Systemic Lupus Erythematosus & Exercise Podcast

This professional development provides an overview of the chronic illness Systemic lupus erythematosus (SLE), a condition in which the immune system mistakenly attacks normal, healthy tissues including the skin, joints, kidneys and lining of the heart and lungs, causing ongoing inflammation and pain. This presentation will give you an understanding about the invisible illness, Lupus.

Due to the unpredictability of the disease and the potential risk for severe organ involvement, exercise prescription requires different considerations to allow for health benefits and for safety. We will explore the role of exercise in SLE patients and the ways it can manage the most common symptoms and improve a person’s quality of life. Exercise is especially important for people with lupus however, unsupervised exercise or too much exercise, too fast, can harm their health. Learn what to look for through case studies, to prescribe the ‘just right’ program for your client.

The recording is of a webinar presented by ESSA on 10 November 2017.

Presented by Stephanie Frade  
BAppSci (Ex.Sci) & M.ExPhys

Stephanie is enthusiastic and passionate about holistic health and exercise. She has completed a Bachelor degree in Exercise Science and Masters degree in Exercise Physiology at the Australian catholic university (ACU) and is a trained Pilates instructor. She has worked with private musculoskeletal patients as an Exercise Physiologist and has taught both group and private clinical Pilates. She is currently working as an educational tutor at the Australian catholic university teaching 1st and 2nd year Exercise Science students, working as an Exercise Physiologist at Bodyfocus physiotherapy and instructing group Pilates classes in several locations. Stephanie has also had clinical experience in delivering exercise to patients with diabetes, cardiopulmonary disease, cerebral palsy, and spinal cord injury.

Stephanie has a special interest in auto-immune disease and exercise and is continuously finding current research in this field to educate others and help improve the quality of life of these patients. Not only is Stephanie an expert in this area through her education history and continuing research but she also has personal experience in living with systemic lupus herself.

Costs per person

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<tr>
<th>Category</th>
<th>Cost</th>
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<tr>
<td>ESSA Member</td>
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<td>Student Non-Members</td>
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Registration is now available online or via the manual form attached.

Important Information

Target Audience: Any Accredited Exercise Physiologist

Access to Podcast: You will be provided all information to access this podcast with your registration confirmation email.

Assessment: To earn your CPD Points, successful completion of an assessment is required within 60 days from purchase.

Audience Disclaimer: All accredited persons, regardless of any professional development completed/attended must refer to their accreditation’s Scope of Practice, and only treat/practice within the same.
Manual Registration Form

Online registration is available at ESSA Professional Development Centre

Once completed, please return to ESSA at education@essa.org.au or fax 07 3318 7666

One form per person

Systemic Lupus Erythematosus & Exercise Podcast

Title: _______ First Name: ___________________ Surname: ___________________ ESSA #: _______

Address: _______________________________________________________________

City: __________________________________ State: _______ Postcode: _______

Phone: __________________ Fax: __________________

Mobile: ___________________ Email: ___________________

Registration:

☐ ESSA Member $30.00

☐ Non-Member $50.00

☐ ESSA Student Member $15.00

☐ Student Non-Member $25.00

Payment Details:

Payment can be made by credit card, by a cheque/money order or direct deposit.

TAX INVOICE

☐ Please forward me a tax invoice for payment

CHEQUE

☐ I have attached a cheque (Made payable to “Exercise & Sports Science Australia”)

CREDIT CARD

I authorise ESSA to debit the following card for the amount of $____________ plus a 1.2% merchant fee

☐ Visa ☐ MasterCard

Card number: __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ Expiry: __ / __

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Confirmation

You will receive a confirmation via email within 5 working days of your registration and payment being received by ESSA. If you do not receive a confirmation letter, please contact ESSA education@essa.org.au.

Registration Fees

All registration fees are listed within the marketing material and registration form.

ESSA Member: Applicable to all current financial ESSA members.

Non-Member: Applicable to anyone, including accredited persons, who are not current financial ESSA members.

ESSA Student Member: Applicable to any ESSA Student Member, or current financial full ESSA member and a full time student (within our scope of practice at university institution). If full member, please complete the manual form and provide a copy of your student ID. Without this information, the member rate will apply.

Student Member: Applicable to full time students, studying within our scope of practice, at a university institution. Student ID required.

Payment Policy

• All Professional Development must be fully paid before registration is confirmed

• Payment can be made via cheque, direct deposit or credit card (Visa and MasterCard only)

• Payment made via credit card will incur a non-refundable 1.2% merchant fee

Access

This podcast will be available to 31 December 2018. After this date, the podcast will be disabled. If you do not access the podcast within this timeframe, no refunds will be provided. ESSA reserves the right to disable this podcast at anytime with 30 days notice.

Substitution Policy

No substitute delegates are allowed for podcasts

Cancellation Policy

100% cancellation policy applies to all podcast purchases.

Registration Numbers

All of ESSAs professional development have a strict maximum number. Once this number is reached, no further registrations will be accepted. A waitlist will be offered if this occurs.

Correct at time of printing: 25 January 2018