



2025 AOA QLD TRIFECTA EVENT Provisional Program

4 & 5 April 2025 | Queensland University of Technology, Brisbane

aoa.org.au/events



Welcome

The Australian Orthopaedic Association (AOA) is the peak professional body for orthopaedic surgeons in Australia.

AOA provides high-quality specialist education, training and continuing professional development.

AOA is committed to ensuring the highest possible standard of orthopaedic care and is the leading authority in the provision of orthopaedic information to the community.

AOA actively supports scientific research and orthopaedic humanitarian initiatives in Australia and overseas.



We are excited to welcome you to the 2025 AOA QLD Trifecta Event to be held at QUT in Brisbane, QLD.

Date 4 & 5 April 2025
Venue Owen J Wordsworth Room, Level 12, S Block, Gardens Point Road, Gardens Point Campus, Queensland University of Technology (QUT), Brisbane

The 2025 trifecta event program will feature:

- ◆ **QDOG PHO Development Day** (Friday morning) - an event packed with workforce and career insights, clinical pearls, doctor wellbeing and research highlights
- ◆ **AOA Registrar Papers Day** (Friday afternoon)– quality research papers from selected abstracts followed by...
- ◆ a captivating **social networking event** with a special presentation from
- ◆ **Orthopaedic Outreach Director, Paul Pincus**
- ◆ **QORF Collaborative MSK Research Meeting** (Saturday morning) Theme: **'The future of MSK trauma research'** with sessions highlighting MSK Injuries and Rehabilitation, Technology in Trauma Care, and Trauma Prevalence and Prevention, including selected presentations from across the MSK research community in Queensland.

We look forward to seeing you all there!

QORFCC Co-convenors: Ross Crawford and Nadine Forster
QDOG PHO Development Session Convenor: David Bade
AOA Registrar Papers Session Convenor: Michael Lutz



Keynote Speakers



Michele Sterling is Professor in the RECOVER Injury Centre and Director of the NHMRC Centre of Research Excellence: Better Health Outcomes for Compensable Injury, The University of Queensland, Australia. She is a NHMRC Leadership (L2) Fellow and a Fellow of the Australian College of Physiotherapists. Michele's research focusses on the mechanisms underlying the development of chronic pain injury, predictive algorithms for outcomes and developing effective interventions for musculoskeletal injury and pain. She has over 300 peer-reviewed publications in this area and received >\$40M in funding from the NHMRC, MRFF and industry partners. Michele is a Section Editor of Pain, was chair of the Scientific Program Committee for the World Congress on Pain in Amsterdam, 2024, and sits on the Executive Committee as Secretary of the International Association for the Study of Pain.



Claudio Pizzolato is a research leader within the Australian Centre of Precision Health and Technology (PRECISE), and an Associate Professor in the School of Health Science and Social Work, Griffith University. Claudio's research focuses on developing simulation of the human nervous, muscular, and skeletal systems and their interaction, with applications to neuro and musculoskeletal rehabilitation.



Greg Couzens is an accomplished orthopaedic surgeon, researcher, and educator, with extensive expertise in hand and upper limb surgery. He holds a medical degree from the University of Queensland, an Orthopaedic Fellowship from the Royal Australian College of Surgeons, and a PhD in wrist biomechanics, awarded by the Queensland University of Technology (QUT). In his clinical practice, Professor Couzens has been based at the Brisbane Hand and Upper Limb Clinic for over 25 years, where he works alongside a team of specialists. Additionally, he holds a teaching and supervisory role at the Princess Alexandra Hospital, contributing to the education of medical professionals and the next generation of surgeons. A passionate researcher, Professor Couzens is an Adjunct Professor at QUT, where his current research focuses on the biomechanics of falls, particularly those that result in wrist injuries. He is also a co-director of the Brisbane Hand and Upper Limb Research Institute, an organization dedicated to conducting clinical studies in collaboration with his colleagues in the clinic. Professor Couzens is the co-founder of a leading medical device company that supplies innovative solutions to healthcare providers both in Australia and internationally.



Kirsten Vallmuur is the Chair of Trauma Surveillance and Data Analytics (funded by the Motor Accident Insurance Commission) in a joint position between the Australian Centre for Health Services Innovation (www.aushsi.org.au) and the Jamieson Trauma Institute (<https://metronorth.health.qld.gov.au/jamieson-trauma-institute>). She leads the Jamieson Trauma Institute's Trauma Data Quality and Analytics team. She has expertise in the analysis and understanding of morbidity and mortality data, injury surveillance systems, trauma data linkage, health classifications and injury classifications.



Friday 4 April 2025

QLD PHO Development Day and AOA Registrar Papers Day

QUT - Owen J Wordsworth Room, Level 12, S Block



QLD PHO DEVELOPMENT

7:30am Registration desk opens

8.30am -1.30pm

8.30am Registration, tea and coffee

9.00am QDOG Welcome

Vivek Shridhar

9.05am AOA selection update

Rohan Brunello

9.25am Alternate career pathway - Radiology

Rachele Quested

9.45am Clinical session - NOF Pearls

Joe Stevens

10.05am PHO survey results

Will Talbot and David Bade

10.15am QDOG/QSSCN - PHO Workforce future directions

Vivek Shridhar and

Mike Thomas

10.30am Morning Tea

11.00am Selection interview preparation and approach

Brooke Bullock

11.20am PHO wellbeing and positive mindset

David Bade and Nicky Hackett

11.40am Financial Wellbeing for PHOs

Walshs

12.00pm Alternate career pathway - GP

Josh Hatch

12.20pm Clinical session - Trauma How to stay out and
get out of trouble

Marcus Simonian and

Paula Jeffries

12.40pm Q&A / open mic discussion

David Bade

1.20pm Lunch

2.05pm Practical PHO research

Chris Carty

REGISTRAR FREE PAPER PRESENTATIONS

2.30pm - 6.00pm

WELCOME COCKTAIL FUNCTION (including keynote presentation)

6.00pm - 8.30pm

Friday Welcome Cocktail Function
Keynote presentation
Paul Pincus

We are delighted to welcome skipper Paul Pincus who will share his story behind Solace, the first time both skipper and yacht competed in the race to Hobart. Sailing to support the humanitarian efforts of Orthopaedic Outreach, Paul and his fellow AOA crewmates John Tuffley and Bill Donnelly raised roughly \$3000 for Outreach!

The crew arrived safely in Hobart on Sunday 29 December with an impressive time of three days, 21 hours, and 16 minutes (just inside the four-day prediction!), placing 44th in Line Honours.

This promises to be a fantastic evening of adventure on the high seas with Paul, places are limited so be sure you are registered to secure your spot.



Friday 4 April 2025

AOA Registrar Free Paper Presentations

QUT - Owen J Wordsworth Room, Level 12, S Block

REGISTRAR FREE PAPER PRESENTATIONS

2.30pm - 6.00pm

2.30pm The posterolateral approach to the ankle is a safe technique to address posterior malleolus fractures

Rory Young

A 5-year Retrospective Analysis of Shoulder Replacements at Metro North Health

Yvana Toh

Early Experience with Pelvic Ablation, Osteoplasty, Reinforcement and Internal Fixation for Metastatic Osteolytic Lesions

Anthony Truong

DISCUSSION / Q&A

3.00pm Predictors of Secondary Meniscal Pathology Following Anterior Cruciate Ligament Reconstruction: A Single-Centre Cohort Study

Edward Yu

The impact of knee alignment on tibial cartilage stress and kinematics following ACL reconstruction in paediatric patients: A finite element (FE) analysis

Alexander Seeto

DISCUSSION / Q&A

3.20pm Chronic unstable SUFE in the Queensland Population

Shefta Huda

Risk factors for paediatric meniscal pathology concomitant to anterior cruciate ligament rupture

Pushkar Khire

DISCUSSION / Q&A

3.40PM Afternoon tea

4.10pm Orthopaedic Skills Training: Multi-Trajectory Targeted Drilling Simulation in SawBone Models

Prince Singh

Implementing 3D printed models of extremity limb fractures for teaching and primary treatment skills among Junior Medical Officers: a pilot study

James Wheeler

Evaluation of Educational YouTube Videos for Fifth Metacarpal Neck Fracture Management

Daniel Brimm

DISCUSSION / Q&A

4.40pm An Observational Study on Post-Operative Hemoglobin Level in Patients Undergoing Total Hip Replacement with Fracture Neck of Femur with and Without Drain

Kathit Ghimire

Medial Buttress Plate Use in Neck of Femur Fracture Fixations: A Systematic Review

Luke McGarry

Outcomes Following Periacetabular Osteotomy for Acetabular Dysplasia: A Retrospective Cohort Study

Helena Franco

DISCUSSION / Q&A

5.10pm Financial Wellbeing - part 2

Walshs

5.20pm Systematic review of the mid to long term effects and safety of Blood Flow Restriction Therapy

Geonhoo Park

Spontaneous Resolution of an Osteochondral Defect Following Septic Arthritis

Benjamin Trigg

The impact of high fat diet and sex on carpal tunnel syndrome

Hayman Lui

DISCUSSION / Q&A



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