



Feb 5<sup>th</sup> - 12<sup>th</sup>

# CONFERENCE PROGRAM

2019

AUSTRALIAN COLLEGE OF SPORT AND EXERCISE PHYSICIANS

#ACSEP19

SEE YOU IN 2020  
FEB 5-9, CANBERRA, AUSTRALIA



Conference Managers  
Conference Solutions as agent for ACSEP



PO Box 238, Deakin West ACT 2600  
Telephone (02) 6285 3000  
Facsimile (02) 6285 3001  
Email ACSEP@con-sol.com

## TUESDAY, FEBRUARY 5, 2019

4:00 PM - 6:00 PM	Queenstown Room New Registrar Induction
6:30 PM - 7:30 PM	Reds Bar New Registrar Welcome

## WEDNESDAY, FEBRUARY 6, 2019

<b>8:45 AM</b>	Queenstown Room <b>Registrar Conference Day 1</b>
8:45 AM - 9:00 AM	Welcome Address
9:00 AM - 10:00 AM	Guest Speaker - Exercise Testing and Altitude Medicine - <i>Dr Mike Hamlin</i>
10:00 AM - 10:30 AM	Morning Tea
10:30 AM - 10:45 AM	Welcome from Chair of Training - <i>Dr David Bolzonello &amp; Dr Scott Burne</i>
10:45 AM - 12:00 PM	Second Year Presentations
12:00 PM - 1:00 PM	Lunch
1:00 PM - 2:00 PM	Second Year Presentations Continued
2:00 PM - 2:45 PM	Guest Speaker - Pain 101 <i>Dr Bruce Mitchell</i>
2:45 PM - 3:15 PM	Afternoon Tea
3:15 PM - 4:15 PM	Training Program Update <i>Dr Scott Burne, Jen Brown &amp; Kirsten Lowe-Jabornik</i>
4:15 PM - 4:45 PM	Guest Speaker - Tips for Travelling with Teams and Working at Sports Events - <i>Dr Mark Fulcher</i>
4:45 PM - 5:15 PM	Guest Speaker - Reflections on my Registrar Training - <i>Dr Sarah Beable</i>
5:15 PM - 6:15 PM	Registrar Annual Meeting ACSEP Registrars Only
6:15 PM - 7:00 PM	Reds Bar Registrar Welcome Drinks

## THURSDAY, FEBRUARY 7, 2019

<b>8:45 AM</b>	Queenstown Room <b>Registrar Conference Day 2</b>
8:45 AM - 9:00 AM	Welcome
9:00 AM - 9:30 AM	Guest Speaker - Better Mental Health - <i>Dr Adam Castricum</i>
9:30 AM - 9:45 AM	Registrar Survey Results - <i>Dr Lou Tulloh</i>
9:45 AM - 10:00 AM	Training Program - How to use new logbook - <i>Jen Brown</i>
10:00 AM - 10:30 AM	Morning Tea
10:30 AM - 12:00 PM	First Year Presentations
<b>12:00 PM - 5:00 PM</b>	Remarkables Room <b>ACSEP Board Meeting</b>

12:00 PM - 1:00 PM	Lunch
1:00 PM - 1:15 PM	Importance of conducting a Literature Review - <i>Kirsten Lowe-Jabornik</i>
1:15 PM - 1:45 PM	Guest Speaker - Medical Coverage of Endurance Events - <i>Dr Jon King</i>
<b>1:45 PM - 2:45 PM</b>	<b>Examination Workshop 1</b>
2:45 PM - 3:15 PM	Afternoon Tea
<b>3:15 PM - 4:15 PM</b>	<b>Examination Workshop 2</b>
4:15 PM - 4:30 PM	Guest Speaker - SEMSA - <i>Jack Cookson</i>
5:00 PM - 9:00 PM	Queenstown Gardens - Meet Rydges Lobby Pitsis Trophy - Frisbee Golf ACSEP Registrars only

## FRIDAY, FEBRUARY 8, 2019

	<b>ACSEP Scientific Conference Day 1</b>
	<b>Sport &amp; Activities Morning</b>
6:15 AM - 12:00 PM	Millbrook GC - Meet Rydges Lobby Golf Bus Departs 6am from Rydges Lobby
7:00 AM - 7:45 AM	Queenstown Room Training Supervisor Yearly Briefing
7:45 AM - 8:45 AM	Queenstown Room Training Practices - Meet and Greet
8:00 AM - 12:00 PM	Vertigo Bikes Mountain biking - bike fit 8am-9am
9:00 AM - 10:00 AM	Start/Finish outside Rydges ACSEP 5km Fun run
9:00 AM - 11:00 AM	Meet Rydges Lobby Tennis - Meet in hotel lobby at 9am
9:00 AM - 11:00 AM	Self led Hiking/Walking - Several choices
11:00 AM - 12:00 PM	Rydges Hotel Conference Registration
12:00 PM - 12:30 PM	Queenstown Room Powhiri/Cultural Welcome by Tangata Whenua (local Māori)
12:30 PM - 1:15 PM	Lunch
<b>1:20 PM - 1:30 PM</b>	Coronet Room <b>Opening of ACSEP Scientific Conference -</b> <i>Dr Adam Castricum</i>
<b>1:30 PM - 2:30 PM</b>	<b>Session 1</b>
<b>1:30 PM - 2:30 PM</b>	Coronet Room <b>Vince Higgins Lecture</b> Individual differences in the response to an exercise training dose: contributions of the genome. - <i>Prof Claude Bouchard</i>
2:30 PM - 2:45 PM	Afternoon Tea
<b>2:45 PM - 4:15 PM</b>	<b>Session 2</b>
	Queenstown Room <b>Stream 1 - Professional Standards</b>
2:45 PM - 4:00 PM	Presentations and Panel Discussion - Bullying and Harassment, Sexual Misconduct, Supervisor Responsibilities team coverage, Informed Consent, What patients value, What GPs value, dealing with the media and keeping yourself safe. - <i>Dr Michael Jamieson and Dr Sam King</i>

	Coronet Room <b>Stream 2 - Registrar Presentation</b>
2:45 PM - 3:00 PM	15 min Decreased neuroplasticity in older burn injury survivors compared to non-injured older adults - <i>Dr Casey White</i>
3:00 PM - 3:15 PM	15 min Professional athletes have poorer sleep quality and sleep hygiene compared to an age-matched cohort - <i>Dr Alyse Cameron</i>
3:15 PM - 3:30 PM	15 min The Accuracy of Patient Recall in the Athlete Population: A Study of Shoulder - <i>Dr Danielle Barwood</i>
3:30 PM - 3:45 PM	15 min How Much is too Much? Stress in Young Elite Athletes is precursor for illness and injuries - <i>Dr Yaso Kathiravel</i>
3:45 PM - 4:00 PM	15 min Intravenous fluids and their use in sport: A position statement from the Australian Institute of Sport - <i>Dr Sam Pomroy</i>
4:00 PM - 4:15 PM	15 min Follistatin and the Breast Implant Capsule - <i>Dr Brett Frenkiel</i>
	Remarkables Room <b>Stream 3 - Soft Tissue and Surgical Update</b>
2:45 PM - 3:15 PM	30 min Long-term outcome following surgical repair of acute and chronic proximal hamstring tears - <i>Dr David Wood</i>
3:15 PM - 3:30 PM	15min Functional and Sporting success of a novel surgical technique for treating hamstring bony avulsions - <i>Dr Rajiv Kaila</i>
3:30 PM - 3:45 PM	15 min Plantar Plate Rupture and Repair - <i>Dr John Negrine</i>
3:45 PM - 4:00 PM	15 min Unstable Syndesmosis. Tightrope vs Screw - <i>Dr Chris Thomas</i>
4:00 PM - 4:15 PM	15 min The effect of tranexamic acid on articular cartilage and its potential role for management of acute haemarthrosis - <i>Dr Anika Tiplady</i>
<b>4.15 PM - 4.45 PM</b>	Queenstown Room <b>Session 3</b>
	CPD Update - <i>Dr Ben Speedy</i>
<b>5.00 PM - 6.30 PM</b>	Queenstown Room <b>Session 4</b>
	<b>ACSEP Annual General Meeting</b>
<b>7:00 PM - 9:00 PM</b>	Reds Bar <b>Welcome Function</b>

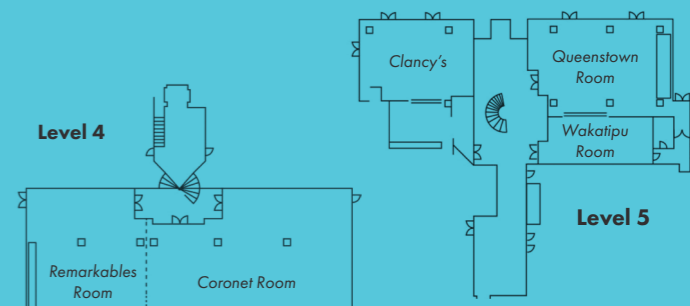


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## RYDGES CONFERENCE ROOMS



#ACSEP19

# SATURDAY, FEBRUARY 9, 2019

<b>7:00 AM</b>	<b>ACSEP Scientific Conference Day 2</b>
7:00 AM - 8:00 AM	Queenstown Room Women in SEM Breakfast
8:30 AM - 9:30 AM	<b>Session 5</b>
8:30 AM - 9:30 AM	Queenstown Room Keynote - Sudden Cardiac Death: Prevention and Competing Paradigms - <i>Dr Kim Harmon</i>
<b>9:30 AM - 10:30 AM</b>	<b>Session 6</b>
	Queenstown Room Stream 1 - Cardiac
9:30 AM - 9:45 AM	15 min ACSEP Position Statement on Pre- Participation Cardiac Evaluation in Young Athletes - <i>Dr Dan Exeter</i>
9:45 AM - 10:00 AM	15 min ACSEP ECG Interpretation Module - <i>Dr Di Robinson</i>
10:00 AM - 10:30 AM	30 min Implementing Cardiac Monitoring - <i>Dr Bruce Hamilton</i>
	Coronet Room Stream 2 - Moving Medicine
9:30 AM - 10:30 AM	60 mins The Launch of Moving Medicine in the UK - <i>Dr Hamish Reid</i>
10:30 AM - 11:00 AM	Morning Tea
<b>11:00 AM - 11:30 PM</b>	<b>Session 7</b>
	Queenstown Room Anti-Doping
11:00 AM - 11:30 AM	30min ASADA/DFSNZ Update - <i>Dr Sue White &amp; Prof David Gerrard</i>
<b>11:30 AM - 12:30 PM</b>	<b>Session 8</b>
	Queenstown Room Stream 1 - Gender Controversies in Sport
11:30 AM - 12:00 PM	30 min Controversy of hyperandrogenism - <i>Prof Alison Heather</i>
12:00 PM - 12:30 PM	30 min Gender Diversity in Sport - Where sport policy is up to? - <i>Dr Sue White</i>
	Coronet Room Stream 2 - Radiology
11:30 AM - 11:45 AM	15 min T2- Weighted MRI Value Assessment of Patello-Femoral Cartilage in a Population 12 Months Following Anterior Cruciate Ligament Reconstruction (ACLR) - <i>Dr Matt Chamberlain</i>
11:45 AM - 12:00 PM	15 min MRI Does Not Effectively Diagnose Ulnar Sided Wrist Pain In Elite Tennis Players - <i>Dr Tim Wood</i>
12:00 PM - 12:15 PM	15 min CA management of Lumbar spine stress fractures - <i>Dr Richard Saw</i>
12:15 PM - 12:30 PM	15 min Correlation of MRI and clinical testing in diagnosing calf musculotendinous and myofascial pathology in elite male Australian Rules Footballers - <i>Dr James Brennan</i>
12:30 PM - 1:30 PM	Lunch

<b>12:30 PM - 1:30 PM</b>	Coronet Room <b>ACC Presentation - NZ Delegates</b>
<b>1:00 PM - 1:30 PM</b>	Queenstown Room <b>MBS Review Q &amp; A – Australian Delegates</b>
<b>1:30 PM - 2:15 PM</b>	<b>Session 9</b>
1:30 PM - 2:15 PM	Queenstown Room Keynote -The impact of prevention program 11+ on injury rate and related costs in football, a role model for other team sports? - <i>Prof Jiri Dvorak</i>
<b>2:15 PM - 3:00 PM</b>	<b>Session 10</b>
	Queenstown Room Stream 1 - Concussion
2:15 PM - 2:45 PM	30 min Keynote - Banning Collision Sports: A step toward solving the concussion crisis? - <i>Dr Kim Harmon</i>
2:45 PM - 2:50 PM	5 min Concussion Position Statement - <i>Dr Adam Castricum</i>
2:50 PM - 3:05 PM	15 min Incidence of concussion and head impacts in Australian elite-level male and female cricketers after head impact protocol modifications - <i>Dr Thomas Hill</i>
	Coronet Room Stream 2 - Injury prevention
2:15 PM - 2:30 PM	15 min National Roll-out Injury Prevention - <i>Dr Mark Fulcher</i>
2:30 PM - 2:45 PM	15 min Can a short neuromuscular warm up before tackling improve shoulder joint position sense in rugby players? - <i>Dr Simon Baker</i>
2:45 PM - 3:00 PM	15 min Risk factors for 3,700 muscle strains occurring in 270,000 player matches of Australian Football - <i>Dr Mohammad Jomaa</i>
	Remarkables Room Stream 3 - The Digital Future of Medicine
2:15 PM - 2:30 PM	15 min Welcome Dr Google and the third era of medicine - <i>Dr Lou Tulloh</i>
2:30 PM - 2:45 PM	15 min The future of healthcare is consumer focussed. The role of doctors is shifting and we need to embrace digital technology before it leaves us behind - <i>Dr James Lawrence</i>
2:45 PM - 3:00 PM	15 min AI Radiology and future practices - <i>Dr Lance Lawler</i>
3:00 PM - 3:30 PM	Afternoon Tea
<b>3:30 PM - 5:00 PM</b>	<b>Session 11 Workshops</b>
	Queenstown Room Workshop 1 - Genetics of Obesity
3:30 PM - 4:15 PM	45 min What we have learned on the genetic predisposition to obesity - <i>Prof Claude Bouchard</i>
4:15 PM - 5:00 PM	45 min What we have learned on the genetic predisposition to obesity - <i>Prof Claude Bouchard</i>
	Coronet Room Workshop 2 - Gut Biome
3:30 PM - 4:15 PM	45 min Diet, feeding your gut microbes Infection, ways to prevent or treat - <i>Dr Lindsay Hall</i>
4:15 PM - 5:00 PM	45 min Diet, feeding your gut microbes Infection, ways to prevent or treat - <i>Dr Lindsay Hall</i>
	Remarkables Room Workshop 3 - Tendons

3:30 PM - 4:15 PM	45 min Tendon healing and repair - <i>Mr Bruce Twaddle</i>
	PRP - panacea or placebo? - <i>Dr Kim Harmon</i>
4:15 PM - 5:00 PM	45 min Tendon healing and repair - <i>Mr Bruce Twaddle</i>
	PRP - panacea or placebo? - <i>Dr Kim Harmon</i>
<b>6:00 PM</b>	Meet Hotel Lobby <b>Transport to Gala Dinner</b>
<b>7:00 PM - 11:00 PM</b>	AJ Hackett Bungy Function Centre <b>ACSEP Black Tie Gala Dinner</b>

# SUNDAY, FEBRUARY 10, 2019

	<b>ACSEP Scientific Conference Day 3</b>
<b>8:30 AM - 9:30 AM</b>	<b>Session 12</b>
8:30 AM - 9:30 AM	Queenstown Room Keynote - Gut Biohme - <i>Dr Lindsay Hall</i>
<b>9:30 AM - 11:00 AM</b>	<b>Session 13</b>
	Queenstown Room Stream 1 - Nutrition
9:30 AM - 10:00 AM	30 mins Changing times in nutrition science and public health - <i>Prof Grant Schofield</i>
10:00 AM - 10:15 AM	15 mins Demystifying cholesterol and lipoproteins - <i>Dr Paul Mason</i>
10:15 AM - 10:30 AM	15 mins Diet and inflammation - <i>Dr Peter Brukner</i>
10:30 AM - 10:45 AM	15 mins Do we really need fibre? - <i>Dr Paul Mason</i>
10:45 AM - 11:00 AM	15 mins Fats or carbs - which is the best fuel for performance - <i>Dr Peter Brukner</i>
	Coronet Room Stream 2 - Exercise is Medicine
9:30 AM - 10:00 AM	30 min Survival of the Fittest: Exercise therapy in clinical medicine - <i>Dr Roslyn Carbon</i>
10:00 AM - 10:15 AM	15 min Compliance with an exercise prescription program in patients with Inflammatory Bowel Disease in Dunedin, New Zealand - <i>Dr Hamish Osborne</i>
10:15 AM - 10:45 AM	30 min Geelong Health - <i>Dr Hugh Seward</i>
10:45 AM - 11:00 AM	15min Sri Lanka Physical Activity Guidelines - <i>Dr Laxman Edirisinghe</i>
<b>9:30 AM - 11:00 AM</b>	Remarkables Room Stream 3 - Ethics in SEM
9:30 AM - 9:35 AM	5 min Welcome from the Chair - <i>A/Prof Jane Fitzpatrick</i>
9:35 AM - 9:45 AM	10 min As a Professional, are you ethical? - <i>Dr Simon Longstaff</i>
9:45 AM - 9:50 AM	5 min What was the College doing at an APEC meeting in Tokyo? - <i>Mr Adrian Cosenza</i>
9:50 AM - 10:00 AM	10 min What do we mean by ethical behaviour? - <i>A/Prof Jane Fitzpatrick</i>

10:00 AM - 10:45 AM	45 min Getting the best result: making ethically sound decisions in challenging sporting situations - an interactive workshop - <i>A/Prof Lynley Anderson and Dr Peter Burt</i>
10:45 AM - 11:00 AM	15 min How to get it right for the College from here - summary and conclusion - <i>A/Prof Lynley Anderson</i>
11:00 AM - 11:30 AM	Morning Tea
<b>11:30 AM - 1:30 PM</b>	<b>Session 14</b>
	Queenstown Room Stream 1 - Cultural Awareness
11:30 AM - 1:00 PM	90 mins Pasifika Medical Association Pasifika Health Disparities and General Health Issues in Pasifika Health. Family dynamics in Pacific health: How this affects the Sports Physician. - <i>Mrs Debbie Sorensen, Mr Willmason Jensen, Mrs Seini Jensen</i>
1:00 PM - 1:30 PM	30 mins Te Ora - Māori Medical Practitioners Association Māori Health - <i>Te Oraiti Reedy</i>
	Coronet Room Stream 2 - Injection Therapies
11:30 AM - 11:45 AM	15 min Association between objectively assessed physical activity measures and longitudinal knee structural damage - <i>Dr Hussain Khan</i>
11:45 AM - 12:00 PM	15 min Donor Mesenchymal Stem Cells for the Treatment of Osteoarthritis: Preliminary Results from a Phase 1 Clinical Trial - <i>Dr James Wickham</i>
12:00 PM - 12:15 PM	15 min Evaluation of intra-articular adipose derived mesenchymal stem cell therapy in the treatment of symptomatic knee osteoarthritis - a randomised controlled trial - <i>Dr Julien Freitag</i>
12:15 PM - 12:30 PM	15 min Leucocyte-rich Platelet-rich Plasma (LR-PRP) treatment of gluteal tendinopathy : A double blind Randomised Controlled Trial with 2 year follow up - <i>Dr Jane Fitzpatrick</i>
12:30 PM - 1:00 PM	30 min Clinical applications of perineural injection therapy for myofascial pain and musculoskeletal overuse injuries - <i>Dr Stephan Praet</i>
1:00 PM - 1:15 PM	15 min Does peripheral Nerve Hydrodissection of the superior and middle Cluneal nerves relieve chronic pain in the buttock and leg? A quality assurance study - <i>Dr Jeni Saunders</i>
1:30 PM - 2:30 PM	Lunch
<b>2:30 PM</b>	<b>ACSEP Scientific Conference Close</b>
3:00 PM - 6:00 PM	Clancy's Room Beginner MSK USS Workshop

# MONDAY, FEBRUARY 11, 2019

8:00 AM - 6:00 PM	Clancy's Room MSK US Course
8:00 AM - 6:00 PM	Queenstown Room MOST Course

# TUESDAY, FEBRUARY 12, 2019

8:00 AM - 12:30 PM	Clancy's Room MSK USS Course
8:00 AM - 12:30 PM	Queenstown Room MOST Course