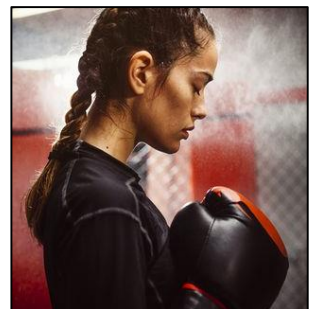
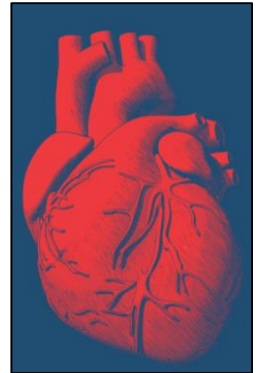




2019 UCRH Exercise Physiology Symposium

A continuing professional development education day specifically for
Accredited Exercise Physiologists.

- **When:** Friday September 6th, 2019
- **Time:** 8am – 4.30pm
- **Where:** University Centre for Rural Health
61 Uralba St Lismore
- **Key presentations (program details on pages following):**
 - ✓ Physical activity in psychosis treatment and prevention
 - ✓ Functional Electrical Stimulation for Neurological and Spinal cord Injury
 - ✓ Exercise Guidelines for the Post-Polio Population
 - ✓ Nutrition Care and Exercise in Heart Failure
 - ✓ An update on Practicum Placement
 - ✓ Boxing for Mental Health
 - ✓ Exercising the High Risk Foot
 - ✓ StandingTall: an mHealth program to reduce fall risk in older people
- **Who should attend?** Accredited Exercise Physiologists. Student clinicians also welcome.
- **Registrations absolutely essential!** Please register here <https://sydney.onestopsecure.com/onestopweb/UCRH19>
- **Cost:** Accredited Exercise Physiologists \$55; Student clinicians \$27.50.
The UCRH is heavily subsidising this Symposium – with thanks for all you do 😊
- **More information:** larisa.barnes@sydney.edu.au



ESSA points! ESSA has confirmed that ESSA members are eligible to claim
6.5 ESSA points for full attendance
at the 2019 UCRH Exercise Physiology Symposium.

Program – UCRH 2019 Exercise Physiology Symposium

Dr Oscar Lederman Physical activity in psychosis treatment and prevention

Psychosis is a mental illness which is associated with a range of physical health co-morbidities, largely due to unhealthy lifestyles. There is an emerging body of evidence suggesting physical activity and exercise can improve both physical and mental health outcomes in people living with psychosis. This course will provide a brief introduction to psychosis psychopathology, describe the current evidence around physical activity interventions for people living with psychosis, offer best-practice guidelines and practical implications when working with this population. This course will be presented by Dr Oscar Lederman, an AEP with extensive experience in the mental health sector, and in working with people living with psychosis.

Mr Sam Callen Mitchell Functional Electrical Stimulation for Neurological and Spinal Cord Injury

This presentation will cover specific outline of functional electrical stimulation parameters for use with neurological and spinal cord injury patients, evidence around outcomes and ways to implement into current therapy to achieve best outcomes.

Mr Paul Cavendish Exercise Guidelines for the Post-Polio Population

There were over 40,000 recorded cases of Poliomyelitis in just over a 20-year period in Australia. The late effects of polio and Post-Polio Syndrome require careful assessment, appropriate exercise prescription and close monitoring to ensure exercise interventions are effective. This presentation will explain the specific assessments and best-practice exercise prescription guidelines for aerobic and resistance training through supporting empirical evidence and clinical consensus of the Polio Australasian clinical advisory group. Gait analysis and a modified manual muscle testing protocol will also be highlighted within case scenarios to assist development of future exercise interventions. Participants will also receive a copy of a clinical resource manual for further reading.

A/Prof Ben Desbrow Nutrition Care and Exercise in Heart Failure

The presentation will cover identifying and assessing malnutrition in patients with heart failure. It will also highlight nutrition strategies to improve energy and maintain lean body mass within this clinical population.

Dr Luke Vecchio An update on Practicum Placement

This presentation will cover the recent updates to the ESSA 2019 Practicum Placement Guidelines, including information on the different placement requirements for Exercise Science and Exercise Physiology students, electronic logbooks and record of student engagement forms.

Program – UCRH 2019 Exercise Physiology Symposium

Dr Luke Vecchio Boxing for Mental Health

Anecdotally, boxing programs that target youth mental health claim, boxing programs reach out to the places that other sports and conventional therapy don't reach, by engaging with young people on their terms and recognises that frustration and aggression that is so often the hallmark of teenage years. Many Boxing for Fitness Programs claim, this type of exercise training can improve symptoms of anxiety and stress management, develop healthy coping skills, team building, teach a sense of belonging, build confidence, build self-control or self-awareness, build healthy social skills, ID source of anger/frustration & utilize training as a release, build healthy self-esteem, eliminate unhealthy sexual activities, and help establishing healthy independence. However, these claims have not been empirically tested in younger or older cohorts. Therefore, the aim of this presentation is to explore the purported benefits of boxing as an alternative to traditional exercise modalities for mental health. A case study on the use of boxing for Post-traumatic Stress in military veterans will be discussed. Also, specific recommendations on how AEPs can implement a boxing based exercise intervention will be outlined.

Ms Monique Monique Wilson-Stott Exercising the High Risk Foot

This presentation will cover management and exercise considerations for the High Risk Foot. We know that diabetic foot disease one of the top 10 causes of global disability, and people living with diabetes have overall a poorer quality of life than most. We will briefly look at the statistics for diabetes at a national and state level to see who we are dealing with and the outcomes for this population. The focus will then be on specific considerations when prescribing exercise for the High Risk Foot including the guidelines for managing physical activity in this population, the importance of offloading plantar pressures in neuropathic feet, identification of Charcot Neuroarthropathy, the importance of early diagnosis and immobilisation. Clinical cases will be reviewed and included in the presentation.

A/Prof Kim Delbaere StandingTall: an mHealth program to reduce fall risk in older people

Falls in older people are a growing public health issue worldwide, with 1 in 3 people aged 65 and over falling each year. Because of the pervasiveness and costs associated with falls and a diversity in the aging population, there is an increasing need for effective and self-managed fall prevention programs tailored to participants. The aim of this study was to determine the effectiveness of Standing Tall, a home-based exercise program using mobile technology, in preventing falls in community-dwelling older people. Findings from this large randomised controlled trial suggest that a home-based, unsupervised balance exercise program using mobile technology is feasible in older people, has high adherence rates and improves of balance.