



Princess Alexandra Hospital Health Symposium

22–25 AUGUST 2023 | MEDICINE AND WELLNESS:

PROMOTING WHOLE OF PERSON WELL-BEING

Tuesday 22 August

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| 8.30am–10.00am | Official opening of the 62nd PAH Health Symposium Opening session Online Link <i>Chair: Prof Michael Stowasser, Princess Alexandra Hospital</i> |
| | Welcome to Country <i>Uncle Bill Bonner</i> |
| | Welcome and housekeeping <i>Prof Michael Stowasser, Princess Alexandra Hospital</i> |
| | Welcoming remarks <i>Noelle Cridland, Chief Executive Officer, Metro South Health</i> <i>Dr Jeremy Wellwood, Executive Director, Princess Alexandra Hospital</i> |
| | Keynote Presentation Healthcare worker burnout – insights, lessons learnt and a positive way forward <i>Dr Bethan Richards, Chief Medical Wellness Officer/Director, SLHD WellMD Centre</i> |
| 10.00am–10.30am | <i>Morning Tea, Visit sponsors at the trade exhibition</i> |
| 10.30am–12.00pm | The four Rs for the future healthcare workforce: recruitment, roles, retention, resilience Staff Wellness Online Link <i>Chair: Prof John Upham, MSH Research,</i> <i>Dr Bethan Richards, Chief Medical Wellness Officer/Director, SLHD WellMD Centre</i> |
| | Advancing women in healthcare leadership <i>Dr Jenny Proimos, MBBS MPH FRACP, Monash University</i> |
| | Interventions to promote well-being of healthcare <i>Dr Grace Xu, QEII Hospital</i> |
| | An evaluation of a pharmacy department wellbeing initiative: creating connections through COVID and beyond <i>Marissa Ryan, Princess Alexandra Hospital</i> <i>Lesley Smith, Princess Alexandra Hospital</i> |
| | The Wellbeing Leadership Program <i>Gordon Meikle, Metro South Health</i> |
| 12.00pm–12.30pm | <i>Lunch, Visit sponsors at the trade exhibition</i> |



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| 12.30pm–1.30pm | <p>Reducing barriers - providing effective and quality healthcare to vulnerable communities Vulnerable Communities Online Link <i>Chairs: Shamus Brown, Princess Alexandra Hospital Dr Pieter Jansen, Princess Alexandra Hospital</i></p> <p>Innovative service delivery models for vulnerable populations <i>Prof Julia Crilly, Griffith University and Gold Coast Health</i></p> <p>Assertive outreach and Integrated Health Care <i>Leanne Papas, Micah Projects Saad Farooqui, Micah Projects</i></p> <p>Mater Refugee Complex Care Clinic <i>Dr Rebecca Farley, Mater Refugee Complex Care Clinic</i></p> |
| 1.30pm–1.45pm | <p><i>Session break</i></p> |
| 1.45pm–3.15pm | <p>Consumer Partnerships and empowerment: needed ingredients for a successful healthcare system Consumer partnerships Online Link <i>Chair: Michael Barras, Metro South Health</i></p> <p>Opening <i>Dr Jeremy Wellwood, Executive Director, Princess Alexandra Hospital</i></p> <p>Embedding consumer partnering into MSH Clinical Governance <i>Anna Voloschenko, Queensland Health Jodie Nixon, Metro South Health</i></p> <p>Measurable outcomes of consumer engagement in research <i>Emily DeBortoli, Frazer Institute Courtney Wallingford, The University of Queensland</i></p> <p>Capability framework for building successful consumer and staff partnerships (research empowerment) <i>Ruth Cox, Metro South Health Elizabeth Miller, Metro South Health</i></p> <p>Panel Discussion: What are the future ingredients that we need for successful sustainable healthcare in partnering outcomes (patient, service, health system) <i>David Milne, Consumer Health Research Advocate</i></p> |



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Tuesday 22 August continued

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| 3.30pm–5.00pm | Digital health technologies - current status and future goals Digital Health Technologies Online Link <i>Chair: Prof Ian Scott, Princess Alexandra Hospital</i> |
| | Strengths and weaknesses in the current digital health ecosystem <i>Dr Tanya Kelly, Queensland Health</i> |
| | Digitally connecting multi-disciplinary teams using VOICeD <i>Dr Gaurav Puri, Metro South Health</i> |
| | Virtual acute care - the good, the bad and the ugly <i>Dr Russ Canavan, Gold Coast University Hospital</i> |
| | What's on the horizon? The view of a digital health futurist <i>A/Prof Clair Sullivan, The University of Queensland</i> |
| | Panel Discussion |

Wednesday 23 August


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| 8.30am–10.00am | Community-centered healthcare: thinking outside the square Community-centred Healthcare Online Link <i>Chair: Prof Ian Scott</i> |
| | HealthQ32 - an agenda for reform <i>Prof Elizabeth Whiting, Queensland Health</i> |
| | Locally integrated health care systems for at-risk populations - Caboolture Care Collective <i>Rachelle Foreman, Brisbane North Health Alliance</i> |
| | Locally integrated health care systems for at-risk populations- HOPE and TORCH <i>Dr Anthony Brown, Chief Executive, Southwest Hospital and Health Service</i> |
| | Localising access to clinical trial participation - The Queensland Teletrials Program <i>Prof Sabe Sabesan, Australian Teletrial Program</i> |
| Panel discussion | |
| 10.00am–10.30am | <i>Morning Tea, Visit sponsors at the trade exhibition</i> |



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| 10.30am–12.00pm | <p>Better social connections to better health Addiction and Mental Health Online Link <i>Chair: Linda Hipper, A/ Executive Director, Addiction and Mental Health, MSH</i></p> <p>Social prescribing - mental illness in the community Tamsin Thomas, PhD Candidate, Southern Cross University</p> <p>Entering social prescribing programs to address loneliness <i>Prof Genevieve Dingle, University of Queensland</i></p> <p>Beneath the Surface: Unpacking my experiences with eating disorders, the underlying complexities of trauma, mental health, and neurodivergence, and sharing subsequent recovery insights <i>Sarah-Louise McKenzie, Lived Experience Representative</i></p> | |
| 12.00pm–12.30pm | <p><i>Lunch, Visit sponsors at the trade exhibition</i></p> | |
| 12.30pm–1.30pm | <p>The Great Debate: Is contemporary health care equipped to provide whole of person wellbeing? The Great Debate Online Link <i>Chair: Ms Bernadette Thomson, Metro South Health</i></p> <p>Affirmative team <i>Louise Cooney, Princess Alexandra Hospital</i> <i>Doreen Tapsall, Princess Alexandra Hospital</i> <i>Dane Enkera, Princess Alexandra Hospital</i></p> <p>Negative team <i>Dr Jeremy Wellwood, Executive Director, Princess Alexandra Hospital</i> <i>Vesa Cheng, Princess Alexandra Hospital</i> <i>Rob Moloney, Princess Alexandra Hospital</i></p> | <p>Proudly sponsored by</p>  <p>Part of Australian Retirement Trust</p> |
| 1.30pm–1.45pm | <p><i>Session break</i></p> | |
| 1.45pm–3.15pm | <p>Educating health care professionals of the future Interprofessional Education Online Link <i>Chair: Kate Delany, Metro South Health</i></p> <p>Take AH-TRIP: creating the workforce of the future <i>Dr. Adrienne Young, The University of Queensland, RBWH</i></p> <p>Digital health literacy training <i>Dr Jaimon Kelly, Princess Alexandra Hospital</i></p> <p>Promoting teamwork and interprofessional practice: the p-tip program <i>Angela Wood, Metro South Health</i></p> <p>Interprofessional leadership program <i>Louise Nicholls, Princess Alexandra Hospital</i></p> | |



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| | <p>Panel Discussion <i>Assoc Prof Neil Cottrell, The University of Queensland, Dr Susan O'Dwyer, Metro South Health, Dr Adrienne Young, Royal Brisbane Women's Hospital Dr Jaimon Kelly, Princess Alexandra Hospital, Angela Wood, Metro South Health Louise Nicholls, Princess Alexandra Hospital</i></p> |
| 3.15pm–3.30pm | <i>Afternoon Tea, Visit sponsors at the trade exhibition</i> |
| 3.30pm–5.00pm | <p>Research Presentation Awards oral finalists & People's Choice Award Voting Research Presentation Awards Oral Finalist Online Link</p> <p>   </p> <p><i>Chair: Dr Moe Thuzar, Erin Johns</i></p> |
| 5.00pm–6.30pm | <p>Research Presentation Awards poster viewing & People's Choice Award Voting In Person Only</p> <p>   </p> |

Thursday 24 August

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| 7.15am–8.15am | <p>A patient's journey in surgery <i>Chair: Dr Adrian Nowitzke</i> A Patient's Journey in Surgery Online Link</p> |
| 8.15am–8.30am | <i>Break</i> |
| 8.30am–10.00am | <p>Sleep and well-being in older people Sleep and Well-being in older people Online Link <i>Chair: A/Prof Paul Verghese, Princess Alexandra Hospital</i></p> <p>Importance of sleep for cognition in older people <i>Dr Claire Ellender, Princess Alexandra Hospital</i></p> <p>Adapting the rehabilitation environment to optimize sleep- a multi-sensory design lens <i>Prof Evonne Miller, Queensland University of Technology</i></p> <p>Stakeholder perspectives on sleep in GARU <i>Dr Tiffany Hoang, Princess Alexandra Hospital</i></p> <p>Medications and sleep – the good, the bad and the ugly <i>Duncan Long, Princess Alexandra Hospital</i></p> <p>Panel discussion</p> |



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| 10.00am–10.30am | <i>Morning Tea, Visit sponsors at the trade exhibition</i> |
| 10.30am–12.00pm | <p>What does wellness look like for the cancer patient? Cancer Online Link <i>Chair: Elizabeth Brown, Princess Alexandra Hospital</i></p> <p>PAH Wellness Initiative <i>Jodie Nixon, Metro South Health</i> <i>Elizabeth Pinkham, Princess Alexandra Hospital</i></p> <p>How do we measure and consider culture in practice to support the wellbeing of First Nations patients experiencing cancer? <i>Nicole Hewlett, The First Nations Cancer & Wellbeing Research Team</i> <i>The University of Queensland</i></p> <p>Cancer wellness in the survivorship phase <i>Liam Beecroft, Australian Cancer Survivorship Centre</i></p> |
| 12.00pm–12.30pm | <i>Lunch, Visit sponsors at the trade exhibition</i> |
| 12.30pm–1.30pm | <p>Improving health care and wellness for First Nations people Indigenous Healthcare Online Link <i>Chair: Trudi Sebasio, Directorate for Aboriginal and Torres Strait Islander Health Care, Metro South Health</i></p> <p>Indigenous health sovereignty <i>Dr Alicia Veasey, QLD Aboriginal and Torres Strait Islander Clinical Network</i></p> <p>Too deadly for diabetes <i>Dr Ray Kelly, University of Melbourne, Chair Australian Centre for Accelerating Diabetes Innovations</i></p> <p>Moblink <i>Elizabeth Knudsen, Nurse Care coordinator, Institute for Urban Indigenous Health</i> <i>Camille Anlezark, Regional Service Development Manager, Institute for Urban Indigenous Health</i></p> |
| 1.30pm–1.45pm | <i>Session break</i> |
| 1.45pm–3.15pm | <p>The gut-brain axis and wellness The gut-brain axis and wellness Online Link <i>Chair: Prof Mark Morrison, Frazer Institute</i> <i>Dr Lisa Gillinder, Mater Health and Princess Alexandra Hospital</i></p> <p>The x-factor in the gut-mind connection: your microbiota? <i>Prof Emeran Mayer, University of California Los Angeles</i></p> <p>Role of small intestinal dysbiosis in Disorders of Gut-Brain Interaction: Bench to Bedside <i>Dr Ayesha Shah, Princess Alexandra Hospital</i></p> |



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| | <p>Autism and the gut microbiome: food for thought? <i>Dr Chloe Yap, Mater Research, University of Queensland and The Prince Charles Hospital</i></p> |
| | <p>Associations between the gut microbiome and schizophrenia: a signature of treatment-resistance <i>Svetlana Vasileva, Queensland Brain Institute - University of Queensland</i></p> |
| 3.15pm–3.30pm | <i>Afternoon Tea, Visit sponsors at the trade exhibition</i> |
| 3.30–5.00pm | <p>Predisposing and perpetuating factors in the disability experience Disability experience Online Link <i>Chair: Dr Nicholas Aitcheson, Metro South Pain Rehabilitation Centre</i></p> |
| | <p>Biological lens: interplay of the immune system and the central nervous system in pain and psychological conditions <i>Professor Mark Hutchinson, Director of the Australian Research Council Centre of Excellence for Nanoscale BioPhotonics</i></p> |
| | <p>Psychological lens: resilience theory and the impact of paediatric burns on Australian First Nations people <i>Dr Hayley Williams, The University of Queensland</i></p> |
| | <p>Social lens: social integration during the first 12 months after leaving hospital following a disabling spinal cord or brain injury – a mosaic of papers from 5 years of The TRaCE Project <i>Prof Tim Geraghty, Princess Alexandra Hospital</i></p> |
| | <p>Personal journey: 8 years of living with tetraplegia – a story of transformation and new beginnings <i>Billy Hedderman, Consumer</i></p> |



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Friday 25 August

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| 8.30am–10.00am | <p>Kurt Aaron Oration and Awards Ceremony Kurt Aaron Oration and Awards Ceremony Online Link <i>Chair: Prof Michael Stowasser, Princess Alexandra Hospital</i></p> <p>Striving for excellence in health outcomes <i>Professor Fiona Wood AM, Director, Burns Service of Western Australia</i></p> <p>Lecture in Honour- Jenny Andrews <i>Veronica Casey AM, Executive Director, Nursing and Midwifery, Metro South Health</i></p> <p>Lecture in Honour- Dr Paul Garrahy <i>Dt Steven Cox, Princess Alexandra Hospital</i></p> <p>Awards Ceremony <i>Clinical Education Excellence Awards</i> <i>Research Presentation Awards</i> <i>PAH Staff Award Wellbeing</i></p> |
| 10.00am–10.30am | <p><i>Morning Tea</i></p> |
| 10.30am–12.00pm | <p>Recovery after violence: how can those who have experienced Domestic and Family Violence find recovery? Domestic and Family Violence Online Link <i>Chairs: Catherine Walsh, Princess Alexandra Hospital</i> <i>Brett Baxter, Princess Alexandra Hospital</i></p> <p>Opening remarks <i>Catherine Walsh Domestic and Family Violence Co-ordinator PAH</i></p> <p>Sharing my lived experience <i>Leah, Consumer</i></p> <p>The Impact of Domestic and Family Violence <i>Ria Wong, Brisbane Domestic Violence Service</i></p> <p>Domestic and Sexual Violence are Health Issues. What role can we play in prevention and recovery? <i>Emma Iwinska, Chief Executive Officer, Women’s Health and Equality Queensland</i></p> |

Last updated Wednesday, 16 August 2023. Updates to program may occur.