

WOMEN'S HEALTH THROUGH THE LIFE STAGES

**Continence Foundation of Australia
Queensland Branch Inc.
State Conference**



REGISTRATION BROCHURE

**Brisbane Convention and Exhibition
Centre**

March 9th 2018

South Bank



INVITATION TO ATTEND

The Continece Foundation Australia, Qld Branch Inc, is very pleased to invite you to participate in our 5th Annual State Conference. It is to be held at the Brisbane Convention and Exhibition Centre at Brisbane's South Bank.

We are again in Brisbane and we hope to appeal to health professionals from Brisbane and the South East, Regional Queensland and northern NSW.

Our previous conferences have been very well supported by multi-disciplinary health professionals interested in continence. We anticipate a good number of health professionals will register for the 2018 conference.

I invite you to participate in a trade exhibition in support of the Conference.

Your company's participation will confirm your position as a major industry stakeholder and provide the opportunity to grow your business.

Women's health through the life stages

The dynamic program includes local and interstate speakers including Professor Hans Peter Dietz, Pelvic Floor Physiotherapist Natalie McConochie and Professor Leonie Callaway. Topics will include guidelines for safe exercise during pregnancy; managing bladders from a nursing perspective post-partum and post-operatively; managing OASIS; vulval skin care; levator avulsion and much more.

The Continece Foundation of Australia - Queensland Branch State Conference Organising Committee invite you to join us for this event and to stay for drinks and canapes afterwards.

We look forward to your organisations' involvement and contribution to the success of this state conference. A variety of Sponsorship Packages have been created for your consideration.

Please direct all enquiries to Ty Fleming – Conference Link on
tdf@conferencelink.com.au Phone: 07 3851 4298 / Fax 07 3851 1427

I look forward to seeing you March 9th at the BCEC , Brisbane.

Kind Regards

Allison Bryant

President
Continece Foundation of Australia – Queensland Branch

KEYNOTE SPEAKERS



Leonie Callaway

Professor Leonie Callaway is an Obstetric Physician, and is currently Interim Director of Research within Women's and Newborn Services at the Royal Brisbane and Women's Hospital. She is a Professor of Medicine at UQ, and leads the Obstetric Medicine Research Group within the UQCCR. She was previously Head of the Royal Brisbane Clinical School, and Deputy Dean of the School of Medicine. Her research has focussed on obesity, metabolism and diabetes in pregnancy. She has published in excess of 110 papers, and has been awarded over 9 million dollars in research funding. This year, the Obstetric Medicine Research Team at RBWH were awarded the Metro North 2017 Research Excellence Awards for Complex Health Challenges.



Hans Peter Dietz

Prof. Hans Peter Dietz is a urogynaecologist and has been Professor in Obstetrics & Gynaecology at the Sydney Medical School, University of Sydney since 2008. He is Editor of 'Ultrasound in Obstetrics and Gynaecology', active in a number of national and international scientific societies such as RANZCOG, IUGA and ISUOG and has published 289 peer-reviewed papers (H factor 63), and 14 book chapters, the vast majority relating to ultrasound imaging in Urogynaecology. He has been active in urogynaecological imaging research since 1986. Since 2002 he has organised over 50 imaging workshops at urogynaecological and imaging meetings.

His current research interests include imaging in urogynaecology, pregnancy and childbirth-related pelvic floor trauma, and the ethics of professional conduct, especially with respect to informed consent.



Peta Higgs

Dr Peta Higgs is a Urogynaecologist on the Sunshine Coast in Queensland in public and private practice. She is the current Chair of the Urogynaecology Subcommittee for the Royal Australian and New Zealand College of O&G.



Nat McConochie

Natalie McConochie is a physiotherapist with a special interest in women's health and paediatric physiotherapy. Nat graduated from the University of Sydney in 2003 & commenced working at Dubbo Base Hospital in 2004 in a variety of roles including outpatient services for musculoskeletal problems, & inpatient services in orthopaedics, respiratory, neurological & paediatric physiotherapy. In 2010 Nat was instrumental in setting up the Level 4 Women's Health & Paediatric position at Dubbo Base Hospital before joining the team at Macquarie Women's Health Dubbo in 2014. For 5 years now she has focused on pelvic floor issues and has been tutoring with the Women's Health Training Institute.

INVITED SPEAKERS



Amy Dawes

Amy Dawes is a mother of two, co-founder and executive director of the Australasian Birth Trauma Association.

Since her own traumatic birth experience in December 2013, she became passionate about raising awareness for pelvic floor dysfunction post childbirth.

Having both received and given vital peer support, Amy knows how crucial it is for mothers to be able to connect and share their experiences with real women brave enough to share their stories. Amy has understood the importance of also finding a team of trusted health professionals to ensure the best level of care surrounding mental and physical distress.

As a direct result of her journey, Amy co-founded the Australasian Birth Trauma Association (ABTA) along with Professor Dietz and Elizabeth Skinner. ABTA seeks to assist women through their own journey after a traumatic birth by providing them with the information, resources, and support required to manage their symptoms while raising a family, participating in the workforce and being active in their community.

Amy's vision is to break down the stigma attached to pelvic floor dysfunction or prolapse and empower women to feel comfortable speaking out in order to continue driving change for those women deeply affected by birth trauma.



Lori Forner

Lori completed her Bachelor's degree in Science at the University of Guelph in her home province of Ontario, Canada. Lori moved to Brisbane in 2004 where she completed her Graduate Entry Masters in Physiotherapy Studies. Lori has developed a deep clinical interest in helping patients who are suffering with persistent pelvic pain, as well as balancing pelvic floor dysfunctions within fitness and sport.

Lori is currently a MPhil/PhD candidate at the University of Queensland with Dr Michelle Smith, Dr Emma Beckman and Prof Paul Hodges. Lori provides articles and lectures for allied health professionals, and educates the community on pelvic health through her podcast, [The Pelvic Health Podcast](#).



Siona Hardy

Siona Hardy is a Senior Physiotherapist, Lecturer at UQ and Director of Clinical Operations at Active Rehabilitation Physiotherapy and the Mars Clinic in Queensland. Having graduated with a Bachelor of Physiotherapy (Honours) and Masters of Business Administration, she has been involved in the establishment of the Mars Clinic since its inception. The clinic provides state-of-the-art assessment and treatment to children and adolescents with bladder and bowel conditions. Siona works alongside a dedicated team who are involved in a range of research, professional education and community education projects. Siona and the Mars Clinic team were finalists in the 2017 National HESTA Primary Health Care awards.

INVITED SPEAKERS



Elaine Miller

Elaine Miller is a physiotherapist, comedian and recovered incontinent. In 2013 she wrote "Gusset Grippers" a comedy show about pelvic floors which won "Weirdest show of the Edinburgh Fringe".

Elaine has spoken at international conferences and festivals, on the radio and television. She has written for Evidently Cochrane, Urology Times, Mumsnet, Babycentre and has a clinic in Edinburgh. Her ambition is to examine whether humour can be an effective health promotion tool.



Neroli Ngenda

Dr Neroli Ngenda is a specialist Obstetrician and Gynaecologist. She graduated from the University of Queensland followed by training in Obstetrics and Gynaecology at the Royal Brisbane and Women's Hospital. Neroli has maintained a private obstetrics and gynaecology practice at Sunnybank Private Hospital since 2002. She is a senior gynaecologist at the Royal Brisbane and Women's Hospital involved in gynaecology and the Vulval Clinic, which she established.

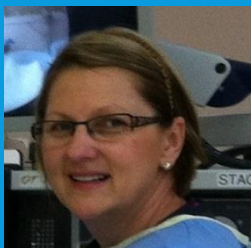
She is also a Clinical Lecturer with the University of Queensland teaching medical students at the Royal Brisbane and Women's Hospital. Dr Ngenda has a special interest in vulval disease and she is a member of the Australian and New Zealand Vulvovaginal Society.



Elizabeth M Skinner:

PhD candidate Sydney Medical School Nepean, The University of Sydney, supervisor Prof Hans Peter Dietz; Master of Health Science (Ed.); registered midwife & registered nurse with clinical expertise in neonatal intensive care & trauma nursing; university academic & lecturer; co-founder of Australasian Birth Trauma Association

INVITED SPEAKERS



Julie Westaway

Julie was a practising midwife, lactation consultant, and child and adolescent health nurse in both the acute and community sector for 18 years. This experience guided her special interest in continence and urogynaecology. Julie is currently the Nurse Practitioner Urogynaecology/Continenence at the Darling Downs Hospital and Health Service. She has developed nurse-led clinics in the management of pelvic organ prolapse, nurse cystoscopist training and intravesical therapies. Currently she is implementing bladder care programs in the midwifery unit.



Vivien Wong

Dr Vivien Wong is a urogynaecologist currently practising in Brisbane and the Gold Coast. As a consultant in Robina Hospital, she has also set up the perineal assessment clinic, where she provides objective assessment of patients following obstetric anal sphincter injury. She has a passion for pelvic floor ultrasound and is undertaking a PhD in the area of prolapse management.

WOMEN'S HEALTH THROUGH THE LIFESTAGES

PRESENTER

8.00 - 8.30	Registration desk opens	
8.30 - 8.40	Welcome Allison Bryant CFA President	Welcome to country
8.40 - 8.55	Women's Health – the importance of getting it right	Guest Speaker Elaine Miller Physio and comedian a video opening the conference.
8.55 - 9.15	Childhood and adolescence bladder and bowel issues- what does it mean for an adult?	Siona Hardy- Physiotherapist
9.15 - 9.35	Pregnancy: Exercise guidelines the latest evidence	Professor Leonie Callaway
9.35 - 9.55	Managing bladders from the nursing perspective (pregnancy/in birth suite/acute post-partum/post op)	Julie Westaway Nurse Practitioner
9.55 - 10.15	OASIS- implications treatment evidence	Dr Vivien Wong Urogynaecologist
10.15 - 10.45	MORNING TEA	TRADE
10.45 - 11.10	The elusive pelvic floor- getting a consensus on anatomy, innervation, ligamentous support – changes through the life-stages	Nat McConochie Physiotherapist
11.10 - 11.35	Recent evidence on exercise. Should women lift heavy weights after pregnancy and childbirth?	Lori Forner Physiotherapist
11.35 - 12.00	The vulva: skin conditions such as thrush, dermatitis, lichen sclerosis through the female life-stages	Dr Neroli Ngenda Gynaecologist
12.00 - 12.20	Hormones and the change of life- latest update and evidence	GP Speaker to be confirmed
12.20 - 12.30	House-keeping prior to lunch	
12.30 - 1.30	LUNCH	TRADE
1.30 - 1.50	Onward to the menopause: Effective OAB management to promote physical activity as women age.	Speaker to be advised
1.50 - 2.30	Diagnosing birth trauma: Levator avulsion	Dr Peter Dietz Urogynaecologist
2.30 - 2.50	Psychological and physical consequences of pelvic floor damage experienced by first time mothers after a traumatic vaginal delivery	Elizabeth Skinner Registered Nurse
2.50 - 3.05	First-hand experience of birth trauma	Amy Dawes Australasian Birth Trauma Association
3.05 - 3.25	AFTERNOON TEA	TRADE
3.25 - 3.50	Conservative management of levator avulsion (Pessaries, PFMT, lifestyle)	Nat McConochie Physiotherapist
3.50 - 4.10	Update on mesh- the national enquiry, law case- If not mesh then what?	Dr Peta Higgs Urogynaecologist
4.10 - 4.30	New surgery options for managing Levator Avulsion	Dr Peter Dietz Urogynaecologist
4.30 - 5.00	Panel Q and A style forum	Dr Peta Higgs, Dr Peter Dietz, Nat McConochie, Dr Vivien Wong, Amy Dawes, Elizabeth Skinner
5.00 - 6.00	NETWORKING FUNCTION	TRADE

GENERAL INFORMATION

VENUE: Boulevard Auditorium
Brisbane Convention and Exhibition Centre
Cnr Merivale & Glenelg Sts
South Brisbane Qld 4101 – Australia
T: +61 7 3308 3000

WIN FREE REGISTRATION

If you register and pay by **January 15th** you will go in the draw to win your registration fees back. (There will be a draw on the day of the State Conference and the winner will have their fees reimbursed)

REGISTRATION INFORMATION:

We endeavour to confirm registration within 48hours. Please allow 48hours if an email receipt is required and 5 days if a postal receipt is required. If you have not received confirmation within 5 days please contact the secretariat.

Our preferred method of confirmation of your registration is e-mail. Please ensure your email address is current. If email is not available, your confirmation will be posted.

Deadline for Early Bird Registration – **9th of February 2018**

ONLINE REGISTRATIONS:

<https://www.secureregistrations.com/CFA Qld 2018/>

NETWORKING DRINKS:

Drinks and canapés will be served after the close of the conference for all Sponsors, Exhibitors and Delegates. For catering purposes please indicate on the registration form if you will or will not be attending.

PAYMENT OF FEES:

Payment of fees must accompany all registrations and may be made by cheque or direct deposit. However, a faxed registration is accepted as a firm booking and payment must be made within 10 working days.

If 'Early Bird' is claimed and if payment is not received by the due date, the registration will convert to the normal fee.

GENERAL INFORMATION

INSURANCE:

Registration fees do not include insurance of any kind. Registrants and exhibitors are strongly advised that at the time you register for the conference and book your travel (if applicable) you arrange health and travel insurance of your choice. The policy should include loss of fees/deposits through cancellation of your participation in the conference, or through cancellation of the conference, loss of international/domestic air fares through cancellation for any reason, including airline or related services strikes within Australia, failure to utilise tours/transfers or pre-booked arrangements due to airline delay, Force Majeure or any other reason, medical expenses (including sickness and accident cover), loss or damage to personal property, additional expenses and repatriation should travel arrangements have to be altered. The committee and conference managers cannot take any responsibility for any participant failing to arrange their own insurance and will not accept any liability for loss or injury.

PRIVACY ACT:

If you DO NOT wish to have your details included in the list of delegates, please contact the Conference Secretariat.

TRADE EXHIBITION

The industry exhibition is an integral part of our conference and we welcome our supporters.

DIETARY REQUIREMENTS

We will endeavour to accommodate special dietary needs. Please indicate on the Registration Form if you require special meals i.e. vegan, vegetarian. Also advise if you have an allergy to any foods or preparations.

PLEASE NOTE: this is for special needs only – not preferences.

ALSO NOTE: some special foods may incur a surcharge if they have to be ordered specially.

GENERAL INFORMATION

CANCELLATIONS, REFUNDS & DISCLAIMER:

Cancellations received in writing before February 13th will attract an administration charge of \$80. After that date there will be no refunds. Registrations can however, be transferred within an organisation if the secretariat is advised in writing. The information contained in this brochure is correct at the time of going to print. The committee and /or organisers reserve the right to change without notice any part of the program and the speakers.

DRESS

The dress for the conference is smart casual.

CAR PARKING and TRANSPORT

There are a number of [public car parks](#) in the South Bank Precinct. The BCEC, Cultural Centre and South Bank Parklands have the largest number available.

You can pre-purchase parking vouchers for parking at the Brisbane Convention and Exhibition Centre through Conference Link for \$15.

Pre-purchase parking tickets are available on the registration form.

There is also street [parking meters](#) throughout the Precinct and surrounding inner city areas. You can also find out [where to park](#) in other areas of Brisbane.

The Brisbane Central Traffic Area covers the Central Business District and nearby suburbs and localities and regulates all parking in these areas. There are also [rules and regulations](#) and [parking zones](#) that apply in the Brisbane Central Traffic Area.

Brisbane City Council operates one of the largest bus fleets in Australia, along with the iconic CityCat and CityFerry network. Find information about buses, CityCats, CityFerries, Council Cab and other transport services including timetable and tickets.

CONFERENCE SECRETARIAT

Please direct ALL enquiries & correspondence to:

Ty Fleming/ Conference Link / PO Box 42, FERNY HILLS DC QLD 4055

PH: 07 3851 4298 / FX: 07 3851 1427

Email: tdf@conferencelink.com.au

REGISTRATION FORM / TAX INVOICE

CONTINENCE FOUNDATION OF AUSTRALIA
QUEENSLAND BRANCH INC. ABN: 99 109 517 702
USE A SEPARATE FORM FOR EACH DELEGATE



DELEGATE DETAILS

Dr/Mrs/Ms/Mr/ Given Name _____ Surname _____

Profession _____ Organisation _____

Mailing Address (home) (work) _____

State _____ Postcode _____ Phone Work () _____

Mobile _____ E-mail (print clearly) _____

Our preferred method of confirmation of your registration is e-mail. If email is not available, your confirmation will be posted.

Special Dietary Requirement: Vegetarian/Vegan (please circle) Gluten Free
*additional costs may apply Lactose Intolerant Coeliac

Other:* _____ Allergy to: _____

REGISTRATION

(please tick)	CFA Member M'Ship # _____	Non-CFA Member
Early Registration (before 9 th of February 2017)	<input type="checkbox"/> \$175	<input type="checkbox"/> \$230
Normal Registration (after 9 th of February 2017)	<input type="checkbox"/> \$230	<input type="checkbox"/> \$260

NETWORKING DRINKS

(This is included in your registration)

Attending

Not Attending

PRE-PURCHASE PARKING TICKET

\$ 15 Parking ticket required

PAYMENT DETAILS

Cheque for \$ _____ enclosed

Payable to: The Continenence Foundation of Australia – Queensland Branch Inc.

Direct Debit, Details:

Name: Continenence Foundation of Australia Inc. Queensland Account

Bank: Bank of Queensland **BSB:** 124-090 **Account Number:** 11173647 **Reference:** "CFAQ17 – Surname"

Please forward a remittance / proof of transfer to tdf@conferencelink.com.au or fax to 07 3851 1427

PLEASE RETURN COMPLETED REGISTRATION FORM TO:

Fax: 07 3851 1427

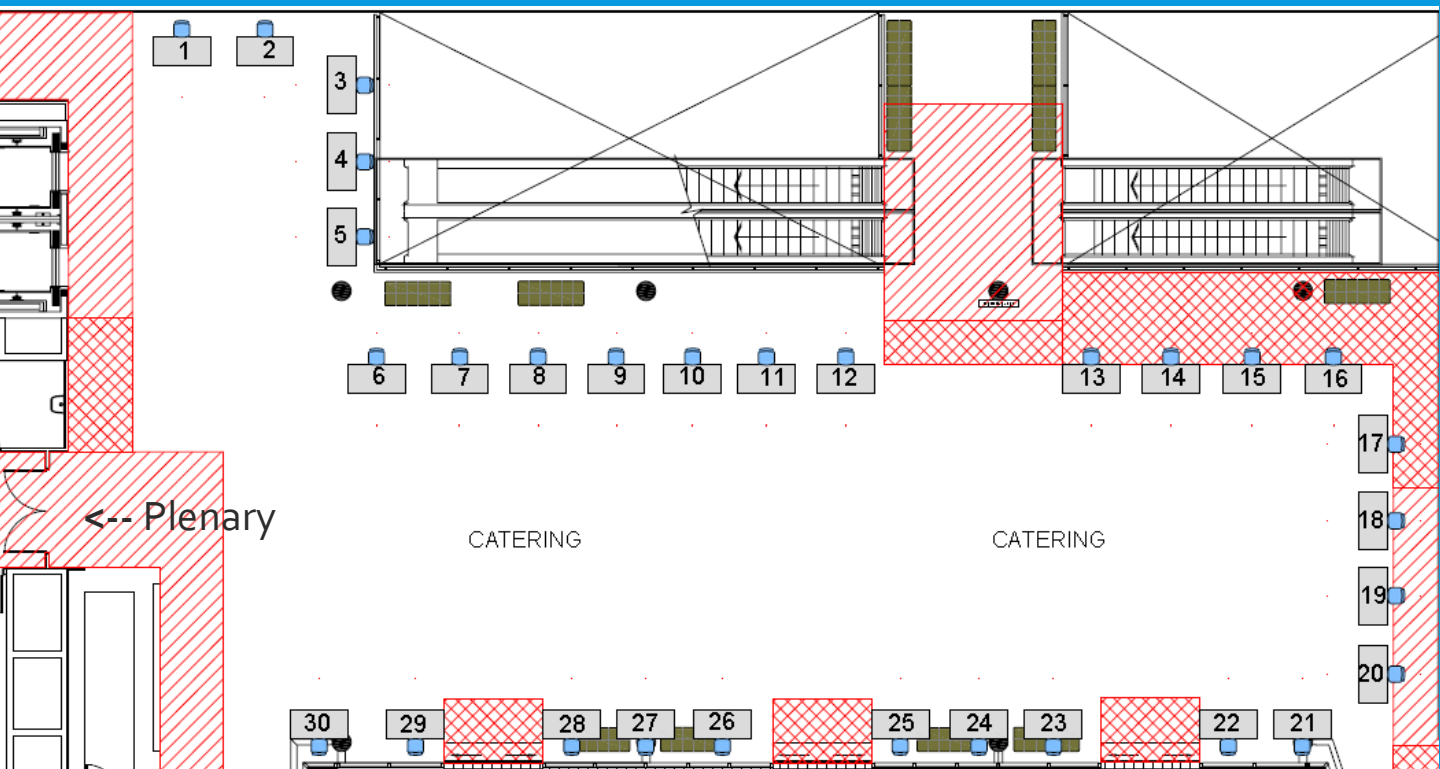
Email tdf@conferencelink.com.au

Mail: CFA QLD Conference C/- Conference Link, PO Box 42, FERNY HILLS DC QLD 4055

FLOOR PLAN

BRISBANE CONVENTION & EXHIBITION CENTRE

BOULEVARD AUDITORIUM






**27th national
conference**
ON INCONTINENCE



HOBART 24-27 October 2018

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