

# INFORMATION ON ACTIVITIES FROM THE QUEEN ELIZABETH HOSPITAL FOR POST POLIO SURVIVORS IN SOUTH AUSTRALIA

Dr Nigel Quadros

Department of Rehabilitation Medicine

The Queen Elizabeth hospital & Hampstead Rehabilitation Centre

# OUTLINE OF PRESENTATION

1. POST POLIO CLINIC TQEH
2. POST POLIO REHABILITATION PROGRAM AT GRIFFITH REHABILITATION HOSPITAL
3. EDUCATIONAL ACTIVITIES RELATED TO POLIO SURVIVORS
4. CURRENT STATUS OF THE RESEARCH PROJECT ON POLIO SURVIVORS
5. FUTURE DIRECTIONS

# POST POLIO CLINIC TQEH & INPATIENT PROGRAM AT GRIFFITH REHABILITATION HOSPITAL

## Post polio Clinic TQEH

Clinic held on Mondays afternoon at QEH, no out of pocket cost incurred, including investigations, GP referral is essential. Aim is to open another session on Wednesday afternoon for people involved in the research studies

## Post polio rehabilitation program at Griffith rehabilitation Hospital

Program has been running since January 2019 and so far we have seen 20 patients

- ▶ Inpatient program length 7-14 days or longer depending on **private health fund**
- ▶ Fully supervised individually tailored program and includes hydrotherapy
- ▶ Services include: physiotherapy, OT, Speech, Dietician, psychology & orthotics as needed
- ▶ Full medical evaluation and management of new problems in liaison with your GP
- ▶ To be eligible you must have : private insurance, **letter of referral to Dr N Quadros by GP**
- ▶ Contact Griffith rehabilitation on: 8179 4200 and ask for post polio program coordinators

# EDUCATIONAL ACTIVITIES RELATED TO POLIO SURVIVORS

Liaison with Paul Cavendish from polio Australia and involved in all educational sessions conducted by him in SA

Teaching medical students and junior doctors (University of Adelaide) of impact of late effects of polio on aging people

Aim is to set up educational sessions for GP's with aid of polio Australia

Write a medical review on current understanding of post polio syndrome in Australian Family Medicine journal which is read widely by general practitioners and other medical colleagues

# CURRENT STATUS OF THE RESEARCH PROJECT ON POLIO SURVIVORS

We are screening for sarcopenia in aging polio survivors. It is a condition associated with aging and defined as loss of muscle mass, strength and function.

## **Research Hypothesis**

What role does sarcopenia have in the functional decline of polio survivors?

- ▶ Recruitment began late 2017 with information sessions, by mid 2018 ethics approval obtained and 100 volunteers for the study recruited
- ▶ We have done a pilot study involving screening of 30 post polio survivors
- ▶ Interesting results with 12 of 30 people found to be sarcopaenic
- ▶ Results to be submitted for publication in an international journal in next 2-3 weeks

# CURRENT STATUS OF THE RESEARCH PROJECT ON POLIO SURVIVORS

Results of study presented at international meetings

- ▶ Asia & Pacific Rehabilitation Medicine conference Auckland November 2018
- ▶ International Society of Physical Medicine & Rehabilitation 2019 – Post polio workshop, Kobe (Japan) June 2019

Further International and local presentation

- ▶ European Geriatric Medicine society conference Krakow (Poland) September 2019
- ▶ Australia & New Zealand society of rehabilitation Medicine annual meeting in Adelaide October 2019

# FUTURE DIRECTIONS

1. Submission for funding of project from the hospital research Grant funding body  
September 2019
2. Larger scale research funding application from Australian Research Council with support from Paul Cavendish and endorsement from polio Australia and Polio SA
3. Complete the screening for sarcopenia in the remaining 70 volunteers
4. Commence implementation of treatment of sarcopenia in these individuals by designing specific exercise programs, address nutritional status
5. Develop programs similar to Griffith hospital that are accessible to public funded patients focusing on “the whole person” and hopefully listening the polio survivors needs
6. Develop a polio medical information and registry for survivors and provide readily available information on PPS to medical & allied health practitioners
7. **Reach out to young migrant polio survivors by providing educational sessions to them as well as hopefully preventing their functional decline as they age.**

# ACKNOWLEDGEMENTS

POLIO SA COMMITTEE

POLIO AUSTRALIA

MR PAUL CAVENDISH

MR JEFF MILLEN (PHYSIOTHERAPIST GRIFFITH HOSPITAL)

RESEARCH COLLEAGUES

Dr Kandiah Umapathysivam (SIVAM), Dr Solomon Yu, Dr Mahesh Umapathysivam & Prof Renuka Visvanathan ( QEH)

**MOST IMPORTANTLY VOLUNTEERS WHO HAVE AGREED TO PARTICIPATE IN OUR RESEARCH PROJECT**