

**2009 SMA-SA STATE CONFERENCE
(Changed Date and Venue)**

**VENUE: NEXT GENERATION - Memorial Drive, Nth Adelaide
DATE: Sunday 15th March 2009**

SUNDAY 15th March 2009

Time	Topic	Speaker	Speaker Discipline	Learning outcomes
8.45	Registration, Coffee			
9.10	Conference Opening <i>President</i>	Mr. David Spurrier	Physiotherapist	
9.15 9.35 (20 min)	<i>"Henry Kneebone Lecture"</i> <u>Working as a Team</u> - Part 1 - each speaker to outline their role within the sports medicine team - how they communicate with each other - how they communicate with team management - any areas, ideas where they feel improvement or changes could be made	Dr. Mark Fisher	General Practitioner Sports Doctor	- to increase GP's knowledge of their role and responsibilities within the sports medicine team - to increase GP's knowledge of the role and responsibilities of other health professionals within the sports medicine team - to improve the structure, function and communication of the multi disciplinary sports team
9.40 (20 min)		Ms. Kathy Chigwidden	Sports Physiotherapist	
10.00 (10 mins)	Questions and Answers	Panel Discussion Incl. Mr. David Spurrier		Panel Discussion to include Speakers, plus President as Chair to contribute from a Para Athlete Points of view.
10.15	<u>Morning Tea</u>			
10.30 (20 min)	<u>Computer Model for hamstring injury</u>	Dr. Geoffrey Verrall	Sports Physician	Demonstration of computer generated model for mechanism of hamstring injury.

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10.50 (20 min)	<p>Wound Management Co-ordinator Susan Stevens Practical Session – Incl. examples of products) Managing a Wound</p> <ul style="list-style-type: none"> - Changes over the last decade - Cleaning a wound. - Infection control. - When to give Medication - Tetanus injections? - A cycling wound - when is it a burn, and when do you refer. (Plastic Surgeon) - How many wounds get infected? - Products available - Different types of wound management - Including moist wound management - Stapling, Glue, Suturing, debriding - Blood Rule. Vaseline, 	Dr. Mark Fisher	General Practitioner Sports Doctor	<ul style="list-style-type: none"> - to demonstrate and update wound management techniques - to discuss how wounds are managed on the field including lacerations requiring suturing and abrasions. - after game care - discussion re tetanus prone wounds – are on field wounds tetanus prone? - Tetanus vaccination for team members - discussion regarding the blood rule
11.10 (15 mins)	Blister Management and wound management of the foot including the diabetic foot	Mr. Andrew Van Essen	Podiatric Surgeon	<ul style="list-style-type: none"> - to demonstrate and update wound management techniques
11.25 (10 min)	Managing a Wound from a Sports Trainers or First Aider incl. when to refer	Mrs. Susan Stevens	Sports Trainer Member of the Wound Society	
11.35 (15 min)	PANEL DISCUSSION Questions and Answers			

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11.50 (15 mins)	<u>Working with a Sporting Team</u>	Dr. Elizabeth Clisby	Sports Physician General Practitioner	To gain an understanding of all the responsibilities that you need to identify when working with a team To that you need to have when working with a team.
12.05	<u>LUNCH</u>			
12.45 (20 mins)	<u>Travelling with a Team</u> – “The challenge of regional, interstate and international Travel” Henry Kneebone Lecture Part 2 Chair - Sandy Kleinschmidt Key topics to be covered by speakers <ul style="list-style-type: none"> - how the speakers handle infectious illness eg URTI's and gastro illness - preparation needed prior to travel eg vaccination, prevention of DVT, indemnity cover, registration, travel insurance - coping with jet lag, long hours and sleep - their role with drug testing - issues of confidentiality - how do they set up the medical room while on tour - the medical kit – what do they carry. What do they consider the essentials to carry in the medical kit. Speakers to bring the kits they travel with to the session - backup help – do they have a backup plan if they need help eg if evacuation of an athlete or support staff is needed - special needs groups eg disabled athletes - their expectations of each other on tour – what they perceive is their role and responsibilities and their expectations of other sports medicine team members. How they communicate with each other and team management on tour. - difficult situations they have encountered - feedback on return home - their own personal experiences with the teams they have travelled with. 	Dr. Mark Fisher	General Practitioner Sports Doctor	<ul style="list-style-type: none"> - to increase the knowledge of GP's of the types medical problems that may be encountered when travelling with a team - preparation needed for a team prior to travel - To understand the Recommendations for Infectious Disease vaccinations in team sport e g Hepatitis - To understand the need to update / monitor Regular immunisations in team members : measles, mumps rubella, whooping cough, polio, tetanus, chicken pox, influenza
1.05 (15 mins)		Ms. Kathy Chigwidden	Sports Physiotherapist	
1.20 (15 mins)		Mr. David Spurrier	Sports Physiotherapist with special interest in disabled and para sports.	

1.35 (10 mins)	Drugs in Sport - Drugs in Sport - update on the WADA code for 2009. Practical advice for medical staff at the coal face. How to fill in the forms correctly and making sure your athletes have the proper paperwork completed and approvals for medication they may need	Dr. Brian Sando	Sports Physician, Chairman of the Australian Sports Anti-Doping Authority	
1.45 (15 mins)	Panel Discussion	All Speakers.		
2.00pm (45 mins)	Chair Amanda Bayer Preparation – warm up - cool down and recovery Recovery, Stretching	Ms. Amanda Bayer Ms. Kathy Chigwidden Mr. David Spurrier	Sports Physiotherapists	Demonstration and participation
2.45 (45 mins)	The role of taping Practical Taping - wrist, fingers, thumb & ankle	Ms. Amanda Bayer Ms. Kathy Chigwidden Mrs. Susan Stevens	Sports Physiotherapists Sports Trainer	
3.30 (10 mins)	Panel for both topics	All Speakers Mr. David Spurrier		
3.40	<u>DRINKS BREAK</u>			
3.45 (70mins)	<u>CPR certificate from Surf Lifesaving</u>	Mrs. Susan Stevens	Qualified Cert IV Workplace Trainer & Assessor, Registered Surf Life Saver CPR Instructor	- update CPR practical skills - update c-spine collar fitting - update scoop stretcher technique and transport off the field
4.55	Closing Remarks	Mr. David Spurrier		
5.00	<u>Conference Closed</u>			