

# ANZSOM NSW / ACT Branch Weekend Meeting 2019

## *Welcome to ORANGE*

Join us in historic Orange for the highlight of our 2019 educational program. The diverse technical and social program includes:

- A site visit to Manildra Flour Mill – the largest flour mill in Australia
- Sunday seminar featuring:
  - Traumatic brain injury & return to work
  - Fitness to drive – screening and maintaining driver health
  - A one-stop practice approach to occupational health service provision
- Winetasting and canapes and 2-course fine dining with wines
- Sunday full buffet breakfast
- Sunday lunch

**Date:** Saturday 24th and Sunday 25th August 2019

**Venue:** The Oriana Orange  
178-184 Woodard Street, Orange, NSW

**Cost:** **Full program:** \$220 members / \$250 non-members  
Including technical and social program, excluding accommodation  
**Sunday seminar and lunch:** \$100

Register via Try Booking <https://www.trybooking.com/BDGYT>

Book your accommodation directly with the Orange Oriana  
Mention ANZSOM for a 10% discount on 2 nights' accommodation  
Phone: (02) 6362 3066, Email: [reception@orianaorange.com](mailto:reception@orianaorange.com)  
web: [www.orianaaorange.com](http://www.orianaaorange.com)



# ANZSOM Weekend Meeting Program

SATURDAY 24 <sup>th</sup> AUGUST	
1.45 – 4.00pm	<p><b>SITE VISIT – The Manildra Flour Mill</b></p> <p><a href="http://www.manildra.com.au/our-operations/key-facilities/">http://www.manildra.com.au/our-operations/key-facilities/</a></p> <p>We start our weekend with a visit to the Manildra mill, which is the largest flour mill in Australia. The mill grinds wheats to produce a full range of flours, from low-protein biscuit flours and protein-enriched flours through to household and baker’s flours and specialty flours tailored to the needs of our customers, both domestically and in many export markets.</p> <p>We will meet at the Manildra flour mill at 1.45pm. Note the mill is 40 minutes’ drive beyond Orange.</p> <p><i><b>*Please wear closed in flat shoes (or safety boots if possible) and warm clothing.</b></i></p>
From 6.00pm	<p><b>Social evening @ the Orange Oriana</b></p> <p><a href="http://www.orianorange.com/the-peacock-room/">http://www.orianorange.com/the-peacock-room/</a></p> <p>The Orange region is renowned for its local produce and wines, which we will have an opportunity to enjoy in the relaxing environment of the Orange Oriana. Windowrie Organic Winetasting with canapes will be offered in "<u>The Peacock Room</u>", followed by a 2-course fine dining experience with local wines.</p>
SUNDAY 25 <sup>th</sup> AUGUST	
From 8.00am	<p><b>Breakfast</b></p> <p>Full buffet breakfast served in "<u>The Travelers’ Lodge</u>" adjacent to the Peacock Room</p>
9.00am	<p><b>Traumatic brain injury and return to work</b></p> <p>Dr Sumitha Gounden, Rehabilitation Physician and Rehabilitation Medical Director, The Orange Health Service Rehabilitation Unit</p>
10.00am	<p><b>Determining fitness to drive in occupational health and medicine – screening and maintaining driver health</b></p> <p>Dr Joan O’Donnell, Occupational Therapist, Senior Lecturer, PhD</p>
10.45am	<p><b>Morning tea</b></p>
11.15am	<p><b>The “Bunnings” of occupational health – a one-stop shop benefits workers, employers and unions</b></p> <p>Dr Sornalingam Kumalaharan - General Practitioner, Occupational Physician</p>
12.00pm	<p><b>Lunch</b></p>
1.00pm	<p><b>Meeting close</b></p>

## Speaker profiles

### **Dr Sumitha Gouden, *Rehabilitation Physician***

Dr Sumitha Gouden is a Rehabilitation Physician and is currently Rehabilitation Medical Director at Orange Health Service. She is passionate about education, providing training for rehabilitation trainees as well as for local GPs. She is actively involved in the Rehabilitation Medical Society Australia New Zealand (RMSANZ) through the “Pain and Musculoskeletal Special Interest Group” as well as the “Disaster Rehabilitation Special Interest Group”. She also provides international tele rehabilitation after hours to a subacute spinal rehabilitation centre in rural India. Sumintha’s involvement in the Orange community includes collaborating with Red Cross in initiating the successful winter blood donation program “Red Love in Orange”. In her spare time, she leads a small cultural group called the “Orange Australasian Cultural Group” to educate local children on ancient Indian subcontinent’s heritage and culture and she choreographs Indian tradition and folk dances to the locals.



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### **Dr Joan O’Donnell, *Occupational Therapist, Senior Lecturer, PhD***

Dr Joan O'Donnell is a lecturer in the Discipline of Occupational Therapy in the Faculty of Health Sciences, and teaches in the undergraduate and Masters courses. She is a registered Occupational Therapist and Occupational Therapy Driver Assessor with a clinical practice in driver health screening. Joan’s research background includes completion of a M.Sc(Med.) from The University Of Sydney, investigating the functional outcomes after surgery for intracerebral haemorrhage and PhD at Macquarie University examining the functional outcomes of cerebrovascular neurosurgery. The doctoral research investigated the quality of life and ability to drive after surgical and conservative management of unruptured intracranial aneurysms and brain arteriovenous malformations. Joan's research and teaching activities have included driving after medical procedures or with a medical condition, and participation in work. Joan has worked in acute care, rehabilitation and consultancy in the public and private sectors, as both a clinician and manager. Joan has clinical experience in neurosurgery, neurology, oncology, orthopaedics, aged care and occupational rehabilitation.



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### **Dr Kamalaharan, *General practitioner, Occupational physician (FAFOM)***

Dr Kamalaharan (known as Dr Haran) is both a General Practitioner and Occupational Physician practising in Wallerawang, 100km east of Orange. He has practiced extensively in the mining industry and has developed a unique problem solving consensus inclusive participatory model (PSCIP) which has delivered outcomes to all stakeholders (patient, employer, union) in the complex arena of fitness to work, particularly the mining industry for the past 30 years. His practice provides a one stop shop – where diagnosis / treatment/ return to work is done under one roof. Where outcome is decided first then the process, where all stakeholders play a role and biopsychosocial approach is the norm not the exception. Where teamwork, patient centred, multiskilling is not a cliché but a reality. Ms Therese Daubaras – is the clinical co-ordinator for the practice whose background includes case management, occupational therapy, safety science, auditor of general practices, hand therapist and true believer in integrated patient centred, outcome focused care that can be done under one roof.

