ANZSSFR Virtual Symposium

Implications of COVID-19 on Sarcopenia & Frailty

Thursday 12 November, 2020 | 2:15 – 5:00pm AEST

Final Program

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**IMPLICATIONS OF COVID-19 ON SARCOPENIA AND FRAILTY: LOOKING BACK TO MOVE FORWARD**

**Thursday 12th November, 2:15 – 5:00PM**

<table>
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<th>Time</th>
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| 14:15 – 14:20 | Welcome and Open  
Professor Robin Daly, President of ANZSSFR  
 Professor of Exercise and Ageing, Institute for Physical Activity and Nutrition, Deakin University |
| 14:20 - 14:55 | Keynote Session #1 – Proudly supported by Abbott  
Professor Andrea Maier  
Divisional Director of Medicine and Community Care at the Royal Melbourne Hospital, Australia, and as Professor of Medicine and Aged Care at the University of Melbourne.  
COVID-19 response in older hospitalised and aged care adults: the experience from Melbourne, Australia |
| 14:55 – 15:00 | Sponsorship break brought to you by Abbott |
| 15:00 – 16:00 | Allied Health Symposium  
Co-Chairs: Dr Jack Dalla Via and Dr Paul Jansons  
Dr Clint Miller, Accredited Exercise Physiologist | Lecturer, Deakin University  
Transitioning to telehealth exercise physiology services during COVID-19  
Kate Fetterplace, Clinical Lead | Senior ICU Dietitian - Allied Health (Clinical Nutrition), Royal Melbourne Hospital  
Nutritional management of acutely unwell hospitalised patients with COVID 19 & impacts on patients and staff  
Lisa Beach, Head of the Cardiorespiratory Physiotherapy team, The Royal Melbourne Hospital  
The road to recovery – from critical care to the community. The physiotherapist’s perspective |
| 16:00 – 16:05 | Short break |
| 16:05 – 16:40 | Keynote Session #2 – Proudly supported by Hologic  
Professor Matteo Cesari  
Associate Professor of Geriatrics at the Università di Milano and Head of the Geriatric Unit at the IRCCS Istituti Clinici Scientifici Maugeri (Milan, Italy)  
Frailty and COVID-19 in Italy |
| 16:40 – 16:55 | Panel Discussion – All presenters |
| 16:55 - 17:00 | Close  
Associate Professor David Scott |
| 17:00 - 17:45 | Annual General Meeting (AGM) of the Australian and New Zealand Society for Sarcopenia and Frailty Research (for members) (SEPARATE ZOOM LINK FOR MEMBERS) |
KEYNOTE SPEAKERS

Keynote #1: Professor Andrea Maier

COVID-19 response in older hospitalised and aged care adults: the experience from Melbourne.

Professor Maier, a Fellow of the Royal Australasian College of Physicians (FRACP), graduated in Medicine (MD) 2003 from Universität zu Lübeck (University of Lübeck, Germany), was registered 2009 in The Netherlands as Specialist in Internal Medicine-Geriatrics and 2013 was appointed Professor of Gerontology at Vrije Universiteit Amsterdam (VU University Amsterdam, The Netherlands). Since 2016 Professor Maier has served as Divisional Director of Medicine and Community Care at the Royal Melbourne Hospital, Australia, and as Professor of Medicine and Aged Care at the University of Melbourne, Australia. As the Divisional Director of Medicine and Community Care at the Royal Melbourne Hospital, Professor Maier is responsible for the daily management of non-surgical hospital and community services and implementation of novel, efficacious and cost-effective health care models. Professor Maier's research focuses on unravelling the mechanisms of ageing and the interaction of ageing and age-related diseases. During the last 10 years she has conducted multiple European observational and clinical trial studies and has published some 270 peer-reviewed articles, achieving an H index of 48, spearheading the significant contributions of her highly acclaimed innovative, global, multidisciplinary @Age research group. She is a frequent guest on radio and television programs to disseminate ageing research and an invited member of several international academic and health policy committees.

Keynote #2: Professor Matteo Cesari

Frailty and COVID-19 in Italy

Matteo Cesari, MD, PhD is Associate Professor of Geriatrics at the Università di Milano and Head of the Geriatric Unit at the IRCCS Istituti Clinici Scientifici Maugeri (Milan, Italy). He completed the School of Medicine and the Geriatric Fellowship at the Università Cattolica del Sacro Cuore (Rome, Italy). His research activities are focused on the frailty condition and strategies aimed at preventing the disabling cascade. Dr. Cesari is listed by Clarivate Analytics among the worldwide Highly Cited Researchers. He is Editor-in-Chief of The Journal of Frailty & Aging, and Senior Associate Editor of the Journal of the American Medical Directors Association [JAMDA]. He is the coordinator of the European Geriatric Medicine Society (EuGMS) Special Interest Group on “Frailty and resilience in older persons”. Dr. Cesari actively collaborates with the World Health Organization (WHO) on the themes of healthy ageing and integrated care for older persons.
ALLIED HEALTH SYMPOSIUM SPEAKERS

Dr Clint Miller (Accredited Exercise physiologist)
Transitioning to telehealth exercise physiology services during COVID-19

Dr Clint Miller is the deputy course director of the Masters of Clinical Exercise Physiology and the manager of the Deakin Clinical Exercise Centre, Deakin University. He has >15 years of experience as an Accredited Exercise Physiologist specialising in clinically severe obesity and chronic musculoskeletal pain. He has a Bachelor of Human Movement (UTAS), Graduate Diploma Exercise Rehabilitation (Federation University), Masters of Clinical Exercise Physiology (Victoria University) and PhD in the field of clinical exercise physiology (Deakin University). His research activities are focused on optimising clinical exercise approaches for the treatment of chronic low back pain, physical function and body composition. Dr Miller is an early career researcher with 16 publications in the past 5 years.

Kate Fetterplace (Dietitian)
Nutritional management of acutely unwell hospitalised patients with COVID-19

Kate Fetterplace is the Clinical Lead Dietitian at the Royal Melbourne Hospital, with over 15 years’ experience in nutrition support and intensive care. Kate completed a Bachelor of Nutrition and Dietetics in 2005 at Monash University and has recently submitted her PhD thesis for examination at the University of Melbourne titled ‘Protein and energy provision in critically ill adult patients and the impact on nutritional and patient centred outcomes’. Kate is an early career researcher with a proven track record. Over the last 5 years she has co-authored 13 peer-reviewed publications and has obtained ≈ $300,000 of project grant funding. Kate is passionate about clinical care and developing new knowledge to improve the nutritional care of acutely unwell patients in order to improve their outcomes. Kate is also the chair of the Australian Society of Parenteral and Enteral Nutrition (AuSPEN) Education Committee and is a AuSPEN council member.

Lisa Beach (Physiotherapist)
The road to recovery – from critical care to the community. The physiotherapist’s perspective

Lisa Beach is a critical care physiotherapist with over fourteen years of clinical experience and the leader of the cardiorespiratory physiotherapy team at the Royal Melbourne Hospital. She has been responsible for planning and leading the acute physiotherapy response to COVID-19 at the Royal Melbourne Hospital. Lisa graduated with a Bachelor of Physiotherapy from La Trobe University in 2005 and completed her Masters of Physiotherapy (cardiorespiratory) at The University of Melbourne in 2011. Lisa has a strong interest in clinical research, with a particular focus on physical activity and improving functional outcomes of Intensive Care Unit Survivors.
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