



ABSTRACT BOOK

Rivers
OF INNOVATION

ANZSCoS2025

ANNUAL SCIENTIFIC MEETING

19 - 21 NOVEMBER 2025

Brisbane Convention and Exhibition Centre, QLD

PRE-CONFERENCE WORKSHOPS

9.30am | MORNING CONCURRENT PRE-CONFERENCE WORKSHOP -
ROOM: P4

Sexuality and the Multidisciplinary Team

Candice Care-Unger, Mia Harris, Nicola Guy and Bridie Allan.

Sexuality has long been identified as a high priority for people living with Spinal Cord Injury, clinicians agree this is an important aspect of rehabilitation with positive attitudes and beliefs about the need for sexual rehabilitation, yet many members of the MDT report feeling ill prepared to address these concerns in meaningful ways.

This interactive workshop is designed for skill acquisition so that all members of the treating team are clear about their opportunities for addressing sexuality in rehabilitation and have a wide range of non-pharmacology interventions for a variety of concerns following spinal cord injury.

Using the PLISSIT model we will explore ways to address sexual rehabilitation in inpatient, outpatient and community settings.

The workshop will include small group activities, videos, and opportunities to bring theory to practice, so that you can implement your knowledge and imbed your skills straight away.

9.30am | MORNING CONCURRENT PRE-CONFERENCE WORKSHOP
ROOM: P5

Changing the Narrative on Return to Work After Spinal Cord Injury / Damage

Tania Goossen, Spinal Life Australia, Belinda McLeod, Spinal Life Australia, Skye Palethorpe, Royal Rehab, Dr Boris Fedoric, WorkGain & Noretta Boland, New Zealand Spinal Trust

The workshop will cover:

- the value of return to work after SCI/D
- the role all clinicians can play in encouraging and supporting work identity
- tips for integrating work-like routines and tasks into therapy
- reflections from a lived experience perspective on the challenges and benefits of return to work
- innovation showcase, including simple and complex AT solutions
- non-traditional work roles post-injury – challenging “what’s possible” and changing workplace culture around disability / diversity
- encouraging clinicians to reflect on ways they can include vocational aspects in their own practice, and increase lived experience of disability in healthcare roles

The workshop will feature interactive discussion, group activities and real-life scenarios.

9.30am | MORNING CONCURRENT PRE-CONFERENCE WORKSHOP

ROOM: M7&8

Innovative models of care: Providing a QuickStart in SCI

Dr Chau Do, Donna Harre, Dr Suzy Stoikov, and Emily Allan (Queensland Spinal Cord Injuries Service)

Workshop Goal

To provide conference attendees with an understanding of the QuickStart model of care, highlighting its development, innovative use of data and technology in delivery, evaluation, lessons learned, and future directions.

Learning Outcomes

By the end of this workshop, participants will have:

- An understanding of the QuickStart model of care, including its service development and implementation, core components of service delivery, and methods for service evaluation.
- Appreciate how QuickStart leverages clinical informatics and business intelligence tools (like clinical dashboards) to optimise resource allocation, enhance clinical decision-making, and deliver impactful patient care across Queensland.
- Identify key lessons learned from the implementation of the QuickStart model and discuss its future directions.

12.30pm | AFTERNOON CONCURRENT PRE-CONFERENCE WORKSHOP

ROOM: P4

“When It Comes to Pain, Everything Matters” – An Interdisciplinary, Whole-Human Approach to Pain in SCI

Prof Michel Coppieters, Griffith University/Hopkins Centre, Rebecca Madden, Metro South Pain Rehabilitation Centre, Timothy Bagshaw, Pain Revolution/Sunshine Coast Persistent Pain Management Service, Michael Deen, Metro South Pain Rehabilitation Centre & Dr Niamh Jensen, Metro South Pain Rehabilitation Centre

This 3-hour interactive workshop aims to give participants a practical approach to management of persistent pain. It outlines a contemporary model of pain and how this specifically relates to people living with spinal cord injuries. It continues with presentations and small group practical sessions from a pain specialist Physiotherapist, a pain specialist Occupational Therapist, and a pain specialist Psychologist.

All presenters have more than a decade of interdisciplinary pain experience and are actively involved in clinical work, research and tertiary teaching.

At the end of the session you will have knowledge to access the skills and resources that are used to help improve the quality of life for people living with SCI and chronic pain.

12.30pm | AFTERNOON CONCURRENT PRE-CONFERENCE WORKSHOP

ROOM: P5

Healing Under Pressure: Multidisciplinary Care for Complex SCI Pressure Injuries

Dr Evgeniya Zakharova-Luneva, Ms Rachel Jones, Mr Darren Meyers, Dr Samuel Yang, Adj Prof Thomas Lloyd, Dr Burcu Isler, Ms Jo-Anne Kemp, Dr Amy Nevin, Ms Emilie Gollan, Ms Soo Oh, Ms Medhan Nolan and Dr Jenna Scambler.

This interactive workshop will delve into the complexities of managing pressure injuries in individuals with spinal cord injury (SCI), with a focus on collaborative, multidisciplinary care.

The first part of the session will provide an evidence-based update on current approaches to managing complex pressure injuries in SCI, including those that require definitive surgical intervention.

The second part will feature two complex case discussions, highlighting the unique challenges and key considerations faced by the multidisciplinary team when planning and delivering care for these patients. Participants will be encouraged to share perspectives and problem-solve together, reflecting the collaborative nature of real-world practice.

12.30pm | AFTERNOON CONCURRENT PRE-CONFERENCE WORKSHOP

ROOM: M7&8

Co-designing with Dignity: How People with SCI, Academics, and Clinicians Can Work Together to Do Better Research

Tim Geraghty, Louise Gustafsson, Kelsey Chapman, Delena Amsters, Jessie Mitchell from The Hopkins Centre and Queensland Spinal Cord Injuries Services, Queensland

Background

Inclusive and collaborative research that meaningfully involves people with spinal cord injury (SCI) or other disability is recognised as having the potential to optimise the treatment, rehabilitation, and support services required to enhance the lived experience of people with disability. Benefits of inclusive research include improved relevance of research aims and outcomes; greater scope to design resultant interventions and services to address individuals' preferences and needs; and research evidence that can be readily translated into practice. Despite these widely recognised benefits, there are pervasive barriers to realising inclusive research in practice. Co-design has become a term of choice, with concerns often raised regarding how well the work conducted represents the true participatory nature of co-design activities.

The aim of this workshop is for participants (people with SCI, academic researchers and health professionals) to learn about best practice co-design toolkits, establish a shared understanding of the principles underpinning authentic, dignified co-design, and harness this shared understanding to collaboratively develop a practical resource (the exact nature of this resource will be determined by

workshop participants as part of the workshop process) which will advance practice in co-design in disability and rehabilitation research.

Learning Objectives:

At the conclusion of this interactive, hands-on workshop participants will:

1. Be able to describe contemporary understanding of inclusive engagement and co-design processes in disability and rehabilitation research.
 2. Be able to discuss best practice principles required to enable dignified, authentic co-design / inclusive engagement in research.
 3. Have a deeper understanding of what consumers with SCI and clinicians and researchers need to create conditions to enable better co-design / inclusive engagement in research.
 4. Have participated in a practical, inclusive engagement workshop which will develop a tangible output e.g. a best practice codesign checklist by bringing together clinical and lived experience experts and a shared understanding about co-design.
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