

Advanced Professional Education

Silver Star 2013

A brief summary of presentations



The summaries below are taken from contemporaneous notes and refer to presentation slides where appropriate. The intention is to provide an indication of the content of the discussion and an *aide-memoire* for those who attended.

Thank you to all presenters for making their presentations informative and interesting. In many cases they were funny. In others they were poignant. In every case they were interesting. Much of this is of course lost in the brief notes presented here. I apologise in advance for the many inaccuracies that these notes contain. Please contact me on convenor@goape.com.au if you would like to correct these.

For more information on the speakers, have a look at the short biographies and photos on the APE website.

Famous Names

Dr Russell Bourne

Biography is the most inspiring form of learning. As a highly regarded orthopaedic surgeon, Dr Bourne regularly carries out operations associated with famous names. This presentation takes us through the stories behind some of the names. Names such as Dupuytren, Osgood-Schlatter, Schindig Larson Johanson, Legg, Calvé, Perthes and others.



These greats of medical history carry with them some amazing stories that run parallel to major historical events. The personal stories put their discoveries into an under-appreciated context and Russell reveals that the spirit of renaissance man still lives among us.

Botox - The Good the Bad and the Ugly

Dr Kirsten Bailey

Kirsten is an excellent presenter who assembles information that makes us think outside our normal channels. In this instance, she shows those of us who thought that botox was mainly for removing wrinkles, that it has many other (more worthy?) applications particularly in the treatment of spasticity / Upper Motor Neuron lesions. The use of botox is becoming widespread as a means of overcoming muscle overactivity. Kirsten reviews the indications and contra-indications for this form of therapy. In



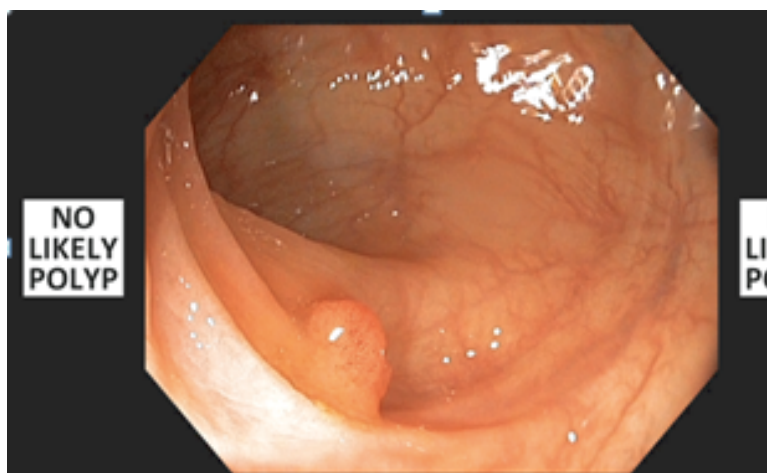
addition she discusses the economic implications of treatment given the significant doses of the Botox toxin required for treatment of spasticity. The millions of dollars that are regularly spent on cosmetic botox are small beer compared with the greater need for its use in the treatment of truly disabling muscle contractions.

Nurse Endoscopy - Friend or Foe?

Dr Carolyn McIvor

It is a wonderful thing that professionals such as Carolyn exist and share their passion, in this case for ensuring that life saving diagnostic procedures are within reach of everyone.

Increasingly, professions are challenged by the integration of lesser-qualified staff into roles previously preserved for fully qualified professionals. This has occurred in the law, with conveyancers, and in several areas of medicine. Dr McIvor presents the case for accepting a programme that trains and accredits nurse endoscopists to carry out procedures in areas where fully trained gastroenterologists are unavailable to meet the demand for services. She describes the rigorous training programme devised to train nurses to a level of practice. She also discusses the evaluation of process, outcomes and findings to date.



Cystic Fibrosis in 2012

Assistant Professor David Reid

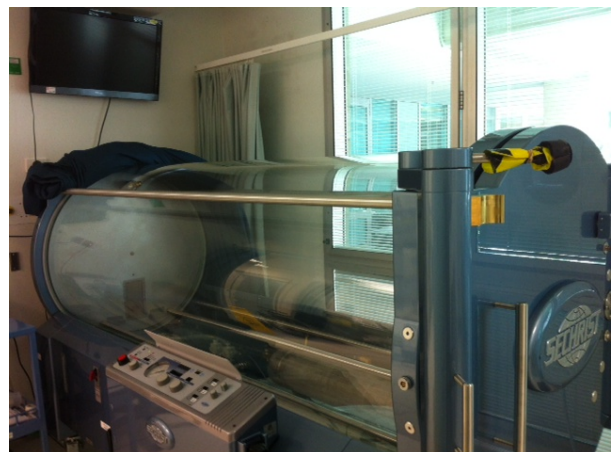
David is a world authority and respected academic specialising in Cystic Fibrosis. He communicates the challenges both technical and financial of tackling CF. This presentation describes the latest developments in understanding and treating CF. CF is the most common lethal genetic disease in Caucasians. In Australia the incidence is 1:3000 births. Since 1945 there has been considerable progress in identifying that it is a genetic disease, and narrowing the defect to the particular CF gene on chromosome 7 affecting chloride ion transport. A particular focus of therapies is gene potentiators and correctors. By using the information provided by the patient registry the most common forms of gene mutations can be understood and treatments developed. One of the most promising drug developments is Ivacaftor - recently named by Forbes magazine as "the most important new drug of 2012". The cost of treatment using this drug is currently \$300k per patient per year which places significant stresses on already stretched budgets.



Coming under pressure: Hyperbaric oxygen treatment and evidence of its effect

Dr Susan Sherlock

This presentation discusses hyperbaric oxygen treatment (HBOT), claims made by HBOT practitioners, the evidence for these claims and the risks associated with its practice. Susan knows how to captivate an audience with pop culture references and HBOT has a surprising number including of course Michael Jackson and his personal chamber. Claimed indications for HBOT are extensive from the traditional treatment of bends patients through tissue damage including burns, cerebral palsy, autism, aging, hormone replacement including treatment of menopause. Evidence for many of these claims is of a low standard. Explosions are a significant risk associated with HBOT. There is a degree of common cause between the industry associated with HBOT and that of other alternative medicine treatments. This is a fascinating presentation on an exotic treatment.



A checklist to avoid the most common drafting issues that lead to litigation

Samantha Marks SC

Since this presentation there have been a number of delegates seeking input from Sam on particular drafting issues. This is a testament to her well honed presentation skills. This presentation sets out a process for achieving well drafted documents. It gives examples of the consequences of failures to heed the advice. Many of these are picked from court cases - often lengthy and expensive. The key things to do when drafting are to:

- Think and plan before drafting
- Cover the important points and subjects of the agreement
- Be clear and unambiguous
- Avoid gaps and inconsistencies
- Keep it simple (language and process)
- Use definitions
- Check for mistakes
- Prune and prune again.



Insurance is only as good as particular terms of the policy

Ian Ruff

Ian Ruff has an amazing personal history. You don't win one of Australia's three medals at the Montreal Olympics, especially in sailing, by being inattentive to detail and strategy! Ian draws on his many years in the insurance industry to suggest ways that brokers can add value. The aim is to avoid clients wasting money on premiums for insurance that do not meet the eventualities the insurance was designed to cover. Particular examples are from the income protection area with other areas such as life and travel insurance also being discussed.



A business opportunity

Alan Bell

Alan is a serial entrepreneur with particular interest in businesses that deliver health services. This workshop uses a mind-mapping tool to gather the views of the participants. It involves presenting an identified business opportunity - the need for highly paid, CBD executives to have access to general practice doctors close to their work locations.

Currently the market for general practice doctors is focussed on meeting demand close to residential location as opposed to work place location.

Alan in his role as facilitator asks participants to review the market analysis process and contribute to the feasibility analysis. The insights are applied to testing a business idea and gaining understanding of how markets can be disrupted by a new model that meet an unmet demand.



Recruitment

Neil and Alexandra Bolton

Neil and Alexandra, like Alan, have a huge and successful past in the human resources and recruitment field. We are privileged to have a great presentation from an insider to this industry. Most of us are faced with the issue of

recruitment at some point in our working lives. Neil and Alexandra identify reasons to use a professional recruitment firm versus the DIY solution and what to look for in recruiters. The essential qualities of a good recruiter are a passion for their clients, candidates and the industry. This is a rare combination. The message is to find a recruiter who “gets” your needs and to avoid “resumé flickers”. The economics of good hires and bad hires illustrate the importance of getting it right. The fees charged by recruiters are between 15-25% of the candidate’s annual package. The opportunity cost of a bad hire at the \$100k salary range is approx. \$150k going to \$500k on a \$200k salary. Hmmm... I’m paying attention now!



All that Jazz

Dr Paul Le Grice

Paul is a polymath with excellent presentation skills. He originally trained as a lawyer prior to doing medicine and now practices dermatology. The structure of this presentation used the metaphor of jazz. Like jazz, LASER is used in many ways and has different meanings. The medical and especially dermatological applications are described in this presentation with illustrations from a broad dermatology practice. Images are presented of treatment by

1. short pulsed vascular lasers: lesions, surgical scars, molluscum contagiosum
2. short pulsed pigment lasers: epidermal, dermal lesions and tattoos
3. pulsed / scanned ablative lasers: skin resurfacing, plantar verruca treatment, naevus, xanthelasma etc
4. non ablative lasers
5. emerging technologies including Fraxel

The technical aspects of laser treatment is interspersed with, at times intense, discussion of the social and business aspects of various conditions and their treatments which makes the presentation of great interest to all present - irrespective of their training or background.



Taxation of property investment

Olaf Plummer

Adding an extra international dimension to APE, Olaf shares his experience as an accountant in London and British Columbia. His familiarity with the needs of clients and tax issues around investing in Canadian property is apparent. This presentation covers the tax issues of property investment with a focus on foreign investment in Canadian property. Key features are:

- Provincial transfer tax (equivalent to Australian stamp duty) levied at 1% on the first \$100k and 2% thereafter in British Columbia
- Withholding tax on rental income at 25% if no tax return is filed
- If a tax return is filed tax is levied on profit
- It is also important to lodge tax returns or be subject to tax on sale proceeds based on the full proceeds of sale
- Canadian GST is charged at 5% and Provinces also levy additional taxes (HST - Harmonised sales tax). In BC, the 7% HST is being replaced with a provincial sales tax
- GST applies to commercial and new property. Used residential property is not subject to GST but there are some instances where there may be a vestigial GST liability.



The real estate market in Canada

Kathy Broderick

Kathy has an intimate knowledge of property as well as people. Being a level 4 Canadian Ski Instructor means that she knows about how to handle people undergoing stress. This makes her a great person to educate a bunch of Antipodeans. This session reviews the market sentiment in Canadian property currently. It also considers the roles of buyers' and sellers' agents. Agents operate quite differently to the vendors'-agent-only situation traditionally found in Australia. Commissions on property transactions are similar to Australian commission levels despite the sharing of commissions between buyer and seller agents. The property market in Canada can currently be described as subdued. The market for winter recreational properties is adversely affected by a large amount of stock, negative sentiment continuing on from the GFC and an absence of US buyers as they knuckle down and de-leverage post the GFC.

Orthopaedic emergencies

Dr Peter Johnstone

Peter is a very reliable and entertaining speaker. This presentation actually addresses the theme of the conference - Shibboleths! The presentation segues into a discussion of emergency orthopaedics with a series of illustrations of injuries including spinal, major limbs and extremities. Some of the broken bones certainly look like they would hurt! The most common missed trauma injuries (calcaneus fracture, rib and scapular, spine and distal radius) are covered as well as the implications of septic arthritis. Treatments including stabilization are discussed and general principles of splint application.



The Australian Paediatric Cancer Registry

Dr Tim Hassall

This presentation highlights the amazing work of the dedicated team that compiles the register of paediatric cancers. This register currently includes 14083 cases for the period from 1983-2006 - the full set. Work continues to ensure that the register is updated and comprehensive. It relies on the coordination and cooperation of all State cancer registry bodies and 22 (!) ethics committees. Care is required to overcome privacy laws and sensitivities through guarantees on de-identification. Information on survival rates and drug protocols informs specialists' understanding of best practice treatment. Publication is via the ACPR statistical manual - Childhood cancer incidence in Australia. One of the key measures is rate per million (156 for the 1997-2006 data period).



Healthy lifestyles and obesity in women

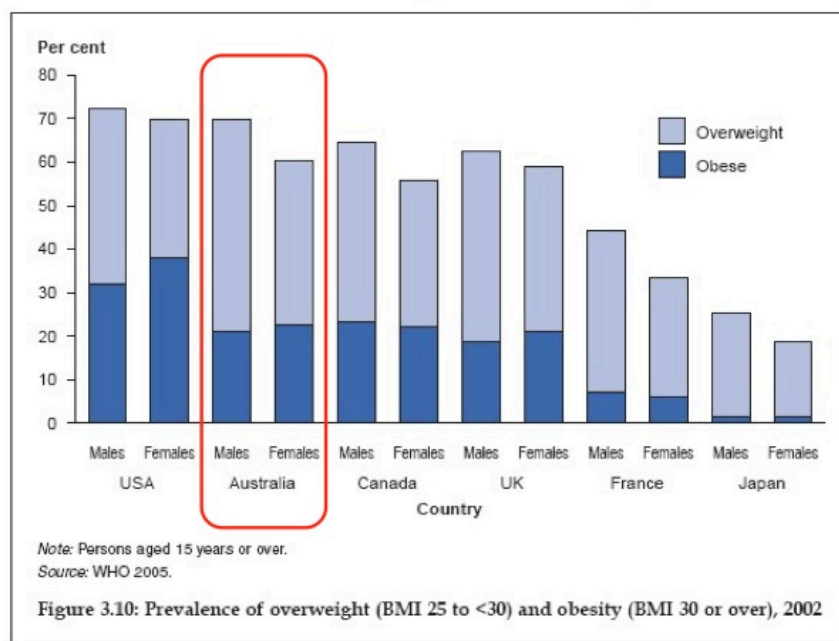
Professor Helena Teade

Helena sadly knows what she is talking about. This is not because she is obese. It is because we should all be saddened that the obesity problem is so huge in health, personal happiness and economic terms. This presentation outlines the key metabolic issues for women, the focus for prevention and how to achieve population health targets in this area. Obesity brings with it enormous costs for society (estimated at \$58.2bn - up from \$21bn in 2005 - Access Economics). A particular concern is that there appears to be a cohort of women who are overweight in pregnancy and this is being passed on to the next generation together with a high risk of cardiovascular and other disease. The simple prescription is to eat less and move more. The necessary population preventive health program involves engagement, education, behaviour change (including through incentives and regulations) and support.

Obesity - global epidemic

- 1 billion overweight adults

- 300 million obese (WHO 2002)



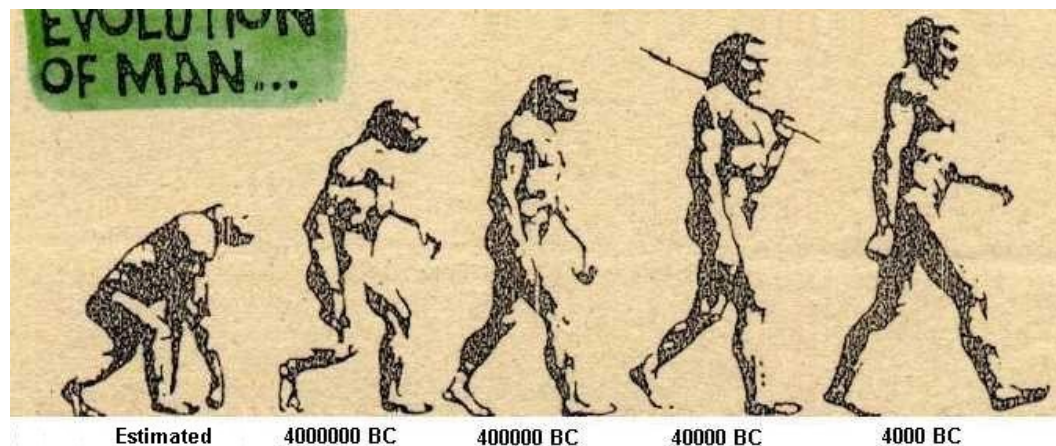
WORLD HEALTH ORGANIZATION
GLOBAL STRATEGY ON
DIET, PHYSICAL ACTIVITY AND HEALTH

Dart throwing, canines, radiators and hominid evolution

Dr Greg Couzens

This presentation is a tour de force and is particularly apt for APE. Greg looks at the evidence on what makes humans the first among primates. This includes why our hands are connected to our brains and our brains to our upright stance. These three characteristics are put in the context of evolutionary theory and evidence. The dart throwers' plane of motion in the wrist is an often overlooked aspect of human evolution and works with all three of the characteristics commonly associated with human evolutionary

success - brain size, bipedalism and opposable thumbs. We are pretty amazing APEs!



CPR in space

Dr Susan Sherlock

This fascinating presentation illustrates the need to come up with outside-of-the-box thinking when dealing with out of the atmosphere problems. The physiological demands of space travel are often overlooked in popular fantasy about space travel.

These biomedical issues are unglamorously likely to result in muscle wasting and a bloated appearance. Dr Sherlock shares her experience and learnings from NASA on medical issues including the challenges of CPR in a weightless environment. Training for these situations is discussed including the use of simulators, equipment provided on missions and how to brace the aider and the patient. Successful placement of endotracheal tubes in weightless conditions was shown to be very low in a published trial. Other airway devices had a higher success rate.



The presentation also covers CPR in a more traditional context and the use of Impedance Threshold Devices (ITDs).

Jet Lag

Dr Darren Mansfield

In his role as director of the Epworth Sleep Centre, Darren is an acknowledged expert on sleep. Modern professionals are frequently affected by disruptions to their sleep patterns and jet lag is one of the more common. Darren's presentation covers the basics of the circadian rhythm and in particular the body's preference to have a day slightly longer than the 24 hour cycle. The primary influences on the body clock are melatonin which in turn is influenced primarily by sunlight. Tips to overcome jetlag include (i) starting to shift before departure; (ii) go in summer when there is a lot of light at the destination (iii) don't attempt too big a shift too quickly (allow 1-2 hours a day). Westerly travel is easier to accommodate - hence trips to Europe from Australia may be easier than the return.



The non-executive directors' duty of care: What's changed since AWA v Daniels?

Simon Marks SC

Many of us are directors of companies or not-for-profits. Simon is an expert communicator, as well as technically brilliant. He is able to bring us up to speed with the latest thinking on what we need to do to acquit ourselves of our responsibilities. The Australian law regarding directors' duty of care is set out in s. 180 (1) of the Corporations Act 2001. Various aspects of this statute have been interpreted by the courts over the years such that we have some guidance as to: 1. What



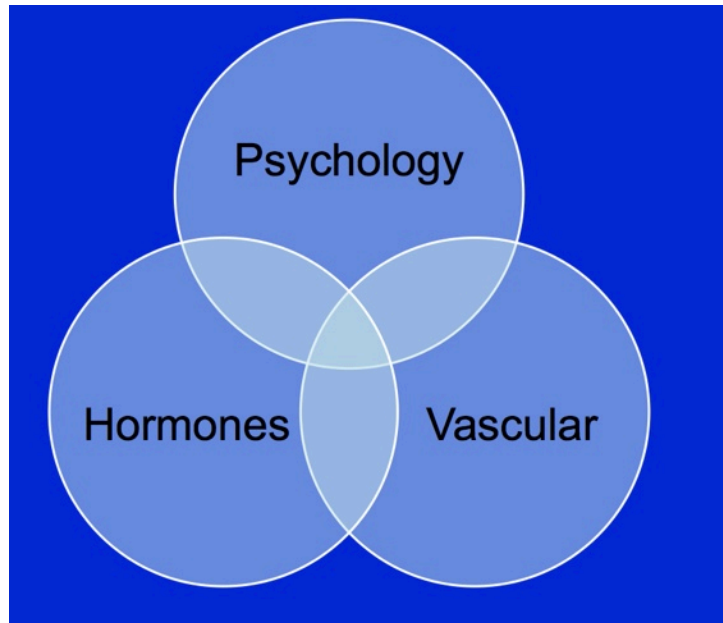
(photo The AGE)

level of skill and diligence a non-executive director must exercise; and 2. To what extent can they rely on others (management, auditors, accountants, lawyers or other directors). Simon makes his deep understanding of this law available to delegates. He provides a comprehensive paper on this fascinating subject for those present. The case law has developed through a number of landmark cases including the AWA case, HIH, Friedrich and Centro. The latter being the source of much discussion about whether it has reinterpreted director's duties subsequent to enactment of CLERP 6 in 1999. Certainly, the findings against the non-executive directors in that case highlight the need for them to think for themselves and to challenge presented information. Simon also discusses the findings in the Hellicar case concerning James Hardie's asbestos obligations and other recent cases on directors' duties.

Snow, skiing and sexual dysfunction

Dr Glen Wood

The subject of male sexual dysfunction is not a popular subject for discussion, even if it is never far from our minds... Dr Wood (Woody to his friends) confronts this subject in a way that is empathic and generous to the sufferer, while not missing the opportunities for humour. The treatments for erectile dysfunction are covered including oral, injectable, mechanical (Vacuum Erection Device) and surgical prosthetics. Importantly, the health advice for people to avoid having to resort to these options is discussed. The key messages here are consistent with general health advice around diet, smoking and exercise.



The Commencement Speech

Dr Vida Viliunas

At some stage any of us could be called upon to deliver a speech at a significant milestone for educational achievement.

Vida recounts her experience of having to seek out the right templates in the context of the final exam for Anaesthesia. This involves a lot of research



on speeches given by some of the most sought after speakers from Bill Clinton through JK Rowling. She provides her take on the essential themes for a successful commencement speech. These are passion, compassion, cooperation and the injunction to graduands to “be outstanding”!

Cloud computing

Neil Bolton

This presentation makes clear that Big Brother has long since arrived. The migration of data to “the cloud” is just one of the opportunities for our personal information to be used by others who may or may not have our interests at heart. Defining “the cloud” is difficult but it can be widely interpreted as any point where you interact via technology. It is not encouraging to think that any and all data that you provide in this way can potentially be passed on or leaked to government, commercial or criminal interests. There are few legislative protections and these have been largely eroded through legislation such as the US PATRIOT Act that gives wide powers to access data from internet providers and other corporations without making the originator of the data aware. The case of the Icelandic senator who had contact with Wikileaks illustrates the wide and possibly inappropriate use of these powers in the hands of authorities. In addition to this data gathering, satellite and other imaging is now capable of identifying individuals very remotely and identifying them precisely. This power is amplified by social networks that assist in linking images with people’s identities.



Kinesiology tape - practical hands on “healing”

Stephanie Vidler

Strapping is popular in sports medicine and is widely practiced by allied health professionals for treatment of injured muscle. This presentation covers the most common forms of tape used, techniques of application and indications. A number of volunteers were keen to provide strained, aching or painful body parts for illustrative strapping. Evidence for effectiveness is largely anecdotal but this is a very significant area of intervention deserving of attention.



Canadian investment

Olaf Plummer

This presentation is a very useful introduction to the Canadian investment world. Many of the insights are applicable to investing anywhere. Olaf describes the origin, operation and reputation of the Toronto Stock Exchange. Alternatives to direct ownership of stocks quoted on the TSE are mutual funds many of which are only available to Canadian residents and typically have fairly high fees - 2-3% management fees plus front end fees or deferred sales commission. An alternative to mutual funds is the index fund. For example, an investment in an index fund tracking the top 60 stocks on the TSE typically has an expense ratio of only 0.25-0.5%. For offshore investors, factors to consider are withholding taxes and stockbrokers commissions. If using a financial planner, their management fees are typically in the 0.75-1% range.



Spicks and Specks in Silver Star

Dr Andrew Stevenson

As the final workshop in the 2013 series, this is, and was always going to be, a corker! APE participants from previous meetings have become aware of Andrew's talents in all things technological (including colorectal surgery and video production and editing). What we didn't all know until now was that his talent extends to musical trivia. This is demonstrated in this workshop involving video footage of APE delegates in conjunction with related musical popular culture references. We learn that apparently, Plastique Bertrand did not actually sing [Ça plane pour moi](#) or any of the songs on the first four albums for which he took credit. The actual singer was a fellow Belgian called Lou Deprijck. There is a lesson for us all in this great deception! Teams of delegates combine their wit and knowledge to score points and learn their strengths and weaknesses using a popular game show format.

