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News from ASPAH Executive Committee

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**ASPAAH**

Australian Society for  
Performing Arts Healthcare

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## LETTER FROM THE EDITOR

Dear <<First Name>>,

Since our last newsletter there is now a lot of uncertainty in the world, particularly for performing artists, and we hope all of our members and the broader community are able to look after themselves and each other. This newsletter includes our recent [Call for Abstracts](#), information and advice about [coronavirus](#) for performing artists, an opportunity to [win a free ASPAH membership](#), and more!

Members are encouraged to send in their upcoming events, articles, news, and relevant advertisements to be included in this bi-monthly newsletter, free of charge. Simply email content to [media@aspah.org.au](mailto:media@aspah.org.au) by 30 April to be considered for publication in the next issue.

Keep healthy and well!

Camilla

### IN THIS NEWSLETTER

1. Conference 2020 - Call for Abstracts
2. Coronavirus Information and Advice for Performing Artists
3. Survey - What Dates Suit You Best for 2021?
4. Welcome Aboard Fleur van Rens!
5. Latest MPPA titles

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# **CALL FOR ABSTRACTS**

## **2020 VISION FOR PERFORMING ARTS HEALTHCARE**

**BRISBANE CONVENTION &  
EXHIBITION CENTRE  
28 - 29 NOVEMBER, 2020**

READ MORE/SUBMIT ONLINE:  
[aspah.org.au/abstracts](http://aspah.org.au/abstracts)

**SUBMISSIONS CLOSE 5pm,  
FRIDAY 12 JUNE, 2020**



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## CORONAVIRUS INFORMATION AND ADVICE FOR PERFORMING ARTISTS

The coronavirus crisis is an impossible dilemma for performing artists. Your job depends on staying well and on doing the one thing the authorities are saying not to do; bringing people together. Coronavirus threatens both. This advice sheet, written in mid-March 2020, is intended to inform performing artists in Australia what we do know about COVID-19 and to help you make decisions in balancing your life as performers against the risk of infection.

The situation with coronavirus in Australia is rapidly changing. New information and new statistics are released every day. On the other hand, infectious respiratory diseases are extremely common and a lot of what we know about them applies to this new threat. The obvious comparison is with seasonal influenza, another very dangerous disease we take for granted. At the time of writing, COVID-19 has been responsible for 7000 deaths amongst 180,000 proven cases. Compare this with US Centre for Disease Control and World Health Organisation estimates of between 290,000 and 650,000 deaths worldwide from seasonal flu each year, with many hundreds of these deaths in Australia.

It seems like the world has gone mad but behind it all there are things we do know and principals of infection control that are well established. This document intends to put that together, particularly if you work in the performing arts industry.

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## HAVE YOUR SAY

When would you like  
us to schedule our  
2021 Conference?

**WIN 1 YEAR FREE  
ASPAH MEMBERSHIP!**

Let us know at:

<https://www.surveymonkey.com/r/LPQL982>

Survey closing 30 April, 2020



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**COMPLETE SURVEY**

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**We are delighted to have Fleur's support in our working groups this year.**



Dr. Fleur van Rens is a sports psychology lecturer at Murdoch University and an aerial acrobat. Within the performing arts, Fleur's work concerns the wellbeing, mental health, and safety of contemporary circus artists. Fleur completed a BSc. in Social and Organisational Psychology at Utrecht University, a MSc. in Social Psychology at Tilburg University, a MSc. in Sport and Exercise psychology at Bangor University, and a PhD at Victoria University about wellbeing in the dual careers of junior elite athletes. Fleur is an accredited Mental Health First Aid instructor.

[www.circuspsychology.com](http://www.circuspsychology.com)

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## **FREE ADVERTISING IN THE ASPAH NEWSLETTER**

**ASPAH members are welcome to send in relevant advertisements to be published in our bi-monthly newsletter, free of charge!**

**For conditions and guidelines please refer to our [Advertising Rates and Specifications](#)**

**To submit content, email [media@aspah.org.au](mailto:media@aspah.org.au)**

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## ***MEDICAL PROBLEMS OF PERFORMING ARTISTS***

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## LATEST RESEARCH TITLES!

**Access to the MPPA database can be included in an ASPAH membership - click the below JOIN ASPAH NOW button to read this latest research in performing arts healthcare, if you are not already a member.**

[The Collegiate Irish Dancer's Experience of Injury: A Qualitative Study](#)

*Owen Higginbotham, Roisin Cahalan*

[Fit to Dance Survey: Elements of Lifestyle and Injury Incidence in Chinese Dancers](#)

*Yanan Dang, Yiannis Koutedakis, Matthew Wyon*

[Elevated Forearm Coactivation Levels and Higher Temporal Variability in String Players with Musicians' Dystonia During Demanding Playing Conditions](#)

*Florian Worschech, Michael Großbach, Bettina Bläsing, Eckart Altenmüller*

[Intra- and Inter-Rater Reliability of a Ballet-based Dance Technique Screening Instrument](#)

*Shaw Bronner, Ivetta Lassey, Jessie R. Lesar, Zachary G. Shaver, Catherine Turner*

[Effect of Toe Type on Static Balance in Ballet Dancers \[OPEN ACCESS\]](#)

*Momoko Kizawa, Toshito Yasuda, Hiroaki Shima, Katsunori Mori, Seiya Tsujinaka, Masashi Neo* Free

[Embouchure Muscle Activity in Student and Elite Trumpeters](#)

*Alan H.D. Watson, Kevin Price*

[Physiological Characteristics of Musical Theatre Performers and the Effect on Cardiorespiratory Demand Whilst Singing and Dancing](#)

*N. Stephens, Matthew Wyon*

[An Overview of Premenstrual Voice Syndrome: Definition, Treatment, and Future Trajectories](#) [Review]

*Sasha L. Kaye*

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## 2020 MEMBERSHIP BENEFITS

Becoming a member of ASPAH gives individuals the chance to be part of new developments in the Australian performing arts healthcare landscape. Members are given the opportunity to make a personal contribution to changing the lives of performing artists for the better.

### Membership benefits include:

- Professional Listing on ASPAH's online Directory of Members
- Full annual subscription to *Medical Problems of Performing Artists*\*
- Association with a network of leading performing arts professionals, clinicians and researchers
- Access to resources for professional development
- Discounted registration for ASPAH conferences and other events
- Free advertising in ASPAH bi-monthly e-newsletters

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<ul style="list-style-type: none"><li>• Opportunity to run local events</li><li>• Receive regular news about local, regional and national performing arts healthcare events</li><li>• The right to vote and hold office in the Society</li></ul> <p>*Available in select membership categories</p>		

**JOIN ASPAH NOW!**

The Australian Society for Performing Arts Healthcare is a registered charity.  
All donations over AUD\$2.00 are tax deductible.

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