

PEDORTHIC

NEWS

Foot care through proper footwear

Life membership for Casper Ozinga

Casper had more than one career in his life, at one time working for National Parks looking after our natural heritage. The pedorthic profession caught his passion a few years later and again Casper contributed to the pedorthic professional development and preserving the pedorthic heritage.

In the mid-1990th the pedorthic professional went through a hard time with the PAA not meeting regularly for a few years. Casper restarted those meetings with his ever-present vigour and reignited the passion in all of us. This has led to the ever growing PAA meetings as we know them, going from strength to strength with Casper's contribution to the IVO2012 as one of our professional highlights over the last 20 years.

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PAA members listening attentively to one of the many exhibitors' presentations held as part of the PAA Annual Symposium, in September in Coogee.

Pedorthics - Striding Ahead 2019, A big success

This year's Pedorthic conference at Coogee Bay Hotel in Sydney between 19 - 21 September was a big success, with an overall 15% increase in registrations.

Starting with a pre-conference workshop on Thursday morning, Ernie Tye informed us in an interactive way about the challenges of working as an Allied Health Practitioner, including accommodating patient goals and responsible use of wearable technology with the effectiveness, efficiency and satisfaction of the end-user in mind.

Our keynote presenter from Germany, Nora Grabowski, continued the interaction in the afternoon with a workshop titled *Orthopaedic footwear modifications - biomechanics meets practical application*. She gave a demonstration showing the effects of force and pressure changes when applying foot orthoses and/or rocker sole modifications using two different measurement systems.

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In the evening, we officially opened the conference with a Welcome Reception in the exhibition area. It was exciting to have exhibitors from the Netherlands, the United States and Australia, in addition to many new organisations exhibiting at the Pedorthic conference for the first time. Joining long-standing supporters of the industry - Gadean Footwear (Gold Sponsor for the second year in a row) and Leffler (Bronze Sponsor), we had four new faces supporting us through sponsorships. Newcomers included CYS and ProClinicx who undertook Silver Sponsorship and new Bronze Sponsors InStride and Momentum Health Technology.



On Friday, we kicked off the conference with our keynote presenter Nora Grabrowski discussing biomechanical aspects of orthotic footwear construction. She spoke about how different treatment options influence the effects of force and torque, and how these act on the human body during upright standing, walking, running and other activities.

Then members of the industry presented case studies arising from daily practice. David Sutton and Adam Smith each demonstrated how an incorrect treatment plan results in a negative experience for the end user and what needs to be done to attain the best possible outcome for the patient.

Community member Stephen Black, a user of orthopaedic footwear due to the effects of Spina Bifida, shared his experience of how custom footwear has positively impacted his life. Less time off work, less time spent in doctors' waiting rooms and in hospital undergoing surgery. His

closing statement was "While the medical profession has helped me when I got sick, Pedorthists have improved my quality of life".

Ms Grabrowski then returned to explain the importance of the biomechanical effects of orthopaedic footwear, the importance of focussing on primary treatment objectives, and how this can be achieved through targeted use of proven and new measuring technologies.



Next Emma Holloway, energetically guided us through the NDIS provider registration renewal and NDIS audit processes. She highlighted common mistakes to avoid and pointed out areas where companies fail the audit assessment.

Peter Reeves presented the results of the industry survey. The medium investment in a pedorthic business is \$66,500 with an investment mid-range of \$38,700 to \$144,000. The average total area of a pedorthic practice is 174 m² with mid-range of those surveyed having between 87 m² and 257 m². It was interesting to observe that the average time taken for minor to major modifications was 2.1 - 3.5 hours and for custom footwear ranging from medium complexity to high complexity was 14 - 20 hours.



The day finished with the social highlight of the conference; dinner at the iconic restaurant Barzura overlooking Coogee Beach and the Pacific Ocean.

The Saturday program began with a fire alarm going off. We had to evacuate the building while Fred Holtkamp's presentation was underway. Eventually we returned to the conference centre and continued with Fred's presentation about understanding user practices when drawing up requirements. All aspects of a patient's life including work, home, sport, spiritual beliefs, leisure and cultural circumstances have to be taken into consideration for developing a successful treatment plan. A recent study showed that only one third of these lifestyle factors were discussed between the practitioner and patient.

PhD student Antoni Fellas described a randomised control trial in Juvenile Idiopathic Arthritis (JIA) involving the physical, psychosocial and financial impact of JIA on those affected. 66 participants from 3 different hospitals were recruited to investigate the effectiveness of customised prefabricated foot orthoses in reducing lower limb pain, swollen and tender joints, and in improving quality of life and gait parameters in children with JIA.

Karl Schott and Ernie Tye presented on the pathway to Pedorthics. The requirements needed to obtain a Bachelor's degree at Southern Cross University were listed. Core units include: functional anatomy of the lower limb, biomechanics of gait, orthoses and bracing, lower limb medicine, management and treatment of the high-risk foot and small business and entrepreneurship for allied health, fitness and sport. Eligibility criteria for businesses to take on students for placement and the expected outcome for students on placement were outlined.



Susan Nancarrow gave an engaging talk about finding your niche and what it takes to be a successful profession. Parallels were drawn to other Associations and how they identified risks

and seized opportunities in the sector that is constantly evolving. Ideas for Pedorthics were established, an increasing demand for scientific evidential basis of interventions highlighted.

Andrew Stephens elaborated the effect of foot deformity on normal gait. His lively presentation of the biomechanics of the foot in its separate components generated an engaging session. He explained how the primary focus of interventions to correct gait should be on alignment, stability and maximising the propulsive forces through the foot.

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A leading Pedorthist globally, in 2011 Casper was awarded the prestigious Seymour Lefton Award by the Pedorthic Footcare Association of the USA.

Casper was instrumental in getting the national competency standards / national training package over the line. A driving force in developing the Pedorthic certification system and a major contributor to pedorthic training for a couple of decades. This led ultimately to the development of the Bachelor of Pedorthics program. Pedorthics in Australia has Casper's handwriting all over it.

At the last annual general meeting PAA awarded Casper Ozinga life membership to recognise his achievements for Pedorthics.

The Pedorthic profession would have not made this progress without Casper's leadership and passionate, hands on contribution for a very long time.

Marketing Idea - from members for members

The Great shoe Trade-in

Bilby Shoes is doing a promotion with one of their 'Diabetic friendly' brands for the World Diabetes Day on November 14th.

They will be offering a "Trade-in your old shoes for a \$50 trade-in value off the new pair", plus a free pair of socks.

Traded-in shoes that are still in usable condition will be donated to Footscape.

The idea of the campaign is to draw in new and old clients into the shop to upgrade their shoes and to convert people that are currently using other brands.

"With many clients coming in with shoes that are well passed their use by date, a campaign like this should be very successful", says David Sutton.

Information is sent out to Aged Care and the Community Health Network, and the general public is informed via social media.

The promotion will be on from 11-16 November.



World Diabetes Day, 14 November

A panel session provided opportunity for extended question time, before Karl Schott summarised the changing world of Pedorthics. Reference to the collaboration between the International Pedorthic Association, IVO, the Pedorthics program in Vietnam and increased global awareness of Pedorthics was made.

As president, it was my pleasure to conclude the conference, thank everyone for their participation, and announce that the next conference will be in Perth in 2020. This year's conference demonstrated once again that the industry is positively looking ahead to the future. The auction during the dinner raised \$1,455 to support students to fly to Perth for next year's conference.

Katrin Wegener
President, Pedorthic Association of Australia

Disability-related health supports available through the NDIS in updated Price Guide

From 1 October 2019, more than 90 new or updated disability-related health support items will be claimable under the NDIS. Details of these items have been added to the NDIS Price Guide and Support Catalogue 2019-20.

A new policy clarifies the interaction between the NDIS and the health system, endorsed by the Commonwealth, state and territory governments—see the news item on the NDIS website.

This will help ensure a smooth transition for NDIS participants who may now receive disability-related health supports through the Scheme including for: dysphagia, respiratory conditions, nutrition, diabetes, continence, wound and pressure care, podiatry and foot care, and epilepsy.

An extensive list of approved supports is on the Department of Social Service website.

Current arrangements will stay in place until 1 October 2019, when these supports will start becoming part of participant plans.

State and territory health systems will continue to be responsible for all diagnostic, palliative and acute/post-acute treatment and management of chronic health conditions not related to a participant's disability.

More information is available on the new Delivering disability-related health supports – a guide for providers page of the NDIS website.

Say Hello To Our New Logo



Our 2019 AGM included the launch of our brand new logo, which we have been working on for the past two years.

We loved our old logo, and know many felt the same. And yet, here we are to explain why we decided to change it.

In recent years, the pedorthic profession in Australia has evolved rapidly, with the introduction of the Bachelor of Pedorthics course at Southern Cross University, as well as the growing recognition of the pedorthic service offering in allied health by key stakeholders, including DFA's "2018 Australian guideline on footwear for people with diabetes" and the NADC "Collaborative Interdisciplinary Diabetes High Risk Foot Services Standards".

And so we believed our brand identity needed to evolve, with a new logo that reflects a new era for Pedorthics in Australia, which is modern and easily identifiable as the key field that specialises in medical grade footwear and orthotic appliances.

The Visual Elements of Our Logo:

At first glance, the new logo may just seem like a foot in a shoe. But the following design elements were used to represent the PAA and the pedorthic profession:

- The top line of the footwear loosely resembles the northern coastline of Australia;
- The footwear includes a foot orthosis and rocker sole, which are key elements of Pedorthics;
- The green and blue strokes represent the colours used in plantar pressure mapping.

The new logo will be implemented across all platforms by the start of 2020. We hope you love it as much as we do!

A special thank you to Foot Balance Technology for sponsoring the design of the logo.

In-shoe pressure mapping Workshop at DFA Conference

At the recent Diabetic Foot Australia Conference held in Brisbane, a group of Pedorthists ran a pre-conference workshop on In-shoe pressure mapping (ISPM).

Under the banner of Advanced Pressure Mapping, 5 ISPM systems were set up and 25 attendees were asked to be IS Pressure Mapped. They then returned to their tables to create an off-loading device from 7mm felt padding for the right foot. Then the Attendees were asked to return with their new off-loading device to have another ISPM done.

The comparison of the two scans allowed the attendees to see how effective or not their devices were, with great outcomes achieved for the right foot they off-loaded. The Pedorthists then were able to

demonstrate the cause and effect on the contralateral limb. With increases of PP, changes in CoF trajectory and gait curve timings for the left foot.

This was a real eye opener for some of the participants.

The measuring session was followed by a Q&A session, in which 5 case studies were presented and the attendees asked for their opinions.

The workshop was a great team effort, with Katrin Wegener, Sayed Ahmed, Ernie Tye and David Sutton, the first 4 ISPM users in Australia to complete the new APM endorsement program, and Patrick Crowe from Tekscan USA running the workshop. Jaap Van Netten joined them for the Q&A session, while



Satoko Taga and Kirra Parker were helping behind the scenes.

The feedback from the attendees was amazing, one participant said:

"Hey David, just wanted to say that the Sunday workshop and case studies you presented were the highlight of the conference this year in my opinion, so thank you very much."

DPS Guide to Disability Support

DPS is Australia's leading independent multi-platform media and services company providing vital resources for people living with a disability and senior Australians.

The DPS Guide to Disability Support presents clear and comprehensive information about disability support options, what to consider and how to get the best assistance for all circumstances. Changing the way Australians make decisions by delivering the power of informed choice.

Published annually for each state and territory, the comprehensive directory lists all NDIS registered providers and the services they provide.

Up to 25,000 copies of the DPS Guide to Disability Support are printed per State, per annum. Copies are handed free of charge directly to participants via their distribution network including: NDIA Offices, Local Area Coordinators, Plan Managers, Paediatricians, GP Clinics and Medical Centres as well as Support Coordinators.

More information under www.disabilitysupportguide.com.au

Inaugural meeting of SyD FIG: Sydney Diabetic Foot Interest Group

The idea of an all-inclusive Sydney-wide diabetic foot meeting was raised at the International Symposium on the Diabetic Foot in the Netherlands in May 2019.

Joel Lasschuit, Lindy Begg, Jill Featherston, Brian Martin and Katherine Tonks took the idea home and set out to create an interdisciplinary collaborative environment to learn from the experience of other clinicians through presentation of complex cases. Podiatrists, endocrinologists, orthopaedic and vascular surgeons, orthotists, pedorthists, and other clinicians involved in diabetic foot care are invited.

The inaugural meeting was held at St Vincent's Hospital Sydney on 29 August 2019, and the turnout almost exceeded the capacity of the room chosen for the first meeting. There was active participation of the 60 attendees with presentations on Charcot foot reconstruction outcomes, 3 complex case studies from Nepean, Royal Prince Alfred and St George Hospitals, and an upcoming clinical from Royal North Shore Hospital.

The feedback was unanimous. It was a great night with a fascinating line up of presentations and great food provided by Foot Balance Technology. Everyone was enthusiastic about attending the next meeting on 14 November at Westmead Hospital.



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What is the PAA?

The Pedorthic Association of Australia recognises the need for representing professional practitioners of pedorthics. These people provide service and product to patients that have mobility difficulties due to the medical problems with their feet.

Formed over 35 years ago the association has grown so that it now regularly communicates with the key representatives from government and medical health funds. Through its programs, the PAA encourages its members to improve their qualifications and recognition. Programs include CPed, Quality Assurance and Competency Standards

The names and organisations of the people that earn the Certified Pedorthist and Registration are published on the Pedorthic Register website. The medical profession is encouraged to recommend CPeds to their patients for the provision of expert advice and product. The other sections of the certification system recognise the specialised Retail and Footwear Modification components of our profession.

The PAA is also providing guidance in the Quality Management of the organisations that are represented by its members. The Generic Quality System has been specifically designed for implementation in a Pedorthic Practice. It recognises the special relationship between the provider and the patient and assures the provision of expert advice and quality product by the organisation.

The PAA is for members that want recognition of their competency to provide a full service in the Pedorthic industry, work in organisations that have as their key objective to provide quality advice or product and who want to support the development of the industry through contact with the people and organisations that have the greatest impact on the industry and their business.

Subscribe today, at our website, to keep informed of industry activities.



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