

Arthritis New Zealand Conference Wednesday 16 May, 2012 PROGRAMME

ARTHRITIS NEW ZEALAND



9.00-9.05	Opening and Introductions Sandra Kirby, Chief Executive, Arthritis New Zealand
9:05 – 9:30	Hon Jo Goodhew Assoc Minister of Health, Minister of Community and Voluntary Sector
9.30-10.00	Keynote address: Rheumatology worldwide, latest research in rheumatology Assoc Prof Lisa Stamp
10:00-10.30	Arthritis New Zealand – What services do people with arthritis need? Sandra Kirby, Chief Executive, Arthritis New Zealand
10.30-11.00	Morning tea
11.00-11.30	The Pain Report (Pfizer)
11.30-12.00	Exercises and rehabilitation in inflammatory arthritis Dr Peter Larmer
12.00-12:30	The foot in rheumatology (gout, RA, and the podiatric rheumatology service at CMDHB), Prof Keith Rome
12.30-1.30	Lunch

Afternoon workshops

	Stream A Self-management	Stream B Condition-specific	Stream C Complementary therapies
1.30-2.00	Pain management: practical tools and exercises Catherine Swift, OT Arthritis Educator	Arthritis in children Assoc Prof Lisa Stamp	Nutrition and arthritis Linda Outhwaite, Clinical Nutritionist
2.00-2.30	Sleeping well – strategies and techniques for people with arthritis Georgina Greville, RN Arthritis Educator	Gout in Auckland Maori and Pacific Island communities Arthritis Educators: Jane Messer RN, Amelia Peihopa, George Vea	Acupuncture for pain management in arthritis Dr Peter Larmer
2.30-3.00	Joint protection Vanessa Stone, OT Arthritis Educator	Osteoarthritis Dave Cox, RN Arthritis Educator	Osteopathic treatments for arthritis DO Greg Wade
3.00-3.15	Afternoon tea		
3.15-3.45	Living positively with arthritis – Cognitive Behavioural Therapy Leona Didsbury, Procure	Psoriatic Arthritis Dr Rajif Gupta	Yoga Therapy for Arthritis: tools for everyday life Vandana Kapadia Yoga Practitioner
3.45-4.15	Hands – exercises and hand support Edel Kelly, Hand Therapist	Fibromyalgia Dr Ros Vallings	Tai Chi for arthritis - practical demonstrations Hazel Thompson, Master Practitioner
4.20- 4.50	Panel		
4.50-5.00	Closing of the conference		