



**The Association of
Chartered Physiotherapists
in Occupational Health
and Ergonomics**

“Changing Working Lives”

**Annual Conference
May 10th & 11th
2007**

**Cavendish Conference Centre
London**

“Changing Working Lives”

May 10th & 11th 2007



In 2007 the Association of Chartered Physiotherapists in Occupational Health and Ergonomics (ACPOHE) celebrates its 60th year as a special interest group of the Chartered Society of Physiotherapy.

The ACPOHE annual conference is the central event for the association and to help celebrate it promises to be extra special in 2007. At the conference there will be:

- An excellent two day program of presentations
- A gala dinner - a birthday party - on the evening of 10th May
- A large exhibition of equipment providers and others
- Opportunities for delegates new to occupational health to meet with experienced physiotherapists
- Excellent opportunities to network with other like minded professionals

Physiotherapist Zara Hansen is also running a post conference one day course on Saturday 12th May.

The conference and dinner venue is the stylish Cavendish Conference Centre, situated in the heart of London close by the intersection of Oxford and Regents Streets. It can be reached easily from all London airports and railway terminals.

For accommodation, the designated conference hotel is the St Georges Hotel which is close by. There are also many other hotels local to the area.

Presenters

Professor Dame Carol Black, one of the nation's top doctors and President of the Royal College of Physicians, was named as the Government's first ever National Director for Health and Work in April 2006. Her role is to spearhead initiatives promoting and improving health in the workplace, ensuring that people with health conditions and disabilities are supported to enter, return to and continue in work.

Dr Paul Watson is Senior Lecturer and Physiotherapy Consultant in Pain Management & Rehabilitation at the University of Leicester - Warwick Medical School. He became a Fellow of the Chartered Society of Physiotherapy in 2006. He is currently undertaking a number of research projects in the areas of rehabilitation of chronic pain patients in to work and barriers to return to work.

Professor Peter Buckle is a Professor of Health Ergonomics and Head of the Robens Centre for Health Ergonomics at the University of Surrey. His areas of research interest include: examining the relationship between work and musculoskeletal disorders; the development of epidemiological and ergonomic methods; the evaluation of ergonomic interventions and ergonomic approaches to reducing accidents, accident reporting and analysis. He lectures widely on the topic of participatory approaches to ergonomic diagnosis and problem solving.

Zara Hansen is a physiotherapy research fellow at Warwick University. Her PhD is investigating the integration of Cognitive Behavioural approaches into physiotherapy practice. She teaches widely on the topic of using Cognitive Behavioural Therapy in the management of patients with musculoskeletal disorders since completing a Post Graduate Diploma in Cognitive Behavioural Therapy in 2004. Zara is also currently the clinical co-ordinator of a randomised controlled trial investigating the clinical and cost effectiveness of a cognitive behavioural group approach to chronic low back pain.

Professor Rodney Grahame has been a consultant rheumatologist at University College London Hospital since 1997 where he runs the Hypermobility Clinic. He became a Professor of Clinical Rheumatology at the University of London in 1990 and an Honorary Professor at University College London in the Department of Medicine in 2004. He has published widely on the topic of the management of Hypermobility Syndrome.

Presenters



Dr John Outhwaite is a consultant physician in Orthopaedic Medicine at the London Bridge Hospital and is part of the Pain Management Team at the Lister and Wellington Hospitals in London. His NHS base is the Nuffield Orthopaedic Centre in Oxford. His special interest is in Rehabilitation Medicine.

Claire Williams is Head of Ergonomics and Research at COPE Occupational Health and Ergonomics Services. She is currently on sabbatical to undertake her PhD within the Health & Safety Ergonomics Unit at Loughborough University. Her main area of current research is looking at the existence of and development of expertise amongst ergonomics professionals. Claire graduated with an MSc in Ergonomics in 1996 and has been working as an ergonomic consultant ever since. Claire is the Honorary General Secretary of the Ergonomics Society.

Angela Webster is the lead physiotherapist in the London Underground Occupational Health Team. She and her colleagues provide in house physiotherapy services to staff. The London Underground is currently undertaking a trial of utilising a network of private physiotherapists to provide rehabilitation for workers experiencing musculoskeletal disorders adversely affecting their ability to work. Angela has worked with the London Underground since 2002. She has an MSc in neuromusculoskeletal rehabilitation from University College London.

Catherine Burke is the chief physiotherapist for the Police Service of Northern Ireland. She has worked within the occupational health field since 1991. Catherine is currently contracted to direct and manage a number of pilot studies assessing the effectiveness of physiotherapy in reduction of sickness absence within Civil Service departments. Catherine has published and presented at conferences on the topic of low back pain and presented on clinical ergonomics as well as the management and cost effectiveness of physiotherapy. Catherine is on the ACPOHE executive committee and is editor of ACPOHE's journal.

Amanda Jones is a clinical specialist in occupational health physiotherapy at Lothian University Hospitals Division of the NHS Lothian. She set up the occupational health physiotherapy service in 1997 and has been responsible for its development ever since. Amanda lectures on post graduate courses for physiotherapists on Occupational Health and Ergonomics and represented the CSP and ACPOHE on the "Working Backs Scotland" initiative and the short life working party for the Scottish Executive on fast access rehabilitation for NHS staff in Scotland.

Dr Joanne Crawford completed her PhD from the Robens Centre for Occupational Health in 1995. She is a senior lecturer in Ergonomics at the Institute of Occupational and Environmental Medicine at the University of Birmingham. She manages the University's MSc course in Occupational Health. She recently completed a HSE funded project "Effective Management of Upper Limb Disorders with Elpiniki Laiou. She also recently published a literature review of the conservative management of work related upper limb disorders.

Sophia Mavromatis is a physiotherapy clinical specialist working alongside Professor Rodney Grahame in the Hypermobility Clinic at University College London Hospital. She is currently undertaking clinical research concerning patients with Hypermobility Syndrome. Sophia also works alongside Rheumatologist Dr Vanessa Morris, who specialises in the management of upper limb disorders.

Dr Chris Sharp is an Occupational Health Physician and partner of WorkFit UK, working alongside Nicola Hunter (ACPOHE executive committee member). He is a consultee of the UK Health & Safety Executive, advises a major UK food retailer and, through his company, provides advice to a wide range of engineering, manufacturing, food production and public sector organisations in the Eastern Region of the UK. He is an author of papers and chapters in occupational medicine and radiological protection publications. He is an advocate of musculoskeletal rehabilitation.

Clare Naylor is a senior physiotherapist working part time with Rachel Leary and Jane Greening in private practice and part time at the Hospital of St John and Elizabeth in London. In 2004 she completed her Masters of Physiotherapy at Curtin University in Perth Australia where she undertook a research project with Peter O'Sullivan and Wim Dankaert, the findings of which were recently published in Spine.

ACPOHE Conference Program

"Changing Working Lives"

Thursday 10th May

2007



Registration	9.00- 9.30
Welcome <i>Dr Fran Polak – Chairman of ACPOHE</i>	9.30– 9.45
Ergonomics – Experts and Evaluating Practice <i>Claire Williams</i>	9.45-10.30
Participatory Ergonomics <i>Professor Peter Buckle</i>	10.30-11.15
Break	11.15-11.30
Black Flags - the wider issues & organisational barriers <i>Dr Paul Watson</i>	11.30-12.15
How to get more work from occupational physicians <i>Dr Chris Sharp</i>	12.15-13.00
Lunch and Exhibition	13.00-14.00
Hypermobility Syndrome <i>Professor Rodney Grahame</i>	14.00-14.45
Hypermobility Syndrome - Physiotherapy Implications <i>Sophia Mavromatis</i>	14.45-15.30
Break	15:30-15.45
Musculoskeletal Disorders - a HSE Update <i>Peter Brown - HSE Head of Health and Work Division</i>	15.45-16.30
National Director for Health and Work - Address <i>Dame Carol Black</i>	16.30-17.00
Conference Close	17.00
Annual General Meeting (ACPOHE Members only)	17.00-18.00
Drinks and Dinner	19.30

ACPOHE Conference Program

"Changing Working Lives"

Friday 11th May

2007



Registration	8.30– 9.00
Red flags & what to do if it all goes pear shaped! <i>Dr John Outhwaite</i>	9.00- 9.45
Yellow flags - some new insights <i>Dr Paul Watson</i>	9.45-10.45
Break	10.45-11.00
OH Physiotherapy – Working in Real Life	11.00 -12.30
Rehabilitation and the London Underground <i>Angela Webster</i>	
A telephone advisory service - implications and outcomes <i>Amanda Jones</i>	
OH Physiotherapy - Creating a "Win - Win" Service <i>Catherine Burke</i>	
Lunch and Exhibition	12.30-13.30
WRULDs—What is the research saying now? <i>Dr Joanne Crawford</i>	13.30-14.15
Sitting Postures - their influence on muscle activation <i>Clare Naylor</i>	14.15-15.00
Break	15:00-15.15
Health Behaviour Change - influencing your patients <i>To be confirmed</i>	15.15-16.00
Embracing Cognitive Behavioural Therapy in OH <i>Zara Hansen</i>	16.00–16.45
Closing Remarks	16.45-17.00
Conference Close	17.00

ACPOHE Post Conference Program



One Day Workshop

"Tackling Fear Avoidance in the Workplace

Using a Cognitive Behavioural Approach"

Saturday 12th May 2007

Presented by Zara Hansen MCSP BSc (Hons) PGrad Dip CBT

Course Overview

The transition of acute physical complaints into chronic disabling conditions has been a focus for the research community for several years. It has emerged quite clearly that psychological and social factors predict the development of chronic disability more than any physical factor. As a result numerous guidelines now advocate the identification and targeting of these psychological and social 'risk factors' as a priority for health professionals involved in the treatment of musculoskeletal disorders.

One of the key psychological factors that has emerged from the research is 'fear avoidance'. This course will outline how physiotherapists can use the Cognitive Behavioural Approach (CBA) to identify and target fear avoidance within their current practice. The specific challenges and opportunities this poses within OH will be central to the day.

Course Program

Registration, Tea & Coffee	9.30- 9.00
Fear Avoidance (FA) as a risk for disability	9.00-10.30
1. CBA background and evidence base	
2. CBA Longitudinal model for CBA	
3. Thoughts / beliefs implicated in FA	
4. Behaviours implicated in FA including "Safety Seeking Behaviours"	
Break	10.30-10.50
Assessing for Fear Avoidance	10.50-12.30
Including role play exercises in pairs using case vignettes	
Lunch	12.30-13.30
Treating Fear Avoidance	13.30-14.50
1. Collaborative approach using the vicious cycle	
2. Graded activity	
3. Graded exposure	
Break	14.50-15.10
Treating Fear Avoidance	15.10-17.00
4. Behavioural experiments	
5. Education and reassurance	
Close	17.00

Course Venue: St Georges Hotel, Regents Street, London (Conference Hotel)

Cost: £120 including buffet lunch in the Heights Restaurant

Maximum Participants: 20

BOOKING FORM



Name (on delegate badge):

Place of Work (on delegate badge):

Mailing Address:

Telephone Day:

Evening:

Email Address:

PLEASE NOTE: A pack confirming receipt of your application will be sent to you by post. This will contain further information regarding accommodation and the conference location. It is anticipated that any other communication necessary will be via email.

- I wish to attend both days of the conference
- | | |
|---|--|
| <input type="checkbox"/> ACPOHE Member before 10th March £250 | <input type="checkbox"/> Non Member before 10th March £285 |
| <input type="checkbox"/> ACPOHE Member before 10th April £275 | <input type="checkbox"/> Non Member before 10th April £310 |
| <input type="checkbox"/> ACPOHE Member before 30th April £300 | <input type="checkbox"/> Non Member before 30th April £335 |
- I wish to attend on Thursday 10th May only
- | | |
|---|--|
| <input type="checkbox"/> ACPOHE Member before 10th March £150 | <input type="checkbox"/> Non Member before 10th March £165 |
| <input type="checkbox"/> ACPOHE Member before 10th April £165 | <input type="checkbox"/> Non Member before 10th April £180 |
| <input type="checkbox"/> ACPOHE Member before 30th April £180 | <input type="checkbox"/> Non Member before 30th April £195 |
- I wish to attend on Friday 11th May only
- | | |
|---|--|
| <input type="checkbox"/> ACPOHE Member before 10th March £150 | <input type="checkbox"/> Non Member before 10th March £165 |
| <input type="checkbox"/> ACPOHE Member before 10th April £165 | <input type="checkbox"/> Non Member before 10th April £180 |
| <input type="checkbox"/> ACPOHE Member before 30th April £180 | <input type="checkbox"/> Non Member before 30th April £195 |
- I wish to attend the Dinner £40
- I wish purchase ___ extra tickets for the Dinner @ £40 / ticket
- I wish to attend the post conference workshop on Saturday 12th May £120
- I would like to become a member of ACPOHE (and therefore pay member rates) £35 / year
- I have special / dietary requirements. Please specify (e.g. vegetarian, vegan, gluten free)
- _____
- I will require other additional assistance. Please specify (e.g. mobility, visual, auditory)
- _____
- I therefore enclose a cheque (made payable to ACPOHE) for: TOTAL £ _____

Please send your application to
Therese Darcy
c/o ACPOHE Conference 2007
9 Fauconberg Court
Florence Gardens
London W4 3JX

Further booking forms can be
downloaded at ACPOHE's website
www.acpohe.org.uk

For further information please contact:
Email: ThereseDarcy@aol.com
Telephone: 07861 308 617



“Changing Working Lives”



**ACPOHE
Annual Conference
May 10th & 11th
2007**