HLS PHOTOS AND INTERVIEWS

July-August 2015 Edition

UNISA EXCLUSIVE

John Arnold and Tash Stanton, PhD Award Finalist and Tall Poppy Winner

Physiotherapy student, Catherine McArthur, wins Bronze in Portugal!

Bob’s Brain 😊! UniSA’s City East Campus Open Day a huge success

Graduation 2015 – students celebrate all their hard work
HEAD OF SCHOOL

Hi all,

Welcome to a bumper edition of the July/August Newsletter! It’s great to see the level of activity and enthusiasm to promote awareness of what’s been going on across School. In this issue, in addition to the reports from Associate Professor Kerry Thoirs (AHOS: Academic), Associate Professor Marie Williams (AHOS: Research) and Jodie Quilliam (Manager: Clinical Operations), there are special reports from each of the School’s research group directors Professor Jon Buckley (Alliance for Research in Exercise, Nutrition and Activity, ARENA), Professor Elina Hyppönen (Centre for Population Health Research, CPHR), Professor Karen Grimmer (International Centre for Allied Health Evidence, iCAHE) and Professor Lorimer Moseley (Body in Mind, BiM).

Staff Movements
I’m delighted to announce the appointment of the following Program Directors, who commence/or continue into 3 year appointments: Associate Professor Marie Williams; commencing as PD for Population Health (Graduate Certificate in Population Health Practice and the Masters of Research (Population Health Practice) – effective 01/09/15; Dr Sara Jones; continuing as PD for the Bachelor of Podiatry – effective 31/12/15; Dr Janette Young; continuing as PD for the Bachelor of Health Sciences– effective 31/09/15 and Mark Jones commencing as PD for the NEW Masters of Advanced Clinical Physiotherapy – effective 01/01/16.

Welcome to new professional staff who join the School: Sandra Molloy – Administrative Assistant – Exercise Physiology Clinic; Ryan Higgins – Technical Officer replacing Sylvia Starsky, commencing Monday, 14th September; Tina Lindholt Shaw – Team Leader: Health and Fitness Centre (Aquatics) Magill Pool from Friday, 4th September; Dianne Tearle – PA and Administrative support to the Centre for Population Health Research (CPHR) at SAHMRI.

New Master of Advanced Clinical Physiotherapy Degree
In the last few weeks, the new Master of Advanced Clinical Physiotherapy was approved at the University’s Academic Standards and Quality Committee. This is really great news! The new program replaces the former long standing Master of Musculoskeletal and Sports Physiotherapy which was closed at the end of 2013. The new program maintains the original qualification and respective titling in ‘Sports’ and ‘Musculoskeletal Physiotherapy’, areas in which UniSA is world-renowned, whilst also offering broader program choices across several clinical pathways in paediatrics, neurology, cardiorespiratory, rehabilitation and women’s health physiotherapy. Further, this exciting new program is now contained within a one-year course framework and is available in flexible delivery modes. The delivery of this new program in such a short time frame is exceptional.
Very special thanks and credit to **Associate Professor Kerry Thoirs** who led the process, and others who helped so much to enable the program to be delivered as promised: **Associate Professor Lorraine Shephard, Dr Steve Milanese, Mark Jones, Mark Catley, Jenny Roberts, Associate Professor Susan Hillier, Professor Lorimer Moseley and Dr Shylie Mackintosh**. Not forgetting also, **Professor Esther May’s** astute feedback and advice via the specially formed task and finish group and later through the Divisional Program Academic Advisory Group (DPAAG). Well done and thanks everyone. You did it! Now let’s get the students on board for 2016!

**Annual Student Conference**
As you know, the School is keen to see student conferences become a regular annual occurrence across the various programs. Sponsored student conferences feature prominently in the Medical Radiation, Occupational Therapy, Podiatry and most recently in the Bachelor of Health Sciences Program. Student conferences provide an exceptional learning and engagement experience and a means of showcasing the quality of programs and students. I am delighted to see that the second annual Health Sciences Program Conference in November 2015 is open to all students in the Bachelor of Health Sciences. Program Directors please note to help facilitate such activity, the School is pleased to support future conferences with funding between $3-5,000.

**Contributions to the HLS Newsletter**
Thanks again for all your contributions. Our Newsletter is publicly available on the School of Health Sciences website [http://www.unisa.edu.au/Health-Sciences/Schools/Health-Sciences/Student-Resources/Newsletters/](http://www.unisa.edu.au/Health-Sciences/Schools/Health-Sciences/Student-Resources/Newsletters/). News about research, national appointments, community engagements, awards, achievements, sporting endeavours, etc., are welcomed. Contact **Ali Kitchen (Alexandra.Kitchen@unisa.edu.au)** to keep us informed of all your news. I am particularly keen to showcase PhD and Honours research, and interesting teaching and learning activities (like **Dr Sara Jones’** Podiatric Criminal Investigation Laboratory! – check inside!).

Best wishes

Roger Eston 😊
DID YOU KNOW?

Did you know that respiratory physiology can sometimes be a physical as well as an intellectual challenge?

J.B.S. Haldane (1892-1964) studied acid-base balance:

- To make his blood more alkaline he ate about 40gm of bicarbonate of soda and found that his breathing rate slowed.
- To make his blood more acid he drank some hydrochloric acid. He diluted it so that it would not dissolve his teeth but found that the dilute acid had little or no effect on his breathing.
- He then drank some ammonium chloride, taking care that the amount was less than the poisonous dose. The ammonia was turned into urea by the liver, leaving hydrochloric acid behind. This made the blood more acidic and he started breathing more rapidly. The effect was long lasting and he panted for several days.

Definitely not recommended that you try this – Professor Alan Crockett

SMILE – RESEARCH SAYS IT’S GOOD FOR YOU 😊

Q: Did you hear about the man with a broken left arm and broken left leg?
A: Don’t worry he’s "ALRIGHT" now!

Q: What do you call a pig that does karate?
A: A pork chop.

Q: What’s the difference between a cat and a complex sentence?
A: A cat has claws at the end of its paws and a complex sentence has a pause at the end of its clause.
ASSOCIATE HEAD OF SCHOOL (ACADEMIC)

Program Management, Development News and Teaching and Learning
Kerry Thoirs (Associate Head of School)

School Activities

Lunchtime teaching and learning sessions
There seems to be a nice group of regulars attending these informal sessions, but newcomers are always welcome. In August, Dr Sara Jones entertained us with her presentation on how ‘virtual patients’ in the Podiatry program are used to give students chances to manage real life case scenarios. We all thought her grading rubric, was fantastic…Patient outcome improves=HD, through to patient dies= F2! Sara will be making a video recording of her presentation in the Playford Studio, so those who were not able to attend will get a chance to see it. We will look at other options for recording future sessions.

The September session has been cancelled, we can all concentrate on Research Week, but in November, Mark Jones will do a presentation on Creating quality discussion: Socratic thinking. Looking forward to seeing you on the 16th October, 2-3pm, C7-70.

School Teaching and Learning committee (chaired by Shylie Mackintosh)
At our last meeting we discussed a lot about the use of mobile phones and the tensions between students using them in class for both social activities and learning activities. Does this behaviour make you feel uncomfortable? A suggestion is to set the ground rules and professional behaviour expectations with students at the beginning of a semester or class. Be clear about what phone activity is appropriate, and when it is appropriate.

Do you have any neat tips around teaching or self-organisation? Do you know of any useful apps? Let us know so we can share across the school using our regular ‘teaching tips’. Gill Carr is the contact person for the committee.

Did you know that there is a really good Quick Guide for Sessional Academic Staff?
Take a look at this link, it is included as a link for sessional staff on their contract information; you can use it as a guide to jog your memory about what information you need to provide for your casual teaching staff. We will send a reminder about this resource to all course coordinators at the beginning of next year.

**First year experience group**

We haven’t met since the last meeting. A student survey is currently underway of first and second year students to find out about their first year experiences.

**School student representative group**

I am meeting with the students from the school student representative group 15th September, so if you have any burning questions you want me to ask them, please let me know.

**HELP!**

AV not working in your tutorial room or lecture theatre? If the problem is urgent, instead of calling the IT HELP desk, call the **AV HOTLINE 88555**. This number is displayed in the rooms, and should give an immediate response.

**PODIATRY NEWS**

The Podiatry Board of Australia has advised that the Bachelor of Podiatry program of study (completed in 2011 or later) and the postgraduate Course "Advanced Pharmacology for Podiatrists" have both been approved as providing a qualification in podiatric therapeutics for the purpose of an endorsement for scheduled medicines in the podiatry profession. This accreditation is in place until 11 July 2020. Podiatrists who have completed either of these pathways are eligible to undertake a further program of study and supervised practice which, when completed, enables them to obtain endorsement as a prescriber.

**DO YOU HAVE FRIENDS AND COLLEAGUES IN THE HEALTH WORKFORCE WHO MIGHT BE INTERESTED IN STUDYING A POST-GRADUATE DEGREE? APPLICATIONS ARE NOW OPEN!**

Point them in the direction of our Graduate Certificates and Masters in Health Science and new Masters of Advanced Clinical Physiotherapy.

**Graduate Certificate in Health Science**


This program is ideal to help with teaching and education in a clinical or health education environment. Study at your own pace.

**Graduate Certificate in Health Science (Clinical Education)**


This program is ideal to help with teaching and education in a clinical or health education environment. Study at your own pace.
Master of Health Science


This program provides you with opportunities to advance your skills and knowledge by undertaking elective studies, through either a workplace based project or a research project. Use your personalised learning project to make a difference in your workplace and for your clients.

Master of Advanced Clinical Physiotherapy – landing in 2016!


Director: Mark Jones

This one year coursework Masters degree meets the advanced learning needs and goals of qualified physiotherapists and is available in flexible delivery modes for three study streams:

- **Master of Advanced Clinical Physiotherapy (Musculoskeletal)**
  Develops advanced competencies in Musculoskeletal physiotherapy clinical practice through student-centred, critical, reflective engagement with contemporary theory and supervision by clinical experts in practical and clinical sessions.

- **Master of Advanced Clinical Physiotherapy (Sports)**
  Develops advanced musculoskeletal competencies essential to Sports physiotherapy with additional Sports specific theory and practice.

- **Master of Advanced Clinical Physiotherapy**
  This stream provides tailored advanced theory and clinical practice through negotiated self-directed and directed study. Study areas could include: paediatrics, neurology, cardiorespiratory, rehabilitation and women’s health physiotherapy.

ASSOCIATE HEAD OF SCHOOL (RESEARCH)

School of Health Sciences Research Developments and Research Training News

Marie Williams (Associate Head of School)

Comrades,

As most will know, **Associate Professor Susan Hillier** is currently on secondment as Dean of Research and Research Education, Division of Health Sciences, and I’m keeping her office warm (as it were). Over the past few months, the school has welcomed the addition of the Centre for Population Health Research (CPHR) directed by **Professor Elena Hypponen**, celebrated a new “Tall Poppy” winner, **Dr Tasha Stanton** (Body in Mind (BiM)), bon voyaged our 2015 Maurice de Rohan travel scholarship recipient, **Ms Ivana Stankov** (CPHR), welcomed back **Professor Karen Grimner** (International Centre for Allied Health Evidence (iCAHE)) from her sojourn in South Africa, welcomed two visiting Research Fellows from Myanmar, **Dr Myat Win** and **Dr Thuzar Aye** (CPHR), and
congratulated many of our current higher degree research candidates on achieving major milestones in their programs.

With the amalgamation of CPHR into the School, we’ve taken the opportunity to fill our vacant Postdoc representative position on the School Research Management Committee (SRMC), along with welcoming our newest Centre Director and an additional HDR representative onto the committee. We’d like to welcome Professor Elina Hypponen, Dr Liz Buckley, Dr Hanna Tervonen and Ms Danni Post to SRMC, and look forward to their involvement along with other members:

- Chair – A/Prof Marie Williams
- Research Leaders – Prof Karen Grimmer, Prof Jon Buckley, Prof Lorimer Moseley, Prof Elina Hypponen
- Postdoctoral Researchers – Dr Ashleigh Smith, Dr Liz Buckley, Dr Hanna Tervonen
- Academic Staff – Dr Caroline Adams, Dr Gisela van Kessel, Dr Maureen McEvoy, Ryan Causby
- Honours Representative – Dr Mandy Stanley
- Ethics Representative – A/Prof Alison Coates
- HDR Representatives – Carolyn Murray, Brad Stenner, Danni Post
- Executive Officer – Deb Williams
- In Attendance – Cathy Maher (library representative)

The School of Health Sciences offers three higher degrees by research:

- Master of Research
- Doctor of Philosophy (PhD)

And this year, we commenced a new research degree, the:

**Master of Research (Population Health Practice)**

This research degree includes four courses in biostatistics, epidemiology, data access and management and program planning and evaluation, taught by staff of the CPHR, which provide a foundation for the development and completion of a research project. This is a great opportunity for people working in public/population health to consider projects that might be offered within this degree as well as people thinking about undertaking a research degree for professional development or a pathway to PhD.

### 70 Research Candidates

The School currently has 66 PhD students and 4 Masters by Research candidates enrolled. So far this year, five candidates have completed their PhD programs – Congratulations Dr Jane Barbour, Dr Elizabeth Buckley, Dr Mark Catley, Dr Anna Phillips and Dr Carolyn Berryman – with another three PhD candidates having completed all revisions and awaiting conferral - Katherine Baldock, Daniel Harvie and Abby Tabor – two PhD candidates are undertaking minor revisions in response to examiners reports - Sam Chalmers and Lauren Frensham - and four PhD candidates have submitted their thesis’s for examination - Yasmin Lai, Elizabeth Lynch, Gabby Rigney and Shelley Wright.

Well done candidates and supervisory teams for achieving these milestones!

### 69 Honours Degrees

We also have 69 candidates undertaking honours degrees either combined with their respective undergraduate degree (Podiatry, Physiotherapy, Occupational Therapy, and Medical Radiation Science) or as a separate degree
(Bachelor of Health Science Honours). Many of these students are our future higher degree candidates, so it’s essential that we recognise and support these programs, either through supervision, assessments of proposals/theses or making time to attend presentations by current honours students of their proposed or completed research. There are presentations scheduled for a number of these programs during September and October, so please keep an eye on your email for details.

The open day equivalent for research education and training, Here’s Health: Research, was well attended by many staff and aspiring Honours/HDR candidates. The School of Health Sciences was well represented this year with invited presentations from Dr John Arnold (ARENA) presenting an early career researchers perspective and Mr Amal Chakraborty (CPHR) and Ms Melissa Hull (ARENA) presenting perspectives as current HDR candidates. Melissa also presented her research in the Division final of the 3 Minute Thesis competition at this event. Congratulations go to Professor Jon Buckley (ARENA) who was recognised as the Supervisor of the year for the Division of Health Sciences. This HDR candidate nominated award, makes it two in a row for School of Health Sciences, with Professor Lorimer Mosely (BiM) metaphorically handing over the tiara to Jon (sadly no picture is available to illustrate this).

Diary note: Research week 21st-25th September 2015.

This annual event is nearly upon us and I’d encourage attendance to support and hear from our research leaders, current HDR candidates and staff. The program compliments the sessions offered by the Division of Health Sciences and the near final program can be accessed here. This is one time of the year that we have such a “one stop shop” for being informed about the research activities and plans of our Centres/Groups and HDR research candidates. With the creation of the CPHR, this year we scheduled sessions at both City East and the South Australian Health and Medical Research Institute (SAHMRI) auditorium – an opportunity for all of us to increase our research knowledge, support our colleagues and step counts across the week!

Looking forward to catching up with you during Research Week!

Marie

MANAGER: CLINICAL OPERATIONS

School of Health Sciences Clinical Operations News
Jodie Quilliam (Manager)

Magill UniSA Health Allied Health Clinic Opens for Business

Exciting times after a very quick lead up and a 1 week transition in a ‘pop up’ clinic we have formally had the handover of a 4 bed facility at Magill to enable us to offer student delivered Physiotherapy Services for blocks 5 and 6 this year. 2016 should also see the introduction of Podiatry Services at Magill which will be most welcome. This space will also allow us to have limited medical service with GP’s undertaking sessions from one of the rooms a couple of times a week by the end of the year.
This facility further enhances the service provision, look and feel of the E Building. We are already sensing this clinic will work well with around 40 occasions of service in the first week and a further 60+ pre-bookings in the coming couple of weeks to take advantage of the athletic population that train at the Magill Campus. So, the students on placement there will be busy! Thanks so much to all the staff involved and special thanks to Denise Matthews and Gail Gibson for working tirelessly to pull this together!

Official Launch of the UniSA Health Medical Clinic

After a very busy lead up to Open Day the Medical Clinic commenced activity from the newly renovated space at City East Campus on the 17th of August. Congratulations to the project team, the facility looks fantastic, please feel free to wander down to take a tour, Tammy Partridge the Practice Manager would welcome your interest. Please feel free to direct students and staff in need of services to the team at UniSA Health Medical Clinic located on Level 2 of the Centenary building at City East campus.

For more information or to book an appointment, visit the Medical Clinic website.

Regards,
Jodie

Media Release
September 3 2015

UniSA Health Medical Clinic focuses on student wellbeing

A new medical clinic officially opens at UniSA’s City East campus on 3 September, providing health and medical services to the University’s diverse student population, staff and the general public. The UniSA Health Medical Clinic is part of the Southern Fleurieu Family Practice which has provided comprehensive medical services to the Fleurieu Peninsula for many years and has become one of Australia’s leading rural medical centres.

UniSA Pro Vice Chancellor: Health Sciences, Professor Robert Vink, says the University is delighted to deliver a primary health care service to the UniSA community.

“At some hard work behind the scenes, we’re excited to be officially opening the UniSA Health Medical Clinic to provide an accessible, integrated and high quality service for students and staff at no or little cost,” Prof Vink says.

“For our 33,000-strong student population, this clinic will provide the personal and preventative care necessary for individual health and well-being during academic study.

“It will be especially valuable for our 5000-strong international student population, who may find navigating medical services in a new country that little bit harder, so knowing they can see a doctor on campus will be a great support to them. “Similarly for rural students who move to the city for their studies, instead of having to find a new family doctor, they will have access to general practitioners experienced in rural practice right here on campus.
“We’re also proud that the clinic’s fully integrated primary health care service is open to the general public, complementing UniSA’s Community Clinics which offer a range of allied health, psychology and legal services to the local community.”

Southern Fleurieu Family Practice general manager Garry Madigan says apart from managing traditional and acute presentations, the clinic has introduced a number of key proactive programs to minimise the impact health problems can have on academic study and work.

Specific programs include:

- Student and staff health assessments – comprehensive health assessments to identify and manage health risks.
- Sexual health management – private individual counselling to promote sexual health management and contraception.
- Travel medicine – full immunisation service including one of the few clinics to be accredited for yellow fever.
- Skin cancer clinics – doctors with specialised qualifications in dermoscopy can undertake skin spot checks and remove moles and small lesions where necessary.
- Mental health programs – supported by the clinic’s own clinical psychologist.
- Chronic condition management – including diabetes, respiratory conditions, chronic pain, polycystic ovarian syndrome, heart disease and osteoporosis.
- Pathology services – provided on site to minimise patient disruption and enhance overall clinic services.

Mr Madigan says the clinic brings significant experience in providing on campus services through its lead practitioner, Dr Brenton Martin, who has previous university medical clinic experience while working at Unicare.

“Dr Martin has many years’ experience in both rural and metropolitan practice and has extensive experience in training medical students, midwives and GP registrars,” Mr Madigan says.

“We also have on board Dr Charles Christie, who has 14 years’ experience as a rural GP and specialises in skin cancer medicine and mental health, and Dr Joanne Chew, who specialises in women’s health, sexual health and mental health.”

The UniSA Health Medical Clinic is located on Level 2 of the Centenary building at City East campus.

For more information or to book an appointment, visit the Medical Clinic website.

Media Contact:
Kelly Stone office 83020963 mobile 0417 861 832 email kelly.stone@unisa.edu.au

The Health and Medical Clinic team: Dr Lyn Gardiner (Director), Dr Joanne Chew (GP), Dr Brenton Martin (Director), Dr Charles Christie (Director) and Tammy Partridge (Practice Manager)
Exploring the Experience of Being First in Family at University

Research funded by the National Centre for Student Equity in Higher Education (NCSEHE) at Curtin University finds that first in family (FiF) students — students who are the first in their immediate family, including siblings, to have attended university — study to make a better life for themselves, and pursue their interests. These students are often trailblazers for others as they assist and inform other family members considering a similar path.

The collaborative project was undertaken by Sharron King from the University of South Australia, Ann Luzeckyj (Flinders University) and Ben McCann (University of Adelaide). The report describes the transformative possibilities of entering higher education, provides practical advice for FiF students on how to successfully negotiate university life, and offers guidelines for academics, university managers and policymakers on how to improve outcomes for this under-recognised equity group.


The survey data and participant interviews demonstrated that first in family students were incredibly diverse both in terms of their age and previous life experience but also in terms of their expectations of what they wanted to achieve at university.

The key motivating factor for FiF students to attend university was that they all wanted a better life for themselves. However, a significant challenge for FiF students is that they lack the ‘hot knowledge’ that non-FiF students generally acquire from parents or older siblings who have previously attended university. As such, they lack information on how to navigate various university systems and procedures and are often unaware of the support services available to them.

The report made several recommendations for universities, including expanding outreach into the community, and improving the information provided to FiF students about institutional systems and procedures. Recommendations for university teaching and professional staff included recognising the transformative potential of higher education, and that the development of a student identity required a shift away from previous cultural norms.
The student use of learning resources: a guide for academics
(Findings from UniSA Teaching and Learning Development Grant)

Dr Gisela van Kessel, Dr Steve Milanese and Ms Robyn Gill

We were interested to understand what purpose class room time had for our students, and what the impact of an increasing number of online resources was having on their learning resource choices. We were awarded a UniSA Teaching & Learning Development Grant to investigate students' perceived and actual use of learning resources. We are disseminating the results via the iCAHE website, conferences and are currently finalising a number of manuscripts for peer-review.

What we did was to ask second year physiotherapy students to sign into every class in SP 5 2013 and then the following year we asked them to fill in a questionnaire about their perceptions.

We thought you might be interested to know that learning outcomes were equivalent regardless of the mode of delivery. We found that student performance, as indicated by their GPA, was not related to their lecture attendance or podcast use. We then did an analysis of the top and bottom 10% performing students.

What learning resources do successful students actually use?
Physiotherapy students with a GPA of 5.95 or more for all second year courses, were more likely to attend lectures and tutorials and download PowerPoint slides, tutorial worksheets or the videos demonstrating the skills required in practical assessments than students in the bottom 10%.

What learning resources do successful students perceive to be the most helpful?
The majority of successful students indicated that they preferred to attend face to face sessions because of the opportunity to interact with educators. Here is what they had to say:

much prefer face to face learning, opportunity to ask questions, to expose myself to appropriate content
easier to learn face to face, requires less motivation than studying form home therefore easier to maintain focus

What influences the choice of learning resource use?
We found that students were motivated to attend class because they thought this enabled interaction and communication with staff and other students, and led to better learning as it increased their attention, knowledge and understanding. Students also perceived that attendance increased their assessment results, practical skills and was easier, as it took less motivation and time management than studying at home. A smaller number attended classes because they lacked trust in the recording system, or a lack of videos for practicals, no access to the internet, no recording available, or they perceived there would be no help if a class was missed.

Students reported preferring online resources because they suited them better, accommodated personal issues such as their health and some students felt they were able to concentrate better at home and found university attendance distracting. Students also reported that they didn’t use resources because other commitments were more important, or resources were not perceived to be relevant/helpful. Some students also recognised their lack of engagement resulted from poor planning skills or lack of motivation.

Teacher quality seen as the most important resource provided by the university in helping students learn. Students perceived that contact with teachers who were supportive, engaging, enthusiastic and motivational assisted them to learn.

What is the difference in learning resource use between the top and bottom 10% performing students
Top ranking students were more likely describe benefits related to learning processes such as asking questions, applying in practice, listening to explanations, while bottom ranked students focussed on learning outcomes such as help with assessment. Top ranking students were more likely to attribute non-attendance to intrinsic motivators, while bottom ranking students were more likely to attribute non-attendance to the timing of lectures, or prioritising other commitments.
Top ranking students recognised using assessment examples, class attendance, revision, reading, their own attitude to
learning and time management as contributing to their learning (intrinsic processes) while bottom ranking students attributed their learning to be supported by resources provided by the university such as lecture notes, videos and podcasts (extrinsic).

**Tips for learning resource design**

Our findings reinforce what we know which is that all teaching should be designed to have opportunities for student-educator interactions. The findings suggest that external courses that are delivered entirely online need to build in strategies that mimic the opportunities provided in traditional face to face sessions, such as the opportunity to ask questions of the educator, to practice and get immediate feedback, and to keep students motivated and help them manage their time. Blended learning approaches enables the best of both to be used, but also poses the risk of overwhelming the students, and as such require clear structures and instructions. Class room teaching needs to incorporate time for interaction, and clearly articulate the relevance of learning. We have used our findings to develop a few pedagogical tips which we hope are of some use to you.

<table>
<thead>
<tr>
<th>Tip</th>
<th>Class room</th>
<th>Online</th>
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| 1. Structure delivery to facilitate intrinsic and extrinsic motivation | • Use personal stories to emphasise key points and interact with students  
• Keep group work to small groups  
• Provide affirmation of learning  
• Relate each task to assessment | • Structure delivery to include activities that generate a sense of enjoyment/stimulate interest  
• Structure the content to relate to assessment  
• Structure the assessments to relate to the content giving the assessments more relevance/links to student learning |
| 2. Structure delivery to provide clear timelines and expectations | • Detailed timetable  
• Lesson plan includes objectives related to assessment | • Use check box function  
• Weekly Study guide.  
• Structure site logically and linearly so students know what is expected of them each week/topic. |
| 3. Provide learning resources that help students to understand material (go beyond knowledge delivery) | • Provide case studies  
• Describe/demonstrate examples from own practice  
• Provide additional readings for extended learning | • Provide worksheets with self-directed activities  
• Set up an extended learning section in the course online site that can include website links, videos, ereadings etc  
• Online quizzes for self-directed knowledge testing |
| 4. Provide the opportunity to ask questions | • Use a question box (either physical or virtual)  
• Incorporate a question and answer time | • FAQ section in learnonline  
• Forum  
• Use Moodle Chat for real time Q and A or Virtual Classroom |
| 5. Provide opportunities to practice | • Timetable skills practice and revision sessions | • Set up study groups  
• Set up student mentors  
• Provide videos |
| 6. Provide opportunities to individualise learning | • Learning contracts | • E portfolio |
| 7. Provide a range of learning resources | • Flipped classroom  
• Tutorial classes  
• Revision classes  
• Structure content to deliver theory and pragmatic information | • Assessment examples  
• Videos or practical skills  
• Lecture notes  
• ebook references  
• Podcasts/vodcasts  
• Moodle online quizzes  
• Virtual classroom  
• Moodle Chat |
The third year podiatry student group undertook a crime scene tutorial as part of their clinical activities earlier this month. A number of School staff "donated" footprints for the activity, which required teams of students to work through a range of evidence to identify the suspect most likely to have left a trail of bloody footprints through the podiatry clinic. – Dr Sara Jones, Program Director, Podiatry.
STAFF NEWS

Achievements and Awards

Dr Tasha Stanton ‘Tall Poppy of the Year’

Dr Tasha Stanton was awarded Tall Poppy of the Year at the 2015 South Australian Science Excellence Awards, presented at the Adelaide Convention Centre on the 12th of August 2015.

Dr Stanton is behind the ground-breaking discovery that if you change how a painful body part looks to an osteoarthritis sufferer using visual illusions, it can significantly reduce the pain they feel.

It is this ability to undertake high quality scientific research and then communicate the findings to the general public that has seen her take out the Tall Poppy of the Year title, an award designed to put the spotlight on world-class South Australian researchers who are actively sharing their passion for science with the community.

Vice Chancellor Professor David Lloyd congratulated Dr Stanton on her significant achievement, noting the important role researchers can play in inspiring the next generation to pursue a career in science.

“Dr Stanton is a fantastic example of a researcher who is able to conduct cutting-edge research in the laboratory and then take those results out into the wider community through a number of public engagement activities,” Prof Lloyd said.

“Whether it’s in her role as a Section Editor for prominent chronic pain website BodyinMind.org or by breaking down her research for a high school audience, Dr Stanton shows both a passion for and a tremendous ability to bring people into the world of science.”

Dr Stanton said she was excited to be recognised for making science communication a priority. She undertakes a number of community engagement activities, including acting as section editor on the BodyinMind website and presenting public lectures both in Australia and overseas. She is also one of the founding members of the website The ICECream, which provides information and support to students considering a career in science.

“I’m really passionate about increasing public knowledge about pain and its treatment,” she said. “It’s a condition that affects so many people around the world and I want to share with the wider community the exciting discoveries we’re making in the lab.”
A summary from Dr Tasha Stanton:

On August 12th, John Arnold and I attended the SA Science Excellence awards held at the Convention Centre. John was up for a PhD Research Excellence Award and I was up for the Tall Poppy of the year (SA). We had a brilliant cheering contingent from UniSA that made the sting of neither of us winning the People’s choice award (Haigh’s chocolates) a little bit less sharp! John had some seriously stiff competition in his category, with one of the other finalists coming out on top, but regardless, John remains the top finalist in our hearts! And I also must mention how very dapper he looked! Great work John! The dinner was beautiful and the company good – the only thing keeping me too nervous to enjoy any wine was the thought of walking up the stage in high heels and in a dress that had a much longer train than I remembered. Well, John made it up without any mishaps, so hopefully all would be okay! And it was…and not just okay – brilliant! To my surprise, I was selected as the Tall Poppy of the Year and got to make a short speech where I did get to thank some very important people. A truly great night and I’m sure I can speak for both of us – we felt very supported by UniSA! Thanks Roger Eston, Tanya Monro, Sara Jones, Shylie Mackintosh, Kylie Johnston, Stephanie Rheuter Lange, Pat Buckley and Dominic Thewlis for your support at the ceremony!
Dr Carolyn Berryman had her degree conferred at the August meeting of the University Council. Carolyn was supervised by Professor Lorimer Moseley, Dr Tasha Stanton and Prof Alexander McFarlane, and her thesis was titled “An investigation into chronic pain, somatic hypervigilance, and cognitive function”

Dr Nayana Parange (Program Director of Medical Sonography) has been awarded the Australasian Society for Ultrasound in Medicine (ASUM) 2015 Awards of Excellence for Rural and Remote Service to Ultrasound. The Australasian Society for Ultrasound in Medicine is the peak multidisciplinary society whose mission is to advance the clinical practice of medical ultrasound for the highest standards of patient care. ASUM’s awards recognise and reward outstanding achievement, recognising efforts towards inspiring colleagues, patients or community, and providing a wonderful opportunity for peers to formally recognize and celebrate leaders in their field who are striving to advance the quality and standards of their profession. ASUM believes that showcasing a broad range of outstanding achievements encourages and supports the dedication and commitment that drives innovation and excellence.

Nayana’s award is in recognition of her efforts towards developing ultrasound services and upskilling health professional working in rural, remote and indigenous communities in Australia, to work towards ‘closing the gap’ to improve perinatal mortality and morbidity through quality basic obstetric and gynaecological ultrasound training. Nayana has significantly contributed to the development of the Australian ultrasound ASUM outreach initiative, and is an ultrasound outreach education volunteer nationally and internationally, and has trained many remote and rural health professionals in India, Ghana, Papua New Guinea and Indonesia.

Dr Karen Murphy from ARENA was awarded the Master of Dietetics degree from the University of South Australia which was conferred on the 12th August 2015. She will now combine her dietetics degree together with her research to evaluate cardiovascular and cognitive health benefits of dietary patterns such as the Mediterranean diet.

Mrs Jocelyn Kernot, ARENA PhD candidate, won the prize for the best e- & mHealth presentation at the recent ISBNPA conference in Edinburgh. Jocelyn’s presentation was titled The Mums Step it Up Program – a social networking physical activity intervention for post-partum women and was extremely well received by all.

Dr Dorota Zarnowiecki has been selected as a semi-finalist for the 2015 Young Investigator Awards. She submitted an application for the YIA based on a publication from her PhD research investigating the role of socioeconomic position as a moderator for children’s healthy food intake, published in the British Journal of Nutrition. Socioeconomically disadvantaged children are more likely to consume poor diets and are at increased risk of obesity compared with other children. Currently there is poor understanding about effective strategies for improving nutrition in socioeconomically disadvantaged families. Therefore her PhD research investigated the predictors of food intake in children of low socioeconomic position, with a focus on understanding how these are different to the predictors of food intake in children of high socioeconomic position. The semi-finals will be conducted on Tuesday September 22 at the Women’s and Children’s Hospital.
Dr Angela Berndt has been elected the new Vice President for Occupational Therapy Australia. The Board was unanimous in its support of Angela’s election to the role.

Dr Carol Maher has been appointed as a Deputy Section Editor for *BMC Public Health*.

Professor Roger Eston has been appointed as Academic Advisor for the Department of Physical Education at Hong Kong Baptist University for three years from December 2015.

**Media Activities**

Dr Carol Maher was interviewed by Channel 9 News about her project that developed and tested a social networking iPhone app to increase physical activity in adults and was funded in 2013-15 by a Catalyst Research Grant. This pilot project will lead into Carol’s NHMRC funded Active Team project that will examine an online social networking intervention to increase physical activity in controlled (RCT) and ecological (ET) settings.

Dr Carol Maher was also interviewed by ABC Radio 639 about ARENA Honours student Mr Ty Ferguson’s project in 2014 which examined the validity of consumer-level, activity monitors in healthy adults worn in free-living conditions. The study was published in March in the International Journal of Behavioral Nutrition and Physical Activity and can be found at the following link: [http://www.ijbnpa.org/content/12/1/42/abstract](http://www.ijbnpa.org/content/12/1/42/abstract)

Dr Carol Maher

**Invited Presentations**

Dr Steve Milanese is presenting a lecture at the Australasian College of Legal Medicine in New Zealand in September on the topic of Forensic Physiotherapy. This lecture will explore the use of evidence based practice within a legal framework when physiotherapists act as expert witnesses in the court.

A/Prof Gaynor Parfitt delivered an invited presentation to The Diabetes Research Centre and College of Medicine, Biological Sciences and Psychology, University of Leicester, UK. Her presentation was entitled ‘Methods of exercise intensity regulation to maximise adherence: The importance of affect.’ During her visit, Gaynor attended meetings to discuss collaborative projects with the Head of the Diabetes Research Centre and colleagues and also travelled to London for meetings with colleagues in the *Institute of Child Health, University College London*.

Mr Peter Hibbert and Professor Bill Runciman have presented the following:

- Hibbert PD, “CareTrack Australia – the level of appropriate care in Australia”. Invited talk to the National Prescribing Service. Sydney; 21st July, 2015
- Runciman WB “The safety, quality and appropriateness of health care. Where we have been and where we should go. Towards population-based healthcare.” SAHMRI Seminar. Adelaide; July 31, 2015
Dr Natalie Parletta has been invited to speak at the follow events:

2. ‘Nutrition, omega-3s and mental health’. Nutrition Society of Australia, Wollongong branch annual premier event and dinner, NSW. 16 September 2015.
3. ‘Mediterranean diet and health outcomes’ for SA branch of the Dietetics Association of Australia (DAA) event ‘Putting research trends into practice’. 15 September 2015
4. ‘Nutrition, diet and mental health’ – Talk for Brighton carer support group for people with mental illness. 26 August 2015, Adelaide.

Dr Mandy Stanley presented/co-authorised the following presentations at the National Occupational Therapy conference in Melbourne in July:

- Stanley, M. Occupational transitions and occupational adaptation: Implications for practice.
- Stanley, M. Managing risk in everyday practice with older adults in the community context
- Stanley, M., & Wilding, C. Expanding beyond talking about occupation: Use of observation in occupational science research.
- Mitchell, J., Stanley, M., & Wright, S. Parents' perceptions of playfulness in their parenting role.

Grant Successes

New Colombo Scheme

Dr Steve Milanese - New Colombo funding success. UniSA was successful in attaining funding support for two physiotherapy students to attend KDH hospital in Mumbai, India for a 5 week placement under the New Colombo Plan in 2017. This project represents the first step in a developing relationship between the hospital and UniSA, supported by the Australian Trade Commission in Mumbai. Students will work in a well-established department, with an exercise testing laboratory, a 3D motion analysis system and a wide range of patient presentations from post orthopaedic surgery, to sporting injuries and chronic medical conditions.

Dr Katia Ferrar - The Australian Government has confirmed New Colombo Plan funding support for Dr Katia Ferrar’s application for the Multi-discipline Volunteering Project, Laos! The project will receive from the Government 20 student subsidies x $3000 each and a staff subsidy of $3000 (to support the administration and implementation of the project). Total funding: $63,000. In addition students will also be eligible to receive the $1000 travel grant from the university.

Dairy Australia

Dr Karen Murphy from ARENA was awarded a Category 1 research grant for $122,000 from Dairy Australia to undertake the project: ‘Adequate intake of dairy within a Mediterranean diet’. The team include Karen Murphy, Courtney Davis, Janet Bryan (UniSA), Jonathan Hodgson (University of Western Australia).
United Arab Emirates: Sheikh Saud Bin Saqr Al Qasimi Foundation

Dr Natalie Parletta has been awarded the following:


Digital Teaching Equipment Fund

Using digital learning to prepare physiotherapy students for clinical placements in hospitals

Kylie Johnston, Anna Phillips and Shylie Mackintosh’s successful application to the Digital Teaching Equipment Fund (DTEF) will enable physiotherapy students to use simulator equipment and online interactive modules to develop clinical skills in readiness for working with acutely unwell people in a hospital.

They received $24,500 to purchase suction and auscultation simulator equipment and Articulate Storyline software.

- The simulators will allow students develop technical skills and confidence in auscultation and suction prior to their clinical placements.
- Articulate Storyline will enable us to develop Interactive online modules to help students integrate physiotherapy assessment, clinical reasoning intervention and evaluation.

The aim is to promote positive learning experiences on placement and maximise use of scarce acute care clinical placement time to focus on more complex clinical reasoning and integration of theory to the clinical setting.

http://www.sakamoto-model.com/product/emergency/m164/
Dr Edoardo Rosso:

BLOG: Coaching adolescents with Autism in a multi-sport program

Dr Edoardo G.F. Rosso, Research Fellow: Sport & Development, Division of Health Sciences, University of South Australia.

Multi-Discipline Health Science Volunteering Elective Course

As some of you may be aware, Dr Katia Ferrar is organising the second Multi-Discipline Health Science Volunteering Elective Course, this time to Laos. Katia will be taking 20 Health Science (OT, Pod, Physio, Human Movement and Psych) students to Laos for 2 weeks in January 2016 to participate in construction and maintenance volunteering activities in the capital Vientiane.

Katia is also building relationships with the Business School, and will be co-teaching the UniSA course the students will complete as their elective; BUSS 2063 International Project. The course is focussed on cultural competency, intercultural communication and critical reflection.

The exciting news is...This program to Laos has been lucky enough to be selected for support from the Australian Government under their New Colombo Plan Student Mobility funding. Twenty (20) students will receive a $3000 grant and may be eligible to receive a further $1000 travel grant from the university.
On the 31st of July we said goodbye and best wishes to Sylvia Starsky Technical Officer: Laboratory Support. Sylvia has served the School so well in her role over the last 3 years. She is relocating to Poland later this year.

Sylvia with her very Australian farewell gifts!

Ziggy Gniadek and Sylvia say goodbye

Joel Fuller, Louise Massie, Ryan McEachen, Max Nelson and Mark Catley

GOOD LUCK!
Congratulations to Michael Hartland and his wife, Maricel, on the arrival of their beautiful baby boy Nicholas (Nicky)!

Nicky was born on 28th July 2015, weighing 3.55kg, with lots of hair!
Did you know the School of Health Sciences has a Bake Club?

Every month our team of dedicated bakers, and supportive (?hungry) staff, generously donate to some very worthwhile charities.

Our donations to date this year:

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<th>Charity</th>
<th>Baking theme</th>
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<td><strong>February</strong></td>
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<td>$125</td>
<td>CFS Bushfire Appeal</td>
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<td>Be Brave and Shave</td>
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<td>Nepal Earthquake Appeal</td>
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<td>CEO Sleepout St Vincent de Paul</td>
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<td><strong>August</strong></td>
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<td>$85</td>
<td>Red Cross Big Cake Bake</td>
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We rotate the days of the week for Bake Club, so people who teach at regular times don’t have to miss out.

We are particularly looking forward to Halloween this year!

Below are some of our most ingenious creations from the 30th of October last year.

We are always on the look-out for new bakers, themes and charities – please contact Michelle McDonnell (michelle.mcdonnell@unisa.edu.au) or Raewyn Todd (Raewyn.todd@unisa.edu.au) if you would like to take part or assist.
On Friday 3 July, Occupational Therapy Australia advised the Senate Inquiry into Road Safety on behalf of the Occupational Therapy Australia.

Dr Angela Berndt (Occupational Therapy Australia Board Director) and Chris Pearce (WA member and Driving Adviser) represented Occupational Therapy Australia at the Senate Inquiry and took questions from Senators on the recommendation in our submission and on broader driving and road safety matters.

In her opening statement Dr Berndt told the Senators:

*Driver Assessments have a unique role in road safety. Because properly assessed drivers are safe drivers. And safe drivers, as we all know, mean safer communities.*

To read the full opening statement, or the full submission that Occupational Therapy Australia made earlier this year to the Senate’s Rural and Regional Affairs and Transport References Committee’s Inquiry into Aspects of Road Safety in Australia, [click here](#).
NEWS FROM RESEARCH GROUPS

ARENA
Alliance for Research in Exercise, Nutrition and Activity
Director: Professor Jon Buckley

On Wednesday 5\textsuperscript{th} August \textit{Professor Bob Vink, Pro-Vice Chancellor of the Division of Health Sciences}, formally launched the Alliance for Research in Exercise, Nutrition and Activity (ARENA).

ARENA was formed through the merger of three former research concentrations within the School of Health Sciences (the Nutritional Physiology Research Centre, the Health and Use of Time Group and the Exercise Health and Human Performance Research Group), bringing together researchers with expertise in evaluating the effects of nutrition, exercise and other lifestyle activities on human health and performance. ARENA has also attracted researchers from the Schools of Pharmacy and Medical Sciences and Nursing and Midwifery, and currently boasts 45 members, 11 affiliate members and 53 PhD students.

\textbf{ARENA} is a leader in its field, with the activities of the researchers within ARENA resulting in the University of South Australia being ranked as one of only five institutions in Australia that is performing above world standard in both Nutrition and Dietetics research and Human Movement and Sports Science research in the most recent Australian Research Council Excellence for Research in Australia survey.

The ARENA launch was attended by approximately 70 representatives from government, industry and research organisations. The Honourable Gerry Kandelaars MLC delivered an opening address detailing his experience as a volunteer in a collaborative research project between ARENA, CSIRO, the University of Adelaide and Flinders University, and confirming the importance of the type of work that is done by ARENA in evaluating strategies to improve the health of Australians and others around the world. The Director of ARENA, \textit{Professor Jon Buckley}, then gave an overview of the activities and strategic directions of ARENA, which was followed by \textit{Professor Bob Vink} formally launching ARENA.

ARENA provides the University of South Australia with considerable expertise and capability in the areas of Nutrition and Dietetics research and Human Movement and Sports Science research. Under the leadership of its Steering Committee (\textit{Professor Jon Buckley, Professor Tim Olds, Professor Peter Clifton, Associate Professor Jim Dollman, Associate Professor Gaynor Parfitt, Associate Professor Alison Coates and Dr Carol Maher}) ARENA intends to grow its capabilities within these fields of research to further position itself not only as a leading centre of research excellence in South Australia and Australia, but throughout the world.
ARENA LAUNCH

Hon Gerry Kandelaars and Director, Professor Jon Buckley at the ARENA launch.

Prof Ian Olver (Director, Sansom Institute), Prof Bob Vink (Pro Vice Chancellor, Health Sciences) and Mrs Kellie La Fontaine (Institute Manager, Sansom Institute) at the ARENA launch.

Dr Grant Tomkinson and Assoc Prof Ali Coates at the ARENA launch.

Dr Tash Schranz, Dr Katia Ferrar and Assoc Prof Susan Hillier (Dean of Research & Research Education, Div Health Sciences) at the ARENA launch.

Dr Simon Spedding and Professor Roger Eston at the ARENA launch.
Anthropometry research to build Navy of future

**Dr Grant Tomkinson** from ARENA is leading a research project using advanced 3D body scanning to help the Royal Australian Navy optimise working environments on its ships and better design uniforms and specialist clothing.

Financial Support for Students

ARENA provides financial support for students whose principal supervisor is a member of ARENA to present papers or posters at local or international conferences, or for other meetings such as visiting laboratories of eminent individuals in their field, with the aim to facilitate student dissemination of new knowledge and provide student networking opportunities. Conference expenses up to a maximum of $500 can be claimed for conference registration, travel and accommodation.

Media Release

Can fish oil boost metabolism?

Researchers at UniSA’s Alliance for Research in Exercise, Nutrition and Activity (ARENA) are investigating whether taking fish oil capsules can improve metabolic rate in women.

Fish oil contains omega 3 fats which have been linked with various health benefits and are considered essential nutrients.

Associate Professor Alison Coates from ARENA says omega 3 polyunsaturated fatty acids are known to promote fat burning, which means less fat is stored in the body. However, not all studies have found a positive effect in humans.

“In a large cohort study, men who reported higher fish consumption were less likely to be overweight than those who reported low fish consumption, an effect which could be explained by its omega 3 fish oil content,” she says.

“However, other studies have not seen this same relationship in women.”

Capturing a true estimate of how much of a nutrient is eaten can be challenging and Assoc Prof Coates suggests that the best way to accurately determine the amount of omega 3s consumed is to measure the amount in red blood cells, as this reflects habitual intakes of these important fats.

She says studies have shown the amount of omega 3 fats in red blood cells are associated with a healthier BMI, waist and hip circumference.

“Many people struggle with controlling weight. Investigating strategies to help us burn fat more efficiently is important to understand,” she says.

“There are a number of factors that influence how many omega 3s are in red blood cells including the amount consumed either from dietary sources or supplements relative to a person’s body weight.

“A study from Penn State University found that individuals with lower body weight and consuming higher doses of omega 3s gained the most benefits from these fats.

“This knowledge suggests that fish oil supplements should be consumed based on one’s body weight, but we need to gather more evidence before we can advise on the optimal dose, which is why we are conducting this study.”

Assoc Prof Coates and a team of researchers are looking for female volunteers who are overweight to take part in a six week oil capsule supplementation study. They must be non-smokers aged between 18 and 60 years old, who are not taking fish oil capsules.

Volunteers will need to visit the Sansom Institute for Health Research clinical trials facility at the City East campus of UniSA on Frome Road on two occasions throughout the study and all eligible participants will receive information about their body composition as well as dietary analysis.

To find out more about making a contribution to this important study, potential volunteers can telephone (08) 8302 2892 or Sansom.researchvolunteers@unisa.edu.au

Contact for interview Alison Coates office (08) 8302 2313 email alison.coates@unisa.edu.au
The first two months of the CPHR’s existence has been a period of adjustment, with our members convening for the first time to start discussions about “who we are” and “who we wish to become”. We are yet to have our first CPHR strategy day which will help guide the directions we wish to take, building on a unifying commitment across the Centre’s research groups to research excellence and contributions to population health policy and practice. Over the coming months, our web-presence and promotional materials will be developed to communicate our vision, research capacity, research opportunities and contribution to knowledge and research translation. The future prospects in population health appear very positive, and we are looking forward to the broadened collaborative opportunities arising from our merger with the School of Health Sciences.

We have been fairly visible in SAHMRI during the past two months, with three of the scientific seminars given by our group leaders. The first in line was Prof Leonie Segal, who gave an engaging presentation on the causes of profound disadvantage, evidence-based approaches to addressing it and the impediments to success. Prof Bill Runciman gave a brilliant talk about his work on patient safety, while I tried to convince the listeners about the values of using genetic proxy markers in risk marker identification.

Prof David Roder has been busy working on cancer control projects with the Commonwealth Government, Cancer Australia, the NSW Cancer Institute and the Cancer Council. He is also leading the development of cancer data infrastructure for monitoring cancer rates among the Indigenous communities, as well as improving broader monitoring activity. Prof Leonie Segal and PhD student James Doidge are just back from Maddison, Wisconsin, where James presented on the economic causes of child maltreatment based on a Victorian 1983 birth cohort (the Australian Temperament project) to a workshop organised by the Institute for Research on Poverty, University of Wisconsin, University of Chicago and the US Department of Health and Humans Services.

This was a period of staff changes in the CPHR, and after some goodbyes, mainly to our valued administrative support group, we were delighted to welcome two new research groups; the Patient Safety group headed by Prof Bill Runciman, and the Cancer Psycho-Social Research Group headed by Prof Ian Olver. We welcome Dr Louise Wiles, Ms Charlie Molloy and Ms Natalie Szabo who work with Bill in the Care Track project and other members of his team including; Dr Elsa Dent, Ms Rondi Cross, Ms Anita Deakin, Mrs Kaye Dolman and Mr Peter Hibbert; and Dr Hayley Whitford and Dr Kate Fennel working with Prof Ian Olver. Dr Ang Zhou joined the Nutritional and Genetic Epidemiology group, and is now working with me on a Mason-William Foundation grant and using a genetic epidemiological study to identify nutritional strategies for dementia prevention. Dr Allison Wall has joined the Cancer Epidemiology group, working with Prof David Roder, and the Public Health group has welcomed Ms Khloe Xu as a research officer. Finally, we are delighted to have Dr Myat Ohnmar Win (Myat) and Dr Win Thuzar Aye (Thuzar) from the University of Yangon, Myanmar, with us for the next 12-weeks.
So much squeezed into so little - Mark and Valeria get their tungsten cubes!

(By Lorimer Moseley)

Many of you learnt a little more about the inner workings of the Body in Mind research group at last school board, when I was able to present Mark Catley and Valeria Bellan with their PhD Tungsten Cubes. At first this custom might seem odd, but there is a very large amount of symbolism squeezed into that 16 cubic cm. The difficulty in sourcing tungsten obtained via ethical means symbolises the difficulty in obtaining a PhD - it is a long journey with many potential barriers and requiring much fortitude, humility, patience and persistence. The density of tungsten symbolises all that is squeezed into that 3 or 4 years of life - not just packing in intellectual achievements, remarkable upskilling and vast increases in knowledge, but also the many facets of personal growth, and capacity for critical thinking and self-reflection. The PhD often coincides with challenges that lie outside of one’s study, challenges made even more challenging by the substantial demands on one’s resources. So, the size of the cube - 16 cubic cm - represents the time it took and the weight of the cube represents how the time was spent. It was with great pride that I was able to present Dr Catley and Dr Bellan with their Tungsten Cubes. They are two people who have made me look very good indeed.
Art of Pain Exhibition was a hit.

As part of National Pain Week, University of South Australia’s Hawke Centre, PainAdelaide Stakeholders’ Consortium and The Australian Network for Art and Technology (ANAT), joined forces to put on the inaugural Art of Pain Exhibition and seminar series. A thousand members of the general public attended and the feedback was top shelf indeed. Our guest speaker, Professor Michele Sterling, our artists – Eugenie Lee and Cat Jones – and me all got a bit of time on local (ABC 891) and national radio (ABC radio national HealthMatters), and coverage of the event penetrated local print and social media.

We had two lecture evenings. Both were standing room only. The first, focused on neck pain after car accidents – whiplash is the label but at least some of those in the room were a tad squeamish at that label – it really does plant a pretty violent and dare I say dangerous – picture. The second was focused on opioids – mechanisms of effect, interactions with the immune system and problems in the prescription- happy real world – and mindfulness.

Whiplash: Throw the kitchen sink at it or reassure and leave alone?

Prof Sterling covered what is a really substantial and important body of work that she has undertaken over the last two decades. Her research shows that PTSD-like symptoms (not a diagnosis of PTSD) and cold-sensitivity in the acute stage after a whiplash (!!) injury are important predictors of poor recovery. But here is her big kahuna finding: in a major randomized controlled trial published in an obscure medical journal called The Lancet, two treatments were compared – a comprehensive physiotherapy exercise programme (manual therapy, motor control training etc) and a simple advice intervention.

Both groups were provided with a patient education booklet. The Advice group also spent 30 minutes with a physio who went through the booklet with the patient, clarified any problems and fielded any other concerns the patient had. Sounds to me like ‘intensive reassurance’. The Physiotherapy group received 20 individually tailored and supervised exercise sessions, beginning with four weeks of specific motor control training of neck muscles, scapular training, postural education and ‘sensorimotor exercises’ (balance, eye movement control etc). Physiotherapists could include manual therapy in the first week, and all patients undertook both graded functional and cardiovascular training.

Both groups were a bit better 12 months after initial assessment – mean pain during the previous week dropped from 4.5/10 – 3.7/10 (physio group) or 5.9/10 – 4.4/10 (Advice group). Disability scores dropped a bit too. However, there was no difference in outcome nor response to treatment between the two groups. None (PT treatment effect = -0.1 (95% CI = -0.8 – 0.6)). Sobering stuff. What does it mean for us? I guess we can look on the bright side or the dark. Careful advice and reassurance is as effective as a comprehensive PT intervention – good news. A comprehensive PT intervention is no better than careful advice and reassurance – disappointing perhaps. It leaves me wondering what would happen if we combined a kind of ‘optimised reassurance’ with comprehensive PT that does not imply, by
focusing on reinstating control and strength of the neck, that the neck is otherwise vulnerable to injury. Perhaps all that potentially excellent PT reinforces the very thing that optimized reassurance calms. Just my thoughts.

Anyway, there is no doubt at all that this evening lecture got tongues wagging and further promoted the objectives of PainAdelaide and the critical role that University of South Australia is playing in leading a multi-institutional, multidisciplinary, multimodal attack on the massive burden of chronic pain. You can watch Prof Sterling’s talks, and the others from that week de pain, by going to http://www.unisa.edu.au/Business-community/Hawke-Centre/Events-calendar/Art_of_Pain/

**Morphine and mindfulness – same room different windows?**

The second lecture evening saw Professor Mark Hutchinson from Adelaide Uni, Dr Tim Semple from the RAH Pain Service, Georgie Davidson from Mindful Movement Physiotherapy and artist George Khut take on this rather cryptic and perhaps not altogether helpful topic. Mark is a world leader on the interaction between opioids and the immune system. He is also one of the most open minded basic scientists in the pain field, with a clear understanding and embracing of the complexity of the human experience. This question of ‘What is it like to have chronic pain?’ is one that is not always captured by scientists. Mark’s enlightening and entertaining coverage of the science concluded with a lovely metaphor – that despite centuries of scientists considering the body to be like a machine, we are now realizing that it is in many ways more like a garden, where alterations in one place have impacts in different places and different systems. His talk is well worth watching – see the link below.

Dr Tim Semple is clearly living in the land of clinical reality and his insight into the massive and complex issues facing the clinician working with people in pain, particularly those who are taking large volumes of opioids, prescribed to them by very well meaning doctors, was both sobering and inspiring. Not that he was arguing, I think, that opioids have NO role, but that who needs them, who will respond to them and who gets them don’t seem to be very well related out there in clinical practice. Tim is a tireless advocate, campaigner and lobbyist for those with chronic pain and his grasp of the issues and his ability to articulate them to a diverse audience was impressive indeed. If you care about this issue, check out his talk via the link below.

Georgie Davidson was also able to speak from an insider’s view – she described her own journey from that of a physiotherapist feeling underwhelmed with her feeble capacity to help people in trouble with chronic pain, to a keen learner of new and alternative models of pain. Her pursuit of therapeutic skills that complemented the advanced clinical reasoning and musculoskeletal knowledge of a physiotherapist led her to mindfulness work. She took us all through some simple exercises and had us all sitting, flat footed, breathing mindfully as we did NOT react to feelings of tightness or stiffness. It was a great example of how easily we can put mindfulness into our daily lives and a great complement to the stuff on opioids. After all, mindfulness and morphine may very well be accessing similar physiological mechanisms in the garden of our biology!

George Khut rounded out the evening with an impressive account of his endeavours to use apps to help kids in pain modulate their own heartrate. He is working at Sydney’s Westmead Hospital for kids and the art exhibition downstairs provided some of his work for us to interact with. It was an uplifting way to finish a pretty intense but altogether inspiring and fulfilling evening.

By any accounts, the Art of Pain was a huge success and our thanks go out to Jacinta Thompson and Louise Carnell from the Bob Hawke Prime Ministerial Centre for a thoroughly professional and smoothly-run week, to ANAT for their support of the artists and their ongoing commitment to the Art – Science synapse, to the Motor Accident Commission who helped us get Professor Sterling over from the Gold Coast. The Art of Pain was a joint production of UniSA, ANAT and PainAdelaide. All the talks can be found here: http://www.unisa.edu.au/Business-community/Hawke-Centre/Events-calendar/Art_of_Pain/
Allied health has no role to play in chronic pain prevention or management.

If you disagree with this statement, then you should put your muscle where your mouth is and sign up for this year’s Ride for Pain. November 15th, from Magill Campus. Before you think to yourself ‘No way i can do that!’, you can take on one of three challenges - 2 hours, 4 hours or 6 hours. With training, nearly everyone could do the 2 hours - a climb up Montacute Road and down Norton. If you are not used to riding, this will be a proper physical challenge and achievement. The main sponsor, Return to Work SA, is putting in a team and challenging others to do the same. I have invited the VC to rise to the challenge and perhaps he needs a nudge from us. Allied health has not only got a role in chronic pain prevention and management, it quite possibly has THE role. We should get out there and make it clear to the world and to the other stakeholders in the problem that we care about this issue, that UniSA is at the forefront of driving this issue and pushing the envelope towards better care. To do this, we need a big Team UniSA.

You can ride, or you can volunteer to help on the day. If you are riding, get on Team UniSA and get yourself an orange polkadot kudos-heavy jersey.

Registration: www.rideforpain.org

Volunteering to help: email tracy.jones@unisa.edu.au
Australian Diabetes Educators Association (ADEA) iCAHE Partnership: evidence-informed person centred care

ADEA and iCAHE have been working together to identify the evidence, and create tools and resources, to better enable Credentialed Diabetes Educators (CDEs) to deliver evidence informed person-centred care. Projects and outputs include: Rapid literature review on Person Centred Care, which has informed the Person centred care for people with diabetes information sheet and the Person Centred Care module - Primary Health Care Nurse care and referral of patients with complex diabetes care needs and on Health Literacy, which informed the Health Literacy for people with diabetes information sheet. ADEA and iCAHE have also developed an evaluation tool to assist CDEs to implement person centred health literate practices. The tool is currently undergoing comprehensive evaluation and validation with consumers and CDEs.

iCAHE partnership with Department for Education and Child Development (DECD) Children’s Centres

iCAHE and DECD are currently working together to test the value and relevance to Children’s Centres of the iCAHE model of Journal Clubs.

The idea of testing the value of Journal Clubs grew from our previous partnership work evaluating allied health services in Children’s Centres. 28 Children’s Centre Journal Club facilitators have been trained and are now well underway with their Journal Clubs, posing interesting and thought-proving questions to improve practice and ultimately the outcomes for the children and families with whom they work. This pilot will finish in August 2015 and the evaluation will inform future priorities in the iCAHE DECD Children’s centres Partnership.

Project reports: Functional decline in community-dwelling older people and the Medicare 75+ Health Assessment (75+ HA)

iCAHE’s final report for this project has been submitted to the Australian Primary Health Care Research Institute (APHCRI) and accepted. This project identified ways in which the 75+ Health Assessment (75+ HA) could be

Key messages from the project

- There is a lack of awareness and knowledge about early FD in all health care sectors.
- Primary care is the ideal setting to detect FD early enough for effective intervention that reverses, or manages FD manifestations.
- Currently, benefits of 75+ HA are variably perceived by GPs, practice nurses and consumers.
- Early detection of FD in primary care will assist older people to remain living for longer in the community home of their choice. It will significantly reduce consumer and community costs, improve consumer independence and choice, and alleviate unnecessary burdens on secondary and tertiary care.

Co-design of a tool for older people to plan for living in the community home of their choice

iCAHE is currently validating a tool developed by, with and for older people to shape planning to enable older people to continue to live safely, independently and with dignity in the community home of their choice (‘ageing-in-place’).

This work grew out the project conducted with the Australian Primary Health Care Research Institute (APHCRI): Functional decline in community-dwelling older people and the Medicare 75+ Health Assessment (75+ HA) in which people aged 65+ years were asked what made for successful ageing-in-place and what support they and their peers might need to achieve their personal goals in this regard.

Development and validation of a consumer and community engagement framework: a partnership with SA Health’s Office for the Ageing (OftA)

iCAHE has worked with the Office for the Ageing (OftA), and consumer and community representatives, to develop an evidence-informed framework for partnering with consumers and the community.

This work was prompted by OftA’s desire to take an evidence-based approach in consulting with baby boomers about policies and programs. An initial literature review by iCAHE found no substantial evidence so we decided to develop an evidence-informed consumer and community engagement model. The model was validated with consumer and community representatives who refined the model and principles and steps to guide its use. The report from this project, and a communication to the community participants who partnered in validating the model, can be found on the iCAHE website.

Professional Certificate in Health Consumer Engagement Co-designers of course one, and achievements to date

Seven health professionals and eight consumer representatives worked together with HCA staff and iCAHE researchers to co-design the first (theory) course for the newly accredited Professional Certificate in Health
Consumer Engagement. As a co-design team they shaped the course and contributed to an independent evaluation process. Ten students chose to participate in the course 1 assessments and all 10 were successful. Seven of these are going on to course 2, in which they will implement their consumer engagement projects. The picture below shows the consumer and researcher participants from the first course 2 planning meeting, convened by student Ms Julie Marker (front and centre).

There will be more news in future newsletters about the student projects and co-design process used as we pilot delivery of the second (application) course within the Professional Certificate.

**Check out the new iCAHE Learning Hub page**

The [ICAHE learning hub](#) is the starting point for a range of self-directed, open access learning resources aimed to introduce you to, or expand your knowledge of, evidence-based practice (EBP). This section of the iCAHE website provides you with tutorials, podcasts, examples and booklets that you can work through at your own pace and in a manner best suited to your learning style.

Current learning hub courses:

- **EBP e-learning resource**: provides an innovative and flexible means for self-directed training at a pace appropriate to your own style of learning. It offers resources and tutorial modules.
- **MS Excel short course in data handling & statistical function with an example dataset**: provides you with a structured, enjoyable and practical approach to learn to use MS Excel. These skills will enable you to undertake research and data handling activities within your clinical practice. This booklet is designed for all skill levels, from absolute beginner to more advanced knowledge.
- **A short course in searching the literature**: An introduction to developing a search strategy and executing a search. Also has some useful database hints.
EVENTS

Sunday 16 August 2015

UniSA Open Day was held on Sunday the 16th of August. It was the second time City East had hosted an open day with over 7800 attending! If you were unable to attend or missed a presentation, please visit: presentation overview videos.

“[I] went to City East Sunday for Open Day. Overall really positive experience.

[My daughter] is hoping to do Clinical Exercise Sports Physiology following her gap year. The fellow who was on the booth was a star...He was amazing. Engaging about the course, encouraging about getting into the course and informative about career options.

[My daughter] was really fired up about the course after talking to him. Bottle him and stick a gold star on him.

Just thought you might like the feedback.”

Associate Professor Kerry Thoirs

Denise Matthews at the Community Clinics stand

The giant brain out the front of the City East campus
Above: The busy rooms filled with future students!

Below: the Human Movement team: Dominic Thewlis, Alison Coates and Scott Polley (Program Director: Human Movement)

Richard McGrath and student, Mia Maron, share a laugh at the Health Sciences booth

The Clinical Exercise Physiology Team: Kade Davison with ESSA colleagues, Alison Pennington and Meredith Woolsey

The Physiotherapy and Podiatry team hard at work: Mark Catley, Hannah Snelling and Ryan Causby
Lecture theatres were full as people crammed in to listen to various presentations!

Curious potential students!

Professor Jon Buckley, Director of ARENA, puts Sandy Brunner to work

High Performance and Exercise Physiology Clinic; a state-of-the-art teaching and research facility set to enhance elite athlete performance. The exercise physiology section of the clinic provides important health services to the general public, and offers a unique environment for clinical exercise physiology students to undertake clinical exercise delivery as part of their studies.
Physiotherapy Clinic:
This clinic is open to the general public and offers assessment and treatment by fully qualified physiotherapists, as well as final year undergraduate students under the supervision of physiotherapy staff. People were able to drop in to see where they could be treating patients if they were to be a physio student.

Above: All smiles from the physiotherapy and podiatry team: Michelle McDonnell, Shylie Mackintosh (Program Director: Physiotherapy, undergraduate) and Helen Banwell

Ali Bell, lecturer in physiotherapy, demonstrating practical examination skills

Second year physiotherapy students - all on hand to help at Open Day

Dr Emily Ward and student, Hany Bebawy, chat to interested members of the public
The Medical Imaging Suites: People were able to visit the medical imaging suites where our medical imaging students are able to use fully functioning x-ray equipment to practice their skills. They can undertake different approaches to taking x-rays and learn the best angles for different injuries with the aid of anatomical manikins.

UniSA Health and Medical Clinic: People were able to check out our brand new Health Medical Clinic on campus, that provides affordable acute and preventative health care to all university staff and students. In addition to standard medical care the clinic provides innovative programs and services including; acute and preventative health care, student health assessments, sexual and contraceptive health, immunisations, travel medicine and mental health care.

The Health and Medical Clinic team: Dr Lyn Gardiner (Director), Dr Joanne Chew (GP), Dr Brenton Martin (Director), Dr Charles Christie (Director) and Tammy Partridge (Practice Manager)
On August 2015, three Japanese physiotherapists from the Osaka region visited the School of Health Sciences (Physiotherapy). The visitors were Professor Takuo Nomura (Lecturer) from Kansai University and Welfare Sciences, Mr Ken Takano (Work Management Officer) from Kansai Rosai Hospital and Mr Fuminari Asada (Chief Physical Therapist) from the Osaka Rosai Hospital Research Centre. Their time in Australia was sponsored by the Japanese Ministry of Health, Labour and Welfare.

The focus of their visit was on occupational health and safety (OHS) and the role of the physiotherapist in work injury prevention and management. This is a developing field of interest within the Japanese Physiotherapy Association. Mr Takano and Professor Nomura are taking the lead on developing an OHS subgroup within their professional association.

The visitors attended an evening event organised by the Australian Physiotherapy Association on sit stand desks hosted by Schiavello. They met with iCAHE staff to learn about the research being conducted there and they met several Japanese physio/student physio working in Adelaide. They also met with key physiotherapists in SA Health and academics at UniSA. In addition, they attended student sessions on OHS and some of their presentations to our industry partners. These were conducted at Rankin Occupational Safety and Health, and at Knappstein Lion Nathan Wine, Clare. They also enjoyed the scenery in the Clare Valley and playing golf at Riverton.

All in all their visit provided a great opportunity for sharing knowledge, building collaboration and friendship.
“After some hard work behind the scenes, we’re excited to be officially opening the UniSA Health Medical Clinic to provide an accessible, integrated and high quality service for students and staff at no or little cost,” – Professor Robert Vink, Pro Vice Chancellor: Health Sciences

The UniSA Health Medical Clinic is located on Level 2, of the Centenary building at City East campus. For more information or to book an appointment, visit the Medical Clinic website.
As a response to the Indigenous Strategy and Reconciliation Plan UniSA, we were involved in developing and delivering an ultrasound outreach workshop addressed towards ‘closing the gap’ to improve perinatal mortality and morbidity through quality basic obstetric and gynaecological ultrasound training.

The workshop was delivered in June 2015, through a collaboration between UniSA Department of Rural Health, Australasian Society of Ultrasound in Medicine (ASUM), International Society of Ultrasound in Obstetrics and Gynaecology (ISUOG) with support from Dr Jones and Partners and Sonosite. The workshop was modelled along the lines of a pilot workshop we had conducted last year in Darwin. It included theoretical lectures as well as practical sessions, where the participants obtained hands-on training with simulators as well as real patients. The faculty and tutors included Dr Nayana Parange (UniSA), Dr Karen Shand (Ob Gyn and Sonologist : Flinders Medical Centre), Dr Annie Thomas (Ob Gyn Whyalla), Ms Brooke Osborne (UniSA) and Ms Sarah Williams (Jones and Partners).

The key purpose of the Outreach workshop was to provide ultrasound training to midwives and doctors working in the remote and indigenous communities in South Australia, so that they could provide basic ultrasound services to patients who would otherwise have no access to ultrasound services.

The workshop was very successful with 11 midwives and 2 GPs practicing in remotes parts of SA and NT. The trainees were very enthusiastic and enjoyed the interactive nature of the workshop. Vicki Coulis from Wudinna Hospital said “Fabulous workshop, very helpful and will help me at point of care for Obstetrics and Gynaecologic patients.”

This workshop facilitates a pathway for accreditation with ASUM to obtain credentialing for a point of care situation. Trainees will be maintaining logbooks to document and reflect upon their training. We will be following up with the participants in 6 months’ time to monitor their progress. We will also be exploring the clinical impact of this training in a year’s time.

Whyalla News ran a story on this:

The work was also reported on the international ISUOG blog:
On the 25th July, the Occupational Therapy program hosted a supervisor workshop for Occupational Therapists at City East.

25 therapists from a variety of agencies participated in the workshop across the day. Evaluation data indicated participants found the sessions helpful in developing their capacity to be an effective supervisor and that they would recommend the workshop to other colleagues.

The facilitation was shared across the day. Susie Owens and Wendy Cearns, Clinical Liaison Coordinators, facilitated the morning session which was tailored to meet the needs of therapists new to practice education and explored some of the key aspects of effective supervision. Customising the Student Performance Evaluation Form – Revised version (SPEF-R) was recognised as a valuable process in preparing for student placements.

Sue Gilbert –Hunt, Practice Education Coordinator, facilitated the afternoon session on creating the ‘just right’ challenge for students in various practice settings.

Lively discussion and sharing of student supervision experiences led to new ideas, strategies for assessment of student performance and the scaffolding of learning expectations across the placement.

Clinicians were able to make a start on tabling their expectations in each of the core competency areas for occupational therapy students across the large placement blocks.

Some of the comments by the attendees included:

I understand the importance of making expectations very clear early on, and giving more direct feedback.

I will customise the SPEF-R and breakdown each domain to assist with expectations during placement weeks, rather than leaving all feedback to the midway (evaluation).

Enjoyed the case study session and sharing scenarios-it was a great way of engaging in the discussion.

The Practice Education team will be offering an OT to OT session on October 13th on

‘3 Key strategies to enhance the Field Practice placement experience for students & supervisors’.

We look forward to continuing to build the capacity of Occupational Therapists to provide quality and effective supervision experiences for our students.
FEMALE VOLUNTEERS NEEDED

to investigate the effects of different fatty acids on metabolic rate

You may be eligible if you are:

✓ Female
✓ Aged 18-60 years
✓ A non-smoker
✓ Not currently taking fish oil
✓ Overweight (BMI > 25 kg/m²)

Participation in the study will last 6 weeks and will involve:

- One screening visit (30 minutes) at UniSA City East Campus prior to the study.
- Two clinic visits (1.5-2 hours) at UniSA City East Campus at the beginning and end of the study.

Volunteers will be asked to take either 5 x 1g fish oil or vegetable oil capsules every day for 6 weeks. All capsules will be provided to volunteers at no cost.

Volunteers who successfully complete the study will go into the draw to receive one of five $25 vouchers.

Participation in this study is voluntary. For more information please contact Lennie Shore:

Ph: 8302 2892 or Email: shocl001@mymail.unisa.edu.au

This study is approved by The University’s Human Research Ethics Committee.
5 Year IF = 2.490; 2 Year IF = 1.970 (33/76 Engineering, Biomedical, 26/72 Orthopedics, 26/81 Sport Sciences)
Abstract

5 Year IF = 3.221; 2 Year IF = 2.986 (9/72 Orthopedics)
Abstract

Impact Factor N/A
Abstract

5 Year IF= 2.026; 2 Year IF = 2.188 (26/50 Geriatrics & Gerontology)
Abstract

5 year IF: 2.547; 2 Year IF: 3.099 (30/162 Public, Environmental & Occupational health)
Abstract

5 year IF: 2.203; 2 Year IF: 2.381 (129/211 Oncology; 21/79 Obstetrics & Gynecology)
Abstract

5 Year IF 4.489; 2 Year IF= 3.428 (9/89 Health Care Sciences; 3/24 Medical Informatics)
Abstract

5 year IF: 2.267; 2 Year IF: 2.514 (120/211 Oncology)
Abstract

5 Year IF = 1.661; 2 Year IF = 1.510 (35/72 Orthopedics, 78/125 Radiology, Nuclear Medicine & Medical Imaging).
Abstract
5 Year IF = 2.143; 2 Year IF = 1.659 (42/89 Health Care Sciences and Services)

Abstract

5 Year IF = 0.798; 2 Year IF = 0.798 (57/64 Rehabilitation)

Abstract

5 Year IF = NA; 2 Year IF = 2.836 (32/125 Radiology, Nuclear Medicine & Medical Imaging).

Abstract

5-Year IF = 4.385; 2 Year IF = 3.923 (37/128 Endocrinology & Metabolism; 11/77 Nutrition & Dietetics).

Abstract

5 Year IF = 0.958; 2 Year IF = 0.730; (77/89 Health Care Sciences & Services).

Abstract

5 Year IF = 2.338; 2 Year IF = 2.271 (40/153 Medicine, General & Internal)

Abstract

5 Year IF = 1.420; 2 Year IF = 1.296 (22/30 Anesthesiology; 25/27 Critical Care Medicine)

Abstract

5 Year IF = 2.338; 2 Year IF = 2.271 (40/153 Medicine, General & Internal)

Abstract

5 Year IF = 8.555; 2 Year IF = 7.528 (Genetics & Heredity 14/167).

Abstract

Abstract


5 Year IF = 3.702; 2 Year IF = 3.234 (8/56 Multidisciplinary Sciences)

Abstract


5 Year IF = 2.085; 2 Year IF = 1.452 (62/119 Pediatrics, 64/83 Physiology, 43/81 Sport Sciences)

Abstract


5 Year IF = 1.733; 2 Year IF = 1.302 (59/123 Food Science & Technology, 219/252 Neurosciences)

Abstract


5 Year IF = 4.489; 2 Year IF = 3.428 (9/89 Health Care Sciences & Services, 3/24 Medical Informatics)

Abstract


5 Year IF = 2.135; 2 Year IF = 1.985; (15/64 Rehabilitation)

Abstract


5 Year IF= 2.563, 2 Year IF= 2.040 (90/35 Clinical Neurology).

Abstract


5 Year IF=3.379; 2-year IF=2.933; (15/119 Pediatrics; 88/254 Pharmacology & Pharmacy; 51/140 Psychiatry).

Abstract


5-Year IF=3.702; 2 Year IF=3.234 (8/56 Multidisciplinary Sciences).

Abstract


5 Year IF = 2.338; 2 Year IF = 2.271; (40/153 Medicine, General & Internal)

Abstract
Puntumetakul, R., Suvarnnato, T., Werasirirat, P., Uthaikhup, S., Yamauchi, J., Boucaut, R. 2015. Acute effects of a single multiple level thoracic manipulations on chronic mechanical neck pain: a randomized controlled trial. *Neuropsychiatric Disease and Treatment*. 11 137-144

5 Year IF = 1.891; 2 Year IF = 1.741 (127/192 Clinical Neurology; 87/140 Psychiatry)

Abstract


5 Year IF = 6.169; 2 Year IF = 5.473 (4/119 Pediatrics).

Abstract


5 Year IF= 3.338; 2 Year IF = 3.624 (51/148 Immunology; 32/123 Medicine, Research & Experimental)

Abstract


Impact Factor NA

Abstract


5 Year IF: 0.958; 2 Year IF: 0.730 (77/89 Health Care sciences & Services)

Abstract


5 year IF: 2.267; 2 Year IF: 2.514 (120/211 Oncology)

Abstract


5 year IF: 1.186; 2 Year IF: 1.542 (174/211 Oncology)

Abstract


5 Year IF = 1.468; 2 Year IF = 1.225 (109/162 Public Health, Environmental & Occupational Health; 31/110 Nursing)

Abstract


5 Year IF = 2.338; 2 Year IF = 2.271 (40/153 Medicine, general & Internal).

Abstract
5 Year IF = 6.489; 2 Year IF = 6.671 (13/128 Endocrinology & Metabolism)
Abstract

5 Year IF = 2.485; 2 Year IF = 2.137; (16/27 Critical Care Medicine; 4/24 Emergency Medicine, 21/72 Orthopedics, 67/198 Surgery)
Abstract

5 Year IF = 2.526, 2 Year IF = 2.813 (108/211 Oncology)
Abstract

Impact Factor NA
Abstract

5 Year IF = 2.338; 2 Year IF = 2.271 (40/153 Medicine, General & Internal)
Abstract

5-Year IF=3.097, 2 Year IF=2.679, (41/162 Public, Environmental & Occupational Health; 31/77 Nutrition & Dietetics).
Abstract

BOOK CHAPTERS:


News Story on Fish Oil and Metabolism

Channel 9 ran a story about the project Honours student, **Lennie Shore**, is running. Her project involves investigating whether fish oil can increase fat metabolism.

Please click here for more information on the project and here if you would like to volunteer for the study.

[https://www.youtube.com/watch?v=r-wLsKyr9EE](https://www.youtube.com/watch?v=r-wLsKyr9EE)

The Advertiser


Rikki, an avid football enthusiast current spends his weekends performing at Adelaide United games but also used to perform in front of the Prime Minister of Singapore Lee Hsien Loong.
The 2015 Graduation for UniSA doctoral graduates was on Wednesday the 12th of August at the Adelaide Convention Centre. Congratulations to:

**Dr Harrison Evans**; supervised by Professor Roger Eston and Associate Professor Gaynor Parfitt. Harrison’s thesis was titled ‘Use of perceived exertion for exercise testing and prescription.’

**Dr Jayne Barbour**; supervised by A/Prof Alison Coates, A/Prof Janet Bryan, Prof Jon Buckley and Prof Peter Howe. Jayne’s thesis was titled ‘Health benefits of peanuts: Effect of peanut consumption on cognition, vascular and cardio-metabolic risk factors and satiety’.

Dr Harrison Evans with supervisors, Roger Eston and Gaynor Parfitt at the recent graduation ceremony

Dr Harrison Evans celebrates at the graduation
Catherine McArthur competes in the 2015 U23 Kayak Sprint World Championships in Portugal!

Unisa Sport are pleased to be able to support current UniSA Physiotherapy student, Catherine McArthur through a 2015 Amateur Athlete Sporting Grant. Catherine attended Portugal recently to represent Australia competing in the Under 23 kayak Sprint World Championships. Catherine competed in both the K1 (single) 500m event and K4 (four person) 500m event. Her story is below:

I am always grateful for the support I receive from the uni, specifically the lecturers and tutors in my course, regarding my high level of travel commitments during teaching periods. Furthermore, being able to receive the Amateur Athlete Sports Grant from the uni was that little extra support that has made the most recent trip to Portugal all the more successful. Unfortunately, the sport of Kayaking does not attract much monetary support and as athletes we are usually expected to pay the cost of the trip, so the money that came from the Grant was a large help in being able to make it overseas.

During the mid-year break, I travelled to Portugal as a member of the Australian U23 Sprint Kayak Team to compete at the World Championships in late July. The Championships is a 4-day event where hundreds of the world’s best U23 and U18 athletes come together to compete in events over 200m, 500m and 1000m. This year I was selected to compete in both the K4 500m (four-person kayak over 500m) and the K1 500m (single kayak) with both boats making it into their respective A-finals. Racing in an A-final at this level was an achievement in itself and then to come 6th in the K4 500m was at that stage a big highlight for myself. The K4 final was held the day before my K1 final, with the singles final in one of the last events of the week. There was lots of build up, and with two other Australian crews making it to the podium; I was ready to give it a real good go.

Crossing the line and finishing in third place was one of the best feelings I’ve ever had. I didn’t know what to feel; being so exhausted from the race, but with this surge of adrenaline inside, I just didn’t know what to do. Standing up on the podium and seeing the Australian Flag raised during the ceremony and looking back into the crowd to see my parents, coach and team mates all cheering for me was the icing on the cake.

Over all the experience was one I will never forget and making sure I acknowledge all the people who helped get me there is very important to me. Thus, I would like to take another opportunity to thank the University for providing me with the money from the Sports Grant to help me reach my goal.

UniSA Sports Amateur Athlete Grants are designed to help provide financial support towards Elite Student Athletes in financial hardship who are competing at the highest levels of amateur sport, typically in a national team at a genuine World Championship or international event.
Tory Madden

Congratulations to Tory Madden, PhD Student in the Body in Mind Research Group, on being awarded a University of South Australia completion scholarship to assist her in the run home on her PhD. These awards, worth up to $15K, are University-wide and described by the Uni as ‘highly competitive’. It is a testament to Tory’s substantial achievements thus far, the quality of her application and her ‘research potential’ that she was selected. Congratulations indeed!

Elective Course

Volunteer Health Experience in Cambodia
By Ellie Collins, Hannah Zwar and Megan Jones
Final Year Physiotherapy Students

So we have to choose an elective...none of the options really appealed to us... we wanted to something amazing, worthwhile, that would better our skills as a physiotherapist and a person. So we thought about an international volunteering experience.

We researched companies that offered such an experience and found Projects Abroad. After some discussion with Shylie Mackintosh, our program director, we set off on a big jet plane on 14th June 2015. We chose Cambodia after learning the country is still suffering after the Pol Pot regime (1975-1979), where almost 3 million Cambodians were murdered. The segregation between rich and poor is enormous and access to health care is often inadequate. We wanted to reach out to those who needed help.
We stayed in shared apartments in Phnom Penh, with volunteers from all over the world. Meals were provided but we ventured out on a few nights to satisfy our cravings for western food. We travelled 45 minutes in tuk-tuks every day to Home of Hope; an orphanage for boys and men with disabilities, mental disorders, and HIV. Days were long, 7:30am to 4:00pm but we were able to take a weekend trip to Siem Reap, to explore the historic temples and floating villages. Despite the lack of resources, money and history, it was inspiring to see how Cambodian’s continue to find strength to rebuild and remain positive. After two weeks in Phnom Penh our perspective on life definitely changed.

At Home of Hope we were supervised by a local Physiotherapist and assisted by other workers at the orphanage. Four physiotherapy students from Sydney were also there and it was good to compare ideas with them. In the morning the focus was on the children. We were each allocated a child to treat for about an hour. The children had a range of conditions such as Cerebral Palsy, Down syndrome, Polio or Autism and many children had both physical and intellectual disabilities. Resources were limited so it was a challenge creating therapy ideas. We assisted with feeding the children at lunchtime as many were unable to eat independently. In the afternoon we worked with adults with various conditions such as Parkinson’s, Stroke and HIV. The language barrier proved a challenge. While there we contributed to a newly established database to hold the children’s medical records which will help with providing consistent care to the children from volunteers. It was interesting to compare how medical conditions, treatment strategies and resources varied compared to Australia. It’s quite amazing how different the situations are and how fortunate we Australians are.

One of the things we found difficult to come to terms with was the severity of the disabilities in Home of Hope and the lack of resources available to assist them in improving their quality of life. It was overwhelming at times to see how the boys were living and that their potential to improve was restricted by lack of resources and staff education. We were only a very small part of the care and therapy that these boys really needed. What we came to realise was that even if we only change one thing for the better while we were there, that one change would make the world of difference to them. We enjoyed the challenge of finding a purpose while we were there and the opportunity to share our knowledge with the physiotherapist and care staff working at Home of Hope. We found it interesting to learn about the traditional Cambodian medicine and therapies that are still used today. It was also amazing to use our spare time to explore the country’s incredible history and learn about how its past has shaped the Cambodian people into the lovely, friendly community they are today. The new skills, knowledge and experience we have gained from this trip will influence our perspective during our future physiotherapy careers and our personal lives.
Work Health and Safety Grant Programs

SafeWork SA administers three work health and safety (WHS) grant programs:

- WHS Commissioned Research and Innovative Practice Grants
- WHS Supplementary Scholarships
- WHS Linkage Project Support Grants.

The next call for Commissioned Research and Innovative Practice Grants will open on 24 August 2015 and close on Friday 13 November 2015.

Applications for WHS Linkage Project Support Grants are always open but prospective applicants should check the WHS ARC Linkage Project Support (LIPS) Grants 2015-16 - Information for Applicants (PDF 213kb) to ensure that all the ARC and SafeWork SA process dates are met.

WHS Commissioned Research Grants are to assist South Australian university-based or independent researchers to undertake applied research with the ultimate aim of prevention of workplace injury and illness in South Australia with a strong focus on practical application.

WHS Innovative Practice Grants are available to any South Australian organisation with workplace safety responsibilities to assist with funding for the development and dissemination of innovative safety practices with a strong focus on practical application that improve safety in workplaces across South Australia.

WHS Supplementary Scholarships are designed to increase the momentum of high quality WHS research in South Australia by providing a financial incentive for new researchers to enter this field. Up to four scholarships are funded each year. Eligibility is restricted to potential new Higher Degree by Research (HDR) students.

WHS Linkage Project Support Grants are provided to university researchers to leverage SafeWork SA WHS grants funding in support of major research projects that will obtain most of their funding from the ARC. Interstate and international collaboration is encouraged. Applications for these grants can be submitted at any time during the year.

Please contact Senior Business Development Manager Dr Bruce Chadwick if you are considering submitting an application Bruce.Chadwick@unisa.edu.au Ext: 22333

IBHL Student Conference

The 2nd Annual Bachelor of Health Studies (IBHL) Student Conference is to be held on the 12th & 13th November. Building on the success of the inaugural event, this year’s conference will involve 1st Year students presenting team posters focusing on health promotion in various settings, 2nd Year student teams presenting project management reports and 3rd Year students presenting reflections of their industry placements. In addition to student presentations, the 2015 conference will include a Career Session in collaboration with UniSA Career Services as well as opening the event with an industry focused keynote speaker. For more information please contact Dr Janette Young, Program Director for Health Sciences, on Janette.young@unisa.edu.au
School of Health Sciences Research Week 2015

Note - the below schedule also includes information on the Division-wide Research Week sessions for HDR candidates. Please see specific Division program for full details of session content.

Monday 21st September
9.00 – 12.25pm, SAHMRI Auditorium
9.00-9.15am – Registration (coffee available)
9.15-10.15am
  o Welcome from Head of School, Prof Roger Eston
  o Alliance for Research in Exercise, Nutrition & Activity (ARENA), Prof Jon Buckley
  o International Centre for Allied Health Evidence (iCAHE), Prof Karen Grimmer
  o Prof Eva Bezak, Professor of Medical Radiation
10.15-10.45am – Morning tea
10.45-12.25pm
  o Body in Mind (BiM), Prof Lorimer Moseley
  o Centre for Population Health Research (CPHR), Prof Elina Hypponen
  o Prof Elina Hypponen, Nutritional and Genetic Epidemiology Research Group
  o Prof David Roder, Cancer Epidemiology Research Group
  o Prof Ian Olver, Cancer in the Community
  o Prof Bill Runciman, Patient Safety Group
  o Prof Leonie Segal, Health Economics and Social Policy Group
12.25pm – End of School Sessions
2.00-4.30pm, C6-26, Centenary Building
  o Division of Health Sciences Workshop for HDR Candidates (RSVP essential via the meeting request)

How to plan your PhD (Dr Hugh Kearns, ThinkWell)

Tuesday 22nd September
9.00 – 12.00 noon, C4-16, Centenary Building
9.00-9.15am – Registrations (coffee available)
9.15-10.30am
  o Staff Presentations
    ▪ Dr Karen Murphy (ARENA) - An update of the MedLey Study – (Mediterranean Diet for cardiovascular health and cognitive function in older Australians), where we are at and where we are going
    ▪ Dr Ben Seller (iCAHE) - The risk of insufficient risk: National safety standards and child development in public spaces
    ▪ A/Prof Alison Coates (ARENA) - Using fish oil as an adjunct therapy for periodontitis
  o HDR Candidate Presentations
    ▪ Braden Mitchell (ARENA) - Investigating the use of perceived exertion in exercise testing and prescription for the cardiac patient
    ▪ Summer Finlay (CPHR) - Understanding the impact of the Aboriginal Community Controlled Health Service national key performance indicators on improving health outcomes
10.30-11.00am – Morning tea
11.00-12.00 noon
  o HDR Candidate presentations
    ▪ Emma Karran (BiM) - GLITtER (Green Light Imaging Interpretation to Enhance Recovery): a novel, psycho-education intervention to reduce chronic pain
    ▪ Hayley Lewthwaite (ARENA) - Optimising activity patterns for people with chronic obstructive pulmonary disease: perspectives from experts and patients
12.00 – 2.30pm - Break
2.30 – 4.30pm, C4-16/C7-20, Centenary Building
  2.30-3.15pm (C4-16)
  o HDR Candidate Presentations
- Felicity Braithwaite (iCAHE) - The magic of placebo: using the art of deception to simulate dry needling
- Agustina Gancia (CPHR) - The evolution of network ties within a community-based obesity prevention initiative

3.15-4.30pm (C7-20)
  - School of Health Sciences Research Week Poster Session (includes afternoon tea)

Wednesday 23rd September
9.00 – 11.30am, SAHMRI Auditorium
  - 9.00-9.15am – Registrations (coffee available)
  - 9.15-10.15am
    - HDR Candidate Presentations
      - Suzanne Carroll (CPHR) - Area-level unhealthy body weight and dietary norms, food resource availability and 10-year change in cardiometabolic risk
      - Stine Høj (CPHR) - Trajectories of psychological distress and life satisfaction within a general population psychiatric epidemiological catchment area
      - Lok Sze Katrina Li (iCAHE) - Respiratory impairment in offspring of people with Chronic Obstructive Pulmonary Disease (intergenerational COPD (iCOPD)): Potential for case finding and early intervention
  - 10.15-10.35am – Morning tea
  - 10.35-11.20am
    - HDR Candidate Presentations
      - Russell Chan (ARENA) - Meditation Induced Cognitive Enhancement for Motor Learning
      - Iordan Kostadinov (CPHR) - The contribution of an ecological approach to promoting healthy body weight in 4 year old children in a state wide community based obesity prevention program
  - 11.20am – End of School Sessions

12.00 – 2.00pm, C7-08, Centenary Building
  - Division of Health Sciences Dean’s Lunch and Post PhD Pathways Panel Session for HDR candidates (RSVP essential via the meeting request)

2.00 – 3.00pm, C4-16, Centenary Building
  - Division of Health Sciences Workshop for HDR Candidates and Academic Staff
    - Altmetrics Workshop (Cathy Mahar)

3.00 – 4.00pm, C7-08, Centenary Building
  - Division of Health Sciences Workshop for HDR Candidates
    - Thesis Style and Presentation (A/Prof Susan Hillier)

Thursday 24th September
9.00 – 12.15pm, C4-16, Centenary Building
  - 9.00-9.15am – Registrations (coffee available)

9.15-10.30am
  - HDR Candidate Presentations
    - Taegan Soper (ARENA) - The allied health student: Investigating the relations between psychological wellbeing self-compassion and student success
    - Sujatha Raj (iCAHE) - Does home-based Occupational Therapy reduce carer burden and slow functional decline in adults with Down Syndrome and Alzheimer’s type dementia disease?
    - Amal Chakraborty (CPHR) - Community-level environmental factors related to heart health: identifying the gaps in remote communities
  - 10.30-11.00am – Morning tea
  - 11.00-12.15pm
    - Staff Presentations
      - Dr Danny Camfferman (BiM) - Pain, Arousal and Sleep
- Dr Janette Young (ARENA) - Salutogenesis! What builds your health?
- Dr Caroline Fryer (iCAHE) - Evaluation of a cultural competence module for physiotherapy students
  - HDR Candidate Presentations
    - Daniella Dougherty (iCAHE) - The influence of cognitive reserve on sequelae post-stroke
    - Torbjorn Van Heeswijck (CPHR) - Associations between GIS-measured built environment features and cardiovascular disease mortality in Montreal, Canada

Friday 25th September
9.30 – 12 noon, C4-16, Centenary Building
9.30-9.45am – Registrations (coffee available)
9.45-10.30am
  - HDR Candidate Presentations
    - Dannielle Post (CPHR) - An evaluation of intervention strategy implementation and program participation in the iWhyalla workplace health promotion program
    - Daniel Rogers (ARENA) - An investigation into athletic movement competency in Australian Rules football players using a novel movement assessment tool
10.30-11.00am – Morning tea
11.00-12noon
  - HDR Candidate Presentations
    - James Doidge (CPHR) - Utilising measures of participant responsiveness to address missing data in longitudinal research: a simulation study and application to adverse childhood experiences
    - Caitlin Dowell (CPHR) - Making children of incarcerated mothers count: A whole-population linked administrative data study
  - Presentations by Finalists in School of Health Sciences Research Week Poster Session
12.00 – 1.30pm – Break
1.30 – 5.30pm, C4-16, Centenary Building
1.30-3.00pm
  - HDR Candidate ‘5x5’ Presentations
    - Amanda Richardson (ARENA) - Predicting first year university student success: a multi domain approach to determining who thrives and who just survives
    - Kathy Devonshire-Gill (ARENA) - Trend analysis of the physical activity patterns of the Australian adult population from 1997 to 2012
    - Sarah Wallwork (BiM) - Exploring inner space: Modulation of defensive peripersonal reflexes by perceived threat
    - Clint Bellenger (ARENA) - Monitoring athletic training status through autonomic heart rate regulation
    - Judy Sprod (ARENA) - Changes in sedentary behaviours over the transition to retirement
    - Tori Madden (BiM) - Pain by association? Investigating classical conditioning of pain
    - Courtney Davis (ARENA) - The effects of an Australianised traditional Mediterranean diet on cardiovascular health in a population of elderly Australian men and women
    - Chris Bishop (ARENA) - The plantar fascia exposed: an investigation of material properties and treatment effectiveness
    - Katherine Baldock (CPHR) - Neighbourhood environment and cardiometabolic risk: perception and reality
3.00-3.30pm – Afternoon tea
3.30-5.30pm
  - Debate: Does our research inform our teaching? (note - provisional topic)
  - Research Week Wrap & Social Function
The Australian National Data Service (ANDS) is pleased invite you to this upcoming seminar in Adelaide.

**Sharing Health-y Data: Challenges and Solutions of sharing sensitive data**

Similar seminars have been held in other locations around the country with positive feedback received from participants. Don’t miss this opportunity to hear from your colleagues and experts in this area.

**Details**
Where: Level 10, Flinders University Victoria Square, 182 Victoria Square, Adelaide  
When: Thursday September 17, 9.30am-12.30pm  
Cost: FREE to attend, however, places are limited and registration is required  

**About the seminar**
Research data from studies about people’s health and wellbeing have not traditionally been published and shared as much as data from other disciplines. This is often due to the potentially sensitive nature of these data and concerns about navigating legal (privacy) and ethical obligations. However, the benefits for researchers, institutions and the general public of sharing these data are becoming more widely accepted and promoted. Sharing health data reduces participant burden, expedites treatment and responses to health events, saves research costs and recognises the efforts made to collect these valuable data. With planning and understanding, ‘healthy’ human data can often be safely shared with great success!

**At the end of this workshop you will know:**
- what health and sensitive data are;  
- what legal and ethical issues you need to consider before publishing and sharing health data;  
- how to plan for data sharing in research ethics applications and consent forms;  
- how data may be confidentialised;  
- how to licence human data for re-use;  
- what’s happening in local institutions.

You will hear from researchers and data managers about their experiences and their advice for publishing and sharing health data. The workshop will also enable valuable discussion with your peers.

**Speakers include:**
- Dr Sarah Olesen, ANDS, author of the ANDS Sensitive Data Guide  
- Dr Deborah Van Gaans, Manager: Research Data, UniSA  
- Dr Judy Ford, Lecturer in Research Education, UniSA  
- Mr Chris Radbone, Associate Director: SA-NT DataLink  
- Ms Gerry Ryder, ANDS

**This seminar will be of interest to:**
- researchers who are considering publishing and sharing human data from health and other disciplines;  
- researchers who want to re-use health data;  
- research support staff;  
- data managers;  
- research ethics committee members.


This seminar is hosted by the Australian National Data Service (ANDS) with the support of Flinders University.

Enquiries to gerry.ryder@ands.org.au
LIBRARY REPORT

Future Science, Future Medicine

The library is currently trialling the Future Science and Future Medicine collections. Future Science publishes over 40 journal titles in the key research areas of medicine, pharmacology and healthcare. During the trial, which runs until Sep 1st, all current and historical content of Future Science and Future Medicine journals will be accessible. For more information, or to trial this resource, visit: http://guides.library.unisa.edu.au/trials

New Springer Ebooks

The Library has purchased a range of Springer ebook collections. Collectively, these consist of 4,973 titles in wide range of areas, including Behavioural Sciences, Biomedicine and Life Sciences.

These are all discoverable via a library catalogue search. http://search.library.unisa.edu.au/

Reminder: Library Collection Relegation and Relocation in Progress

Later this year construction will start on the new collaborative teaching space (CTS) which will be located in the Doris Taylor Wing (Centenary Building) of the Library. In order to accommodate the CTS we are currently relocating a large part of our health sciences print collection. We currently have a range of deselected titles (published pre 2009 and not borrowed in the last 7 years) on trolleys in the foyer as ‘giveaways’ for anyone to browse and collect for their personal use. Due to space constraints these deselected titles will be only be available for 2 days before being disposed of.