



Cairns Occupational Therapy Highlights for 2008



Thank you for your support during 2008.

Please accept this as our Christmas card, we are trying to save trees!

In case you need our services, we will be open, over the Christmas/New Year period, except on the public holidays.

It has been a great year with lots of change and growth!

- ★ We have expanded into an adjacent suite and have gained a new treatment room, re-designed an existing one and added a fantastic staffroom / meeting room. We have certainly grown in the last 9 years—one suite is now four and one OT is now six!
- ★ Karina Lewis, OT joined us for a few months this year before being drawn back to the big smoke!
- ★ Andrée Shaw-Tonks, OT joined us in August, she is from the UK originally and has been focussing on the Centrelink Job Capacity Assessments (JCAs), work rehab and home assessment caseloads.
- ★ Cathie Reynolds and Lyn Lowe joined us as part of our admin team and Tess Wade left us.
- ★ Chris Dowdle, OT moved back to his home town of Townsville in December, after spending almost two years with us.
- ★ Jenna Bonaventura, OT joined us in December and is busy with JCAs and home assessments.



Professional growth

- ★ Jane, Kylie and Kerry continued their professional development in soft tissue by completing a week long advanced post-grad subject with James Cook Uni in July. This has again increased our treatment options for patients with soft tissue injuries
- ★ Kerry presented "Oedema Management in Hand Injuries" at the FNQ Rural Division of General Practice Conference in November.
- ★ We presented "The Role of Occupational Therapy in Aged Care" at the Aged Care Forum convened by GP Cairns' Aged Care Panel.
- ★ Jane attended a Wrist Injury Symposium and the AHTA's Level 1 and 2 Splinting workshops. Inspiring, Innovative and Interesting!
- ★ Kerry attended the Australian Hand Therapy Association Conference in Melbourne in October. The conference had a focus on the rehab of overuse injuries.
- ★ Chris, Andrée, Jane and Kerry participated in the two day "Management of Hand and UL Deformity in Neurological Dysfunction Workshop" presented by Judith Wilton which focussed on splinting and casting for clients with increased tone.
- ★ We started an AHTA Special Interest Group in Cairns, for therapists with an interest in rehabilitation of the Hand and Upper Limb.
- ★ Kerry was invited to become a member of the Cairns Primary Health Care Network and was involved in GP Cairns' Aged Care Panel. She continues to convene the Cairns Allied Health Private Practitioner's Network and promote allied health teamwork at every opportunity.





We continued our involvement with James Cook University by supervising 3rd and 4th year Occupational Therapy students as well as providing in-services for student groups. Kerry continues with her voluntary position on the JCU Consultative Committee, representing OT AUSTRALIA and clinicians in North Queensland. The JCU 10 year Anniversary Party in March was great fun!

New services

We have been working at expanding our expertise in several areas over the last few years. One of these is optimising recovery following mastectomy.



- ★ Improving arm movement and prevent stiffness and tight muscles affecting every-day tasks.
- ★ Improving the appearance of scars, +/- implants and reducing the impact of scarring on lymphatic drainage and shoulder movement.
- ★ Teaching how to improve lymphatic drainage and reducing the risks of developing chronic oedema / lymphoedema.
- ★ Teaching self-management of lymphoedema, if it does occur, via massage, exercises, compression bandaging / garments if necessary.



We are pleased to have assisted a greater number of **Enhanced Primary Care** clients this year and look forward to continuing to provide EPC services and being able to use the new code for people of Aboriginal and Torres Strait Islander descent.

We are keen to assist more clients who are in **low level care** in Residential Aged Care Facilities via EPC funding. Please contact us if you would like more info about how we can assist.

We have an interest in seeing any **musicians**, of all levels, that have upper limb problems affecting their playing. Often these issues can be assisted by adjusting posture, releasing tightness in specific muscle groups, teaching how to get the body fit for playing and assisting with the ergonomics of their playing environment.

Get to know us better - have a look at our website www.cairnsot.com
Our 2009 team will be:

Occupational Therapists:

Kerry Stingel
Jane Robinson
Kylie Steel
Nicola Phibbs
Andrée Shaw-Tonks
Jenna-Lee Bonaventura



CAIRNS
OCCUPATIONAL
THERAPY

Admin Team:

Delphi Bryant
Cathie Reynolds
Lyn Lowe
Andrew Stingel

Phone: 4051 5504

We specialise in Hand and Upper Limb Rehab, Scar/Wound/Oedema management, Work Rehab and Home Assessments

We hope you will continue to be part of our "big" team!

Merry Christmas from all of us at Cairns OT