



Submission No 29

**Inquiry into the Care of ADF Personnel Wounded and Injured
on Operations**

Organisation: Go2 Human Performance

Go2 Human Performance
Submission to the
Joint Standing Committee on Foreign Affairs, Defence and Trade
Defence Sub-Committee

Inquiry into the care of ADF personnel
wounded and injured on operations

Introduction

Go2 Human Performance welcomes the opportunity to provide this submission to the Defence Sub-Committee Joint Standing Committee on Foreign Affairs, Defence and Trade Inquiry into the Care of ADF Personnel Wounded and Injured on Operations

In providing this submission, we will be addressing the following sections of the inquiry:

- C. Care of wounded and injured personnel on return to Australia, including ongoing health, welfare, and rehabilitation support arrangements;
- D. Return to work arrangements and management for personnel who can return to ADF service; &
- E. Management of personnel who cannot return to ADF service including:
 - i. the medically unfit for further service process;
 - ii. transition from ADF managed health care and support to Department of Veterans' Affairs managed health care and support; &
 - iii. ongoing health care and support post transition from the ADF.

Background

Go2 Human Performance has been operating in the Everton Hills area of Brisbane since 2009. Delivery sites have expanded to include a clinic in the Stafford City Shopping Centre and a new centre is currently being established on South Pine Rd. in Everton Park. All sites are in close proximity to Enoggera Barracks.

As a multidisciplinary health care facility, Go2 Human Performance brings an integrative medicine approach to the care and wellbeing of returning service men and women and a new style of collaborative treatment to the table. It is with this in mind that we ask you to consider our example of care.

The term *Integrative Medicine* (IM) refers to the blending of conventional and natural/complementary medicines and/or therapies along with lifestyle interventions and a holistic approach taking into account the physical, psychological, social and spiritual wellbeing of the person with the aim of using the most appropriate, safe and evidence-based modality(ies) available.

(AIMA joint working party/RACGP : Best Practice document)

Practitioners in the clinic come from many different environments and include many different modalities.

The new Everton Park centre will include a full physical rehabilitation centre with Psychiatric services and an experienced military General Practitioner to complement these approaches.

Go2's Submission

According to Snyderman and Wei, the focus of integrative medicine is on health and healing, with the patient-physician relationship key to the process. They further state, *"integrative medicine focuses on preventive maintenance of health by paying attention to all relative components of lifestyle, including diet, exercise, stress management, and emotional wellbeing. It insists on patients being active participants in their health care as well as on physicians viewing patients as whole persons-minds, community members, and spiritual beings, as well as physical bodies. Finally, it asks physicians to serve as guides, role models, and mentors, as well as dispensers of therapeutic aids."*

There is currently a gap in the market for an integrated rehabilitation environment which provides both physical and psychological rehabilitation under the one roof. At Go2 Human Performance, practitioners liaise with each other regarding the progress of a client. This is key so that the left hand knows what the right hand is doing and all work is done for the one common goal - that identified by the client!

The focus of Go2 Human Performance is to give people the treatment they need. Using an evidence based approach, patients are treated by nearly everyone in the clinic. There is a screening/diagnostic approach when someone comes into the clinic; practitioners "round table" the patient and discuss the best treatment available. This includes a frank and thorough discussion using all clinicians and is an integral part of our process. The patient is then sent to the various modalities; the great strength of the clinic being the communication that occurs about improvement and treatment. The real key is that not one practitioner has the skills necessary to get the patient over the line; everyone working together achieves much better results.

Go2 Human Performance utilises an exercise-based approach, not only for the physical benefits of increased strength, improvements in function, improved range of motion, weight control and decreased pain, but also for the psychological benefits evidenced through decreased use of anti-depressant medication, opportunities for social interaction in group gym sessions, enhanced self-image, and decreased use of alcohol and other drugs.

The introduction of Professor Martin and Dr. McCarthy into the clinic is an exciting opportunity to build upon our already successful business model. We believe we are now uniquely equipped to fill a niche role within the realm of ongoing care of wounded and injured members of the ADF.

Current practitioners include:

Prof. Graham Martin, OAM

- Medical Doctor
- Fellow of the Royal Australian and New Zealand College of Psychiatrists

Graham has been dedicated to suicide prevention since 1987, and is a member of the International Association for Suicide Prevention and the International Association for Suicide Research. He was a member of the Advisory Council Australian National Youth Suicide Prevention Strategy and Evaluation Working Group (1994-99), the writing team for the Australian Suicide Prevention Strategy (2000, 2007), the National Advisory Council for Suicide Prevention (2003-8), and was National Advisor on Suicide Prevention to the Australian Government (2009).

Graham was a founder of the Australian Network for Promotion, Prevention and Early Intervention program (Auseinet, 1997-2009), and Director until 2001. He is Editor in Chief for the online journal AMH (Advances in Mental Health, 2009 to date) - formerly the Australian eJournal for the Advancement of Mental Health (1999-2009). Graham chairs the Queensland Mental Health Promotion, Prevention and Early Intervention committee, and is a board member for OzHelp Queensland, an industry leader in suicide prevention for building trades.

Dr. Kieran McCarthy:

- Major, Senior Medical Officer, Australian Army
- Fellow of the Royal Australian College of General Practitioners
- Studying for Fellowship in Wilderness Medicine (UK), and Master of Public Health (Emergency and Disaster Management)

As a Regimental Medical Officer within Special Operations Command (2010 – 2013), Kieran was responsible for the maintenance of Operational health capacity to a very high tempo direct action SF Unit. He coordinated rehabilitation services for “Wounded Warriors”, including ongoing development of multi-disciplinary, integrated allied health systems to manage a wide range of complex patients. As the RMO, he personally managed all seriously injured members of the Regiment during his tenure. He is proud to have played a significant role in returning two seriously injured members of the 2010 helo crash back to deployable status.

He was the Officer in Charge, Tobruk Lines Health Centre (2011-2012). Roles included liason with civilian staff, problem solving, capability development, HR management and standards maintenance. He was instrumental in setting the conditions for the successful handover of the facility to Joint Health Command in 2012. With five Operational tours, including two with SOTG involving direct medical support in the field, he is well aware of the stressors that occur within the Operational setting. Kieran is dedicated to providing comprehensive care of both currently serving and discharged members of the ADF. He is also involved in a number of philanthropic activities supporting agencies such as the RSL, Legacy and the Commando Welfare Trust.

Bob Chersini – Physiotherapist: Bob is a hands on physiotherapist with over 25 years experience at all levels. He has worked in hospital, sports, occupational and physiotherapy management. He is an associate lecturer at the University of Queensland and has provided onsite training and treatment services to multi-national companies for over 15 years.

Cameron McDonald: Accredited in both exercise and nutrition fields, Cam is able to give simple and achievable advice for a range of conditions, or even just for increasing energy levels. Cam is currently completing his PhD in nutrition and exercise at the University of Queensland & staying on top of the latest practical research for a range of conditions is both his focus and passion.

Kate Boucher: Kate is a physiotherapist who believes in a holistic approach in working towards the goals of each of her clients and thus forms part of our multi-disciplinary approach here at GO₂. She is a very “hands-on” physio using a wide range of massage and manual therapy techniques. She brings to the GO₂ team vast sporting experience, whether it be as a state netball representative or as physiotherapist for Brisbane rugby clubs. Kate is a Level 2 sports physiotherapist and understands the needs for athletes, or those involved in more casual fitness, to be back on their game in record time.

Maxine Kelly: Maxine is one of the big up-and-comers in the industry, having recently returned from an internship with the Nanjing International Acupuncture Training Centre. During this time she studied under

some of the most highly respected Chinese Medicine Professors, at one of the most well regarded hospitals in China.

Michelle Watson - Remedial Massage therapist

Nick Thiedeman – Naturopath: Nick completed his Bachelor of Naturopathic Medicine in 1999. He has extensive clinical practice and a special interest in the field of nutrition, mitochondrial energy support and sports medicine. Nicholas has been a member of the Bio Concepts Technical team, involved in research and product development since 2008 and is currently completing his Bachelor of Acupuncture.

Paul Nash - Sports Therapist: With a unique blend of skills and unparalleled experience as a masseur in the elite sporting arena Paul's ability to relieve pain and enhance human performance sees him as one of the most effective and respected practitioners in this part of the world. Paul combines massage, A.R.T (active release technique), the cutting edge technology of Scenar and draws upon his extensive experience to treat anything from head to toe.

With a resume boasting stints in the Premier League and championship soccer in the UK, Super League rugby league in the UK and France and all codes of professional football in Australia, Paul is a highly sought after therapist who is considered somewhat of a "Mr. Fixit" in the industry.

Paul Peglar: Paul is a registered sports scientist and accredited exercise physiologist. He completed a B. Sc. degree in sports therapy at London Metropolitan University in 2003 and has been working in the field sports and exercise every since. Paul has extensive knowledge in the advanced areas of 4 stage rehabilitation exercise program development.

Rex Urwin: As a performance therapist Rex brings expertise and understanding to happiness and high performance. An absolute "guru" in his field, Rex Urwin is in demand worldwide for his extraordinary ability to move people from a place of struggle to a place of clarity and happiness.

He presently consults both here in Australia and in the United States, addressing everything from chronic fatigue, motivational and relationship challenges, lack of self worth, depression, goal setting and everything that relates to having a worthwhile life be it physical, mental or emotional.

Rod Martin – Acupuncturist: Rod has spent the last 20+ years developing his knowledge of the Eastern arts and as such is one of the highest decorated karate instructors in the JKF Goju Kai in Australia. He has a long

history working with elite athletes including Brisbane Broncos and various Karate squads both here and overseas.

As an elite athlete in his own right, Rod has a great understanding of the human body and whilst extremely proficient in the treatment of muscular skeletal injuries, his intimate knowledge of Eastern philosophy brings a sense of peace and calm to his work, allowing him to excel in the care of depression and anxiety related disease.

Sam Andison- Acupuncturist: Sam holds a Bachelor in Health Science (Acupuncture) and has had extensive experience working with Chinese health companies. Working alongside Chinese trained medical professionals has given him a unique understanding of the origins of Traditional Chinese Medicine and its relationship and relevance within Western Medicine.

A strong background in Martial Arts and Chinese massage have also helped enhance the skills which Sam brings to his Acupuncture practice. With a robust and passionate interest in all areas of the human body Sam continues to improve his knowledge base through his continued study in TCM, Martial arts and language.

Shannon White: Shannon began her studies on the body in 2005, inspired by the injuries of her teammates and those that were self inflicted after years competing in both B.M.X and Rugby Union at Queensland and National level. After completing her Diploma of Remedial Massage at the Endeavour College of Natural Health, she was quickly selected and trained by Paul for ongoing work with elite athletes and sporting teams such as the Brisbane Broncos, Firebirds, Wallabies Queensland Ballet Company and Queensland Reds.

Simon Strudwick: Simon comes from a family of health practitioners with both his mum and granddad having practiced various modalities in North Queensland for over 40 years. He has been working in the industry himself for the last 8 years after first studying Bowen Therapy under Ross Emmett in Townsville. Simon also practiced alongside his Mum in Charters Towers, before making the decision to move to Brisbane in order to study Acupuncture. Continuing to work and further his skills in Bowen Therapy, massage and other muscle therapies, Simon completed his Bachelor of Health Science in Acupuncture in early 2009 and has since been working successfully combining his previous therapies with acupuncture. In his endeavour to always improve his skills Simon is also undergoing study in the 'Tung' style of acupuncture and the style of Master Huang Lok Ting.

Stephanie McDowell – Physiotherapist: Stephanie, from Canada, has completed her Graduate Entry Masters in Physiotherapy Studies at the University of Queensland where she had the opportunity to learn from

leading edge Australian physiotherapists. She had previously completed a Bachelor of Science in Kinesiology (Human Movement) in Canada and worked as an Exercise Therapist. Stephanie is able to prescribe exercises for both fit clients requiring specific fitness and injury prevention advice, as well as injured persons who have specific needs and considerations. With both backgrounds Stephanie is passionate about utilizing her knowledge and believes that every client should be treated as a whole. In addition to her core physiotherapy skills, Stephanie is certified in Dry Needling, which is an effective treatment technique for muscle tension.

Case Studies

1. A young DVA member having been medically discharged with PTSD and other various MSK issues, came into the clinic with bilateral compartment syndrome in his lower legs and severe neck and right shoulder pain. One session of DN and the compartment syndrome symptoms had resolved. Paul Pegler (exercise physiologist) and our physiotherapist began actively treating his neck and shoulder conditions. With intensive manual therapy and gym strengthening his symptoms have now largely resolved, and he's playing sport again. He has resumed his training as an apprentice and his sleep has improved. Only requires remedial treatment occasionally.

2. Female Defence Force member, diagnosed with fibromyalgia and has suffered chronic headaches for the last 10 years. After initial treatment with our sports therapist she was referred to our physiotherapist for treatment using the Watson technique. Treatment has occurred for 3.5 months with a combination of the Watson technique and neck stability strengthening. Recently Simon has become involved to address the muscle tension with acupuncture. This multidisciplinary treatment regime has had a significantly positive effect, with only the rare mild headache now. She always complained about a painful spot in the back of her neck/occiput that was always constant in the past and it has gone too.

3. Male client - A lower back injury which progressed to significant sciatica was treated with physiotherapy within the clinic - this helped initially manage the pain and increased his strength. He was referred to a specialist for a nerve block injection - the successful outcome meant that treatment could continue. With further treatment he currently only gets twinges of pain and the sciatica has almost completely resolved.

Conclusion

Go2 Human Performance welcomes the conduct of this enquiry. We would submit that integrative medicine, utilising the model developed and used successfully by Go2 Human Performance can have tangibly positive outcomes for Defence Force personnel wounded and injured on Operations.

References

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