



# Parkinson's Symposium for Allied Health & Nurses

+ HEALTH CLINICIANS DINNER

## DID YOU KNOW?

It is estimated that a minimum of

# 696

people live with Parkinson's disease in the New England/North West.



The symposium will bring together Australia's leading Parkinson's clinicians and academics to discuss recent discoveries and promising pathways for a better understanding and treatment of Parkinson's Disease and provide a platform for the exchange of ideas and cross discipline collaboration

Parkinson's disease is poorly understood. Many people associate the disease with an elderly relative or the odd celebrity on TV. The majority of the population understand it to be 'just the shakes'. The reality is much different

- Parkinson's is the second most common neurological disease in Australia after dementia.
- 38 Aussies are diagnosed with the disease every day.
- 20% of sufferers are under 50 years old and 10% are diagnosed before the age of 40.
- The number of people with Parkinson's has increased by 17% in the last six years with costs to the community increasing by over 48%.
- For comparison purposes, the prevalence of Parkinson's is greater than prostate, bowel and many other forms of cancer and the total number of Parkinson's sufferers is 4 times the number of people suffering with MS.

### Please join us for this fantastic day and evening of education & networking

- Education for Allied Health & Nurses, including Allied Health & Nursing Students
- Evening - Dinner & Entertainment for Specialists, GPs, Nurses, Allied Health & all Practice Staff are welcome

**Where:** Mercure Hotel, Scully Park, Kent St, Tamworth

**When:** Saturday 23rd July 2022

**Allied Health & Nurses Education:** 8.30am – 3.30pm, \$40 per person (\$60 if you attend both education & dinner) per person.

**Health Clinicians Dinner:** 6.30pm – 10.30pm (open to all Health Clinicians & their staff), \$40 per person.

**Keynote Speaker:** Dr Stephen Duma (Neurologist) & Clyde Campbell AM entertainment by local band "Splash Pool"

**RSVP:** Please visit <https://www.eventbrite.com.au/e/parkinsons-symposium-plus-health-clinicians-dinner-tickets-346965502157> to register

Do you need travel and accommodation to attend? You may be eligible for a Health Workforce Scholarship. For details see [NSW Rural Doctors Network Health Workforce Scholarship Program.](#)



## SATURDAY 23RD JULY 2022

TIME	CLINICIANS PROGRAM	PRESENTER
8.30am	<b>REGISTRATION</b>	
9.00am	Welcome, Housekeeping	MC, Anna Moulder
9.15am	Acknowledgment of Country	First Nations Elder – Len Waters
9.30am	<b>Parkinson's 101:</b> Enhance your understanding of Parkinson Disease with an overview of symptomology, treatments and daily challenges for people living with PD.	Evelyn Collins
10.00am	<b>Developing an integrated, person centred care model in aged care: Implications from the 45 and Up Study:</b> explore data from the epidemiological 45 and Up Study and how, using person practice, we can improve quality of care and quality of life for people with Parkinson's in aged care settings.	Marguerite Bramble
10.30am	<b>MORNING TEA</b>	
11.00 am	<b>Parkinson's and the Practice Nurse:</b> Practice Nurses are likely to be the first contact with individuals and their families, on a background of a suspicion and/or diagnosis of Parkinson's disease. Practice Nurses can play a valuable role in understanding the nature of this progressive insidious neurodegenerative disease and recognising symptoms both motor and non-motor and providing strategies to assist them to maintain a good quality of life.	Rachael MacKinnon
11.30 am	<b>Living Well at Home with Parkinson's Disease:</b> The role of Occupational Therapy in helping people with Parkinson's Disease to maintain independence with daily activities and reduce the risk of falls in and around the home.	Genevieve Zelma
12.00 am	<b>Saving Voices – Experiences with Speak OUT! And Loud Crowd therapies:</b> Colleen will describe a five-year introduction of Parkinson Voice Project therapies in varied settings across NSW, outlining the evidence behind these therapies along with a range of service delivery and funding options – including access to low or no cost tele-therapies. An overview of emerging treatments in management of voice and swallow in PD, including wearable technologies will be presented.	Colleen Kerr

## SATURDAY 23RD JULY 2022

TIME	CLINICIANS PROGRAM	PRESENTER
12.30 pm	<b>It takes a team: Multidisciplinary care:</b> It is widely evidenced that effective care of patients with Parkinson's disease should involve a multidisciplinary team of health professionals. Andrew and Jo, discuss how to optimise multidisciplinary care.	Jo Lavelle and Andrew Mahony
1.00 pm	<b>LUNCH</b>	
1.45 pm	<b>Get Moving and Shaking!</b> For people with Parkinson's disease, exercise is not only healthy, but a vital component to maintaining balance, mobility and daily living activities, along with a potential neuroprotective effect. Kathleen will guide you through PD safe exercises and programs that are proven to slow the progression of the disease	Kathleen Voon
2.15 pm	<b>Physiotherapy for Parkinson's disease:</b> the what, why and how: Physiotherapy is as important as medicine for people with Parkinson's. This talk will give an overview of what physiotherapy for Parkinson's is, why it works and tips for how to provide a sustainable physiotherapy program.	Dr Natalie Allen
2.45 pm	Case Study with Panel Discussion	Presenters and Clyde Campbell OM
3.30 pm	<b>EVALUATION &amp; CLOSE</b>	
5.45pm	<b>REGISTRATION &amp; PRE-DINNER DRINKS</b>	
6.30pm	<b>Parkinson's Disease and its Management:</b> Whilst enjoying a sit-down meal, Movement Disorder Specialist, Dr Duma will present on diagnosis, disease symptomology, management, and therapies	Dr Stephen Duma.
7.30pm	<b>DESSERT</b>	
7.50pm	<b>Parkinson's Research and Living with the Disease:</b> Clyde was diagnosed at the age of 44 with Parkinson's disease and will share his journey of living with Parkinson's, and what led him to start The Shake It Up Australia Foundation. Clyde will introduce the audience to research that have been funded here in Australia and the progress that is being made worldwide to prevent, slow and stop disease progression, while ultimately leading us to a cure.	Clyde Campbell AM CEO of Shake it Up
8.30pm	Evaluation & Close formal section of the evening	PHN
8.35pm	Dance! Local band Splash Pool	
11.00 pm	<b>FINISH</b>	

## BIO'S

### Anna Moulder

The PHN is delighted to have ABC NSW Drive host and Tamworth local Anna Moulder as Master of Ceremonies for the Symposium and Health Clinicians Dinner. Anna is an accomplished presenter and has a passion for living regionally. Anna is an advocate for a strong and equitable health care system for people who live rural and regionally.



### Evelyn Collins

Evelyn is a Clinical Nurse Consultant and Parkinson's Disease Co-Ordinator at the Neurology Department, John Hunter Hospital, and has held this position for over 20 years. During this time, Evelyn has witnessed significant change in management of this patient group, and advance in treatment of Parkinson's disease.



### Marguerite Bramble

Associate Professor Marguerite Bramble is a senior nurse academic at Charles Sturt University in the School of Nursing, Paramedicine and Health Services. Her area of focus has been in aged care for the past 18 years and she is currently President of the Australian Association of Gerontology. Since 2017 she has co-led a multi-stage research project commissioned by Parkinson's NSW focused on improving nursing services for people with Parkinson's disease.



### Natalie Allen

Associate Professor Natalie Allen is an academic in Physiotherapy at The University of Sydney. Natalie's research focuses on exercise interventions aimed at helping people with Parkinson's disease to live well by optimising their movement and managing their pain. She has published over 35 journal articles and book chapters and her work has been presented at national and international conferences and symposiums. Natalie is a member of the Education Advisory Committee for Parkinson's NSW, teaches neurological physiotherapy and has experience as the Course Director of Sydney University's Master of Physiotherapy program.



### Clyde Campbell OM

Clyde is the founder of Shake It Up Australia Foundation and has an entrepreneurial spirit and a vision for the future. Clyde decided not to sit back and wait for the rest of the world to find a cure for Parkinson's but to join the action. In 2011 he launched Shake It Up Australia Foundation with one mission – to increase awareness and funding in Australia targeted at finding better treatments and ultimately a cure for Parkinson's.



### Genevieve Zelma

Master of Occupational Therapy (Syd); Grad Cert of Public Health (UTS); B.Science (Psych) (Syd). Genevieve is a Sydney based Occupational Therapist with over twenty years experience working in a wide range of clinical settings, including acute hospital care, in-patient and out-patient rehabilitation, community rehabilitation, and Aged Care Assessment Teams. Since 2014, Genevieve has combined her clinical experience with the research sector, working as a clinician and research assistant with Neuroscience Research Australia (NeuRA,); The University of Sydney and Macquarie University, providing occupational therapy intervention. In 2017 she began working as the Occupational Therapist with the Integrate Trial - A Tailored and Multifactorial Program for Safe Mobility in People with Parkinson's Disease. Genevieve is also a current member of the Parkinson's NSW Education Advisory Committee.



### Rachael Mackinnon

Masters Nursing (Neuroscience), NVRN-BC, BA (Bachelor of Arts), Cert IV Training and Assessment.

Rachael Mackinnon is the Clinical Lead at Parkinson's NSW, Rachael trained at Royal North Shore and completed her Master of Clinical Nursing (Neuroscience) in 2016. She has had more than 30 years of nursing experience across clinical nurse education, neurology, urology and ophthalmology. Rachael Has spent the last 3 years managing approximately 400 body movement clients and their carers through all stages of their Parkinson's disease, and continues to be a keen facilitator of Telehealth between metropolitan neurologists and regional patients. Rachael is a member of the Australian Neurological Nurses Association Movement Disorder Chapter, and the Movement Disorder Society – both ANZ and International chapters.



## Dr Stephen Duma

BEng(Elect;Hons) MBiomedEng MBBS  
PhD FRACP

Dr Duma is a consultant Neurologist and Clinical Lecturer for UNSW and lectures for the Master of Medicine program.

Dr Duma is a member of Royal Australasian College of Physicians (RACP), Australian and New Zealand Association of Neurologists (ANZAN), American Academy of Neurology (AAN), International Parkinson's Disease and Movement Disorders Society (IPMDS), Movement Disorders Society of Australia and New Zealand (MDSANZ) and others. In addition to General Neurology, Dr Duma has subspecialty interests in **Parkinson's disease and other Movement Disorders** (including tremor and dystonia), headaches, and the use of **botulinum toxin** for the treatment of these and other neurological conditions.



## Colleen Kerr

has worked as a Speech Pathologist for more than thirty-five years with extensive experience in adult communication and swallowing disorders in acute, rehabilitation and community settings.

Her interests include Traumatic Brain Injury, Stroke, Parkinson's Disease and Voice Disorders. Colleen has been certified in a range of voice therapy programs and in 2018 became one of the first Australian providers of Parkinson Voice Project therapies in Australia. Colleen works closely with Parkinson's NSW in developing online resources and speaking to people newly diagnosed with PD. She has been active in driving support through NDIS for people with PD through her clinical work and media liaison.

Colleen has been Director of Optimal Speech Pathology for twenty years and is driven to integrate research findings into clinical practice.



## Jo Lavelle

Bachelor of Nursing (University of Newcastle). Graduate Certificate in Diabetes Education (Deakin University). Completion of ACN Parkinsons Care 299. Jo is the Movement Disorder Nurse employed by Rural Fit Tamworth and has been a Registered Nurse for 23 years. Prior to her current appointment Jo has worked in many disciplines of nursing including Community Aged Care, General Practice, Chronic Disease Management, Diabetes Education, Coronary Care and High Dependency. As her career has progressed, the focus has become one of holistic care for individuals as they age. She takes pride in caring for the people involved while maintaining a high clinical standard. Jo currently manages Rural Fits Movement Disorder Nurse Pilot Program which is proving successful with delivering support and assistance for those living with Parkinson's in the New England and North West.



## Andrew Mahony

Andrew is an Exercise Physiologist and Director at Rural Fit Tamworth. After studying at the University of Sydney and working with the NSW Police as a Crime Scene Investigator and CRS Australia as a Rehabilitation Consultant, in 2011 Rural Fit was born. The Rural Fit team is proud to have won the NSW Business Chamber Award for Excellence in Small Business, industry award ESSA National Practice of the Year. Andrew's passion is to get up every morning to give people a greater freedom of movement and being.



## Kathleen Voon

Kathleen is a passionate Exercise Physiologist who is driven by patient focused care. Kath Strives to form strong relationships with her patients. The trust patients have for Kath is evident in the way they allow her to push them to get the most out of the exercise treatment prescribed.

