



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	<u>KEYNOTE: FINDING MY VOICE AS A SINGER, SPEAKER AND HEALTH ADVOCATE</u> <i>Luke Escombe, Consumer and Creator</i>				
2.30pm – 3.00pm	AFTERNOON TEA TRADE DISPLAYS AND POSTER EXHIBITION				
3.00pm – 3.55pm	CONCURRENT SESSION ONE				
	Determinants of Health	Productive Partnerships	Our Rural Workforce	Creativity - Out of the Box	Workshop
Facilitators	Kerith Duncanson	Lauren Weller	David Schmidt	Rae Rafferty	
Room Allocations	Room Five	Room Six	Room Seven	Room Eight	Room One
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>Tegan Dutton, Research Officer, Bathurst Rural Clinical School, School of Medicine</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>Monica Carlon, Nurse Unit Manager, Tresillian Coffs Harbour and Tresillian 2U Services</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, Local Landcare Coordinator, Tamworth Regional Landcare Association</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 a 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 <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 <i>Fiona Allison, Cairns Institute, JCU, and Jumbunna, Institute for Indigenous Education and Research, UTS</i></p>				
5.00pm – 5.05pm	<p>SUMMATION OF DAY ONE <i>Tod Adams, Health Education and Training Institute</i></p>				
5.15pm – 6.45pm	<p>8th RURAL HEALTH AND RESEARCH CONGRESS, WELCOME RECEPTION VENUE: Lismore City Hall, 1 Bounty St, Lismore NSW DRESS CODE: Smart Casual</p>				

DAY TWO: Thursday, 17 October 2019

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

8.35am- 9.25am	<u>KEYNOTE: TOWARDS INTEGRATED COMMUNITY CARE: IMPROVING HEALTH AND WELLBEING THROUGH STRENGTHENING COMMUNITIES</u> <i>Professor Nick Goodwin, Director, Central Coast Research Institute (CCRI)</i>				
9.25am – 10.00am	<u>KEYNOTE: STRENGTHENING THE AUSTRALIAN HEALTH CARE SYSTEM – CAN RESEARCH HELP?</u> <i>Professor Kathy Eagar, Director, Australian Health Services Research Institute (AHSRI)</i>				
10.00am – 10.35am	<u>KEYNOTE: FUTURE OF BIOBANKING RESEARCH TODAY: CONNECTING RESEARCHERS AND BIOSPECIMENS ACROSS NSW AND BEYOND</u> <i>Associate Professor Murray Killingsworth, Founding Director, NSW Brain Clot Bank, Principal Hospital Scientist, 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				
	Productive Partnerships	Our Rural Workforce	Futureproofing Rural Health	The Rural Experience	Workshop
Facilitators	Brenda Holt	Catherine Helps	Georgina Luscombe	Jo Longman	
Room Allocations	Room Five	Room Six	Room Seven	Room Eight	Room One
11.10am – 11.25am	<u>Miracle Babies: Nurturing Connections in a Rural Context</u> <i>Marisa Barnes, Psychologist, Hunter New England LHD</i>	Trialling a Whole-of-Person Approach for Improving Retention of Rural-Based Health Professionals <i>Catherine Cosgrave, Research Fellow, University of Melbourne</i>	<u>A Collaborative Project to Investigate Factors that Affect the Recruitment and Retention of New Graduate Nurses in Rural NSW</u> <i>Elyce Green, Lecturer in Rural Health, Three Rivers University Department of Rural Health, Charles Sturt University</i>	<u>The Tyranny of Distance can be Overcome with Collaboration and Authentic Engagement</u> <i>Rachel Peake, Stroke Care Coordinator, Hunter New England LHD</i>	75-minutes: <u>Working Together in Research</u> <i>Lauren Weller, Manager, NSW Rural Health and Research Alliance</i>
11.30am – 11.45am	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>	<u>Resilience in Rural General Practitioners: "You Either Crumbled or You Adapted"</u> <i>Christopher Wilson, Resident Medical Officer/GP Registrar, Wagga Wagga Base Hospital, Murrumbidgee LHD</i>	<u>Decentralising Allied Health Specialities: Providing Hand Therapy in a Rural Community</u> <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	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>	<u>Who Wins When Multidisciplinary Students have Immersive Placements in Regional Areas: Students or Communities?</u> <i>Robyn Fitzroy, Program Director, Multidisciplinary Health, University Centre for Rural Health, Lismore</i>	<u>"Scan or Be Damned": How to Future Proof Screening for Liver Cancer in a Regional Setting</u> <i>Alexandra Wade, Clinical Nurse Consultant, Hastings Macleay Liver Clinic</i>	<u>The Stockman's Plight: A Review of Horse-Related Injuries from a Regional NSW Hospital</u> <i>Saksham Gupta, Doctor, Wagga Wagga Rural Referral Hospital, Murrumbidgee LHD</i>	

12.10pm – 12.25pm	Together We Have: Integrated Aboriginal Chronic Care Marilyn Tolman, Clinical Nurse Consultant, Aboriginal Health, Northern NSW LHD	It's a Love/Hate Relationship: Physiotherapists and Their Encounters with People with Chronic Pain Shelley Barlow, Physiotherapist, Ballina Community Health, Northern NSW LHD	The Future of Allied Healthcare Delivery: eHealth for Children with Complex Needs in Rural Areas Suzanne Wright, PhD Candidate, School of Rural Medicine, Armidale	Novel Support Services for New Refugee Communities in Regional Areas Adele Evans, Medical Researcher, Murrumbidgee LHD	
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 Nic Marchesi and Lucas Patchett, Orange Sky				
2.35pm – 3.30pm	POSTER PRESENTERS LIGHTNING TALKS AND DISCUSSIONS				
	Stream 1: Poster Presentations	Stream 2: Poster Presentations	Stream 3: Discussions	Stream 4: Discussions	Stream 5: Discussions
Facilitators	Megan Passey	Shannon Morris	Patricia Long	Veronica McCabe	Craig Shields
Room Allocations	Room Five	Room Six	Room Seven	Room Eight	Room One
2.35pm – 2.40pm	Partnering with Clinicians to Improve Care for People with Diabetes in Hospital: Tools and Resources that Cross Distances Marina Sarkis, Network Manager, Diabetes and Endocrine, Agency for Clinical Innovation	Education and Training for Integrated Care Frances Barraclough, Lecturer, Academic Coordinator Interdisciplinary Education, University Centre for Rural Health, Lismore	25-minutes: The Role of Rural Health Teams in Addressing Drought Chris Mitchell, RACGP Rural Council Member	25-minutes: Productive Partnerships: Protectionism vs Shared Goals Anne Galloway, Senior Mental Health Clinician, HealthWISE	25-minutes: Finding and Keeping Rural and Regional Talent Brian Shimadry, Director, Workforce Planning and Performance Alice Dunne, Senior Project Officer, Workforce Planning and Talent Development
2.45pm – 2.50pm	Working Together: Rural Implementation of the National Guideline for the Assessment and Diagnosis of Autism Spectrum Disorders Catherine Bourke, Social Worker, Mudgee Community Health Centre/ Masters Student, Faculty of Health Sciences, The University of Sydney	Australian Women's Health Literacy and Complex Decision-Making to use Complementary Medicines in Pregnancy and Lactation – a Qualitative Investigation Larisa Barnes, PhD Candidate, University of Sydney School of Pharmacy, and University Centre for Rural Health, Lismore			
2.55pm – 3.00pm	The Hunter New England LHD Allied Health Rural Reliever Program Kate Lupton, Social Worker Rural Reliever, Hunter New England LHD	Understanding the Factors Affecting Medical Student Performance in Rural and Metropolitan Campuses Linda Ferrington, Senior Lecturer, University of NSW			

3.05pm – 3.10pm	Pregnant and Breastfeeding Mothers' Health Literacy and Information-Seeking Regarding Complementary Medicine Products <i>Larisa 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>
3.15pm – 3.20pm	Exploring the Association Between Private Health Insurance and Coronary Artery Disease Burden in Regional Australia using Computed Tomography Coronary Angiography <i>Timothy Bemand, Junior Medical Officer, Wagga Base Hospital, Murrumbidgee LHD</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>			
3.25pm – 3.30pm	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 CORNER AND AUTHORS AVAILABLE BY THEIR POSTERS					
4.05pm – 5.00pm	CONCURRENT SESSION THREE				
	Creativity - Out of the Box	Productive Partnerships	The Rural Experience	Determinants of Health	Workshop
Facilitators	Christina Aggar	David Schmidt	David Lyle	Alexandre Stephens	
Room Allocations	Room Five	Room Six	Room Seven	Room Eight	Room One
4.05pm – 4.20pm	Closing the Gap: One Shirt at a Time <i>Darlene Saladine, Clinical Nurse Specialist, Armidale Rural Referral Hospital, Hunter New England LHD</i>	North Coast Collective: Strong Partnerships, Shared Investment, Better Lives <i>Julie Sturgess, Chief Executive Officer, North Coast Primary Health Network</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>	The Dunghutti Muri Project: Improving Access to Rehabilitation Services for Aboriginal People with a Brain Injury <i>Craig Suosaari, Dunghutti Muri Community Rehabilitation Clinician, Speech Pathologist, Mid North Coast Brain Injury Rehabilitation Service</i>	55-minutes: The Implementation of <i>StandingTall</i> : An Unsupervised, Home Based Balance Exercise Program Delivered Through a Tablet or Computer to Prevent Falls in Older Adults <i>Kim Delbaere, Principal Research Scientist,</i>

4.25pm – 4.40pm	Getting Creative to Help Build Family Resilience <i>Verity Ashover, Social Worker, Royal Far West</i>	A Local Approach to Improving Health Service Access for People Living Homeless <i>Rohena Duncombe, Lecturer, Charles Sturt University</i>	Partners in Health: Building a Community Engagement Framework <i>Gerald May, Community Engagement Manager, Northern NSW LHD</i>	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>	<i>Neuroscience Research Australia</i>
4.45pm – 5.00pm	How Walkable are our Regional and Rural Towns for Older Australians? <i>Ana Horta, Senior Lecturer, Charles Sturt University</i>	Exploring Consent: Enablers and Barriers in Midwifery Partnerships <i>Shannon Morris, Clinical Midwifery Consultant, Northern NSW LHD</i>	A Value Based Healthcare Approach to Improving Outcomes for Children with Bronchiolitis <i>Gary Disher, Manager Strategy and Reform, NSW Ministry of Health</i>	Programmatic Prevention of Rheumatic Heart Disease in NSW <i>Melanie Middleton, Rheumatic Heart Disease Coordinator, Health Protection NSW</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
Facilitators	Kat Blake	Tony Lower	Brenda Holt	Eric Sambaiew	
Room Allocations	Room Five	Room Six	Room Seven	Room Eight	Room One
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>

9.50am – 10.05am	Health System Redesign for Isolated Populations <i>Jocelyn Hickson, Manager, Norfolk Island Support Team, Improvement Hub, South Eastern Sydney LHD</i>	<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>	Doctors for Rural Education and Medicine: DREAM A Community Partnership Program Reconnecting Rural Doctors in Rural Communities <i>Peter Curtis, Student, School of Rural Medicine, University of New England</i>	Rural Interdisciplinary Learning to Enhance Team Care <i>Krista Cockrell, Research Officer, Bathurst Rural Clinical School, Western Sydney University</i>	
10.10am – 10.25am	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 <i>Elsa Mangan, Health Promotion Officer, Health Promotion, Northern NSW LHD</i>	<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>	Postgraduate Emergency Medicine Education for Rural Generalists: Addressing a Local Educational and Workforce Gap <i>Michael Davoren, Emergency Staff Specialist, Wagga Wagga Base Hospital, Murrumbidgee LHD</i>	Living Well in Young with Chronic Obstructive Pulmonary Disease (COPD) <i>Annie Williams, A/Director of Strategy and Planning, Murrumbidgee LHD</i>	
10.25am – 10.45am	MORNING TEA TRADE DISPLAYS AND POSTER EXHIBITION				
10.45am – 12.15pm	PANEL: FUTURE PROOFING RURAL HEALTH IN THE CLIMATE CRISIS <i>University Centre for Rural Health, Lismore</i>				
12.15pm- 12.45pm	PRESENTATIONS <i>Congress Poster Awards Announced</i> <i>Craig Shields, A/Executive Director, Rural and Remote Portfolio, HETI</i> <i>ACI Rural Health Innovation Awards for Concurrent Presentations Announced</i> <i>Sigrid Patterson, Program Manager, Clinical Monitoring, Agency for Clinical Innovation</i> <i>NSW Rural Health Research Alliance Award for Best Concurrent Research Presentation Announced</i> <i>Alex Stephens, Director of Research, Northern NSW Local Health District</i>				
12.45pm – 1.00pm	SUMMATION <i>Tod Adams, Health Education and Training Institute</i>				
1.00pm	8th RURAL HEALTH AND RESEARCH CONGRESS CLOSE				