



Conference program and registration

Hippocrates & Socrates IX A powerful partnership

Living with chronic conditions:
Strengths, struggles and strategies
for children and their families

October, 22nd and 23rd, 2004

John Loewenthal Auditorium
Westmead Hospital, Darcy Road, Westmead, Sydney



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Holdings

Conference overview

This conference will provide an extensive overview of the health and educational issues of children with chronic conditions. Effective strategies that can be used at home, at school and while in hospital, to improve their overall quality of life will be discussed.

Presentations will also focus on the transition between the school and hospital, and the use of technology to assist children staying in touch with others while hospitalised. The challenges experienced by children with chronic conditions and their family members will be outlined together with strategies that can be implemented by parents to build resilience in children. The use of creative arts for adolescents for promoting wellness and the importance of play techniques that can be used to reduce anxiety while staying in hospital will be presented.

The conference program will be of particular interest to parents/carers, family members, educators, psychologists, paediatricians, general practitioners and allied health professionals.

This conference is being co-convened with -

The Department of Adolescent Medicine, The Children's Hospital at Westmead.

The Department of Adolescent Medicine provides comprehensive, multidisciplinary health care for adolescents and their families. The main areas of clinical work include complex, medico-psychosocial presentations, nutrition and eating disorders, chronic illness and transition, gynaecology and reproductive health, and medical care for young people at risk who attend a community based youth service. Collaborative and creative approaches are taken and there is a focus on working with young people in the context of their families.

This conference is held in association with -

- Association of Independent Schools of NSW Limited
- Catholic Education Commission NSW
- NSW Department of Education and Training
- The University of Sydney
- University of Western Sydney

Invited keynote speakers

Professor Michael Sawyer



Michael Sawyer, MBBS, PhD, Dip Child Psych., FRANZCP, FRCPC, is Professor of Child and Adolescent Psychiatry in the Department of Paediatrics at the Adelaide University and Head, Research and Evaluation Unit at the Women's and Children's Hospital in South Australia. He is also Associate Dean (Research) in the Faculty of Health Sciences at Adelaide University.

Professor Sawyer completed his undergraduate medical education at Monash University and his post-graduate training in psychiatry at McMaster University and the University of Toronto in Ontario, Canada. Professor Sawyer's research has focused on the quality of life of children with chronic illness and the epidemiology of child and adolescent mental disorders. Professor Sawyer was the lead investigator in the Child and Adolescent Component of the National Survey of Mental Health and Well-Being in Australia. He is currently Chair of the Australian Rotary Health Research Fund Research Committee and the Program Management Committee responsible for the beyondblue Schools Research Initiative.

Dr Susan Towns



Susan Towns, MBBS, FRACP, is Director of Clinical Services, in the Department of Adolescent Medicine, The Children's Hospital at Westmead, and lecturer in Adolescent Medicine with the Post Graduate Medical Programme, The University of Sydney. Dr Towns completed her undergraduate medical education at The University

of Sydney and her post-graduate training in Paediatrics and Adolescent Medicine at the Royal Alexandra Hospital for Children, Sydney. Dr Towns' clinical work has been in respiratory and adolescent medicine and her research has focused on both these areas, particularly cystic fibrosis, asthma and complex chronic illness in adolescence. Recent research includes studies assessing transition to adult care, psychosocial variables and self management in chronic illness and smoking prevention and cessation. Dr Towns is currently undertaking a Masters of Medical Humanities at The University of Sydney.

Friday, October 22, 2004

- 8.30 AM** **REGISTRATION**
- 9.00 AM** **WELCOME**
- 9.15 AM** **OPENING ADDRESS**
Judy Brewer Fischer, Founder Autism Aspergers Advocacy Australia (A4) and Chair, National Family Carers Voice
- 9.45 AM** **KEYNOTE ADDRESS**
Education and health working together: Benefits and barriers
Professor Michael Sawyer, Professor of Child and Adolescent Psychiatry, Department of Paediatrics, Adelaide University and Head, Research and Evaluation Unit, Women's and Children's Hospital, South Australia.
- 11.00 AM** **MORNING TEA**
- 11.30 AM** **Understanding the family at adolescence: From theory to practice**
Clinical Associate Professor David Bennett, Head, NSW Centre for the Advancement of Adolescent Health and Mr Andrew Wallis, Social Worker/Family Therapist, Department of Adolescent Medicine, The Children's Hospital at Westmead, Sydney.
- 12.30 PM** **LUNCH**
- 1.15 PM** **PARALLEL SESSIONS**
- **Keeping connected: Optimising the education opportunities for a child with cystic fibrosis**
Barbara Emblin, Education Advisor, Royal Children's Hospital Education Institute, Melbourne and Alex Robinson, Candidate Nurse Practitioner/Cystic Fibrosis, Royal District Nursing Service, Collingwood, Victoria.
 - **Parent's experiences of raising a child with a disability: Markers of trauma, strength, resilience and growth**
Mr Neil Nicoll, Psychologist, CHERI, The Children's Hospital at Westmead, Sydney.
 - **"They are good friends; they make me take my medicine": Going to school, making friends and living with a chronic illness**
Anne McMaugh, Associate Lecturer, School of Education, Macquarie University, Sydney.
- 2.15 PM** **PARALLEL SESSIONS**
- **Children's experiences in hospitals: Play and procedural support**
Amanda Williams, Cathy Quinn and Sandra Pengilly, Play Therapists, The Children's Hospital at Westmead, Sydney.
 - **Why art works: Creative arts for adolescents**
Miss Rosemary Lynn, Artist and Mrs Natalie Anderson, Arts Coordinator, Department of Adolescent Medicine, The Children's Hospital at Westmead, Sydney.
 - **Coping with anorexia: What strategies do parents use?**
Dr Anne Honey, School of Education and Early Childhood Studies, University of Western Sydney.
 - **A bunch of lemons! One family's experience living with chronic conditions**
Mrs Sue Pinkerton, parent, Special Educator/Consultant (Hearing Impairment), North Rocks, Sydney.
- 3.15 PM** **AFTERNOON TEA**
- 3.45 PM** **PARALLEL SESSIONS**
- **Resilience at adolescence: A multidisciplinary perspective**
Dr Michael Kohn, Senior Staff Specialist and Ms RONALDA Hoffman, Senior Social Worker/Family Therapist, Department of Adolescent Medicine, The Children's Hospital at Westmead, Sydney.
 - **Connecting children: Mitigating the need for transition**
Margaret Robertson, Executive Director, Royal Children's Hospital Education Institute, Melbourne.
 - **In sickness and in health: Chronic childhood conditions and their impact on the parental marriage relationship**
Colleen Alford, Social Worker, Family, Adult and Child Therapy Team, The Hills Community Health Centre, Castle Hill, Sydney.
- 4.45 PM** **CLOSE**

Saturday, October 23, 2004

9.00 AM REGISTRATION

9.30 AM KEYNOTE ADDRESS

Growing up with a chronic illness: adjustment and transition

Dr Susan Towns, Senior Staff Specialist, Department of Adolescent Medicine, The Children's Hospital at Westmead, Sydney.

10.45 AM MORNING TEA

11.15 AM **CHERI Child Advocacy Award presentation**

11.30 AM **Realities of indigenous health (including case studies)**

Mr Allan Jangala, National Co-ordinator, Aboriginal and Torres Strait Islander Health Mentoring Project, The Royal Australasian College of Physicians, Sydney.

12.15 PM PARALLEL SESSIONS

■ **Family centred care: Harnessing the strengths of children and their families**

Members of the Family Centred Care Committee, The Children's Hospital at Westmead and three parents of children who attend the hospital.

■ **The Hospital School: continuing education with collaboration and support**

Mrs Margaret Allan, Principal, The Hospital School, The Children's Hospital at Westmead, Sydney.

■ **"Speak English!" said the Eaglet. "I don't know the meaning of half those long words, and, what's more, I don't believe you do either!"**

(Carroll, L. (1948). *Alice in Wonderland*. London: P.R. Gawthorn Ltd. p. 23.)

Dr Angela Wilson, Senior Research Fellow, CHERI, The Children's Hospital at Westmead, Sydney.

1.15 PM LUNCH

2.00 PM PARALLEL SESSIONS

■ **Living and learning with Marfan Syndrome: Challenges and successes from birth to HSC**

Mrs Jan Schroder, parent and Jennelle, her daughter, Dr Jenny Ault, Senior Staff Specialist, Department of Rehabilitation, The Children's Hospital at Westmead and Robyn Wallace, Special Education Consultant, Royal Institute for Deaf and Blind Children, North Rocks, Sydney.

■ **Social support or "Clayton's support"?: Working and caring for children with chronic illness**

Dr Margaret Vickers, School of Management, College of Law and Business, University of Western Sydney.

■ **Developmental issues in children with chronic disease**

Dr Nick Woolfield, Child and Adult Physician, Director of Paediatrics, Caboolture Hospital, Caboolture, Queensland.

3.00 PM **Developing resilience in children and teens: Parental and education perspectives**

Dr Loretta Giorcelli, Professor of Special Education and Child Development, Giorcelli Educational Consultancy Services, Sydney.

4.00 PM CLOSE



Registration

Personal details

Registrant 1:

Title: _____ First name: _____

Surname: _____

Occupation: _____

Organisation: _____

Address: _____

_____ State: _____ Postcode: _____

Tel: _____ Fax: _____

Email: _____

Registrant 2:

Title: _____ First name: _____

Surname: _____

Occupation: _____

Organisation: _____

Address: _____

_____ State: _____ Postcode: _____

Tel: _____ Fax: _____

Email: _____

Please tick here if you need further information on accommodation, transport and/or conference location.

How did you hear?

To assist us with our future planning, how did you hear about this conference?

Received flyer in the mail

Email from CHERI

From a colleague/friend

Other _____

Would you like to be notified of future seminars and conferences held by CHERI?

Yes, by mail **or** Yes, by email

No, thank you

Registration fees

Morning/afternoon tea and lunch is provided (all rates include GST).

Cancellations after the 18th October 2004, will incur a 15% cancellation fee.

Please tick appropriate boxes:

Professionals: **Fri Sat**

\$167 one day attendance

\$290 two day attendance

Parents: **Fri Sat**

\$80 one day attendance

\$140 two day attendance

\$140 one day - for two adults

\$260 two days - for two adults

Payment

ABN 53 188 579 090

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Mail registration and payment to:

**CHERI
The Children's Hospital at Westmead
Locked Bag 4001
Westmead NSW 2145**

For further information please contact Gerry Manuel on:

Tel: (02) 9845 0418

Fax: (02) 9845 0421

Email: gerrym3@chw.edu.au