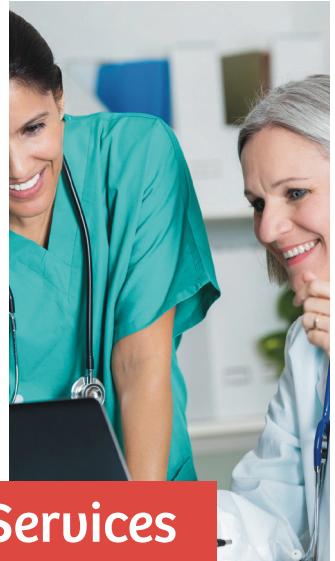




# CONFERENCE HANDBOOK

CROWN PROMENADE, MELBOURNE  
14TH-16TH OCTOBER 2016



## Medibank's Garrison Health Services

### Delivering a national, integrated healthcare service to the Australian Defence Force

Through Medibank's extensive network, Garrison Health Services provides seamless access to quality healthcare for the 60 000+ permanent and 20 000+ reservist uniformed ADF personnel— from point of injury or illness to recovery.

**The health of the ADF is central to everything we do.**

[medibankhealth.com.au/garrisonhealthservices](https://medibankhealth.com.au/garrisonhealthservices)

**medibank**  
health solutions

Image courtesy of Dept of Defence



# PRESIDENT'S WELCOME



On behalf of the Australasian Military Medicine Association I warmly welcome you to our 25th Anniversary Conference.

This year we are reflecting on 25 years of advancing military health, and the lessons we have learned. Since its inception in 1991, AMMA has gone from strength to strength and remains the only Association in Australasia solely dedicated to military medicine and veterans' health.

Over the years we have had a number of highly respected Patrons and we are fortunate to have our current Patron, RADM Jenny Firman, presenting as our opening keynote speaker this year. RADM Firman will reflect on the key learnings of her time as Principal Medical Adviser in the Office of Health Protection in the Department of Health. This has included providing advice on Ebola, the current Zika outbreak, antimicrobial resistance, and the national immunisation program.

It is fitting that, in our 25th Anniversary year, our Graeme Shirtley Oration will be presented by our former Association President, Russ Schedlich. Russ's extensive experience in the industry, and his long-term connection to the Association, provide him with unique insights into how far we have come in the last two and a half decades.

Our Closing Keynote speaker on Saturday afternoon is the Centre Manager of the Veterans Centre in Sydney's Northern Beaches, Ben Webb. A former serviceman, Ben will speak about the lessons he has learned, personally and professionally, while managing chronic physical and psychological conditions.

During your time out of sessions, we encourage you to speak with our exhibitors who are here to share with you the latest products and services in the industry.

In celebration of our anniversary, we are looking forward to a great night out at our 25th Anniversary Black Tie Gala Dinner at the beautiful Myer Mural Hall. The Hall itself is steeped in history and provides a grand backdrop for our festivities.

Finally, I would like to thank everyone who has been involved with AMMA over the years – no matter the role you have played, you have contributed to the continued success of this valuable Association.

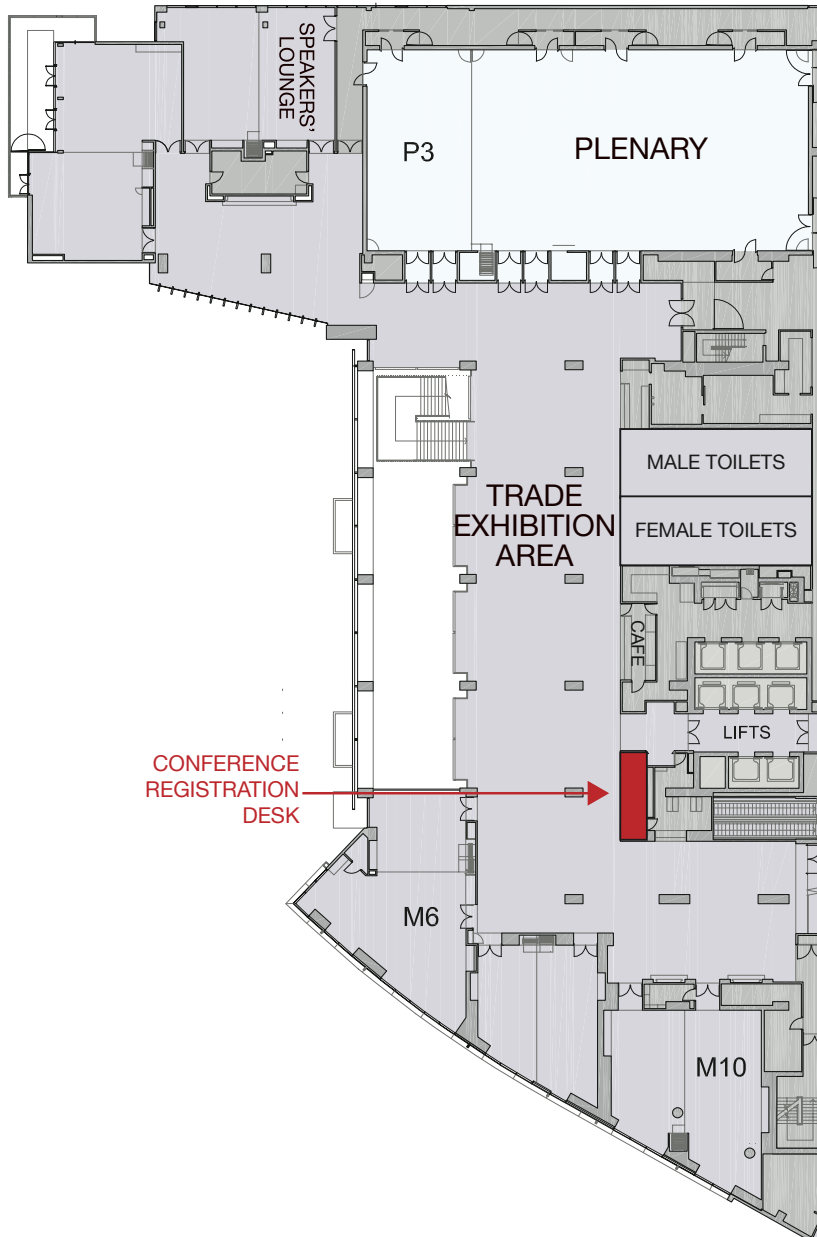
**Dr Greg Mahoney**  
**AMMA President**



# CROWN PROMENARDE

## FLOOR PLAN

CROWN CONFERENCE CENTRE LEVEL 1 FLOOR PLAN







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wherever  
we're  
needed

Supporting  
our Defence  
personnel  
at home and  
overseas

[aspenmedical.com.au](http://aspenmedical.com.au)

# 25 YEARS OF AMMA



1991 The Australian Military Medicine Association is formed with the aim of sharing and disseminating information regarding military medicine and veterans' health to those with an interest in the sector. Mick Miller is the first Patron of the Association. James Ross is the inaugural president.

1993 David Rossi is appointed as the AMMA Patron



1995 Dr Nader Abou-Seif is appointed as the Association President

1998 John Pear is appointed as the AMMA Patron

1991

1992

1993

1994

1995

1996

1998

2000

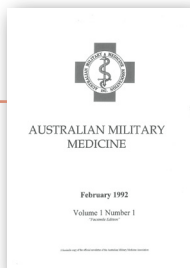
1992 The first Australian Military Medicine Association Newsletter is published as a means of sharing information on current events within the health services of the Australian Defence Forces. This would later develop to be the Association's formal journal, Australian Military Medicine, and later The Journal of Military and Veterans' Health

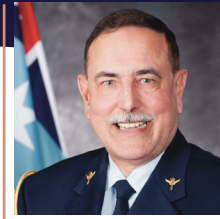
1994 Leishman Associates appointed as the Association Secretariat. The company managed their first AMMA conference in 1996 and continue to manage the conference annually



1996 Graeme Moller is appointed as the AMMA Patron

2000 Russ Schedlich is elected as the Association President at the 2000 AGM



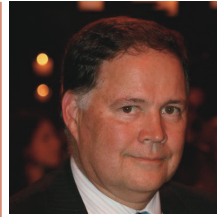


2012 The motion is passed to rename the Association the Australasian Military Medicine Association in order to better reflect the Association's membership and objectives.

Dr Hugh Bartholomeusz OAM RD MBBS is appointed as the AMMA Patron



2016 AMMA Celebrates its 25th Anniversary in Melbourne



2009 Paul Alexander is appointed as the AMMA Patron and Dr Greg Mahoney is elected as the Association President



2005 Graeme Shirtley is appointed as the AMMA Patron

2001

2001 AMMA celebrates its 10th Anniversary Conference on the Gold Coast.

Bruce Short is appointed as the AMMA Patron

2005

2007

2007 The Journal of Military and Veterans' Health (JMVH) is launched after discussions between AMMA, the DHS and CMVH. It was decided that a single journal was required which recognised the specific health challenges faced by those serving in the Armed Forces

2011

2011 AMMA celebrates 20th Anniversary in Melbourne

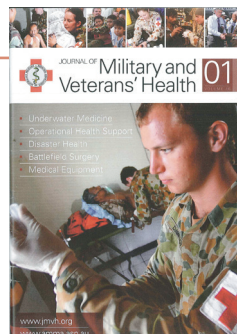


2015

2015 RADM Jenny Firman becomes the new AMMA Patron



2016



# GENERAL INFORMATION



## ACCOMMODATION

If you have any queries relating to your accommodation booking please contact your hotel first. Alternatively please visit the Conference Registration Desk.



## BARISTA CART

Barista made coffee is available from 0730-0830 and during each break time on Friday and Saturday courtesy of the University of Tasmania.



## ACCREDITATION

The 2016 AMMA Conference has been approved for the following CPD points:



The Royal Australian College of General Practitioners:

### **AMMA Conference**

28 Category 2 points

### **Aviation Medicine Workshop**

14 Category 2 Points

### **Category 1 point**



### **Dermatology in Military Medicine Workshop**

40 Category 1 points

WHAT,  
WHERE,  
WHEN?



### ADDITIONAL TICKETS

The Welcome Reception and Conference Dinner are included in all full conference registrations. You must RSVP to attend.

Additional tickets to the Welcome Reception and Conference Dinner can be purchased for \$80 and \$200 respectively. Please see registration desk staff for availability.



### AMMA MEMBERSHIP

Visit the AMMA stand in the Exhibition area and become a member today!

**Exclusive Offer:** All delegates registering as AMMA members at the conference will have their joining fee waived and go in the draw to win a free registration to next year's conference.



### CATERING

All catering during the conference will be served in the Trade Exhibition Area.

If you have indicated that you have a dietary requirement in your registration, please speak with our friendly staff who will direct you the dietaries table.



### CONFERENCE APP

Delegates can access the conference app by visiting [www.leishman.eventsair.com/attendeeapp/amma2016/amma-mobile-app-2016/](http://www.leishman.eventsair.com/attendeeapp/amma2016/amma-mobile-app-2016/) or by scanning the QR Code below.

For assistance, please see the Registration Desk.





## STILL HAVE QUESTIONS?

LOCATE OUR FRIENDLY STAFF  
AT THE REGISTRATION DESK



### DRESS CODE

The AMMA Conference is a civilian event and therefore military dress is not compulsory.

However, if you have been sponsored by Defence you should contact your superior officer in regards to the appropriate attire for you to wear during the conference.



### EXHIBITOR PASSPORT

The Exhibitor Passport is located in this handbook. Our sponsors and exhibitors have kindly donated prizes for you to win. Simply visit our fantastic exhibitors and get a signature from each one of them. Once you have a complete form, tear it out and hand it in to the registration desk.

Prizes will be drawn during the Saturday afternoon refreshment break. Those who are not present during the prize draw will not be eligible to win.



### RECORDINGS

Delegates are not permitted to use any type of camera or recording device at any session unless written permission has been obtained.

A photographer will be present throughout the conference. These photos will be available from the conference website shortly after the conference.



### SPEAKERS AND SPEAKERS' LOUNGE

All speakers must report to the Speakers' Lounge at least three hours before their presentation to test, modify, and upload their presentation with our AV team.

The Speakers' Lounge provides a quiet place for our speakers to work.

Speakers should assemble in their session room 5 minutes before the start of the session to meet with their session chair.



# REGISTRATION DESK

The Registration Desk is located on level one of Crown Promenade. Please direct all enquiries to the Leishman Associates staff.

The Registration Desk will be open:

Friday 0700 – 1800  
Saturday 0700 – 1730  
Sunday 0830 – 1200



## PARKING & TRANSPORT

Crown Promenade has two car parks available, their Multi-Level Carpark and their Basement Level Carpark. Please contact Crown Promenade for current pricing.

The tram is located less than a five-minute walk from the venue and is the last free stop heading out of the city. Venue to CBD is a free tram.



## POSTER PRESENTATION

Staff at the registration desk will direct you to the display boards. Please use strong double sided tape on both sides of the Velcro to hang the poster. Authors should be available on Saturday 15 October at lunch time to discuss their poster with delegates.



## WIFI ACCESS

Complimentary wireless internet access is available throughout the Conference venue courtesy of SAAB Australia.

Network: 2016AMMA  
Password: SAABAust

If you have trouble connecting please visit the Registration Desk.



# SAAB



# TAILORED MEDICAL AND HEALTH SERVICES FOR DEFENCE AT HOME AND ABROAD



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[internationalsos.com](http://internationalsos.com)



# JMVH

## call to authors

The Journal of Military and Veteran's Health is a peer reviewed quarterly publication published by the Australasian Military Medicine Association.

The JMVH Editorial Board has identified the following themes and deadlines for future editions.

The Editor would be delighted to receive articles for consideration on these themes. However, please note that although these are the suggested themes, we encourage authors to continue to submit articles on a range of topics on military medicine and veterans' health including operational articles.

### ISSUE DATES AND DEADLINES

Volume	No	Issue Date	Booking Deadline	Materials Deadline
January 2017 - Aviation Medicine				
25	1	January 2017	1 October 2016	1 December 2016
April 2017 - Disaster Relief and Humanitarian Assistance				
25	2	April 2017	1 January 2017	1 March 2017
July 2017 - Mental and Social Well-Being				
25	3	July 2017	1 April 2017	1 June 2017
October 2017 - Surgical Innovations in Military Medicine and Conference Abstracts				
25	4	October 2017	As per AMMA Conference Submission Process	1 September 2017

Categories for the above include: Original Research/Original Articles, Short Communication, Review Articles, Reprinted Articles, Case Studies, Abstracts from the Literature, Biographies, History, Book Reviews, Commentary and View from the Front.

Please submit via the JMVH website [www.jmvh.org](http://www.jmvh.org) just click the 'Submit your article' button on the home page.

Ensure you read the 'Instructions to Authors' that can also be found on the JMVH website by clicking on the 'AUTHORS' tab.

Should you have any queries in relation to submitting to JMVH, please do not hesitate to contact JMVH Editorial Office on +61 3 6234 7844 or [editorial@jmvh.org](mailto:editorial@jmvh.org)



# YOUR TRUSTED DEPLOYABLE HEALTH CARE PARTNERS

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Marshall

Clinical Outcomes in a deployed environment should be provided at the same standard as would be received in a domestic hospital.

The team of Saab, Philips, Aspen Medical and Marshall have the experience and expertise as a proven long term partner to provide a scalable, modular deployable health clinical care capability to meet your current and future needs.

Together, we have created a single Australian consortium combining the strengths of the four world leading organisations in military healthcare.



[saab.com.au](http://saab.com.au)



**SAAB**



# SOCIAL PROGRAM

## WELCOME RECEPTION

**Trade Exhibition Area, Crown Promenade  
1700-1900, Friday 14 October**

The 2016 AMMA Conference Welcome Reception will be held in the Trade Exhibition Area. This will be a great chance to network with your fellow delegates and speak with our engaging exhibitors.

Drinks and canapes will be served.

Dress: Neat Casual

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## 25TH ANNIVERSARY BLACK TIE CONFERENCE DINNER

**Myer Mural Hall  
1900-0000, Saturday 15 October 2016**

The Conference Dinner will begin with canapes and drinks at Myer Mural Hall in the centre of Melbourne city.

Coaches will depart Crown Promenade promptly at 1830. Coaches will be shuttling attendees back to Crown Promenade approximately every twenty minutes. The first coach will leave at 2200, the final coach will leave at 0020.

This is your opportunity to dress up, enjoy great food, and celebrate our 25th Anniversary with us!

Dress: Black Tie

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## Are you living with a mental health condition or diagnosed with PTSD? Help is at hand for you and your loved ones.

### ADF findings on mental illness

According to the ADF Mental Health Prevalence and Wellbeing Study (2010) the prevalence of mental health conditions in the ADF is similar to the community, although the profile of specific mental health conditions in the ADF varies.

The report reveals that when compared to the community, in the previous 12 months ADF members are:

- Significantly more likely to experience an affective disorder (9.5 per cent compared to 5.9 per cent)
- Significantly less likely to experience an alcohol disorder (5.2 per cent compared to 8.3 per cent)
- More likely to experience an anxiety disorder (14.8 per cent compared to 12.6 per cent)
- Post-Traumatic Stress Disorder (PTSD) is the most common anxiety disorder experienced by ADF members, and is more prevalent in among members than in the community (8.3 per cent compared to 5.2 per cent)
- Significantly more likely to consider and make a suicide plan although the number of reported deaths by suicide is lower than in the community

Beyondblue statistics reveal that around one million Australians experience PTSD in any one year, and 12 per cent of Australians will experience PTSD in their lifetime.

### Accessible and specialised private mental health services

Healthe Care Australia (Healthe Care), the nation's third largest private hospital operator with more than 600 mental health beds provides specialised treatment and support for current and ex-serving personnel living with PTSD. Healthe Care's mental

health services also treat individuals with depression, anxiety disorders, a range of other mental health disorders and addictive disorders including dependence on alcohol and other drugs.

Treatment, education and therapy programs provided by Healthe Care's dedicated mental health facilities in Townsville, Perth and on the Gold Coast provide a safe treatment setting for this client group. Targeted, evidence-based PTSD group therapy courses are also accredited by the Department of Veterans Affairs.

Whether an inpatient or a day patient, treatment is tailored to each individual's needs while providing the skills and techniques to manage PTSD and mental health disorders more effectively. The main goal is to treat the condition early, at the same time minimising its impact on the individual and their loved ones. Assistance for family members is also a key part of service delivery.

Patient services are facilitated by highly qualified staff including psychiatrists, mental health nurses, psychologists, occupational therapists, psychotherapists and counsellors.

### Contact your nearest Healthe Care private mental health facility

To obtain a referral to access Healthe Care's private mental health services, speak with your General Practitioner. For information or a confidential discussion please contact your nearest Healthe Care facility:

#### Gold Coast

Currumbin Clinic on 1800 119 118  
[currumbinclinic.com.au](http://currumbinclinic.com.au)

#### Townsville

Townsville Private Clinic on 1800 884 767  
[townsvilleprivateclinic.com.au](http://townsvilleprivateclinic.com.au)

#### Perth

Marian Centre on 1800 540 388  
[mariancentre.com.au](http://mariancentre.com.au)



# healthcare

- Are you suffering from a traumatic event?
- Are your relationships suffering?
- Do you use substances to cope with everyday life?

Let us help you.

Health Care Australia is the nation's third largest private hospital operator with more than 600 private mental health beds.

We provide specialised treatment and support for current and ex-serving defence personnel living with PTSD, as well as treatment for addictive disorders including dependence on alcohol and other drugs.

Our inpatient and day patient mental health services are delivered by an experienced team of psychiatrists, nursing and allied health professionals.

We deliver evidence-based programs that provide the tools to manage PTSD more effectively, and minimise the effect it has on you and your loved ones.

For a confidential discussion or to access our specialised private mental health services, contact your nearest Health Care facility listed below.

## Currumbin Clinic

### GOLD COAST

37 Bilinga Street  
Currumbin QLD 4223

P 1800 119 118

[currumbinclinic.com.au](http://currumbinclinic.com.au)

## Townsville Private Clinic

### TOWNSVILLE

136 Wills Street  
Townsville QLD 4810

P 1800 884 767

[townsvilleprivateclinic.com.au](http://townsvilleprivateclinic.com.au)

## Marian Centre

### PERTH

187 Cambridge Street  
Wembley WA 6014

P 1800 540 388

[mariancentre.com.au](http://mariancentre.com.au)

# CONFERENCE OPENING

SPEAKER



**FRIDAY 14TH OCTOBER  
0845-0855**

## THE HONOURABLE LINDA DESSAU AM GOVERNOR OF VICTORIA

On 1 July 2015, the Honourable Linda Dessau AM was sworn in as Victoria's 29th Governor, the first female in the role.

Governor Dessau was born in Melbourne in 1953, and was educated at St Catherine's Girls' School, matriculating in 1969, before attending the University of Melbourne, where she gained the degree of LLB (Hons).

In 1975, she was admitted as a barrister and solicitor of the Supreme Court of Victoria. She signed the Bar Roll in 1978 and worked as a Crown counsel in Hong Kong between 1982 and 1985.

The Governor took her first judicial appointment in 1986 as a Magistrate. She sat in the Children's Court, Coroners Court and Melbourne Magistrates' Court.

In June 1995, the Governor was appointed a Judge of the Family Court of Australia, where she served for 18 years until July 2013.

Immediately before her appointment as Governor, she was President of the Melbourne Festival, Chair of the Winston Churchill Memorial Trust Victorian Regional Committee and a national Board member of the Trust, a Commissioner of the Australian Football League, a Trustee of the National Gallery of Victoria, a Board member and former Chair of AFL Sportsready and Artsready, a Board member of the Unicorn Foundation, and a Patron of Sports Connect.

In 2010, the Governor was made a Member of the Order of Australia for services to family law and the community.

The Governor and her husband Mr Anthony Howard, have two sons, both of whom completed Bachelors of Laws and Arts at Monash University.

# KEYNOTE SPEAKER

SPEAKER

**FRIDAY 14TH OCTOBER**  
**0900-1000**

## RADM JENNY FIRMAN

RADM Jenny Firman completed her medical degree from University of Melbourne in 1981. While a student she joined the Royal Australian Navy and over the next 22 years was posted to a range of positions that included sea time and involvement in underwater medicine and, in the tri-Service environment, developing strategic and operational health policy.

She left full time Service in 2002 and transitioned to the Reserve and was appointed as the first Chief Medical Officer for the newly created Defence Force Recruiting organisation.

In 2008 she was appointed as Director General - Navy Health Reserve and performed that role until 2012. In February 2015 she was promoted to Rear Admiral and appointed as Surgeon General Australia Defence Force Reserve.

In her civilian working life she is the Principal Medical Adviser in the Office of Health Protection in the Department of Health. In this position she is responsible for the provision of medical and scientific advice to assist in the work of the Department and the Australian Government in communicable disease control and health emergencies. This has included the national response to pandemic H1N1 2009 influenza, the Japanese tsunami and radiation leak, Ebola, the current Zika outbreak, global problem of antimicrobial resistance as well as advice on the national immunisation program.



# GRAEME SHIRTLEY ORATION

SPEAKER



**SATURDAY 15TH OCTOBER**  
**0845-0930**

## CAPT RUSS SCHEDLICH MB BS, MPH, FRACMA

Captain Russ Schedlich RANR graduated MB BS from the University of New South Wales in 1979 and, following his internship at Gosford Hospital, started his naval medical career at the Naval Air Station, HMAS Albatross, in 1980.

Subsequent postings to sea, HMAS Cerberus, HMAS Leeuwin and HMAS Stirling, the latter two giving him extensive practice in underwater medicine, saw him head to the United Kingdom for exchange service with the Royal Navy at the Undersea Medicine Division of the Institute of Naval Medicine at Portsmouth.

Returning to Australia in 1988, Russ spent a short time at the School of Underwater Medicine at HMAS Penguin before being

promoted Commander and being posted as Fleet Medical Officer at the beginning of 1989.

In 1991, Russ studied for a Master of Public Health at the University of Sydney and then, in 1992, was posted as Medical Officer-in-Charge, Balmoral Naval Hospital.

In 1993, Russ was put into project work to develop the concept of an advanced afloat surgical facility (a Primary Casualty Reception Facility). In 1994, Russ travelled to the United States to join the commissioning crew of HMAS Kanimbla, one of two former US Navy ships into which the PCRf was installed.

Russ was promoted to Captain in 1996 and posted (for the second time) as Fleet Medical Officer, also becoming Head Naval Health Branch. He left the Permanent Naval Forces from that post at the end of 1999.

Upon leaving the PNF, Russ spent a year on contract as Senior Medical Officer Fleet Base East before becoming Director Medical Services, Far West Area Health Service, at the end of 2000. He was seconded to the NSW Health Department in 2004 before heading north to Queensland as Executive Director Medical Services Central Queensland Health Service District in 2006.

In 2009, Russ was seconded to the Queensland State Health Emergency Coordination Centre to support the statewide response to the H1N1 influenza pandemic, and one year later joined Logan Hospital in southeast Queensland as Senior Medical Manager.

In 2012, Russ returned to NSW, taking up the position of Director Medical Services, Wagga Wagga Base Hospital, and then a year later to his current position of Director Medical Services, Liverpool

# CLOSING KEYNOTE SPEAKER

## SPEAKER

**SATURDAY 15TH OCTOBER  
1530-1630**

### BEN WEBB

Ben Webb is the Centre Manager at the Veterans Centre - Sydney Northern Beaches with the objective of providing a holistic service to veteran families on Sydney's Northern Beaches. This Centre will be a focal point for the Veteran community offering support, assistance and a voice to raise awareness of the challenges they face.

Ben enlisted into the Royal Australian Artillery in February 2001 after completing year 12 studies at school. After Recruit and Corp specific training, Ben was posted to 8/12 MDM REGT in Darwin. During this period Ben participated in border protection and was promoted to Lance Bombardier in April 2003.

Later that year, Ben successfully applied for a transfer to Royal Australian Electrical Mechanical Engineers as an Electrical Technician. In November 2007, Ben was posted to 10 FSB (Townsville) and deployed to Afghanistan in 2009/2010, for which he was awarded a Commendation. He was then promoted to Corporal December 2010.

Ben sustained many injuries throughout service career and these became prevalent in 2011. Numerous physical injuries and chronic pain syndrome became unmanageable and subsequently Ben developed severe depression.

Ben was medically discharged from service in October 2013. Throughout 2014 Ben focused on his rehabilitation and, during this time, began voluntary work with Soldier On as their health and fitness coordinator in South Australia. Ben found this role incredibly rewarding, not only due to those he was assisting, but the role became an integral part of his personal recovery.

Ben was selected to attend the 2014 Invictus Games representing Australia. The experience was another key milestone in Ben's recovery. One of the key reasons for Ben's relocation to the Northern Beaches was the sense of community. Ben now lives in Cromer with his partner Yan, and is proud to call the Northern Beaches home.



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Australian Government  
Department of Veterans' Affairs

# AMMA AWARDS

## WEARY DUNLOP AWARD

Best original presentation given at the conference.

## JMVH EDITOR'S PRIZE

Best paper published in JMVH in the last 12 months.

## JMVH NEW AUTHOR PRIZE

Best paper published in JMVH in the last 12 months by an author not previously published in JMVH.

## JMVH BEST VETERANS PAPER

Best original paper on veterans' health published in the last 12 months. Proudly sponsored by:



## PATRON'S PRIZE

Best health related article published in a peer reviewed journal in the last financial year.

## AMMA CONFERENCE POSTER AWARD

Best poster presentation as judged by delegates and the committee.

## PHOTO GALLERY COMPETITION

Best photo displayed at the conference as judged by the delegates.

Proudly sponsored by:



PO3223

## supporting veterans and their families



Australian Government  
Department of Veterans' Affairs

The Department of Veterans' Affairs (DVA) supports those who serve or have served in the defence of our nation and commemorates their service and sacrifice. DVA's clients are veterans, war widows and widowers, serving and former Australian Defence Force members, eligible Australian Federal Police members, and their dependants and carers. DVA assists clients to maintain physical, mental and financial wellbeing by delivering health care and rehabilitation services, and providing compensation and income support. DVA also acknowledges and commemorates those who have served Australia through official commemorations.



# PROGRAM

## THURSDAY 13 OCTOBER

0800-1200 Workshop Registration Open

0930-1700 **DERMATOLOGY IN MILITARY  
MEDICINE WORKSHOP**

📍 ROOM M12, CROWN PROMENADE, MELBOURNE

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0800-1700 **AVIATION MEDICINE WORKSHOP**

📍 ROOM M11, CROWN PROMENADE, MELBOURNE

0900-1200 **HLTAID001 PROVIDE CARDIOPULMONARY RESUSCITATION  
REFRESHER COURSE**

📍 ROOM M13, CROWN PROMENADE, MELBOURNE

1500-1600 **JMVH BOARD MEETING**

📍 ROOM M13, CROWN PROMENADE, MELBOURNE

1700-1800 **AMMA COUNCIL MEETING**

📍 ROOM M13, CROWN PROMENADE, MELBOURNE

## FRIDAY 14 OCTOBER

0700-1800 Registration Open

0730-1700 **EXHIBITION OPEN**

Complimentary Barista Cart

Proudly sponsored by:



0820-0822 **WELCOME Dr Greg Mahoney, President of AMMA**

📍 PLENARY

0825-0835 **WELCOME TO COUNTRY The Arweet Carolyn Briggs**

📍 PLENARY

0845-0855 **CONFERENCE OPENING Governor of Victoria, the Honourable Linda Dessau AM**

📍 PLENARY

0900-1000 **KEYNOTE PRESENTATION RADM Jenny Firman**

*Emerging Infectious Diseases and the Military*

📍 PLENARY

1000-1030 **MORNING REFRESHMENTS**

📍 EXHIBITION AREA

Take some time to visit our engaging exhibitors

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# PROGRAM

1030-1230	<b>SESSION 1 MENTAL HEALTH 1</b>	<b>SESSION 2 CAPABILITY</b>	<b>SESSION 3 ENHANCING PERFORMANCE</b>	<b>SESSION 4 QUALITY IMPROVEMENT</b>
Room	📍 M6	📍 PLENARY	📍 P3	📍 M10
1030-1050	<p><i>Mental Health Problems in Deployed ADF Members: Effects of Deployment-Related and Pre-Deployment Trauma, and Pre-Deployment Mental Health Problems.</i></p> <p><b>Ellie Lawrence-wood</b></p>	<p><i>Role 2 Health Service Support in the New Zealand Defence Force, from 1997 to 2016.</i></p> <p><b>Soren Hall</b></p>	<p><i>Army Combat Health Certification – How Does Our Performance Measure Up?</i></p> <p><b>Anthony Chambers</b></p> <p><b>Laura Sinclair</b></p> <p><b>Nerida McManus</b></p> <p><b>Nathan Fraser</b></p>	<p><i>Introduction to the Defence Health Manual: The One Stop Health Policy Shop</i></p> <p><b>Toni Bushby</b></p>
1055-1115	<p><i>Current Themes in Operational Mental Health for Navy</i></p> <p><b>Jennifer Wheeler</b></p>	<p><i>Joint Project 2060 - ADF Deployable Health Capability Update</i></p> <p><b>Michael Paterson</b></p>	<p><i>Peak Performance: The Missing Piece</i></p> <p><b>Andrew Moss</b></p>	<p><i>Quality Improvements to Complaints and Clinical Incident Management Related to ADF Contracted Health Services</i></p> <p><b>Madeline Makeham</b></p> <p><b>Alexandra O'Farrell</b></p>
1120-1140	<p><i>Psychosocial Stressors of Deployment for NZDF Personnel</i></p> <p><b>Carsten Grimm</b></p>	<p><i>Moving Military Hospital Management into the Digital Age – The Virtual Hospital as a Tool for Improved Efficiency, Training, Communication and Predictive Modelling</i></p> <p><b>Nick Alexander</b></p> <p><b>Jamie Phillips</b></p>	<p><i>Optimising Performance Through Incorporation of Biofeedback Into Reality-Based Training</i></p> <p><b>Kane Pflugst</b></p>	<p><i>Nationwide Improvement of Business Processes in Garrison Health Operations</i></p> <p><b>Isaac Seidl</b></p>

# PROGRAM

1145-1205 *Quality Assurance Audit of the Mental Health of RAAF personnel Engaged in Airborne Intelligence, Surveillance and Reconnaissance (ISR) Operations 2013-14*  
**Jacqueline Costello**  
**Duncan Wallace**

*Storage Duration of Platelets and Outcomes of Critically Ill Patients*  
**Andrew Flint**

*Beyond the Part Task Trainer - A Renaissance in ADF Health Simulation*  
**Kylie Douglas**

*Defence eHealth Journey*  
**Julia Keating**

1210-1230 *Mental Health Risk Assessment Training: A Blended Online and Face-To-Face Training Program For Defence Mental Health Professionals*  
**Darryl Wade**

*International Engagement Over the Ditch – Operational Psychology*  
**Laura Sinclair**  
**Kate Milburn**

*Changes to Health Support Allowance and the New Health Declaration*  
**Paula Vetter**

1230-1330 **LUNCH**  
 📍 EXHIBITION AREA

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# PROGRAM

1305-1505	<b>SESSION 5 TRANSITION AND WELLBEING RESEARCH PROGRAM</b>	<b>SESSION 6 TRAINING</b>	<b>SESSION 7</b>	<b>SESSION 8 SOMETHING IN THE AIR</b>
Room	📍 M6	📍 PLENARY	📍 P3	📍 M10
1305-1325	<p><i>From Military Service to Civilian Life: The Impact of Transition on ADF Servicemen and Servicewomen</i></p> <p><b>Miranda Van Hooff</b> <b>Stephanie Hodson</b></p>	<p><i>Army School of Health, Combat Health Training Team</i></p> <p><b>Simon Dunn</b></p>	<p><i>The Longitudinal ADF Study Evaluating Resilience (LASER-Resilience): Three Detailed Reports on Pre-Military Enlistment Trauma, Alcohol and Tobacco Consumption, and Social Support</i></p> <p><b>Carolina Casetta</b> <b>Lisa Dell</b></p>	<p><i>Neck Pain in Fighter Pilots - Have We Identified the Risk Factors?</i></p> <p><b>James Wallace</b></p>
1330-1350	<p><i>Exploring the Impact of Deployment to a Combat Zone: The Impact of Combat Study</i></p> <p><b>Ellie Lawrence-wood</b> <b>Nicole Sadler</b></p>	<p><i>ADF Forward CBRN Medical Capabilities - Preparing for Black Swans</i></p> <p><b>David Heslop</b></p>	<p><i>Hostage Post-Release Support Utilising a Psychological First Aid Framework</i></p> <p><b>Kelly Tomlinson</b></p>	<p><i>Optimising Military Medical Intelligence Planning by Leveraging Non-Military Medical Organisation Knowledge</i></p> <p><b>Neil Nerwich</b></p>
1355-1415	<p><i>The Impact of Military Service on Families</i></p> <p><b>Galina Daraganova</b> <b>Jacqui Harvey</b> <b>Karen Barker</b></p>	<p><i>Diploma Military Medicine update</i></p> <p><b>Adeline Chong</b></p>	<p><i>Drinking to Cope with Operational Deployment: A Longitudinal, Prospective Investigation into Alcohol Use and Motivations to Consume Alcohol</i></p> <p><b>Alison Kaine</b></p>	<p><i>Six Principles for Successful Aeromedical Evacuations in Extreme Environments</i></p> <p><b>Craig G. Stark</b></p>

# PROGRAM

1420-1440	<i>Discussion</i>	<i>The Royal Australasian College of Military Medicine</i> <b>Vanessa Weenink</b>	<i>Drinking Motives as a Mediator of Hazardous and Harmful Drinking in Young Royal Australian Navy Trainees</i> <b>Jason Watterson</b>	<i>Australian Antarctic Trial Aeromedical Evacuation</i> <b>Kathleen Pyne</b>
1445-1505		<i>Royal Australian Army Nursing Corps Employment Model Development – A Proposal</i> <b>Christine Saunders</b>	<i>Mental Health Screening Continuum: Results of the Medical Officer Mental Health Screen Pilot Evaluation</i> <b>Kate Henderson</b>	<i>Sustaining Military Personnel at High Altitude - An Account of an Australian Defence Force and Indian Army collaborative Information Exchange and an Update of Altitude Illness, Prevention and Treatment</i> <b>Jorian Kippax</b>

1510-1540 **AFTERNOON REFRESHMENTS**

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# PROGRAM

1545-1745	<b>SESSION 9 RESILIENCE</b>	<b>SESSION 10 LESSONS FROM HISTORY</b>	<b>SESSION 11 QUALITY IMPROVEMENT</b>	<b>SESSION 12 LEADERSHIP</b>
Room	📍 M6	📍 PLENARY	📍 P3	📍 M10
1545-1605	<p><i>An Integrative Approach to Measurement of Resilience to Psychological Stress</i></p> <p><b>Kane Pffingst</b></p>	<p><i>The Battles of the Somme - Medical Aspects</i></p> <p><b>Michael Dowsett AM</b></p>	<p><i>Assessing the ADF's New MR2E Capability: How I Did Canberra's OT&amp;E 30 Sep – 05 Oct 15</i></p> <p><b>Neil Westphalen</b></p>	<p><i>Effective Leadership on Operations: Perspectives from NZDF Commanding Officers</i></p> <p><b>Minette Steyn</b></p>
1610-1630	<p><i>Resilience Through a Positive Model of Self-Reflection, Adversity and Mental Fitness</i></p> <p><b>Laura Sinclair Monique Crane Danny Boga Pip Weiland</b></p>	<p><i>New Zealand Medical Services at the Battle of the Somme – 1916</i></p> <p><b>Peter Hurly</b></p>	<p><i>The 2nd General Health Battalion's road to Continuous Quality Improvement</i></p> <p><b>Nerida McManus</b></p>	<p><i>Persistence of the Dunning-Kruger Effect in Frontline Management Training</i></p> <p><b>Sarah Watson</b></p>
1635-1655	<p><i>It's Time To RESET: Proof of Concept of a Coach-Based, Skills Building Group Program for Current Serving ADF Members</i></p> <p><b>Jacqueline Costello</b></p>	<p><i>Intergenerational Effect of Deployment: Findings from the Vietnam Veterans' Family Study</i></p> <p><b>Galina Daraganova</b></p>	<p><i>Clinical Standards and Audit Project</i></p> <p><b>Janine Fletcher Madeline Makeham</b></p>	<p><i>Clinical Leadership Development Model - A Proposal</i></p> <p><b>Julie Finucane Jenni Ward</b></p>
1700-1900	<p><b>WELCOME RECEPTION</b></p> <p>📍 EXHIBITION AREA</p>			<p>Proudly sponsored by:</p> <p><b>aspenmedical</b></p>



## SATURDAY 15 OCTOBER

0700-1730 Registration

0800-1600 **EXHIBITION OPEN**  
Complimentary Barista Cart

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0830-0835 **WELCOME**

0845-0930 **GRAEME SHIRTLEY ORATION CAPT Russ Schedlich**

0930-1000 **MORNING REFRESHMENTS**

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1000-1200	<b>SESSION 13</b> <b>PTSD</b>	<b>SESSION 14</b> <b>CULTURE AND THE WORKPLACE</b>	<b>SESSION 15</b>	<b>SESSION 16</b>
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Room	📍 M6	📍 PLENARY	📍 P3	📍 M10
1000-1020	<i>ICD-10 Mental Disorder in Australian Defence Force Personnel and Australian First Responders: Prevalence and Predictors in Two Occupational Setting</i> <b>Miranda Van Hooff</b>	<i>Can Culture Have an Impact on Clinical Performance? How Can We Evolve for Ourselves and Our Patients?</i> <b>Isaac Seidl</b>	<i>The Evolution of Rehabilitation in DVA</i> <b>Mike Armitage</b>	<i>A Bibliometric Analysis of Military Trauma Registry Publications</i> <b>Michael Reade</b>
1025-1045	<i>Optimising Mental Health and Quality of Life For Australia's Military Personnel and Veterans With PTSD: Establishing a Randomised Controlled Trial</i> <b>David Forbes</b>	<i>Social Determinants of Health &amp; Military and Veteran Communities - The Value of the Military Social Work Lens</i> <b>Karen Green</b>	<i>Towards a Three-Dimensional Motion Analysis System Based on Kinect V2 For Calculating in Vivo Knee Joint and Muscle Forces</i> <b>Adam Bryant</b>	<i>New ANZCOR Traumatic Cardiac Arrest Guidelines: Building on Military Experience</i> <b>Michael Reade</b>

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# PROGRAM

1050-1110	<i>Sleep Factors Underpinning Nightmares of PTSD: An Ambulatory PSG Study</i> <b>Andrea Phelps</b>	<i>Male Dominated Work Places – Are There Lessons for the Military From Working Well: Mental Health and Mining?</i> <b>Jane Rich</b>	<i>Targeted Musculoskeletal Pre-Conditioning For Recruit Training: Early findings of the PREFIT study</i> <b>Belinda Beck</b>	<i>Injury and Musculoskeletal Disorders in Australian Gulf War Veterans: 20 years After Deployment</i> <b>Helen Kelsall</b>
1115-1135	<i>The Diagnostic Validity of Physical Symptoms in PTSD Screening in the Military</i> <b>Kristin Graham</b>	<i>The Australian Defence Force Policy on Maternal Health Care: What's the Problem Represented To Be</i> <b>Maureen Montalban</b>	<i>Future Soldier Rehabilitation</i> <b>Sam John</b>	<i>Ex-Service Organisations (ESO) Mapping Project</i> <b>Andrew Condon</b>
1140-1200	<i>A Novel Peer-Lead Treatment Program for Military Veterans: The STAIR Program</i> <b>Jonathan Lane</b>	<i>Combat Training Injuries in Australian Army Personnel</i> <b>Robin Orr</b>		

1200-1300 **LUNCH**

Visit the Poster Presentation in the  **TRADE EXHIBITION AREA**

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## 2016 AMMA CONFERENCE POSTER PRESENTATIONS

PRESENTERS NAMES	POSTER TITLE
Laura Chapman	Damage Control Surgery and Combat-Related Maxillofacial And Cervical Injuries: A Systematic Review
Dr Mohammed Siraj A.Hameed	A case of Crohns Disease Vs No Crohns Disease
Associate Professor David Heslop	The NHMRC CRE for Integrated Systems for Epidemic Response (ISER)
Derek Moore	100 years of Military Dietetics
Dr Madeline Romaniuk	Re-experiencing Trauma as a Predictor of Suicide Risk Among Vietnam Veterans with Posttraumatic Stress Disorder
Natasha Pavlin	The Size of the Problem
Dr Kerrie Westaway	Long Term Use of Antidepressants in the Australian Veteran Population
Brendan Wood	Ettie Rout – First World War Safe Sex Advocate

# PROGRAM

1300-1435	SESSION 17 MENTAL HEALTH	SESSION 18 OPERATIONAL HEALTH	SESSION 19 OCCUPATIONAL HEALTH	SESSION 20 RAAF BREAKOUT
Room	📍 M6	📍 PLENARY	📍 P3	📍 M10
1300-1320	<p><i>Developing Army Psychology Capability – Training Through to Combat</i></p> <p><b>Laura Sinclair</b> <b>Alison Kaine</b></p>	<p><i>Shock Trauma: Bringing Surgery to the Fight</i></p> <p><b>Shane Balcombe</b> <b>Emma Kadziolka</b></p>	<p><i>Matching Physical Capacity to Work – Drawing the Parts Together</i></p> <p><b>Helen Moody</b></p>	<p><i>RAAF Breakout</i></p> 
1325-1345	<p><i>Pathways to Mental Health Care in the ADF and the Hidden Unmet Need</i></p> <p><b>Helen Benassi</b></p>	<p><i>The Special Operations Rescue Medic (SORM): Meeting Integrated Medical Support Needs During Special Operations</i></p> <p><b>Chris Williams</b></p>	<p><i>Detection and Mitigation of Hearing Loss in the Australian Defence Forces</i></p> <p><b>David Sly</b></p>	
1350-1410	<p><i>From Soldier To Civilian: ‘Culture Clashes’ Observed by Mental Health Clinicians and the Impact on the Reintegration Process</i></p> <p><b>Madeline Romaniuk</b></p>	<p><i>TCCC, Teamwork and Calm Thinking Saves Lives After a Complex Attack Against a Coalition Base in Afghanistan</i></p> <p><b>Paul Mayer</b></p>	<p><i>The Effects of Environmental Toxins and Traumatic Stress on the Reproductive Health of Australian Defence Force Veterans</i></p> <p><b>Rachelle Warner</b></p>	
1415-1435	<p><i>Long-term Health Effects of Vietnam-era Military Service: A Quasi-Experiment Using Australian Conscription Lotteries</i></p> <p><b>Peter Siminski</b></p>	<p><i>Injuries Associated With Sport Participation Amongst Australian Army Personnel</i></p> <p><b>Robin Orr</b></p>	<p><i>Health Service Use and Disability Compensation Claims in Military Personnel With Multi-Symptom Illness and Those With Chronic Diseases</i></p> <p><b>Stella Gwini</b></p>	

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# PROGRAM

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1440-1500 *"Post traumatic Stress Disorder" – Clinical Presentation and Management* *Dental Casualty Rates in the Middle East Area of Operations, 2016*  
**Dr Richard Magtengaard** **Geoff Harvey**

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1500-1530 **AFTERNOON REFRESHMENTS**

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1530-1630 **KEYNOTE**  
*Military and Chronic Health*  
**Ben Webb**  
📍 **PLENARY**

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1630-1730 **AMMA AGM**  
📍 **PLENARY**

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1830 Coaches Depart for dinner

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1900 - 2355 **25TH ANNIVERSARY BLACK TIE GALA DINNER**  
📍 **MYER MURAL HALL**  
**(ENTRY IS OFF POSTAL LANE)**

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2200 First Coach Departs for Crown Promenade - coaches will then depart at the following approximate times:

2215, 2230, 2240, 2255, 2310, 2330, 2335, 2350, 2359, 0005

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0020 Final Coach Departs for Crown Promenade

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## SUNDAY 16 OCTOBER

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0830-1200 Registration Desk Open

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0830-0900 **THE ADF ARTS FOR RECOVERY, RESILIENCE, TEAMWORK AND SKILLS PROGRAM (ARRTS)**

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0900-1030 **JOINT HEALTH - WHERE WE'RE GOING AND WHERE WE'VE BEEN**

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1030-1045 **AMMA AWARDS**

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1100-1130 **MORNING REFRESHMENTS**

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Medibank's Garrison Health Services (GHS) delivers a national integrated healthcare service to the Australian Defence Force (ADF).

Through Medibank's extensive network, GHS provides seamless access to quality healthcare to the 60 000+ permanent and 20 000+ reservist uniformed ADF personnel—from point of injury or illness to recovery.

The GHS team manages and coordinates over 1100 On-base primary healthcare experts, over 4000 Medical Specialists, over 250 Hospitals and over 8000 Allied Health professionals, working in collaboration across all Australian states and territories.

Medibank provides comprehensive management of the provision and clinical oversight of health services to the ADF through an innovative model. These services are delivered through its GHS business and include prevention, treatment and rehabilitation for both physical and mental health conditions. These capabilities are provided through excellence and consistency in clinical governance and management practices.

Garrison Health Services – the health of the ADF is central to everything we do.

[www.medibankhealth.com.au/garrisonhealthservices](http://www.medibankhealth.com.au/garrisonhealthservices)

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Today, we operate across Australasia, the US, Europe, Africa and the Gulf Region and employ more than 2,000 dedicated, experienced and highly-trained professionals.

Our vision is to be the globally preferred provider of outsourced healthcare services.

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Undertake study in a highly flexible environment with leading educators in your field.

\*Apply now for the Bachelor of Paramedic Practice (Conversion) and you may be eligible to receive a 50% discount on your tuition fees for studies undertaken in 2016 and 2017. Conditions Apply.

[www.utas.edu.au/health](http://www.utas.edu.au/health)

## DEPARTMENT OF VETERANS' AFFAIRS

The Department of Veterans' Affairs (DVA) supports those who serve or have served in the defence of our nation and commemorates their service and sacrifice. DVA's clients are veterans, war widows and widowers, serving and former Australian Defence Force members, eligible Australian Federal Police members, and their dependants and carers. DVA assists clients to maintain physical, mental and financial wellbeing by delivering health care and rehabilitation services, and providing compensation and income support. DVA also acknowledges and commemorates those who have served Australia through official commemorations.

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The School of Public Health and Community Medicine (SPHCM) at the University of New South Wales (UNSW) is a leading postgraduate educator. SPHCM offers a suite of programs and courses including Masters in Public Health, International Public Health, Health Management and Infectious Diseases Intelligence, and a range of specialisations, dual degrees, and research degrees. SPHCM is committed to excellence in research, learning and teaching and advocacy to enhance public health and health services. The School is a dynamic, international community of staff, alumni, practitioners and students.

[sphcm.med.unsw.edu.au](http://sphcm.med.unsw.edu.au)



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## REPAT FOUNDATION

The Repat Foundation - The Road Home raises awareness and funds to support health and wellbeing projects into conditions such as post-traumatic stress for the nation's veterans, emergency first responders and their families.

Built on world-leading independent research over the last 20 years, our national brand 'The Road Home' was launched in 2015 to advocate for and strengthen veterans and emergency first responders health and wellbeing research in Australia

[www.theroadhome.org](http://www.theroadhome.org)

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We offer our clients a tailored flexible service wherever it is needed – from a single paramedic to a full-spectrum solution involving a multidisciplinary team of healthcare professionals, ambulances, medical facilities, equipment, consumables, pharmacy products, procedures and aero-medical evacuation services including the company's own aviation assets.

Today, we operate across Australasia, the US, Europe, Africa and the Gulf Region and employ more than 2,000 dedicated, experienced and highly-trained professionals.

Our vision is to be the globally preferred provider of outsourced healthcare services.

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## AWARE MEDICAL

Aware Medical has developed market leading capability in assessing your Heart & Cardio-vascular system. There are two areas of significant impact.

1. As we age our Arteries continue to stiffen exacerbating numerous Health conditions. Yet even young people can have advanced Arterial Stiffening.
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## DEFENCE HEALTH

As the largest health insurer for the Defence Community, Defence Health's priority is looking after their members' wellbeing by providing great value health insurance along with genuine care, support and expertise.

Not everyone can join – but because of you are a Defence member or contractor, you and your extended family can take advantage of your Defence connection. Even your parents, brothers and sisters can join.

Go to [www.defencehealth.com.au](http://www.defencehealth.com.au) or call them on 1800 335 425.

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Established in 1976, DLC Australia Pty Ltd has focused on providing portable radiology equipment to the Australia and New Zealand markets.

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[www.gehealthcare.com.au](http://www.gehealthcare.com.au)

# HCA

Healthcare Australia

## HCA HEALTHCARE AUSTRALIA

Healthcare Australia (HCA) has been subcontracted to deliver the Australian Defence Force On-base Primary Healthcare Services in Queensland, South Australia, Northern Territory and Western Australia by Medibank's Garrison Health services as of 1 November 2016. Take this opportunity to come and meet us at our booth to discuss the rewarding and challenging career opportunities we have for Nurses, Doctors, Allied Health and Mental Health Specialist.

[www.healthcareaustralia.com.au/defence-health/](http://www.healthcareaustralia.com.au/defence-health/)

# ideation

product solutions

## IDEATION PRODUCT SOLUTIONS

Ideation Product Solutions are the designers and manufacturers of the ESIM2.0 Environmental Stress Index Monitor. Developed in conjunction with Australia's Defence Science and Technology Group, the ESIM2.0 is a lightweight, portable, rugged, fast and simple to operate alternative to WBGT. ESIM2.0 readings can be used as a direct substitute for WBGT. The ESIM2.0 is currently widely deployed within the Australian Army.

[www.ipsol.com.au](http://www.ipsol.com.au)

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International SOS Government Services provides specialised solutions ensuring quality healthcare outcomes and reduced medical risk for governments and militaries. Working with organisations in 200+ locations, we have direct experience supplementing health/medical needs through our global, medically led footprint.

Since 1998 we have been providing medical and health services support to the ADF and NZDF in Australia and overseas. Our extensive infrastructure, medical expertise and scalable resources provide customised, cost-effective solutions even in hostile environments.

[www.internationalsos.com](http://www.internationalsos.com)



## JOINT HEALTH COMMAND

Mental Health Psychology & Rehabilitation Branch is a multidisciplinary organisation responsible for the development, interpretation and evaluation of all clinical and professional governance frameworks, policies, procedures and programs of care related to mental health, psychology and rehabilitation.

Vision

Optimise mental health and wellbeing of ADF members and their families.

Mission

To provide policy, programs and systems that strengthen resilience and enhance recovery

Branch Structure

Designed to best meet the VCDF strategic objective of optimal health, wellbeing and personal effectiveness through a continuum of prevention, early intervention, treatment and rehabilitation.

[www.defence.gov.au/health](http://www.defence.gov.au/health)



## Laerdal

*helping save lives*



## LAERDAL

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Medibank's Garrison Health Services—the health of the ADF is central to everything we do.

[medibankhealth.com.au/garrisonhealthservices](http://medibankhealth.com.au/garrisonhealthservices)



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