

Kathryn Skelsey - Curriculum Vitae

Health & Science

Qualifications

2012 Level One Strength and Conditioning Coach, Australian Strength and Conditioning Association

1996 Diploma of Remedial Massage, Endeavour College of Natural Therapies

1995 Certificate of Remedial Massage, Australasian College of Natural Therapies

1985 - 1988 Bachelor of Applied Science (Physiotherapy),

Cumberland College of Health Sciences

(Current title: Faculty of Health Sciences, University of Sydney)

1984 Higher School Certificate, Aggregate 392/500, Blakehurst High School

Subjects Included: 2 Unit Chemistry and Physics, 3 Unit Maths (percentile bands 71-100)

Senior Prefect. Award: School Citizenship

1982 School Certificate, Grade One, Extended with Credit, Blakehurst High School

1977 - 1978 Opportunity Class Specialised Education Program, Hurstville Primary School

Employment

November 2009 - Present

Senior Level Two Permanent Part-time Physiotherapist

Camden Hospital, Metabolic Rehabilitation Program, University Medical Clinics of Camden and Campbelltown (UMCCC)

- Provision of physiotherapy services to patients attending the Metabolic Clinic; including clinical duties (assessment, treatment, education and exercise class facilitation) and participation in professional development, teaching and other relevant departmental activities and administrative duties (gym equipment recommendations and management, development of case management procedures, satisfaction survey, and scheduling documents).

- Development and presentation of monthly physical activity education lectures to patients with recently diagnosed diabetes.

- Participation in community education regarding the relationship between obesity and diabetes.

- Lecture presentations to MRP patients on how to manage altered physical activity patterns during holiday breaks. Planned ongoing group education sessions on similar physical activity themes.

- In-service to Exercise Physiologists regarding the MRP physiotherapy role.

- Supervision and mentoring of Physiotherapy students and graduates.

March 1995 - Present

Self-Employed Mobile Domiciliary Physiotherapist

- Manual therapy and massage therapy, attending residences and nursing homes in the Southern and Eastern Sydney Suburbs.

- Support of pre-Olympics events.

March 2009 - Present

Research Assistant

- 'Evaluation of Tai Chi in People with COPD' - Regina Leung

- 'Evaluation of Walk Training in COPD' - Sally Watts, Susan Murray

Faculty of Health Sciences, University of Sydney, Supervisors: Dr Zoe Keogh & Assoc Prof Jenny Alison.

- Administration of incremental, endurance and 6 minute walking tests, balance and strength tests, spirometry, and questionnaires.

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2002 - 2010

Senior Grade Two Part-time Physiotherapist, Sydney Children's Hospital, Randwick.

In the areas of; School Therapy Team for Students with a Physical Disability (STTSPD), Developmental Co-ordination Disorder, and Aquatic Physiotherapy.

2002 - 2004

National Secretary (Contracted Paid Position), Australian Pituitary Foundation Ltd
(Previously 1995 - 2002 Voluntary)

- Coordination of services, newsletter, resources, and social and patient education events for the information and emotional support of pituitary patients and their carers. Initiation and development of APF website and member database.

- Publicity and promotion of awareness of pituitary conditions, and health care advocacy.

- Liaison with endocrinologists, neurosurgeons, radiotherapists, endocrine nurses and other related health professionals, and collaboration with other endocrine patient support groups.

2005 - Current; Ongoing contribution to the APF as Information Researcher and Archivist, Moderator of the APF website online Members Forum, and set-up and moderation of the APF's Facebook page and group).

1992-2002

Grade 1 & 2 Physiotherapist, St. George Public Hospital, Kogarah; In the areas of Paediatrics, Women's Health, ICU, Cardiology, Gerontology, Orthopaedics, Mental Health, Lymphoedema, Neurology, Neurosurgery, Oncology, Outpatients, Renal, Respiratory, Surgical, Community Services (Early Discharge Program, Community Rehabilitation and Geriatric Service).

1988-1992

Hospitals:

Grade One Physiotherapist (full-time, weekend and casual);

- StVincent's Public Hospital (with secondment to Broken Hill Base Hospital)

- Fairfield District Hospital

- Blacktown Hospital

- Lidcombe Hospital

- The Sutherland Hospital

In the areas of Paediatrics, Obstetrics, Gynaecology, Orthopaedics, Medical, Respiratory, Surgical, Intensive Care, Neurological & Amputee Rehabilitation, and Outpatients.

Self-employment:

- **Principal Physiotherapist and Massage Therapist**, Physiotherapy and Massage Therapy Practice, Bondi Junction Wholistic Medical and Yoga Centre.

- **Mobile Domiciliary Physiotherapist and Massage Therapist**, south-eastern Sydney area.

Private Practices:

Grade One Physiotherapist:

- Woodville Lane Physiotherapy and Sports Injury Clinic, Hurstville

- Angel Loo Private Practice, Bankstown

- Mignonne Mattner Private Practice, Riverwood

In the areas of Manual Therapy, Electrotherapy, Exercise Prescription.

Other: Sole Physiotherapist, Windermere Nursing Home, Summer Hill.

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Continuing Education

Physiotherapy

2013 Strength and Conditioning Level One Coach Practical Placements.

2012 LBP GP Education Training Workshop, Dynamic Taping, Central Sensitization, Shoulder Arthritis, Osteoporosis, Physiotherapy for Obesity Management and Prader-Willi Syndrome, Resilience Conference, Specialist Training Overview, Knee Arthroscopy and Post-Operative Rehabilitation, Level 1 Strength and Conditioning Coaches Course, LBP and Aquatic Therapy, Latest EBP in Acute LBP Management, Mental Health Co-Morbidities in Pulmonary Rehabilitation, Return To Driving Following Injury or Illness, Pain Medications, Sexual Health, Radiology Update, Assessing Exercise Capacity - Effective Exercise Prescription and Progression, Shoulder Rehabilitation Following Rotator Cuff Repair Surgery, Neurophysiological Effects of Vibration - Implications for Rehabilitation, Aquatic Cardiopulmonary Training for Chronic Illness, Latest Updates in the Treatment of Knee OA, Orthopaedics Updates.

2011 Physiotherapy and Diabetes, Filex (Fitness Industry) Convention, Personal Trainers Business Summit, Orthosports Update, Lap-band Surgery Workshop, Vestibular Assessment and Rehabilitation, Physiotherapy Student Clinical Education, Health Effects of Sedentary Work, Whitlam Musculoskeletal & Rehabilitation Symposium, Allied Health Research Forum, DETECT, eMR and Powerchart Training.

2010 Sleep Symposium, Presentations from EBP and Relationship to Clinical Reasoning, Obesity Conference, Orthosports Update, Athletes Foot Footwear Seminar, Pharmacological Management of Pain in the Elderly, Limb Prosthetics and Orthotics, NSW Kids Forum Update, Nutrition and Lifestyles of a Woman, Muscle Sprouts Inservice.

2009 Physical Activity in Children, Conversion Disorders, HPA Axis Management, Come and Try Paralympics Day, Strengthening for over 60's, Chronic Pain, Social Interaction and Communication, APA Physiotherapy Conference (Rise and Shine Exercise, Physical Activity Measurement Monitors, Implementing Scientific Evidence into Clinical Practice, Cardiopulmonary Group Research Workshop, Physical Activity for Children, Research Workshop for Doctoral Students), Pain Management Update - Scoring and Charts, Epilepsy - Adolescent Transition Education, Music & Emotions, Families Coping with Kids with Chronic Disabilities, Emotion Work in Health Care, PT for the Visually Impaired, Wii Fit.

2008 Traumatic Brain Injury, Quality and Research, Getting Started in Research, Yoga and the Blues.

2007 Private Practice, Neurosciences, Cerebral Palsy, Teacher of Swimming & Water Safety, Teacher of Aquatics for People with Disabilities, Evidence Uptake in Organisations, Positive Psychology to Enhance Client Adherence to Treatment, Neuromuscular, Newcastle Paediatrics, Exercise Management of Childhood Obesity.

2006 Diabetes & Physiotherapy, Postgraduate Studies Overview, Sports Medicine in Paediatrics, Students with Additional Learning Needs, Epilepsy, Autism, Self Injury, Child Protection, Dystonia Management in Cerebral Palsy, Prada-Willi Syndrome, Physical Assessment of Populations, DET School Transition Program, Lower Limb Orthotics.

2005 Learning to Play, Visual Impairment in Multiple Disabilities, Aquatic Symposium, Clinical Practice Improvement.

2003 Feldenkrais for Kids, Neurosciences Conference, Disability Education Program, Aggression Minimisation.

2002 VIIth International Physiotherapy Congress (Sydney), Lower Limb Assessment and Development of Crawling, Neurological & Orthopaedic Paediatric Physiotherapy, Child Protection.

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2001 Musculoskeletal Conditions in Children, Research Methods and Reading Research Reports Critically.

Pre 2001 Burns and Skin Loss, Basic Advanced and Synthetic Plastering, Strapping and Taping, Serial Casting, Paediatric Assessment Tools (NSMDA, MAI), Respiratory Management, Hydrotherapy, Fit and Pain Free in the Childbearing Year, Erb's Palsy, Talipes, McKenzie A & B, Muscle Energy.

1991 11th International Congress, World Confederation of Physical Therapy, London.

Medical and Health

2010 Endocrine Society of Australia Seminar Meeting, Sydney

2009 St John Ambulance - Caring for Kids

2006 1st International Ayurveda and Yoga Conference, Sydney

2002 Annual Scientific Meeting of the Endocrine Society of Australia, Adelaide

2001 12th World Congress of Neurosurgery, Sydney

2000 11th International Congress of Endocrinology, Sydney

1996 International Congress on Stress and Health, Sydney

1991 St John Ambulance - First Aid.

Administration, Business and Communication

2012 Organising Australia, Staff Utilisation & Calculating a Charge Out Rate, The 5 Non-Negotiables of Sales, Making Sure Your Customer Pays and Pays on Time, Business Planning and Implementation, Staff Planning and Teamwork, How to Motivate People at Work, Physiotherapy Business Growth.

2011 Blogging for Business, Introduction to Social Media Marketing, Private Practice Essentials.

2009 How To Get Your Book Published, Writing Your Family History, Social Enterprise

2004 Managing Multiple Projects Objectives and Deadlines, Developing Funds and Resources, Creative Volunteering Program.

2003 Management Skills, Event Management.

2001 Small Business and Office Management, Access 97, Excel 97.

2000 TypeQuick, Editing and Proofreading.

Pre 2000 Communication, Leadership, Teaching.

Ongoing

Yearly Mandatory Workplace, Fire, and Cardiopulmonary Resuscitation Training, APF Pituitary Patient Education Seminars

Monthly Physiotherapy Department Inservices and Mentoring, Quality Improvement Projects

Continued Investigation of the Current Literature regarding Physiotherapy and other forms of Health Promotion and Disease Prevention in diverse areas including; Sport & Exercise Promotion, Nutrition, Exercise Physiology & Psychology, Endocrinology (interested in researching relationships between Endocrinology, Physiotherapy and Exercise), and Wholistic Bodywork Therapies (eg. Yoga, Acupuncture, Alexander Technique, Feldenkrais and Pilates).

Scholarships

2000 Charles Keage Scholarship Award, Health and Research Employees Association (HAREA)

2012 Allied Health Education Scholarship, NSW Health Education and Training Institute (HETI)

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Health Advocacy and Community Support

2012 SuperSydney, Sydney Architecture Festival - Participation in community interviews regarding the future of Sydney. <http://supersydney.org/> > Hurstville > Kathryn

2012 Participation in the City2Surf 14km fun run to raise funds for the Australian Pituitary Foundation. <http://city2surf.kathrynskelsey.com> <http://www.pituitary.asn.au>

2011 GH4Oz - Advocacy for the PBS funding of growth hormone medication for adults with diagnosed GH Deficiency. <http://gh4oz.wordpress.com/>

2012 and previous years Participation in RACGP Medical Examination Preparations and Medical Student Education.

Associations and Memberships

Current Member;

- Australian Health Practitioner Regulation Agency - Physiotherapy Board of Australia
- Australian Physiotherapy Association (APA) - Member since graduation 1988. Current member of the Manual Therapy, and Sports Physiotherapy Special Interest Groups.
- Health Services Union of Australia
- Australian Pituitary Foundation
- Endocrine Society of Australia
- Australian Strength and Conditioning Association
- Australian Fitness Network
- University of Sydney Library (Staff)
- University of NSW Library (Alumni)
- State Library of NSW

Previous Member;

- APA Special Interest Groups - Leadership and Management, Neurology, Physiotherapy Business Australia, Continence & Women's Health, Paediatrics, Aquatic Physiotherapy, Educators, and Orthopaedics Groups.
- APA NSW Bulletin Editorial Committee
- SPOT on DD (Speech Physio Occupational Therapy on Developmental Disability)
- Australian Association of Massage Therapists, Senior Level Two
- Australian College of Physical Education (Guest Associate Library Member)
- Brain Tumour Australia Inc.

Subscriptions

- Scientific American
- PT on the Net (Personal Trainers)
- Medscape
- Physiobase

Online Presence

Physiotherapy website <http://www.physio.kathrynskelsey.com>

MySpace <http://www.myspace.com/kathrynskelsey>

LinkedIn <http://au.linkedin.com/in/kathrynskelsey>