## Friday 28 March - DRAFT Program
(click on paper title to view abstract and author information)

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>7:30am to 8:30am</td>
<td>AHPRA BREAKFAST <em>(Separate registration required; more details to come)</em></td>
</tr>
<tr>
<td>8:00am to 9:00am</td>
<td>REGISTRATIONS &amp; EXHIBITION</td>
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<tr>
<td>9:00am to 9:20am</td>
<td>WELCOME TO COUNTRY AND OFFICIAL OPENING</td>
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<tr>
<td></td>
<td>Chaired by Imelda Todd, NSW Divisional Chair</td>
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<tr>
<td></td>
<td>Occupational Therapy: A Life Practice</td>
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<td></td>
<td>Lyn Lennox</td>
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<tr>
<td>9:20am to 10:45am</td>
<td>PLENARY SESSION</td>
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<tr>
<td></td>
<td>Motivating &amp; managing different generations in times of change</td>
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<td></td>
<td>Avril Henry</td>
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<tr>
<td>10:45am to 11:15am</td>
<td>MORNING TEA</td>
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<tr>
<td>11:15am to 12:35pm</td>
<td>Concurrent Stream 1: OT PRACTITIONIAN</td>
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<tr>
<td>11:15am</td>
<td>Improving the Profile of Allied Health Providers in the Multidisciplinary Primary Care Team</td>
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<td></td>
<td>Aimee Prosser</td>
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<td>Hunter Medicare Local</td>
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<tr>
<td>11:35am</td>
<td>The matrix of career decision-making: Identifying influences on the career decisions of mothers</td>
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<td>Tracey Parnell</td>
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<td></td>
<td>Rehabilitation Outcomes</td>
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<tr>
<td>11:55am</td>
<td>Beyond Belief: The management reality of generational thinking</td>
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<td></td>
<td>Dr Malcolm Johnson</td>
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<td>Australian Institute of Management</td>
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<tr>
<td>12:15pm</td>
<td>Evaluation of a clinical supervision resource to determine training needs for NSW Allied Health Professionals</td>
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<td></td>
<td>Jacqueline Dominish &amp; Craig Slater</td>
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<td>HETI</td>
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<tr>
<td>12:35pm to 1:30pm</td>
<td>LUNCH</td>
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<td></td>
<td>WORKSHOP:</td>
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<td></td>
<td>Opening Doors: Increasing awareness of environmental control technology</td>
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<td></td>
<td>Bronwyn Simpson</td>
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<td>Ability Technology</td>
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<td></td>
<td>(11:15am to 12:45pm)</td>
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<td></td>
<td>Microsoft Visio 2010 &amp; its application to Home Modifications: Developing a set of interactive online training modules</td>
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<tr>
<td></td>
<td>Alina Roper and Hana Skilton New England Home Modification and Maintenance Service</td>
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<td>Sandra Lightfoot-Collins Macarthur Home Modifications</td>
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<td>Exploring the Sustained and Divided Attention of Novice versus Experienced Drivers</td>
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<td>Louise Kerruish</td>
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<td>University of Western Sydney</td>
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<td>Exploring the Effectiveness of Home Modifications</td>
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<td>Claire Lightfoot-Collins Macarthur Home Modifications</td>
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<td>Client perceptions of the Effectiveness of Home Modifications</td>
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<td>Jennifer Redman</td>
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<td>University of Western Sydney</td>
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<tr>
<td></td>
<td>The use of occupation-based groups in rehabilitation: Clients' perspectives on participation and outcomes</td>
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<tr>
<td></td>
<td>Sarah Todd &amp; Elise Pardy</td>
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<td>University of Western Sydney</td>
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<td>Exploring manual handling practices by informal carers: Describing carer experiences</td>
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<td>Kate Thomas</td>
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<td>University of Newcastle</td>
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<td></td>
<td>The effectiveness of specialized seating assessment and provision for long term care patients</td>
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<td>Olivia McVey &amp; Martina Tierney</td>
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<td>Seating Matters</td>
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<td></td>
<td>DriveSafe DriveAware iPad Application - A Valid Driver Screening Tool for all Occupational Therapists?</td>
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<tr>
<td></td>
<td>Beth Cheal</td>
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<td>Rehab on Road</td>
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### Concurrent Stream 2: OLDER ADULT

- The use of occupation-based groups in rehabilitation: Clients' perspectives on participation and outcomes
- The use of occupation-based groups in rehabilitation: Assessing the impact of participation and outcomes
- The use of occupation-based groups in rehabilitation: The role of occupational therapy in improving participation
- The use of occupation-based groups in rehabilitation: Challenges and Opportunities

### Concurrent Stream 3: ADULTS

- Microsoft Visio 2010 & its application to Home Modifications: Developing a set of interactive online training modules
- Microsoft Visio 2010 & its application to Home Modifications: Developing a set of interactive online training modules
- Microsoft Visio 2010 & its application to Home Modifications: Developing a set of interactive online training modules
- Microsoft Visio 2010 & its application to Home Modifications: Developing a set of interactive online training modules

### Concurrent Stream 4: OT PRACTITIONER

- Opening Doors: Increasing awareness of environmental control technology
- Opening Doors: Increasing awareness of environmental control technology
- Opening Doors: Increasing awareness of environmental control technology
- Opening Doors: Increasing awareness of environmental control technology

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**2014 NSW & ACT Conference**

**Occupational Therapy: A Life Practice**
<table>
<thead>
<tr>
<th>Time</th>
<th>Concurrent Stream 5: OT PRACTITIONER</th>
<th>Concurrent Stream 6: ADULTS</th>
<th>Concurrent Stream 7: ADULTS</th>
<th>Concurrent Stream 8: OT PRACTITIONER</th>
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<tbody>
<tr>
<td>1:30pm</td>
<td>Simulation, Fieldwork and Making Interprofessional Teams Work</td>
<td>Maintenance effects of an occupation-based intervention with video feedback for adults with TBI</td>
<td>Julia Schmidt Australian Catholic University</td>
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<td>Fiona Conacher Prince of Wales Hospital</td>
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<tr>
<td>1:50pm</td>
<td>The Role of Supervision in Transitioning into Occupational Therapy Practice</td>
<td>The Relationship between Impulsivity, Risk Taking, Sensation Seeking and Response Inhibition in Young Adults</td>
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<td>WORKSHOP:</td>
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<tr>
<td></td>
<td>Sophie Melman University of Newcastle</td>
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<td>Occupational Therapists and Coaching – a Taster Class</td>
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<tr>
<td></td>
<td>CONSUMER PANEL: Occupational Terrorist or Therapist?</td>
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<td>Jan Yarrington Ycoaching</td>
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<td></td>
<td>More details to come</td>
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<td>(1:30pm to 3:00pm)</td>
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<tr>
<td>2:10pm</td>
<td>Making and re-making career decisions: The experiences of mothers who are occupational therapists</td>
<td>Upper Limb Assessment in Occupational Therapy for patients with Intracranial Disorders; A Clinical Decision Tool</td>
<td>Amy Lim Royal Prince Alfred Hospital</td>
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<td>Tracey Parnell Rehabilitation Outcomes</td>
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<tr>
<td>2:30pm</td>
<td>An online survey that investigates an Occupational Therapist’s confidence in their core skills</td>
<td>Neurology Interest Group</td>
<td>Karleen Allen OTA NSW Neurology Interest Group &amp; Sydney Local Health District</td>
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<td>Rebecca Allen &amp; Kate Avoledo FACS</td>
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<td>2:50pm</td>
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<td>3:20pm</td>
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<td>WORKSHOP:</td>
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<tr>
<td>3:20pm</td>
<td>Concurrent Stream 9: OT PRACTITIONER</td>
<td>An exploration of Dementia Care Mapping as a practice development tool from an occupational therapy perspective</td>
<td>WHAT’S HOT PANEL:</td>
<td>Writing for peer reviewed journals</td>
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<td>Sanet Du Toit</td>
<td>More details to come</td>
<td>Dr Elspeth Froude and Lindy Clemson</td>
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<td>HOME MODIFICATIONS PANEL:</td>
<td>What role does Instrumental Activities of Daily Living have in delirium?</td>
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<td>Australian Occupational Therapy Journal</td>
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<td></td>
<td>More details to come</td>
<td>Aileen Carter CADIS</td>
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<td>(3:20pm to 4:50pm)</td>
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<td>3:40pm</td>
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<tr>
<td>4:00pm</td>
<td>HOME MODIFICATIONS PANEL:</td>
<td>Memory training program using perceptual- and semantic-based strategies for people with mild dementia. Hannah Humphreys &amp; Kirralee Hazeltine University of Western Sydney.</td>
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<tr>
<td>4:20pm</td>
<td>WHAT'S HOT PANEL:</td>
<td>More details to come.</td>
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<tr>
<td>4:45pm to 5:15pm</td>
<td>NSW ANNUAL DIVISIONAL MEETING</td>
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<tr>
<td>5:00pm to 6:00pm</td>
<td>WELCOME DRINKS</td>
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<tr>
<td>6:00pm</td>
<td>SOCIAL FUNCTION</td>
<td><strong>Join us at The Rose, Cleveland Street (Chippendale) for a casual catch-up over drinks and dinner – more details about venue and registration to come.</strong></td>
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Saturday 29 March - DRAFT Program
(click on paper title to view abstract and author information)

<table>
<thead>
<tr>
<th>Time</th>
<th>Concurrent Stream 1: INFANTS &amp; FAMILIES</th>
<th>Concurrent Stream 2: PRIVATE PRACTICE</th>
<th>Concurrent Stream 3: PRIVATE PRACTICE</th>
<th>Concurrent Stream 4: NEW GRADS</th>
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<tbody>
<tr>
<td>9:00am</td>
<td>The use of sensory stimulations for children with behavioural and emotional problems: A systematic review</td>
<td></td>
<td>How do General Practitioners (GPs) make use of occupational therapy services in their practice to prevent falls in older people?</td>
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<td></td>
<td>Farahiyah Wan Yunus University of Western Sydney</td>
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<td>Lynette Mackenzie University of Sydney</td>
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<tr>
<td>10:40am</td>
<td>Positive Behaviour Support (PBS) for People with Autism Spectrum Disorders (ASD): Occupational Therapy's Valuable Contribution</td>
<td></td>
<td>Doing business without a marketing plan is like winking at someone in the dark. You know what you are doing, but nobody else does!</td>
<td>Workshop: Developing Professional Resilience&lt;br&gt;Samantha Ashby University of Newcastle (11:00am to 12:30pm)</td>
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<tr>
<td>12:00pm</td>
<td>Comparison of the Handwriting Speed Test (HST) and Detailed Assessment of Speed of Handwriting (DASH)</td>
<td>What if you spend all your time teaching staff and they leave? What if you don’t teach them and they stay?</td>
<td>Amy Geach&lt;br&gt;Maida Learning, Riverina Hand Therapy, Riverina Kids Therapy</td>
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<td>Anna Francis University of Sydney</td>
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12:00pm: LUNCH
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<tr>
<th>Time</th>
<th>Concurrent Stream 5: INFANTS &amp; FAMILIES</th>
<th>Concurrent Stream 6: ADULTS</th>
<th>Concurrent Stream 7: PRIVATE PRACTICE</th>
<th>Concurrent Stream 8: NEW GRADS</th>
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<tbody>
<tr>
<td>1:15pm</td>
<td>Occupational Therapy as a Means to Promote Health in All Children</td>
<td>A survey of Australian occupational therapists’ practices addressing issues of diet in people with severe mental illness</td>
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<td></td>
<td>Anita Niehues and Anita Bundy</td>
<td>Kirsti Haracz</td>
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<td>University of Sydney</td>
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<tr>
<td>1:35pm</td>
<td>Using the Perceive, Recall, Plan, Perform System of Task Analysis (PRPP) to identify patterns of cognitive strategy application for children with learning difficulties</td>
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<td></td>
<td>Dr Joanne Hinitt</td>
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<td>University of Sydney</td>
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<td>1:55pm</td>
<td>The occupational role of fathering a young person with mental illness</td>
<td>Men’s Sheds: Enabling environments for men living with and without long-term disabilities</td>
<td>Neeraj Hansji</td>
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<td></td>
<td>Christine Ferguson</td>
<td></td>
<td>University of Sydney</td>
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<td>2:15pm</td>
<td>Lights, camera, action! A visual resource to highlight paediatric development using an interprofessional model</td>
<td>An investigation into mental health participants’ experience of a community street soccer program: A grounded theory study</td>
<td>Brigette Lupton</td>
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<td>Katrina Wakely</td>
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<td>University of Newcastle</td>
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<td>2:35pm to 3:05pm</td>
<td><strong>AFTERNOON TEA</strong></td>
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<tr>
<td>3:05pm to 4:25pm</td>
<td>Concurrent Stream 9: NEW GRADS</td>
<td>Concurrent Stream 10: YOUNG ADULTS</td>
<td>Concurrent Stream 11: PRIVATE PRACTICE</td>
<td>Concurrent Stream 12: PRIVATE PRACTICE</td>
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<tr>
<td>3:05pm</td>
<td><strong>WORKSHOP:</strong></td>
<td><strong>PRIVATE PRACTICE PANEL:</strong></td>
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<td></td>
<td>A crash course for new grads!</td>
<td>A speedy tour through everything you need to know as a private practitioner!</td>
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<td></td>
<td><em>A Legal Primer for Occupational Therapy Practice</em></td>
<td>More details to come</td>
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<td></td>
<td>Nola Ries</td>
<td>Dr Paul Phillips &amp; Sharyn McGuire</td>
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<td>University of Sydney, University of Newcastle</td>
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<td>(3:05pm to 4:25pm)</td>
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| 3:45pm | **WORKSHOP:** A crash course for new grads!                          | A Legal Primer for Occupational Therapy Practice  
Nola Ries  
University of Sydney, University of Newcastle  
(3:05pm to 4:25pm) |
|        | Improving vocational outcomes for people with mental illness through  | Enhanced Intersectoral Links, service level changes and the Activity and Participation Questionnaire |
| 4:05pm | **PRIVATE PRACTICE PANEL:**                                        | Lucy Chang & Dr Elisa Yule  
Sydney Local Health District & Australian Catholic University  
Young people with Mental Illness: Managing and Shaping Natural Support  
Belinda Lu  
University of Sydney |
|        | A speedy tour through everything you need to know as a private practitioner! |  
More details to come |
| 4:25pm | **WORKSHOP:** How to have a lifelong practice in mental health private practice: the tips, tricks and pitfalls to avoid! | Dr Paul Phillips & Sharyn McGuire  
Psychorationalist Institute |
| 4:25pm to 4:50pm | **CONFERENCE CLOSING SESSION**                              | Closing Address  
Angela Lockwood |
| 5:00pm | **WELCOME TO NEW GRADS DRINKS – everyone welcome**               |                                                                                 |
Living Well with Heart Failure: a role for Occupational Therapy in the management of chronic heart failure

Pamela Maryse Arndt
St. George Hospital

The utility of tilt in space in seating systems

Olivia McVey & Martina Tierney
Seating Matters

Identifying key knowledge areas for Home Modifications: a new graduate perspective

Sandra Lightfoot-Collins & Cherith Skinner
Macarthur Home Modifications

Stepping On: the experience of the Prince of Wales Hospital in developing a sustainable referral pathway for older fallers

Megan Swann
Prince of Wales Hospital

The Cognitive Orientation to daily Occupational Performance (CO-OP) approach improved motor performance and goal achievement in a 9-year old child with mild autism

Kate Perkins & Annie McCluskey
Early Links and University of Sydney

Developing Occupational Therapy in new roles: Working with elite and recreational athletes

Jaclyn Peile & Cally Smith
Early Links

Who needs occupational therapy anyway? The critical role of OT in residential aged care

Nuha Pallavi Shaik & Carolina Ocampos
Sir Moses Montefiore Jewish Home

Initial outcomes of a small Group Physio/OT designed motor skills program (Bounce Back 4 Kids) for developmentally challenged primary school children: A case series

Tahnee Westbury
Hopalong Occupational Therapy
With thanks to:

The 2014 NSW & ACT Conference Program Committee:

Michelle Bissett
Linda Elliott
Linda Ford
Michelle Frawley
Karen Liu
Rebecca McClean
Lyndal Millikan
Nola Ries
Kelly Walcott
Jan Yarrington

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Lauren Bouquet, AIM Graduate School Manager
Phone: (07) 3227 4873
Email: lbouquet@aimqld.com.au

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Seating Matters
Sensory Calm

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Humanscale

IDEAS

Northcott

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Email: info.nsw@otaus.com.au
Phone: (02) 9648 3225

Guide Dogs NSW/ACT
ParaQuad NSW & BrightSky Australia
Phone: 1300 88 66 01

Quantum RLV

TabTimer Reminders – helping to keep people on time
Website: www.TabTimer.com.au
Phone: 1300 TAB TIMER (1300 822 846)
Email: info@tabtimer.com.au

Total Ability

The team of student volunteers
Increasingly, we are being challenged on how to attract and retain the best resources to do the work that needs to be done. This is principally due to declining birth rates and aging workforces domestically and globally creating significant skills shortages in many industries. Despite the current global economic crises, we will continue to experience such shortages in the future.

Each Generation has different views of career, training and development, work / life balance, leadership and management. Further, each Generation has different expectations of the workplace and their managers and leaders. What Generations X and Y want from workplaces and leaders is different to what the current leadership models and styles have to offer.

This session delves into the unique challenges this presents to organisations, their leaders and the implications for workplaces and suggested solutions to address this.

Avril is a widely acclaimed keynote speaker, consultant, business and career coach, mentor and author, who is passionate about diversity, developing collaborative leaders and positive workplaces. Avril is a Fellow of CPA Australia, a Senior Associate of the Australian Institute of Banking & Finance, an Associate Fellow of the Australian Institute of Management, a member of the Australian Institute of Company Directors and Australian Human Resources Institute.

Her clients include IBM, BHP, Perseus Mining, Department of Defence, ATO, ACCC, Leighton Contractors, NSW Health, Astra Zeneca, Alexion Pharmaceuticals, Eli Lilly, Westpac, CBA, University of Western Sydney, CPA Australia, Optus, Telstra, Australian Superannuation Funds Association, and various organisations and government departments across Asia.

Avril delivers a 3-year leadership program to gifted scholarship students at the University of Western Sydney, in addition to their academic studies to better prepare them for leadership positions in the future. Avril completed a Ministerial Review for the Minister of Defence in 2006, into Recruitment and Retention in the Army, Air Force and Navy. Following the review, she was appointed as a Strategic Advisor to the Chief of Navy, and joined the Navy’s People Committee, being the only civilian on the committee.

In 2012 Avril received the Coaching Leadership Award at the Global HR Excellence Awards in Mumbai, India. In April she was invited to attend a global Leadership Best Practices program at Harvard Business School in the USA, and was requested by her class mates to speak at the closing dinner. She has been honoured in the Australian Who’s Who of Women for the past 4 years, as an inspiring businesswoman, and has been nominated 7 times for the Telstra Businesswoman of the Year. In 2006, Avril won the prestigious Lifetime Achievement in HR Award at the Australian Human Resources Awards, and has been a finalist for Best HR Director.

Avril is regularly featured on radio and TV, and contributes articles to several industry publications and newspapers. For 2 years she had a weekly radio program with the ABC as their resident expert on workplace relations and HR, which was broadcast to 16 countries in Asia. She is the author and co-author of several books on leadership and the different generations at work, and in 2010 released her first children’s book. Her latest book, “Leadership Revelations II How Australians Lead in Crises” was released in May 2012, and in December it topped the Australian Financial Review BOSS magazine’s best brain food books of the year.
Improving the Profile of Allied Health Providers in the Multidisciplinary Primary Care Team

Presenter: Aimee Prosser  
Affiliations: Hunter Medicare Local  
Contact email: aprosser@hunterml.com.au

Over the past 2 years the Hunter Medicare Local has actively sought individual members from all allied health disciplines. By engaging at an individual practice level, through local discipline support groups, and via local area focus groups, Hunter Medicare Local have identified a number of interdisciplinary health professional issues. These included; reduced understanding of each others’ roles, limited understanding by GPs of what allied health providers do, desire for local CPD, and a need for multidisciplinary education.

During the same period the Medicare Local also undertook local health needs surveys, determining our regions’ most prevalent chronic conditions, the populations’ health behaviours and their service use. From the local intelligence gathered, it was determined that we could best meet members needs by providing local multidisciplinary education, based on the most prevalent health issues in each area.

During 2013, the Hunter Medicare Local conducted 6 multidisciplinary dinners with 284 participants attending from 15 different disciplines. At these events a variety of health professionals (including Occupational Therapists) from the primary care setting presented. Presenters were provided with a case study and each discipline had 4-5 mins to discuss their role with this patient. This increased awareness of what each profession offers, promoting cross referrals, increasing awareness of the different disciplines, and strengthening local networks.

Participants and presenters reported the evenings were extremely valuable from both an educational and networking perspective. We would like to share what we have learnt, discussing the education model and events’ impact on referral pathways and allied health discipline profiles in the multidiscipline community.

Key Words  
Medicare Local, Multidisciplinary, education, local needs

Presenter Bio

Aimee Prosser has been an OT for 12 years, with her main clinical experience in Neurosciences and Aged Care. She currently works for the Hunter Medicare Local as the Allied Health Primary Care Liaison Officer, supporting all Primary Care Allied Health Clinicians in the Hunter area. Today Aimee will be presenting on the Multidisciplinary Education and Networking the Hunter ML has been working on, which aimed to improve referral networks and break down barriers between providers in the Primary Care Team.
The Matrix of career decision-making: Identifying influences on the career decisions of mothers

Presenter: Tracey Parnell
Affiliations: Rehabilitation Outcomes
Contact email: tracey.parnell@rehaboutcomes.com.au

Introduction
Women may be better able to make career decisions when they have a clear understanding of the range of perspectives and factors that influence their career decision-making after becoming a mother.

Objectives
This paper will present a matrix model of career decision-making that highlights the complex interplay of factors and perspectives that shape the experiences of mothers.

Methods
A phenomenological approach was used to explore the experiences of fifteen female occupational therapists. Data was gathered via semi-structured, in-depth, individual interviews that were audio-recorded and transcribed verbatim. The data was analysed inductively through line-by-line open coding and theme building.

Results
The researcher determined that there were four perspectives and six factors, thus 24 ‘cells of influence’, that shaped the career decision-making of occupational therapists who are mothers. Some cells of influence were more powerful than others in determining the final outcome of career decisions. These high-priority impacts included: societal expectations, expectations the women had of themselves, family support, conflict with partners, and workplace flexibility.

Conclusion
The matrix model may be a useful tool to assist mothers to make career decisions as, whilst recognising the complexity of the experience, it promotes a proactive and systematic approach to decision-making. This model may also assist women to clarify which goals are most meaningful to them, and to identify potential barriers to, and facilitators of these goals.

Presenter bio
Tracey graduated from La Trobe University in 1991 and completed a Master of Occupational Therapy at the University of South Australia in 2000. Tracey has worked as an occupational therapist in the area of adult rehabilitation (predominantly neurological and occupational/vocational rehabilitation), including work in community-based settings, rehabilitation units, and acute hospital environments. Tracey commenced casual involvement with the undergraduate occupational therapy program at CSU in 1999 before joining CSU on a permanent basis from 2009-2012. Tracey is now employed by a private occupational rehabilitation provider in Albury. Tracey recently completed her PhD. The topic of her research was women’s experiences of career decision-making after having children.
Beyond Belief: The management reality of generational thinking

Presenter: Dr Malcolm Johnson, MBA Ph.D. FAIM
Affiliations: General Manager, Professional Development and Research, The Australian Institute of Management
Contact email: mjohnson@aimqld.com.au

Much has been written about the difficulty of managing people from different generations. Stereotypes abound using emotive words to highlight the supposed ‘clash’. Most of it is ill-informed nonsense and based on anecdote rather than robust research.

Background
Managing people requires more sophistication than simplistic stereotypes that seek to lay the blame for workplace issues on other generations. Quoting from a paper prepared by Cogin (2012):

“Much of the work on generations has been based on observation rather than large-scale empirical findings, and very little academic research has been done on the characteristics and expectations of generations and their implications for the workforce. A lack of attention to multigenerational research has resulted in decisions being made by HRM practitioners based on claims in the popular press whose underlying assumptions have been largely permitted without scrutiny”.

Method
Using peer-reviewed research papers from Tier 1 journals, doctoral dissertations, and supported by depth interviews, the presentation will provided a rich overview and identify significant commonality of issues, challenges and perspectives.

Discussion
Emerging from the literature is the importance to consider other variables such as life stage, age, experience, personality and emotion.

While there are some subtle and statistically significant differences, the effect sizes are frequently moderate too small. In terms of practical implementation, these differences are almost negligible. More importantly, even where differences exist (where there are moderate to large effect sizes) the direction of the differences is often contrary to the differences suggested in the media.

Conclusion
Developing and retaining quality professionals requires a more sophisticated approach than that promoted by the ‘industry’ that has been built around value judgements. Instead of alienating professionals of all ages, this presentation will refresh thinking and recalibrate approaches that will map the pathway to a more cohesive intergenerational workforce.

Presenter bio
Dr Malcolm Johnson is General Manager of Professional Development and Research at the Australian Institute of Management. He is the Executive in charge of the AIM Graduate School and the Institute’s research program. Contribution to enhanced management practices has been recognized through coverage in publications ranging from BRW, Asset, InFinance, Money Management, and Management Today through to the Australian Financial Review and The Australian.

Today, Malcolm will present the findings from his recent research that calls into question the veracity of generational stereotypes in the workplace.
Evaluation of a clinical supervision resource to determine training needs for NSW Allied Health Professionals

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Presenters: Jacqueline Dominish and Craig Slater
Affiliations: Health Education and Training Institute (HETI)
Contact email: jdominish@heti.nsw.gov.au; cslater@heti.nsw.gov.au

Background
The Health Education and Training Institute (HETI) provides state wide leadership and coordination of education and training for all disciplines including occupational therapists working within NSW Health. The Allied Health Portfolio of HETI developed a publication called The Superguide: A handbook for supervising allied health professionals to support the clinical supervision practices of allied health professionals in NSW Health. Following the distribution of the resource, an evaluation was completed to determine what type of training would be required to support the guide’s implementation and increase the knowledge and skills of allied health clinical supervisors.

Method
An intra-mixed methods survey with 14 questions was distributed to allied health professionals in NSW adopting a snowball sampling approach. There were 134 participants who completed the survey, of which 25 were occupational therapists. Participants primarily identified as clinicians, educators and managers.

Discussion/Outcomes
Most survey respondents indicated The Superguide had influenced a change in the way they practice as a supervisor/supervisee. The sections on reflective practice, as well as the supervision templates were identified as being the most useful. Respondents also indicated the apparent need for interactive training to support implementation of concepts and strategies presented in the guide.

Conclusion
Following the evaluation, clinical supervision training has been developed and is in the process of being rolled out statewide. This training has a strong emphasis on reflective practice and crucial conversations. Preliminary findings/feedback from this training will be discussed.

Presenter bios
Jacqueline Dominish has been an occupational therapist for 14 years and has worked clinically in both Australia and the United Kingdom specialising in neurological rehabilitation. Jacqueline has completed a Master in Health Management, Advanced Certificate in Continuing Professional Development and a Certificate IV in Workplace Assessment and Training. She is currently a Senior Program Officer with the Allied Health Portfolio of the Health Education and Training Institute (HETI). Jacqueline will be presenting with her colleague Craig Slater on the evaluation of a clinical supervision handbook and the development of a state-wide clinical supervision training package for allied health professionals.

Craig Slater has been an occupational therapist for ten years, predominantly working in the clinical areas of hand therapy and acute care. Craig has completed a Master of Public Health, and is currently conducting research which aims to further understand the academic experiences of non-traditional students in undergraduate allied health programs. Currently, he is employed at the Health Education & Training Institute (HETI) as a Senior Program Officer. Craig will be presenting with his colleague Jacqueline Dominish on the evaluation of a clinical supervision handbook and the development of a state-wide clinical supervision training package for allied health professionals.
Background
Video feedback interventions are found to improve self-awareness and occupational performance to a greater extent than other feedback interventions after traumatic brain injury (TBI). However, it is unclear whether the advantages of video feedback are maintained over time.

Objective
To evaluate the maintenance of gains in self-awareness after a video feedback intervention in people with TBI.

Methods
Participants were 32 out of 54 participants with TBI and impaired self-awareness who had completed a randomized controlled trial with three feedback conditions (video, verbal and experiential). Eight to ten weeks after the final feedback intervention session, a follow-up assessment was conducted. The primary outcome was maintenance of gains in online awareness measured by the number of errors made during a meal preparation task. Secondary outcomes included maintenance of gains in intellectual awareness and level of emotional distress. Group outcomes were compared using an unstructured linear mixed regression model.

Outcomes
The video feedback group continued to demonstrate significantly greater gains in online awareness compared to the verbal feedback group (mean difference 19.7, 95% CI 9.2 to 30.1) and experiential feedback group (mean difference 12.4, 95% CI 1.8 to 23.0). The video group also continued to demonstrate significantly greater gains in intellectual awareness compared to the verbal feedback and experiential feedback group. No significant changes in emotional distress occurred at follow-up in any group.

Conclusion
Video feedback was more effective for improving self-awareness than verbal feedback and experiential feedback after TBI when evaluated 8 to 10 weeks after the final intervention session. Further, there was no significant impact on participant’s emotional status 8 to 10 weeks after the intervention.
Presenter Bio

Julia Schmidt is an occupational therapy lecturer at Australian Catholic University in Sydney and has worked as an occupational therapist in traumatic brain injury rehabilitation for 10 years. She recently submitted her PhD focusing on impaired self-awareness after brain injury through The University of Queensland.
The Relationship between Impulsivity, Risk Taking, Sensation Seeking and Response Inhibition in Young Adults

Presenter: Nikki Tulliani
Affiliations: University of Western Sydney

Other affiliations include:
- Dr Karen Liu, University of Western Sydney
- K.H. Ting, the Hong Kong Polytechnic University
- Andy Cheng, the Hong Kong Polytechnic University

Contact email: Karen.Liu@uws.edu.au

Background
Participation in risk taking behaviours is becoming a major societal issue among young adults. This study aimed to identify the relationship between risk taking behaviour, response inhibition and sensory seeking with impulsivity among young adults, and to investigate the factors contributing to impulsivity. It is hoped that the results could inform on the intervention to possibly avoid engagement in risk taking behaviours.

Method
Thirty-four university students (aged 21 to 29) were recruited. Their levels of impulsiveness were classified according to the Barratt Impulsive Scale (BIS-11). Their risk taking behaviour was assessed by a modified Iowa Gambling Task (IGT) and a self-reported questionnaire. The Sensory Profile was administered to determine levels of sensation seeking and the Stroop Colour Word Test was used to assess response inhibition.

Discussion/Outcome
Results found impulsivity to be associated with engagement in risk taking behaviours such as tobacco use, illicit substance use, gambling and involvement in motor vehicle accidents. A relationship between high sensation seeking and the use of illicit substances was identified. High risk choices on the IGT showed to be a significant predictor of impulsivity as measured on the BIS-11.

Conclusion
These results provide a better understanding into the factors contributing to risk taking. The knowledge gained in regards to the association between sensation seeking and risk taking can facilitate the development into interventions such as sensory modulation to prevent the consequences from engagement in such behaviours or investigation into non-risky forms of sensation seeking in young adults.

Presenter bio
Nikki Tulliani completed a Bachelor of Health Science (honours) / Masters of Occupational Therapy at the University of Western Sydney in 2013.
Background
The Upper Limb Clinical Decision Tool has been developed to promote the use of valid outcome measures in upper limb assessment to optimise patient care across sites in the Sydney Local Health District.

Evidence-based evaluation websites were used as starting points for wider literature reviews to determine which assessments had adequate clinical utility; appropriateness, accessibility, practicability, and acceptability.

Discussion
Assessment of patients’ ability to functionally use their upper limb is the basis of this clinical decision tool. The tool assists clinicians to break down the sensorimotor and biomechanical components of normal upper limb function. The tool commences with an assessment of functional use which prompts further assessment of somatosensory, dexterity, strength, range of motion and spasticity when indicated.

Conclusion
The tool has been compiled to provide the framework for a routine approach to comprehensive upper limb assessment. Use of this approach may lead to efficiencies in clinical practice by standardisation of the use of outcome measures across the district. Formal evaluation has not yet been completed however anecdotal feedback has indicated that the tool will promote compliance with the National Stroke Foundation Guidelines and the use of evidence based practice in upper limb management.

Presenter bio
Amy Lim has worked at the Royal Prince Alfred Hospital as an occupational therapist for 4 years. In that time she has worked across a large range of acute clinical settings, and at present she is the acting senior therapist in the Acute Stroke Unit. Today Amy will be presenting on a tool she has compiled along with other occupational therapists specialising in neurosciences which aims to promote the use of valid outcome measures in upper limb assessment to optimise patient care across sites in the Sydney Local Health District.
Neurology Interest Group

Presenter: Karleen Allen
Affiliations: Acting Director, Occupational Therapy, Sydney Local Health District; Co-Chair, OTA NSW
Neurology Interest Group
Contact email:

Come and meet your fellow OTs in the Neurology Interest Group! Hear about what’s coming up for 2014, and have your say on the kinds of workshops, events and discussions you’d like to see in this area of practice during the year.
Microsoft Visio 2010 and its application to Home Modifications: Developing a set of interactive online training modules

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Presenters: Alina Roper and Hana Skilton
Affiliations: Hunter New England Health
Contact email: alina.carroll-roper@hnehealth.nsw.gov.au; hana.skilton@hnehealth.nsw.gov.au

Background
Home modifications are used by Occupational Therapists (OTs) as an intervention across various settings and the lifespan. New England Home Modification and Maintenance Service (NEHMMS) implemented Microsoft Visio 2010 as its preferred computer aided drafting program for home modification diagrams in 2006. Not all OTs prescribing to the NEHMMS had the skills to use Microsoft Visio 2010 therefore NEHMMS OT’s spent considerable time and travel training in the use of the program and its application to home modifications. This project saw a partnership between University of Newcastle Department of Rural Health and the HACC & Disabilities Department, Hunter New England Local Health District to develop online self-directed learning modules for Microsoft Visio 2010 and its application to home modifications for use by OTs.

Methods
In 2011 the UDRH funded a trainer to visit Tamworth and demonstrate their face to face training package. In January 2012 a survey was sent to OTs examining their Microsoft Visio 2010 training experiences.

Outcomes
Of the 15 respondents, 60% reported they were self-taught, 40% reported they received brief face to face training as part of orientation, however was generally “adhoc”. All respondents reported their preferred learning option for Microsoft Visio 2010 was an online and self-directed learning package. Adobe Captivate was used to create nine modules covering the basic aspects applying Microsoft Visio 2010 to home modifications. The modules are currently available to all OTs working within Hunter New England Local Health District and their students. A follow up survey has received positive feedback about the format.

Conclusion
The interactive learning modules will:
- Increase the competence and efficiency of OTs, and
- Reduce demand on NEHMMS OT’s to deliver face to face training.

Presenter bios
Alina Roper has been an Occupational Therapist for 17 years. Her clinical experience includes Rehabilitation, Palliative Care and rural community based clients. Alina is currently a Senior OT with New England Home Modifications and Maintenance Service, Hunter New England Local Health District.

Hana Skilton has been an Occupational Therapist for 10 years. Her primary clinical experience is adult rural community based clients and is currently a Senior OT with New England Home Modifications and Maintenance Service, Hunter New England Local Health District.
Today Alina and Hana will be presenting on a project they completed, in collaboration with University of Newcastle Department of Rural Health, in developing a set of interactive online training modules for Microsoft Visio 2010 and its application to Home Modifications.
Client perceptions of the effectiveness of Home Modifications

Presenter: Sandra Lightfoot-Collins  
Affiliations: Macarthur Home Modifications  
Contact email: Sandra.Lightfoot@sswhs.nsw.gov.au

Background
A paucity of Australian research exists that identifies a client’s perceptions of the benefits that are gained through the provision of modifications to increase and enhance safety and function within the home environments. This paper will describe the client’s perceptions of the efficacy and validity of home modifications, following assessment using the Canadian Occupational Performance Model assessment.

Method
Following review of the standardised tools available to Occupational Therapists that identify the client’s perceptions of their function pre and post intervention, the Canadian Occupational Performance Model (COPM) was identified as being suitable for use within a Home Modification Service.

This tool was used per and post modification installation to determine the perceptions that clients had of their ability both before and after modifications. It also allowed for a client centred approach to intervention.

This paper will present the client’s lived experience of their function both pre and post modification.

Outcomes
Evidence obtained from the use of the COPM has identified a gap between the client’s reported function and abilities, to those as assessed by the occupational therapist. It will also identify that client’s have reported significant improvement in their perceived level of function, as reported, and also their feelings of safety within their home environments.

Conclusion
Further research is required into client’s perceptions of function following home modification. Their impact on quality of life issues and also how they allow for increased community involvement, and allow a client to remain living within their own environments.
Exploring the Sustained and Divided Attention of Novice versus Experienced Drivers

Presenter: Louise Kerruish
Affiliations: University of Western Sydney

Other affiliations include:
- Dr Karen Liu, University of Western Sydney
- K.H. Ting, the Hong Kong Polytechnic University
- Andy Cheng, the Hong Kong Polytechnic University

Contact email: louise.kerruish@hotmail.com

Background
Driving requires appropriate engagement in and regulation of sustained and divided attention. Of all drivers involved in fatal crashes in Australia 2010, 22% were aged 17-25. This higher rate in young novice drivers might be related to less skilled use of sustained and divided attention necessary to avoid accidents. This study aimed to explore the sustained and divided attention of novice young adult compared to experienced adult drivers. Reviewing the literature found no research comparing the attention function of these driver groups.

Method
This study recruited 15 novice young adult (mean age = 20.07, SD = 1.03 years) and 18 experienced adult drivers (mean age = 41.33, SD = 9.41 years). Participants’ sustained attention and divided attention were assessed using a modified computerised Sustained Attention to Response Task (SART).

Discussion/Outcome
The results indicated that the experienced drivers had significantly higher performance in terms of accuracy in both the sustained attention ($p=0.011$ and $0.032$) and divided attention ($p=0.006$ and $0.023$) components of the SART.

Conclusion
From these results it can be suggested that novice young adult drivers may have a lower developed ability to appropriately engage in and maintain sustained and divided attention. These results provide insight related to attention function, which might affect novice young adult drivers in driving as compared with experienced adult drivers. This research may inform educational initiatives and strategies to address this issue.

Presenter bio
Louise Kerruish finished her Bachelor of Health Science (Honours)/Masters of Occupational Therapy degree at the University of Western Sydney in 2013, and graduated with first class honours. Louise has a keen interest in research and wishes to pursue this as a future career. Today Louise will be presenting on her honours research project she completed in her final year of University, Exploring the Sustained and Divided Attention of Novice versus Experienced Drivers.
**DriveSafe DriveAware iPad Application - A Valid Driver Screening Tool for all Occupational Therapists?**

**Presenter:** Beth Cheal  
**Affiliations:** Rehab on Road; Anita Bundy (co-author)  
**Contact email:** beth@rehabonroad.com.au

### Background
Improved survival rates after stroke or brain injury and an aging population means greater numbers of people with cognitive impairment wish to resume or retain driving. Identifying, but not over-identifying, ‘at risk’ drivers is a growing challenge for society, medical practitioners and licensing authorities. In Australia and internationally occupational therapists are often asked to determine if older and cognitively impaired drivers are able to return to safe driving after injury, accident or illness. Non-driver trained occupational therapists report a lack of suitable assessment tools for screening drivers to determine if referral to a driver trained occupational therapist is required.

DriveSafe DriveAware (DSDA) has been used for many years by driver trained occupational therapists as part of a clinical assessment of fitness to drive. DSDA has been shown to have sufficient sensitivity and specificity to predict on-road performance accurately. Administration of the computer version of DSDA is currently limited to driver trained occupational therapists due to the need to interpret correctness of verbal responses. A four phase project was conducted to convert DSDA into an iPad application that can be administered by both driver and non-driver trained occupational therapists as a decision support tool for return to driving.

The current paper presents results of Phase 1 of this study, which tested the usability of DSDA for self-administration by seniors for the context of a medical or clinical assessment.

### Method
DSDA was converted into an iPad application that is partly self-administered and partly administered by a clinician. The app was tested over 4 stages of IT development with 32 people aged 60 to 93. Testing was conducted at a retirement village and a community centre in Sydney including both well and active participants who retained driving and seniors who had discontinued driving due to multiple medical problems. Results were used to inform the further development of the application. Clinicians were consulted throughout the process to determine feasibility for clinical practice.

Phase 2 of the project is currently being conducted. The DSDA app will be administered to a convenience sample of 200 older drivers (60+) and 150 cognitively impaired drivers aged 18 and over in 9 driver assessment and rehabilitation clinics across Sydney, Perth and New Zealand. Upper and lower cut off scores will be determined for categorising drivers’ safety on road and sensitivity and specificity will be calculated. Results of Phases 2 to 4 of the research will be used to determine the validity of DSDA iPad application for clinicians such as non-driver trained OTs to use in screening for fitness to drive.

### Discussion
Results of Phase 1 of the study indicated that by the final stage of IT development all participants could successfully complete the self-administered test components of the app in around 10 minutes. One out of 10 participants from the final group required a single verbal prompt and one required several verbal prompts in the set up and practice stage. (Both went on to complete the test independently). This is a model of administration that clinicians report is feasible for clinical and medical practice

All 32 participants were able to follow the in-app instructions and complete the functions of the app successfully despite the technology often being new to them: 15 out of 32 participants reported they had never seen or used an iPad. Most were unfamiliar with touch screen technology. Only 8 owned an
iPad and used it frequently (9 reported occasional use). Results of testing indicate the DSDA application can be successfully completed by seniors with little to no assistance in the set-up and practice stage and with no assistance in the testing stage.

**Conclusion**
The DSDA iPad application is a user friendly and practical clinical tool that both driver and non-driver trained occupational therapists can administer in a variety of clinical settings. Further research is being conducted to determine the validity of the tool for determining fitness to drive among older and cognitively impaired drivers.

**Presenter bio**
Beth Cheal is a driver trained occupational therapist and licensed driving instructor. Beth has completed a Bachelor and Master’s of Applied Sciences in Occupational Therapy (USyd) and a Certificate IV in Transport & Logistics (Road Transport / Car Driving Instruction). Beth is currently completing a PhD at the University of Sydney, converting the assessment tool DriveSafe DriveAware into an iPad application for determining fitness to drive for older and cognitively impaired drivers. Beth has worked in driver assessment and rehabilitation for over 13 years. She currently coordinates driver assessment and rehabilitation training for occupational therapists and driving instructors and conducts corporate and individual driving programmes via her company Rehab on Road.
**Workshop:**

**Opening Doors: Increasing awareness of environmental control technology**

[back to program timetable]

**Presenter:** Bronwyn Simpson  
**Affiliations:** Ability Technology  
**Contact email:** bronwyn@ability.org.au

**Background**  
Modern technology can enable people with disabilities to have greater control of their home environment. Tasks such as using a phone, calling for assistance, and operating a TV, lights and doors are possible through the use of environmental control technology. Performing these tasks can have a significant impact on a person’s well-being, independence and safety. The increase in technology options can make it difficult for people with disabilities, their families and occupational therapists to make the correct selection.

**Method**  
A project was conducted by Ability Technology to provide a user-friendly, intuitive interface to explore environmental control technology that may suit a person’s needs, goals and aspirations. The project was funded by the FACHSIA Practical Design Fund in preparation for the implementation of the NDIS.

**Discussion/Outcomes**  
A website (www.abilityhouse.org.au) was created with an interactive house, showing areas of a home that can be controlled using technology, and providing details of technology options that may suit a person’s specific needs. Images, videos, information sheets and a filtering system based on functional requirements are available, making the website practical, informative and easy to use.

**Conclusion**  
A website has been created to enable people with disabilities, families and occupational therapists to explore technologies that can improve well-being, independence and safety in the home. This workshop will provide participants with an introduction to the website, explore ways that environmental control technology can assist people with disabilities using case examples and provide hands-on demonstrations of technology options.

**Presenter bio**  
Amongst other roles, Bronwyn Simpson works for Ability Technology, a charity that specialises in assistive technology for people with disabilities. She is passionate about seeing people with disabilities become more productive and independent through the use of technology. Today’s workshop will explore ways that people with disabilities can exercise more control and choice in the home using environmental control technology.
Simulation, Fieldwork and Making Interprofessional Teams Work

Presenter: Fiona Conacher
Affiliations: Prince of Wales Hospital
Contact email: Fiona.Conacher@SESIAHS.HEALTH.GOV.AU

Background
Communication, collaboration and problem solving skills are components of what make real teams work. Simulation is an effective method to teach these skills and equip future health practitioners to drive quality patient care.

At Prince of Wales Hospital a group of educators (RIPE –Randwick InterProfesssional Educators) has combined to develop interprofessional skills between nursing, medicine and allied health. The allied health members include occupational therapy, pharmacy, social work, and physiotherapy. Essentially the aim is to create future effective teams at POWH.

Method
A simulated ward environment has been created in the Glen McEnally Simulation Centre. Final year students on fieldwork are targeted to participate in structured simulated learning activities. Ten Students are placed into a simulated ward setting consisting of three patients. The students are briefed and discuss each other’s roles within a multi discipline team. Students are provided with scenarios of real patients then participate in the simulated exercise and actively engage with each other to treat and manage the patients in the scenarios.

Outcomes
From February to May 2013, 109 students have participated in these sessions. Pre and post simulation evaluation show that statistically significant improvements were achieved.

Conclusion
This paper demonstrates the success of simulation sessions and learning models used in making teams work. The RIPE group is acknowledged within this presentation.

Presenter bio
Fiona graduated with a Bachelor Applied Science (Occupational Therapy) in 1997, and has a Master of Health Education (UNSW). Fiona is a Senior Occupational Therapist at Prince of Wales Hospital, Randwick. Currently working in the role as Professional Educator. She has presented several papers previously at the OT NSW State Conference. Her interests include Fieldwork and Aged Care. Fiona is clinically based in the Aged Care Medical Assessment Unit, and is a member of the Prince of Wales Hospital Allied Health Educators group. Her background includes acute neurosurgery, occupational rehabilitation, public and private sector consulting and part time medico legal work.
The Role of Supervision in Transitioning into Occupational Therapy Practice

Presenter: Sophie Melman BOccThy (Hons)
Affiliations: School of Health Sciences, Faculty of Health, University of Newcastle
Other affiliations include:
- Dr Carole James PhD MHSc(OT), BSc(OT), DipCOT
- Samantha Ashby PhD, M.App.Sci(OT), BScHons, DipCOT
Contact email: c3067651@uon.edu.au; Carole.James@newcastle.edu.au

Background
The transition into occupational therapy practice is a complex process in which new graduates develop their skills and professional identity. Evidence suggests that this process requires guidance and support through professional supervision. This study investigated final year occupational therapy students’ and newly graduated occupational therapists’ perceptions and expectations of the role and efficacy of supervision as they transition into practice.

Method
A cross sectional, purpose designed online survey was sent to final year students and newly graduated occupational therapists in Australia and New Zealand to explore experiences, perceptions, and the content of supervision received in practice.

Outcomes
Of the 151 participants, the majority (96%) of students and new graduates received supervision from an experienced occupational therapist and reported it facilitated skill development and enhanced quality of service to clients; however 4% reported they do not receive supervision in practice. The frequency of supervision decreased between students (63% weekly) and new graduates (41% monthly) and perceptions of supervision effectiveness changed over time, resulting from practice experience. Furthermore, 22% identified supervision as stressful due to unclear expectations and the student assessment process.

Conclusions
A continuum approach may assist in the provision of effective supervision for new graduates transitioning into practice. Provision of education regarding supervision within undergraduate curriculum, and training for supervisors may alleviate stressors associated with supervision. Increasing the frequency of supervision and understanding the supervisory role may further support the transition of newly graduated occupational therapists into practice.

Presenter bio
Sophie Melman recently graduated her Bachelor of Occupational Therapy from the University of Newcastle. Today she will be presenting her honours research regarding the role of supervision in transitioning into occupational therapy practice.
**Introduction**
Women with children continually make and re-make career decisions over the course of time, in response to a range of contextual perspectives and factors.

**Objectives**
This paper will present the stories of selected participants to demonstrate that career decisions and the strategies used to support these decisions, are continually made and re-made in response to the influence of a complex interplay of contextual factors and perspectives.

**Methods**
A phenomenological approach was used to explore the return to employment decision-making experiences of fifteen female occupational therapists. Data was gathered via semi-structured, in-depth, individual interviews that were audio-recorded and transcribed verbatim. Data was analysed inductively through line-by-line open coding and theme building.

**Results**
The researcher determined that the need to re-make career decisions was a common feature of the experiences of the women who participated in the study informing this paper. In response to changes to the influence of different perspectives and factors, the women continually altered their career decisions or the strategies they used to make their decisions a reality. Despite being a feature common to all participants, the recurrent aspect of the decision-making process was frequently unanticipated by the women.

**Conclusion**
The career decision-making experiences of mothers are ongoing and cyclical in nature. Recognising re-making of career decisions as a regular and expected aspect of mothers’ experiences may assist mothers and their employers in accepting altered career decisions and the diverse career trajectories travelled by mothers.

**Presenter bio**
Tracey graduated from La Trobe University in 1991 and completed a Master of Occupational Therapy at the University of South Australia in 2000. Tracey has worked as an occupational therapist in the area of adult rehabilitation (predominantly neurological and occupational/vocational rehabilitation), including work in community-based settings, rehabilitation units, and acute hospital environments. Tracey commenced casual involvement with the undergraduate occupational therapy program at CSU in 1999 before joining CSU on a permanent basis from 2009-2012. Tracey is now employed by a private occupational rehabilitation provider in Albury. Tracey recently completed her PhD. The topic of her research was women’s experiences of career decision-making after having children.
An online survey that investigates an Occupational Therapist’s confidence in their core skills

[back to program timetable]

Presenters: Rebecca Allen and Kate Avoledo
Affiliations: FACS
Contact email: Rebecca.Allen@facs.nsw.gov.au; Kate.Avoledo@facs.nsw.gov.au

Background
A group of senior Occupational Therapy clinicians within a community disability service expressed an interest in developing a tool that they could use in their support of staff to promote life long learning. No tool existed that allowed the Occupational Therapist to reflect on the skills required to complete their job. Eleven specialist skills were identified that an Occupational Therapist working in the service would be expected to complete. Learning how confident the Occupational Therapist was in each skill was deemed as a useful platform to facilitate a discussion about their overall satisfaction in their Occupational Therapy practice.

Method
Thirty four Occupational Therapists with a range of experience reflected on their practice through completing an online survey developed using Survey Monkey®. The Occupational Therapists were asked to rate their confidence in each specialist skill on a scale of 1-10, as well as how important this skill was to them. Work histories, training attended and identified areas of strength and weakness were also covered. A facilitated discussion occurred between each clinician and their supervisor and manager to explore the results of their completed survey. An Occupational Therapist – centred plan was created from this.

Discussion/Outcome
Positive responses, from not only the Occupational Therapists but also their senior clinicians and managers emerged. Feedback showed that this survey and the facilitated discussion provided a forum to discuss the Occupational Therapists’ overall satisfaction with their practice. It also allowed their senior clinician and manager to understand the breadth of their role and their interests and strengths.

Conclusion
An online survey has provided a useful platform to facilitate a discussion about an Occupational Therapists’ practice.

Presenter bio
Rebecca Allen is a Regional Senior Occupational Therapist with Family and Community Services- Ageing, Disability and Home Care. She has worked as an Occupational Therapist for 11 years, primarily working in the community with individuals with intellectual disabilities and their families.

Kate Avoledo is a Regional Senior Occupational Therapist with Family and Community Services- Ageing, Disability and Home Care. She has worked as an Occupational Therapist for 11 years within this organisation and is particularly passionate about supervision and support for staff in relation to motivation and workplace wellbeing.

Their presentation is on a regional project interested in how confident an occupational therapist is in their clinical skills.
The use of occupation-based groups in rehabilitation: Clients' perspectives on participation and outcomes

Presenters: Sarah Todd and Elise Pardy
Affiliations: University of Western Sydney
     Other affiliations include:
     • Catherine McCleay, Camden Hospital inpatient rehabilitation unit
     • Renee Distler, Camden Hospital inpatient rehabilitation unit
     • Dr Rosalind Bye, University of Western Sydney
Contact email: r.by@uws.edu.au

Background
Occupational therapists use meaningful occupations to improve health and wellbeing, particularly in the rehabilitation setting where therapists aim to maximise client functional outcomes. Camden Hospital inpatient rehabilitation unit provides services to a variety of rehabilitation clients. As part of a general, multidisciplinary rehabilitation program, clients also attend occupation-based groups to relearn everyday living skills. Two occupation-based groups are currently run, the ‘breakfast group’ and ‘outdoor and gardening group’. However, to date there is limited evidence regarding the client experience of group participation. Therefore, the aim of this study was to understand clients’ experiences and perceived outcomes of participation in inpatient, occupation-based, group rehabilitation sessions.

Method
Qualitative methods were used. Semi-structured interviews took place with 15 eligible, consenting clients and were taped and transcribed verbatim and analysed for key themes.

Discussion/Outcomes
The findings indicated that participants experienced feelings of normality, independence and the opportunity for social interaction through attending the groups. Groups were perceived as meaningful and beneficial by clients as they provided a link between hospital and home in relation to the performance of everyday occupations. Engagement in occupation within a group had psychosocial benefits for participating clients such as increased motivation and an improved sense of wellbeing.

Conclusion
The findings revealed the important role occupation-based groups play in making the link between inpatient rehabilitation and returning home. Participation in everyday occupations, alongside people experiencing similar challenges, enabled clients to regain a sense of normality.

Presenter bio
Sarah Todd and Elise Pardy are new graduate therapists who conducted an honours research study at the University of Western Sydney in 2013. Today they present their findings regarding client perspectives on involvement in occupation-based groups in inpatient rehabilitation. This project was conducted in collaboration with Catherine McCleay and Renee Distler from the Camden Hospital inpatient rehabilitation unit and was supervised by Dr Rosalind Bye from University of Western Sydney.
Exploring manual handling practices by informal carers: Describing carer experiences

Presenter: Kate Thomas
Affiliations: University of Newcastle; Dr Carole James; Tim Broady
Contact email: Kate.Thomas1@hnehealth.nsw.gov.au

Background
Manual handling is a significant component of the informal caring role. There is a need for literature to describe the specific experiences of informal carers conducting regular manual handling tasks. This research aimed to understand informal primary carer manual handling experiences and needs.

Method
This qualitative study utilised semi-structured face-to-face interviews to gather data from one male and one female who cared for their spouse with Parkinson’s disease. Using comparative thematic analysis; categories and themes emerged from the detailed descriptions of the lived experience.

Findings
Three main themes emerged from the data. 1. carer experience: manual handling was a daily task with carers assisting in modified environments, and carers utilising previous experiences; 2. equipment: a variety of prescribed and non-prescribed equipment was used, however limited training was provided; 3. perceived needs: identified needs were education on manual handling techniques, exercises for carers, equipment information, financial assistance for equipment and increased formal support.

Conclusion
This study highlights a lack of assistance for informal carers with manual handling, in relation to information provision, training and awareness of equipment and supports. There is a need for increased carer awareness of services and support group networks, and for health professionals to deliver relevant advice to carers as part of service provision to carers.

Relevant audience: practising & experienced clinicians

Presenter bio
Kate Thomas is a new graduate occupational therapist from the University of Newcastle and is currently practising at Armidale Rural Referral Hospital. Under her supervisor Dr Carole James, Kate received first class Honours for her qualitative research project regarding informal carers and manual handling, which she will present to us today.
The effectiveness of specialized seating assessment and provision for long term care patients

Presenters: Olivia McVey and Martina Tierney
Affiliations: Seating Matters; J. Casey; O. Daly; S. Martin
Contact email: research@seatingmatters.com

Background
As people age many are affected with physical illnesses and neurological conditions that are associated with deterioration in physical ability, function and wellbeing. Older people are considered to be the fastest growing population group and it is not unusual for seating needs to emerge. Clinical evidence is suggestive that current seating provision is not meeting the needs of elderly people, compromising their comfort, postural and pressure care needs. This research study explores the results of a clinical trial examining the effectiveness of individualized seating assessment within long term care facilities and how it can impact significantly on the health and well being of patients and their caregivers.

Methods
Participants were recruited from three long term care facilities and randomly allocated to a control or intervention group. The former continued to use their existing chairs while the latter was provided with seating tailored to their individual needs.

Discussion/Outcomes
This research study demonstrates that specialized seating can contribute to a reduction in pressure ulcer incidence and postural correction, increased saturated oxygen levels, functional ability and social interaction. Delegates will learn to identify and understand the impact that poor sitting posture has upon long term care patients and their caregivers and the contribution of specialized seating in reducing pressure ulcers.

Conclusions
Findings have identified the benefits of specialized seating assessment and provision for adults in long term care. The evidence also suggests there are potential economic benefits to the long term care facility.

Presenter bios
Martina Tierney has been an occupational therapist for over 30 years and in that time has worked expensively in the field of seating, postural management and pressure care. As Clinical Director at Seating Matters, Martina oversees the Clinical Team working on research, education and clinical trials. Through these key areas, she aims to continually improve the knowledge available to therapists regarding seating and pressure care. Today she will share the results of a large two year clinical trial examining specialised seating within the long term care environment for those with significant seating needs.

Olivia McVey graduated from the University of Ulster with a first class honors degree in Occupational Therapy. She has worked on a number of research projects in her specialist interest area of seating, posture and pressure management. She has disseminated a number of research projects at national and international conferences and presents the certified course “Seating Matters: Seating and Postural Management Training” which is endorsed by the College of Occupational Therapists. Today she will share the results of a large two year clinical trial examining specialised seating within the long term care environment for those with significant seating needs.
Aged Care Reforms: An Update

Presenter: Jan Erven
Affiliations: Occupational Therapy Australia Board Co-opted Director and Finance Director
Contact email:

Presenter bio

Jan Erven is the Allied Health Manager for the Rehabilitation, Aged and Extended Care Service in South Eastern Sydney & Illawarra Health. She is also the Occupational Therapy Advisor for the Illawarra. She has worked in a number of clinical settings including Rehabilitation, Aged Care, Occupational Rehabilitation, Acute Care and Mental Health.

Jan was the president of OT Australia NSW for 3 years and has been on the National Council for 2 years. Jan has represented the profession at the national level on the National Allied Health Classification Committee (NAHCC) and has been on the Steering Committee for the National Allied Health Service Weights Project.
Men's Sheds: Enabling environments for men living with and without long-term disabilities

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Presenter: Neeraj Hansji  
Affiliations: University of Sydney  
Contact email: nhan8304@uni.sydney.edu.au

Introduction
The health of Australian males has received greater attention. Men’s Sheds are named in national policy as an exemplar community-based organisation for the betterment of men’s psychosocial health. This study investigates the comparative experience of men with long-term disabilities and men without long-term disabilities who go to a Men’s Shed and to what extent this provides these men with an enabling, as opposed to a disabling environment.

Method
Data were collected from 12 individual semi-structured interviews with men living with and without long-term disabilities; participant observation; and a document/artefact received from the female Men’s Shed Coordinator regarding the funding the shed received. Interviews explored the men’s experiences at the Men’s Shed and their sense of belonging and social inclusion. Participants had any type of long-term disability and had been attending the shed for a minimum of one month. Data was collected between May and September 2013. Data was analysed using the constant comparative method of grounded theory.

Findings
The core theme that emerged was “We’re here for each other”. The four sub-themes were: More than just a Shed; Mateship; A supportive environment and; Men need meaningful activities.

Discussion
For men living with long-term disabilities, this study illuminates that Men’s Sheds offer an environment of equality facilitating a collegial and egalitarian culture. Men can partake in enabling activities and enjoy the company of other men boosting their sense of belonging and social inclusion as well as interact with other community groups that occupy the same space as the Men’s Shed.

Presenter bio
Neeraj Hansji is currently studying a Masters of Occupational therapy at the University of Sydney. He completed a Bachelor of Health Sciences with Honours last year and will be presenting the results from his thesis today. Neeraj’s thesis is entitled 'Men’s Sheds: Enabling Environments for men living with and without long term disabilities'.
Workshop:

Occupational Therapists and Coaching – a Taster Class

Presenter: Jan Yarrington
Affiliations: Ycoaching
Contact email: jan@ycoaching.com.au

Background
This workshop will introduce Occupational Therapists to an experience of coaching through a group process using tools developed by Jen Gash, Occupational Therapist/Coach in the UK. Participants will be guided through a series of coaching activities to stimulate identification of goals and actions. You will be offered tools to help you find your own answers and develop skills to be your own coach. Techniques covered can be used to enhance your supervision sessions, team building and your work with clients.

Discussion
Occupational Therapists globally are increasingly using coaching skills in a variety of settings and have now started to include coaching in Occupational Therapy programs. Coaching has developed from the positive psychology movement and is now widely researched in the business sectors. The use of coaching by health professionals is an emerging area to be studied and developed further. Whilst coaching is mainly done on a one to one basis, group coaching can offer a fun, creative process to connect people, share dreams, co-create and plan for change. Occupational Therapists are familiar with the group process and the benefits it can provide to people and communities. By adding coaching to your skill set you can enhance your relationship with individuals and groups and empower people to make positive changes in their lives.

Outcome
Participants will
- be introduced to the concepts of coaching
- see the relationship between coaching and Occupational Therapy
- experience the process of coaching first hand
- identify how coaching can be used in Occupational Therapy practice

Presenter bio
Jan Yarrington is an Occupational Therapist with over 30 years of experience as an Occupational Therapist, manager, case manager, project manager, educator and coach, who now runs her own private OT/Coach practice based in the ACT. Jan hopes that from today’s workshop you will be energised, curious to find out more about coaching and will walk away with at least one action that will change your life.
An exploration of Dementia Care Mapping as a practice development tool from an occupational therapy perspective

Presenter: Sanet Du Toit  
Affiliations: University of Sydney  
Contact email: sanet.dutoit@sydney.edu.au

Background
The quality of care within formal care settings for elders with advanced dementia needs addressing. Inadequate personal fulfilment and dependency due to restricted access to dignified and meaningful occupation precipitates occupational deprivation and consequently jeopardises elders’ health and well-being.

Method
Dementia Care Mapping (DCM) as a practice development tool was utilised to observe the quality of care for elders in four specific facilities that were all affiliated with the same organisation. The dementia care mapper utilized an action research approach during three separate cycles to gain a deeper understanding of the potential value of DCM as a practice evaluation tool for these settings. During the first and the third cycle DCM was utilized as an observational tool to statistically measure the quality of care. The second cycle consisted of person-centered care workshops where qualitative data was obtained through surveys and documented input from participants.

Outcomes
Results of the first map compared to that of the second map revealed the strengths of each facility and also highlighted specific gains in quality of care and associated higher levels of engagement. Findings from the qualitative data showed unique insights of how engagement in everyday activities could be utilized to enhance the elders’ quality of life.

Conclusion
From an occupational therapy perspective the DCM data assisted with identifying when elders with advanced dementia experienced the pleasure of engagement in meaningful activities. DCM could support generating evidence of how doing, being, becoming and belonging may be promoted for elders with dementia as occupational beings.

Presenter bio
Sanet du Toit has a diverse clinical background. She worked primarily in community care for older persons, initially as part of a hospital-based service in England and at a step-down facility in Florida (USA). For the past 13 years she worked as a senior occupational therapy lecturer and as a consultant within residential care settings in Bloemfontein, South Africa. Her PhD research was clinically based and integrated fieldwork education of undergraduate occupational therapy students. Since January 2014 Sanet commenced a position as lecturer at the University of Sydney’s Occupational Therapy Department. As a co-director of the Eden Alternative South Africa, Sanet endeavours to be an advocate for older persons’ right to a meaningful life in institutional care settings and that is also the focus of her presentation today.
**What role does Instrumental Activities of Daily Living have in delirium?**

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**Presenter:** Aileen Carter  
**Affiliations:** Central Coast Australia Delirium Intervention Study, Wyong Hospital  
**Contact email:** aileen.carter@health.nsw.gov.au

**Background**  
There has been very little literature about IADL’s and delirium in medical journals. I am working as a research assistant on Central Coast Australia Delirium Investigation Study (CADIS). As part of the study we are evaluating what role IADL’s might have in relation to delirium.

**Method**  
The study has been set up as a randomised control study in Wyong Hospital. Recruitment occurred in the emergency department. Participants 65+ were screened for delirium using CAM, digit span, delirium index, Richmond Agitation and Sedation Scale and MMSE. Information was gained from family/carers about previous level of function. Assessments were conducted on admission, just prior to discharge, 1 month and 3 months post discharge. Participants’ delirium was monitored daily on the wards for up to 14 days.

**Discussion/Outcomes**  
IADL’s are greatly affected during a delirium and they improve as the delirium resolves. For most participants, their IADL’s showed improvement by discharge but they had not returned to their baseline at discharge. Follow up clinic results showed that while participants had improved, overall our population did not return to baseline function following the delirium.

**Conclusion**  
IADL’s demonstrate a functional decline and assist with the diagnosis of a delirium. A person is at a higher risk of having a delirium once they have had a delirium. It is important to educate family/carers about this and that a change in IADL’s in the future needs immediate investigation.

**Presenter bio**  
Aileen Carter has been an Occupational Therapist for more than 20 years. Her main clinical experience has been with acute aged care. She is currently working as a research assistant on Central Coast Australia Delirium Intervention Study (CADIS) at Wyong Hospital. Today she will talk about IADL’s and delirium.
Memory training program using perceptual- and semantic-based strategies for people with mild dementia

Presenter: Hannah Humphreys and Kirralee Hazeltine
Affiliations: University of Western Sydney
Other affiliations include:
- Karen P.Y. Liu, University of Western Sydney
- Tim Severino, University of Western Sydney
- Jacqueline Wesson, University of Sydney; Dementia Collaborative Research Centre, the University of New South Wales
- Michelle Bissett, University of Western Sydney
- Melissa J. Slavin, School of Psychiatry, the University of New South Wales
- Rosalind Bye, University of Western Sydney
- L.W. Chu, the University of Hong Kong
Contact email: karen.liu@uws.edu.au

Background
People with mild dementia often have problems in memory encoding. A training programme targeting memory encoding (including perceptual- and semantic-based encoding strategies) using daily tasks as the training context was developed. This paper will present the results of a pilot study evaluating the effectiveness of this programme in enhancing daily functioning for people with mild dementia. A randomised controlled trial (RCT) is underway to extend the findings and will be completed in September 2014.

Method
In the pilot study, 20 elderly participants were taught memory encoding strategies (perceptual- and semantic-based) for 10 weeks by an occupational therapist and care-givers. Pre- and post-neuropsychological tests (Digit Span Forward Test, Word List Memory test, Cognistat) and functional assessment (Disability Assessment for Dementia instrument and Instrumental Activities of Daily Living scale) were administered. In the current RCT, participants with mild dementia are recruited and randomised into one of three groups: perceptual training, semantic training or control.

Discussion/Outcome
Participants in the pilot study showed improved attention (Digit Span Forward: \( p \leq 0.05 \)), memory (Word List Memory: \( p \leq 0.05 \)) and other cognitive functions as measured by the naming (\( p \leq 0.05 \)), construction (\( p \leq 0.01 \)), memory (\( p \leq 0.05 \)) and similarities (\( p \leq 0.001 \)) subtests of the Cognistat. Preliminary findings of the current RCT will be reported and discussed.

Conclusion
A training program targeting memory encoding was first developed and piloted. These results provide initial evidence for the current larger RCT and to guide occupational therapy practice in supporting the use of perceptual- and semantic-based strategies in daily task functioning for people with mild dementia.

Presenter bio
Hannah Humphreys and Kirralee Hazeltine are occupational therapy honours students at the University of Western Sydney. They are engaging in the project under the supervision of Karen Liu.
Analysis of hazards in the homes of older people in Malaysia: A pilot study

Presenter: Muhammad Hibatullah Romli MScOT, BOT (Hons), DipOT
Affiliations: PhD student, Discipline of Occupational Therapy, University of Sydney; Young Academic Scheme, Universiti Putra Malaysia

Other affiliations include:
- Lynette Mackenzie PhD, MEdStud, BEdStud, BAppSc(OT), DipCOT, Associate Professor – Ageing, Participation and Safety Research Group, Discipline of Occupational Therapy, University of Sydney
- Meryl Lovarini PhD, MHSc (Health Informatics), Grad Dip Safety Science, Grad Dip OT, BSc, Lecturer - Ageing, Participation and Safety Research Group, Discipline of Occupational Therapy, University of Sydney
- Maw Pin Tan MD, MRCP, BMedSc, MBBS, Associate Professor – Malaysian Elders Longitudinal Research (MELoR), Faculty of Medicine, University of Malaya, Malaysia

Contact email: mrom4634@uni.sydney.edu.au

Background
Older people in Malaysia are interdependent. The community and family members are responsible for ensuring older people remain integrated in the community. Therefore, the home environment plays a pivotal part in maintaining older people’s participation levels, and identifying home hazards is important. The prevalence of falls amongst older people in Malaysia is estimated at 47%, with 85.8% of falls occurring in the home environment such as in the bathroom and on stairs. However, little is known about the nature of fall-related home hazards and how best to measure them in the Malaysian context. Therefore, the aim of this pilot study was to initially explore the nature of hazards existing in the homes of older people living in Malaysia.

Method
A cross-sectional survey design was used with data collected from the larger Malaysian Elders Longitudinal Research (MELoR) study. Data were collected by researchers from 26 participants aged 60 years and older using the Home Falls and Accidents Screening Tool (HOME FAST) during home visits. The data were analysed and presented using descriptive statistics.

Discussion
The key home hazards identified will be described. The relationship between home hazards and demographic variables such as gender, age, type of house, ethnicity and falls history will be presented.

Conclusion
The findings will provide a measure of home hazards in the homes of older people in Malaysia for the first time, and will be able to inform culturally appropriate falls prevention assessment and interventions.

Presenter bio
Muhammad Hibatullah Romli gained his occupational therapy qualifications from the University of Technology MARA, Malaysia and has a Master of Science from Brunel University in the United Kingdom. He is currently enrolled in a PhD at The University of Sydney. In collaboration with the Malaysian Elders Longitudinal Research Project at the University of Malaya, his research focuses on home modifications to prevent falls within the Malaysian context. Today, he will be presenting a pilot study of the use of the HOME FAST assessment in Malaysia.
Workshop:

Writing for peer reviewed journals

Presenters: Dr Elspeth Froude and Lindy Clemson
Affiliations: Australian Occupational Therapy Journal
Contact email: elspeth.froude@acu.edu.au

Background
Writing for publication can be daunting. Successful writers are rarely a product of innate skill, it is a learning process that comes with practice and can be guided by careful planning and attention to relevance, structure and style.

Method
This workshop will help de-mystify the submission process and provide some useful tips and resources to get you started, to help you prepare your paper and, finally, coping with reviewer comments and your revision. We will describe the different structures and approaches needed for the various types of papers- experimental, narrative, reviews and viewpoint using the Australian Occupational Therapy Journal as an example. The workshop is aimed at novice writers.

Discussion
Scholarly writing is the cornerstone of our profession. Our journal aims to provide a standard that brings evidence to clinical practice, that stimulates discourse on new information and ideas, that challenges and strengthens our practice and advances our professional knowledge. The workshop will assist in developing writing skills for peer reviewed papers.

Conclusion
At the completion of this workshop participants will have gained:
- Confidence in how to write a paper for publication.
- An understanding of the different structures for articles suitable for AOTJ
- Skills, resources and tips in how to write a scholarly article in plain English
- An understanding of the submission and review processes

Presenter bio
Dr Elspeth Froude is the Editor in Chief of the Australian Occupational Therapy Journal. Elspeth is also the National Course Coordinator in Occupational Therapy at the Australian Catholic University. In this workshop Elspeth will draw on her experience as an editor, researcher and clinician.

Professor Lindy Clemson is a specialist in public health research on ageing and an occupational therapist with a PhD in epidemiology. Lindy is an editorial board member of the Australian Occupational Therapy Journal. In this workshop Lindy will share her experience and wisdom in getting published.
Jordan O’Reilly is the co-founder of Fighting Chance Australia, a youth-led not-for-profit organisation that exists to create opportunities for young adults with significant disabilities in areas of employment and social experiences. Fighting Chance now supports over 35 young adults with disability in Sydney and has gone on to raise just under $1m since 2011. Jordan leads the work of Fighting Chance as the General Manager, overseeing strategic planning, daily operations and volunteer management.

Jordan, aged 25, is a young social entrepreneur with a passion for social justice and achieving equality for people with disabilities. It was Jordan’s experience as the sibling of someone with a profound disability that shaped both his choice to become an Occupational Therapist and his desire to work towards a brighter future for all Australian’s with disabilities and their families.

Jordan has five years’ experience working with disability service providers in Sydney and five years’ experience volunteering with various not-for-profits before that, both at home and abroad. Jordan was awarded the NSW Young Carer of the Year Award in 2011, the Rotary Community Service Award in 2012 and the Sydney University Faculty of Health Science Leadership award in 2013. In late 2013, Jordan received the ‘Change-Maker of the Year’ award from the Foundation for Young Australians. Jordan is a graduate of the Young Social Pioneer program with the Foundation for Young Australians, and also sits on the 2012-14 Council of Future Health Leaders.

In this key note speech, Jordan will draw on his experience of the past few years from studying to become an Occupational Therapist through to becoming one of the brightest young leaders in the not-for-profit and disability service sectors.

Jordan will reflect on the deeply personal journey that led him to the work of Fighting Chance and a career as an OT, as well as the experiences that have shaped his career thus far. Jordan will go on to talk about the potential he sees for Occupational Therapists in non-traditional settings and describe the impact his training and experience has had in the lives of young people with disabilities in Australia.
The use of sensory stimulations for children with behavioural and emotional problems: A systematic review

Presenter: Farahiyah Wan Yunus
Affiliations: PhD student, Occupational Therapy, University of Western Sydney, School of Science & Health

Other affiliations include:
- Karen Liu, Associate Professor, Occupational Therapy, University of Western Sydney, School of Science & Health
- Michelle Bissett, Lecturer, Occupational Therapy, University of Western Sydney, School of Science & Health
- Stefania Penkala, Lecturer, Podiatric Medicine, University of Western Sydney, School of Science & Health

Contact email: Farahiyah.WanYunus@uws.edu.au

Background
The origin of behavioural and emotional problems of children is sensory based. Sensory stimulation intervention, therefore, is a common interventions used to address behavioural and emotional problems. However, the types of stimulations and intervention programmes used have not been systematically examined. The mechanism on how the different stimulations work is also not clear. A systematic review is required to identify the most effective sensory stimulation interventions applied to overcome behavioural and emotional issues among children. The mechanism on how the stimulations work will also be explored. The result of this systematic review will allow occupational therapists to select the best sensory stimulation treatment for children with behavioural and emotional problems.

Method
A database search will be conducted through OT Seeker, Cochrane Library, Medline, PubMed, Embase, PsyINFO and CINAHL with the key terms used “sensory Integration” or “sensory stimulation” or “sensory stimuli” and “children” or “child*” and “behavi*” or “stereotypical” or “aggressive” or “tantrum” or “hyperactive” and “emotional” or “emotion”. The range of literature in this review will be widely search from all years to the current year.

Discussion/Outcome
This presentation will discuss the literature that exists on sensory stimulation interventions. In addition it will make recommendations for occupational therapy clinical practice.

Conclusion
Understanding the evidence of sensory stimulation interventions is essential to ensure evidence-based occupational therapy practice. This presentation will be of interest to paediatric occupational therapists in addition to occupational therapy educators.

Presenter bio
Farahiyah Wan Yunus started her Diploma study in Occupational therapy in 2002, followed by a Bachelor Degree with honours in 2007 at University Teknologi MARA, Malaysia. She completed a Master in Occupational Therapy majoring in paediatric areas at Brunel University, London, in 2012. She is now a qualified occupational therapist in Malaysia and had been working as a lecturer before furthering her studies to a PhD level. Currently, she is a PhD student at University of Western Sydney and her research is focusing on interventions for children with behaviours and emotional challenges.
Parents’ perceptions of risk and the impact on children’s everyday activities

Presenters: Anita Niehues and Anita Bundy
Affiliations: University of Sydney
Contact email: anita.niehues@sydney.edu.au; anita.bundy@sydney.edu.au

Introduction
In this study we sought to understand parents’ perceptions of risk and the impact these had on children’s engagement in healthy, age-appropriate risk-taking activities.

Objective
The primary aim of this research was to investigate parents’ perceptions of risk and how perceptions influence the choices they make to offer children a range of physical, social, emotional and cognitive challenges within free play and other daily activities.

Methods
We implemented a qualitative study that included a card sort of strengths parents’ desires for their children as a precursor to in-depth, semi-structured interviews with 37 parents of young people aged 5-17 years; some parents had experienced considerable risk in their lives and others’ lives had been relatively risk free.

Results
Using narrative, thematic and theoretical lenses we constructed a hermeneutic interpretation of the stories these parents shared and gained an appreciation for struggles parents experience as they try to balance protecting their children from harm with encouraging them to approach and explore everyday risks that support the development of life skills.

Conclusion
The stories parents shared reflect a range of parents’ risk perceptions and ways experiences of risk in their own lives and desires for their children impact children’s access to healthy risk-taking activities.

Contribution to the practice/evidence base of occupational therapy
This study offers insight into parents’ perceptions of risk and their uncertainties about decisions they make to offer children healthy, age-appropriate risk-taking activities.

Presenter bios
Anita Nelson Niehues is a PhD candidate in the Discipline of Occupational Therapy, Faculty of Health Sciences at the University of Sydney. Ms Niehues has a post-professional Masters of Science in occupational therapy and extensive clinical experience working with families and children in a variety of settings. Her PhD examines parents’ perceptions of risk and the influence on children’s daily activities.
Anita Bundy is Chair, Discipline of Occupational Therapy in the Faculty of Health Sciences at the University of Sydney. She has just completed an externally-funded cluster randomised controlled trial in primary schools demonstrating that placing recycled materials on the playground increases physical activity and social play. Recently the ARC funded a further study involving using this approach with children with disabilities. She is particularly interested in (1) the provision of occupational therapy interventions to children and families, and (2) developing and testing assessments for use in all areas of occupational therapy and in related fields. She has a particular passion for the study of play as the primary occupation of all children and is very interested in the benefits associated with healthy risk.
Positive Behaviour Support (PBS) for People with Autism Spectrum Disorders (ASD): Occupational Therapy’s Valuable Contribution

Presenter: Caroline Mills
Affiliations: Autism Spectrum Australia; University of Sydney
Contact email: therapywithcaroline@gmail.com

Background
Occupational therapy is commonly accessed by families of children with autism spectrum disorders (ASD). Therapy with children with ASD has emerged as an important area of specialised practice. Occupational therapists should be primarily concerned with promoting quality of life, participation and occupation with the people they work with. However, when challenging behaviour is present, it can be a significant barrier. Occupational therapists have reported mixed levels of confidence with ASD and challenging behaviour, (Ashburner, et al, 2013). The purpose of this paper is to build capacity in occupational therapists working with children with ASD and challenging behaviour.

Method
Literature was reviewed in relation to the contribution that occupational therapists can make to best practice PBS within ASD practice.

Discussion
PBS is a family and person centred model which reduces challenging behaviour, promotes participation and quality of life and fits well within occupational therapy practice. Best practice occupational therapy with ASD and challenging behaviour is holistic, considering the person, features of his/her autism and the environment. Concern is mounting that occupational therapists may be too narrowly concerned with only sensory aspects of a person’s behaviour (Ashburner, et al, 2013).

Conclusion
PBS is a valuable knowledge and practice area for occupational therapists working with people with ASD across age groups.


Presenter bio
Caroline has been a children’s occupational therapist for more than 10 years. She has worked in Australia, India, China, England and Wales. Caroline’s work focuses on children with autism spectrum disorder and therapy practice within special education settings. Caroline is currently a school occupational therapist and behaviour support specialist for Autism Spectrum Australia. Caroline has presented positive behaviour support training across NSW and interstate. Caroline is also a PhD candidate at The University of Sydney. Her PhD work involves evaluating sensory processing interventions for children with ASD within special education settings.
Comparison of the Handwriting Speed Test (HST) and Detailed Assessment of Speed of Handwriting (DASH)

Presenter: Anna Francis
Affiliations: University of Sydney
Contact email: anna.g.francis@outlook.com

Background
The HST and DASH are two measures of handwriting speed for school-aged students. Handwriting speed assessments need to be reliable and valid for current student populations to ensure paediatric occupational therapists access best available evidence when remediating handwriting speed difficulties. This study examined psychometric properties of the HST and DASH and accuracy of the norms for identifying current Australian students with handwriting speed difficulties. Pain in hand/arm during handwriting tasks was also investigated.

Method
An exploratory, cross-sectional study was conducted involving students in Years 3-12 with and without handwriting difficulties. Participants were recruited through occupational therapists and schools. Students completed HST, all DASH subtests and a visual analogue scale (VAS) of pain between specific tasks.

Outcome
Thirty-two students with handwriting difficulties and 139 students without handwriting difficulties participated. Intra-rater, inter-rater and test-retest reliability scores were found to be excellent; sensitivity was low and specificity high for the HST and DASH. No significant differences were found between test scores and normative data for students without handwriting difficulties (year/age groups with n>10). Pre- to post-HST VAS changes in pain were statistically and clinically significant for students with and without handwriting difficulties.

Conclusion
The HST and DASH are reliable assessments of handwriting speed for current Australian school-aged children. Further research is needed to confirm discriminant validity of the HST and DASH and need for updated norms. Students with and without handwriting difficulties experienced pain when handwriting.

Presenter bio
Anna Francis is a new graduate occupational therapist. She achieved First Class Honours in Occupational Therapy from the University of Sydney in 2013. Today she will be presenting the results of her Honours research study comparing two handwriting speed assessments for school-aged students.
How do General Practitioners (GPs) make use of occupational therapy services in their practice to prevent falls in older people?

Presenter: Lynette Mackenzie
Affiliations: University of Sydney
Contact email: Lynette.Mackenzie@sydney.edu.au

Background
Falls and fall injuries continue to limit independence and functioning for older people in the community. Evidence-based interventions to prevent falls such as exercise and home modifications are available, yet many older people at risk do not benefit from these. General practitioners (GPs) are key to identifying and referring older people at risk of falls in the community. However, referral rates are low through existing pathways. This study aimed to identify how GPs address falls prevention in their everyday practice with older people living in the community.

Method
A survey was distributed to 520 GPs in one Sydney Medicare Local in on-line and paper format. Survey items sought information on how falls prevention was managed in practice over a nine month reporting period. Data were analysed using descriptive statistics.

Results
Only 34 surveys were returned (6.5% response rate). GPs estimated they had a mean of 8 older people per week who would benefit from falls prevention yet had referred only a mean of 6 for falls prevention interventions in the reporting period. Only a third of GPs routinely asked older people about falls and 82% were unfamiliar with the latest falls prevention guidelines. 60% believed home environmental assessment was important, 91% believed that OT was necessary for evidence based falls prevention yet only 44% had referred to OT.

Conclusion
There is a mismatch between beliefs and action for GPs, and OTs need to continue to promote their services to GPs to elicit referrals.

Presenter bio
Lynette is the Head of the OT Discipline at the University of Sydney and directs the MOT program there. Her key research interests are ageing and falls prevention, education of OTs and breast cancer.
The Profile of Private Practitioners and their Practices in NSW, Australia: What can be learnt about the future development of the Occupational Therapy profession?

Presenters: Natalie Tanner-Black and Vivienne Miller
Affiliations: Lillian Gowers (co-author)
Contact email: natalietannerblack@gmail.com

Background
The purpose of this study was to investigate the business aspects of Occupational Therapy Private Practitioners (OTPPs) in New South Wales (NSW). The NSW Private Practice Special Interest Group initiated this survey to capture information about OTPPs’ work practices and unique needs and challenges. This will form a baseline to understand and further develop private practice across the breadth of the profession.

Method
A survey was emailed to 204 OTPPs via the Occupational Therapy Association NSW’s private practice database. Ninety four Occupational therapists (OTs) completed the survey. Questions included basic demographic information, financial issues and challenges to running a private practice.

Discussion
Initial analysis of the results has identified the diverse qualifications and speciality fields of work of OTPPs. Respondents raised concerns for the lack of awareness of OT’s skills from potential referrers including doctors. Additional findings to be presented will outline the benefits of being an OTPP. With the introduction of the National Disability Insurance Scheme, OTPPs will have to adapt to the changing healthcare landscape by better promoting their unique set of skills to doctors and the wider community.

Conclusion
This survey points to areas of the profession that require further attention and innovation, including marketing the profession to other healthcare practitioners and acknowledging that future OT practitioners will need an expanded range of skills to develop their private practice.

Presenter bios
Natalie Tanner-Black has been an Occupational Therapist for 12 years. She is a pediatric clinician with experience in both the community and private sectors. Natalie ran a private practice in Melbourne for three years and is currently setting up a new practice in Sydney. Natalie is a member of the Private Practice Special Interest Group (PPSIG) and today she will be presenting a paper exploring the challenges and rewards of private practice.

Vivienne Miller is an occupational therapist, mental health educator, conference director and drama therapist, with a Masters in Education and Work and a BA in Italian. She has worked in non-traditional occupational therapy roles for many years, most recently becoming involved in proposals to develop social firms as employment options on the site of an ex-psychiatric hospital. She is secretary of the NSW OT Private Practice Group.
Doing business without a marketing plan is like winking at someone in the dark. You know what you are doing, but nobody else does!

Presenter: Amy Geach, B.App.Sc (OT), M.Clin.Sc (Hand and Upper Limb)
Affiliations: Director of Maida Learning; Riverina Hand Therapy and Riverina Kids Therapy
Contact email: amy@maidalearning.com.au

Introduction
The healthcare system in Australia is changing, with more focus on running cost effective services whilst at the same time seeking to provide best practice therapy. As occupational therapists, we need to accept that marketing is part of our professional responsibility to develop awareness of our specialties, and continue to strive to create value adding services for our clients. By adopting a marketing approach, therapists can better meet the needs of their clients, and continue to achieve effective relationships and long lasting customer satisfaction. Despite a need for marketing in our industry however, therapists report barriers to implementing marketing strategies and believe that their marketing knowledge is inadequate to meet the demands of their daily practice.

Method
Combining recent marketing surveys to general practitioners, with the newer 2014 marketing survey to hand therapists in Australia, strategies to modern marketing techniques will be discussed. Professional marketing experience running a private practice and developing new services, will be shared, and potential untapped avenues that are more ‘acceptable’ methods of marketing for occupational therapists will be explored.

Conclusion
Often therapists are not comfortable to embrace traditional marketing measures, and it is not part of our undergraduate training. Current marketing plans for therapists need to adopt a modern approach so our practices can engage, attract and evolve. This presentation will demonstrate that marketing for occupational therapists is not just about ‘advertising’ in the way that it has been historically known. It is entrepreneurial without you even realising, and begins the minute we open our clinic doors.

Presenter bio
Amy graduated from occupational therapy in 2000. Since then she has worked in the field of hand therapy and for the last 7 years has owned and operated a private practice providing hand therapy and paediatric therapy. Amy is very passionate about ongoing professional development for therapists and delivering support and education for private practice owners. She has developed this passion into a new arm of her business, founding Maida Learning in 2013.
What if you spend all your time teaching staff and they leave? What if you don’t teach them and they stay?

Presenter: Amy Geach, B.App.Sc (OT), M.Clin.Sc (Hand and Upper Limb)
Affiliations: Director of Maida Learning; Riverina Hand Therapy and Riverina Kids Therapy
Contact email: amy@maidalearning.com.au

Introduction
Our parents, and their parents often had one career, sometimes even one job. Nowadays, people have more than two or three career changes on average, and even more job changes. Pouring money, time, and resources into training staff members can appear wasted when they decide they would rather be a dog walker, an astronaut, or worse, become your competition! It seems more cost effective initially to cut your losses and reduce the input into learning opportunities for your staff. Have you ever thought about the training program, or lack of, might be the reason some are leaving?

Method
This is a case study of a learning module that has achieved success in developing confident and capable team members, whilst assisting to grow business clientele and satisfaction from referring sources. The module has several aspects covering performance appraisals, embracing technology, maintaining open communication and providing cost effective training for your team that follows the path of your business plan.

Conclusion
It is known that staff satisfaction comes from feeling valued and respected in the workplace. Human resources is not just about fortnightly pays, recruitment and uniform policies. It needs to be holistic and engaging for all. This learning module developed for a regional therapy practice delivers training that also gives back to the business. Win win.

Presenter bio
Amy graduated from occupational therapy in 2000. Since then she has worked in the field of hand therapy and for the last 7 years has owned and operated a private practice providing hand therapy and paediatric therapy. Amy is very passionate about ongoing professional development for therapists and delivering support and education for private practice owners. She has developed this passion into a new arm of her business, founding Maida Learning in 2013.
Workshop:

Developing Professional Resilience

Presenter: Dr Samantha Ashby
Affiliations: University of Newcastle
Contact email: Samantha.Ashby@newcastle.edu.au

Maintaining your professional resilience in practice

The focus of the workshop is on newly-graduated occupational therapists becoming more aware of strategies that they can use to maintain their professional resilience as an occupational therapist. The workshop draws on the presenter’s doctoral research and the experiences of experienced practitioners who have encountered and overcome pressures that can be encountered in workplaces.

Workshop Aims

By the end of the workshop participants will
- Be able to define professional resilience
- Develop personal strategies for maintaining the PRIORITY (Ashby et al. (2013) model
- Be able to use occupation-based language to describe their current practice

Recommended Pre-reading


Presenter bio

Dr Sam Ashby has been an occupational therapist since 1987. Her clinical experience is in occupational rehabilitation, mental health practice and physical rehabilitation settings. As an educator she has worked with students and clinicians in the UK and Australia is currently an educator at University of Newcastle. Today Sam will be presenting a workshop based on her doctoral research and clinical experiences regarding how occupational therapists can maintain and develop their professional resilience, using the PRIORITY model. This model considers the dynamic between professional resilience, professional identity and occupation-based practice.
Occupational Therapy as a Means to Promote Health in All Children

Presenters: Anita Niehues and Anita Bundy
Affiliations: University of Sydney
Contact email: anita.niehues@sydney.edu.au; anita.bundy@sydney.edu.au

Introduction
Obesity and social ineptness are two of the most pressing health issues facing children in industrialized countries. Sedentary lifestyles and a lack of experience in play away from the watchful eye of parents may be partly responsible.

Objective
To increase children’s physical activity and social skills.

Methods
The Sydney Playground Project (SPP) is a cluster randomised trial conducted in 12 primary schools (6 intervention, 6 control) in Australia. The trial involved 228 5- and 6-year-old children and their parents and teachers. SPP involved two interventions. A child-based intervention comprised recycled materials with no obvious play value placed on the playground for use by all children as they chose. An adult-based intervention involved educators and parents engaging in small group tasks that promoted thinking of “risks” associated with everyday play as including benefits as well as potential costs.

Results
These innovative interventions yielded statistically significant ($p > .05$) increases in physical activity and decreases in sedentary behaviour during recess. Changes to time spent in play approached significance. There were no changes to scores on a standardized measure of social skill. Conclusion: Changing the school playground experience by capturing children’s intrinsic motivations to play and simultaneously helping adults reframe “risks” associated with everyday activity is an effective means of facilitating health promoting physical activity.

Contribution to the practice/evidence base of occupational therapy
This study demonstrates the effectiveness of occupational therapy for all children, not only those with known disabilities.

Presenter bios
Anita Nelson Niehues is a PhD candidate in the Discipline of Occupational Therapy, Faculty of Health Sciences at the University of Sydney. Ms Niehues has a post-professional Masters of Science in occupational therapy and extensive clinical experience working with families and children in a variety of settings. Her PhD examines parents’ perceptions of risk and the influence on children’s daily activities.

Anita Bundy is Chair, Discipline of Occupational Therapy in the Faculty of Health Sciences at the University of Sydney. She has just completed an externally-funded cluster randomised controlled
trial in primary schools demonstrating that placing recycled materials on the playground increases physical activity and social play. Recently the ARC funded a further study involving using this approach with children with disabilities. She is particularly interested in (1) the provision of occupational therapy interventions to children and families, and (2) developing and testing assessments for use in all areas of occupational therapy and in related fields. She has a particular passion for the study of play as the primary occupation of all children and is very interested in the benefits associated with healthy risk.
Using the Perceive, Recall, Plan, Perform System of Task Analysis (PRPP) to identify patterns of cognitive strategy application for children with learning difficulties

Presenter: Dr Joanne Hinitt
Affiliations: University of Sydney
Other affiliations include:
- Dr Christine Chapparo, University of Sydney
- Dr Susan Lowe, Skills for Kids, Blaxland
Contact email: joanne.hinitt@sydney.edu.au

Background
The PRPP is an occupational therapy method based on cognitive strategy application during task performance. It can be used for assessment and as an intervention approach when working with children with learning difficulties.
This aim of this preliminary study is to investigate patterns of cognitive strategy application during performance of typical school tasks for children with learning difficulties, as measured by the PRPP.

Method
Videos were collected of 27 children with a diagnosed learning difficulty performing eight typical school tasks (e.g. colouring, cutting, writing, tying shoes). Children were aged six to eight years and attended mainstream school. Videos were scored by an independent rater using the PRPP scoring protocol. Scores were analysed using Rasch to identify patterns of cognitive strategy application during task performance.

Discussion/Outcomes
Children demonstrated difficulty in all four areas of the PRPP (Perceive, Recall, Plan and Perform) during performance of the eight school tasks however, the greatest and most consistent difficulties were in the area of Planning. This was the case for all eight tasks whether they were easier procedural tasks such as colouring, or more complex planning tasks such as writing.

Conclusion
Findings indicate that the PRPP can be used by occupational therapists to assess patterns of cognitive strategy application for children with learning difficulties during everyday task performance. This data can then be used for programming and for program evaluation.
Lights, camera, action! A visual resource to highlight paediatric development using an interprofessional model

Presenter: Katrina Wakely

Affiliations: University of Newcastle Department of Rural Health, Tamworth

Other affiliations include:

- Alexandra Little, University of Newcastle Department of Rural Health, Tamworth; Hunter New England Health, Tamworth
- Luke Wakely, University of Newcastle Department of Rural Health, Tamworth
- Elesa Crowley, University of Newcastle Department of Rural Health, Tamworth; Hunter New England Health, Tamworth

Contact email: katrina.wakely@hnehealth.nsw.gov.au

Background
Maintaining good judgment about “normal development” can be difficult when working as an Occupational Therapist within the world of impairment. A DVD was produced to refresh clinician understanding of normal development up to six years across a variety of developmental domains, and accompanied interprofessional paediatric workshops delivered to rural clinicians.

Method
Key developmental milestones across communication, feeding, gross and fine motor, and sensory development were identified and converted to storyboard sequences of practical activities which normally developing children aged from six months to six years were then filmed performing. Footage was converted to DVD format and provided to rural paediatric clinicians who attended the workshops. 118 clinicians received the DVD and were sent an electronic survey 5 months later to evaluate the usefulness and relevance of the material to their clinical work.

Discussion / Outcomes
Feedback was received from medical, nursing and allied health professionals with several key themes emerging. Findings suggest the specific age groups covered, separation of the professions and the access to a variety of professions are qualities of the DVD that will assist with their own area of practice, along with skills in working as part of interdisciplinary teams within their rural work settings.

Conclusion
The use of a visual resource to aid clinical practice is an effective clinical tool for health professionals including Occupational Therapists. The interprofessional focus on paediatric development is a unique component of this resource, allowing for consolidation of own discipline knowledge and how this integrates with other key areas of normal development.

Presenter bio
Katrina Wakely is an Occupational Therapy Academic at The University of Newcastle Department of Rural Health, Tamworth. This is a part time position that she has held since 2011 and the role allows her to work with rural undergraduate students to assist with their paediatric knowledge and skills, and to support their learning through community engagement activities. Katrina has worked as a paediatric clinician for 13 years and opened her private paediatric practice in 2009. Today’s presentation is showcasing a developmental DVD that is the result of an interprofessional collaboration with the allied health academics at DRH Tamworth.
A survey of Australian occupational therapists’ practices addressing issues of diet in people with severe mental illness

Presenter: Kirsti Haracz
Affiliations: University of Newcastle
Other affiliations include:
- Prudence Magin (co-author), University of Canberra
- Joshua Sultana (co-author), University of Canberra
- Lauren Williams (co-author), Griffith University
Contact email: kirsti.haracz@newcastle.edu.au

Background
The high prevalence of obesity among people with severe mental illness (SMI) is well documented. Medication side effects are a factor, however research also shows that people with SMI have less healthy diets than the general population. Occupational therapists are involved in providing lifestyle interventions to improve dietary practices of people with SMI however the scope of the role is not clear. The aims of this study were to determine the scope of practice of occupational therapists in addressing diet with people with SMI, barriers and enablers to practice, and scope for interdisciplinary work with dietitians.

Method
A cross-sectional survey design was employed. Data collection was via an online questionnaire. Invitations to participate and a link to the survey were distributed via OT Australia.

Findings
Eighty-six participants completed the survey. Knowledge of food and eating was rated as good/excellent by 81%, but few obtained this knowledge at University or in formal continuing education, with 76% citing self-education, generally via the internet, as their key source. Only 29% had good or better access to dietetic services for their clients, while 87.7% believed such access was beneficial. Qualitative analysis of open response questions suggested that the respondents favoured an interdisciplinary approach with dietitians and saw their own role as supporting their clients’ ability to enact the dietitians’ advice in the day to day reality of their lives.

Conclusion
The findings of this study have implications for interdisciplinary education and practice which may improve outcomes for people with SMI.

Presenter bio
Kirsti Haracz is a lecturer in occupational therapy at the University of Newcastle. Her research interests include, mental illness and recovery, occupational therapy practice in mental health and obesity and lifestyle management.
An investigation into mental health participants’ experience of a community street soccer program: A grounded theory study

Presenter: Brigette Lupton
Affiliations: University of Newcastle

Other affiliations include:
- Dr Carole James (co-author), University of Newcastle
- Dr Samantha Ashby (co-author), University of Newcastle
- Kirsti Haracz (co-author), University of Newcastle

Contact email: Brigette.Lupton@hnehealth.nsw.gov.au

Background
The potential role of physical activity based leisure programs in the recovery of people experiencing mental illness has been recognised in the literature both in terms of addressing physical health issues such as obesity and needs for meaningful occupation and social participation. There is a scarcity of research however that explores the consumer perspective of such programs. This study sought to explore the perspectives of people with severe mental illness regarding their engagement in a ‘street soccer’ program.

Method
Constructivist grounded theory methods were used for data gathering and analysis. Semi structured interviews were conducted with mental health consumers who chose to access the street soccer program during their admission to a non-acute mental health rehabilitation unit. Follow-up interviews were then conducted at two points after the consumers were discharged from hospital. Interviews were transcribed for analysis which was conducted with the assistance of NVivo qualitative data analysis program.

Outcomes
The findings of this study provide an insight into the perspective of mental health consumers regarding the role of a physical activity leisure program in their recovery and barriers and facilitators to participation. This presentation will highlight implications of these findings for occupational therapists in tailoring physical activity based leisure programs for people with mental illness or supporting access to community based programs.

Conclusion
An understanding of the consumer perspective of the role of physical activity based leisure programs in their recovery and barriers and facilitators to participation will help inform more effective service provision in this area.

Presenter bio
Brigette Lupton has been working as an occupational therapist in mental health for eight years. In her current role, Brigette works in a non acute psychiatric rehabilitation unit in Newcastle. Today Brigette will be presenting preliminary findings from her PhD research into mental health consumers' participation in a community soccer program.
**Workshop:**

**Simplexity: Working through the complexity of professional practice to gain fulfilment and longevity as an Occupational Therapist**

[back to program timetable]

**Presenter:** Angela Lockwood  
**Affiliations:** Angela Lockwood (Occupational Therapist, private practice; motivational speaker)  
**Contact email:** admin@angelalockwood.com.au

**Background**  
Occupational Therapists are finding themselves working with less resources, less time, less supervision but with greater responsibilities and outcome requirements. Overwhelm in ‘just getting the job done’ is resulting in therapists feeling like they are stuck in an energy and motivation plateau. Without positive personal action, work satisfaction declines leaving a workforce of skilled, devoted professionals who are unfulfilled and exhausted. In a giving profession where the focus is centered on the client, Occupational Therapists need to be able to bring their best to every aspect of their work.

**Method**  
Qualitative researched based on direct interview and professional reflection tools have been conducted with Private Practitioners to Therapists holding executive positions. Areas explored include; personal fulfillment, work satisfaction, productivity, connections, reflection skills, life role management.

**Discussion/Outcomes**  
Results gathered continues to reveal the speed and fullness of a work day leaves little room for clarity and time for professional reflection, creating a sense of professional inertia. Occupational Therapists within private and public sectors are looking for ways to find simplicity within their work, so they can be an energetic partner in support of their clients and colleagues.

**Conclusion**  
Simplifying work practices allows therapists to be proactive in designing a workforce that is focussed on development, adaptability and evidenced results. Finding simplicity and working smarter is not new, it is not cutting edge, but is crucial to the advancement of the occupational therapy profession.

**Presenter bio**  
Are you a high breather?  
Do you stand still on a travelator?  
Do you wish you had more time?  
Then you need the art of Simplexity.

Angela Lockwood is a sought after motivational speaker, Occupational Therapist, and regular contributor to print and radio media. Working with small business owners to senior executives, she shows why racing through life is the enemy of growth and how being busy leaves people stuck and unfulfilled. People look towards Angela to help them move through plateaus in their energy and work flow through cutting through overwhelm and keeping things simple.
**Workshop:**

**Introduction to Assistive Technology Prescription**

[back to program timetable]

**Presenters:** Linda Elliott and Greg Foreman  
**Affiliations:** EnableNSW  
**Contact email:** enable@hss.health.nsw.gov.au

**Population**  
Adults, Adolescent and young adults

**Stream Description**  
Students and new grads

The prescription process for Assistive Technology (AT) involves a number of key components.

For occupational therapists who prescribe AT, the prescription process includes the identification of client’s goals; comprehensive assessment: consideration of cost; and completion of the required documentation for funding applications if required.

EnableNSW is one of the funding bodies that provide AT, including communication, mobility and self-care devices, to residents of NSW.

**Method**  
This interactive workshop will be of particular interest to new prescribers. Small group activities will be used to illustrate the factors that contribute to successful outcomes. The EnableNSW eligibility criteria for clients and prescribers; the types of AT provided and the application process will also be outlined.

**Learning Outcomes**  
Workshop participants will be able to identify:

- Factors they need to consider for successful AT prescription.
- Application process for EnableNSW
- EnableNSW eligibility criteria for prescribers and consumers

**Presenter bios**  
Linda Elliott and Greg Foreman are both occupational therapists and equipment advisors with EnableNSW, with extensive experience in the prescription of Assistive Technology (AT) for people with disability.

Linda’s clinical experience has been working with children and young adults with severe and multiple disability and their families. Her particular interest areas are seating and mobility for young children and in safe transport for people with disability. She is a member of the NSW Divisional Council of Occupational Therapy Australia and also the TranSPOT committee of NSW.

Greg has worked in a variety of settings across Australia and the U.K. including occupational rehabilitation, homeless service, community occupational therapy, child and adolescent mental health, Work Health & Safety (WHS), Manual handling and private practice. His clinical expertise is in manual handling.
Workshop:

A Legal Primer for Occupational Therapy Practice

Presenter: Nola Ries
Affiliations: University of Sydney, University of Newcastle
Contact email: nola.ries@newcastle.edu.au

Overview

This interactive workshop will address key legal aspects of occupational therapy practice. We will discuss sources of legal duties, distinguish legal and ethical obligations, and analyse legal responsibilities of occupational therapists in four domains: (1) duties to the patient/client; (2) duties to other health practitioners and the health system generally; (3) duties to society; and (4) duties to oneself. Specific topics will include: informed consent; documentation; privacy and confidentiality; negligence; dispute resolution; and interprofessional teamwork. Participants will consider case studies and discuss practical suggestions for fulfilling their legal responsibilities.

Presenter Bio

Nola M. Ries, JD, LLM, is a researcher, lecturer and consultant with expertise in health care law, privacy law and research ethics. She is currently completing a Master’s degree in occupational therapy at the University of Sydney and works with the University of Newcastle Law School. She is a research associate with the Health Law Institute, University of Alberta (Canada) and is a past visiting lecturer with the Faculty of Law, University of Tasmania. Nola serves on the Divisional Council of OT NSW and is a member of OT Australia’s Professional Practice and Standards Committee.
The occupational role of fathering a young person with mental illness

Presenter: Christine Ferguson
Affiliations: University of Sydney
Other affiliations include:
- Dr Anne Honey (co-author), University of Sydney
Contact email: christine.may.f@gmail.com

Background
Fathering is a critical occupational role and one that can change considerably when a young person develops a mental illness. Related research suggests that the occupations fathers carry out to support a young person with their mental illness may be different to those of mothers and are likely to influence the well-being of other family members. However, the father’s support is often seen as “secondary” and little is known about the nature, diversity and impact of their supportive occupations. This research aimed to explore the involvement of fathers supporting a young person with mental illness.

Method
A modified grounded theory approach was used to analyse data relating to father involvement from interviews with 13 young people with mental illness (15 to 21 years old), 13 mothers and 6 fathers from a total of 14 families.

Findings
Fathers’ involvement varied along five dimensions, being the extent to which fathers: a) directly supported the young person; b) directly supported the mother; c) aligned with the mother; d) took responsibility for supporting the young person; and e) needed input from the mother. When data relating to each of the dimensions were compared between families, four distinct patterns of father involvement were discerned. Involvement patterns had an impact on young people and also shaped mothers’ occupations and ability to support the young person.

Conclusion
In order to facilitate optimum parent support and family coping, occupational therapists should consider and facilitate the unique support provided by both parents.

Presenter bio
Christine Ferguson finished her undergraduate Occupational Therapy degree at The University of Sydney in 2013. She completed an honours thesis on the occupational role of fathering a young person with mental illness. Today Christine will be presenting on the findings of this study.
Young people with Mental Illness: Managing and Shaping Natural Support

Presenter: Belinda Lu
Affiliations: University of Sydney
Other affiliations include:
• Dr Anne Honey, University of Sydney
Contact email: belu6405@uni.sydney.edu.au

Background
Occupational therapists seek to enable young people with mental illness to participate in occupations that promote both their mental health and their wellbeing and development in the context of mental illness. Facilitating sustainable natural supports is critical to this aim. Parents are an important source of support but may not always provide the support young people want and need. Research suggests that support is not merely determined by support providers, but is a transaction between providers and recipients. This study aims to explore, from the perspectives of young people with mental illness, how they manage parental support and involvement.

Method
Interviews with 26 young people with mental illness (15-24 years old) were analyzed using grounded theory approach.

Discussion
Young people were not just passive recipients but often took steps to manage and shape parent support using a combination of facilitation, compliance and resistance. When young people did not deliberately act to shape parent behaviour, it was not always because they found that involvement optimal. Rather, young people’s actions were determined by a complex alignment of their wish for parent involvement, their perceived influence on their parents and their ability to communicate their needs. Findings suggest a number of barriers to young people’s capacity to optimize the support they receive from their parents.

Conclusion
Occupational therapists are in a position to address the barriers identified and therefore, help young people to gain the assistance they need from their parents for successful transition to adulthood.

Presenter bio
Belinda Lu is an occupational therapist who graduated from her Bachelor of Applied Science in Occupational Therapy degree in 2013.

Belinda will be presenting her occupational therapy honours project that she completed during her final year of her bachelor degree, which explores how young people with mental illness manage and shape parent support.
Mental health service-users' perspectives of support in an IPS supported employment program. A qualitative study

Presenter: Nicole Williams
Affiliations: University of Newcastle
Other affiliations include:
- Kirsti Haracz (co-author), University of Newcastle
- Emma Robson (co-author), Hunter New England Local Health District
- Imogene Roach (co-author), University of Newcastle
- Emma Edwards (co-author), Hunter New England Local Health District
- Carole James (co-author), University of Newcastle
- Samantha Ashby (co-author), University of Newcastle
Contact email: kirsti.haracz@newcastle.edu.au

Background
Individual Placement and Support (IPS) is a model of supported employment with a growing evidence base demonstrating its effectiveness in helping people with Severe Mental Illness (SMI) into competitive employment. Most of the existing research about IPS has focused on employment rates and time taken to achieve employment. There has been little research exploring the consumer perspective of involvement in IPS and that which does generally focuses on those who have been successful in gaining employment. This study sought to explore the experiences and perceptions of mental health service-users regarding the support they received during their involvement in an IPS supported employment program.

Method
A qualitative descriptive design was employed. Semi structured interviews were conducted with five mental health service users engaged in an IPS supported employment program. Interviews were transcribed and analysed using grounded theory methods.

Discussion
Participants described three interrelated categories that contributed to feeling supported: managing expectations, emotional support, and practical support. The practical support described by participants clearly reflects support as outlined in the principles of IPS. The concepts of emotional support and managing expectations however are not so evident in the existing IPS model. More explicit consideration of these factors may improve both the consumer experience and outcomes of IPS.

Conclusion
The findings of this study provide a new perspective on the concept of support in IPS supported employment which may inform practice in this field.

Presenter bio
Nicole Williams is a new-graduate occupational therapist working in Parkes, having completed her studies at the University of Newcastle last year. Today, she will be presenting her Honours research findings on mental health service users' perspectives and experiences of an IPS supported employment program.
What is "well-being" for young people with mental illness and how is it influenced by their occupations?

Presenter: Dr Anne Honey, Nicola Hancock and Franca Coniglio
Affiliations: University of Sydney
Contact email: anne.honey@sydney.edu.au

Background
As occupational therapists we know that meaningful occupations are critical to well-being, but well-being can be conceptualized in different ways. For young people with mental illness, reduced well-being is often seen as an inevitable consequence of the illness itself. Yet research suggests that this is not the case, and services adopting a recovery model seek to promote well-being even in the presence of ongoing mental illness. To do this effectively, we need to understand what constitutes well-being for young people with mental illness and how they see occupations as influencing their well-being.

Method
Twenty young people living with mental illness participated in one of five focus groups at which they discussed their conceptualizations of well-being and factors that promoted or hindered well-being. The focus group data were analysed using constant comparative analysis. Participants also completed a card sort in which they ranked the importance of potential contributors to well-being.

Outcomes
A number of critical factors or “building blocks” appeared together to constitute the essence of well-being, cutting across the diverse influencing factors. These were: sense of self; relationships; sense of the future; feelings and experiences; and agency. Unsurprisingly, participants reported that the occupations they engaged in were a critical contributor to each of these “building blocks”, and that their ability to participate in occupations both influenced and were influenced by the other contributors to well-being.

Conclusion
The research highlights the complex, multi-faceted and developmentally specific influence of young people’s occupations on their well-being in the context of mental illness.

Presenter bio
Dr Anne Honey is a Senior Lecturer in Occupational Therapy at the University of Sydney. Her research focuses on illuminating the perspectives of young people with mental illness and their families, with a particular emphasis on the interactions between mental illness, social context, family support and well-being. She will be discussing the findings from a study, funded by the Schizophrenia Fellowship, on young people’s perceptions of well-being.
Improving vocational outcomes for people with mental illness through Enhanced Intersectoral Links, service level changes and the Activity and Participation Questionnaire

Presenters: Lucy Chang and Dr Elisa Yule
Affiliations: Vocational Education, Training and Employment, Sydney Local Health District; School of Allied Health, Faculty of Health Sciences, Australian Catholic University
Contact email: Lucy.Chang@sswahs.nsw.gov.au

Background
In a survey on the vocational status of 3165 consumers, clinicians reported 55% of consumers were capable of open employment. Only 18.6% had worked in the past three months and only 7% were engaged with a Disability Employment Service (DES). This highlighted a gap in the identification of consumer vocational goals and the actions required to assist consumers. This project aimed to investigate the effectiveness of Enhanced Intersectoral Links (EIS), service level changes and the Activity and Participation Questionnaire (APQ6) in improving consumer vocational outcomes.

Method
In this project formal links were established between mental health services and DES providers including a standardised referral process, referral tracking system and joint vocational review meetings. Vocational champions were identified at each site and vocational implementation groups were established. The APQ6 was offered to all new community referrals and inpatients. The project was evaluated over 6 months.

Outcomes
The project led to clearer identification of consumers interested in work and swifter referral to DES providers. 63.3% of consumers achieved an open employment placement. The average duration of employment was 10.9 weeks. Clinician attitudes and expertise regarding vocational issues improved, and there was an increase in discussions about employment in clinical processes.

Conclusion
The project found that EIS, service level changes and the APQ6 were effective in achieving outcomes which compare favourably with outcomes being achieved by international supported employment programmes.

Presenter bios
Lucy Chang is an occupational therapist and is currently the Vocational Education, Training and Employment Coordinator for the Sydney Local Health District and Bankstown Mental Health Services. Elisa Yule is also an occupational therapist and is currently a Lecturer in Occupational Therapy at the Australian Catholic University. Today Lucy and Elisa will be presenting on a project they completed with the Sydney Local Health District and Bankstown Mental Health Services aimed at improving vocational outcomes for people with mental illness.
Workshop:

“AND THEY DANCED BY THE LIGHT OF THE MOON”: A journey into private practice using creative approaches to reflective practice

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Presenters: Jacqueline Bracey and Katie Woolcott
Affiliations: Mandorla Creative Therapy
Contact email: info@mandorlatherapy.com.au

Background
The journey into private practice can be a daunting one. As with all transitions in life, there are anxieties, frustrations and numerous challenges to overcome. The use of reflective practice is a crucial tool in assisting us in this journey, by providing deeper insights and understanding that shape our path, and support us along the way. The primary aim of this workshop is to discuss the passage from one career stage to another for the therapists at Mandorla Creative Therapy, and to provide a framework that may assist in supporting this process for others embarking on their own transition to a new life stage of their career.

Method
Reflective practice is the systematic process of noting our personal values, theories and experiences, and how this unique perspective underpins and affects our client work, in order to gain insight and continually improve. As therapists at Mandorla Creative Therapy we employed a heuristic approach to assist with our transition into private practice. We will share how we used art activities and reflections based on Edward Lear’s poem “The Owl and The Pussycat” to inform and guide our therapist’s journey. Participants will have the opportunity to experiment with narrative techniques during the workshop.

Discussion/Outcomes
The use of reflective practice was a powerful tool in guiding us as we embarked on our career direction change. In particular, the use of symbolism was a creative and innovative shortcut to achieving our goal of opening a private practice.

Conclusion
The use of reflective practice is identified as an important aspect of professional and personal development for therapists in various stages of their life/career. The same methods can be used to facilitate clients to process through life transitions.

Presenter bios
Jacki Bracey and Katie Woolcott are occupational therapists with a passion for creative therapy. After many years specialising in child and adolescent mental health, Jacki and Katie established their private practice in 2011. As directors of Mandorla Creative Therapy, they get to live their passion supporting clients of all ages to thrive and make changes in their lives. Jacki and Katie have undertaken extensive post graduate training and clinical supervision in creative therapy approaches to ensure they offer clients a high quality service tailored to the needs of each individual. They are presenting today on how they have used creative techniques in reflective practice.
Workshop:

How to have a lifelong practice in mental health private practice: the tips, tricks and pitfalls to avoid!

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Presenters: Dr Paul Phillips and Sharyn McGuire
Affiliations: Psychorationalist Institute
Contact email: p.phillips@psychorationalist.com

Background

In 2006 the Australian Federal Government introduced the better access to mental health (BAMH) program. This meant that Australian citizens could choose to attend a private mental health clinician and Medicare would provide a rebate. However, the original number of sessions available was reduced from a possible 18 down to now only 10. The review had been conducted and found that BAMH was effective for patients and the government. However, the sessions were still reduced to 10. Many clinicians find themselves asking “can I still have a private practice in mental health?” while new graduates ask “is it viable to be a private practitioner in mental health?”. This workshop will address some of the things which can be done to improve your chances of having your life long practice.

Method

Using a modified ethnographic technique the technics which assist and those that potentially harm private mental health practices will be explored. Two different practices were chosen, both of which had been run by clinicians who had been working in mental health before 2006.

Discussion

The three great mistakes of setting up a private practice will be explored. Avoiding these potential pitfalls will be discussed.

Conclusion

Attending this workshop will help new graduates avoid the painful and costly mistakes and help experienced clinicians consolidate their knowledge on how to expand their practice. Remember to have a lifelong practice you don’t have to live your whole life at your practice!
Conference Closing Session

Closing Address

Angela Lockwood
Occupational Therapist, Private Practitioner and Motivational Speaker

Angela Lockwood is a sought after motivational speaker, Occupational Therapist, and regular contributor to print and radio media. Working with small business owners to senior executives, she shows why racing through life is the enemy of growth and how being busy leaves people stuck and unfulfilled. People look towards Angela to help them move through plateaus in their energy and work flow through cutting through overwhelm and keeping things simple.
Living Well with Heart Failure: a role for Occupational Therapy in the management of chronic heart failure

Presenter: Pamela Maryse Arndt
Affiliations: St George Hospital, Kogarah

Other affiliations include:
- Glenn Paull (co-author), St George Hospital, Kogarah

Contact email: pamela.arndt@sesiahs.health.nsw.gov.au

Background
Multi disciplinary Heart Failure (HF) programs are recommended as standard care for Chronic Heart Failure (CHF) patients presenting with unique needs and physical symptoms of shortness of breath, fatigue, activity restriction and deteriorating cognitive function. Characterised by acute exacerbations and often poor quality of life, HF patients have an ongoing and dynamic requirement for support, evaluation and advice.

Method
To explore the views of HF patients regarding the content of Occupational Therapy education sessions a sample (n= 40) of adults who attended Occupational Therapy groups in a 12-week HF rehabilitation program completed a written survey about gaining new knowledge, levels of comfort sharing concerns in a group and the most and least useful information. Responses were analysed using descriptive statistics.

Discussion/Outcomes: Analysis of data revealed favourable evaluation of the Occupational Therapy sessions with 70% reporting gaining new knowledge. Only a minority (8%) expressed discomfort in speaking up in the group situation. Factors identified as most useful in meeting patient’s needs were: practical strategies (40%), social support (37%), information on the condition (13%), and understanding of fluctuating symptoms (13%). Information on sleep was identified as the least useful information provided.

Conclusion
CHF is a physical disease producing physical symptoms presenting challenges to clinicians when facilitating self management strategies. This presentation will focus on Occupational Therapy interventions for CHF management and discuss development of tailored lifestyle strategies to facilitate functional improvements and provide support to this vulnerable population.

Presenter bio
Maryse is a Level 6 Occupational Therapist who has a clinical specialist position in Cardiology and Cardiac Rehabilitation at St George Hospital Kogarah NSW. She has been responsible for the development of the occupational therapy role in this area and her special interests include promoting healthy lifestyle and self-management strategies with her cardiac clients to facilitate functional improvements. Maryse has presented on these topics at several state, national and international cardiac rehabilitation conferences.
The utility of tilt in space in seating systems

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Presenters: Olivia McVey and Martina Tierney
Affiliations: Seating Matters
Other affiliations include:
- J. Casey (co-author)
- O. Daly (co-author)
Contact email: research@seatingmatters.com

Background
Therapists increasingly recommend tilt-in-space (TIS) within wheelchair and seating prescriptions to prevent the development of pressure ulcers, manage pain, improve posture and increase comfort. This is an expensive feature within seating; and for many clinicians’ it is unclear what the evidence for its use is and what the optimum tilt angle should be. This research aims to identify the effectiveness of tilt-in-space within seating systems and to identify what the optimum angle should be. Delegates will have an overview of current research evidence within this area and its implications for clinical practice.

Method
Eight electronic databases were searched: ASSIA, BNI, CINAHL, EMBASE, ISI Web of Science Conference Proceedings, Medline, OTDBase and PubMed; using the keywords tilt-in-space, back recline, seating, pressure ulcer, and pressure sores. These databases were searched for relevant articles written in English between 2000 and end of June 2011.

Discussion/Outcomes
Results suggest TIS for effective pressure management should have a tilt of at least 30 degrees although it is difficult to specify the optimum degree or duration of tilt. Clinicians need to be explicit on reasons for prescribing TIS as this will influence the angle of tilt to be used for the chair occupant.

Conclusions
Seating users report compromising between using TIS for comfort, the reduced manoeuvrability and increased size of the seating system. Clinicians need to include education in the use of TIS for users; and to consider the impact of TIS on ease of use, transportation and manoeuvrability of the chair.

Presenter bios
Martina Tierney has been an occupational therapist for over 30 years and in that time has worked expensively in the field of seating, postural management and pressure care. As Clinical Director at Seating Matters, Martina oversees the Clinical Team working on research, education and clinical trials. Through these key areas, she aims to continually improve the knowledge available to therapists regarding seating and pressure care. Today she will share the results of a large two year clinical trial examining specialised seating within the long term care environment for those with significant seating needs.

Olivia McVey graduated from the University of Ulster with a first class honors degree in Occupational Therapy. She has worked on a number of research projects in her specialist interest area of seating,
posture and pressure management. She has disseminated a number of research projects at national and international conferences and presents the certified course “Seating Matters: Seating and Postural Management Training” which is endorsed by the College of Occupational Therapists. Today she will share the results of a large two year clinical trial examining specialised seating within the long term care environment for those with significant seating needs.
Identifying key knowledge areas for Home Modifications: a new graduate perspective

Presenters: Sandra Lightfoot-Collins and Cherith Skinner
Affiliations: Macarthur Home Modifications
Contact email: Cherith.Skinner@sswahs.nsw.gov.au

Background
Recent graduates have skills across a variety of clinical areas. This paper explores the requirements for new graduates in the specific area of environmental modifications. It will identify core competencies, practical skill attributes and clinical reasoning required for a specialist position. Once these areas were identified, strategies were developed to achieve outcomes in these key knowledge areas.

Method
To ensure that the new graduate was successful in obtaining the core competencies required within environmental modifications Supervisors worked closely with the new graduate therapists, identifying key competencies and skills, and identified areas of strength and those requiring further development.

Following review of the Competencies for Environmental Modification (OTNSW 2004) and The Australian Minimum Competency Standards for New graduate Occupational Therapists (ACSOT) 2010 a programme was developed.

This was achieved through structured supervisory and mentoring sessions that allowed for both clinical reasoning, administrative and clinical skill (practical) acquisition.

Discussion/Outcomes
The following areas were identified as key components for one to work successfully as an occupational therapist within environmental modifications:

- Generalist skills of assessment, clinical reasoning, client centred practice, communication, problem solving
- Ability to assess the built environment and present this diagrammatical through drawing to scale and developing enhanced Computer skills (to work on programs such as Microsoft Visio, Sketchup etc.)
- Good and effective communication skills relating to building design and modification to establish rapport and clearly represent proposed modifications.
- Ability to incorporate anthropometrics assessment and habitual movements of a client into a holistic assessment of the client and the environment in which they reside.
- Have advanced knowledge of legal and ethical requirements for design.
- Establish enhanced clinical reasoning.
Stepping On: the experience of the Prince of Wales Hospital in developing a sustainable referral pathway for older fallers

Presenters: Megan Swann
Affiliations: Prince of Wales Hospital

Aim
To establish a sustainable model of care for older persons in the public hospital setting who have fallen, are at risk of, or are fearful of falling. To utilise current resources at Prince of Wales Hospital (POWH), establishing a seamless referral pathway to Stepping On1 from the Falls, Balance and Bone Health Clinic (FBBHC), Aged Services Emergency Team, inpatient wards, and primary/community health teams. To encourage commitment to lifelong strength and balance exercise for those at risk of falls

Methods
Commencement of the geriatrician-led, multidisciplinary FBBHC was accompanied by the need for an evidence-based falls prevention program for older persons deemed at risk. Motivated Aged Care clinical staff set-up Stepping On, integrating classes into existing clinical load and dedicating out of hours time to administration. A maintenance physiotherapy exercise group was established for graduates of Stepping On. Ongoing support from management and strong commitment from senior clinical staff enabled the development of an effective model of care for falls risk minimisation, building vital links between POWH and the community. Utilisation of MOH funding cemented Stepping On as core business.

Results
Between February 2011- October 2013, 280 patients completed Stepping On at POWH. Patients were referred from; ED, FBBHC, inpatient wards, community health, and general practitioners. All patients were offered a twelve-week maintenance exercise program.

Conclusion
Stepping On was established at POWH in 2006, and over 70 groups have been completed since its commencement. Development of Stepping On as core business for POWH has enabled evidence-based falls prevention to be central to the care provided for older residents of eastern Sydney. Our experiences can assist other local health districts to develop similar models of care. Further plans for the expansion of the program will be discussed.

References

Presenter bio
Megan has worked as an occupational therapist for almost 30 years. Together with Prof Lindy Clemson, she developed and implemented the Stepping On program and wrote the manual Stepping On: building confidence and reducing falls (also published by Sydney University Press, 2008). Megan has run over 100 Stepping On programs in Sydney and Newcastle. She is currently an occupational therapist at the Prince of Wales Hospital NSW where she has been facilitating Stepping On programs and training other staff to embed the program in their work practice.
The Cognitive Orientation to daily Occupational Performance (CO-OP) approach improved motor performance and goal achievement in a 9-year-old child with mild autism

Presenter: Kate Perkins
Affiliations: Early Links
Contact email: kate.earlylinks@gmail.com
Developing Occupational Therapy in new roles: Working with elite and recreational athletes

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Presenters: Jaclyn Peile and Cally Smith
Affiliations: Early Links
Contact email: jacky@earlylinks.com.au

Background
Occupational Therapy has not traditionally been engaged with elite or recreational athletes. Personally, as an elite athlete, recovery from a significant injury was greatly enhanced using Occupational Therapy clinical experience, theory and knowledge of developmental neuroscience. From this situation the core activation and postural stability program was used to facilitate a return to elite sport and a continuation of training.

Method
A single subject, self-trial was combined with a literature review to develop a series of exercises to enhance foundation movement patterns. Collaboration with exercise scientists, and other health professionals provided an opportunity to share an Occupational Therapy perspective. As a working QI project the program was trialled with a squad of elite rowers, the screening was amended, an assessment developed and the program rewritten based on feedback.

Outcomes
Education and screening was completed with 30 people who have recorded positive changes in performance scores and subjective measures. Personal achievement following injury recovery included successful returning to national level competition, 4 month ahead of schedule. The development process confirmed that Occupational Therapy provides a valid approach to enhancing athlete movement and in promoting injury recovery. The process has developed a new area of practice for Occupational Therapy to contribute to.

Conclusion
Occupational Therapists should be encouraged to develop new areas of practice with non-traditional client groups based on available evidence, clinical experience and need in the community.

Presenter bio
Jacky Peile, Occupational Therapist & Owner of Early Links, has combined her passion for helping people achieve more day-to-day and her love of sport. Jacky wishes to motivate other Clinicians and students to combine their passion and skills to develop new and effective Occupational Therapy strategies to benefit the wider community. Since graduating, Jacky has worked in many areas of OT including, Paediatrics, Neurology, Rehabilitation, Trauma, Orthopaedics, Aged and Palliative Care, both in NSW Health and Private Practice.
Who needs occupational therapy anyway? The critical role of OT in residential aged care

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Presenters: Nuha Pallavi Shaik and Carolina Ocampos
Affiliations: Sir Moses Montefiore Jewish Home, Sydney

Other affiliations include:
- J. Wesson (co-author), Ageing Work and Health Research Unit, University of Sydney, Lidcombe
- M. Swann (co-author), Private Occupational Therapist Ba AppSc (OT), www.steppingon.com
- T. Clark (co-author), Sir Moses Montefiore Jewish Home, Sydney

Contact email: pshaik@montefiorehome.com.au

Background
A huge number of Australians live in residential aged care, and at least $12.9 billion was spent by the Australian, state and territory governments on aged care services in 2011-12: of those in residential aged care, 75% are 80 years or older, and nearly 50% require high care to manage behaviour (AIHW, 2013). Montefiore Home is one of Australia’s leading aged care providers with a proud history spanning more than 120 years, and a commitment to provide exceptional care for its residents. One full-time Occupational Therapy position was funded in 2004 to provide OT services for the 300+ residents at one facility. The team has evolved in 2013 to six full time positions working across four sites, with service delivery covering up to 800+ residents.

Discussion
This presentation will highlight the ever-expanding role of occupational therapy in aged care and dementia in residential care. Some of the obstacles encountered in the setting will be outlined. Challenges have included the size and mix of the caseload, developing and justifying the occupational therapist role within a setting where the profession may be seen as unnecessary or just an equipment delivery service. In a field where there is little evidence to support best practice across the full range of clinical services provided, an overview of occupational therapy at Montefiore will be provided and enablers will be highlighted. Resources and best practice tools will be discussed and the gaps identified. Finally, the world of opportunities presented by the residential care setting will be discussed with a particular emphasis on dementia and falls prevention, and other specialist roles, including the unique opportunities within our organization. Exciting directions for the future will be considered.

Presenter bios
Nuha Pallavi Shaik is an Occupational Therapist and completed a Bachelor of OT from Santosh College of Occupational Therapy India (affiliated to W.F.O.T.) and a Master of Health Science Occupational Therapy from Sydney University, Australia. Nuha Pallavi Shaik has been an occupational therapist for 11 years and has a strong passion for Aged Care. Her primary clinical experience is in Aged Care, and she is currently working as a Senior Occupational Therapist at Sir Moses Montefiore Jewish Home and has been trained in areas of Pressure area care, Falls prevention, Allen’s cognitive levels, and Palliative care. As an Occupational Therapist she has always believed strongly in continual learning and seeking to update current clinical practices through
ongoing evidence-based learning and professional development with multidisciplinary teams and holistic approaches.

Carolina Ocampo is an Occupational Therapist and completed her Licenciada en Terapia Ocupacional at the University Del Salvador, Argentina. Carolina Ocampo has been an occupational therapist for 12 years. Her primary clinical experience is in aged care and she is currently the OT Manager at Sir Moses Montefiore Jewish Home. Carolina has been trained in Allen's Cognitive Levels and as a "Stepping on" Program facilitator. She is passionate about aged care and improving her residents’ quality of life. Today Carolina will be presenting on the critical role of OT in residential aged care.
Initial outcomes of a small Group Physio/OT designed motor skills program (Bounce Back 4 Kids) for developmentally challenged primary school children: A case series

Presenter: Tahnee Westbury
Affiliations: Hopalong Occupational Therapy
Contact email: tahneew@hopalong.com.au

Introduction
2013 Australian education analysis indicate 1 in 5 kindergarten aged children are developmentally vulnerable, failing to achieve acceptable levels of motor, academic and social interaction. A small group program (BB4kids) was developed with the combined skills of an Occupational Therapist (OT) and Physiotherapist (PT), to progress motor and social confidence skills in 5-12 year olds considered motor developmentally challenged.

Methods
At the date of abstract submission, 33 children had been referred to the BB4Kids program by participating OT or PT, via referral from GP’s, Child Psychologists, allied health professionals or concerned parents. After initial assessment utilising the Bot2© (brief) combined with quality of life questionnaires, those children scoring under the 40% percentile against age adjusted norms were recommended to participate in the BB4kids program. The program is a small group progressed motor control program where motor demands, socialisation and motor confidence is developed in complexity over an 8 week period. All participants were re-assessed at the completion of the program again using the Bot2 (brief) assessment tool.

Results
An average improvement of 30 points in the Post BB4kids Bot 2 (brief) assessment was recorded. Some individuals achieved as high as 38-72 points improvement over a minimum of 3 months between pre and post Bot2 (brief) assessments. Individual case studies will be discussed.

Discussion
Such significant improvements in motor proficiency demonstrate the exciting potential of small group programs such as BB4Kids to utilize structured, yet playful group activities to build fundamental skills in developmentally vulnerable children. BB4Kids utilising the OT approach of task analysis of fine motor skills, supported by Physiotherapy motor planning, and skill acquisition in structured and progressed playful activities may be an effective alternative or progression to individual therapy. Future educational and health cost benefits may be achieved with such child friendly small group interventions which also aim to mold social skills and confidence in developmentally vulnerable children.

Presenter bio
Tahnee Westbury has been an occupational therapist for 10 years and the owner of Hopalong Occupational Therapy for Children for over 7 years. She has experience working in paediatrics in Sydney and London. Tahnee won Hurstville City Council's Business Person of the Year in 2013 as well as Health Business of the Year in 2012 and 2013. Tahnee’s e-poster is on the exciting results from the Bounce Back 4 Kids program: a motor skills program for primary aged children that she developed in conjunction with a specialist sports physiotherapist.