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# The Late Effects of Polio

## FREE Clinical Practice Workshop

### POLIO: IT'S NOT OVER

Decades after the poliomyelitis epidemics in Australia, the aftermath of the disease is now becoming evident in our ageing 'polio population'. An estimated 400,000 people may be suffering the Late Effects of Polio (LEoP) or Post-Polio Syndrome (PPS). Do you know how to recognise these conditions in your practice?

### CHRONIC ILLNESS WITH A DIFFERENCE

There are many cross-overs in the treatment and management of other chronic diseases and LEoP/PPS, and there are also some very significant differences. If LEoP is not identified, the client can experience rapidly worsening symptoms due to inadvertently incorrect care.

### YOU CAN IMPROVE THEIR FUTURE

For many LEoP/PPS clients, biomedical and pharmaceutical treatments have limited efficacy. Polio survivors are turning their attention and hopes to allied health practitioners to help them improve their quality of life, and prolong their daily functional ability as they age. With a holistic approach to care and increased awareness within the greater health sector, LEoP/PPS clients can manage their symptoms, live better, and age well.

### Rotary District 9685

partnering with Polio Australia to deliver

### 3 hour Workshop Topics

- Why We Vaccinate:** a brief history of polio in Australia
- What is polio?:** The pathophysiology of poliomyelitis
- Demystifying Late Effects of Polio and Post-Polio Syndrome:** what's the difference?
- The Aging Polio Population:** joining the dots of problems experienced in LEoP / PPS clients
- "Did You Have Polio?":** identifying people who may be experiencing LEoP / PPS
- Practical strategies** used by physiotherapists, orthotists, and various other allied health professionals to address key concerns such as managing pain and fatigue, and help with stability and avoiding falls
- A Late Effects of Polio Case Study:** Q&A with local polio survivors and team care simulation

**Date:** Tuesday 28<sup>th</sup> June 2016  
**Time:** 9.30am to 12.30pm (morning tea included)  
**Venue:** Hawkesbury Clinical School Rooms  
 University of Notre Dame  
 Hawkesbury District Health Hospital  
 2 Day Street  
 Windsor NSW 2756

**Facilitator:** Catriona Morehouse, Physiotherapist, Post-Polio Clinic, Mt Wilga Private Hospital

**Registration:** [www.poliohealth.org.au/workshops](http://www.poliohealth.org.au/workshops)

**Email:** [workshops@poliohealth.org.au](mailto:workshops@poliohealth.org.au)

**Conference:** [www.postpolioconference.org.au](http://www.postpolioconference.org.au)