10th Australasian Nursing & Allied Health Stroke Conference

ARE WE FIT FOR THE FUTURE?

28 - 29 August 2014
Sheraton on the Park
Sydney, NSW, Australia

Registration Brochure
The Organising Committee is very grateful to the following organisations, who at the time of printing have given their support to this conference:

**BRONZE SPONSOR**

Boehringer Ingelheim

**OTHER SPONSORS AND EXHIBITORS**

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Stroke Recovery Centre

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Excellence in Stroke Rehabilitation

Stroke Foundation
SMART STROKES is back in Sydney in 2014 after a wonderful conference in Brisbane last year with over 450 attendees. SMART STROKES 2014 will mark a special anniversary – 10 years of delivering a stroke conference by clinicians and researchers for clinicians and researchers.

We anticipate this year's conference will be even bigger and better than ever – so come and enjoy it with us.

The theme of SMART STROKES 2014 is “Are We Fit for the Future?” encompassing not only many aspects of stroke care from health education through to recovery care post stroke, but also taking a look back through the years of SMART STROKES and straight into the future of stroke care.

This year’s conference program is again packed with keynote speaker addresses, oral presentations, poster presentations – and after the success of 2013 we will again have oral poster presentations, to ease poster presenters into talking about their research to the audience. Also back by popular demand, a consumer workshop session which will be open not only to conference delegates, but also consumers and their carers. We are proud to offer 13 Focus Topic sessions (previously called symposium/workshop) which will give you a more in depth approach to best practice in the field. Last but not least there are two Pre Conference Workshops offering longer sessions in which the presenters can share their expertise with conference participants, look at case studies and approach the topic fully hands-on.

Our many distinguished speakers for this year's event include renowned international presenters, together with national experts in stroke. This year we welcome to SMART STROKES four keynote presenters:

- **Prof Gert Kwakkel**, Physiotherapist, The Netherlands
- **A/Prof Kathleen Michael**, Nursing, USA
- **Prof Michael Nilsson**, Neurologist & Rehabilitation Physician, NSW, Australia
- **Dr Anne Poulsen**, Occupational Therapist, QLD, Australia

SMART STROKES aims to encourage and support grassroots research and new presenters, as well as showcasing the work of established clinicians and researchers. We hope to offer a springboard to related scientific conferences including the SSA Annual Scientific Meeting and overseas stroke meetings. Conference networking opportunities also assist with the delivery of best practice stroke care by clinicians through sharing their ideas, while maintaining an element of fun throughout the event.

Our sponsors provide very generous support without which the conference would not be able to proceed. We invite you to visit the trade displays during the conference breaks to discuss the new products available to assist you in better stroke care.

Last but not least the conference dinner is the perfect opportunity to network, catch up with old friends and make new friends. The theme this year is “A Touch of Bling” quite fitting for SMART STROKES’s 10th Anniversary. So bring your dancing shoes and wear a glitzy outfit and most importantly enjoy the evening.

We look forward to meeting you in Sydney at SMART STROKES 2014.

Your SMART STROKES Committee
ORGANISING COMMITTEE

• **Isobel Hubbard** (Co-Convenor), Lecturer, Program Coordinator, Postgraduate Studies in Stroke, School of Medicine & Public Health, Faculty of Health, University of Newcastle, NSW

• **Kim Parrey** (Co-Convenor), Stroke Care Coordinator, Hastings Macleay Network, Port Macquarie Base Hospital, NSW

• **Anne Coccetti**, Director of Speech Pathology, Logan-Beaudesert Facilities Metro South Hospital and Health Service, QLD Health, QLD

• **Luisa Hewitt**, Speech Pathologist, Belmont Hospital and Belmont Stroke Rehabilitation Unit, HNELHD, NSW

• **Di Marsden**, Acting Manager, Post Acute Stroke Research, Hunter Stroke Service, HNELHD, NSW

• **Alexis McMahon**, Speech Pathologist, War Memorial Hospital, QLD

• **Ian Meade**, Occupational Therapist, The Townsville Hospital, QLD

SCIENTIFIC COMMITTEE

• **Sandy Middleton** (Chair), Director, Nursing Research Institute, SV&MHS and Australian Catholic University, NSW

• **Rohan Grimley**, Director of Rehabilitation and Geriatrics, Nambour General Hospital, QLD

• **Annie McClusky**, Senior Lecturer, The University of Sydney, NSW

• **Emma Power**, Lecturer, Speech Pathology, Faculty of Health Sciences, The University of Sydney, NSW

• **Paulette Van Vliet**, ARC Future Fellow, School of Health Sciences, The University of Newcastle, NSW

SCHOLARSHIP COMMITTEE

• **Greg Cadigan**, Principle Project Officer, Statewide Stroke Clinical Network, QLD

• **Alexis McMahon**, Speech Pathologist, War Memorial Hospital, NSW

• **Kim Parrey**, Stroke Care Coordinator, Hastings Macleay Network, Port Macquarie Base Hospital, NSW

SMART STROKES 2014 SECRETARIAT

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Crows Nest NSW 1585
Tel: +61 2 9431 8600
Fax: +61 2 9431 8677
Email: smartstrokes@theassociationspecialists.com.au

Please visit our SMART STROKES 2014 website www.smartstrokes.com.au for up-to-date conference information and to register online.

KEY DATES

• Early Bird Registration Closing Date: 27 June 2014

• Accommodation Rate Guaranteed To: 28 July 2014 thereafter all accommodation blocks will be released and new bookings are strictly subject to availability

CONFERENCE VENUE

Sheraton on the Park
161 Elizabeth Street
Sydney NSW Australia
Tel: +61 2 9286 6000
Web: www.sheratonontheparksydney.com

POSTERS & TRADE EXHIBITION

The trade exhibition and poster displays will be held in the Level 2 Foyer at the Sheraton on the Park, Sydney. Morning tea, lunch and afternoon tea will be served in this area to enable you to view all the posters and visit all exhibitors whose support of the event is much appreciated.
Professor Gert Kwakkel
VU University Medical Centre, Amsterdam, The Netherlands

Gert Kwakkel started his career as a physical therapist and movement scientist at the VU University Medical Centre in Amsterdam. In 1998, he received his PhD on the thesis entitled: Dynamics in functional recovery after stroke. He received a chair ‘Neurorehabilitation’ at the VU University Medical Centre in Amsterdam in March 2008. This chair is dedicated to translational research in the field of neurorehabilitation with special interest in Stroke, Parkinson’s Disease and Multiple Sclerosis.

Gert has published more than 140 papers in leading scientific journals such as The Lancet, The Lancet Neurology, BMJ and Stroke resulting in a Hirsch Index of 36. In 2012, Gert received together with Professor Frans van der Helm a prestigious advanced grant from the European Research Council (ERC) and belongs now to one of the top researchers of the VU University in Amsterdam. This ERC idea is focused on investigating the longitudinal relationship between stroke recovery and brain plasticity. He is a member of the management board of Research Institute Move at the VU University and European Managing Editor of the journal Neurorehabilitation & Neural Repair (NNR). In addition, he is member of the editorial board of the International Journal of Stroke, Journal Rehabilitation Medicine and Physiotherapy Research International Research. Finally, Gert is president of the Dutch Society of Neurorehabilitation (DSNR; www.neurorehab.nl).

Associate Professor Kathleen Michael
University of Maryland School of Nursing, Baltimore, USA

Kathleen holds a PhD from Johns Hopkins University, an MS in Nursing Leadership from Seattle Pacific University, and a BSN from the University of Washington. As an Assistant Professor in the University of Maryland School of Nursing, Kathleen is vigorously engaged in teaching, research, writing, and interprofessional collaboration. She demonstrates high academic and research productivity, as evidenced by a progressive publication record and numerous scientific presentations. Her research activities with individuals with stroke keep her in contact with patients and families, and further inform her understanding of the long-term effects of therapeutic interventions. As a clinical specialist in rehabilitation, she is at home with interdisciplinary teams, and collaborates effectively with others in clinical care, education, and research endeavors.

Kathleen is a nationally and internationally recognized expert in stroke rehabilitation, with a particular interest in reducing post-stroke fatigue. Her research involves developing and testing rehabilitation exercise interventions, including adaptive physical activity and treadmill training models combined with behavioral interventions, to promote increases in daily activity behaviors, thereby improving real-world function and independence after stroke.
Professor Michael Nilsson
Hunter Medical Research Institute, Newcastle, NSW, Australia

Michael is Director of the Hunter Medical Research Institute (HMRI) and Burges Professor of Medical Science at Newcastle University. He is also Conjoint Professor of Neurorehabilitation and Translational Stroke Research, University of Gothenburg (UoG), Sweden and Honorary Professor of the Florey Institute of Neuroscience and Mental Health, Melbourne. He is a rehabilitation physician, neurologist and a translational neuroscientist bridging together knowledge in neurobiology, neural recovery and clinical rehabilitation after stroke. He has implemented new models of treatment in stroke, traumatic brain injury and Parkinson rehabilitation and received multiple scholarships, awards and prizes including honorary prizes from patient organisations in neurology and rehabilitation, and quality prizes for rehabilitation service delivery. He has initiated and finalised international accreditation projects in rehabilitation after which his team received the highest remarks for top performance and quality service delivery in rehabilitation and translational neuroscience.

Michael is the co-founder of NeuroOptima, a pioneering Rehabilitation enterprise in Sweden and Spain focusing on stroke, traumatic brain injury and Parkinson’s disease. His research includes aspects of the functions of the astrocyte network in the mammalian brain with particular focus on cellular and intercellular signaling mechanisms, cellular reactivity and defense mechanisms against stress. Michael is lead CI of a large interdisciplinary translational research program, The Culture and Brain Health Initiative, involving studies on the effects of cardiovascular exercise, music, rhythm and dance on cognition and motor recovery in stroke patients. The effects of cardiovascular fitness on cognition, mood, epilepsy and dementia have been further examined in epidemiological studies.

Dr Anne Poulsen
The University of Queensland, Brisbane, QLD, Australia

Anne is Senior Research Fellow in the School of Health and Rehabilitation Sciences at The University of Queensland. An excellent foundation for further research studies was provided in her doctoral training where she furthered her lifelong passion to understand motivation, well-being and life satisfaction in relation to leisure-time activity engagement. Anne was awarded the OT Australia Research Award for postgraduate research following her doctoral studies in 2006.

She has 35 years experience working as an occupational therapist with her first publication on burnout in occupational therapists published in 1983. Since then she has conducted several investigations of burnout, work engagement and work-life balance in allied health professionals. In 2009, Anne founded a company called Work Life Balance Solutions – Queensland to deliver workshops and review evidence of interventions to increase resilience in health care workers. A prospective intervention study investigating the effectiveness of recovery strategy adoption during the out-of-work hours in cancer care workers is currently underway in Queensland. She is also part of an international research team investigating engagement and motivation in the paediatric intervention process.
## Provisional Program

**SMART STROKES 2014: 10 Years of SMART STROKES – Are We Fit For The Future?**

**REGISTER ONLINE** www.smartstrokes.com.au

The program is correct at the time of print and subject to change.

### Wednesday, 27 August 2014

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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<tbody>
<tr>
<td>1330 – 1730</td>
<td>Registration Open</td>
</tr>
<tr>
<td>1400 – 1730</td>
<td><strong>PRE CONFERENCE WORKSHOP 1</strong>&lt;br&gt;Getting started on successful research&lt;br&gt;<strong>Anne Alexandrov, Annie McCluskey, Dominique Cadilhac</strong></td>
</tr>
<tr>
<td>1530 – 1600</td>
<td><strong>AFTERNOON TEA</strong></td>
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<tr>
<td>1400 – 1730</td>
<td><strong>PRE CONFERENCE WORKSHOP 2</strong>&lt;br&gt;Predicting and optimising motor recovery after stroke&lt;br&gt;<strong>Gert Kwakkel, Coralie English</strong></td>
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### Thursday, 28 August 2014

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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<tbody>
<tr>
<td>0700 – 1700</td>
<td>Registration Open</td>
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<tr>
<td>0845 – 0900</td>
<td>Welcome to Country and to SMART STROKES</td>
</tr>
<tr>
<td>0900 – 1050</td>
<td><strong>SESSION 1 – INVITED SPEAKERS</strong></td>
</tr>
<tr>
<td>0900 – 0910</td>
<td>10 year overview of SMART STROKES&lt;br&gt;<strong>Mark Longworth</strong></td>
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<tr>
<td>0910 – 0950</td>
<td>Innovations in stroke management&lt;br&gt;<strong>Rohan Grimley</strong></td>
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<tr>
<td>0950 – 1050</td>
<td>International Keynote: Understanding motor recovery after stroke&lt;br&gt;<strong>Gert Kwakkel</strong></td>
</tr>
<tr>
<td>1050 – 1115</td>
<td><strong>MORNING TEA</strong> – Visit the posters and trade exhibition</td>
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<tr>
<td>1115 – 1245</td>
<td><strong>SESSION 2 – Choose between attending concurrent oral presentations or a focus topic</strong></td>
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<tr>
<td>1115 – 1245</td>
<td><strong>FOCUS TOPIC A (90 min)</strong>&lt;br&gt;ASNEN Workshop: Application of the NIHSS and common pitfalls, post circulation anatomy/physiology&lt;br&gt;<strong>Lizzie Dodd, Patrick Groot, Liz Mackey</strong></td>
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<tr>
<td>1115 – 1245</td>
<td><strong>FOCUS TOPIC B (90 min)</strong>&lt;br&gt;Multimodal rehabilitation approaches to enhance daily activity behaviours&lt;br&gt;<strong>Kathleen Michael</strong></td>
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<tr>
<td>1115 – 1245</td>
<td><strong>FOCUS TOPIC C (90 min)</strong>&lt;br&gt;Consumer Workshop: Coming back from stroke: Community, depression and fatigue&lt;br&gt;<strong>Tom Crow, Damian Coen, and others</strong></td>
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<td>Time</td>
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1115 – 1245 CONCURRENT SESSION 2.1 Upper Limb Assessment & Management

1115 – 1245 CONCURRENT SESSION 2.2 Technology & Communication

1115 – 1245 CONCURRENT SESSION 2.3 Ongoing Rehabilitation
### SESSION 3 – INVITED SPEAKERS

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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</thead>
</table>
| 1330 – 1355 | Consumer Speaker  
Damian Coen                     |
| 1355 – 1445 | Australasian Keynote: Neuroplasticity in stroke recovery  
Michael Nilsson               |
| 1445 – 1500 | Consumer Choir                                                     |

**SESSION 3 – INVITED SPEAKERS**

1330 – 1500 **SESSION 3 – INVITED SPEAKERS**

1330 – 1355 Consumer Speaker  
Damian Coen

1355 – 1445 Australasian Keynote: Neuroplasticity in stroke recovery  
Michael Nilsson

1445 – 1500 Consumer Choir

**1500 – 1530 AFTERNOON TEA – Visit the posters and trade exhibition**

1530 – 1700 **SESSION 4 – Choose between attending concurrent oral presentations or one/two focus topic/s**

**Note:** Focus Topics D, E, F, G and H run only for 45 minutes each, as opposed to the full 90 minutes of Concurrent Sessions 4.4 / 4.5 and Focus Topic I

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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</table>
| 1530 – 1615 | **FOCUS TOPIC D** (45 min)  
‘Drive your own recovery’: A comprehensive upper limb training program for stroke survivors  
Ruth Barker, Kate Hayward                     |

1530 – 1615 **FOCUS TOPIC F** (45 min)  
Diagnosing and treating apraxia of speech: Maximising outcomes  
Kirrie Ballard

1530 – 1615 **FOCUS TOPIC G** (45 min)  
The art and science of preparing and writing a good abstract  
Sandy Middleton, Di Marsden

1615 – 1700 **FOCUS TOPIC E** (45 min)  
Implementing and evaluating the outcomes of a 2-week modified constraint-induced movement therapy program to improve upper limb use  
Louise Massie, Gillian Gibson, Ana Vandenburg, Annie McCluskey

1530 – 1615 **FOCUS TOPIC H** (45 min)  
Goal commitment and striving: The benefits and costs of MCII (Mental Contrasting with Implementation Intentions)  
Anne Poulsen

**1530 – 1700 **FOCUS TOPIC I** (90 min)  
ASNEN Workshop: Advanced mastery session: Clinical localisation of stroke to brain vascular territories  
Anne Alexandrov, Skye Coote

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**SMART STROKES 2014: 10 YEARS OF SMART STROKES – ARE WE FIT FOR THE FUTURE?**

**REGISTER ONLINE** www.smartstrokes.com.au
<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
<th>Title</th>
<th>Presenter(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1530</td>
<td>Pre-Hospital &amp; Hyperacute</td>
<td>Has the implementation of the NSW reperfusion project increased the rate of thrombolysis in the Murrumbidgee Local Health District?</td>
<td>Katherine Mohr</td>
</tr>
<tr>
<td>1545</td>
<td>Mobility &amp; Activity</td>
<td>The motor assessment scale - Is it fit for the future?</td>
<td>Agnieszka Palak</td>
</tr>
<tr>
<td>1600</td>
<td>Oral Poster Presentations</td>
<td>ABREAST Study (Abnormal Blood Results Acute Stroke)</td>
<td>Malcolm Evans</td>
</tr>
<tr>
<td>1610</td>
<td>Oral Poster Presentations</td>
<td>How do the shuttle walk test and 6-minute walk test compare as measures of cardiorespiratory fitness in stroke survivors?</td>
<td>Ashlee Dunn</td>
</tr>
<tr>
<td>1615</td>
<td>Oral Poster Presentations</td>
<td>Clinical pre-test of a computerised antithrombotic risk assessment tool for stroke prevention in atrial fibrillation patients: Giving consideration to NOACs</td>
<td>Yishen Wang</td>
</tr>
<tr>
<td>1615</td>
<td>Oral Poster Presentations</td>
<td>The QASC Implementation Project: Upscale and spread of evidence based results across NSW</td>
<td>Anna Lydtin</td>
</tr>
<tr>
<td>1615</td>
<td>Oral Poster Presentations</td>
<td>The effect of specific feedback on training standing up following stroke: A feasibility study</td>
<td>Rosalyn Stanton</td>
</tr>
<tr>
<td>1620</td>
<td>Oral Poster Presentations</td>
<td>Co-locating acute and rehabilitation stroke patients: Streamlining inpatient speech pathology services</td>
<td>Claire Jones</td>
</tr>
<tr>
<td>1625</td>
<td>Oral Poster Presentations</td>
<td>Are outcomes for clients admitted to the Early Supported Discharge Program at Eastern Health consistent with those reported in the literature?</td>
<td>Julie Smith</td>
</tr>
<tr>
<td>Time</td>
<td>Concurrent Session 4.4 Pre-Hospital &amp; Hyperacute continued</td>
<td>Concurrent Session 4.5 Mobility &amp; Activity continued</td>
<td>Concurrent Session 4.6 Oral Poster Presentations continued</td>
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<tr>
<td>1630</td>
<td>Challenges to establishing a global clinical trial of stroke nursing care: experience of the Head Position in acute Stroke Trial (HeadPoST) Joyce Lim</td>
<td>What do Australian physiotherapists think about circuit class therapy and 7-day a week therapy? Laura Hundertmark</td>
<td>Promoting physical activity after stroke via self-management: Protocol for a feasibility study Elisabeth Preston</td>
</tr>
<tr>
<td>1635</td>
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<td>Are clients active after discharge? A survey to assess activity levels and the need for additional community-based group exercise programs. Anitra Thomas</td>
</tr>
<tr>
<td>1640</td>
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<td>Using an interdisciplinary approach to improve upper limb care in a rural Acute Stroke Unit - Functional electrical stimulation and other means Rebecca Ham</td>
</tr>
<tr>
<td>1645</td>
<td>Discharge planning and support for survivors and carers in acute stroke Tara Purvis</td>
<td>How physically active are people following stroke? Natalie Fini</td>
<td>Implementing the evidence: from presumption to training Jaclyn Chan</td>
</tr>
<tr>
<td>1650</td>
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<td>The protocol for an implementation project: Identification of Altered Mood after Stroke (IAMAS) Renae Galvin</td>
</tr>
<tr>
<td>1655</td>
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<td>Actions for change – Know your numbers program identifies multiple risk factors for stroke and actions participants take Roslyn Johnson</td>
</tr>
<tr>
<td>1915 – 2400</td>
<td>GALA DINNER</td>
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</table>
## FRIDAY, 29 August 2014

**0715 – 1530**  |  Registration Open

### SESSION 5 – INVITED SPEAKERS

<table>
<thead>
<tr>
<th>Time</th>
<th>Speaker and Topic</th>
</tr>
</thead>
<tbody>
<tr>
<td>0900</td>
<td>Kathleen Michael: Fatigue after stroke: Implications for ambulatory activity</td>
</tr>
<tr>
<td>1000</td>
<td>Anne Poulsen: The road to resilience: Self-care strategies for health professionals</td>
</tr>
</tbody>
</table>

**1050 – 1115**  |  Morning Tea – Visit the posters and trade exhibition  

### SESSION 6 - Choose between attending concurrent oral presentations or one/two focus topic/s

Note: Focus Topics J and K run only for 45 minutes each, as opposed to the full 90 minutes of Concurrent Sessions 6.6 / 6.7 and Focus Topics L and M

<table>
<thead>
<tr>
<th>Time</th>
<th>Focus Topic J (45 min)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1115 – 1200</td>
<td>Wii, tablets and other gadgets: The usefulness of new technologies for stroke survivors and their clinicians</td>
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<tr>
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<td>Renae de Vries, Melanie Salaris, Penelope McNulty</td>
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<table>
<thead>
<tr>
<th>Time</th>
<th>Focus Topic K (45 min)</th>
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<tbody>
<tr>
<td>1200 – 1245</td>
<td>Target stroke: Improving door to needle time: A quality improvement workshop</td>
</tr>
<tr>
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<td>Lara Kauuwai, Malcolm Evans, Erin Kerr</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Time</th>
<th>Focus Topic L (90 min)</th>
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<tbody>
<tr>
<td>1115 – 1245</td>
<td>Palliative care: Conversations with stroke patients at the end of life</td>
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<td>Alison Wilson, Christiana Guthrie, Ghauri Aggarwal</td>
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<table>
<thead>
<tr>
<th>Time</th>
<th>Focus Topic M (60 min)</th>
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<tbody>
<tr>
<td>1115 – 1215</td>
<td>Effects of motor rehabilitation after stroke: What is the evidence</td>
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<td></td>
<td>Gert Kwakkel</td>
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</table>

### CONCURRENT SESSION 6.7

**Changing Stroke Care**

<table>
<thead>
<tr>
<th>Time</th>
<th>Topic</th>
<th>Speaker(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1115</td>
<td>10 years of National Stroke Foundation Stroke Clinical Guidelines – Are we treating stroke better?</td>
<td>Leah Wright</td>
</tr>
<tr>
<td>1130</td>
<td>National changes in transient ischaemic attack and ischaemic stroke care: Increased uptake of guideline-recommended medicines between 2003 and 2009</td>
<td>Janet Sluggett</td>
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</tbody>
</table>

### CONCURRENT SESSION 6.8

**Life after Stroke**

<table>
<thead>
<tr>
<th>Time</th>
<th>Topic</th>
<th>Speaker(s)</th>
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</thead>
<tbody>
<tr>
<td>1115</td>
<td>Sexuality after stroke: How Peninsula Health addressed the topic of sexuality with stroke survivors.</td>
<td>Katie Dye</td>
</tr>
<tr>
<td>1130</td>
<td>Let's talk about sex? Sexuality after stroke: Implementing guideline 8.5 at Caulfield Hospital</td>
<td>Susie Leech</td>
</tr>
<tr>
<td>Time</td>
<td>Concurrent Session 6.7</td>
<td>Concurrent Session 6.8</td>
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<tr>
<td>1145</td>
<td>Evolution of acute stroke thrombolysis in a dedicated unit. A decade of experience at Box Hill Hospital</td>
<td>The experience of the dimensions of home after discharge from hospital rehabilitation</td>
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<td><strong>Skye Coote</strong></td>
<td><strong>Tenelle Hodson</strong></td>
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<tr>
<td>1200</td>
<td>Quality in Acute Stroke Care trial participants: Mortality status at 5-10 year follow-up using state and</td>
<td>Paths to work after stroke in Australia</td>
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<td>national death registries</td>
<td><strong>Jessica Killey</strong></td>
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<td><strong>Kelly Coughlan</strong></td>
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<tr>
<td>1215</td>
<td>After QASC: Why do clinicians download the QASC fever, sugar, swallowing protocols and implementation</td>
<td>Life after stroke – A reflection on patients’ experience using data from the Australian Stroke Clinical Registry (AuSCR)</td>
</tr>
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<td></td>
<td>resources?</td>
<td><strong>Natasha Lannin</strong></td>
</tr>
<tr>
<td>1230</td>
<td>Stroke data collection in the Australian Stroke Clinical Registry – Progress with a purpose</td>
<td>Long-term survival of older Australian women with a history of stroke</td>
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<td><strong>Dominique Cadilhac</strong></td>
<td><strong>Isobel Hubbard</strong></td>
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<td>1245</td>
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<td>1345</td>
<td>LUNCH – Visit the posters and trade exhibition</td>
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<td>1345</td>
<td>SESSION 7 – LEAVING THE BEST TILL LAST!</td>
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<td>1345</td>
<td>Ten Years of SMART STROKES Award – National management of fever, hyperglycaemia and swallow in acute stroke</td>
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<td></td>
<td><strong>Tara Purvis</strong></td>
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<tr>
<td>1400</td>
<td>Best Acute Nursing – Thrombolysis Implementation in Stroke (TIPS): Evaluating the effectiveness of a</td>
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<td>strategy to increase the adoption of best evidence practice. An overview of data collected during the</td>
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<td>baseline period</td>
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<td></td>
<td><strong>Erin Kerr</strong></td>
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<td>1415</td>
<td>Best New Investigator Abstract – Immediate effects of a single-dose intervention of in-sole auditory</td>
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<td>biofeedback on the spatiotemporal characteristics of gait in chronic stroke survivors: Pilot data</td>
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<td><strong>Eoin Quinn</strong></td>
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<td>1430</td>
<td>Most Controversial Abstract – How do acute stroke unit clinicians decide who to refer to rehabilitation:</td>
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<td>An observational study</td>
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<td><strong>Elizabeth Lynch</strong></td>
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<td>1445</td>
<td>Best Research Abstract – Can independently ambulant stroke survivors exercise for thirty minutes at a</td>
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<td>moderate intensity? An observational study</td>
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<td><strong>Di Marsden</strong></td>
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<td>1500</td>
<td>Australasian Keynote: Fit for the future: The next ten years</td>
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<td>1530</td>
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<td>1545</td>
<td>Conference Close</td>
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</tbody>
</table>

**REGISTRER ONLINE** www.smartstrokes.com.au
We are excited to once again offer a great number of Focus Topic sessions for an in-depth exploration of stroke care matters.

Please note that most of these sessions are strictly limited in numbers and therefore we ask you to include your selection during your registration to avoid disappointment. Kindly refer to the program table to see which sessions run concurrently – as there are up to 6 concurrent streams at all times, with exception for plenary sessions. You can only register for one session per time slot.

**FOCUS TOPIC A**

ASNEN Workshop: Application of the NIHSS and common pitfalls, post circulation anatomy/physiology

- **Date:** Thursday, 28 August 2014
- **Time:** 1115 – 1245 hours
- **Presenters:** Lizzie Dodd, Patrick Groot, Liz Mackey
- **Limited to:** 60 participants
- **Aim:** Featuring an expert panel, this ASNEN Workshop shall feature two discussions: The first exploring the intricacies of the NIHSS Scale and the second on the controversial topic of acute blood pressure control in stroke.

**FOCUS TOPIC B**

Multimodal rehabilitation approaches to enhance daily activity behaviours

- **Date:** Thursday, 28 August 2014
- **Time:** 1115 – 1245 hours
- **Presenter:** Kathleen Michael
- **Limited to:** 120 participants
- **Aim:** This workshop is aimed toward clinicians from all rehabilitation disciplines who work with individuals with stroke in inpatient, outpatient, and home care settings. Upon completion of this workshop, participants will be able to:
  1. Describe effects of stroke on cardiovascular fitness, balance, gait, and ambulatory behaviors
  2. Identify exercise rehabilitation modalities that can be implemented early and simply to enhance daily activity patterns
  3. Describe strategies to impact carry-over of exercise-associated gains into everyday life activities
  4. Identify directions for future research
FOCUS TOPIC C  Consumer Workshop: Coming back from stroke: Community, depression and fatigue

Date:  Thursday, 28 August 2014  
Time:  1115 – 1245 hours  
Presenters:  Tom Crow, Damian Coen, and others  
Limited to:  150 participants  
Aim:  The themes of this session are the impacts of fatigue, concentration or depression and changes in mood after stroke and the challenges of returning home and re-integrating into the community/daily life. It will be based on real life perspectives on things that clinicians or consumers and their carers have implemented which have assisted in this process and in managing the challenges resulting from fatigue, concentration or changes in mood and returning to every-day life. Aspects of the National Stroke Foundation publication “Needs of Stroke Survivors” will also be looked at.

This session is open to conference delegates, stroke consumers and carers.

FOCUS TOPICS D  ‘Drive your own recovery’: A comprehensive upper limb training program for stroke survivors

Date:  Thursday, 28 August 2014  
Time:  1530 – 1615 hours  
Presenters:  Ruth Barker, Kate Hayward  
Limited to:  40 participants  
Aim:  This session is intended for allied health professionals working with stroke survivors in hospital or community settings, who have an interest in maximizing upper limb recovery after stroke. It will explore how health professionals can coach stroke survivors to drive their own recovery after stroke by applying the DYOR program.
FOCUS TOPICS E  
Implementing and evaluating the outcome of a 2-week modified constraint induced movement therapy (mCIMT) to improve upper limb use

Date: Thursday, 28 August 2014  
Time: 1615 – 1700 hours  
Presenters: Louise Massie, Gillian Gibson, Ana Vandenburg, Annie McCluskey  
Limited to: 40 participants  
Aim: This session aims to share knowledge and resources, and report on stroke survivor outcomes of the mCIMT program as implemented in 4 sites across NSW, QLD and TAS. The workshop will involve some theory, some practical and time for questions and discussion. By the end of the session, participants will be able to:

• Name public sector services in Australia where CIMT has been implemented with fidelity
• Access resources which are essential for conducting a CIMT program
• Identify barriers and enablers to implementing a CIMT program locally
• Evaluate the impact of a resource-intensive CIMT program on upper limb function

FOCUS TOPICS F  
Diagnosing and treating apraxia of speech: Maximising outcomes

Date: Thursday, 28 August 2014  
Time: 1530 – 1615 hours  
Presenter: Kirrie Ballard  
Limited to: 60 participants  
Aim: This practical session will (a) demonstrate promising new objective measures for diagnosing apraxia of speech and (b) discuss and demonstrate developments in treating apraxia of speech that have emerged since the 2006 published guidelines.
FOCUS TOPICS G  
The art and science of preparing and writing a good abstract  

Date: Thursday, 28 August 2014  
Time: 1615 – 1700 hours  
Presenters: Sandy Middleton, Di Marsden  
Limited to: 120 participants  
Aim: The abstract is often the most frequently read account of your study or project. There is an art and science to writing an abstract. This symposium will outline how to write a quality abstract to help get accepted to present at a conference or into a journal.

FOCUS TOPICS H  
Goal commitment and striving: The benefits and costs of MCII (Mental Contrasting with Implementation Intentions)  

Date: Thursday, 28 August 2014  
Time: 1530 – 1615 hours  
Presenter: Anne Poulsen  
Limited to: 120 participants  
Aim: Relationships between goals, planning and behaviour will be overviewed. Participants will learn a problem-solving procedure that induces behaviour change: MCII (Mental Contrasting with Implementation Intentions). The costs and benefits of these powerful tools will be discussed in relation to managing the demands of everyday life as a health professional.

FOCUS TOPIC I  
ASNEN Workshop: Advanced mastery session: Clinical localisation of stroke to brain vascular territories  

Date: Thursday, 28 August 2014  
Time: 1530 – 1700 hours  
Presenters: Anne Alexandrov, Skye Coote  
Limited to: 120 participants  
Aim: Clinical localisation is the ability to critically evaluate patient presentation to determine the exact arterial location of a stroke. This mastery session will navigate the arterial territories of the brain and present the clinical findings that would be expected when a stroke occurs in this region. We believe this will add considerable knowledge to stroke clinicians.
FOCUS TOPICS J

Wii, tablets and other gadgets: The usefulness of new technologies for stroke survivors and their clinicians

Date: Friday, 29 August 2014
Time: 1115 – 1200 hours
Presenters: Renae de Vries, Melanie Salaris, Penelope McNulty
Limited to: 40 participants

Aim: The themes covered will be how technology can be used to individualise rehabilitation programs to suit all stroke survivors regardless of age, time post-stroke or level of impairment. Technology can engage other higher-order deficits after stroke including poor concentration, poor memory and mood impairments, and can help patients with low and very low motor function even if it is years since their stroke. This workshop further aims to explore how technology can be used in the inpatient and community settings with the stroke population. We will share clinician perspectives on what are useful and creative ways to use technology by stroke survivors in the community.

FOCUS TOPICS K

Target stroke: Improving door to needle time: A quality improvement workshop

Date: Friday, 29 August 2014
Time: 1200 – 1245 hours
Presenters: Lara Kauuwai, Malcolm Evans, Erin Kerr
Limited to: 40 participants

Aim: This interactive workshop will explore ways of improving Door To Needle (DTN) times for stroke thrombolysis. The workshop draws on the experiences of the acute stroke team at John Hunter Hospital following a quality improvement project that utilised evidenced based practice and peer to peer learning to reduce our DTN. Audience participation will be encouraged to work through the practicalities of achieving optimal DTN times and how to implement practical strategies at their hospital to improve DTN time and patient outcomes.
FOCUS TOPIC L  
**Palliative care: Conversations with stroke patients at the end of life**

Date: Friday, 29 August 2014  
Time: 1115 – 1245 hours  
Presenters: Alison Wilson, Christiana Guthrie, Ghauri Aggarwal  
Limited to: 60 participants  
Aim: This session will focus on a range of end of life decision making processes and look at conversations with patients, their families and carers. The question of to feed or not to feed will be discussed, as well as the use of a multidisciplinary approach to ethical dilemmas in and around stroke palliative care.

FOCUS TOPIC M  
**Effects of motor rehabilitation after stroke: What is the evidence?**

Date: Friday, 29 August 2014  
Time: 1115 – 1215 hours  
Presenter: Gert Kwakkel  
Limited to: 120 participants  
Aim: In this workshop an overview will be given of the current evidence for motor rehabilitation post stroke. Subsequently, the main methodological problems of most phase II trials will be discussed as well as the need for phase III and IV trials in our field. In light of evidence a roadmap will be given for further prioritizing stroke research.
**PRE CONFERENCE WORKSHOP 1**

**Getting started on successful research**

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<td>Time:</td>
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<td>Presenters:</td>
<td>Anne Alexandrov, Annie McCluskey, Dominique Cadilhac</td>
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<td>Limited to:</td>
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<td>Cost:</td>
<td>For Full Conference Delegates: $55</td>
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<td>For participants not registered for the full SMART STROKES 2014 Conference: $120</td>
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<td>Afternoon Tea during the workshop is included in this registration cost.</td>
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**Aim:**

This workshop is aimed at novice researchers, providing clinicians interested in commencing research with the practical skills to get started. The workshop will start with a research overview and then utilise small group activities to acquire the skills to start researching, including research methods, question development, ethics, and balancing research and clinical practice. Individual case studies will be looked at, so be sure to prepare your personal question/topic.

**PRE CONFERENCE WORKSHOP 2**

**Predicting and optimising motor recovery after stroke**

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<td>Presenters:</td>
<td>Gert Kwakkel, Coralie English</td>
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**Aim:**

This workshop will offer valuable ideas to physiotherapist and other allied health staff with an interest in predicting outcome of the upper and lower paretic limb and basic ADLs following stroke. The possible added value of TMS and MRI as well prediction rules will be discussed for shared decision making. Subsequently, an overview will be given of current evidence of interventions shown to be effective post stroke. In particular, evidence and practical applications of increasing opportunities for practice including 7-day week therapy and group circuit class therapy will be discussed.
Venue: Grand Ballroom, Sheraton on the Park
Date: Thursday, 28 August 2014
Time: 1915 – 2400 hours
Cost: Included in Full Delegate Registration Fee
Day Delegate or Guest Tickets: $135.00 per person
Dress: Smart Casual – “With a Touch of Bling”

A great evening of food, wine and entertainment is planned for the Gala Dinner, with pre dinner drinks starting at 1915 hours.

We hope all delegates and their guests will join us on this occasion to make it a memorable evening. Back by popular demand, we are pleased to announce Wonderbrass as our dinner band again. Remember to wear your most ostentatious rhinestones, sequins and spangles to the Gala Dinner, to be in the running to win the prestigious SMART STROKES 2014 Sandy Middleton Cup, an award honouring Professor Sandy Middleton who has been the wonderful Chair of the SMART STROKES Scientific Committee for all 10 years of the Conference and a fashion icon who loves to wear a bit of sparkle. So ‘Bling it On’ and join us for the best stroke dinner in Australia!!
Accommodation has been reserved at the Sheraton on the Park as well as two alternative hotels. Room rates are stated per room per night (room only, no breakfast) and include GST – only bookings made through the SMART STROKES 2014 Secretariat will obtain these rates.

Kindly note that any unsold rooms will be released on 28 July 2014 and accommodation requests received thereafter are strictly on availability basis only. We encourage you to book your accommodation early to avoid disappointment. All accommodation booked through the SMART STROKES 2014 Secretariat must be prepaid in full at the time of booking; This is a condition of the special conference rates offered to us by the hotels.

**Sheraton on the Park**

161 Elizabeth Street, Sydney NSW 2000  
Tel: +61 2 9286 6000  
Web: www.sheratonontheparksydney.com  
- City View King Room: Single, double or twin occupancy – One King bed or two King singles, rollaway available for third person (extra charges apply)  
  Rate: $234 per room per night (room only)

**Hyde Park Inn**

271 Elizabeth Street, Sydney NSW 2000  
Tel: +61 2 9264 6001  
Web: www.hydeparkinn.com.au  
- Standard Family Room (Maximum 5 people): One queen and three single beds (all in the ONE large room), kitchenette, ensuite bathroom, view overlooking Hyde Park.  
  Quad or Quinn Occupancy $236.50 per room per night (room only)  
- Standard Family Room (Max 4 people): One queen and two single beds (all in the ONE large room), kitchenette, ensuite bathroom, view of Hyde Park.  
  Triple or Quad Occupancy $220.00 per room per night (room only)  
- Standard Room (Max 3 people): One queen and one single bed (all in the ONE large room), kitchenette, ensuite bathroom, view overlooking Hyde Park.  
  Single or Twin Occupancy $187.00 per room per night (room only)

**Ibis World Square**

818-820 George Street, Sydney NSW 2000  
Tel: +61 2 9217 6675  
Web: www.ibis.com/sydney-worldsquare  
- Standard Room: Either one queen bed or two single beds configuration  
  Rate: $169 per room per night (room only)

**ACCOMMODATION CANCELLATION POLICY:** Cancellations after 28 July 2014, no-shows and early departures are subject to 100% penalty charges of the total original accommodation value. Cancellations up until 28 July 2014 may be eligible to obtaining a partial or full refund subject to the room being resold.
REGISTRATION DESK
The Registration Desk will be located on Level 2 at the Sheraton on the Park. Staff at the Registration Desk will be happy to help with any queries.

NAME BADGES
All delegates will be given a name badge at registration. This badge will be the official pass to sessions, teas, lunches and the Gala Dinner. It is necessary for delegates to wear their name badges at all times when onsite for security reasons.

MESSAGES
A message board will be located next to the Registration Desk throughout the event.

SMOKING POLICY
There is a strict “no smoking” policy at the Sheraton on the Park – Smoking is only permitted in clearly marked areas.

CREDIT CARDS
Credit cards accepted for online registration are MasterCard, AMEX and Visa. Most Sydney hotels, restaurants and shops will accept all major credit cards.

GOODS & SERVICES TAX (GST)
Please note that all prices quoted throughout this document (registration fees, accommodation, social events, etc) are inclusive of GST, and stated in Australian Dollars.

INSURANCE
As you will be incurring considerable expense when attending this event, it is strongly recommended that you take out an insurance policy of your choice when booking your travel arrangements.

DISCLAIMER OF LIABILITY
The Organising Committee, including the SMART STROKES 2014 Secretariat, will not accept liability for damages of any nature sustained by participants or their accompanying persons or loss of or damage to their personal property as a result of the meeting or related events.

AIR TRAVEL
For the best airfares to Sydney, please book early at the following web sites:
- www.jetstar.com
- www.virginblue.com.au
- www.qantas.com.au

For transport information to and from Sydney Airport please visit:
www.airportconnect.com.au
Kindly note that no delegate transfers have been organised for this conference.

PUBLIC TRANSPORT AND TAXIS
The Sheraton on the Park is located within comfortable walking distance of the CBD, overlooking Hyde Park. The closest city train stations are St James, Museum (both City Circle line) and Town Hall (all city train lines) and are less than a 10 minute walk.

Taxis are easily available all around the inner city, and concierge at the Sheraton on the Park will also be happy to assist with booking taxis.

For further information about public transport visit translink.com.au or call 131 500 anytime.
Thanks to the city's vibrant mix of cultures, every possible taste is catered for. Fresh produce is in abundant supply and with Sydney's jaw dropping geographical harbour assets, it is not difficult to feast the eyes and stomach simultaneously.

Sydney's climate is one of its biggest assets and with an abundance of other outstanding natural assets – national parks, botanic gardens, pristine waterways and plenty of green space, there are endless ways to enjoy the outdoors in Sydney after business activities. There is a wide range of leisure pursuits to choose from such as championship golf courses, whale watching cruises in season, scenic coastal walks, surfing and cycling tours.

**THINGS TO DO**

- Climb the Sydney Harbour Bridge on a Bridge Climb experience, for a stunning 360-degree view of the harbour city
- Be inspired by Sydney's shopping scene – a decadent mix of luxury labels and cutting-edge creations by local designers producing distinctive wares from surf wear to haute couture
- Enjoy dining out by the harbour on the freshest produce cooked to perfection by the stars of Australia's internationally acclaimed cuisine
- Challenge a local to a chess match on the giant chess board in Hyde Park
- Take a backstage tour of the Sydney Opera House for a behind-the-scenes look at this World Heritage listed marvel or enjoy a star-studded drama, opera or ballet performance
- Explore the vast waterways of Sydney Harbour on a yacht, high-speed jet boat or leisurely ferry ride, taking in one of the world's most enviable harbour sights
- See Australia's native animals as well as rare and endangered species from around the world at Taronga Zoo, positioned right on the harbour
- Enjoy an easy coastal walk along the famous Bondi to Bronte footpath, taking in the spectacular views of beaches, parks and carvings by the Aboriginal people of the area
- Experience a guided walking tour of the Royal Botanic Gardens, an oasis of calm in the heart if the busy city

*For more information about Sydney visit: www.sydney.com*
ABOUT THE CONFERENCE

SMART STROKES is a not-for-profit conference organised by clinicians and researchers for clinicians and researchers with a strong focus on improving the clinical care and management of stroke. Any profit made goes into the SMART STROKES scholarship fund. The fund supports delegates to attend subsequent conferences. To date, over 3,500 delegates have attended SMART STROKE and over $200,000 have been awarded in scholarships to clinicians from across Australia & New Zealand.

IT’S HISTORY

In 2005 the inaugural SMART STROKES Conference was held in Sydney. Following on from its success, the Conference was again held in Sydney in 2006, 2007 and 2009. The Conference combined for the first time with the Stroke Society of Australasia for Stroke 2008. 2010 saw the move of the conference from Sydney to the Central Coast of NSW and even further field in 2011 with its first interstate Conference at the Gold Coast which proved to be another very successful Conference with over 400 delegates. The scientific committees responsible for reviewing abstracts have commented on the transition over the years of abstracts from case studies to publishable scientific papers. The current logo incorporates tartan, with the intricacies of its woven pattern reflecting the complexity of stroke care and the clock design representing the importance of time in so many aspects of stroke and its management. The combined 2012 Stroke Conference attracted over 800 delegates to Sydney and has paved the way for the next combined Stroke Conference in 2015 in Melbourne. Over 400 delegates, many of whom were first time attendees, joined us in Brisbane for the 2013 Conference.

THE OPPORTUNITIES

As well as showcasing the work of established clinicians and researchers SMART STROKES encourages and supports novice researchers and presenters. It provides a springboard to related scientific Conferences including the SSA Annual Scientific Meeting and overseas stroke meetings. The networking opportunities support the delivery of best practice stroke care by clinicians being given the opportunity to attend and share ideas, while maintaining an element of fun.

We hope you are planning to join us in Sydney for our wonderful 10th anniversary at SMART STROKES 2014 for what should prove to be another great Conference.
Your registration fee includes:

ALL FULL DELEGATES*

• Entry to all conference sessions
• Entry to trade exhibition and poster area
• Morning/afternoon teas and lunches during the conference
• Gala Dinner Ticket
• Satchel
• Final Program Book & IJS Abstract Journal

* One Day Delegates are not entitled to the inclusive Gala Dinner ticket however they can purchase a ticket at the guest rate.

HOW TO REGISTER

• STEP 1 – Check the program and decide which sessions you wish to attend during the conference.
• STEP 2 – Go online to www.smartstrokes.com.au and follow the link to the Currinda online registration software.
• STEP 3 – If you already have a profile (through your abstract submission, or another event) then log in, otherwise “Begin Here” and start by creating your personal profile.
• Choose your registration category, add-ons (Gala Dinner, session selection) and accommodation and make sure you PROCEED ALL THE WAY TO THE END of the process to avoid having an incomplete registration.

• STEP 4 – Completed registrations will be acknowledged via automatic email with confirmation of your requirements according to your registration, together with a tax invoice receipt. Kindly check that this email (and future SMART STROKES emails) did not end up in your spam filter.
• Registrations will only be considered confirmed once payment is received however not to pay your invoice does not mean that your registration will not automatically be processed.

PAYMENT

• STEP 5 – After filling in all your registration details, you will be shown the payment page, where you can either enter credit card details for an immediately confirmed registration, or “Continue without payment” in order to complete the registration process, and produce a tax invoice for payment at a later stage.
• Credit cards accepted are MasterCard, AMEX & Visa (please note Diners is not accepted).
• If you are unable to pay by credit card, EFT transfers or cheque payment will be acceptable also. Please chose the “Continue without payment” option at the end of your online registration and use your tax invoice to process EFT/cheque payment. Full payment details will be stated on your tax invoice. Payment not received within the indicated time frame will result in late payment surcharges, and subsequently in cancellation of the registration in question. If your workplace is paying your registration, kindly make sure that they are aware of this. It is your responsibility to follow up that payment was processed within the indicated time frame and that a remittance advice was sent.
• All cheques, international bank drafts or money orders must be made payable to “SMART STROKES” and be drawn from a major Australian bank or personal or business cheque account.

CANCELLATION POLICY

All cancellations or alterations must be put in writing to the SMART STROKES 2014 Secretariat.

If cancellation is received in writing:

• By 20 June 2014 – $100.00 cancellation fee will apply
• By 25 July 2014 – 50% of registration monies paid will be refunded
• After 25 July 2014 – no refund on monies paid. You may however transfer your registration to someone else at no extra cost.

Please note that any accommodation booking cancelled within 30 days of the conference is subject to 100% cancellation fees charged directly by the hotel. See also “cancellation policy” in the accommodation section.

Pre-registration is required for all of the above.

<table>
<thead>
<tr>
<th>REGISTRATION FEES</th>
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<td>Pre Conference Workshops (Not Full Delegate)</td>
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<tr>
<td>Gala Dinner Guest Tickets</td>
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