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www.austpar.com

Welcome!

Welcome to the inaugural edition of the Australian Physiotherapists in Amputee Rehabilitation newsletter!

Rehabilitation of amputees requires involvement of a multidisciplinary team, but because of the relatively low numbers of amputees seen in rehabilitation compared to other patient populations, it is often hard for a Physiotherapist to learn new skills, and maintain and improve those skills through regular use. Skills required include detailed knowledge of gait patterns as well as other functional tasks, practical ideas for movement training and pain management, knowledge of the ever-expanding technologies used in prosthetics, and an ability to diagnose and communicate to other team members any problems with prosthetic fit.

AustPAR hopes to fill the gap in training and support needed to treat this very specialised group of patients, by providing resources, education, and peer support to all Physiotherapists (and other Allied Health) who are involved with amputees. NSWPAR was formed in the mid-1990's with these goals, with expansion

across Australia in late 2009.

In this 1st edition of the AustPAR newsletter, we're encouraging Physio's involved with amputees to go to the AustPAR website to sign up to our mailing list, discuss a proposal for a nationwide research / data collection project, and list a few new articles that hopefully you may find of interest. There's a little bit about the origins of the NSW-PAR as well.

Submissions for future newsletters are always welcome, and can be made through the website, or by emailing us at support@ austpar.com. Meanwhile, we hope you enjoy this first edition!

**NSW
PAR**
NEW PHYSIOTHERAPISTS IN AMPUTEE REHABILITATION

NEXT MEETING
Friday 6th August
Bankstown Hospital
Program to be confirmed
See website for details

AustPAR Research Proposal

Some of our members have been involved in various research projects over the past few years, but the problem has always been getting enough subjects in any project involving amputees. The other issue has been ability to complete any projects in a hospital environment with busy caseloads and rotating staff.

With the expansion of AustPAR nationwide, and on the back of the AROC workshop held in Sydney in March, an opportunity may have arisen where we can collect a large amount of data from numerous centres, with little extra work on the part of Physiotherapists involved.

A proposal has been put forth to collect routine Physiotherapy data, with the goal of correlating the Physiotherapy outcomes achieved with patient-specific data, to gain a picture on the potential outcomes / normal ranges. As many sites already collect this data for their own quality projects, or for AROC, the information should be available to submit with minimal impact on clinician time. With all sites across Australia invited to contribute, the

What data to collect?

- Date of birth
- Date of amputation
- Cause of amputation
- Co-morbidities
- Date of first prosthetic fitting
- 10m walk time
- Timed up & go
- 2 minute or six minute walk
- Aid / assistance
- Date discharged from PT

What we'll get...

Correlate outcome with...

- Age
- Prosthetic experience
- Cause of amputation
- Co-morbidities
- Amount of assistance
- Aid used

potential to gather a large data set is realistically possible.

Data could be collected prospectively, or retrospective data entered. Submission would be via a form requiring login on the AustPAR website, with real-time reporting and graphical representation on results for the submitter's site, versus the total data set. With the inclusion of

Have your say...

Got any comments on this proposal, or any ideas of your own?
Have your say!

Send an email to:
support@austpar.com

old data, a large dataset could be built over a relatively short period.

If enough support is shown for this project, a formal proposal will be written up, and the appropriate pages added to the AustPAR website. Meanwhile, have your say by emailing us or submitting comments on the [Contact Us](#) page of the website. A project that included participation from sites across all states would be quite a coup for our group!

AustPAR Website - What's New

The AustPAR website is the main means of sharing information and resources. New content is being added all the time, but submissions from everyone are welcome. So if you've presented something, know of an event, heard of some new products, or just have a question, visit www.austpar.com.

SIGN UP!

We have implemented a new mailing list run through the website. If you have not done so already, please go to our [Sign-Up page](#) and submit your details (this includes if you have previously signed up through the contact page). The new system:

- Has a double opt-in & unsubscribe options to eliminate spam.
- Tags your location so we can organise mailing groups by geography.
- Will allow us to include only active members in the mailing list

New stuff:

- Calendar of events on the Home page
- Presentations from last NSWPAR meeting: wound management (maggot debridement therapy), minutes from the meeting.
- Summary of AROC workshop in Sydney, during March 2010, including a presentation given by Dr Greg Bowring on Best Practice in Amputee Rehabilitation.
- [Transfemoral Gait Biomechanics](#) & reference list.
- [C-Leg](#): how it works & training ideas.

Recommended Journal Articles

- Rau, B., Bonvin, F. and de Bie, R. (2007) "Short-term effect of physiotherapy rehabilitation on functional performance of lower limb amputees." *Prosthetics and Orthotics International*, 31 (3): 258-70.
- VanRoss, E.R., Johnson, S. and Abbott, C.A. (2009) "Effects of early mobilisation on unhealed dysvascular transtibial amputation stumps: a clinical trial." *Archives of Physical Medicine and Rehabilitation*, 90(4):610-7.
- Cole, M.J., Morris, J. and Scammell, A. (2008) "Challenges of CPD for physiotherapists working as lone practitioners in amputee rehabilitation." *Prosthetics and Orthotics International*, 32 (3): 264-75.

Ancient History: NSWPAR - the beginnings

Amputee Physiotherapists from a few hospitals in the old South West Sydney Area Health Service first met in 1994, but the first meeting under the NSWPAR banner was held at Lady Davidson Hospital in June 1995. Looking at the [minutes](#), we can see a few people who are current active members of AustPAR showing their age - I mean dedication - by being present at those early beginnings.

It also seems some of the issues we currently face were still problems

back then, with the agenda mentioning critical pathways, a need for further education, discussion over changes in RALAC (the precursor to the NSW Artificial Limb Service) and sharing ideas on padding & suspension methods used in plaster temporary prostheses.

A total of 9 people attended that first meeting, which probably only went for an hour. But from those early beginnings, NSWPAR was born. And that led to the AustPAR subgroup celebrating a half century of meetings early in 2010.