

Registration and Conference Program



ANZSPM

The Australian and New Zealand Society of Palliative Medicine Conference

14 September – 17 September 2010

Adelaide, South Australia, Australia

Ars moriendi - Palliative Medicine in the 21st Century

CONFERENCE SECRETARIAT

ANZSPM Conference Secretariat

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VENUE

InterContinental Hotel,
Adelaide
North Terrace
Adelaide, SA 5000



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INVITATION TO ATTEND

It gives me great pleasure to invite members of ANZSPM and medical practitioners with an interest in palliative care medicine to register for the next biennial Conference of the Australian and New Zealand Society of Palliative Medicine in Adelaide, the capital of wonderful South Australia. Please put the 14th – 17th September 2010 in your diary and encourage your medical colleagues to attend.

The theme of this Conference is "Ars moriendi- Palliative Medicine in the 21st Century." Ars moriendi is "The art of dying". Ars moriendi comes from two 15th Century Latin texts offering advice on the protocols and procedures of a good death, explaining how to "die well." I hope that "The art of dying" can be interpreted for you in its widest sense. You will find visual art, music, literature, theatre and science at this meeting. Our work is art and science and I trust that this theme will be a spring board for stimulating conversations, great fellowship and fun.

The mix of international, national and local speakers will bring new insights and knowledge, whether it be in the art of dying, the clinical skills to provide good symptom control, how to communicate clearly or to evaluate the ethical dimensions of a situation, to ensure that our patients can have the best possible care as they face the end of their lives. There is a Trainees Day, a "Knowledge into Practice" workshop and a long awaited Supervisor's workshop for those of you who support advanced trainees in Palliative Medicine, on Tuesday 14th September. There are workshops on "Care of the dying pathways," "Psychological issues" and "Ethical dilemmas" during the concurrent session of the Conference and a General Practitioner stream on the Friday 17th September.

And still Adelaide has so much more to offer. The Welcome Reception is in the historic Mortlock Chamber of the State Library of South Australia and the Conference Dinner in the stately Adelaide Town Hall, with a big band to get your dancing feet moving. Bring your husband, wife, partner or sweetheart. They can enjoy the Accompanying Persons Program and then why not spend an extra day or two in Adelaide or surrounds. The State Opera production of "The Pearl Fishers" is on at the Festival Theatre. Visit the many wineries or discover the joy of shopping in Adelaide.

The weather will be balmy spring. The wildflowers will be out on Kangaroo Island and Sturt's Desert pea, our logo, will be flowering in the Adelaide Botanic Gardens.

I look forward to seeing you in Adelaide in September this year.

Greg Crawford
Conference Convenor



INVITED SPEAKERS

Dr Sinéad Donnelly

Sinéad Donnelly is a Consultant in Palliative Medicine working at Wellington Regional Hospital, Aotearoa, New Zealand. She is Adjunct Professor in the School of Biological Sciences, Victoria University, Wellington and a Clinical Senior Lecturer at Otago School of Medicine, Wellington, New Zealand. Dr Donnelly has worked as a Consultant in Palliative Medicine in the Palliative Medicine Department in Limerick, Ireland from 2000, and did her postgraduate training at the Cleveland Clinic, Ohio and the Western Infirmary, Glasgow, Scotland as well as Our Lady's Hospice, Harrolds Cross, Dublin, Ireland. Her research interests focus on qualitative research having published on folklore traditions associated with dying and the experience of the moment of death in a palliative care unit, at home and in hospital. Dr Donnelly uses documentary as an accessible medium to present qualitative research findings. Four documentaries to date have been broadcast on national television in Ireland and explore the importance of community support in home care, how children deal with grief and the experience of dying at home. The fifth documentary was produced in Aotearoa, New Zealand in 2009 and is being made into a teaching pack exploring the reality of dying at home. Dr Donnelly also has an evolving interest in the merging of the Arts/Humanities with Medicine and their applicability to the teaching of Medicine.



Dr Sinéad Donnelly

Prof Mari Lloyd-Williams

Mari Lloyd-Williams is Professor and Director of the Academic Palliative and Supportive Care Studies Group Division of Primary Care, University of Liverpool. She was born in North Wales. Her primary medical degree is from Leicester University. She completed higher training in palliative medicine at the University of Leicester Hospitals and LOROS Hospice and was appointed Consultant and Honorary Senior Lecturer to the University of Leicester Hospitals Trust and LOROS Hospice in 2000. Her doctoral thesis was on depression in terminal illness. In 2002 she was appointed as Senior Lecturer at the University of Liverpool and in 2003 was promoted to a personal chair within the School of Population, Community and Behaviour in recognition of her research experience and portfolio. She has published over 100 papers and the acclaimed book "Psychosocial Issues in Palliative Care" has recently appeared in a second edition. She lectures nationally and internationally and in 2008 was the UK editor for the new International Textbook of Palliative Medicine. She is lead and chair of the highly successful Academic Palliative and Supportive Care Studies Group within the University of Liverpool, which over the last 3 years has secured in excess of £5.3 million of research grant income. Her current research focuses on screening for depression, interventions for depression, the association between physical symptoms and concomitant depression, studies exploring the support needs for children and families where a parent has advanced cancer and longitudinal studies of early loss of a parent, and the symptom burden in non malignant disease, particularly the needs for patients with dementia. Professor Lloyd-Williams is Director of Community Medical Education for Liverpool Medical School, where 30% of the curriculum is delivered within the community.



Prof Mari Lloyd-Williams

Prof Margaret Somerville AM

Margaret Somerville is Samuel Gale Professor of Law, Professor in the Faculty of Medicine, and Founding Director of the Centre for Medicine, Ethics and Law at McGill University, Montreal. She has an extensive national and international publishing and speaking record and is a frequent commentator in all forms of media. She is deeply committed to the public's right to be involved in the decision-making that shapes our society. To this end, she authored *The Ethical Canary: Science, Society and the Human Spirit* and *Death Talk: The Case against Euthanasia and Physician-Assisted Suicide*. In 2006 she delivered the CBC Massey Lectures, *The Ethical Imagination: Journeys of the Human Spirit*, which are also published as a book. She has edited *Do We Care? Renewing Canada's Commitment to Health*, *Proceedings of the first Directions for Canadian Health Care Conference*; and co-edited *Transdisciplinarity: Recreating Integrated Knowledge*. Professor Somerville regularly consults, nationally and internationally, to a wide variety of bodies including governments, United Nations organizations and NGO's, especially regarding ethics and public policy, and has served on many editorial boards, advisory boards and boards of directors. She has received many honours and awards including the Order of Australia, and in 2003 she became the first recipient of the UNESCO Avicenna Prize for Ethics in Science.



Prof Margaret A Somerville

Prof Andrew A Somogyi

Andrew Somogyi is Professor of Clinical and Experimental Pharmacology in the Faculty of Health Sciences at the University of Adelaide, Adelaide, Australia. He trained as a pharmacist in Tasmania and obtained his PhD from Sydney University in 1978. He undertook postdoctoral training in the Department of Medicine at the University of Bonn, Germany with Michel Eichelbaum and in 1982 joined the Department of Clinical and Experimental Pharmacology at the University of Adelaide. He teaches clinical pharmacology to medical, dental, health science and science students and is currently supervising 4 Master's and 8 PhD students. His research interests are in elucidating the mechanisms of variability in drug action through studies on drug metabolism and transport, pharmacokinetics, pharmacogenomics and concentration-effect relationships with specific reference to the opioid class of drugs used in the therapeutic areas of pain therapy and addiction. He has published over 200 scientific papers and communications and is Senior Editor of the *British Journal of Clinical Pharmacology* and Editor of *Pharmacogenetics and Genomics*, and *Journal of Opioid Management*. He is Associate Dean for Research in his Faculty and a member of the Medicines Evaluation Committee of the Therapeutic Goods Administration of the Department of Health and Ageing.



Prof Andrew A Somogyi





Bishop Ian George AO



Prof Dorothy Keefe



Dr Sandy Macleod



Dr Mary McNulty



Dr Mark Robson



Ms Jennifer Tieman

INVITED SPEAKERS cont.

Bishop Ian George AO

Ian George is a former Archbishop of Adelaide, former Art Gallery trustee, member of Australia Council Boards, occasional lecturer at the Art Gallery of South Australia and the National Gallery of Victoria. He has been an art critic for over 50 years and has recently been appointed Adjunct Professor at Charles Sturt University.

Prof Dorothy Keefe

Dorothy Keefe is Cancer Council SA Professor of Cancer Medicine at the University of Adelaide, Chair of the State-wide Cancer Clinical Network, Director of CNAHS Regional Cancer Services and Clinical Director of RAH Cancer Centre. She is an active researcher in supportive care generally, and mucosal injury in particular, and in June 2010 becomes the President of the Multinational Association for Supportive Care in Cancer. She graduated in the UK and did her Oncology training and higher degree in Adelaide.

Dr Sandy Macleod

Sandy Macleod is a psychiatrist and palliative medicine specialist. He is the Medical Director of the Nurse Maude Hospice in Christchurch, New Zealand.

Dr Mary McNulty

Mary McNulty has spent over 20 years combining general practice with palliative care work with The Silver Chain Hospice Care Service. Silver Chain is the sole provider of community palliative care in Perth and has a unique model of care with community based multidisciplinary palliative care teams providing 24 hour a day, 7 days a week care.

Dr Mark Robson

Mark Robson and his wife Dr Marea Watson started in General Practice in Melton South, in outer metropolitan Melbourne, twenty-six years ago. The continuous care of families from "birth to death" led Mark to an interest in cancer medicine, palliative care and the important role of the cancer support group in helping families adjust to cancer diagnosis and its ramifications.

Ms Jennifer Tieman

Jennifer Tieman is Director and Co Chief Investigator of the Australian Knowledge Network in palliative care which manages the CareSearch website. (www.caresearch.com.au) She has been involved in various research studies and projects in palliative care including the development of guidelines for palliative care in residential aged care (APRAC) and in the community (COMPAC). Her specific research interests include how to search and find literature and evidence, and the role and use of online resources.

CALL FOR ORAL OR POSTER PRESENTATION ABSTRACTS

The organising committee of the ANZSPM 2010 Conference is pleased to invite abstract submissions for oral or poster presentations at the ANZSPM Ars moriendi Conference in Adelaide from 14-17 September 2010. First time, as well as more experienced presenters are encouraged to apply. Share with your colleagues your research, interesting cases, patient stories or new and innovative ways of practice.

Please log onto the ANZSPM Website at www.anzspm.org.au and click on the Conference link to submit your abstract. Abstract submission can only occur via this link. Please follow the stepwise process. You will be required to upload your abstract as a Word document. Your preferred presentation style (oral or poster) will be considered when selecting successful Conference presentations.

DEADLINE FOR SUBMISSION OF ABSTRACTS: 2nd JULY 2010



PRE CONFERENCE ACTIVITIES:

TUESDAY 14TH SEPTEMBER

The following three pre-conference activities are being held on Tuesday 14th September. Each activity will cost \$30 if you wish to participate and your desire to attend must be indicated on the Registration Form. Places are limited so ensure you register as early as possible.

TRAINEES DAY

1100 – 1700

Cost to attend: \$30

1030	Coffee
1100-1145	Dr Sinéad Donnelly How to observe and listen and how to develop these skills
1145 -1245	Members of the Palliative Medicine Education Committee Training Issues
1245-1330	Ms Sara Fleming Paediatric palliative care
1330-1415	Lunch
1415-1500	Prof Margaret Somerville AM Ethical case studies
1500-1545	Prof Andrew Somogyi Can pharmacogenetics play a role in palliative care medicine?
1545-1630	Prof Mari Lloyd-Williams Psychiatric issues in palliative care
1630	Panel Discussion
1700	Drinks

KNOWLEDGE INTO PRACTICE

0800 – 1200

Cost to attend: \$30

This exciting workshop will be of interest to all Palliative Care clinicians who have an interest in bridging the gap between clinical knowledge and current practice of Palliative Medicine within our organisations. The Knowledge into Practice workshop consists of dynamic sessions exploring the theory and evidence of knowledge transfer.

RACP SUPERVISORS WORKSHOP

1300 – 1700

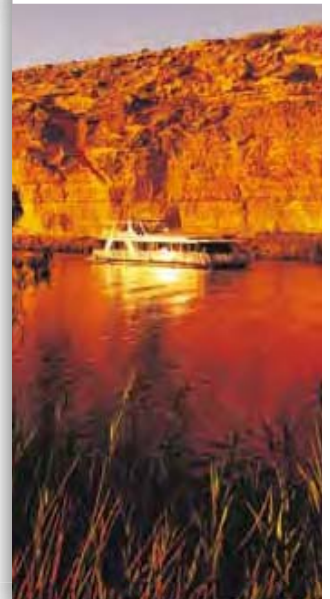
Cost to attend: FREE OF CHARGE

The Supervisors workshop is for all Palliative Medicine Specialists who are currently, or who anticipate supervising Advanced Trainees in Palliative Medicine. The workshop will be specifically designed for palliative medicine but also provide information about new assessment activities under review by the Palliative Medicine Education Committee. The workshop will be run by the RACP Deanery and the Palliative Medicine Education Committee. Topics will include application forms needed for Site Assessment, for Approval and Accreditation of training terms and strategies for giving constructive and useful feedback.



Poco Tutti Choir: Performing during the Opening Session

Founded by South Australian playwright/composer Pat Rix, Tutti began as a small singing group for people with an intellectual disability at Minda Inc in August 1997. In 1998 the singing group became a choir as people from the wider community began to join. One of the activities enjoyed was the creation of original sound-scapes and songs and in 1999 with around 40 members, the choir developed a distinct identity which drew on both music and theatre for inspiration. The Tutti Choir has gone from strength to strength, with many successful performances and accolades achieved. Each year Tutti Ensemble and Tutti Arts regularly perform to thousands of people and around 200 people regularly participate in metropolitan and regional choral workshops. Tutti's ethos is that participation in and enjoyment of singing should be accessible to everyone. Poco Tutti is a subgroup of the Tutti Ensemble.



CONFERENCE WORKSHOPS AND TOURS

ETHICAL CASE STUDY WORKSHOP

This workshop will be facilitated by Prof Margaret Somerville AM and Dr Mary Brooksbank AM. Participants will have the opportunity to explore complex real cases in terms of the ethical issues and implications.

PSYCHODYNAMIC PSYCHOTHERAPY AT THE END OF LIFE

This workshop will be facilitated by Prof Mari Lloyd-Williams and Dr Sandy Macleod. Participants will have the opportunity to explore psychological issues in more depth.

CARE OF THE DYING

This workshop will explore the evidence base for the care of the dying pathways and explore the Australian experience of

implementing care of the dying pathways. A focus will be on the utilisation of knowledge transfer methodologies and how they may be of use in the future to improve future implementation and ensure sustainable change. Participants in the workshop will produce a consensus statement around benefits of a CoDP to allow for the development of a set of clinical indicators around the process of care of the dying pathways.

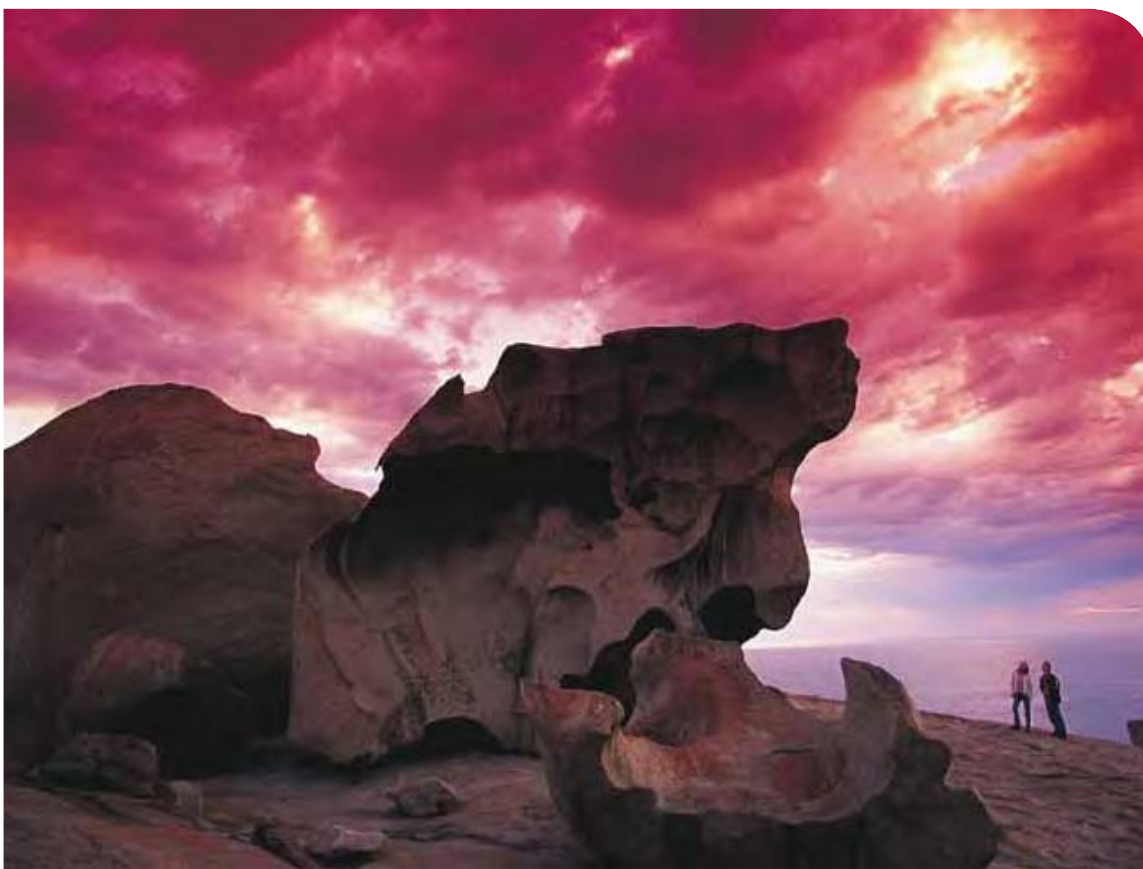
ART GALLERY TOUR

On Thursday 16 September there is a guided tour of the Art Gallery. This tour is open to both delegates and accompanying persons. If you would like to attend please indicate this on your registration form. Places are limited so ensure you register as early as possible.

Please register your interest to attend the above activities. Numbers are strictly limited so please register early.

CONTINUING MEDICAL EDUCATION POINTS

GPs and primary care doctors will be eligible for RACGP (Royal Australian College of General Practitioners) and ACRIM (Australian College of Rural and Remote Medicine) continuing medical education points. Fellows of the College of Physicians are eligible for self assessment for CPD points.



REGISTRATION

Each person attending the Conference needs to complete their own registration form, with payment to the Conference Secretariat. This includes invited speakers, chairpersons and all other delegates. Please read the information in this booklet carefully before completing the form. Registration and accommodation will only be confirmed on receipt of payment.

All fees include GST	ANZSPM Member	Non Member	Trainee	Day Delegate	Accompanying Person **
Early bird Fee (Before 21 July)	\$840	\$940	\$540	\$420	\$240
Late Fee (Before 5 September)	\$940	\$1040	\$590	\$470	\$240
On Site Fee (After 5 September)	\$1040	\$1140	\$640	\$530	\$240
Registration includes:					
Opening Ceremony	✓	✓	✓	✓	✓
Attendance at Session	✓	✓	✓	✓	X
All Official Documentation	✓	✓	✓	✓	X
Morning/ Afternoon Tea	✓	✓	✓	✓	X
Lunches	✓	✓	✓	✓	X
Welcome Reception	✓	✓	✓	X	✓
Conference Dinner	✓	✓	✓	X	✓
Entrance to Exhibition	✓	✓	✓	✓	X
Art Gallery Tour (if nominated)	✓	✓	✓	✓	✓

**Accompanying Person Program

The registration fee also includes the following:

Guided Tours Of:

Botanic Gardens of SA - Wednesday 11:00am - 12:30pm

Adelaide Central Market - Thursday 11:00am - 12:30pm

Anglican Cathedral of Adelaide - Friday 11:00am - 12:30pm

HOW TO REGISTER

Registration is open to members of ANZSPM, medical practitioners with an interest in palliative care medicine and medical students. To register, you have two options; you can complete this Registration Form or you can register online. Please go to www.anzspm.org.au and proceed to "Registration". We ask that you complete one form for each person attending the meeting. Please print carefully if filling out the attached registration form, and keep a photocopy for your records.

PAYMENT OF FEES

Payment of fees must accompany all registrations and may be made by cheque, credit card (MasterCard or Visa only) or direct deposit. Cheques are to be made payable to ANZSPM Conference.

GST

ABN 54 931 717 498.

Your registration form acts as your tax invoice. Please refer to the accommodation section for tax invoices relating to accommodation bookings.

ACKNOWLEDGMENTS

Your registration will be acknowledged in writing with confirmation of your requirements according to your registration form. Bookings will be confirmed only on receipt of payment.

CANCELLATIONS AND REFUNDS

Cancellations must be notified in writing to the Conference Secretariat.

Cancellations received:

- Before 21 July 2010 will incur a A\$110 cancellation fee
- Before 5 September 2010 will receive a 50% refund of fees paid
- After 5 September 2010 there will be no refund.

Please note all cancellation fees are subject to GST.

INSURANCE

The Conference organising committee strongly recommends that you take out insurance for your travel and attendance at the Conference. The Conference cannot accept any responsibility for participants failing to arrange their own insurance.

EXHIBITION AND SPONSORSHIP

A trade display will be held during the Conference. A list of exhibitors will be provided at the Conference. Companies are also invited to take up Conference Sponsorship. For more information on exhibition and sponsorship opportunities contact the Secretariat on:

Tel: +61 2 4973 6573,

Fax: +61 2 4973 6609 or

Email: anzspm@willorganise.com.au

ACCOMMODATION

Accommodation is offered at the following hotels. All rooms can be single, twin or double occupancy.

1 InterContinental Hotel, Adelaide

(Conference Venue)

King Superior Room: \$230 per room per night

2 BreakFree on Hindley

(Located a 10 minute walk from the Conference Venue)

1 Bedroom Apartment: \$148 per apartment per night

2 Bedroom Apartment: \$186 per apartment per night

ACCOMMODATION DEPOSIT

To secure your reservation, one night's deposit must be enclosed with your booking, or you can provide your credit card number as a guarantee. Your deposit (or credit card details) will be passed on to the hotel to hold your booking only - you will settle the account on your departure.

HOW TO BOOK

To book please complete section E of your registration form. Bookings cannot be confirmed without payment or credit card guarantee. Any change to a reservation must be notified to the Secretariat and not directly with the hotel.

CHECK IN AND CHECK OUT

Check in time is 1400 Hours

Check out time is 1100 Hours

REFUNDS

The deposit is non-refundable after 5 September 2010 and will be forfeited if you do not arrive on the date for which you have booked.





ANZSPM REGISTRATION FORM

Tax Invoice. ABN: 54 931 717 498

Please print clearly and keep a photocopy of this form for your records. The information below will be reproduced in the delegate list at the Conference and will be used for all mailings.

Please complete the registration form and return to the Conference Secretariat (details at end of form).

OR Register on line via www.anzspm.org.au

A: DELEGATE DETAILS

Title: (Prof/Dr/Mr/Mrs/Ms etc)..... Given Name:.....

Surname:.....

Organisation:.....

Position:.....

Postal Address:.....

Suburb:..... State:..... Postcode:.....

Tel: (.....)..... Mobile: (.....).....

Email:.....

Preferred Name on Badge:.....

Special Needs (dietary, access etc):.....

.....

If you do not want your details included in the delegate list on site, please tick

ACCOMPANYING PERSON

Given Name:..... Surname:.....

Special needs (dietary, access etc):.....

.....

B: REGISTRATION FEES (Inc GST) Please Circle

All fees include GST	ANZSPM Member	Non Member	Trainee	Day Delegate*	Accompanying Person
Early bird Fee (Before 21 July)	\$840	\$940	\$540	\$420	\$200
Late Fee (Before 5 September)	\$940	\$1040	\$590	\$470	\$200
On Site Fee (After 5 September)	\$1040	\$1140	\$640	\$530	\$200

* Please indicate which day you would like to attend: Wednesday Thursday Friday

B. Sub-Total Registration Fees: A\$ _____

C: PRE CONFERENCE ACTIVITIES

EVENT	DATE	COST (Inc GST)	TOTAL
Trainee Day	Tuesday 14 September	\$30	\$
Knowledge Into Practice	Tuesday 14 September	\$30	\$
Supervisors Workshop	Tuesday 14 September	FREE	No of tickets:

C. Sub-Total Pre Conerence: A\$ _____

D: WORKSHOPS

WORKSHOP	
Ethical cases	<input type="checkbox"/>
Psychodynamic Psychotherapy at the end of Life	<input type="checkbox"/>
Care of the Dying	<input type="checkbox"/>
Art Gallery Tour (Open to accompanying persons as well)	<input type="checkbox"/>





E: ACCOMMODATION

Table with 7 columns: Hotel, Room Type, Cost per room per night, Check in date, Check out date, Amount enclosed (cheque only), OR Use credit card as guarantee (Tick). Rows include InterContinental, BreakFree on Hindley (1 brm apartment), and BreakFree on Hindley (2 brm apartment).

All rates include GST. One night's deposit or credit card guarantee must be given to secure your booking.

I do not require the Secretariat to book accommodation for me.

I wish to share my room with:

Please Note - the Conference Secretariat does NOT arrange shared accommodation - if you wish to share, you must find someone to share with.

E. Sub-Total Accommodation: A\$

(Or use credit card details as guarantee (see section E)

F: SOCIAL FUNCTIONS

If you would like extra tickets to bring a partner or friend to the social function and they are not registered as an Accompanying Person, please complete and include payment with your registration.

Table with 5 columns: EVENT, DATE, COST (Inc GST), No. of Tickets, TOTAL. Rows include WELCOME RECEPTION and CONFERENCE DINNER.

F. Sub-Total Social Fees: A\$

G: PAYMENT

Table with 3 columns: Section, Description, Amount. Rows include Section B (Registration Fees), Section C (Pre Conference Activities), Section E (Accommodation), Section F (Social Functions), and a TOTAL row.

Cheque Payment, Please make payable to ANZSPM Conference

Please charge my credit card (Amex and Diners not accepted)

Visa MasterCard

Expiry

I will send a bank transfer (Please send remittance advice to Conference Secretariat)

I have read, understood and accept the conditions outlined in this brochure

Signed: Date:



SOCIAL PROGRAM

Welcome Reception

Wednesday 15 September

Included for all fully registered persons

Time: 1830 - 2000
Venue: Mortlock Chamber, State Library of South Australia
Additional Tickets: \$80
Dress: Smart Casual

After the first day of sessions, relax and catch up with colleagues in the Mortlock Chamber at the historic State Library within walking distance from the Conference Venue and next to the Art Gallery.

Conference Dinner

Thursday 16 September

Included for all fully registered Persons

Time: 1900 - 2400
Venue: Adelaide Town Hall
Additional Tickets: \$130
Dress: Lounge Suit/Cocktail

The Conference Dinner will be held at the Adelaide Town Hall. Dinner will include a 3 course meal, beverages and entertainment. The cost of dinner is included for fully registered delegates.



TOURS AND SUGGESTED ACTIVITIES

Visit

- The Haighs Chocolate Factory
- Adelaide Cricket Ground and the Bradman exhibition
- Adelaide Zoo and Pandas Wang Wang and Funi
- Museum of SA and the Mawson Exhibition
- Seaside suburb of Glenelg
- Historic Tudor Carrick Hill, former home of Sir Edward and Lady Hayward
- The many art galleries of Adelaide including Art Gallery of SA, BMG, Greenhill Galleries, Peter Walker Gallery and Greenaway Gallery

Shop at

- Rundle Mall in the city
- Burnside Village
- King William Road
- Unley Road
- Glenelg
- Jam Factory, home of glass blowing and fine craftsmen

Theatre

- Space Theatre at Festival Centre
Hamlet by William Shakespeare presented by the Yohangza Theatre Company (Shakespeare's Hamlet meets Korean Shamanism) 17, 18 September 2010
- Festival Theatre at Festival Centre
Georges Bizet's The Pearl Fishers presented by State Opera South Australia starring NZ baritone Teddy Tahu Rhodes 11, 14, 16, 18 September 2010

Travel to

- Kangaroo Island, where you can see the wildflowers in bloom
- Visit the wine areas of the Adelaide Hills, McLaren Vale, Barossa or Clare Valleys or travel to the beautiful the Flinders Ranges
- Victor Harbor and visit the Whale Watch Centre (whale watching in September)
- Drive through Adelaide Hills and visit the historic German town of Hahndorf
- Walk the Heysen and Riesling Trails

Dine at

- Windy Point Restaurant,
- Magill Estate home of Grange,
- Chloe's Restaurant in Norwood,
- Auge in the City
- The Governor Hindmarsh Hotel where you can enjoy live music

...and many more excellent dining experiences

Walk or ride a bike

- along the River Torrens Linear Park. This stretches from the suburb of Henley Beach, through the city centre out to the north-eastern suburbs of Adelaide

CLIMATE

The wonderful, Mediterranean-style climate in Adelaide provides mild weather, combined with year-round sunshine. The weather in Adelaide's winter and spring months, between June to November, tends to be wetter and there is more chance of rain at this time of year in Adelaide, although sunny weather usually returns fairly quickly.



NORSPAN® 7-day patches deliver continuous relief from pain¹



Mr Wilson
Age: 64 years

Diagnosis: Persistent back pain
Previous treatment: Tramadol

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Moderate to severe osteoarthritis and back pain¹

Only a NORSPAN® patch offers the benefits of 7 days continuous analgesia in a single dose. A NORSPAN® patch can be used as a more convenient alternative when tramadol or paracetamol/codeine (30 mg) combinations are inappropriate or have failed. Start with a 5 µg/hour patch and, if necessary, titrate upwards to pain relief and improved function. Maximum dose is 2 NORSPAN® 20 µg/hour patches.

PBS Information: Restricted benefit. Chronic severe disabling pain not responding to non-narcotic analgesics. Authority required for increased maximum quantities and/or repeats. Refer to PBS Schedule for full Authority Required Information.

Please review full product information and refer to State and Federal regulations before prescribing.

NORSPAN® (buprenorphine) transdermal patch Minimum Product Information. **Indications:** Management of moderate to severe pain. **Contraindications:** Hypersensitivity to buprenorphine or patch components, myasthenia gravis, *delirium tremens*, pregnancy, severely impaired respiratory function, concurrent non-selective MAO inhibitors (or within 14 days of their administration), treatment of opioid dependence or narcotic withdrawal. **Precautions:** Use with caution in convulsive disorders, head injury, shock, reduced consciousness of uncertain origin, intracranial lesions or increased intracranial pressure, severe hepatic impairment, hypotension, hypovolaemia, biliary tract disease, pancreatitis, inflammatory bowel disorders, prostatic hypertrophy, adrenocortical insufficiency, chronic renal and hepatic disease, following abdominal surgery, in debilitated patients, drug or alcohol abuse problems, serious mental illness, intravenous abuse of buprenorphine, congenital or medication-induced QT prolongation, driving or operating machinery, pregnancy (Category C), lactation. Do not use in immediate post-operative period, within 24 hours of cordotomy or other pain-relieving surgery. Reduce dosage in hypothyroidism and monitor severely febrile patients for enhanced drug absorption. Physical dependence and withdrawal syndrome may develop. Do not substitute for agonist opioids, as antagonist activity can induce withdrawal. **Interactions:** Non-selective MAO inhibitors are contraindicated and caution is advised with newer selective MAO inhibitors. CNS depressants may cause respiratory depression, hypotension and profound sedation or coma. Some general anaesthetics and other drugs can decrease hepatic elimination. CYP3A4 inhibitors can increase buprenorphine levels. Enzyme-inducers can increase clearance and reduce efficacy. INR levels may increase with concurrent warfarin. Increased aminotransferase levels and weight decrease have been noted. **Adverse effects:** The most frequently observed side effects are application site reaction, constipation, dizziness, dry mouth, headache, nausea, pruritus (especially but not just limited to application site), somnolence, vomiting. Other effects commonly observed are abdominal pain, anorexia, anxiety, asthenia (including muscle weakness), chest pain, confusion, depression, diarrhoea, dyspepsia, dyspnoea, erythema at site, exanthema, insomnia, nervousness, oedema, pain, paraesthesia, peripheral oedema, rash (not just limited to application site), sweating, taste perversion, tiredness, vasodilation. **Dosage and administration:** Transdermal use over 7 days. Adults: 5 microgram/hour starting dose, especially opioid-naïve patients and those converting from other opioids. Titrate dose to pain relief, use supplemental analgesics as required and only increase dose after an interval of at least 3-days. Apply the patch to intact, non-irritated, hairless skin of upper arm, upper back, upper or side chest, avoiding scarred areas. Use only water to clean skin, and dry before applying patch immediately after taking it from the pouch. Press patch in place for 30 seconds. When changing the patch, remove the old one and apply 1 or 2 new patches to a different site or sites (the current site should not be used again for 3-4 weeks). Do not use more than 2 patches at the same time. On removal of a used patch, fold adhesive sides together and dispose of safely. If edges start peeling off, tape down with skin tape. If patch falls off, apply a new one. Avoid exposing the application site to external heat sources. Monitor patients and if adequate pain relief cannot be achieved at maximum patch dosage regimen, convert to 24-hourly strong opioids. After discontinuing with the patch, serum buprenorphine concentrations will decrease gradually, and subsequent opioids should not be needed for 24 hours. No dosage adjustment is required in renal impairment, mild to moderate hepatic impairment or the elderly, but use with extreme caution in severe hepatic impairment. Not for children under 18 years. Please review Product Information before prescribing. Full disclosure Product Information is available from Mundipharma Pty Limited, 50 Bridge Street, Sydney, NSW 2000. Phone 1800 188 009. **TGA approval date:** 4 Apr 2005. **Date of most recent amendment:** 14 Sep 2009. Full disclosure Product Information is available from Mundipharma Pty Limited, ABN 87 081 322 509. 50 Bridge Street, Sydney, NSW 2000. Phone 1800 188 009. ©: NORSPAN is a Registered Trademark. Reference: 1. NORSPAN® patch Product Information (August 2009). PBS Dispensed Price: NORSPAN® patch 5 (2): \$26.70. NORSPAN® patch 10 (2): \$40.77. NORSPAN® patch 20 (2): \$56.08. ORBIS AU-0659 FD10053 0310



NORSPAN®
buprenorphine transdermal system
7-DAY CONTINUOUS PAIN RELIEF