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### *RSCIS (Rural Spinal Cord Injury Service / Spinal Outreach Service) and RHOF (Rural Health Outreach Fund) present:*

**SPINAL CORD INJURY EDUCATION SESSION**

 **Targeting: Nurses, Occupational Therapists, Physiotherapists and Social Workers**

 **What: A choice of 2 workshops - Upper Limb Workshop FOLLOWED BY Sexuality Workshop**

 **When: Thursday 27th June 2019 – TIME 0900am- 3.30PM**

 **Where: University of Sydney RURAL CLINICAL SCHOOL, Audley Building Function Room**

 **1502 Forest Road Cnr Acacia Way and Canobolas Drive, Bloomfield Campus ORANGE**

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| **TIME** | **PROGRAM** |
| 9:00 am – 12:45pmincluding a break for morning tea | **UPPER LIMB WORKSHOP □****This workshop targets occupational therapists and physiotherapists***The prevalence of upper limb pain in people with a spinal cord is high - 68% complain of some type of upper extremity pain at any one time...**The focus of the workshop is on preventative strategies. Other topics that will be covered include a refresher on upper limb anatomy and biomechanics as well as common upper limb musculo-skeletal injuries and their management.* | **Lyndall Katte**, Senior Physiotherapist, NSW Spinal Outreach Service**Anne Willey**, Senior Occupational Therapist, NSW Spinal Outreach Service |
| 12:45pm-1.15pm |
| 1:15pm – 3:30pm | **SEXUALITY WORKSHOP □****This workshop is suitable for all disciplines, and is particularly relevant for nurses and social workers***This workshop looks at the impact of a spinal cord injury (SCI) on a person’s sexuality. We will discuss strategies to help clients adjust to changes, and practical, physical and pharmacological interventions available. The workshop aims to increase the participant's confidence levels in addressing this important aspect with their client.* | **Professor James Middleton** Senior Spinal Specialist, NSW Spinal Outreach Service**Lorna Layson,** Clinical Nurse Specialist, NSW Spinal Outreach Service**Angela Pong,** Senior Social Worker, NSW Spinal Outreach Service |
| This workshop is free. Morning tea will be provided during the morning workshop and lunch for people who attend **both workshops only so please ensure you tick both boxes**. Please contact Melissa McCormick on ph: 9808 9666 if you have any queries. |
| **RSVP: *must* be received by Friday 14TH June 2019 as we require it for catering, correspondence and the printing of resources** to Melissa McCormick/Anne Willey, RSCIS Managers either via email**:** **ruralscied@royalrehab.com.au**or **fax:**  **8078 6688****NB: We will acknowledge the receipt of your “RSVP” via email – if you have not heard from us by the RSVP date, please call ph: 9808 9666.** **YOUR DETAILS:** **Name and Occupation \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** **Workplace and Address \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_****Contact details (email and phone no)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_****Dietary requirements – please tick:**  **normal diet 🞏 gluten free 🞏 vegetarian 🞏** |