



ANZMUSC
AUSTRALIA & NEW ZEALAND MUSCULOSKELETAL
CLINICAL TRIALS NETWORK
NHMRC CENTRE OF RESEARCH EXCELLENCE

Scientific Meeting Booklet

23rd to 25th October 2023
Sydney, Australia

**Optimising musculoskeletal health through high
quality, collaborative clinical research**

Overview

Click on the event name to jump to the page.
Locations can be clicked to take you to Google Maps.

Monday 23rd October

[MSK Media Training Workshops](#)

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10:30am - 3pm

Location: Neuroscience Research Australia – NeuRA, Randwick (Margarete Ainsworth Building, 139 Barker St, Randwick NSW 2031)

Followed by Informal EMCR Networking

[ANZBACK Public Lecture](#)

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Registration: 6:30pm

Lecture: **7:00-8:00pm**

Networking with light refreshments: 8:00-9:00pm

Location: Kerry Packer Education Centre, Royal Prince Alfred Hospital Precinct

Tuesday 24th October

[Scientific Meeting Day 1](#)

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10am - 5:30pm

Location: Coogee Surf Club

Social Dinner

From 6pm

Location: Coogee Bay Hotel (Marra Bar & Grill)

Wednesday 25th October

[Scientific Meeting Day 2](#)

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9am - 4pm

Location: Coogee Surf Club

Thursday 26th October

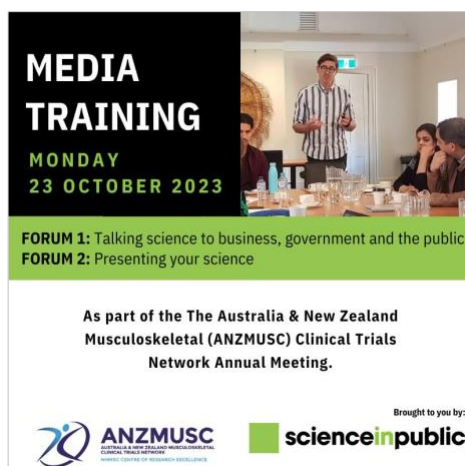
[ANZMUSC Executive Committee & Chief Investigator Planning Meeting \(By Invitation Only\)](#)

9am – 12pm

Location: Room 405, Susan Wakil Health Building, The University of Sydney

Media Training Workshops

Monday 23rd October, 10:30am to 3:00pm (AEDT)



Registration is available from 10:30am. Please be at the venue by 10:45am. We also suggest arriving earlier to get coffee at a nearby café before the event.

Talking science to business, government and the public

11:00am – 12:30pm

A moderated panel discussion with Q&A. The panellists are Prof. Jim Elliott (Director of the Kolling Institute), Ms. Amanda Hart (Senior Reporter, Channel Ten), and Dr. Darren Saunders (NSW Deputy Chief Scientist). The session will prompt you to think about different audiences and what they want to know. It'll work through how and when to talk with them.

12:30 – 1:00pm – Lunch (BYO/purchase nearby)

Presenting your science

1:00pm – 2:30pm

How do I introduce my research for impact? It's about distilling your research into a few bullet points. This is a useful exercise and skill for any audience – whether you are presenting on stage, to your Vice Chancellor, a journalist or an industry group who may use your research.

We cover what makes a good introduction/pitch. You will have five minutes to write a few bullet points, present for one minute and get feedback about the pitch. Participants will first present to their peers in groups of six to ten. Then the best from each group will present to everyone and receive feedback from the presenter.

ANZMUSC Consumer Advisory Group Representatives – Ask your questions!

2:30pm – 3:00pm

An opportunity to discuss your media-related queries with a few of our CAG members. Topics discussed may include how lay summaries and media releases are seen by consumers, working with consumers when producing a lay summary or a media release, how to best engage with consumers when mainstream media requires a consumer to be featured (e.g., on TV), and what are the harms of misleading media releases and misleading social media campaigns?

Informal EMCR Networking

4:00pm – 6:30pm @ The Alfred Hotel (51 Missenden Rd, Camperdown NSW 2050)

Located nearby the RPA Precinct for easy flow to the evening ANZBACK LBP Lecture.

ANZBACK Public Lecture

Monday 23rd October, from 6:30pm (AEDT)

The Australia and New Zealand Low Back Pain Centre of Research Excellence (ANZBACK) will be hosting this evening event to showcase some of the latest Australian research in low back pain management. Experts in low back pain, a clinician and a consumer representative will discuss findings from 3 clinical trials which could influence how low back pain is managed in the future.

The trials found:

- Opioid medicines, the most commonly used pain medicines for low back pain in Australia, did not relieve acute low back or neck pain in the short term and may worsen outcomes in the long term.
- Cognitive functional therapy, an integrated behavioural and exercise program informed by psychological principles and lifestyle coaching, produced large and sustained improvements for pain-related disability in people with chronic low back pain.
- Graded sensorimotor retraining, a rehabilitation approach informed by contemporary neuroscience, produced large treatment effects so that most people most were no longer disabled by their pain by 1 year.



Free Public Lecture on Low Back Pain

A discussion with experts on recent landmark research in low back pain

Where?
Kerry Packer
Education Centre
John Hopkins Drive
Camperdown, NSW 2050

When?
23rd October 6:30pm
with light refreshments
from 8pm

**the event will be live streamed and recorded*

Target Audience

- People interested to learn about how to manage low back pain
- Clinicians, health managers and policy makers

Panel:

- Prof. Lorimer Moseley
- Prof. Peter O'Sullivan
- Prof. Andrew McLachlan
- Joyce McSwan (clinician)
- Deborah Fullwood (consumer)
- Liam Mannix (science reporter)


**FOR MORE
INFORMATION
AND REGISTRATION**



Register at <https://www.eventbrite.com.au/e/anzenback-public-lecture-tickets-669112893677>

where you can select either in-person attendance or live-streaming.

Tickets available until the event unless sold out prior.

Scientific Meeting – Day 1

Tuesday 24th October, 10:00am to 5:30pm (AEDT)

7:00am	Morning social activities - Meet at Rainbow Walkway at 6:50am for 7am departure for all groups. Run Group – Led by Simon Davidson & Steve Gilbert. All welcome! Aiming to run for 30-40 minutes. Social Dip – Leisurely Ocean Swim led by Aidan Cashin
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10:00 - 11:00am	Welcome / ANZMUSC Updates & Open Discussion	
10:00am	Acknowledgement of Country	Ms. Kerry Mace ANZBACK Consumer Advisory Group (CAG) Chair, ANZMUSC CAG
	Welcome	Prof. Rachelle Buchbinder Monash University
10:05am	Online e-module development: Methods & initial findings from Clinical Trial Learning Needs Delphi	Dr. Giovanni Ferreira University of Sydney
10:20am	ANZMUSC Current & Future	Dr. Caitlin Jones University of Sydney Ms. Helen Ramsay Monash University Prof. Paul Hodges University of Queensland Dr. Sam Whittle University of Adelaide Prof. Rachelle Buchbinder Monash University
11:00 - 11:30am	Morning Tea	
11:30am – 1:00pm	Assessing the effects of interventions Chair: Prof. James McAuley, Neuroscience Research Australia (NeuRA), UNSW	
11:30am	Clinical importance of effects for exercise in knee and hip OA	Prof. Nadine Foster University of Queensland
11:55am	Questions	
12:00pm	Who should judge effects as unimportant?	Dr. Christina Abdel Shaheed University of Sydney
12:15pm	Questions	

12:20pm	Panel Discussion	Prof. Nadine Foster Dr. Christina Abdel Shaheed Prof. Haxby Abbott University of Otago, Dunedin Mr. Gary Cantwell ANZMUSC Consumer Advisory Group
1:00-2:00pm	Lunch	
	1:00-1:30pm	Concurrent Scientific Advisory Committee Meeting >
2:00-3:00pm	ANZBACK Chair: Prof. Chris Maher	
2:00pm	Practice Changing Trials: Recap of the LBP Public Lecture & perspectives from key stakeholder groups	Ms. Kerry Mace Consumer Representative, ANZBACK CAG Chair, ANZMUSC CAG Dr. Nardia-Rose Klem EMCR, Curtin University Dr. Sam Whittle Non-LBP Research, University of Adelaide
2:30pm	Future of the ANZBACK CRE: A Discussion	
3:00-4:00pm	Economic Methods Group Chair: Dr. Sean Docking, Monash University	
3:00pm	Introduction of Economics Methods Group	Dr. Sean Docking Monash University
3:05pm	Economic evaluation in a randomised clinical trial: The LEAP trial	Dr. Ross Wilson University of Otago
3:20pm	Economic evaluations for physical activity interventions	Dr. Marina de Barros Pinheiro University of Sydney
3:35pm	Cost-effectiveness of non-surgical management compared to total knee replacement: A model-based evaluation	Dr. Sean Docking
3:50pm	Questions	
4:00-4:15pm	Afternoon Tea	

4:15-4:40pm	Trial Update and Endorsement Proposal Chair: Prof. Ian Harris, University of New South Wales	
4:15pm	Seeding Grant Update Nothing about us without us: A qualitative investigation of general practitioners' and consumers' preferences on guideline implementation strategies	Dr. Nathalia Costa University of Sydney (Pre-recorded)
4:25pm	Endorsement Proposal Steroid-Reducing Options for ReLapsING PMR (The STERLING-PMR study)	Prof. Catherine Hill University of Adelaide
4:40-5:30pm	PhD & EMCR Research Showcase – Rapid Fire Round 1 Chair: Dr. Andrea Bruder, La Trobe University	
4:40pm	A prospective narrative inquiry into cognitive functional therapy for people with chronic low back pain within the RESTORE trial	Dr. Nardia-Rose Klem Curtin University
4:47pm	NUDG-ED Trial Protocol: Reducing low-value imaging and opioids in the ED	Ms. Gemma Altinger University of Sydney
4:54pm	Reassurance for low back pain (LBP) recommended, but complex to implement?	Ms. Anika Young Macquarie University
5:01pm	Monitoring the quality of care for low back pain	Mr. Bayden McKenzie Monash University
5:08pm	User-testing an Australian decision aid for patients considering surgery for sciatica	Dr. Julie Ayre University of Sydney
5:15pm	Knowing for whom interventions are effective - beyond the randomised trial	Mr. Harrison Hansford University of New South Wales
5:22pm	Reconceptualising exercise adherence for chronic low back pain using participants perspectives	Mr. Yannick Gilanyi University of New South Wales
5:29pm	Day 1 Close	Dr. Andrea Bruder
6:00pm onwards	Social Dinner	

Scientific Meeting – Day 2

Wednesday 25th October, 9:00am to 4:00pm (AEDT)

7:00am	Social Run Group – Meet Simon Davidson at Rainbow Walkway at 6:50am for 7am departure. All welcome! Aiming to run for 30-40 minutes.	
9:00-10:00am	Best practice for control interventions and placebos Chair: Prof. Haxby Abbott, University of Otago, Dunedin	
9:00am	OA SIG facilitated session: The CoPPS Statement Panel Discussion	Dr. David Hohenschurz-Schmidt Imperial College London (via Zoom) Prof. Cathie Sherrington University of Sydney Prof. Nadine Foster University of Queensland Prof. James McAuley Neuroscience Research Australia (NeuRA), UNSW
10:00am	ASPIRE Guidelines	Prof. David Beard University of Oxford
10:20am	Q & A / Panel Discussion	Prof. Ian Harris University of New South Wales Mr. Gary Cantwell ANZMUSC Consumer Advisory Group
10:30-11:15am	Special Interest Groups Morning Tea An opportunity to separate into SIGs for focused discussion and networking. Some food will be provided; but the longer break allows groups to wander to a café nearby for coffee and snacks.	
11:15am-12:25pm	PhD & EMCR Research Showcase – Rapid Fire Round 2 Chair: Dr. Caitlin Jones, University of Sydney	
11:15am	The virtual hospital for low back pain	Ms. Alla Melman University of Sydney
11:22am	Antidepressants for non-cancer pain in older adults - a systematic review	Dr. Sujita Narayan University of Sydney
11:29am	HOPE for hEDS and HSD	Ms. Min Tze Chew Macquarie University
11:36am	Swimming for Low Back Pain: A Scoping Review	Ms. Deborah Wareham Macquarie University

11:43am	Exploring the effect of evidence-based fact sheets on future healthcare decisions among patients with low back pain	Mr. Christian Longtin University of Sydney
11:50am	Improving the management of BACK PAIN using DIGITAL TECHNOLOGIES	Dr. Rodrigo Rizzo University of New South Wales
11:57am	Navigating chronic low back pain: Current evidence on the effectiveness of Cognitive Functional Therapy	Mr. Jack Devonshire University of New South Wales
12:04pm	Effects of virtual fracture Clinic care compared with In-person fracture clinic care on physical function in people with simple fractures: a non-inferiority randomised Trial (RECITAL)	Mr. Min Jiat Teng University of Sydney
12:11pm	Arthritis, financial distress, and health literacy: what is the link?	Dr. Danielle Berkovic Monash University
12:18pm	Can you walk yourself better?	Ms. Tash Pocovi Macquarie University
12:25pm	Low back pain care in 32 low- and middle-income countries	Dr. Saurab Sharma University of New South Wales
12:32pm-1:02pm	Trial Updates Chair: Ms. Tash Pocovi, Macquarie University	
Seeding Grant Updates		
12:32pm	Acceptability of a new non-surgical care pathway for patients waiting for lumbar spinal stenosis surgery	Dr. David Anderson University of Sydney
12:42pm	Development of a patient decision aid to inform evidence-based management of anterior cruciate ligament injury	Dr. Stephanie Filbay University of Melbourne
Endorsed Trial Update		
12:52pm	Te Tauwhiro Turi mā te Rongoā: Knee Care for Arthritis through Pharmacy Study (KneeCAPS)	Dr. Ben Darlow University of Otago, Wellington
1:02-2:00pm	Lunch	
2:00pm	Basic Science & MSK Clinical Research Chair: Prof. Paul Hodges, University of Queensland	
2:00pm	Two-way communication between clinical and basic research: A story of	Prof. Paul Hodges University of Queensland

	understanding back muscle dysfunction in back pain	
2:20pm	Embedding basis science measures in clinical trials to understand mechanisms – causal mediation analysis	Dr. Aidan Cashin Neuroscience Research Australia (NeuRA), UNSW
2:40pm	Using biomechanics to understand applied problems	A/Prof. Liz Clarke University of Sydney
3:00pm	Consumer Advisory Group Chair: Dr. Stephanie Filbay, University of Melbourne	
3:00pm	Introduction and summary of activities	Ms. Annie McPherson
3:05pm	CAG Involvement with the PROSPECT Trial	Mr. Geoff Ryan
3:10pm	CAG Consumer Representative involvement in ANZMUSC Projects	Ms. Sandra Crone
3:15pm	Reflections on the ANZMUSC Seeding Grants	Ms. Annie McPherson
3:20pm	CAG – our lived experience, skill sets, and diversity gaps	Mr. Gary Cantwell
3:24pm	Q&A: ACTA & MRFF guidelines for consumer representative involvement	Ms. Kerry Mace & Ms. Annie McPherson
3:30-4:00pm	ANZMUSC Awards & Meeting Close	
3:30pm	Awards	Presented by:
3:30pm	Trial of the Year	Prof. Chris Lin Scientific Advisory Committee Chair
3:36pm	Best ECR Paper of the Year	Prof. Chris Lin Scientific Advisory Committee Chair
3:42pm	OA SIG Osteoarthritis Paper of the Year	Prof. Haxby Abbott OA SIG Steering Committee
3:48pm	Consumer Contribution Award	Ms. Annie McPherson Consumer Advisory Group Chair & Dr. Sam Whittle ANZMUSC Practitioner Fellow, Living Evidence
3:55pm	Meeting Close	Prof. Rachelle Buchbinder