

ME Awareness Day 2025

Webinar Event

How to Care for ME



Thursday, 29 May 2025
Start at 6:00 pm (Qld time)



Program

Speaker	Time	Length	Topic
Opening			
Julie Hughes <ul style="list-style-type: none"> Occupational Therapy Advisor to MEGA Board Lecturer in Occupational Therapy at Australian Catholic University (ACU) 	06:00 pm	10 min	Welcome. Acknowledgement to country. Housekeeping
Presentations			
Dr Kevin Lee <ul style="list-style-type: none"> BSc (Medicine), MBBS, MHS (Clin Epi), FRACP (Endocrinology & Nuclear Medicine) Specialist Physician Endocrinologist & Nuclear Medicine Physician Subject Matter Expert for HealthPathway for Myalgic Encephalomyelitis/Chronic Fatigue Syndrome (ME/CFS) (Some Qld PHN regions) 	06:10 pm	30 min	POTS/dysautonomia, MCAS, hypermobility. Dr Kevin Lee will generously share his expertise to advanced Health Professionals to understand the POTS/dysautonomia, MCAS, hypermobility. Important Notice/Disclaimer: <ul style="list-style-type: none"> At Dr Lee's request, his presentation will not be shared on YouTube and our social media after the event. Dr Lee's presentation is for informational or educational purposes only and do not substitute professional medical advice or consultations with healthcare professionals.
Q & A	6:40 pm	10 min	

Associate Professor Danielle Hitch PhD <ul style="list-style-type: none"> • Occupational Therapist & Health Economist • Associate Professor • Faculty of Health/School of Health and Social Development/Institute for Health Transformation • Deakin University 	6:50 pm	15 min	Long COVID – Where we are at and where we are going <p>Dani will provide an overview about Long Covid, its relationship to ME, and key take aways from the work of the Western Health COVID-19 Recovery Collaboration (comprising academics, clinicians and lived experience experts).</p> <p>Her review will cover its impact on participation in daily life, the experiences of culturally and linguistically diverse communities and reflections on the meaningful inclusion of lived experience experts in both research and the production of an upcoming rehabilitation textbook.</p> <p>The presentation will end with reflections on where research is going in the Long COVID space, and its relevance to ME.</p>
Q & A	7:05 pm	5 min	
Dr Todd Davenport PhD <ul style="list-style-type: none"> • PT, DPT, PhD, MPH, OC • Professor • Department of Physical Therapy, School of Health Sciences • University of the Pacific, California, United States 	7:10 pm	20 min	A Crash Course in PENE <p>Dr Todd Davenport will kindly share his expertise knowledge and pathophysiology on Post Exertional Neuroimmune Exhaustion (PENE), widely known as Post Exertional Malaise (PEM).</p> <p>Health Professionals can confidently engage in discussion with their patients/clients with better understandings and insights on PENE from the presentation.</p> <p>Because of the time difference, Dr Davenport's valuable presentation will be pre-recorded.</p>
Dr Soraia de Camargo Catapan PhD <ul style="list-style-type: none"> • PhD, MPhil Public Health, BPharm, GCPM • Research Fellow • Lecturer • Centre for Online Health, Centre for Health Services Research • Faculty of Health, Medicine & Behavioural Sciences 	7:30 pm	15 min	Telehealth & Digital Healthcare: Clinical Effectiveness and Consumer Trust in Practice <p>This presentation by Dr Catapan highlights key findings from recent research into telehealth and digital healthcare, with a focus on consumer trust, clinician use, and modality effectiveness.</p> <p>Drawing from her work with the Centre for Online Health at The University of Queensland, Dr Catapan explores the comparative use of telephone and video consultations, revealing that while video is the most clinically effective modality,</p>

<ul style="list-style-type: none"> University of Queensland 			<p>telephone consultations garner significantly more trust and confidence from consumers. Barriers to video uptake include perceived patient limitations and additional clinician workload. The presentation also examines consumer concerns around data privacy and fragmented information in digital health systems.</p> <p>Insights from the Telehealth Consumer Reference Group underscore the importance of consumer preparedness, voice, and choice in digital healthcare. The talk concludes with practical takeaways to inform telehealth practice, aiming to foster more trusted, accessible, and effective virtual care services.</p>
Q & A	7:45 pm	5 min	
Closing			
Julie Hughes	7:50 pm	10 min	Closing Speech

Presenters

Presenter	Bio
Host	
Julie Hughes 	<p>Julie Hughes has been an occupational therapist for over thirty years.</p> <p>She has a long standing interest in ME and has worked in this area as both a clinician and researcher.</p> <p>She studied in Brisbane but then lived and worked in the UK for many years before returning to live in QLD in 2017 where she commenced as a Lecturer in Occupational therapy on the Australian Catholic University (ACU) campus in Brisbane.</p> <p>She is the occupational therapy advisor for MEGA.</p>
Dr Kevin Lee 	<p>Dr Kevin Lee is a dual-trained Specialist Physician in Endocrinology/Diabetes, and Nuclear Medicine, with the Qscan group- based in SEQ but visits Canberra monthly.</p> <p>He completed his medical degree in Sydney and pursued postgraduate training across Queensland. He holds a Master of Health Studies in Clinical Epidemiology and is a Fellow of the Royal Australasian College of Physicians.</p> <p>As a clinical endocrinologist, Dr Lee has managed Myalgic Encephalomyelitis, SORSHOT (Syndrome of residual symptoms of hypothyroidism on T4), both before the COVID-19 pandemic and now in the context of long COVID, dysautonomia.</p> <p>His expertise in nuclear medicine and PET imaging, particularly in neuroimaging, provides him with unique insights into ME and related disorders.</p>

Associate Professor Danielle Hitch PhD



Associate Professor Danielle Hitch works in a joint position with Deakin University and Western Health. She is an occupational therapist and health economist with over 25 years experience in the Australian and United Kingdom health systems.

Danielle's research interests include Long COVID, optimising participation in daily life and social justice.

Dr Todd Davenport PhD



Dr. Todd Davenport, PhD, DPT, MPH, is a distinguished professor and researcher specialising in physical therapy and rehabilitation sciences. He serves as a tenured professor in the Department of Physical Therapy at the University of the Pacific in Stockton, California, where he also chairs the Doctor of Physical Therapy program.

Dr. Davenport has dedicated much of his research to understanding Myalgic Encephalomyelitis (ME), focusing on its physiological impacts and rehabilitation strategies. His work has contributed to advancing clinical approaches for managing ME, including studies on chronotropic intolerance and functional capacity evaluations.

He is actively involved in professional organizations, including the Workwell Foundation and the International Association for Chronic Fatigue Syndrome/Myalgic Encephalomyelitis.

Dr. Davenport's expertise and commitment to improving patient outcomes make him a valuable voice in the ME community, offering insights into evidence-based rehabilitation and advocacy for those affected by the condition.

**Dr Soraia de Camargo Catapan
PhD**



Dr Catapan is a Research Fellow and Lecturer at The University of Queensland (UQ) Centre for Online Health (COH).

Living in Australia since December 2019, she concluded her PhD in 2021 and her thesis focused on the implementation of video consultations for specialised care in Brazil.

At the same time, she was actively involved in the development and implementation of a digital model of care for people with type 2 diabetes in a major hospital in Queensland.

Dr Catapan postdoc's work focused on trust and confidence in telehealth and digital health, equity of access to telehealth and consumer involvement in research.



**Myalgic
Encephalomyelitis**
Group Australia



Website: megrouppaustralia.org.au
Email: Info@megrouppaustralia.org.au
ABN: 36 649 612 233