

# Curriculum Vitae

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Kathy Minchin

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## Details

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<b>Name:</b>	Kathy Minchin
<b>Business address:</b>	83 Kensington Road Norwood SA 5067
<b>Telephone:</b>	(08) 8232 1788
<b>Qualifications:</b>	Bachelor of Applied Science (Occupational Therapy)
<b>Registration:</b>	Occupational Therapist (AHPRA)

Kathy, an Occupational Therapist (OT) and Practitioner in Hand Therapy, has been treating hand injuries for over 30 years, initially in the South Australian public health sector and subsequently in private practice since 1986. She has extensive experience in managing post-operative conditions pertaining to the wrist and hand and works closely with Plastic and Orthopaedic Surgeons. Areas of special interest include managing the PIP joint, tendon and nerve repairs, joint replacements, arthritis, fractures, wrist injuries and soft tissue injuries in general.

Kathy is a full Member of the Australian Hand Therapy Association (AHTA) and, over the years has held a number of positions within the association. She was the convener of the National AHTA Conference in 2017. In addition, Kathy teaches post graduate Immobilisation and Mobilisation Orthotic Fabrication Certificate courses through the AHTA.

A passionate, dedicated OT who believes in sharing her knowledge. Since 2006 she has been doing voluntary work in Sri Lanka through Interplast, an organisation that sends teams of surgeons, nurses and therapists to developing countries for two weeks at a time. The program provides a mix of hands on surgery/therapy and has a significant educational component.

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## Career History

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### **Private Practice – Adelaide Hand Therapy 1986 – Current**

Director

Operating as a sole practitioner receiving referrals from a Plastic and Orthopaedic Surgeons in Adelaide, as well as General Practitioners and Physiotherapists. In addition, patients may refer themselves for treatment.

Key responsibilities include:

- Management of hand injuries, both conservative and post-operative, acute or chronic.
- Working with other health professionals in the effective treatment of patients.
- Lecturing and teaching medical practitioners and health professionals on therapeutic management of hand injuries.
- Maintaining and updating skills in treating hand injuries
- Undertaking voluntary work overseas in the area of hand injury management.

### **Flinders Medical Centre 1981 – 1985**

Occupational Therapist (OT)

Key responsibilities included:

- Working on the rotating OT rosters and remained on the inpatient/outpatient hand therapy roster after one year.
- Managing pre-and post-operative conditions pertaining to the hand, including conservative management of hand conditions such as arthritis, tendonitis and fractures.
- Assisting with student OT placements as required.
- Preparing reports and liaising with the patient's treating doctor and allied health professionals.

### **SA Health 1978 – 1981**

#### **Eastern Domiciliary Care Service**

A diverse State Government organisation whose aim is to keep people with impairments in their homes.

Occupational Therapist

Key responsibilities included:

- Assessing the needs of individuals who required assistance in order to continue living at home.
- Providing appropriate assistive devices and home services
- Preparing reports and liaising with other allied health professionals

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## Memberships / Committees

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Australian Hand Therapy Association (AHTA)

Interplast Allied Health Working Group

St Andrews Hospital Allied Health Working Group

AHTA Orthotic Fabrication Working Group

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## Teaching Commitments

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AHTA Orthotic fabrication certificate courses – Immobilisation/Mobilisation – weekend course

General Practitioner Upper Limb Training – Sportsmed SA Day Course

Interplast – Sri Lanka - Day conference to therapists

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## Philanthropic Work

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2017	National Colombo Hospital Colombo, Sri Lanka Interplast Australia and New Zealand
2015	Interplast – Sri Lanka
2013	Interplast – Sri Lanka
2011	Interplast – Sri Lanka
2008	Interplast – Sri Lanka
2006	Interplast – Sri Lanka

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## Papers Presented

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- Rehabilitation of the amputated fingertip  
SAHSS
- Traction orthosis for PIP joint intra articular fractures  
SAHSS
- Conservative management of boutonniere deformity  
SAHSS
- Splinting for sporting injuries  
AHTA National Conference
- Management of mallet injuries  
AHTA National Conference
- Conservative management of boutonniere deformities  
AHTA National Conference
- Therapeutic management of MCP arthroplasties  
AHTA National Conference
- The case for splinting the arthritic hand  
7<sup>th</sup> APLAR Congress of Rheumatology – Indonesia
- Hand splinting options for the rheumatoid hand  
Australian Rheumatology National Conference
- Therapeutic management of the hand  
General medical practitioner seminar, Mt Gambier
- Hand therapy for arthritis in the hand  
Arthritis Foundation SA
- DIP joint arthroplasty  
SA AHTA Interest Group
- Biomechanics of the rheumatoid MCP joint  
SA AHTA Interest Group
- Metacarpal fractures  
SA AHTA Interest Group

- Conservative management of acute finger injuries  
St Andrews emergency department
- De Quervain's Tenosynovitis – management and RTW considerations  
Workcover/OT Australia
- Management of sporting injuries to the finger  
Sports Medicine Australia – SA Branch
- Conservative management of trigger finger  
SA AHTA Interest Group
- The role of the hand therapist – 2 hours  
Massage therapists
- Custom made upper limb braces for sport  
Sports trainers – Sportsmed SA
- Hand therapy workshop  
General medical practitioner workshop Sportsmed SA x 3
- Interplast in Sri Lanka  
Rotary Clubs – Blackwood, West Lakes
- Sri Lanka presentations – 1 hour each paper  
Occupational Therapists in Sri Lanka
  - Hand therapy and rehabilitation
  - Splinting the hand
  - Extensor tendon rehabilitation
  - Flexor tendon rehabilitation
  - The rheumatoid hand
  - Graded motor imagery
  - Sensibility
  - Tips and tricks – pearls
  - New methods of managing hand injuries
  - The thumb CMC joint
  - Wrist instability
  - PIP flexion contracture

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## Further Education / *Active participation*

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**2017**

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*Convener AHTA Conference*

February 18<sup>th</sup>

GP Workshop Sportsmed SA

Clinical assessment of common musculoskeletal conditions – upper limb

*Hand therapy workshop presented to small groups of 5 doctors and repeated*

June 24<sup>th</sup> – July 1<sup>st</sup>

Trip to Sri Lanka

*Full day conference to 30 Occupational Therapists – wrist, orthotic workshop, tendon repair*

August 25<sup>th</sup>

SAHSS Annual Meeting

Flinders University

Invited speaker: Dr Jason Harvey

September 22 – 24<sup>th</sup>

National AHTA Conference Adelaide

'Connecting Pathways....firing up your nerve potential'

Keynote – Christine Novak, Canada

*Convener*

**2016**

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*Convener 2017 AHTA Conference*

- February 13<sup>th</sup> GP Workshop Sportsmed SA  
Clinical assessment of common musculoskeletal conditions – upper limb  
*Hand therapy workshop presented to small groups of 5 doctors, repeated*
- August 26 – 28<sup>th</sup> National AHTA Conference Sydney  
'Tendons: Moving to Mastery'  
Keynote – Fiona Peck, UK
- October 21<sup>st</sup> – 22<sup>nd</sup> *Mobilisation Orthotic Fabrication AHTA Certificate Course over 2 days*
- November SAHSS Annual Meeting  
Invited speaker – Dr Wolfgang Heiss-Dunlop

**2015**

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- May 23<sup>rd</sup> – June 1<sup>st</sup> Trip to Sri Lanka
- October 16 - 18 National ATHA Conference – Perth  
'Broadening Horizons – New trends in upper limb therapy'
- November 25 SAHSS Annual Meeting  
Invited speaker – Dr Marc Garcia-Elias

**2014**

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*Divisional Representative  
AHTA – South Australia*

October National AHTA Conference – Gold Coast  
'Gold Standards in Hand Therapy'  
Keynote – Joy McDermid

November SAHSS Annual Meeting  
Invited speaker – Dr Claudia Gschwind

**2013**

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*Divisional Representative  
AHTA – South Australia*

March 4 – 8<sup>th</sup> IFSHT – New Delhi, India

June *Immobilisation Orthotic Fabrication Certificate Course AHTA –  
2 day course*

July – 2 weeks Sri Lanka – *Full day conference to 40 OT's, ½ day workshop to  
doctors, Hand Therapy presentation to doctors and therapists*

October National AHTA Conference – Lorne, Victoria  
'Biomechanics of the Upper Limb'  
Keynote – Sarah Mee from UK

November SAHSS Annual Meeting  
Uninvited speaker – Dt Stuart Kirkham

July 7<sup>th</sup> – 15<sup>th</sup> Trip to Sri Lanka

**2012**

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*Divisional Representative*  
*AHTA - South Australia*

October 12 – 14<sup>th</sup>                      National AHTA I Conference – Adelaide  
‘Improving our practice: An evidence based approach’  
Keynote speaker – Susan Blackmore

November                              Dynamic Taping – Sonia Offord

**2011**

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October 14<sup>th</sup> -16<sup>th</sup>                      National AHTA Conference – Sydney  
‘Pain – A walk in the park’  
Keynote – Lorimer Moseley

September 3<sup>rd</sup> - 18<sup>th</sup>                      Trip to Sri Lanka for 2 weeks – *presented full day seminar to*  
*OT's, ½ day workshop to doctors, part of full day conference*  
*for doctors and therapists*

October                                      National AHTA Conference Sydney

November 18<sup>th</sup>                              SA Hand Surgery Society Annual Meeting – one day at Winery  
in McLaren Vale  
Invited speaker - Dr Jeff Ecker

**2010**

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August 27 – 28                      *Immobilisation Orthotic Fabrication AHTA Certificate Course presented*

September                              Management of wrist fractures and soft tissue day workshop  
Presented by Ben Cunningham

October                                  National AHTA Conference – Perth  
'Multi-trauma'  
Keynote – Zoe Clift, UK

**2009**

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October                                  SAHSS Annual Meeting  
Invited speaker – Dr James Masson

October                                  National AHTA Conference – Brisbane  
'Pearls and Pitfalls'

**2008**

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October 23 – Nov 11                  Second trip to Sri Lanka for two weeks - *Presented all day seminar to OTs on splinting and nerve repair and presentation to doctors on Hand Therapy*

**2007**

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March 11 - 15                          IFSSH & IFSHT Conference – Sydney

August 26 – 27                        *Immobilisation Orthotic Fabrication AHTA Certificate Course presented*

November                                SAHSS Annual Meeting  
Invited speaker – Dr Greg Couzens

**2006**

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*SA divisional Coordinator AHTA  
Committee member for 2006 National AHTA Conference*

- February 22<sup>nd</sup> SA AHTA Interest Group Meeting  
Report on American Conference 2005 – Sue Caragianis
- February 25<sup>th</sup> – March 11<sup>th</sup> Interplast trip to Sri Lanka
- February 28<sup>th</sup> *Day conference to Occupational Therapists in Sri Lanka*
- March 3<sup>rd</sup> *Day conference with doctors on Hand Trauma to 100 doctors  
and therapists- 20 minute paper presented*
- March 4<sup>th</sup> *Day workshop – 4 x 1 hour workshop on hand splinting to  
groups of 6 doctors*
- March 22<sup>nd</sup> SA AHTA Interest Group Meeting  
Quiz on Sports Injury in the Upper Extremity – Janet Dindler
- May 22<sup>nd</sup> *Sportsmed SA Presentation to sports trainers  
MAKING BRACES FOR SPORT*
- May 24<sup>th</sup> SA AHTA Interest Group Meeting  
Accelerating Fracture Healing with the Use of Ultrasound –  
Prof Bill Walsh
- June 21<sup>st</sup> SA AHTA Interest Group Meeting  
Manual Oedema Mobilisation – Helen Burfield
- July 19<sup>th</sup> SA AHTA Interest Group Meeting  
Pharmacology and CRPS Research – Prof Paul Rolan
- August 30<sup>th</sup> Electrotherapy for acute and chronic pain management –  
Steve Coleman and Lucy Chipchase

August 23 <sup>rd</sup>	SA AHTA Interest Group Meeting Mechanical shoulder pain – Abi Baker
September 12 <sup>th</sup>	SAHSS Meeting PIP Joint Arthroplasty
September 20 <sup>th</sup>	SA AHTA Interest Group Meeting Brachial plexus injury – Mr Tim Proudman
October 20 <sup>th</sup>	SAHSS Annual Meeting Sebel Playford, North Tce, Adelaide Invited speaker – Dr Steven Zadow
October 28 & 29 <sup>th</sup>	<i>Presented Level 1 AHTA Splinting Workshop with Birgit Svens</i>
November 2 <sup>nd</sup>	Pre conference workshop – Margareta Persson – Splinting
November 3 <sup>rd</sup> – 5 <sup>th</sup>	National AHTA Conference National Wine Centre, Adelaide GET A GRIP ON ARTHRITIS <i>Conference committee</i>

**2005**

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	<i>SA AHTA Divisional Coordinator Conference committee for 2006 National AHTA Conference</i>
March 9 <sup>th</sup>	SA AHTA Interest Group Meeting CRPS – Brainstorming by therapists
April 13 <sup>th</sup>	SA AHTA Interest Group Meeting Anatomy of the elbow – Helen Burfield
May 11 <sup>th</sup>	SA AHTA Interest Group Meeting Therapeutic and sports taping – Chris Hampel
June 8 <sup>th</sup>	SA AHTA Interest Group Meeting Remedial Massage Techniques – John Stamalous

July 6 <sup>th</sup>	SA AHTA Interest Group Meeting Current research in RA – Nicola Massy-Westropp
August 10 <sup>th</sup>	SA AHTA Interest Group Meeting Diagnostic ultrasound – Kerry Thoires
August 16 <sup>th</sup>	<i>PRESENTATION ON DE QUERVAINS TENOSYNOVITIS</i> OT Australia – Upper Limb Series
September 14 <sup>th</sup>	SA AHTA Interest Group Meeting Report on European Hand Meeting – Birgit Svens
October 21 – 23	National AHTA Conference – Sydney 'Hands on trauma'
November 11 <sup>th</sup>	SAHSS Annual Meeting Invited speaker – Dr Mark Ross
November	National AHTA Conference HANDS ON TRAUMA Coogie Beach, Sydney

**2004**

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*SA AHTA Divisional Representative*

August 30 <sup>th</sup>	SAHSS Meeting CMC Joint symposium
November 5 – 7	National AHTA Conference Fremantle, Western Australia THE SENSATIONAL HAND -NERVE INJURY – Repair and Rehabilitation Keynote speaker: Birgitta Rosen OT Sweden
November 12	SAHSS Annual Meeting Mount Lofty House, Adelaide Keynote speaker: Professor Alistair Rothwell, Christchurch, NZ

**2003**

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*SA AHTA Divisional Representative*

*Presentation to Massage therapists on HAND THERAPY – 2 hours*

November 7

SAHSS Annual Meeting – AAMI Stadium  
Invited speaker –Dr Roland Hicks, ortho Newcastle NSW

**2002**

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March 15 – 18

National AHTA Conference  
Sheraton Mirage, Seaworld, Queensland  
Keynote speaker: Jane Fedorczyk

May 1

SA AHTA Interest Group Meeting  
*Personal presentation – Trigger finger*

May 8

Sports Medicine Australia – SA Branch  
*Personal presentation – Finger injuries, 1 hour*

June 5

SA AHTA Interest Group Meeting  
Case studies – ulna replacement, AVN humerus

September 4

SA AHTA Interest Group Meeting  
Evidence based management – Denise O'Connor

October 25

SAHSS Annual Meeting  
Adelaide Oval, SA  
Keynote speaker: Dr Bruce Johnstone, Victoria

**2001**

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February	SAHSS Meeting Guest speaker – Professor Alain Gilbert
March 27	The Upper Limb Series from Structure to Function – Workcover/OT Australia <i>Personal presentation – ½ hour: De Quervains – management and return to work considerations</i>
April 11	SA AHTA Interest Group Meeting Upper limb scoring systems – Denise O'Connor
May 9	SA AHTA Interest Group Meeting  DRUJ Instability – Marion Turner
June 6	SA AHTA Interest Group Meeting Objective evaluation and outcomes in hand and upper limb injury and surgery – Margaret McMahon
November 9	SAHSS Annual Meeting Stamford Grand, Glenelg, SA
November 9 – 11	National AHTA Conference Stamford Grand, Glenelg, SA PAIN MANAGEMENT Anatomical Workshop with 4 surgeons <i>Conference committee member</i>

**2000**

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March 15	SA AHTA Interest Group Meeting Evidence based research – Margaret McMahon
April 11 <sup>th</sup>	Nerve compression lecture Christine Novak, Canada
April 18 <sup>th</sup>	SA AHTA Interest Group Meeting

- Nerve Conduction Studies  
Speaker – Dr David Cullum
- May 8 SAHSS Meeting  
Review of Australian Hand Surgery Society Meeting,  
Melbourne
- May 10 ORFIT Splinting Workshop – Advanced splinting rationales  
and techniques – Paul Van Lede, Belgium  
Chiffley Hotel, South Tce, Adelaide
- May 17 SA AHTA Interest Group Meeting  
Nerve Conduction Studies - Dr David Cullum
- June 21 SA AHTA Interest Group Meeting  
*Personal presentation – DIPJ Arthroplasty*
- July 3<sup>rd</sup> SAHSS  
Value of hand therapy
- July 19 SA AHTA Interest Group Meeting  
Extensor tendon repairs – Birgit Svens
- August 16 SA AHTA Interest Group Meeting  
Upper limb and hand taping techniques – Helen Burfield
- September 20 SA AHTA Interest Group Meeting  
LPM Finger prosthesis – Janet Dindler
- October 27 – 29 National AHTA Conference  
Hotel Sofitel, Melbourne, Victoria  
ACUTE UPPER LIMB TRAUMA  
Keynote speaker: Karen Stewart-Pettengill

**1999**

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- March 17                      Arthritis Foundation SA  
*Personal presentation – OT and arthritic shoulder pain*
- March 19                      National AHTA Conference  
Adelaide Convention Centre, Adelaide  
CLINICAL REASONING CONFERENCE  
Keynote speaker: Judi Carr, PT School, Uni SA
- March 20                      Australian Hand Surgery Society Annual Scientific Meeting  
Keynote speaker: Professor R Gelberman
- September 22                Arthritis Foundation SA  
*Personal presentation – Hand therapy for arthritis in the hand*
- October                        National AHTA Conference – Sydney  
'Sporting injuries of the hand and upper limb'

**1998**

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- June 26 – 27                Professional Medico Legal Issues Workshop  
Michelle French
- October                        National AHTA Conference – Perth  
'Biomechanics of the upper limb'  
Keynote – Shrikant Chinchalkar, Canada
- November 20                SAHSS Annual Meeting  
Royal Australasian College of Surgeons, North Adelaide  
Keynote speaker: Mr Luis Scheker, Institute for Hand and  
Micro Surgery, USA

**1997**

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- November 21                SAHSS Meeting  
Invited speaker – Dr David Stabler

**1996**

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- September 19 – 24            NERVES AND THE UPPER QUADRANT  
AHTA Conference – Cairns, Queensland  
Keynote speaker: Anna Mae Tan, San Diego, USA
- September 22 – 26            Combined Australian and New Zealand Hand Surgery  
Societies Scientific Meeting- Cairns  
Keynote speaker – Dr William Cooney
- November 22                    SAHSS Annual Meeting  
Invited speaker – Dr Tony Berger

**1995**

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- March                            Combined meeting Aust Hand Surgery Society and AHTA  
Katoomba, NSW
- March                            National AHTA Conference  
Sydney, NSW  
*Personal presentation – Mallet finger management*
- October 21                      SURGICAL OPTIONS FOR THE TETRAPLEGIC HAND  
Dr Gerard Sormann, Senior plastic surgeon, Austin Hospital,  
Melbourne
- November 24                    SAHSS Annual Meeting  
Keynote speaker: Harold Kleinert MD

**1994**

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- August 24 - 29                National AHTA Conference  
Noosa, Qld
- December 12                    Hand and Upper Limb Management – surgical and therapy  
Mount Gambier, SA  
*Presentation on Therapeutic management of the hand*

**1993**

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- May 25 – 28                      Annual Conference Australian Rheumatology Conference –  
Adelaide  
*Presented on Hand Splinting Options*
- November 10 – 13                AHTA combined meeting with AHSS  
Katoomba, NSW
- November 26                      SAHSS Meeting

**1992**

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- First Semester Uni SA            *Presented Post Graduate Orthotics Course to OT's – 60 hours*
- September 15                    7<sup>th</sup> APLAR Congress of Rheumatology  
Nusa Dua, Bali, Indonesia  
*Personal presentation – The case for splinting the arthritic  
hand*
- October 30                        National AHTA Conference Adelaide  
Sporting injuries
- November 27                      SAHSS Annual Meeting

**1991**

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First semester Uni SA      *Presented Post Graduate Orthotics Course to OT's – 60 hours*

February 27                      SA Hand Surgery Society (SAHSS) Annual Meeting  
Ramada Grand, Glenelg, SA

August 16                        SA Hand Surgery Society Meeting

November 11                    National AHTA Conference Sydney  
Keynote speaker: Judy Colditz, OT, USA  
*Presented paper on 'The management of Boutonniere deformity'*

**1992**

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November 11<sup>th</sup>                National AHTA Conference

**1988**

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*Secretary/Treasurer AHTA*

**1987**

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February 28<sup>th</sup>                National AHTA Conference Adelaide

**1986**

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March 16 – 19

Surgery and Rehabilitation of the Hand  
Wyndham Franklin Plaza Hotel, Philadelphia, Pennsylvania,  
USA  
Keynote speaker: Sir Sydney Sunderland, Australia and Dr  
Paul Brand

October 3<sup>rd</sup>

Australian Hand Therapy Association (AHTA) Conference  
combined with Australian Hand Club (now Australian Hand  
Surgery Society)  
'Tendon repair and the stiff hand'  
Invited speaker – Professor Graham Lister