Welcome to St Andrew’s Sports Meet 2015 – showcasing the latest innovations and advancements in treating sports related injuries.

St Andrew’s War Memorial Hospital’s CPD program is a state wide clinical education program for urban, rural and remote general practitioners.

Our CPD program has the reputation as a leader in the field since its inception in 1994 and currently provides over a thousand GPs each year with the latest clinical education that is nationally recognised by the Australian College of General Practitioners (RACGP) and the Australian College of Rural and Remote Medicine (ACRRM). Our educational activities are accredited with category one and two points through the QI & CPD program of the RACGP.

The primary aim of our CPD program is to provide evidence based clinical updates that assist GPs in providing quality care to patients throughout Queensland.

The 2015 CPD program brings together opinion leading specialists and general practitioners in a best practice medical education setting that is designed to provide the GP with relevant primary care focussed interactive learning.

It is with great pleasure that I welcome you to Sports Meet 2015 and trust that you will find the evidence based curriculum both stimulating and relevant to your practice.

Dr Christian A.C. Rowan
MBBS (Qld) MDiplTrade (Mon) FRACGP
FARGP FACRRM FACMA FACHM (RACGP)
Deputy Chief Medical Officer – Uniting Care Health
Director of Medical Services – St Andrew’s War Memorial Hospital
St Andrew’s War Memorial Hospital

St Andrew’s War Memorial Hospital is a 250 bed not-for-profit private hospital based in Spring Hill, Brisbane. It has an unrivalled reputation and extensive history of best practice clinical outcomes. Part of UnitingCare Health, St Andrew’s is known for “First class treatment, World class results” in all areas of healthcare. This is achieved by attracting the best medical practitioners, providing them with excellent resources and meticulously auditing our patient outcomes.

St Andrew’s, accredited with ISO9001:2008, completed a $76 million redevelopment in 2009 that resulted in world class facilities including new visiting medical practitioner rooms, a day surgery unit, new operating theatres, state-of-the-art intensive care facilities, new in-patient rehabilitation services and a new day rehabilitation gymnasium.

As a leader in technology and innovation, St Andrew’s War Memorial Hospital not only has one of the highest acuity rates of Australian hospitals but is renowned for its excellence in the areas of:

- cardiology
- neurology
- orthopaedics
- rehabilitation

St Andrew’s War Memorial Hospital has an emergency centre on site which is staffed by highly qualified emergency specialists, medical officers and nurses. The emergency centre operates 24/7 providing a full range of emergency care.

St Andrew’s War Memorial Hospital is also well known for its centres of excellence that include:

- The Coeliac Centre
- The Pelvic Medicine Centre
- STAMPS – St Andrew’s Multidisciplinary Pain Service
- APCN – The Asia Pacific Centre for Neuromodulation

St Andrew’s War Memorial Hospital does not receive federal or state government support for the vital services we provide. We rely on the generous support of individuals, groups and organisations. This support enables us to continue to provide excellent health care for our patients.
Centres of Excellence

**EMERGENCY CENTRE**

<table>
<thead>
<tr>
<th>GP Hotline</th>
<th>(07) 3834 4490</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dr Sean Rothwell MBBS FACEM</td>
<td></td>
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<tr>
<td>Dr Jeff Conn MBBS FRACGP</td>
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<tr>
<td>Dr Mark Baldwin MBBS FACEM</td>
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<tr>
<td>Dr Peter McSweeney MBBS FACEM</td>
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<tr>
<td>Dr Adrian Ternouth MBBS FACEM</td>
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<tr>
<td>Dr Sonya Rose MBBS FACEM</td>
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<tr>
<td>Dr Mark Dalton FRCS FCEM FACEM</td>
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<tr>
<td>Dr Craig Herron MBBS FRACGP FRANZCOG</td>
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</table>

The emergency centre is fully staffed by highly trained and qualified emergency consultants, medical officers and nurses. It operates 24/7 and offers a full range of emergency care.

St Andrew’s War Memorial Hospital is well known for its cardiac care but also has world leading programs in all orthopaedic specialties, neurology and neurosurgery, intensive care, general surgery and urology. The emergency centre has a rapid chest pain assessment service and proves access to an integrated stroke service.

From minor injuries to the critically ill, our fully equipped emergency centre can provide the highest level of emergency care. The emergency centre has access to all specialties except obstetrics and psychiatry. Our emergency centre consultants have extensive expertise in sports related injuries and have easy access to all imaging modalities and orthopaedic clinics.

Our medical staff are available 24/7 for advice and are more than happy to discuss any problems with you on our dedicated GP Hotline 3834 4490.

Electronic Medicare payment, EFTPOS and credit card payment systems are available.

**REHABILITATION**

<table>
<thead>
<tr>
<th>In Patient Services</th>
<th>(07) 3834 4391</th>
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<tbody>
<tr>
<td>Amputee Program</td>
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<tr>
<td>Back in Balance Falls Prevention Program</td>
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<tr>
<td>Neurological Program</td>
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<tr>
<td>Orthopaedic Program</td>
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<td>Reconditioning Program</td>
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<table>
<thead>
<tr>
<th>Day Patient Services</th>
<th>(07) 3834 4285</th>
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<tbody>
<tr>
<td>Parkinson’s Program</td>
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<tr>
<td>Persistent Pain Program</td>
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<td>Stroke Program</td>
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<tr>
<td>Back in Balance Falls Prevention Program</td>
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<tr>
<td>Driving Clinic</td>
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<tr>
<td>Multiple Sclerosis Program</td>
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<tr>
<td>Orthopaedic Program</td>
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<tr>
<td>Reconditioning Program</td>
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<tr>
<td>Spasticity Service</td>
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</tbody>
</table>
Centres of Excellence

**StAMPS**
St Andrew’s Multidisciplinary Pain Service (07) 3834 4285

Designed for patients with persistent pain, StAMPS provides a comprehensive triage and multidisciplinary management service where our leading interventional pain specialists diagnose and refer to the integral team of physiotherapists, occupational therapists, psychologists and addiction medicine specialists to manage the individual outcomes of the patient. The service offers patients with persistent pain an enrolment in an intensive four week pain program.

**PELVIC MEDICINE CENTRE** 1300 698 699

The multidisciplinary Pelvic Medicine Centre at St Andrew’s positions the hospital at the forefront in Australia in the diagnosis, treatment and management of pelvic floor conditions. It is a centre of excellence for surgical and conservative management of conditions of the pelvic floor.

A truly integrated and collaborative service, it brings together leading specialists in gynaecology, urology, colorectal surgery, sexual dysfunction, men’s and women’s health. Integral to the centre is sophisticated diagnostics, including urodynamic testing and colorectal physiology, and support services including a pelvic floor physiotherapist and incontinence nurse.

**SLEEP CENTRE** 1800 155 225

A comprehensive consultation, diagnosis and treatment service for sleep disorders is available at St Andrew’s with the establishment of a Genesis SleepCare overnight sleep studies laboratory.

Sleep studies provide timely and accurate diagnosis of disorders such as sleep apnoea, narcolepsy and restless leg syndrome.

St Andrew’s consulting respiratory and sleep physicians Dr Ian Brown, Dr Chris Zappala and Dr Farzad Bashirzadeh provide comprehensive respiratory and sleep consultations with a referral pathway for sleep studies.

**COELIAC CENTRE** (07) 3367 1065

The Coeliac Centre is a combined paediatric and adult gastroenterology service for patients with coeliac disease with its primary aim to provide comprehensive multidisciplinary care for patients with coeliac disease.

Services offered include:
- Specialist adult and paediatric gastroenterologist management
- Specialist dietitians
- Rapid access to endoscopy and small bowel biopsy

The centre also aims to improve the outcomes of patients living with coeliac disease through:
- Increased coeliac detection rates
- Improved patient, medical, community awareness and education
- Facilitating research into coeliac disease

**APCN**
Asia Pacific Centre For Neuromodulation (07) 3346 5555

The Asia Pacific Centre for Neuromodulation (APCN) is a joint initiative of The University of Queensland and St Andrew’s War Memorial Hospital. The centre builds on two decades of ground-breaking clinical research in the application of deep brain stimulation (DBS), a neuromodulation procedure to treat Parkinson’s disease, dystonia, essential tremor, post-stroke disorders, Tourette’s syndrome, intractable pain, and epilepsy.

Central to the centre’s establishment are world leaders in deep brain stimulation, Neurologist and Professor of Clinical Neuroscience at The University of Queensland, Professor Peter Silburn, and Neurosurgeon Dr Terry Coyne, both of whom are based at St Andrew’s War Memorial Hospital. Over 800 DBS procedures have been performed at St Andrew’s. APCN is an example of St Andrew’s commitment to leadership and innovation in healthcare and excellence in clinical outcomes.
Qscan Carindale Now Open Opposite Westfield Carindale

Qscan Radiology Clinics is proud to announce the exciting launch of Qscan Carindale - located directly opposite Westfield Carindale.

Our new, state-of-the-art, comprehensive practice is conveniently located directly opposite Westfield Carindale with ample free patient parking, onsite Radiologists and offering a range of specialised services.

Qscan Carindale offers the latest equipment supported by a network of highly qualified Radiologists and technicians who are specialists in their field. Our skilled professionals are committed to providing unrivalled patient care, safety and comfort - located within the popular Carindale shopping precinct.

The Qscan Team look forward to working with you.

Dr Stephen Drew
Qscan Carindale Site Radiologist

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Dr Gregory Amos
MBBS (UQ) FRANZCR
Special Interests: Hepatobiliary and Enterography Imaging, CT Colonography and Magnetic Resonance Imaging (MRI)

Dr Gary Shepherd
MBBS (UQ) FRANZCR
Special Interests: Musculoskeletal Magnetic Resonance Imaging (MRI), Ultrasound, Sports Medicine, Musculoskeletal Intervention

Dr Anthony Litzow
MBBS (UQ) FRANZCR
Special Interests: Cardiothoracic Imaging and Magnetic Resonance Imaging (MRI)

Georgena Bunting
Radiographer in Charge
Qscan Carindale

Amy Clover
Customer Service Team Leader
Qscan Carindale

Kristy Pont
Service and Relationship Manager
Qscan Carindale

Imogen Turner-Ford
Medical Systems Support Officer
Qscan Carindale

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Bookings - 1300 177 226
Support Line - 07 3357 0960

NEW QSCAN CLINIC - NOW OPPOSITE WESTFIELD CARINDALE

Millennium Centre, 2 Millennium Boulevard, Carindale Q 4152 | 1300 177 226 | qscan.com.au
Continuing Professional Development

St Andrew’s War Memorial Hospital’s continuing professional development program for Queensland general practitioners brings together thousands of GPs and specialists in a unique best practice setting that utilises the latest educational delivery platforms such as interactive workshops, peer review and clinical case studies.

The CPD team is not only dedicated to providing the highest quality evidence based education but committed to providing Queensland general practitioners with a personalised service at all CPD events.

The St Andrew’s CPD team produce a number of resources to assist with referring to the hospital and its specialists. These include:
- Quick Referral Guide
- Best Practice Journal – quarterly publication featuring the latest in best practice for Queensland GPs
- Clinical update lunch meetings in general practices throughout Brisbane
- Clinical update dinner meetings in rural and remote Queensland

The St Andrew’s War Memorial Hospital CPD program is not possible without the support and investment made by our sponsors.

THE CPD TEAM

Dr Michael Gillman  
GP LIASON OFFICER

Candice McCall  
BUSINESS DEVELOPMENT MANAGER

Susan Walsh  
PROJECT & EVENTS MANAGER

OUR GP PARTNERS

The St Andrew’s CPD team actively partner with the following GP associations:
- Medicare Locals
- AMA Queensland
- GP Queensland
- RACGP
- ACRRM (Australian College of Rural & Remote Medicine)
- RVTS (Remote Vocational Training Scheme)
- RDAQ (Rural Doctors Association of Queensland)
- GPET (regional training providers)

RURAL & REMOTE GENERAL PRACTICE

In 2015 the CPD program will reach many rural and remote Qld GPs as our dedicated specialists will participate in an outreach education program to present the latest developments in primary care. Our program also supports regional GPs to participate in the Brisbane metropolitan program.
CPD WEEKENDS

Many Queensland GPs like to combine their CPD education commitment with “getting away” and the St Andrew’s War Memorial Hospital CPD weekend provides exactly this combination. The weekend program takes place at a well known Queensland coastal hotel where both GP and family can enjoy a change of pace while accessing quality clinical education that is accredited with the QI & CPD program of the RACGP. The CPD activity commences with lunch on the Saturday and closes early Sunday afternoon.

Saturday evening brings the delegates together with a fun family dinner function. The CPD activities range from group lectures, interactive workshops and small group learning sessions with opinion leading specialists from a variety of clinical areas.

CPD DINNER SEMINARS

St Andrew’s War Memorial Hospital CPD dinner program is well known for being able to deliver quality education mid week for the time poor GP. Held in a central Brisbane location, this program offers GP participants category two points (4) through the QI & CPD program of the RACGP. Tailored specifically for GPs, topics cover a myriad of conditions and issues the GP faces in day to day primary care.
## Sports Meet Program

**SATURDAY 23 MAY 2015**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
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<tbody>
<tr>
<td>8.30am – 9am</td>
<td>Registration</td>
</tr>
<tr>
<td>9am – 9.15am</td>
<td>Welcome</td>
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<tr>
<td></td>
<td>Dr Sean Rothwell - Director of Emergency Medicine</td>
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<tr>
<td>9.15am – 9.45am</td>
<td>Guest Speaker: A personal insight from on-pitch injury through to recovery</td>
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<td></td>
<td>Michael Theo - Goalkeeper, Brisbane Roar (includes Q&amp;As)</td>
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<tr>
<td>9.45am – 11.15am</td>
<td>Session 1: Small group learning</td>
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<tr>
<td></td>
<td>(rotate through each) 3 x 30min presentations</td>
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<tr>
<td></td>
<td>▪ Tendoachilles tendinitis</td>
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<td></td>
<td>Dr Sarah Watts</td>
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<td></td>
<td>▪ Anterior approach total hip replacement</td>
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<td></td>
<td>Dr Patrick Weinrauch</td>
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<td></td>
<td>▪ Acute sports injuries of the hand and wrist</td>
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<td></td>
<td>Dr Steven Frederiksen</td>
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<tr>
<td>11.15am – 11.30am</td>
<td>Morning tea</td>
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<tr>
<td>11.30am – 12.30pm</td>
<td>Session 2: Small group learning</td>
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<tr>
<td></td>
<td>(2 x 30min presentations)</td>
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<tr>
<td></td>
<td>▪ Sorting and treating knee pain in athletes</td>
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<td></td>
<td>Dr Dale Rimmington</td>
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<tr>
<td></td>
<td>▪ Midfoot and forefoot injuries in the athlete</td>
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<td></td>
<td>Dr Greg Sterling</td>
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<tr>
<td>12.30pm – 1pm</td>
<td>Presentation from Qscan – our major sponsor</td>
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<tr>
<td></td>
<td>▪ Hip &amp; groin imaging</td>
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<td></td>
<td>Dr James FitzGerald</td>
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<tr>
<td>1pm – 1.45pm</td>
<td>Lunch</td>
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<tr>
<td>1.45pm – 2.15pm</td>
<td>Presentation from St Andrew’s Emergency Centre</td>
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<tr>
<td></td>
<td>▪ How to best manage concussion in sport</td>
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<td></td>
<td>Dr Jeff Conn</td>
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<tr>
<td>2.15pm – 3.45pm</td>
<td>Session 3: Small group learning</td>
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<tr>
<td></td>
<td>3 x 30min presentations</td>
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<tr>
<td></td>
<td>▪ ACL reconstruction / meniscal injuries in knees</td>
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<tr>
<td></td>
<td>Dr Kelly Macgroarty</td>
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<tr>
<td></td>
<td>▪ Foot and ankle sporting injuries…can be easily overlooked</td>
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<tr>
<td></td>
<td>Dr Michael Lutz</td>
</tr>
<tr>
<td></td>
<td>▪ Sorting and treating shoulder pain in the athlete</td>
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<tr>
<td></td>
<td>Dr James Fardoulys</td>
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<tr>
<td>3.45pm – 4pm</td>
<td>Afternoon tea</td>
</tr>
<tr>
<td>4pm – 4.30pm</td>
<td>Q&amp;As with Sports Meet Presenters</td>
</tr>
<tr>
<td>4.30pm</td>
<td>Conference conclusion</td>
</tr>
</tbody>
</table>
Conference Information

SIGN-IN SHEETS

All delegates are required to sign-in at the registration desk in order to claim points. This only needs to be done once over the course of the weekend.

EVALUATION FORMS, POST ACTIVITY

Your evaluation form and timesheet can be found inside your conference notebook. Please complete this document and return to the staff at the registration desk at the end of the conference.

The post-activity document must be completed to claim (40) category 1 points. Without this document you will be allocated category 2 points for each hour you attend.

Please ensure your name is on all documents submitted for points.

MOBILE PHONES

As a courtesy to other delegates and speakers, please ensure your mobile phone is switched off or turned to silent when conference sessions are in progress.
Conference Speakers

Commanding in the air with a strong presence between the posts, it is no wonder that Michael Theo is the only player to win five Hyundai A-League championships, two with former club Melbourne Victory before his three with the Roar. Also a three-time winner of the Hyundai A-League Goalkeeper of the Year gong, Theo’s experience and leadership qualities on and off the field makes him a vital part of the Brisbane Roar squad.

Dr Sarah Watts is a Queensland trained orthopaedic surgeon. She graduated from University of Queensland in 1998 and attained her FRACS (Orth) in 2009. She is a member of the Australian Orthopaedic Association.

Currently she is Director of Orthopaedics at Royal Brisbane and Women’s Hospital and is also a Visiting Medical Practitioner at St Andrew’s War Memorial Hospital.

Dr Watts specialises in lower limb orthopaedics, orthopaedic trauma, arthroplasty, and foot and ankle conditions. Dr Watts is active in orthopaedic education and research.

Dr Patrick Weinrauch obtained his medical degree from the University of Queensland in 1997 and completed his training as an Orthopaedic Surgeon in 2006. In 2007 he was appointed as Clinical Fellow Hip Surgery at the University Hospitals Coventry & Warwickshire England, where he conducted further post graduate training in the surgical management of hip disorders. During this time he also worked at the Royal Orthopaedic Hospital, Birmingham, England.

Dr Weinrauch specialises in adult hip joint surgery, including hip joint arthroscopy, joint preservation surgery, resurfacing and hip replacement (primary and revision).

He has an interest in research with several publications and a thesis relating to surgery of the hip joint, and has obtained a Master of Engineering degree from the Queensland University of Technology. He is a Fellow of the Royal Australasian College of Surgeons, Australian Orthopaedic Association, International Society for Hip Arthroscopy, Australian Hip Arthroscopy Society and the Australian Arthroplasty Society.

Dr Weinrauch commenced practice at St Andrew’s War Memorial Hospital in January 2008.
Dr Steven Frederiksen is an accredited VMP at St Andrew’s War Memorial Hospital. He specialises in surgery of the shoulder, elbow, wrist and hand, including microvascular and peripheral nerve surgery. He has a special interest in arthroplasty in the upper limb, as well as the management of complex wrist and hand trauma.

Dr Frederiksen graduated from the University of Queensland in 1997 and undertook employment as a junior doctor at the Royal Brisbane Hospital before entering full time service in the Royal Australian Air Force in 2000. Within the RAAF, he worked in a number of roles, including humanitarian assistance and overseas deployments to areas such as the Solomon Islands, East Timor, Indonesia (Bali) and the Middle East.

Dr Frederiksen returned from military service and commenced training in orthopaedic surgery in 2005, with a particular focus on surgery of the upper limb. He commenced employment at Queen Elizabeth II Hospital as Director of Orthopaedics in January 2009.

In 2010, Dr Frederiksen undertook intensive training in surgery of the hand, wrist and elbow, including microvascular and peripheral nerve surgery. This work was based in the Orthopaedic Hand Unit, within the Plastic Surgical Department of Middlemore Hospital, Auckland.

Dr Frederiksen is a member of the Australian Orthopaedic Association, Australian Society of Orthopaedic Surgeons, Australian Medical Association, Qld Hand Surgery Society and Qld Shoulder Society.

He commenced at St Andrew’s in 2011.

Level 9
Brisbane Private Hospital
259 Wickham Tce
Brisbane Qld 4001
Phone: (07) 3832 3203
reception@stevenfrederiksen.com
www.stevenfrederiksen.com

Dr Dale Rimmington is a specialist orthopaedic surgeon and is a member of Brisbane Knee and Sports Surgery. Dr Rimmington has consulting rooms and is an accredited VMP at St Andrew’s War Memorial Hospital in Spring Hill.

He obtained his medical degree from the University of Queensland in 1995 and went on to complete Advanced Training in Orthopaedic Surgery, obtaining his Fellowship of the Royal Australasian College of Surgeons (F.R.A.C.S.) in 2004.

Dale went on to undertake further education in Sydney and overseas. In Sydney he completed fellowship training in both hand and microsurgery and shoulder and knee surgery. In Sydney the shoulder and knee surgery fellowship training was under the supervision of Dr Daniel Biggs who has a special interest in arthroscopic shoulder surgery.

In 2006, Dale worked for one year in London, Ontario in Canada at the Fowler-Kennedy Sport Medicine Clinic under the supervision of Dr. Peter Fowler a past President of the American Orthopaedic Society for Sports Medicine. Other supervisors at the Fowler-Kennedy clinic included Prof. Bob Litchfield, Dr. Robert Giffin and Dr. Kevin Willatts.

Dale is a Associate member of the Australian Orthopaedic Association and a member of the American Orthopaedic Society for Sports Medicine.

St Andrew’s Specialist Suites
Suite 7, Level 6
457 Wickham Tce
Brisbane Qld 4000
Phone: 1300 374 664
Dr Greg Sterling was born in Longreach in Central Queensland and educated at Marist College Ashgrove in Brisbane. He obtained his medical degree from the University of Queensland in 1995 and completed Advanced Training in Orthopaedic Surgery, obtaining his Fellowship of the Royal Australasian College of Surgeons in 2005.

Greg went on to undertake an extensive period of further education. He has completed post graduate fellowship training in foot and ankle surgery under the supervision of Mr Ian Winson, President of the European Foot and Ankle Society, in Bristol, UK. He also undertook further fellowships at the University Hospital in Coventry, United Kingdom and at St Michaels Hospital in Toronto, Canada. These fellowships involved advanced training in all aspects of foot and ankle surgery, as well as knee arthroplasty and sports medicine. He has also attended many international courses and visited a range of surgeons in the USA, France, Switzerland and Greece.

Dr Sterling is a member of the AMA, Australian Orthopaedic Association, Royal Australian College of Surgeons and the Australian Food and Wine Society.

Dr Sterling commenced practice at St Andrew’s in 2007.

Level 6, Suite 4
St Andrew’s Specialist Suites
427 Wickham Tce
BRISBANE QLD 4000
Phone: 1300 478 375
Fax: (07) 3236 9164
info@gregsterling.com.au
www.gregsterling.com.au

Dr James FitzGerald studied at the University of Queensland graduating in 1988. His post graduate training in radiology was undertaken at the Royal Brisbane and Women’s Hospital, with a further 2 year post graduate fellowship in both diagnostic and interventional neuroradiology undertaken at The University of Rochester Medical Centre, New York in 2000-2002.

James has many interests in advanced magnetic resonance imaging (MRI) and interventional techniques. In this capacity he sees and treats athletes from a number of our major sporting teams as well as athletes in a number of sports across Australia. This involves the use of cutting edge technology and procedures to provide his patients with the best possible outcome. James liaises closely with a number of sports specialists to provide this service. He also has special interests in spinal imaging and intervention, as well as advanced imaging and procedural techniques in musculoskeletal imaging and sports medicine. He visits the Royal Brisbane Hospital as an Interventional Radiologist. In this capacity he is involved in teaching of students, trainees and other specialists.

James has lectured extensively at a local, national and international level and maintains a keen interest in speaking.

A UQ graduate (1991), after completing his FRACGP (1997) Jeff has worked in the St Andrew’s Emergency Centre since 1998. During that period he completed a Graduate Diploma in Sports Medicine and has worked with Norths Devils RLFC, QLD Academy of Sport Rowing, Golf, and Waterpolo teams, QLD and Australian Cricket teams and now works with the Australian Rowing Team as well as the University of QLD Rugby Union Club.

He has completed 2 “long sabbaticals”, in 2006 spending the year travelling around Australia doing rural locums, and in 2012 motor-homing around Europe with his wife Jenny and 2 children. Also worked at Optima Sports Medicine Clinics since 2005, currently at the Kelvin Grove practice.

While he enjoys the balance of working in the Emergency Centre, the Sports Clinic and covering elite sport on the sideline at UQRU Club and at the international level with the rowing team, his passion is helping the average person to safely incorporate sport/physical activity in their daily routine to enhance their health and well being.
Dr Kelly Macgroarty is a foundation member of Brisbane Knee and Sports Surgery – an Orthopaedic group established to manage all aspects of sports surgery. He completed his medical degree at University of Queensland in 1995. Subsequently, he entered advanced training in Orthopaedics and gained Fellowship to the Royal Australasian College of Surgeons in 2003.

After spending time as a staff surgeon at The Prince Charles Hospital and Redcliffe General Hospital, he embarked on overseas post-graduate fellowship training in Knee and Shoulder surgery both in the United Kingdom and Canada. He now works as a VMP at St Andrew’s War Memorial Hospital, Prince Charles, Holy Spirit Northside and Brisbane Private Hospital.

Dr Kelly Macgroarty
ORTHOPAEDIC SURGEON

Dr Michael Lutz has an orthopaedic practice focusing on his sub-specialty training of Foot and Ankle surgeries. His special interests include all aspects of foot and ankle surgery and has particular interests in foot and ankle sports injuries and post-traumatic reconstruction, foot and ankle arthritis and arthroscopic surgery.

Dr Lutz publishes in international journals and presents numerous research projects nationally and internationally. He continues to have a keen interest in research and education.

Dr Michael Lutz
ORTHOPAEDIC SURGEON

Dr James Fardoulys obtained his medical degree from the University of Queensland Medical School. He received his orthopaedic training from the Queensland Branch of the Australian Orthopaedic Association and obtained his FRACS in 1990.


Since returning to Brisbane in 1996, he has been in private practice at St Andrews War Memorial Hospital, Brisbane, subspecializing in shoulder and knee arthroscopic surgery and sports injuries. He is a member of the Australian Knee Society, the American Academy of Orthopaedic Surgeons and is a Senior Lecturer with the Griffith University Medical School and University of Queensland Medical School.

He is the Orthopaedic Surgeon for the following clubs and associations:
- Queensland Cricket Association
- Queensland Bulls
- Brisbane Lions Australian Football Club
- AFL Qld
- Australian Baseball Academy, Gold Coast
- Queensland Tennis Association
- Ipswich Jets and Warwick Cowboys Rugby League Clubs
- The Queensland Academy of Sport
- National Combat Sports Centre of Excellence

Dr James Fardoulys
ORTHOPAEDIC SURGEON
CPD Activity Forms & Instructions

ST ANDREW’S WAR MEMORIAL HOSPITAL

SPORTS MEET CONFERENCE 23 MAY 2015

CATEGORY ONE PROGRAM

CHECKLIST

☐ Reinforcing Activity Form
☐ Timesheet
☐ Evaluation Form

Please complete the above forms and return no later than 13 June 2015 by post or fax to:

Susan Walsh
St Andrew’s War Memorial Hospital
GPO Box 764
Brisbane QLD 4001

Fax: (07) 3834 4576

Category 1 points will only be allocated to those who have returned these forms.
Reinforcing Activity Form

ST ANDREW’S WAR MEMORIAL HOSPITAL

SPORTS MEET CONFERENCE 23 MAY 2015

CATEGORY ONE PROGRAM

A 23 year old man presents to your surgery on Monday morning with pain in the left knee following a sporting injury on Sunday. He reports that he heard a “pop” at the time of injury and had sudden instability of the knee. The pain is on the outside and back of the knee and he reports that the knee began to swell within the first few hours of the injury.

Please provide a brief outline of how you would take a history, perform an examination and order investigations to diagnose and manage the problem.
# Timesheet

**ST ANDREW’S WAR MEMORIAL HOSPITAL**  
**SPORTS MEET CONFERENCE 23 MAY 2015**

This activity has been approved by the RACGP QI & CPD Program. Total (40) category 1 points

<table>
<thead>
<tr>
<th>Full Name</th>
<th>QI &amp; CPD Number</th>
<th>Date of Birth</th>
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## SATURDAY 23 MAY 2015

**Saturday total of 6 hours**

<table>
<thead>
<tr>
<th>Time</th>
<th>Session/Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>9.45am – 11.15am</td>
<td><strong>Session 1: Small group learning</strong>&lt;br&gt;  - Tendoachilles tendinitis&lt;br&gt;  - Anterior approach total hip replacement&lt;br&gt;  - Acute sports injuries of the hand and wrist</td>
</tr>
<tr>
<td>11.30am – 12.30pm</td>
<td><strong>Session 2: Small group learning</strong>&lt;br&gt;  - Sorting and treating knee pain in athletes&lt;br&gt;  - Midfoot and forefoot injuries in the athlete</td>
</tr>
<tr>
<td>12.30pm – 1.00pm</td>
<td><strong>Presentation from Qscan – our major sponsor</strong>&lt;br&gt;  - Hip &amp; groin imaging</td>
</tr>
<tr>
<td>1.45pm – 2.15pm</td>
<td><strong>Presentation from St Andrew’s Emergency Centre</strong>&lt;br&gt;  - How to best manage concussion in sport</td>
</tr>
<tr>
<td>2.15pm – 3.45pm</td>
<td><strong>Session 3: Small group learning</strong>&lt;br&gt;  - ACL reconstruction / meniscal injuries in knees&lt;br&gt;  - Foot and ankle sporting injuries…can be easily overlooked&lt;br&gt;  - Sorting and treating shoulder pain in the athlete</td>
</tr>
</tbody>
</table>

**TOTAL HOURS ATTENDED**

Please note: you must attend a minimum of 6 hours to be eligible for the (40) category 1 points. If you attend less than 6 hours you will be allocated (2) category 2 points for each hour attended.
## Evaluation / Feedback Form

**ST ANDREW’S WAR MEMORIAL HOSPITAL**

**SPORTS MEET CONFERENCE 23 MAY 2015**

1. Rate how well the activity's stated learning objectives were met

<table>
<thead>
<tr>
<th>Video/Lecture/Workstation Program</th>
<th>Learning Objectives</th>
<th>1 2 3</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sorting and treating knee pain in athletes</td>
<td>To increase the knowledge of GPs in how to best manage patients with knee injuries</td>
<td>1 2 3</td>
</tr>
<tr>
<td>Acute sports injuries of the hand and wrist</td>
<td>To improve the knowledge of attendees in the diagnosis, investigation and management of hand and wrist injuries</td>
<td>1 2 3</td>
</tr>
<tr>
<td>How to best manage concussion in sport</td>
<td>To improve patient safety by increasing the knowledge and confidence of attendees in managing patients suffering concussion in a sporting event</td>
<td>1 2 3</td>
</tr>
<tr>
<td>Hip &amp; groin imaging</td>
<td>To improve the knowledge of GPs about the available imaging modalities of the hip and groin</td>
<td>1 2 3</td>
</tr>
<tr>
<td>Sorting and treating shoulder pain in the athlete / Foot and ankle sporting injuries...can be easily overlooked</td>
<td>To improve the skills in examining feet and shoulders to determine the causes of pain</td>
<td>1 2 3</td>
</tr>
</tbody>
</table>

2. GPs Learning Needs:

<table>
<thead>
<tr>
<th>Rate the degree to which your learning needs were met</th>
<th>1 Not met 2 Partially met 3 Entirely met</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rate the degree to which this activity is relevant to your practice</td>
<td>1 2 3</td>
</tr>
</tbody>
</table>

3. GP Satisfaction:

<table>
<thead>
<tr>
<th>How satisfied were you with the education provided at this event?</th>
<th>Very dissatisfied 1 Very satisfied 2 3 4 5</th>
</tr>
</thead>
<tbody>
<tr>
<td>How satisfied were you with the organisation of this event?</td>
<td>1 2 3</td>
</tr>
</tbody>
</table>
4. Application to Practice:
How will this knowledge influence or change the way you practice? How do you think it will influence patient care?

________________________________________________________________________________________

________________________________________________________________________________________

5. Further Learning Needs:
Please list what other areas within this topic/other specialties you would like more information or updates on?

________________________________________________________________________________________

________________________________________________________________________________________

6. Please circle any specific areas of interest to your practice:
Cardiology  Orthopaedics  Neurosciences  General Surgery  Gynaecology  Gastroenterology
Thoracic Medicine  Plastic Surgery  Emergency Medicine

7. Overall Workshop Evaluation:

<table>
<thead>
<tr>
<th>Area</th>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
</tr>
</thead>
<tbody>
<tr>
<td>Quality of the information presented</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Relevance to clinical practice</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
<tr>
<td>Venue</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Please indicate appropriate evaluation (1 = poor, 5 = excellent)

8. General Comments:

________________________________________________________________________________________

________________________________________________________________________________________

We appreciate your evaluation of this workshop.
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TRADE SPONSORS

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SANOFI

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SPECIALISED SPORTS INJURY SERVICE

- Specialised care 24 hours per day, 7 days a week
- Prompt attention from specially trained, experienced doctors and nurses
- Access to state-of-the-art equipment and facilities and fast referral to specialist services

SPORTS INJURY EMERGENCY CENTRE FEES

We understand that the potential costs of private health care can be daunting.

That’s why St Andrew’s sports injury patients are being offered a reduced out of pocket consultation fee of $75*.

If you are injured playing or training for a recognised sporting organisation or school and present to St Andrew’s Emergency Centre you will be eligible for this discounted rate.

* this fee does not cover pathology, radiology or pharmacy products.

WHERE TO FIND US
St Andrew’s Emergency Centre
North Street, Spring Hill, Brisbane
Phone: (07) 3834 4455
www.standrewshospital.com.au