



Rural Health and Research Congress

Connecting Communities
16-18 OCTOBER 2019 • LISMORE, NSW



DAY ONE: Wednesday, 16 October 2019

From 12.00pm	CONGRESS REGISTRATIONS OPEN LISMORE WORKERS CLUB, LEVEL ONE, AUDITORIUM FOYER, 231 KEEN STREET				
1.00pm – 1.45pm	MASTER OF CEREMONIES <i>Tod Adams, Health Education and Training Institute</i>				
	WELCOME TO COUNTRY <i>Aunty Irene Harrington, Bundjalung Elder</i>				
	WELCOME ON BEHALF OF NNSW LHD <i>Wayne Jones, Chief Executive, Northern NSW Local Health District</i>				
	OPENING ADDRESS <i>Adjunct Professor Annette Solman, Chief Executive, Health Education and Training Institute</i>				
1.45pm – 2.30pm	KEYNOTE: FINDING MY VOICE AS A SINGER, SPEAKER AND HEALTH ADVOCATE <i>Luke Escombe, Consumer and Creator</i>				
2.30pm – 3.00pm	AFTERNOON TEA TRADE DISPLAYS AND POSTER EXHIBITION				
3.00pm – 4.00pm	CONCURRENT SESSION ONE				
		Determinants of Health	Productive Partnerships	Our Rural Workforce	Creativity - Out of the Box
3.00pm – 3.15pm	Seeing the Whole Person: Addressing the Link Between Social Determinants and Health <i>Jenny Caspersonn, Manager, Chronic Care Network, Agency for Clinical Innovation</i>	Patients' Knowledge of the Types, Risk Factors and Measures to Prevent Healthcare-Acquired Infections in Rural Health Settings in Australia <i>Jannine Bailey, Senior Lecturer, Rural Health and Research, Western Sydney University</i>	Non-Traditional Roles in Allied Health: An Under-Explored Opportunity to Meet Rural Client Needs and Expand Rural Career Pathways <i>Susan Nancarrow, Professor of Health Sciences, Southern Cross University</i>	Going Mobile: Tresillian 2U – The Early Years Parenting Service <i>Deborah Stockton, Operational Nurse Manager – Regional, Tresillian</i>	60-minutes Linking Primordial, Primary and Secondary Prevention of Rheumatic Heart Disease in Rural Areas <i>Ellen Donnan, NSW Rheumatic Heart Disease Program Manager, Health Protection NSW</i>

3.20pm – 3.35pm	<p>Care Navigation: Supporting Consumers to Access the Right Services at the Right Time</p> <p><i>Catherine Eggett, Project Officer, Hunter New England Central Coast Primary Health Network</i></p>	<p>Healthier Oils Program: Pooling Knowledge for Sustainable Changes in Food Supply</p> <p><i>Penny Milson, Regional Health Promotion Coordinator, National Heart Foundation</i></p>	<p>A Rural, Long-Stay and Blended Placement Model for Dietitian Students Provides Enhanced Work-Readiness and Benefits the Health of Rural Communities Compared to Traditional Placement Models</p> <p><i>Narelle Greenlees, Placement Educator, University Centre for Rural Health, Lismore</i></p>	<p>Cross Sectional Analysis of Depression Amongst Australian Rural Business Owners Following Cyclone-Related Flooding</p> <p><i>Keersten Fitzgerald, Medical Student, Western Sydney University</i></p>
3.40pm – 3.55pm	<p>What Factors do Restricted Weight-Bearing Patients Believe Affect their Health Journey in the Rural Setting?</p> <p><i>Ellen McMaster, Physiotherapist, Murrumbidgee LHD</i></p>	<p>Health from the Grassroots: Community Driving Health System Improvements</p> <p><i>Veronica Matthews, Research Fellow, University Centre for Rural Health, Lismore</i></p>	<p>Connecting Communities Better with Ward Based Pharmacy Technician Model Roll out in South East Regional Hospital</p> <p><i>Amelia Withers, Clinical Pharmacist, South East Regional Hospital, Southern NSW LHD</i></p>	<p>Improving Health Resilience in Frequent Users of the Canadian Emergency Health System</p> <p><i>Krista Cockrell, Research Officer, Western Sydney University</i></p>
4.00pm – 4.30pm	<p>KEYNOTE: BE THE VOICE OF CHANGE FOR ABORIGINAL AND TORRES STRAIT ISLANDER HEALTH</p> <p><i>Danielle Dries, Indigenous Allied Health Australia Board Director, GP Registrar with Australian College of Rural and Remote Medicine</i></p>			
4.30pm – 5.00pm	<p>KEYNOTE: MARANGUKA JUSTICE REINVEST PROJECT</p> <p><i>Alistair Ferguson, Director and Founder, Maranguka Community Hub</i></p>			
5.00pm – 5.05pm	<p>SUMMATION OF DAY ONE</p> <p><i>Tod Adams, Health Education and Training Institute</i></p>			
5.15pm – 6.45pm	<p>8th RURAL HEALTH AND RESEARCH CONGRESS, WELCOME RECEPTION</p> <p>VENUE: Lismore City Hall, 1 Bounty St, Lismore NSW</p> <p>DRESS CODE: Smart Casual</p>			

DAY TWO: Thursday, 17 October 2019

7.15am – 8.15am	<p>EMERGING RESEARCH – LIGHT BREAKFAST</p> <p>ROOM FIVE AND SIX, LEVEL ONE, LISMORE WORKERS CLUB, 231 KEEN STREET</p> <p><i>More information available on the Congress website, please confirm your attendance when registering</i></p>
From 8.00am	<p>CONGRESS REGISTRATIONS OPEN</p> <p>LISMORE WORKERS CLUB, LEVEL ONE, AUDITORIUM FOYER, 231 KEEN STREET</p>
8.30am – 8.35am	<p>WELCOME, OPENING OF DAY TWO</p> <p><i>Tod Adams, Health Education and Training Institute</i></p>

8.35am- 9.25am	KEYNOTE: TOWARDS INTEGRATED COMMUNITY CARE: IMPROVING HEALTH AND WELLBEING THROUGH STRENGTHENING COMMUNITIES <i>Prof. Nick Goodwin, Director, Central Coast Research Institute (CCRI)</i>				
9.25am – 10.00am	KEYNOTE: FIXING THE AUSTRALIAN HEALTH SYSTEM – CAN RESEARCH HELP? <i>Prof. Kathy Eagar, Director, Australian Health Services Research Institute (AHSRI)</i>				
10.00am – 10.35am	KEYNOTE: FUTURE OF BIOBANKING RESEARCH TODAY: CONNECTING RESEARCHERS AND BIOSPECIMENS ACROSS NSW AND BEYOND <i>Associate Professor Murray Killingsworth, Founding Director, NSW Brain Clot Bank Principal Hospital Scientist at South Western Sydney Pathology Service</i>				
10.35am – 11.10am	MORNING TEA TRADE DISPLAYS, POSTER EXHIBITION AND CONVO CORNER				
11.10am – 12.25pm	CONCURRENT SESSION TWO				
	Our Rural Workforce	Productive Partnerships	Futureproofing Rural Health	The Rural Experience	Workshop
11.10am – 11.25am	Trialling a Whole-of-Person Approach for Improving Retention of Rural-Based Health Professionals <i>Catherine Cosgrave, Research Fellow, University of Melbourne</i>	Miracle Babies: Nurturing Connections in a Rural Context <i>Marisa Barnes, Psychologist, Hunter New England LHD</i>	Impact of Electronic Medical Management Systems (EMMS) in Regional and Remote NSW <i>Melissa Godwin, Junior Medical Officer and EMMS Program Coordinator, Murrumbidgee LHD</i>	The Tyranny of Distance can be Overcome with Collaboration and Authentic Engagement <i>Rachel Peake, Stroke Care Coordinator, Hunter New England LHD</i>	75-minutes: Working Together in Research <i>Richard Cheney, Executive Director, Allied Health and Innovation WNSW LHD</i> <i>Lauren Weller, Manager, NSW Rural Health and Research Alliance</i>
11.30am – 11.45am	Resilience in Rural General Practitioners: “You Either Crumbled or You Adapted” <i>Christopher Wilson, Resident Medical Officer/GP Registrar, Wagga Wagga Base Hospital, Murrumbidgee LHD</i>	Bubs & Bumps: The Creation of a Mums’ Support Group <i>Therese McCarthy, Midwife, Aboriginal Maternal and Infant Health Service, Quirindi, Hunter New England LHD</i>	Decentralising Allied Health Specialities: Providing Hand Therapy in a Rural Community <i>Katie Street, Occupational Therapist, Armidale Rural Referral Hospital, Hunter New England LHD</i>	Flooding, Mental Health and Equity: Lessons for Building Resilience Within a Rural Community <i>Veronica Matthews, Research Fellow, University Centre for Rural Health, Lismore</i>	
11.50am – 12.05pm	Who Wins When Multidisciplinary Students Have Immersive Placements in Regional Areas: Students or Communities? <i>Robyn Fitzroy, Program Director, Multidisciplinary Health, University Centre for Rural Health, Lismore</i>	Time to Call Triple Zero? Building Partnerships to Raise Awareness of the Symptoms of Acute Myocardial Infarction in Aboriginal Communities <i>Sarah Edwards, A/Manager Project Management Office Partnerships, NSW Ambulance</i>	“Scan or Be Damned”: How to Future Proof Screening for Liver Cancer in a Regional Setting <i>Alexandra Wade, Clinical Nurse Consultant, Hastings Macleay Liver Clinic</i>	The Stockman's Plight: A Review of Horse-Related Injuries from a Regional NSW Hospital <i>Saksham Gupta, Doctor, Wagga Wagga Rural Referral Hospital, Murrumbidgee LHD</i>	

12.10pm – 12.25pm	<p>It's a Love/Hate Relationship: Physiotherapists and Their Encounters with People with Chronic Pain</p> <p><i>Shelley Barlow, Physiotherapist, Ballina Community Health, Northern NSW LHD</i></p>	<p>Together We Have: Integrated Aboriginal Chronic Care</p> <p><i>Marilyn Tolman, Clinical Nurse Consultant, Aboriginal Health, Northern NSW LHD</i></p>	<p>The Future of Allied Healthcare Delivery: eHealth for Children with Complex Needs in Rural Areas</p> <p><i>Suzanne Wright, PhD Candidate, School of Rural Medicine, Armidale</i></p>	<p>Novel Support Services for New Refugee Communities in Regional Areas</p> <p><i>Adele Evans, Medical Researcher, Murrumbidgee LHD</i></p>	
12.25pm – 1.30pm	LUNCH AND TRADE EXHIBITION TRADE DISPLAYS, POSTER EXHIBITION AND CONVO CORNER				
1.30pm – 2.30pm	KEYNOTE: THE POWER OF A CONVERSATION <i>Nic Marchesi and Lucas Patchett, Orange Sky</i>				
2.35pm – 3.30pm	POSTER PRESENTERS LIGHTNING TALKS AND DISCUSSIONS				
	Poster Presentation	Poster Presentation	Discussion	Discussion	Discussion
2.35pm – 2.40pm	<p>Partnering with Clinicians to Improve Care for People with Diabetes in Hospital: Tools and Resources that Cross Distances</p> <p><i>Marina Sarkis, Network Manager, Diabetes and Endocrine, Agency for Clinical Innovation</i></p>	<p>Education and Training for Integrated Care</p> <p><i>Frances Barraclough, Lecturer, Academic Coordinator Interdisciplinary Education, University Centre for Rural Health, Lismore</i></p>	<p>25-minutes:</p> <p>The Role of Rural Health Teams in Addressing Drought</p> <p><i>Chris Mitchell, RACGP Rural Council Member</i></p>	<p>25-minutes:</p> <p>Rural Health Partnerships</p> <p><i>Anne Galloway, Senior Mental Health Clinician, HealthWISE</i></p>	<p>25-minutes:</p> <p>Finding and Keeping Rural and Regional Talent</p> <p><i>Brian Shimadry, Director, Workforce Planning and Performance</i></p> <p><i>Alice Dunne, Senior Project Officer, Workforce Planning and Talent Development</i></p>
2.45pm – 2.50pm	<p>Working Together: Rural Implementation of the National Guideline for the Assessment and Diagnosis of Autism Spectrum Disorders</p> <p><i>Catherine Bourke, Social Worker, Mudgee Community Health Centre/ Masters Student, Faculty of Health Sciences, The University of Sydney</i></p>	<p>A Collaborative Project to Investigate Factors that Affect the Recruitment and Retention of New Graduate Nurses in Rural NSW</p> <p><i>Elyce Green, Lecturer in Rural Health, Three Rivers University Department of Rural Health, Charles Sturt University</i></p>			
2.55pm – 3.00pm	<p>The Hunter New England LHD Allied Health Rural Reliever Program</p> <p><i>Kate Lupton, Social Worker Rural Reliever, Hunter New England Health</i></p>	<p>Understanding the Factors Affecting Medical Student Performance in Rural and Metropolitan Campuses</p> <p><i>Linda Ferrington, Senior Lecturer, University of NSW</i></p>			

3.05pm – 3.10pm	Pregnant and Breastfeeding Mothers' Health Literacy and Information-Seeking Regarding Complementary Medicine Products <i>Larissa Barnes, PhD Candidate, University of Sydney School of Pharmacy, and University Centre for Rural Health, Lismore</i>	HealthWISE Aboriginal Health Access Programs: Primary Health Care & Integrated Team Care Services <i>Mary Porter, Health Access ITC Team Leader, HealthWISE Aboriginal Health Access Team</i>	25-minutes: Are we Virtually Connecting or Disconnecting Communities? <i>Sarah McBurney, Virtual Occupational Therapist Project Officer, Western NSW LHD</i>	25-minutes: Implementing Integrated Care Practices into the Curriculum for New Health Care Professionals <i>Frances Barraclough, Lecturer, Academic Coordinator Interdisciplinary Education, University Centre for Rural Health, Lismore</i>	25-minutes: Rural Health Pro <i>Dave Karlson, General Manager, NSW Rural Doctors Network</i> <i>Sarah Dowe, Regional Partnerships Manager, NSW Rural Doctors Network</i>
	Rural Interdisciplinary Learning to Enhance Team Care <i>Krista Cockrell, Research Officer, Bathurst Rural Clinical School, Western Sydney University</i>	Building a Social History in a Rural Context: Improving Medical Student Knowledge and Skills <i>Alice Henschke, Senior Lecturer, School of Rural Health, University of Sydney</i>			
	Barriers and Enablers in Staff Recruitment, Education and Cross-Skilling in the Rural Perioperative Setting <i>Nadine Quennell, Clinical Nurse Educator, Operating Theatre, South East Regional Hospital</i>	Continence Awareness for Diabetes Clients and Clinicians <i>Kathryn Glockemann, Continence Nurse Advisor, Bega Valley Health Service, Southern NSW LHD</i>			
3.30pm – 4.05pm	AFTERNOON TEA TRADE DISPLAYS, CONVO CONER AND AUTHORS AVAILABLE BY THEIR POSTERS				
4.05pm – 5.00pm	CONCURRENT SESSION THREE				
	Determinants of Health	Productive Partnerships	The Rural Experience	Creativity - Out of the Box	Workshop
4.05pm – 4.20pm	The Dughutti Muri Project: Improving Access to Rehabilitation Services for Aboriginal People with a Brain Injury <i>Craig Suosaari, Dughutti Muri Community Rehabilitation Clinician, Speech Pathologist, Mid North Coast Brain Injury Rehabilitation Service, Mid North Coast LHD</i>	Partnerships for Supporting People with Severe and Complex Mental Health Needs: A Primary Care Approach <i>Laurinne Campbell, Royal Flying Doctor Service, South Eastern Section</i>	How Does Living with Parkinson's Disease in Rural NSW Influence Participation in Physical Activity? <i>Jennifer Mannell, Physiotherapist, St Vincent's Community Health Service, Bathurst</i>	Closing the Gap: One Shirt at a Time <i>Darlene Saladine, Clinical Nurse Specialist, Armidale Rural Referral Hospital, Hunter New England LHD</i>	55-minutes: The Implementation of Standing Tall: An Unsupervised, Home Based Balance Exercise Program Gelifered Through a Tablet or Computer to Prevent Falls in Older Adults <i>Kim Delbaere, Principal Research Scientist, Neuroscience Research Australia</i>

4.25pm – 4.40pm	Further Developing Antenatal Care Services to Enhance Smoking Cessation Support to Pregnant Women <i>Jo Longman, Research Fellow, The University Centre for Rural Health, Lismore</i>	A Local Approach to Improving Health Service Access for People Living Homeless <i>Rohena Duncombe, Lecturer, Charles Sturt University</i>	<i>More information coming soon...</i>	Getting Creative to Help Build Family Resilience <i>Verity Ashover, Social Worker, Royal Far West</i>
4.45pm – 5.00pm	Programmatic Prevention of Rheumatic Heart Disease in NSW <i>Melanie Middleton, Rheumatic Heart Disease Coordinator, Health Protection NSW</i>	Exploring Consent: Enablers and Barriers in Midwifery Partnerships <i>Shannon Morris, Clinical Midwifery Consultant, Northern NSW LHD</i>	Patient Journeys in Terminal Neurodegenerative Illness in Regional and Remote Australia <i>Hannah Ryan, Medical Student and Researcher, Murrumbidgee LHD</i>	How Walkable are our Regional and Rural Towns for Older Australians? <i>Rachel Whitsed, Senior Lecturer, Charles Sturt University</i>
From 7.00pm	8th RURAL HEALTH AND RESEARCH CONGRESS DINNER VENUE: Lismore City Hall, 1 Bounty St, Lismore NSW THEME AND DRESS CODE: Colours of the Rainbow / Smart Casual			

DAY THREE: Friday, 18 October 2019

From 8.00am	CONGRESS REGISTRATIONS OPEN LISMORE WORKERS CLUB, LEVEL ONE, AUDITORIUM FOYER, 231 KEEN STREET				
8.50am – 8.55am	WELCOME, OPENING OF DAY THREE <i>Tod Adams, Health Education and Training Institute</i>				
8.55am – 9.25am	KEYNOTE: LAUGH YOUR WAY TO WELLNESS <i>Mandy Nolan, Stand-up Comedian and Humour Therapist</i>				
9.30am – 10.25am	CONCURRENT SESSION FOUR				
	Determinants of Health	Productive Partnerships	Our Rural Workforce	The Rural Experience	Workshop
9.30am – 9.45am	Arts-Based Compassion Focused Therapy for Aboriginal and Torres Strait Islander Clients: Painting our way to Self-Care <i>James Bennett-Levy, Professor of Mental Health and Psychological Wellbeing, University Centre for Rural Health, North Coast</i>	Insights into Student Assessment Outcomes in Rural Clinical Campuses <i>Boaz Shulruf, Professor Medical Education, University of NSW</i>	Medical Student Led Communication and Advocacy Training in Regional Secondary Schools <i>Hannah Ryan, Medical Student and Researcher, Murrumbidgee LHD</i>	Impact of State-Wide Stroke Services on Patients in Rural and Remote Areas <i>Kenneth Cho, Rural Medical Registrar, Murrumbidgee LHD</i>	55-minutes: Community-Wide Practice: Teaching Relationship Skills to Build the Emotional Intelligence and Resilience of Rural and Remote Families <i>Laura Abley, Social Worker, Royal Far West</i>

<p>9.50am – 10.05am</p>	<p>Health System Redesign for Isolated Populations</p> <p><i>Jocelyn Hickson, Manager, Norfolk Island Support Team, Improvement Hub, South Eastern Sydney LHD</i></p>	<p>Connecting Communities: The Community-Academic Partnership at the Heart of the Community Recovery After Flood Project</p> <p><i>Jo Longman, Research Fellow, The University Centre for Rural Health, Lismore</i></p>	<p>Doctors for Rural Education and Medicine: DREAM A Community Partnership Program Reconnecting Rural Doctors in Rural Communities</p> <p><i>Peter Curtis, Student, School of Rural Medicine, University of New England</i></p>	<p>Translating Cancer Exercise and Wellbeing Evidence into Clinical Practice: A Regional Pilot Study</p> <p><i>Clare Rourke, Physiotherapist, Manning Hospital, Hunter New England LHD</i></p>	
<p>10.10am – 10.25am</p>	<p>Transitional Lunchboxes: A Cross Sectional Study of Energy Dense Nutrient Poor Food Items in the Lunchboxes of Kindergarten and Year Six Students in Northern NSW</p> <p><i>Elsa Mangan, Health Promotion Officer, Health Promotion, Northern NSW LHD</i></p>	<p>Community Partnerships in Action; The Narrabri Dementia Friendly Community Project Story</p> <p><i>Anne Williams, Integrated Care Manager, Narrabri Dementia Friendly Steering Committee</i></p>	<p>Postgraduate Emergency Medicine Education for Rural Generalists: Addressing a Local Educational and Workforce Gap</p> <p><i>Bridget Honan, Emergency Physician, Wagga Wagga Base Hospital, Murrumbidgee LHD</i></p>	<p>Living Well in Young with Chronic Obstructive Pulmonary Disease (COPD)</p> <p><i>Annie Williams, A/Director of Strategy and Planning, Murrumbidgee LHD</i></p>	
<p>10.25am – 10.45am</p>	<p>MORNING TEA TRADE DISPLAYS AND POSTER EXHIBITION</p>				
<p>10.45am – 12.15pm</p>	<p>PANEL: FUTURE PROOFING RURAL HEALTH IN THE CLIMATE CRISIS: WHAT ARE WE LEARNING ABOUT INEQUITY? <i>University Centre for Rural Health, Lismore</i></p>				
<p>12.15pm- 12.45pm</p>	<p>PRESENTATIONS <i>Congress Poster Awards Announced</i> <i>Maggie Crowley, Executive Director, Research and Rural and Remote Portfolios, HETI</i></p> <p><i>ACI Rural Health Innovation Awards for Concurrent Presentations Announced</i> <i>Jenny Preece, Rural Health Network Manager, Agency for Clinical Innovation</i></p> <p><i>NSW RHRA Aware for Rural Research for Concurrent Presentations Announced</i> <i>Lauren Weller, Manager NSW Rural Health Research Alliance</i></p>				
<p>12.45pm – 1.00pm</p>	<p>SUMMATION <i>Tod Adams, Health Education and Training Institute</i></p>				
<p>1.00pm</p>	<p>8th RURAL HEALTH AND RESEARCH CONGRESS CLOSE</p>				