

Australian Institute of Orthopaedic Technologists Inc.

A I O T

newsletter



Christmas Newsletter

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merry christmas **2019**



You are invited to the annual

AIOT Symposium

On the weekend of August 8th and 9th 2020 in Cairns, tropical north Queensland.

Expect sun-soaking, formal learning and practical activities – but expect the unexpected...

Location: Cairns Colonial Club Resort, 18-26 Cannon St
Manunda QLD

Price: \$250pp for AIOT members
\$300pp including AIOT membership

Inclusions:

- Two nights of twin-share resort accommodation (Friday 7th and Saturday 8th)
- All meals, snacks, tea and coffee
- Exciting conference itinerary
- Dinner and drinks at Salt House restaurant on Saturday night
- Access to three outdoor swimming pools, poolside bar and café, and 11 acres of lush tropical gardens

Places are limited! Register by June 1 2020

Email Indra to secure your spot: indragowan@outlook.com



Letter *from the President.*

H

ello Fellow cast room staff.

Welcome to the December edition of the AIOT newsletter. I am sure that you are all looking forward to the festive season break.

This year has been quite a challenge regarding the training of new staff. The AIOT Executive have been working towards being able to continue to offer new Trainees up to date modules. This is an interim measure prior to the proposed implementation of the new Certificate IV in 2020. Once this is released the next requirement is to successfully partner with an RTO (Registered Training Organisation) to carry the course.

I would like to thank our secretary Wendy Quinn and her colleagues from Cairns hospital for facilitating our 2019 conference. It was great to catch up with our members and the conference was a huge success. Thank you once again Wendy and your team.

I am looking forward to the 2020 conference to be held on the 8th & 9th of September in Cairns. This symposium is being organised by Indra Gowan from Western Hospital in Melbourne. It is to be held at the Colonial Club Resort which is a short 10 min cab ride from the airport, and has an all inclusive cost of just \$250. This symposium promises to be different than anything we have held before. So take advantage of cheaper flights by booking flights early. It's sure to be a fantastic event and not one to be missed.

I would like to thank our dedicated sponsors for your support throughout this year, and wish you and your families a safe and prosperous festive season.

Thank you to our Executive committee for your great support throughout the 2019 year, Wendy, Rob, Greg, John, Jenny & Trish. The Association would not exist if not for your people like you who passionately support our association and the general casting community.

Finally I would like to wish all members, cast room staff and their families, a very Merry Christmas and enjoyable New Year.

Regards,
Terry James
AIOT President
Bundaberg Hospital Qld.

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AIO7 2019 Symposium



Wendy and the team.





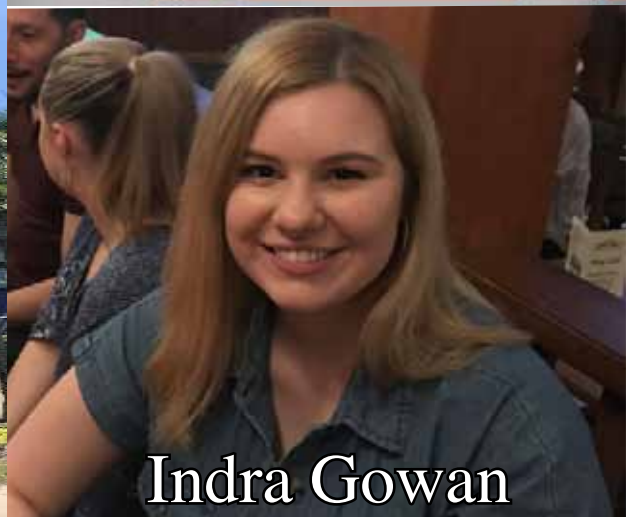
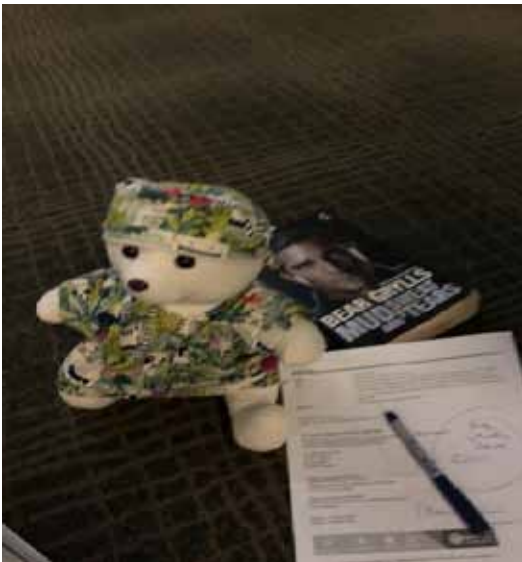












Indra Gowan



Charcot's Neuroarthropathy

- Hot, swollen, sometimes red foot +/- pain, history of trauma
- Inflammatory process
- Patient must have neuropathy
- Foot is usually well perfused with bounding pulses
- Often poorly controlled DM
- Dermal temps >2 degree difference between feet
- DDXs - Cellulitis, DM?, Gout, soft tissue injury
- CRP, WCC, X rays. MRI if early DM



Total Contact Casting (TCC): The Gold Standard in the Treatment of Diabetic Foot Ulcers.

Daniela Charles
Excellence in Research Fellow
Cairns Hospital - High Risk Foot Unit



Why?

John Kinealy

1. Is the proximal end of a Clavicular fracture elevated?
2. Does a TCC cast assist in the healing of Ulcers?
3. Do isolated tibial fractures in children angulate into varus?
4. Does a high fibular fracture require ankle x-rays as well?
5. Does the thumb hurt to move following a Colles' fracture?
6. Are most Supracondylar fractures flexed greater than 90 degrees?
7. Is the thumb in a Bennett's fracture cast placed in extension and abduction?
8. Are most ankle fractures placed in plantargrade?
9. Is POP better than synthetics when treating a shortened humerus?
10. Is a well moulded arch required when treating a Lisfranc injury?
11. Don't we apply a scaphoid cast on a child aged 4?
12. Is three point moulding essential when casting displaced or angulated fractures?
13. Should windows always be replaced especially in acute trauma casts?
14. Are proximal third radial fractures placed in supination?
15. Are metacarpal fractures placed in Position of Function?
16. Are angulated Boxers' fractures best placed in a Boxers's splint rather than a volar?
17. Is the knee slightly flexed in an above the knee cast?
18. Is a broadarm sling better for already distracted humeral fracture?
19. Is it important to allow full MCP flexion in a short arm cast?
20. Is a spica called a spica?



When & What?

1. Is a supracondylar fracture positioned around 45° extension rather than flexed?
2. Are the names of all the hand creases?
3. When should a cast be split?
4. Is the next step when you have split a cast and it does not alleviate the problem?
5. What part of the bone are Torus fx's found in?
6. Is a Holstein Lewis fx?
7. Is a Mallet finger?
8. Position is the forearm placed into for a Monteggia fx?
9. Are the 5 P's?
10. Is a Plastic deformity?
11. A Nightstick fracture?
12. Is Cubital referring to?
13. Information should be provided to the patient or carers following a wedge procedure?
14. Is a Toddlers' fx?
14. Are the signs and symptoms of Compartment Syndrome?
15. Is a Tillaux fracture?
16. Age group sustain Triplaner ankle fx's?
17. Is Osgood Schlatters?
18. Applying a cast to a neuropathic limb must there be no imperfections in the cast?
19. Does AITFL stand for?
20. Is the suffix for cutting into bone?



The man with the Golden tonsils !!!

We came across this article about our fellow Ortho tech Ray Murtagh from Alice Springs. Not sure what year this was, but congratulations to you anyway Ray. I look forward to hearing you story next time we meet.



Ray Murtagh was awarded the 'silver microphone' in the Still Got Talent quest.

Picture: EMMA MURRAY

Man with the 'golden tonsils'

Corey Sinclair

LOCAL singer Ray Murtagh has bragging rights as the most talented senior in Alice Springs after scoring the top gong in the annual Still Got Talent competition.

The talent quest is held each year as part of Seniors Month, with the town's senior

community competing for the 'Silver Microphone'.

Mr Murtagh was a runner-up in the 2016 competition, but managed to come first this year despite still recovering from a nasty cold.

"It's the worst cold I've had in 20 years," he said.

"But I'm on the mend."

The win comes the day

before Mr Murtagh's 69th birthday.

The runners-up in this year's competition included the Probus Group and Isaac Croutz.

Mayor Damien Ryan judged the competition alongside town icon Mary Meldrum and town crier Meredith Campbell.

"Thanks to everyone who came out and supported us today," Mr Ryan said at the end of the competition.

"A big shout out to the town council crew who put all this together.

"It's been a fabulous day and a tough job."

Other entrants included Ray Maher and Pixie Jenkins.

IMPORTANCE OF LATERAL VIEW AND AP VIEW IN X-RAY



*May your Christmas be decorated
with cheer and filled with love*

MERRY
CHRISTMAS
& HAPPY NEW YEAR

from the AIOT

