

Communication matters



Megan McAulliffe

President's Message

Welcome to the Spring Edition of Communication Matters – it certainly does not feel like spring as I write this but hopefully better weather is on the way!

Firstly, I would like to congratulate all our members and regions on a very successful Awareness Day. There were some fantastic activities undertaken which resulted in great profile building on behalf of the profession. This edition of Communication Matters features a snapshot of the activities and we are looking towards building upon this for 2010. It was great to see a wide range of coverage of the day including TV and radio interviews, newspaper articles, and stands in shopping centres and SLT departments. Congratulations to the SLT department at Christchurch Hospital who were the winners of the NZSTA Media Coverage Award.

You will probably notice a change to Communication Matters in this edition – out with the blue rinse and in with colour photos! In addition, we have started a new regular section titled “Executive Representation Activities” which will highlight the work that the NZSTA Executive is doing with government agencies, other Associations, and the local community. There is much that goes on behind the scenes and we wish to keep our members updated and informed of the work that is being done on your behalf.

We have also commenced a review of the NZSTA website. Thanks to the efforts of Matt Walker, the website has become an integral part of the NZSTA and we are keen to build upon it. The review will ensure that ultimately the website is easier to navigate and increase the number of resources available to members and the public. In addition to this, we are working with our student representatives to find ways to improve their participation in the NZSTA.

I would like to sincerely thank all of those members who nominated for the position of NZSTA representative to the ACC Rehabilitation Provider Liaison Group. We were delighted to receive a good response from members and now wish to welcome Emma Powell from Active Rehab to the role. This is a very important committee to the NZSTA and Emma has already begun to consult with members in readiness for meetings in Wellington. See page 4 for further information. I would also like to take this opportunity to thank Stella Ward, the outgoing representative, for her work on behalf of the NZSTA.

A reminder that abstracts for the NZSTA 2010 conference are due on Friday 20th November. Mark that date in your diary – we look forward to a great conference. Finally, the Executive Committee looks forward to meeting members at Christmas drinks in the Otago region when we visit Dunedin on the 4th December

Megan

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Membership Update

As at 12th October 2009 there are 667 members, this continues to be an increase on previous years.

Qualifications Approval

Since July 2009 the following overseas therapists have had their qualifications approved for practice in New Zealand:

Nicola Burger, South Africa

Charlotte Dobson, UK

Lisa Fawcett, UK

Dervla Hayes, UK

Stacey Johnson, Canada

Jennifer Newcombe, UK

We welcome these new overseas members to NZSTA and know you will make them welcome on their arrival to New Zealand.

Executive Representation Activities

- Letter sent to Minister of Health and Director General of Health requesting an update regarding registration under HPCA Act. This is being followed up at the moment
- Meeting held with Ministry of Education, Special Education Regional Managers and National Office Managers to have an initial discussion around joint future professional development planning
- Meetings held with the Social Work Association and Occupational Therapists' Association to discuss registration and what the NZSTA could learn from their experiences
- Funding grant application submitted for funds to cover the venue hire for the NZSTA conference in 2010
- Interest lodged with Ministry of Education for NZSTA input into the review of Special Education
- Discussion held with ACC regarding terms of reference for the NZSTA representative on the ACC Rehabilitation Providers Liaison Group

Association Activities

July

- Bob Owens 1 day workshop on Functional Assessment and Intervention held in Wellington
- Member Forum launched on website

August

- Joan Sheppard 2 day workshop on Topics in Paediatric Dysphagia held in Auckland and also in Wellington
- Speech-language Therapy Awareness Day – "Time to Talk"
- Abstract submissions for the NZSTA conference, Wellington 2010 opened

September

- Professional Development Consultation Group formed
- Executive Committee meeting held in Christchurch

October

- New ACC Rehabilitation Provider Liaison Group Representative selected – Emma Powell

Coming Up

October

- Meeting of ACC Rehabilitation Providers Liaison Group in Wellington on 28th

October – NZSTA represented by Emma Powell

- Allied Health Professional Associations Forum meeting – NZSTA represented by Stella Ward

November

- Abstract submissions **close 20th November 2009** and can be submitted on-line through the website

December

- The next meeting of the Executive Committee will be held on 4th and 5th December 2009 in Dunedin
- **Get-together in Dunedin, Friday 4th December.** If you are going to be in Dunedin on Friday 4th December the Executive Committee would like to invite you to an informal get-together including drinks and nibbles between 5 pm and 6.30 pm on the Ground Floor of the Executive Residence, University of Otago which is at 68 Forth Street (on the corner with Union Street East). Everyone is very welcome. **Write it in your diary now!**

There is no report from Matt Walker as the Publications and Area Representative Liaison this issue as he is on parental leave after the great news of the birth of their second son, Samuel.

Student Representatives

Three new student representatives have been welcomed:

- Massey University – Amanda Rosanowski and Bridget Oliver
- University of Canterbury – Nicola Pemberton

They take over from Amy Campbell from the University of Canterbury and Karen Freymark and Sam Holmes from Massey University who have done a marvellous job as student representatives but are now ready to join the workforce. We wish them all the best in their career.



Area Updates

Massey University

submitted by Amanda Rosanowski and Bridget Oliver

We have recently started as the new Massey University NZSTA student representatives. We are both second year SLT students who are keen to continue the good work of Sam and Karen. As new student reps we have found it interesting to get involved and learn more about the organisation and the profession as a whole.

The Massey University membership has increased significantly in the last three months. In this time we have held two successful NZSTA events. The first was to celebrate Awareness Day in which our NZSTA members had a sausage sizzle at the university which required people to use AAC devices to order their food. It was very popular and was a great opportunity to increase awareness of both the Massey University SLT programme and the work of speech-language therapists.

We also held a NZSTA meeting with a great guest speaker, a former student who is now working for a private healthcare provider. We had a large turnout of student members and received a lot of positive feedback from those who attended. We are planning similar meetings for early next year. We are also hoping to work more closely with the Auckland and Canterbury University NZSTA representatives with the possibility of holding joint meetings.

Auckland

- ADHB A+ Links Home Health are piloting a clinic based advice service for people newly diagnosed with Parkinson's disease.
- CMDHB & ADHB have been awarded funding for a year from HRC to do a study with Maggie-Lee Huckabee on cough reflex testing in Stroke. Helen McLauchlan is the Principal Investigator.

- WDHB, CMDHB & ADHB are all now using the new diet codes for dysphagia management

Waikato/Bay of Plenty

Special Education

- SLT's from throughout the area have completed PECs training and many will be attending a Spectronics workshop in November

Tauranga Hospital

- SLT department have commenced a group computer training course for adults with communication/language difficulties (basic computer operations, accessing e-mail)
- Health and Aging Department SLT's have commenced making contact with community facilities to promote "Aphasia friendly" service delivery/interaction and constructed "visitor packs" for visitors of in-patients with communication difficulties.

Kaka St School

- Report from Edwina Burke on four children with severe communication disorders and her work using "intensive interaction" process, linking in with Australian practitioner, Mark Barber.
- Music and multisensory sessions with a group of high needs children with low/poor vision, sensory issues. OT, Physio and SLT working together (BLENNZ-model)

Special Education - Tauranga

- Lynne Bennett has been liaising with paediatricians and psychologists in Tauranga with the outcome of a trial Multi-disciplinary Assessment to diagnose ASD. The initial stage of the process involves Lynne having a joint clinic with a Paediatricians (two are involved in the trial).

Central

Special Education - Gisborne

- The Gisborne team has continued to grow over the year and have six 6 SLT's and are pleased to have finally met up with the hospital SLT.

Special Education – Hawkes Bay

- The team is looking forward to having a full quota of staff for the first time in a very long time.

Taranaki District Health Board

- The Hospital has just completed an Allied Health review which is still in the process of being disseminated. At this stage the SLT service looks to be relatively unscathed although there are likely to be issues around shared offices leading to reduced treatment spaces. However the review showed that the service is only funded for two FTE in the Adult service and one FTE in the Paediatric service with no facility for cover in the event of staff absence/sick leave/unplanned leave.
- Taranaki Base Hospital is due to be rebuilt gradually. Caroline is involved in how the new layout will look and the project will start with the older adult area.

Special Education – Palmerston North

- Another Hanen – More than words programme will be run in the 4th term. A Stammering workshop for school aged children was recently held.

Explore

- There are now three part time SLTs working for Explore covering the lower North Island with a split in caseloads.

Palmerston North Hospital

- New menus rolled out early September with new food and fluid terminology included. Education sessions have been initiated throughout the Hospital beginning with food service staff and care assistants.

Wellington

- Kapi Mana School have just finished hosting a German SLT student for a brief roster. Earthworks begin on the new school next week and there is an external review of all therapies for ORRS students expected in February 2010.

Otago/Southland

- Otago DHB would like to farewell Robin Lamont after working at Dunedin hospital for 16 years and wish her all the best.

NZSTA Representative on the ACC Rehabilitation Providers Liaison Group

When the previous representative on this group, Stella Ward, made the decision to step down, the NZSTA recognising the importance of this group put a call out to all members for nominations. The Executive Committee were delighted with the number and standard of the nominations received. We would like to express our thanks to Stella for her work on behalf of NZSTA as the outgoing representative.

We are pleased to introduce Emma Powell as the new NZSTA representative on the ACC Rehabilitation Providers Liaison Group (ACC RPLG). Emma is currently the Clinical Services Manager for Active Rehab Ltd (a private rehabilitation company servicing the lower South Island and providing assessment and intervention services for

ACC clients in adults and paediatrics) and has previously worked as an individual contractor of SLT services to ACC. Emma has an excellent working knowledge of all of the ACC contracts and has participated in a number of provider focus groups in the past few years. Through her clinical management role she has demonstrated the ability to form good working relationships with ACC while representing the needs of her clinical staff. Emma is extremely keen to represent and promote the voice of SLT within ACC decision making on all aspects of practice including service delivery, best practice, contracting and business relationships.

The primary function of the Rehabilitation Provider Liaison Group is to provide expert

opinion and information upon which ACC can develop its treatment, rehabilitation and injury prevention strategies and programmes. The NZSTA is one of a number of organisations ACC have nominated to be part of the group as representative of a provider sector or special interest group within that sector. There are usually three meetings a year.

To register to be part of an e-mail group to receive updates and information from the ACC RPLG as well as provide feedback and suggestions to take forward, please e-mail Emma on accprep@speechtherapy.org.nz. The next meeting with ACC is to be held on 28th October 2009.

Case-based Research: A 12-step programme to keeping your peers informed.

Submitted by Clare McCann PhD, The University of Auckland and Dean Sutherland PhD, University of Canterbury

Introduction

How do I do research without going back to University? How do I write-up a great clinical experience? What is the best way to tell my peers about a project I have been working on? This article provides readers with answers to these questions.

Research is fundamental to the delivery of quality clinical services. It informs clinical practice and provides foundation for future enquiry and services. Applied or clinical research focuses on problems applicable to the clinical population that leads to improved diagnostic and management strategies. Research is not the sole domain of academics located in universities. Motivated clinicians often undertake excellent research, some of which is suitable to be disseminated to the wider community and some of which remains within the confines of the clinic it was conducted. This article is designed to provide clinicians with information that will

help support the development of research studies and preparation of information for presentation at conferences. We would be particularly delighted if some clinicians were able to use this article as a basis for a submission to the NZSTA conference in Wellington in April 2010. The following steps (particularly steps 2 – 8) also provide some structure and guidance on how to formulate and prepare the write-up of your study.

The 12 Steps

1. Know your rationale and motivation

Research is undertaken by speech-language therapists around the world for a number of reasons. These include a desire to increase understanding of different issues, organise information into patterns, discover new facts, predict future behaviour, and support new ways of working. Perhaps Holm's (2000) question best sums up why

many speech-language therapists decide to conduct research - "how do you know that what you do and how you do it really works?" Before you begin a research project, reflect on your rationale for undertaking the study and know your motivation – this will sustain you through the research journey.

2. The Research Question

The research question should be your guide throughout a study. Some generic examples include:

- Is XYZ speech therapy treatment effective?
- What is the optimal intensity of treatment for XYZ approach?
- Is ABC medication effective?

Spend some time defining and refining your research question. Research questions can (and often do) evolve during a study. Remember to always refer back to your question, particularly when determining your

research method, data collection, analysis and results. Research questions should be precisely worded. For example, general questions such as 'what assessment might be best for this person?' might be written as "Is assessment A more appropriate than assessment B for person A?"

3. Literature

You should refer to the existing body of literature related to your research question. Don't be disheartened if you feel someone has already written about what you thought was a brilliant study... there are always slightly different approaches that can be taken when looking at a problem and there are multiple angles to take in solving them. Replication of a previous study is a valid study to undertake, particularly if you were to apply a previous international study to the New Zealand context (as an example). Reference to the literature can be difficult if your employer does not have good library access. Many university libraries have a 'public membership' category that will enable you to access online journal and other scholarly resources.

4. Method and Design

How will or did you undertake your study? Will you choose a quantitative or qualitative or mixed-method approach? Qualitative approaches are often selected when little previous research has been undertaken in the topic of interest. Briefly, qualitative research often involves interviewing individuals or groups and asking questions (often open-ended and more general) about a topic or experience then recording and analysing their responses in a systematic manner. Quantitative approaches involve the collection of data and analysis of data to determine patterns or statistical significance. A mixed method approach involves both qualitative and quantitative approaches within the same study.

Writing up your methods section requires detailed study information. A reader must be able to understand the information in your method section sufficiently to replicate the study. Therefore, you must provide as much information as possible about your participants and how you went about your study. How did you recruit your participants? What interview questions did you use? What were the specific techniques or measures you used? Be specific and detailed.

5. Ethical Considerations

All research studies should be undertaken with ethical approval. This involves reviewing study details to ensure that there is no risk of harm to clients/participants

and that consent and confidentiality issues are appropriately managed. Most large employers and all academic institutions have ethics committees that are able to offer guidance. You will need to submit information about your proposed study (usually a formal application for ethical approval). Ethical approval or clearance is essential to get your work published. If you have collected data retrospectively, you should still approach an ethics committee in order to safeguard yourself and your employers from accusation or litigation.

6. Collecting and analysing data

Quantitative data will often be expressed in numbers and analysed using descriptive or inferential statistics. Qualitative data will involve analysing transcripts to determine common themes or topics. The analysis of data can seem daunting and complex. It is recommended that consultation with researchers or statistical experts should be made to ensure your treatment of the data is appropriate. Qualitative methods often entail specific analysis techniques to ensure results are accurate and reflect the essence of the study.

7. Results

Writing up the results section of a manuscript or preparing the results slides of a presentation can usually follow prescribed formats that are available from previous articles or presentations. Try to use a range of presentation formats such as Tables and Graphs. Ensure your graphs are suitably labeled and tables have appropriate notations to enable readers to fully comprehend the contents. Reflect on your results and ask yourself "do these results answer my research question?"

8. Discussion

The discussion section of your presentation or manuscript 'brings it all together'. This section includes a thorough review of your research question, your interpretation of the results, and a comparison of your findings with those of other studies. This section maybe also include consideration of the implications for clinical practice, a statement about the limitations of your study and directions for future research. The discussion section of your presentation or manuscript should include a succinct conclusion.

9. Preparing your work for dissemination

Significant findings or not – it is important that studies are disseminated to a wider audience. These audiences include colleagues in your workplace, professional

colleagues both locally, nationally and internationally. It can be immensely satisfying to hear (or read) a presentation which specifically states that a certain treatment approach is not successful. If nothing else, it means we do not have to try that approach with our clients – saving them and us a lot of potentially wasted time and effort.

10. Presenting

Where? It is possible (indeed desirable) for speech-language therapists to present their work as widely as possible. As a start you may feel comfortable presenting it in your work team (among friendly, supportive fellow SLTs). However, we shouldn't restrict ourselves to this level of presentation. There are some terrific small-scale research studies going on in SLT departments all over the country and it would be fabulous for everyone else to see/hear about it. Workplace professional development events are another place where your research could be presented. Additionally, the NZSTA conference is an ideal forum for sharing your findings. The date for submission of abstracts for the April 2010 conference is fast approaching. It is Friday 20th November 2009. Please see the website for more information on the conference and how to go about submitting an abstract. It promises to be a friendly (non-threatening) conference with a number of therapists sharing examples of their practice that they think is worth spreading (hence the title of the conference!). So please consider submitting something.

11. Publishing

Publishing your research in a peer-reviewed publication is the 'gold standard' in dissemination. Almost every journal that you'd consider sending your study to will have a very useful section called "Instructions for Authors". It contains all that you need to know about submitting an article. For example, the length of a finished article, the required font size and what to refer to your participants as (e.g. subjects, clients, patients).

12. Celebration

The all important step in the process. Getting your first study accepted for presentation at a conference or publication in a journal is tremendously exciting. Actually, it is always exciting – no matter how many times you've done it before. Make sure you tell everyone you know, so they can share your happiness. Who knows - you may inspire and mentor them to conduct their own study all the way to presentation or publication!

Inaugural Asia Pacific Autism Conference

Report submitted by Colette Maier, Not Only Words, Auckland & Cheryl Palmer, Special Education Services, Palmerston North

The inaugural Asia Pacific Autism Conference was held in Sydney in August. It was a pleasant surprise to meet other SLTs at Auckland airport, all ready for 3 days of learning and thinking. There is so much we don't know or understand about autism spectrum disorders. As clinicians, we were keen to find out about the latest research and thinking in the field. The conference was aimed at practitioners, researchers, families and individuals with autism – there was something for everyone. As always, it's hard to choose what sessions to attend but neither of us were disappointed with any choices. On reflection, choosing what to write for this article was the most challenging choice of all. What follows is a summary of the key presentations that we attended (written in the first person).

Dr Francesca Happe, Senior Cognitive Psychologist at the Institute of Psychiatry, Kings College London gave two keynote presentations. The first asked the question "Is it time to give up on a single explanation for Autism?" Dr Happe proposed this as a working hypothesis. Do we need to reconceptualise how we think about ASD? Is it really one triad or several units of impairment? How strongly is the triad held together? Are there individual causes for each unit of the triad? In seeking to answer some of these questions she has looked at the TEDS (Twins Early Development Study) data. Research has shown that the triad traits are only moderately correlated, i.e. 0.3 to 0.4. Within the ASD sample in the TEDS sample the links between ASD traits were also found to be low. Although social, communication and restrictive, repetitive behaviours and interests (RRBI) difficulties cluster above chance, extreme traits can occur in isolation. In addition, there are distinct genetic influences on each triad that are not highly correlated. Each triad shows strong heritability. There may also be a broader autism phenotype, e.g. similarities in families. Dr Happe proposes that there is no single cognitive explanation for the triad of impairments. We need to

measure each triad dimension. We need to explore single deficit cases. In doing so, it doesn't threaten the value of ASD concept, but it may help us to refine our definitions of ASD, PDD-NOS and atypical autism.

Dr Happe's second presentation was about self awareness in ASD and the notion of thinking of ASD as mind-blindness. Does this apply to one's own mental state as well? Theory of mind explains social and communication deficits in ASD but not stereotypic behaviours. Neurotypicals (NTs) learn through social interaction. Paying attention to and learning from others is second nature. Children with ASD do not learn in this way. The ability to reflect on one's own thoughts and feelings doesn't emerge in NTs until they can reflect on others. In children with ASD this reduced ability to think about one's own thoughts may contribute to:-

- Executive dysfunction
- Emotional confusion
- Unusual memory structure
- Need for external scaffolds to reflect
- Abnormal sensory experiences

I left both presentations thinking. What about the children I have worked with that didn't fit the classic triad or a diagnosis of language delay or disorder? Under a fractionated framework would some of those children get a diagnosis of ASD? If so, what are the implications of that? What about theory of mind? Is this a cause or a symptom of ASD? I don't have the answer to any of those questions yet. The diagnostic question now sits in the forefront of my mind when I am assessing children that don't quite fit into any existing diagnostic category but there are red flags that can't be ignored.

Following on from Dr Happe's presentation, Associate Professor, Alison Lane, Ohio State University presented on "Making Sense of Sensory Processing in Autism: evidence for the existence of sensory subtypes. Although at first glance this did

not look extremely pertinent to someone from a speech therapy perspective, it gave further evidence to the subtype hypothesis and the results of the research conducted leads us more into working within a team around those students with ASD. The presentation discussed that individuals with ASD are known to have sensory processing difficulties, and a characteristic pattern is not established. Both under and over sensitivity in domains and at different times are reported. It appears that most difficulty in those with ASD is with fast moving and multi-sensory unpredictable stimuli. Frequently, dichotomy of responsiveness is seen in one sensory process. An example of sensory processing dichotomy is auditory under responsiveness and filtering difficulties.

In the results of a recent study, 54 children aged 33 months to 115 months were studied using a sensory profile with parent report. From the data three profiles of sensory differences can be seen. These profiles included all areas similarly affected, some difficulties resulting in seeking behaviours and auditory filtering and typical movements with mild to severe difficulties in some domains only. For speech-language therapists an exciting finding was a link between taste and smell sensitivity relating specifically to social communication impairments.

I left this presentation considering those children I had worked with and what were their sensory profiles? Did I see the link between sensory areas and difficulties with social communication? Do we consider auditory filtering in our work around receptive language and seek to remediate or provide strategies to compensate? And would information in a sensory report assist my practice and how do I improve my practice so that I can work alongside my Occupational Therapy colleagues?

The second part of this article will be in the next Edition of Communication Matters

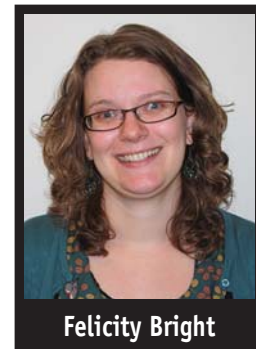
The last three months have seen a steady amount of work in the PD portfolio. The Bob Owens workshop was held in Wellington in July and the Joan Sheppard workshops were held in August in Auckland and in Wellington and were well attended. Thank you to everyone who attended and gave feedback – this will help us develop the PD programme in the future. Joan will also be hosting a teleconference (date yet to be confirmed), addressing dysphagia in people with developmental disabilities across the lifespan.

The Special Interest Group (SIG) policy was published in the last *Communication Matters* and we received little feedback so we have extended the deadline for comments on the policy. SIGs were identified as a key area for development in the Strategic Plan. Early this year, a survey of SIG co-ordinators was completed and this gave valuable information about the SIGs that are currently running and ways in which NZSTA could support SIGs. The feedback given via this survey and informal feedback from members was incorporated into the draft policy. The policy is on the website – we welcome your feedback.

The Professional Development Consultation Group (PDCG) has had its

first teleconference and is using the website forums to discuss issues related to professional development. At this point, the PDCG is comprised of Sally Clendon (Massey University), Liz Doell, Julia Wright, Cheryl Palmer (Special Education), Kate Milford (ADHB), Jessie Kidwell, Jo Clough (CDHB) and Anita Hurburun (Sir Keith Park, private practice). Current issues we are discussing are the PD programme for 2010, the role of the Special Interest Contact people and developing a brief for visiting speakers. I welcome new members to the group – this is a good way to be involved in discussion about PD issues. We have also just published a survey for Special Interest Contact people. If you are a special interest contact person and have not received this survey, please contact Shona.

The 2010 conference planning committee continues to do a great job in planning the conference. As you will see later in *Communication Matters*, a number of workshops have been announced. Several more are in the process of being confirmed. The call for papers is open until the 20th of November – we look forward to seeing the submissions! Remember the theme is “Practice worth spreading”. What have you



Felicity Bright

done in your workplace that is worth talking about? Wellington 2010 is a great place to share your ideas. We are delighted that Jo de Seriere has agreed to present the Grace Gane Memorial Lecture and look forward to hearing Jo’s presentation.

Finally, I am currently planning the professional development programme for 2010. There will be a range of activities on the programme including the conference in April, a tracheostomy workshop in March run by Anna Miles and Lucy Martin and Joan Sheppard’s teleconference. We will also be running a new forum-based PD event, tentatively called “Clinical Issue of the Month”. Further details are provided below. If you are interested in facilitating a month, please contact me.

Wellington 2010: Practice Worth Spreading

Wellington 2010: Practice Worth Spreading is the theme for the NZSTA’s biennial conference to be held at Te Papa on April 22nd and 23rd, 2010. Having chosen a theme that has a strong emphasis on inspirational and innovative clinical practice the intent is that this forum will provide the opportunity for us to share ideas and learn from others.



New Zealand Speech-Language Therapists' Association

Call for Abstracts

The call for abstracts for paper and poster submissions opened late August and full information can be found on the NZSTA website at www.speechtherapy.co.nz.

We want to hear from you! What innovative and inspirational ideas have you embedded in your practice that are worth spreading? Please consider submitting a paper or poster presentation to share these great practice ideas with others. **The call for papers closes on the 20th of November.**

Keynote Presenters

Two exciting Keynote speakers have been confirmed. Professor Linda Worrall and Dr. Thomas Klee will each present a plenary address and two hour workshop. Professor Linda Worrall will be

known to many therapists working in the health and adult neurogenic areas. As a leader in implementing the International Classification of Functioning, Disability and Health into clinical practice and into research, one of Linda’s main focuses is assisting people with aphasia in participating in their social networks and communities. Dr. Thomas Klee is a leader in the field of child language and is a Professor at the University of Canterbury. Tom has a strong focus on the identification and diagnosis of children with language impairment. He has a number of publications that address Specific Language Impairment, language delay and disorder and models of service delivery in schools.

Workshops

The workshop content of the conference has also progressed since our last update. The following workshops have now been confirmed for the 2010 conference:

- Aphasia Pathway – Linda Worrall
- Evidence Based Assessment of Child Language Disorders – Tom Klee
- Adult Motor Speech Disorders – Megan McAuliffe
- Childhood Apraxia of Speech – Bridget McNeil (nee Moriarty)
- Auditory Processing Disorders – Suzanne Purdy
- Goal Setting – Felicity Bright
- The New Zealand Curriculum – The University of Auckland

This list will be updated on the website and in future editions of *Communication Matters* as further workshops are confirmed. We anticipate the workshop programme will be confirmed in the next month.

We look forward to welcoming you to the 2010 NZSTA conference.

The Conference Planning Committee



Getting Online with Professional Development: A World of Training... Right at home!

submitted by Jessica Kidwell, SLT at The Princess Margaret Hospital

For a newly graduated or seasoned Speech-Language Therapist, "Professional Development" remains one of the hallmark features of a solid career. With the understanding that ongoing professional education is a key to clinical skill building in any setting, the SLT may now choose from a variety of resources to ongoing career development. One of the newer options for therapists around the world involves self-directed learning via the internet.

There are an increasing number of medical/rehabilitation related publishing houses and medical product companies that provide free or low-cost "Continuing Education Units," (CEU) more commonly known in New Zealand as "Professional Development" (PD) hours.

Free membership and course material

Sites such as www.linguisticsystems.com and www.passy-muir.com offer Speech Therapists free membership and course material. By taking an online quiz to demonstrate competency of the information, the SLT will receive immediate results and printable certificate showing the achieved PD hours earned.

Low cost membership and course material

Other websites such as www.speechpathology.com and www.care2learn.com offer low cost, unlimited access to CEU/PD hours. These sites carry as many as 150 different courses at any time, which the SLT may access, study and earn hours, at any time, for a one time fee per year. www.speechpathology.com generally offers a fee of USD\$99 per year per SLT. Managers may contact these companies to request "team" discounts or information on a free membership with multiple purchases. There may also be indications for one membership purchase, to share amongst team members in the workplace. Each website will have listed licensing agreements and other access information. These companies offer contact information and are very helpful when contacted via email or toll free number

should there be any questions.

Proof of Course Completion

With any of these sites, once an SLT has completed the online course and corresponding quiz, the score (generally 80% competency is required per course) and a certificate or course transcript may be printed immediately to have proof of completion. These transcripts/certificates may be presented to your employer/personnel file for support of ongoing competencies, used as a supporting document with the Curriculum Vitae, or as an adjunct to the SLT Professional Portfolio. For SLTs who also hold memberships with ASHA, or other international SLT registries, these hours are routinely accepted to maintain certification, and the SLT has the ability to print transcripts at any time for multiple uses.

As Healthcare and Education Specialists, we are challenged daily to locate and utilise professional development opportunities. Clinically, we need a wide variety of resources and opportunities to maintain appropriate professional development. With the adjunct of up-to-the-minute online resources with timely topics and information, Speech-Language Therapists have one more avenue to explore on the pathway to career excellence!



FAQs:

What happens if I fail a quiz once I've reviewed the materials?

Generally, each website will allow you to retake the quiz up to 3 times before determining that you are unable to demonstrate competency on that particular subject. You may request to re-register for the course and try again by contacting the site administrator directly, should you have difficulty after the 3rd attempt.

How long do I have to take each test?

Most websites will instruct you to register for the particular course you have selected, which will stay active for 30 days to allow time to read the information and test for competency.

How do I earn PD hours once I complete the test?

The SLT would need to complete the test, print the certificate or corresponding transcript, and save that information for future use (listing on the NZSTA PD hours form) or save in your personal records/SLT dept.

May I keep the materials once I register for the course?

Yes! Once you register and download the information, you are immediately able to print, save or file the data for later use. You are able to print off the test questions as you take the test to compare with your study notes or additional testing needs. You may access the information again at any time.

The full text of the article which contains more information is available to view on the NZSTA website.

Clinical Issue of the Month

The Clinical Issue of the Month is designed to be an easy-access, minimal cost form of professional development for members on a range of clinical issues. It will be based on the NZSTA website forum and will be facilitated by a therapist/s experienced in the specific field of interest. Topics can relate to specific etiologies (e.g. apraxia of speech), therapy approaches (e.g. Intensive Interaction) or professional issues (e.g. breaking bad news). They can range from large issues that are relevant to many members to specific, more specialist topics that may be relevant to a smaller group of members. Over the course of the year, we anticipate there will be several topics that each member will be interested in. The topics will be live on the website for the month; after this they will remain

archived and accessible on the forum but will be locked (new entries won't be able to be posted). Facilitators can use a variety of formats in addressing the clinical issue. These may include journal club, clinical queries, case studies, sharing resources, sharing assessment and therapy approaches, teleconferences (small charge for participants) and other activities at the discretion of the facilitator. The topic will be publicised in advance on the website and in the monthly update.

This form of professional development will require some time from the facilitator though hopefully it won't be too much! It will require a little prep in advance (e.g. finding/reviewing a journal article to discuss, writing case study) and it will

require dedicated time during the month the topic is live. This form of PD is designed to be interactive so will also need input from members! Again, the time from members is not great – instead of taking a day off work to attend a workshop, you can check the forum from your desk in the morning – this makes it easier to fit in with your work day and other commitments.

If you are interested in facilitating a topic or have a topic to suggest, please contact me at professionaldevelopment@speechtherapy.org.nz. I hope to have the topics for the first three months available by December and updates will be on the website.

My last report began with me bemoaning the weather. I had hoped to make a more positive start to this report, but sadly the lovely spell of spring weather we had a few weeks ago has given way to another cold (and wet) snap. At least daylight saving has started so the days are longer (even though they are wet and cold)!

The Professional Standards portfolio has been fairly steady again this quarter, with no major events to report.

Programme Accreditation Council

As mentioned in the previous *Communication Matters* the six members of PAC have begun the extremely lengthy process of revising the Programme Accreditation Framework. It was always the intention to review the original document after all three university programmes had been accredited. Rather surprisingly this is taking far longer than anticipated and has required additional meetings (on top of the time spent writing and revising documents between meetings) in order to ensure that the proposed structure, wording and format are acceptable to all involved. The final draft of the new framework will be completed in time for the Executive meeting in early December and will then be tabled at the annual meeting between the Heads of the Programmes and the Programme Accreditation Council (also in December). Once accepted by everyone, the revised framework will be printed and

made available in time for the University of Canterbury to prepare for their next cycle of accreditation in 2011.

If there are any issues around the education and training of speech language therapists that members would like to see included in our deliberations and revisions of the new framework please do contact me (or Linda Hand, the Chair of PAC) to discuss these. While we cannot promise that everyone's wish list will be included we are very keen to hear from members about their views on the education of speech language therapists in New Zealand.

HPCAA

Since the last issue of *Communication Matters* Megan and I wrote to the Minister of Health requesting an update on the status of our application. Our letter was acknowledged, but disappointingly we have not received a reply yet. I know the submission of our application happened to coincide with a review of the Health Practitioners Competence Assurance Act and then a change of government, but I am surprised that we still haven't heard anything.

Rest assured, we are doing all we can to follow this up, and we will definitely let you all know as soon as we hear anything.

QAA

Several overseas qualifications approval applications and one or two MRA ones were



Clare McCann

processed in the past few months. There seems to be a smaller number of people applying for qualifications approval than this time last year. I am not sure why this is, but it may be a reflection of the smaller number of people moving countries given the economic recession. I am, as always, extremely grateful to Shona for her management of the administrative side of these applications.

Scope of Practice

Nine people indicated interest in being on the working group for writing an NZSTA Scope of Practice and a set of clinical guidelines. They were all contacted to organise a teleconference (with six people keen to participate). Unfortunately we haven't managed to have the teleconference yet due to people being away and/or ill. It is envisaged that this will occur in the next few weeks and we will be underway with preparing a NZ-specific Scope before the end of the year.



Dean Sutherland

Congratulations to all members who spent time and energy promoting "Time to Talk": Speech-language Therapy Awareness Day 2009. Although the day clashed with "Daffodil Day", we received a fantastic array of media coverage on and around the day thanks to many individuals and teams who contacted various media organisations. The coverage included local and national radio interviews and announcements, print and online newspaper articles, and internal organisational media coverage (e.g., Ministry of Education and District Health Boards). A local television station also presented a segment with a client from Christchurch Public Hospital highlighting the excellent work undertaken by speech-language therapists. Perhaps more importantly than the media coverage of the day was the many conversations members had with the wider public, colleagues, families and friends about speech-language therapy. A full "honour roll" for Awareness Day activities and media coverage is included elsewhere in this edition of *Communication Matters*.

A number of comments from members around media coverage have indicated the difficulty in contacting media when bound by employment agreements. Here is an example of how a member who works for the Ministry of Education overcame this perceived limitation. The therapist had an idea that was worthy of media exposure so presented a request to her local manager. After several referrals through to different levels of management, our persistent member found herself in contact with the Ministry's National Media liaison person. She was given the green light to talk to local media people about her story and Awareness Day. Well done for persevering and believing in your story! This experience reinforces the need for each of us to persist in order to tell our stories and also that employers are generally supportive of employees taking this initiative.

Additional activities in the PR portfolio recently include the branding project. A competition is now open for a number of secondary and design school students to submit ideas for a new image for the NZSTA. Once entries have been received, an initial review process will take place before a selection of possibilities are presented to members for comment and voting. Final editing and development will then take place before presentation to members for ratification at the 2010 AGM in Wellington. This is an exciting time for our organisation and I appreciate the positive feedback I have received from members about this initiative.

Awareness Day also highlighted the lack of generic PR resources such as posters and information packs. I will be developing these over the summer months along with finalising the new member packs. I would like all members to have access to informative and inspiring materials that can be used to highlight speech-language therapy.

An additional project that I have started to work on with other members on the executive team is a Membership plan. Some aims of this project include –

- Attracting new members;
- Retaining existing members;
- Rewarding members for length of membership;
- Rewarding members for service to the organisation;

If you have any suggestions or ideas for this project, please let me know at publicrelations@speechtherapy.org.nz

On a sadder note, I have almost given up trying to convince Shortland Street producers that a speech-language therapist character is essential to the show's evolution. If you have further ideas on how to make this a reality, I am keen to hear from you. Perhaps we could organise a targeted mail and/or Twitter campaign? Thanks again for supporting Awareness Day and for continuing to advocate for speech-language therapists. I look forward to supporting you to tell your stories to ensure all New Zealanders know about the great services that speech-language therapists provide for children and adults throughout the country.

Awareness Day 2009 – What You Got Up To!

Congratulations to all NZSTA members who contacted media organisations and achieved publicity around Awareness Day 2009!

Winners of the media coverage prize for the myriad of coverage they obtained across the media spectrum were the SLT team from Christchurch Hospital. Encouraged by new recruit Sara Moore, the entire team entered into the spirit of Awareness Day with enthusiasm. They ran a very innovative campaign and managed to get in early and secure display rights to the foyer at Christchurch Hospital. They ran a

"Where's Speechy?" Day with SLT's dressed like "Where's Wally", posters throughout the hospital, a quiz, and the display in the foyer. They also used Awareness Day to launch their Department's new branding. They certainly achieved their aim of raising the profile of speech-language therapy, their department and had great fun. Check out one of their posters on the following page. The media coverage included:

- Tika Ormond and Nicky Mason participated in radio interviews (1 local and 1 national)
- 1 local TV interview

- an article in the Christchurch Press
- an item in the DHB publication
- morning tea with the General Manager and... plenty of cake."

A sample of the achievements of our members included..."

- Shannon Doherty and the team at North Shore Hospital spent time talking to staff, passing round thickened fluids, and showing a videofluoroscopy on the laptop. A staff quiz was organised and ran throughout the week with prizes and posters.

- Sarah Exton (Waitemata DHB) was interviewed for an article that appeared in the North Shore Times.
- Students at Massey University's Albany campus ran a sausage sizzle with plenty of NZSTA and speech-language therapy material for people to digest.
- Michelle Bonetti (MoreTalk, Whangarei) managed to get airtime, not once but twice with Classic Hits and More FM, and had a photo shoot with the "Northern Advocate" for a "Northlander at work" feature – great work Michelle!
- Melody De Burgh (Hawkes Bay, DHB) appeared in the "Hawkes Bay Today" newspaper with a client who had a cleft palate.
- The team at Waikato DHB organised some excellent dysphagia product "boat races" along with some great SLT posters.
- Dunedin Hospital SLTs turned purple giving away stickers, pamphlets and information in order to highlight the excellent work of speech-language therapists.
- Elissa Owens and the team at Christchurch Ministry of Education office organised a quiz and prize giving ceremony for 160 staff.
- Katie Stretton, a Masters student at The University of Auckland, organised an announcement by the ZM breakfast show team. The station claims an audience of around 378,000 listeners!
- Carla Darling-Knott and Carolyn Wagstaff (Rotorua) were interviewed on a local Rotorua radio about speech-language therapy and Awareness Day.
- Colette Maier (Not Only Words, Auckland) produced and marketed a set of cycle clothing with a dominant speech Therapy theme. Colette also took this marketing opportunity to tell many people about Speech-language therapy.
- The Bay of Plenty SLTs banded together with patients and clients to spend the day at the Bay City Mall informing many people about the benefits of speech-language therapy. A wonderful sense of camaraderie was reported with some excellent photographs of the day.
- Carolyn Grace and Jo Davies managed to organise an announcement on

Speech Language Awareness Week



WHERE'S SPEECHY?

Fully completed & Appropriate Referrals = **Chocolate fish**

Find your friendly SLT this Friday 28 & be **REWARDED**

Look out for the SLT Day Quiz this Friday 28
TO WIN DELICIOUS PRIZES

I ♥ SLT

Canterbury DHB Where's Speechy? Poster

the Ministry of Education website and a comment from the Secretary of Education, Karen Sewell who stated "The ability to communicate is fundamental to children's development and their ability to engage with the world around them. Our therapists provide an important and valuable service for children who experience communication difficulties." Great work Carolyn and Jo!

- Carolien, Kate, Nicky and Sharon at Greenlane Hospital who celebrated with posters and cake (a common theme around the country!). The team also managed to get an article in the

Manakau Courier which was printed and available online. <http://www.stuff.co.nz/auckland/local-news/manukau-courier/2781225/Therapy-is-something-to-talk-about>

- Therapy for Children SLT's, Libby Tapley and Sofia Hansrod, held an open day so that people could come and see what SLT's do and ran information sessions. Libby got an article in the local papers along with a great photo blowing bubbles!

Thank you to EVERYONE who made time to talk! Your efforts are appreciated.



The team at Massey University get into the spirit of Awareness Day with a Sausage Sizzle



North Shore Hospital SLT's doing the rounds



Fiona Hewerdine (SLT Team Leader, BOPDHB) and Brian Albrecht (Laryngectomy patient)



Colette Maier (Not Only Words) developed this cycle outfit in celebration of Awareness Day



Dunedin Hospital —a smile always helps



Waikato DHB team ready to commence a "boat race" - great posters!



Waikato DHB 'boat races' - with pureed foods and thickened fluids... yum!



Otago DHB team— resplendent in purple!



Christchurch Ministry of Education Prizes for Quiz performance!

Speech therapy made huge difference after stroke

By Sarah Coddington

Malcolm Woodbury was trapped in a world where he could not walk, shower or talk.

He suffered a massive stroke, transforming him from an energetic 59-year-old into a dependent patient. The Birkenhead man says of all of the things the stroke took from him the inability to communicate was the most frustrating.

Malcolm, now 62, has regained his communication skills with help from the Waitemata District Health Board speech therapists. Last Friday was national speech therapy awareness day.

Malcolm's wife Violet says: "We can have a laugh, we can have conversations. It's so amazing."

Therapist Sarah Exton worked with Mr Woodbury on breathing exercises to increase the power behind his words.

"Most of us wouldn't even think about breathing when we're talking but to a stroke victim it can be a really big step in getting their speech back," says Ms Exton.

"When someone has a stroke the language area of their brain may get damaged. It's like a roadblock. The words are in their mind, but they just aren't able to get them through," she says.



STROKE VICTIM: Malcolm Woodbury and his wife Violet can now enjoy laughter and conversation at their Birkenhead home, after speech therapists helped him regain his speech after a massive stroke.



Michele Cunningham (BOPDHB), Sarah (Special Education) and Julia Austin-Prime (BOPDHB)

North Shore Times article — thanks to Sarah Exton, Waitemata DHB

October 21st – 23rd 2009

AphasiaNZ Conference – “Aphasia Therapy and Beyond” – Waipuna Lodge, Auckland.

Two international keynote speakers - Dr Anne Whitworth and Dr Deborah Hirsh. More information is available at www.aphasia.org.nz

October 27th 2009

Optimising Speech and Language Outcomes for Children with Hearing Loss – The University of Auckland Tamaki Campus

Presented by Professor Christie Yoshinaga-Itano and Vickie Rydz. More information and to register contact Sue O'Shea - s.oshea@auckland.ac.nz

October 22nd – 23rd 2009

Irish Association of Speech and Language Therapists Biennial Conference – Galway, Ireland.

More information is available at www.iaslt.com

November 6th – 8th 2009

IALP 3rd International Symposium on Communication Disorders in Multilingual Populations – Cyprus.

More information is available at www.ialp.info

November 19th – 21st 2009

2009 ASHA Convention: Two Professions - Powerful Partners, New Orleans, USA

More information is available at www.asha.org/events/convention/

February 22nd – 24th 2010

2nd Annual New Zealand Quality of Life Conference – AUT University, Auckland

Keynote Speaker is Professor Suzanne Skevington, University of Bath, UK - “Dimensions of QOL in Poverty”. More information is available at www.whoqol.org.nz or contact Rex Billington at rex.billington@aut.ac.nz.
AUT University

April 22nd – 23rd 2010

New Zealand Speech-language Therapists' Association Biennial Conference – Wellington 2010: Practice Worth Spreading.

Will be held at Te Papa from April 22nd - 23rd 2010. Two international keynote speakers - Professor Linda Worrall and Dr Thomas Klee. More information is available at www.speechtherapy.org.nz. Abstract submissions close on 20th November 2009.

May 16th – 19th 2010

Speech Pathology Australia National Conference, 'Participation 2010' – Melbourne, Australia.

More information is available at www.speechpathologyaustralia.org.au

August 22nd – 26th 2010

28th International IALP Congress – Athens, Greece

More information is available at www.ialpathens2010.gr

NZSTA Biennial Conference

Wellington 2010: Practice Worth Spreading

22nd & 23rd April 2010

Abstract Submissions Now Open

The call for abstracts for paper and poster submissions is now open.

We want to hear from you! What innovative and inspirational ideas have you embedded in your practice that are worth spreading?

Please consider submitting a paper or poster presentation to share these great practice ideas with others.

Full information and instructions on how to submit your abstract can be found on the NZSTA website at www.speechtherapy.co.nz.

Submission can be completed online.

The call for papers closes on the 20th of November

Rates for Advertising

Members are encouraged to advertise in *Communication Matters* to ensure a wide readership. Advertising rates have been set competitively to encourage you to use this service.

Schedule of Rates (GST exclusive)

Size of Advertisement	Communication Matters	NZSTA Website
Full page (17cm width x 26cm depth)	\$400	\$500
Half page (8.5cm width x 26cm depth, or 17cm width x 13cm depth)	\$300	
Quarter page (8.5cm width x 13cm depth)	\$150	

Email camera ready advertisements as a pdf, jpeg, tiff or eps files. If sending word documents please send photos and graphics separately as jpeg, tiff or eps files. Email to the Executive Officer at: nzsta@speechtherapy.org.nz.

Closing Date

The closing date for receipt of advertising and articles for the summer edition of *Communication Matters* is Monday December 7th. Items should be sent to: Shona Powell, Executive Officer, email: nzsta@speechtherapy.org.nz

Disclaimer

NZSTA reserves the right to refuse for inclusion in *Communication Matters*, any articles, advertisements which are contrary to the NZSTA Code of Ethics. Unless formally stated to the contrary, acceptance and publication of material and advertising does not imply endorsement of views, positions, programmes or products by NZSTA.



Free online Speech Therapy resource

iCommunicate is a website designed to provide free information and resources relating to communication difficulties. The site has been designed and built in New Zealand and covers the wide variety of communication difficulties including speech and language disorders, hearing impairment, autism, brain injury, stroke and acquired adult difficulties, special needs, and assistive communication (AAC). All the information on the site is written by certified Speech and Language Therapists / Pathologists.

Our aim is to help individuals with communication difficulties, as well as provide information for speech therapists, care-givers, parents and teachers. We are also building a global community of users to share stories, ideas and information. The website contains a comprehensive information section for children and adults, a forum, information sheets, videos, and a Book Shop.

Check out the site today and make use of the free resources.

www.icommunicatetherapy.com



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