**Webinar Information**

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| **Title** (max 50 characters) | Non-operative ACL Management |
| **Sub-title** (if applicable) |  |
| **Provider Name** | Mick Hughes |
| **Contact Details** | Contact Name:  Mick Hughes    Organisation:   Melbourne Sports Medicine Centre   Address:   250 Collins St, Melbourne VIC 3000   Phone:      Mobile:   0407942009   Email:  mickwhughes@yahoo.com.au    Website:   www.mickhughes.physio    |
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| **Overview of PDO (maximum 400 words)**This information will be used on all marketing material pertaining to the webinar |

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| Mick Hughes is an Sports & Exercise Physiotherapist with a special interest in ACL injury management. He has co-authored the Melbourne ACL Rehabilitation Guide and consults with a high volume of ACL injured patients; including those seeking a second opinion about their rehab choices.This 60min presentation will take you through the current evidence base surrounding non-opeative ACL management and dispell a number of myths that patients need to have an ACL reconstruction to achieve a great outcome following ACL injury. |

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| **How does this activity support the contemporary, evidence based and ethical professional practice of ESSA professionals?** |

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| Exercise rehabilitation is the cornerstone to successful ACL injury rehabilitation; including those pursuing a non-operative pathway. By highlighting the evidence supporting non-operative rehab and discussing what non—operative ACL injury management should entail, it is giving ESSA members the skills and confidence to be able to deal with the ACL injured patients who are pursuing a non-operative plan. |

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| **Target Audience**Who is this webinar targeted for, i.e. Graduates, Exercise Physiologists, etc |

For definitions of ESSA professional types refer to the Accreditation of ESSA Facilitated Development Opportunities (PDO) Guidelines.

[x]  Accredited Exercise Scientists (AES)

 [x]  Graduate

 [x]  2-5 years’ experience

 [x]  5+ years

[x]  Accredited Exercise Physiologists (AEP)

 [x]  Graduate

 [x]  2-5 years’ experience

 [x]  5+ years

[x]  Accredited Sports Scientists – Level 1 (ASpS1)

 [x]  Graduate

 [x]  2-5 years’ experience

 [x]  5+ years

[x]  Accredited Sports Scientists – Level 2 (ASpS2)

 [x]  Graduate

 [x]  2-5 years’ experience

 [x]  5+ years

[x]  Accredited High Performance Manager (AHPM)

 [x]  Graduate

 [x]  2-5 years’ experience

 [x]  5+ years

[ ]  Other (please specify)

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| **List any pre-requisites required for this PDO**e.g. pre-reading, University qualifications, experience, etc |

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| Frobell et al 2010, Frobell et al 2013, Hurd et al 2008, Eitzen et al 2010 |

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| **Other associations this PDO is currently accredited with, if applicable** |

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|      none |

# **Content**

Please complete the following form as per the template example below.

*Please note: The webinar presentation itself must be 1 hour, with a 20 minute allocated Q&A to follow the presentation*.

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| ***Example*** |

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| **Module Name** | Metabolic Health – What is it? |
| **Learning Outcomes**These outcome statements should be indicative and measurable of what the participant should be competent in upon completion of this module. Learning outcomes should be able to be assessed. List at least 5 outcomes. | * What metabolism is and how to explain it to clients
* Indicators and assessment of metabolic status
* The key lifestyle factors that affect metabolic health
* Interventions to improve an individual’s metabolism
* Practical application
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| **Key Information**What will be covered in this webinar | * A description of metabolism
* Basic physiology and biochemistry of energy production
* Chronic health conditions resulting from dysfunctional metabolism
* The effect of lifestyle factors on an individual’s metabolism – diet, exercise, sleep and stress
* Practical applications to apply different recommendations to both health compromised and healthy individuals
 |
| **References**Please list references or evidence-based information | Andersen CJ, Murphy KE, Luz Fernandez M. Impact of Obesity and Metabolic Syndrome on Immunity. ASN Review 2020;67-75 |
| **Duration** | 60 minutes |

**To add another module, please copy and paste the below table.**

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| **Module Name** |  Non-operative ACL management |
| **Learning Outcomes**These outcome statements should be indicative and measurable of what the participant should be competent in upon completion of this module. Learning outcomes should be able to be assessed. List at least 5 outcomes. | * Understand the findings of the KANON trial and its practical implications
* Understand who these finding apply to; and who we need to be very cautious of applying this information to
* Understand what a potential coper and potential non-coper are and how to assess for them
* Understand how ACL injury contributes to degenerative changes over time
* Understand what high-quality, non-operative rehab should entail
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| **Key Information**What will be covered in this webinar | * Research findings of the KANON trial
* Case studies of both successful and non-successful outcomes following non-operative management
* How to clinical identify a potential coper or a potential non-coper
* Research to support that the ACL injury, not the treatment choice, is the main reason behind degenerative changes occurring over time
* Practical examples of what high quality non-operative ACL management should entail
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| **References**Please list references or evidence-based information | References provided throughout presenttaion on slides and attendees will have access to folders of resources including full text articles, infographics and patient reported outcome measures     |
| **Duration of Module** |      60 mins (+30mins Q&A time) |

# **Presenters**

Presenters must have appropriate formal qualifications or relevant expertise (at least 3 years) in the subject matter. Where presenters are not the same person as the content developer, details for both must be provided. See *Accreditation of External Professional Development Opportunities Guidelines* for more information.

Please provide details of each presenter and content developer.

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| **Presenter 1** | [x]  As per the contact details on page 1[ ]  If different contact details, please fill in the belowName:      Organisation:      Address:      Phone:      Mobile:      Email:      Website:       |
| **Presenter 2** (if applicable) | Name:      Organisation:      Address:      Phone:      Mobile:      Email:      Website:       |
| **Post-nominal initials**e.g. BExSSc, PhD, AES, AEP, ASpS1 |  M.Sports Physio, B.Physio, B. Ex. Sci.     |
| **Presenter accreditations** | **Presenter 1** | **Presenter 2** |
| **ESSA member****Accredited Exercise Scientist****Accredited Exercise Physiologist****Accredited Sports Scientist – Level 1****Accredited Sports Scientist – Level 2****Accredited High Performance Manager** | [ ]  Yes [x]  No[ ]  Yes [x]  No[ ]  Yes [x]  No[ ]  Yes [x]  No[ ]  Yes [x]  No[ ]  Yes [x]  No | [ ]  Yes [ ]  No[ ]  Yes [ ]  No[ ]  Yes [ ]  No[ ]  Yes [ ]  No[ ]  Yes [ ]  No[ ]  Yes [ ]  No |
| **Qualifications (relevant to topic)**e.g. BClinExPhys, ESSAM, AEP*These will be listed on the PD certificate* | **Presenter 1**: As above     **Presenter 2**:       |
| **Experience**List your experience relevant to the topic you are presenting, including length of time (e.g. years) | **Presenter 1**: 5 years presenting both locally and internationally specifically about ACL injuries and optimising rehab management     **Presenter 2**:       |
| **Years of industry experience in presenting/delivery of education** | **Presenter 1**: 10 years     **Presenter 2**:       |
| **Professional biography**(max 250 words)This biography will be used in marketing | **Presenter 1**: Mick Hughes is a Sports & Exercise Physiotherapist, who consults at The Melbourne Sports Medicine Centre. He has a strong clinical interest in the management of ACL injuries; both operatively and non-operatively.Mick is the co-author of the Melbourne ACL Rehabilitation Guide; a criterion based framework aimed at optimising ACL injury outcomes, which has helped countless patients improve their quality of life and fuction following ACL injury. Mick is also the co-founder of the online education platform [www.learn.physio](http://www.learn.physio) – a website that hosts premium online education courses for health professionals all around the world.**Presenter 2**:       |

# **Checklist**

[ ]  Completed and signed application

[ ]  Presentation/Program content, if available\*

[ ]  Reference listing, if available\*

[ ]  Assessment, if applicable\*

\* Mandatory requirement of a webinar, please see Declaration section

# **Declaration**

By submitting this application, I authorise and acknowledge the following declarations and agree to advise ESSA as soon as possible if information relating to these declarations change.

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| [ ]  | I certify that I hold appropriate professional indemnity insurance, either personally or through a third party (e.g. employer). This insurance covers the scope of all activities undertaken, including presenting a Professional Development for ESSA members. |

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| [ ]  | I have read and will align with ESSA’s Code of Professional Conduct and Ethical Practice. |

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| [ ]  | I understand that the webinar process is as follows:* ESSA webinars are live recorded presentations which are produced as a podcast at a later date
* The webinar presentation itself must be 1 hour, with a 20 minute allocated Q&A to follow the presentation
* A 2 hour window is required for the presentation of the webinar, to allow for a 30 minute instructional session, immediately prior to the actual webinar presentation
* The webinar can be presented from any location, all that is required is a computer, internet connect and audio (either computer audio or a phone)
* There is an MC who receives and asks questions on behalf of the audience
* 2 ESSA CPD points can be claimed under Further Education, Presentations and Publications to Peers (if applicable)
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| [ ]  | I understand ESSA requires the following information from the Presenter(s):* Signed Presenters Contract – all Presenters for ESSA must sign a Presenter’s contract
* Presentation – a PowerPoint Presentation including references (final version due 5 working days prior to webinar)
* Assessment - a 10 question multiple choice or True/False assessment, based on the learning outcomes of the presentation (final version due 5 working days prior to the webinar)
* Workbook – as per ESSA’s Professional Development Guidelines, we require a workbook (e.g. PDF presentation) which will be sent to webinar delegates following the webinar and is included within the resources of the podcast
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| **Printed Name of PDO Provider** |

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| **Date** |

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| **Signature** (insert digital signature) |

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