADEA). Previously she has worked with the International Diabetes Institute; Maroondah Hospital's Diabetes Education Service, and at Alfred Health. Victoria is a past Vice President of ADEA, previous National Conference Convenor and is on the Boards of Mayfield Education and Deakin University and is a Director of Diabetes Australia Victoria.

### **Dr Jeff Urquhart, Barwon Medicare Local**

Dr Jeff Urquhart is a general practitioner based in Geelong who has training in sports medicine and computer science. He holds the position of GP Liaison Officer for Barwon Health, where he is also a clinical assistant in the Orthopaedic Department. Jeff is also a part-time GP in a group practice in Geelong West. He has a keen interest in Health Informatics encrypted health messaging. He is involved in regional health projects promoting the use of ehealth messaging, electronic health records in a hospital environment, and electronic referral guidelines for GPs. Jeff is currently a clinical lead for National E-Health Transition Authority (NEHTA) and has been involved in the clinical design process of the Personally Controlled Electronic Health Record (PCEHR).

### **Ms Irene Verins, VicHealth**

Irene Verins is the Manager of Workplace Health and Workforce Development at the Victorian Health Promotion Foundation. She has worked with diverse partners to design and implement complex and innovative health programs within education, local government, public health and workplaces. One current example of this is VicHealth's Creating Healthy Workplaces Program which will build the evidence base and test interventions which address five health issues in the workplace including work stress, alcohol harm, prolonged sitting, gender equity at work and decreasing race based discrimination.

### **Andrew Weinmann, Maurice Blackburn Lawyers**

Andrew Weinmann is a senior lawyer with Maurice Blackburn. He has been representing injured and disabled workers since 2001, in a range of disputes including employment disputes, disability discrimination, workers compensation, and superannuation and insurance disability claims. He has a particular interest in the intersection of employment and compensation rights for injured workers. He has served on the Law Institute of Victoria's discrimination law committee, and on the board of JobWatch, an employment rights legal centre.

## SUBMITTED PAPERS - in order of appearance

### **Technologies for analysing human movement to assess and manage occupational risk (Thursday 29th, 12:15pm) - Garry Francis-Pester, Dr Kevin Netto, Dr Andrew Ronchi**

Understanding the work demands placed on the human 'machine' is crucial to crafting tasks that decrease the risk of injury, improve task performance and optimise employee health and wellness within task flows. The difficulty until recently is capturing real time data that does not interfere with workers actual movement patterns and workflows. With the application of wireless electromyography, inertial sensors, video and heart rate monitors, physical load can be accurately quantified, allowing potential insights into fatigue and human error. Garry Francis-Pester is Managing Director of Physiotherapy and Human Movement Clinic and an Adjunct Lecturer of Victoria University School of Sport and Exercise Science. Kevin Netto is a lecturer at School of Physiotherapy, at Curtin University. They present the technology and examples of its application. Dr Andrew Ronchi from Dorsa Vi will also present case studies in which their technology is applied to assess and help reduce manual handling risk in real workplaces are presented. Particular emphasis is given to objectively evaluating proposed interventions, verifying expected benefits and making informed decisions about implementation of long-term changes.

### **Post tsunami work-related health in Sri Lanka (Friday 30th, 9:30am) -**

Professor Hemantha Wickramatillake, Malaysia

Professor Hemantha Wickramatillake is a Professor in Environmental and Occupational Health at the prestigious Johns Hopkins/Royal College of Surgeons Ireland joint new Medical School in Putrajaya in Malaysia. This paper reflects on the aftermath of the Sri Lankan tsunami in which thousands of persons, both locals and foreigners, were engaged in various types of work ranging from burying dead bodies to flying people to and from the Centre. All these types of work carried many health and safety risks. Some of the hazards were physical (exposure to sunlight, bad weather, noise) biological (handling injured people without proper protection, handling the dead), mechanical (use of equipment and tools), psychological (exposure to seeing injured, dead and orphaned), ergonomic (working in unusual situations and positions) and chemical (exposure to spills, use of chemical). While no statistics are available on the different types of health effects, the author's experience as a participant in activities and later as the National Head (Director General) of Safety and Health will be presented.

### **Lessons from the Pike River Mine disaster (Friday 30th, 10:00am) -**

Dr Mike Anderson, New Zealand

The Pike River Mine disaster began on 19 November 2010 in the Pike River Mine, 46 km northeast of Greymouth, in the West Coast Region of New Zealand's South Island. An explosion occurred in the mine at 3:44 pm. At the time 31 miners and contractors were present in the mine. Two miners managed to walk from the mine; they were treated for moderate injuries and released from Greymouth Hospital the next day. The remaining 16 miners and 13 contractors, often referred to as the twenty-nine, were believed to be at least 1,500 metres (4,900 ft) from the mine's entrance. Following a second explosion on 24 November at 2:37 pm, the 29 remaining men were believed by police to be dead. A third explosion occurred at 3:39 pm on 26 November 2010, and a fourth just before 2 pm on 28 November 2010.

The Pike River Mine incident ranks as New Zealand's worst mining disaster since 43 men died at Ralph's Mine in Huntly in 1914. In December 2012, Prime Minister John Key said he would apologise in person to the families of the deceased, for the Government's weak regulations and inadequate inspection regime. In this presentation Mike Anderson will reflect on the lessons learnt and the implications for mining and occupational health and safety in general.

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### **“Seagulls” – an Australian perspective on the fly-in fly-out workforce (Medical stream-Friday 30th, 11:00am) - Dr Chris Cunneen, Queensland**

“Seagull” is a term relating to workers who fly in and fly out (FIFO). Over the past three decades, thousands of Australian workers have adopted and adapted to a FIFO lifestyle in non-residential based Liquefied Natural Gas (LNG), oil or other mining operations. Commonly these workers endure 10 to 14 hour shifts daily for periods of two to six weeks for each swing. Since 2011, Dr Cunneen has worked as a FIFO doctor at the Australia Pacific Liquefied Natural Gas (LNG) site on Curtis Island off Gladstone, Queensland, as well as having also previously worked at Barrow Island, Western Australia for Gorgon LNG Project. Drawing on this personal experience and four studies, this presentation will highlight and discuss the challenges, risks and benefits associated with the FIFO lifestyle.

### **Occupational light vehicle use: an evidenced based strategy to improve surveillance and inform policy. (Medical stream-Friday 30th, 11:30am) - Dr Rwth Stuckey, La Trobe University, Victoria**

Occupational light vehicles (OLV) are light passenger and load-shaped vehicles used for work. The OLV-associated injury burden is as great as that of heavy vehicle users, but has been largely ignored by occupational health and safety (OHS) regulators. Contingent employment growth has accentuated existing gaps in the policy framework between OHS and road-safety. Frequent burden shifting from OHS to road-related health systems undermines the evidence base necessary to inform policy development and practical interventions. This paper describes a project aimed at providing evidence-based recommendations for the improved collection of OLV-user surveillance data and to underpin practical OHS procedures and policies for OLV-users. It involved a literature review to identify OLV-user OHS policy and practice gaps.

Strategies to improve and co-ordinate surveillance systems and risk management practice were developed to address the identified limitations. Gaps were identified in OLV-user legislation, data collection, and risk management. These require strategies to improve identification of all OLV-users and to co-ordinate surveillance and OHS practice. Contemporary reform of road and OHS policy provides a timely opportunity for the implementation of strategic responses at regulatory and workplace levels to better address this serious road safety and occupational public health problem.

### **Frequency of periodic health assessments in safety critical workers (Medical stream - Friday 30th, 12:00pm) - Dr Bruce Hocking, Specialist in Occupational Medicine, Victoria**

The rationale for the frequency with which safety critical workers should be examined with regard to their fitness for duty has been little discussed. This paper provides a rationale for frequency of examination based on consideration of biological, medical, economic and ethical factors. The epidemiology of normal ageing and of degenerative disease is reviewed regarding its effects on fitness. Ageing has a slow but steady effect on fitness from the mid-20s onwards whereas degenerative disease has a rapidly increasing effect from the 50s onwards. Recommendations are made regarding the frequency of periodic assessments for safety critical workers, and the use of triggered referral initiated by the worker, employer or doctor, when health issues arise between periodic assessments. Dr Bruce Hocking is a Specialist in Occupational Medicine.

## SUBMITTED PAPERS - in order of appearance

### **Workplace health promotion: employee and employer perspectives**

**(Nursing stream- Friday 30th, 12:30pm)** - Terry Buckingham, New Zealand

This qualitative focus group study defines the experience of a Workplace Health Promotion (WHP) program from employee and employer perspectives. Participants who completed a 10-week WHP program were asked their opinions and perceptions of the program using a structured SWOT (Strengths, Weaknesses, Opportunities, Threats) analysis approach via two employee focus groups and one employer focus group. Focus groups were audio-recorded and transcribed. Transcripts were analysed using Thomas' (2006) general inductive approach a method of thematic analysis where the researcher begins with an area of study and allows the theory to emerge from the data. Seven key themes emerged from the data. These were; barriers and enablers to participation; communication and information factors; tailoring and targeting issues; culture and leadership within WHP programs; participation and competition influences; retention and attrition issues and finally health behaviour change and modification. This study provides practice based insights into some important factors for those who participate, promote and deliver WHP programs.

### **Employers should offer welders polyvalent pneumococcal vaccine**

**(Medical stream- Friday 30th, 12:30pm)** - Dr Gerard Walpole, Kinetic Health, Queensland

The UK Department of Health has recommended that employers offer welders and other employees exposed to metal fumes the 23-valent polyvalent pneumococcal vaccine (PPV23). There is a long history of strong evidence that exposure to metal fumes, particularly those associated with welding, is associated with an increase in morbidity and mortality from pneumococcal infections including lobar pneumonia and invasive pneumococcal disease (IPD). Animal models show early promise in identifying potential explanations for this vulnerability. Vaccination has been shown to be effective in preventing pneumococcal infections in other vulnerable groups. It has been estimated that vaccinating 588 welders would prevent one case of IPD over a 10 year period. Further research relates to when to vaccinate, which vaccine to use and whether booster doses are required. A strong case exists for reducing exposure to metal fumes to as low as reasonably practicable and discouraging smoking in exposed populations. A good case also exists for offering these workers PPV23 vaccination.

### **Synergising the silos- taking prevention to the next level**

**(Saturday 31st, 9:00am)** - Greg McLoughlin, Managing Director, Health by Design

Many organisations provide testing, auditing and general education to their workforce but very few take the next step – in implementing initiatives to reduce individual risk relating to injury and health across the entire workforce population. This involves “keeping the healthy people healthy”, not just dealing with the high risk individuals. Fewer again have excellent synergy in terms of seamless early intervention into medical, injury management and EAP that captures a medium risk level before it becomes catastrophic. This paper will discuss an approach which achieves strong synergy with other company initiatives in the health management space. A case study will be presented from Holcim Australia – involving 250 sites across every state and territory.

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### **The diagnostic dilemma – do we treat the X-rays or the patient?**

**(Saturday 31st, 10:30am)** - Dr Ralph Poppenbeek, Occupational Physician, Victoria

Dr Ralph Poppenbeek has worked in occupational medicine for over 20 years and has a passion for accurate diagnosis and statistical analysis, which are necessary prerequisites for logical treatment. In this session he evaluates how we weigh up the evidence in arriving at a diagnosis, the overall aim being to clarify the clinical problem and institute effective treatment promptly.

### **Reflections on OHS&E in a changing world**

**(Saturday 31st, 11:15am)** - Dr Roman Simson, Occupational Physician, New South Wales

We work in an environment influenced by regional social, cultural, political, technological and economic factors. Our vocational attitude is moulded by training, experience, ambition, family, age and so on. Academic and other organisations seek to anticipate and plan for change by being aware of, and extrapolating forward from, developments in their particular field.

Making predictions for the near term future for occupational medicine is legitimate and many are likely to be reasonably accurate, but this presentation proposes that we need to consider a future in the longer term, acknowledging the contribution that a much wider search into disciplines, seemingly remote from ours, can lead to: tantalising, surprising and challenging results that will re-energise (and possibly reinvent) us to make a real contribution in the world of future work, favourably positioning us for both general and niche services, helping us to define where (and whether) we want to go in terms of activities, and to establish new strategic alliances.

Appropriately weighted consideration of probable and possible technological advances and social, political and economic changes must be incorporated into any serious predictions of our future place and influence in the work scene and in our community.

## DELEGATES

Dr Rick Alterator  
Dr Mike Anderson  
Dr Anthony Arklay  
Dr Craig Barnett  
Ms Cheryl Boysen  
Mr Terry Buckingham  
Dr Mark Burns  
Dr Heather Campbell  
Mr Ian Cash  
Mrs Sandra Code  
Mrs Aisling Compson  
Dr John Cross  
Dr Louise Crowle  
Dr Chris Cunneen  
Ms Ariane Delessert  
Ms Robyn Dye  
Mrs Ruth Edwards  
Ms Kris Finlay  
Dr Edward Foley  
Ms Karyn Foote  
Dr Rudolf Gasser  
Dr Siobhan Gavaghan  
Dr Margaret Gibson  
Dr Maggie Goldie  
Dr Geoffrey Graham  
Dr David Gras  
Ms Sue Green  
Mrs Lydia Gunston  
Dr Ian Hadwen  
Dr Anne Hadwen  
Dr Philip Hayenes  
Ms Wendy Hayes

Ms Lorraine Henley  
Dr Bruce Hocking  
Dr Roger Horsley  
Dr David Imlah  
Dr Helen Jagger  
Ms Catherine Johnson  
Dr Jim Kafiris  
Ms Sally Kane  
Judge Bill Kearns  
Ms Sylvia Kidziak  
Dr Cher Sang Kuo  
Dr Michael Macmahon  
Dr Vern Madden  
Mrs Caroline Maginness  
Dr Nigel Marsh  
Dr Robert McCartney  
Dr David McGrath  
Dr Greg McGroder  
Dr Robyn Meades  
Ms Kylie Menz  
Dr David Middleton  
Dr Robin Mitchell  
Dr Paul Niall  
Dr Iain Nicolson  
Ms Juanita Nolan  
Mrs Hilary Oakley  
Dr Chris Oates  
Judge John O'Meally  
Dr Robin "Sid" O'Toole  
Mrs Jane Pallot  
Dr Virginia Pascall  
Dr Nathan Pastor

Dr Ian Payne  
Dr Ralph Poppenbeek  
Ms Helen Powell  
Dr Jill Richardson  
Mrs Marion Ripolles  
Dr Tania Rogers  
Dr Thomas Rosenthal  
Dr Simon Ryder-Lewis  
Dr John Seymour  
Dr Amanda Sillcock  
Mrs Jenny Simko  
Dr Rom Simson  
Dr Kevin Sleigh  
Dr Jurie Snyman  
Dr Ilse Stockhoff  
Dr William (Bill) Sutherland  
Dr John Suthers  
Dr Ebbie Swemmer  
Ms Amanda Thompson  
Dr Andrew Van Ballegooyen  
Ms Sylvia Van Camp  
Ms Angela Wall  
Dr Chris Walls  
Mrs Chris Walshe  
Dr Roy Wilkinson  
Dr George Wilson  
Dr Ross Wines  
Mrs Jenny Wright  
Dr Peter Yu

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Suite 8, 150 Chestnut St, Cremorne VIC 3121

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