HLS PHOTOS AND INTERVIEWS

UNISA EXCLUSIVE

All smiles at the Magill Allied Health Clinic Official Launch

Human Movement student, Ryan Kitto, awarded Sergio Melta Player of the Year

Jason White, Allan Evans and Roger Eston... the new Men In Black?!

Podiatry Student stars in Pole Dancing Championship
Hi all,

Welcome to another bumper edition of the Newsletter. As ever, it’s been a pretty busy period as we accelerate toward the end of the year and this edition captures some notable events, activities and collective successes.

Appointments and staff activity
It’s been a busy time with appointments and recruitment! Welcome to the following new staff: Brendan Nettle – who joins us from Oxleas NHS Trust UK as a full time Teaching Academic in Podiatry (from October 2015); Dr Alyson Crozier, who joins us from University of Saskatchewan, Canada – in a full time Academic post in Human Movement (Sport and Exercise Psychology, from January 2016), replacing Dr Amber Mosewich; and Danielle Girard, joining us from Charles Sturt University as a full time Academic lecturer in Clinical Exercise Physiology (from January 2016). Congratulations and welcome to Dr Mark Catley, who joins the team as a full time Academic Lecturer in Physiotherapy (pain sciences, from January 2016), Cherie Noble – as full time Teaching Academic in Clinical Exercise Physiology (from October 2015), Dr Anna Phillips as part time Teaching Academic in Physiotherapy (from February 2016) and Dr Michael Dale as full time Teaching Academic in the Human Movement Program (from November, 2015). Congratulations too to both Tim Brooke-Smith on secondment as Team Leader, Academic Services (Research), and to Ryan McEachen who was recently seconded to the post of Research Coordinator, Health Sciences Divisional Office.

Farewell, thanks and best wishes to Kirsti Hann (Lecturer Clinical Exercise Physiology) and Dr Diana Piscitelli (Senior Lecturer, Nuclear Medicine) who have recently taken up posts elsewhere.

Current Recruitment
We are currently recruiting for lecturer posts in Medical Imaging (to replace Bonnie Maseko) and Nuclear Medicine (to replace Dr Diana Piscitelli and Christina Blefari (maternity leave) all to commence from January 2016.

Magill Allied Health Clinic launch
A particular highlight was the launch of the Magill Allied Health Clinic in October (details and photos within) launched by Professor Bob Vink, PVC Health Sciences. It was so nice to see such a vibrant and enthusiastic reception from across the University and most notably from the local community of delighted clients who were clearly pleased to see such a service. It was particularly nice to note the presence of Vincent Tarzia, MP for Hartley, who was so enthused about this exciting initiative and keen to take part in the launch! Congratulations, well done and thank you to staff involved in making the launch such a huge success (Denise Matthews, Gail Gibson and Ali Kitchen) and especially to Jodie Quilliam (Clinical Operations Manager), who steered the Clinic initiative. As well as creating additional clinical placement capacity for our
students, the clinic forms a centre for inter professional allied health care in physiotherapy, podiatry and exercise physiology and complements the recently launched new exercise facilities on the Magill Campus. The services are delivered by our 3rd and 4th year and Post Grad physiotherapy, podiatry and exercise physiology students. The new clinic is easily accessible for the public, in particular our elderly clients, the grounds are beautiful and encourage the extension of services into the natural environment. It is excellent to see we are meeting a service gap in the community and so good to see a number of our inaugural clients eager to take part in the launch. After a very short 6-week lead in and a targeted campaign in the local area, services commenced on August 20th. The first week saw 20 occasions of service (4 x ½ day sessions), within 5 weeks this had grown to 50 and reached a staggering 464 sessions at the end of October!

Professional Certificate in Consumer Engagement (Presentation at Parliament House)

A further highlight was the notable recognition of the innovative Professional Certificate in Consumer Engagement in September, a joint initiative between The International Centre for Allied Health Evidence (ICAHE) and the Health Consumers Alliance. The Professional Certificate was led by Ms Debra Kay, and Dr Michelle Guerin and was formally recognised in a special presentation ceremony for graduates at Parliament House by the Hon. Jack Snelling, Minister of Health (further details within).

Curriculum Innovation Process (CIP)

In October, the School was reviewed via the Curriculum Innovation Process (CIP) - an annual appraisal, led by Professor Allan Evans, Provost & Chief Academic Officer. This year the CIP focused on teaching quality, program and course design, efficiency and viability, student engagement and satisfaction, digital learning strategies and activities, student retention, teaching facilities, teaching-research alignment and the academic workforce. A number of areas were noted as highly positive, such as student recruitment and retention, efficiency, continued attraction of a large number of students from equity groups, overall teacher satisfaction and outstanding student feedback for a number of academic staff across the School (who I’ve written to 😊). Nevertheless, there are some challenges ahead in relation to a few courses where student satisfaction can be improved and these will need to be followed up. Also, whilst recognising that there are already a wide array of excellent resources and engagement with online learning across the School’s curricula, the School is not currently offering any online undergraduate programs, and so will consider developing an online undergraduate program in the near future. Another ambition outlined in the Digital Learning Strategy is to make available 25% of courses within each program flexibly/online. The intent of this initiative is to enable students to complete one course per semester entirely off-campus (with opportunities for some intensive on-campus activity where required). We are already implementing plans to convert some courses to online, and discussions are underway to develop strategies to meet this objective.

Aboriginal Cultural Awareness Experience

Over the last few months, I have attended a series of workshops on raising awareness of Aboriginal culture and history. I learned a lot. I found the overall experience to be profoundly moving and I now have a much greater understanding of the need for reconciliation. The series of three workshops were sensitively and skilfully led by Haydn Bromley and I encourage staff to register for the course.

Personal note

Some personal news! My son James’ dreams have been realised! His application for appointment as a Maritime Warfare Officer in the Royal Australian Navy has been successful. He starts at the Royal Australian Naval College at HMAS Cresswell on February 1st 2016 for basic training and then onto UNSW’s Australia Defence Force Academy in 2017. …so proud of him! 😊

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/. News about research, national appointments, community engagements, awards, achievements, sporting endeavours, etc., are welcomed. Contact All Kitchen (Alexandra.Kitchen@unisa.edu.au) to keep us informed of all your news and feel free to include photos of your activities. I hope you enjoy this edition of the Newsletter.

Best wishes

Roger Eston 😊
DID YOU KNOW?

*A helpful tip from School TALC...*

Did you know you can live chat to a librarian via a text box on the library home page or by using this link from 9am – 8.30pm daily:


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SMILE – RESEARCH SAYS IT’S GOOD FOR YOU 😊

- **Q:** Why did the golfer wear two pairs of pants?
  **A:** In case he got a hole in one!

- **Q:** What did baby corn say to mama corn?
  **A:** Where’s popcorn?!

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Knock Knock.
Who’s there?
Europe.
Europe who?
No you’re a poo!
ASSOCIATE HEAD OF SCHOOL (ACADEMIC)

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

Student Well-being at Exam Time
The academic year is fast closing in, which means we are nearing the exam period again. This is a time of some heightened anxiety for students so I would like to remind both staff and students that the Learning and Teaching Unit are available for assistance if needed.

The following websites might also be useful.

The L3 Student Resources Hub has examination tips

Counselling services offer tips to help with exam anxiety.

I would also like to make a special mention to our final year students. I hope you have enjoyed your time here in the School of Health Sciences and we wish you well as you step into the next phase of learning; your professional life!

Many of you would have been given directions on how to prepare for your professional life in your programs, but a reminder that Career Services can also help you by checking with your job resume, cover letter, and application.

First year student survey
The ‘First Year Experience Group’ recently ran an online survey for first and second students and the results are in. This survey will be used to plan activities in 2016 that hopefully will improve the experience of our first years.

To help the understanding of the first year student experience, I would like to share some points that were mentioned in the survey responses:

- 82.5% said that making friends was important, —70% said that they were successful in making friends
- The majority of respondents came to university from high school. Things that they found difficult compared to high school were:
  - Lecturers don’t chase students up for assignments near submission due dates
  - The inconsistency of activities across one week
  - Unexpected pace of study
  - Lack of structure
  - Lecturers who they felt they could not approach
  - Finding their way around
  - Lack of clarity around assessments
- Things that respondents liked
o Passionate teachers
o Options for online lectures
o Interactive activities
o Online practice quizzes
o High quality equipment
o Hands on activities

Music on the plaza
There is now a sound system available for use on the Plaza. If you want to share your music with friends on the plaza brighten up your lunchtime, why not ask for the key from campus security, and select music from you mobile device.

Digital Learning Support for Academics
The new Teaching Innovations Unit, replaces the LTU for learning and teaching support for academics in the university.

Please avail yourself of the regular sessions which they offer:

- The TIU is hosting TELE sessions throughout SP5, 2015 providing staff with an opportunity to experiment with teaching technologies in the Jeffrey Smart Technology Enhanced Learning Suite (JS6-15). Sessions will provide an environment in which staff can experiment with a range of technologies and openly discuss how these technologies may be suitable for inclusion in course delivery. Each session will be held on a Wednesday afternoon and will run between 2:30 and 4:00 pm. More information and session information can be found at TELE Sessions (Technology Enhanced Learning Experimental)
- Technology Enhanced Learning Suite (TEL) in the Jeffrey Smart Building (JS6-15) is staffed Monday to Friday 9:00am to 5:00pm to provide more time for you to experience the new technologies that you have learned about in TELE sessions. Online Educational Designers, Training Officer and the new TEL (student) Buddies will be rostered throughout the day to help you play with new technologies that can be used to enhance course delivery.

New Digital Upgrades
Moodle release

Moodle will be upgraded to Moodle 2.9 in January. This will ensure that we are keeping up to date with the latest enhancements and security patches in Moodle. Whilst there will be some noticeable changes, the user experience will not be drastically altered.

Some of the enhancements are:

- Enhanced Grader Report
  o Significantly enhanced user interface
  o New functionality allowing editing of all grades of a single student, or all students for one assignment
  o Grade History screen provides a view of all changes made to grades
- Quiz: enhanced edit screen making adding & managing questions easier, randomisation of questions made easier, ability to making questions conditional upon other questions (dependant on quiz type used).
- General navigation improvements
- New user-customisable ‘Dashboard’ homepage for staff & students
- Enhanced user profile screen
- Easier course editing – drag & drop for files now supported throughout the application
Helix Media Library

Helix Media Library will be upgraded to the newest version in December/January. This involves some hardware changes to allow for faster upload/encoding of videos. The new version will also allow better encoding, thereby delivering a higher quality of video experience for the end user.

ASSOCIATE HEAD OF SCHOOL (RESEARCH)

School of Health Sciences Research Developments and Research Training News

Marie Williams (Associate Head of School)

September and October have once again been a busy time for Research, from both students (Honours and Higher Research Degree (HDR)) and staff points of view. And in the middle of all of this, there was of course ‘Research Week.’

Congratulations must go to our Honours students (and of course their supervisors), many of whom have recently submitted their theses and given a final presentation. Expressions of interest for 2016 are looking healthy, so I look forward to seeing plenty of project proposals for the degrees with honours programs (Physio, Podiatry and Medical Radiation) from staff before the closing date of 9am Monday 16th November.

We’re currently working our way through Reviews of Progress for our HDR candidates – with 69 candidates (64 PhD plus 5 Masters by Research) in the School this makes for a very tight scheduling. Applications for Domestic Scholarships for HDR programs 2016 also closed recently (30th October), and we are currently in the process of liaising with proposed supervisors to put together all the necessary paperwork.

Four more of our HDR candidates had their degrees conferred by University Council in October. Congratulations to the following recent ‘Drs’ and their supervisory teams:

- **Dr Abby Tabor** (BiM): Circular causality: an investigation into the experience of pain as part of a perceptual inference process (supervisors – Prof Lorimer Moseley, Dr Michael Thacker)
- **Dr Katherine Baldock** (CPHR): Neighbourhood environment and cardiometabolic risk: perception and reality (Supervisors – Prof Mark Daniel, Dr Catherine Paquet, Prof Graeme Hugo)
- **Dr Daniel Harvie** (BiM): Investigating the theoretical assumptions of the imprecision hypothesis of chronic pain (Supervisors – Prof Lorimer Moseley, A/Prof Susan Hillier, Dr Ann Meulders)
- **Dr Samuel Chalmers** (ARENA): Short-term heat acclimation and the lactate threshold (Supervisors – Prof Kevin Norton, Prof Roger Eston, Prof Adrian Esterman)

With these recent conferrals, we now have 8 completions in the School for 2015, with an additional 6 candidates either under examination, undertaking corrections, or awaiting council sign-off. In addition to this, congratulations to our own Dr Harsha Wechalekar, who was recently awarded her doctoral degree from the University of Adelaide.

Congratulations also go to Dr Ashleigh Smith, who was awarded a fellowship in October under the NHMRC-ARC Dementia Research Development Fellowship Scheme to learn more about the power of exercise to slow the progression of dementia (further details enclosed).

The annual School of Health Sciences Research Week was held from 21st – 25th September. The week is always a good opportunity to catch up with the range of research being conducted across our School, and this year was certainly no exception! The week kicked off in the SAHMRI auditorium, with presentations from some of our Research Leaders. The rest of the week provided people with a chance to stretch their legs (or clock up their 10,000 steps), with sessions alternating between City East and the SAHMRI auditorium. Once again, the quality of presentations from our HDR candidates was truly outstanding, with 32 candidates presenting their work in...
formats ranging from full-length presentations, to posters, to the challenging ‘5 slides in 5 minutes’. Congratulations to the following HDR candidates who stood out in the Research Week Poster Competition:

- Jane Chalmers (Best Poster)
- Kerwin Talbot and Nerylee Watson (Runners up for Best Poster)
- Melissa Hull (People’s Choice).

The week finished with a lively debate, which considered whether our ‘Research informs our teaching’ with team members demonstrating an enviable range of rhetorical and multimedia skills (some photos within). Thanks to all staff and HDR candidates who presented or were otherwise involved in what I’m sure you’ll agree was a very successful week!

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**MANAGER: CLINICAL OPERATIONS**

**School of Health Sciences Clinical Operations News**

Jodie Quilliam (Manager)

**MAGILL ALLIED HEALTH CLINIC: OFFICIAL LAUNCH**

Well done to the UniSA team on the official opening of the Magill Allied Health Clinic on Friday, 16th October. Several of the inaugural clients attended the event and were extremely supportive of the new services provided by the university to the local community.

Located right next to the swimming pool in the E Building at Magill campus, the newly repurposed clinic commenced with 3rd and 4th year student physiotherapy services and has proved most popular with the local community delivering over 460 occasions of service so far. Future services moving into 2016 will include Podiatry and Medical Services.

The Magill Allied Health Clinic can be contacted via email magillhealthclinics@unisa.edu.au, or to make an appointment, please call Denise (08) 8302 4013.

**EXERCISE BENEFITS HEALTH & FITNESS CENTRE – Quote from a grateful client**

“My 81 year old mother, Judith, recently joined the Magill Uni gym. This was upon my and my daughter’s suggestion since she lives nearby and needs to build up her strength. My mother is extremely underweight, has osteoporosis and suffers from depression. I have been accompanying her on each visit to help her with an exercise program since I do have some fitness training qualifications.

On Saturday morning two weeks ago when we attended the gym the supervisor at the time was Tanya. She explained that her area of study included the development of exercise programmes for people who have specific needs. Tanya accompanied us around the gym offering helpful suggestions. We then booked a time with her to have a programme made for my mother the following week. Tanya had obviously spent some time planning suitable exercises for my mother taking into account her limitations. She made my mother feel safe and confident with her caring approach and positive attitude. Tanya paid particular attention to postural problems that my mother can address with suitable exercises under supervision. I just want to say that I am extremely grateful for Tanya’s help since I was struggling to come up with safe exercises for mother that she would be able to do by herself.

I just want to emphasise that on the first occasion Tanya took it upon herself to approach us and offer assistance and suggestions. We left the gym that day feeling that we had made the right decision. I also want to add that the supervisor of the pool area was also very friendly and encouraging to my mother.
Thank you for taking the time to note these comments.”

ALLIED HEALTH CLINIC CITY EAST AND MAGILL COVERAGE OVER STUDENT BREAKS

Physiotherapy Magill – Private physiotherapy services available throughout December and recommencing 1st February. Student services recommence early March 2016

Physiotherapy City East - Private physiotherapy services available to 18th December and recommencing 1st February. Student services will recommence early March 2016

Exercise Physiology City East – Private and student delivered services available to 18th Dec recommencing 11th January.

Podiatry City East – Student delivered services to 8th December and recommencing 8th of February 2016

TEACHING AND LEARNING NEWS/ACTIVITIES

Medphor Ultrasound Scantrainer

(by Nayana Parange, Program Director; Medical Sonography)

UniSA Medical sonography program have purchased another state-of-art ultrasound simulator which also has haptic technology.

The Medaphor Scantrainer is a state-of-the-art ultrasound simulator. It replicates the one-to-one experience of being taught by an expert and by teaching complex, hard-to-learn ultrasound scanning skills to trainees in their own time and at their own pace. ScanTrainer Transvaginal simulator uses an endo-cavity haptic probe and constraint to accurately replicate the feel of conducting transvaginal ultrasound examinations. It offers a unique self-learning experience without the need for patients and with minimal expert supervision. Detailed virtual anatomy, of the actual patient, specific to each scan, helps trainees understand orientation and probe manipulation.

The realistic scanning experience allows trainees to practice and learn on real patient scans, with expert videos, on-screen guidance and real-time feedback. Each module has a final exam to test a trainee’s knowledge, and the multi-case assessment modules allow objective assessment of ultrasound scanning skills on randomised normal and pathology patients.

Danielle Ghezzi, one of the trainee sonographers currently enrolled in the IMSO Master of sonography program, practising her scanning skills in the OB-GYN workshop on campus.
Learnonline Sites – “To Scroll or to Tab” (by Shylie Mackintosh, Chair TALC)

The School of Health Sciences Teaching and Learning Committee (TALC) discussed what format the students prefer for Learnonline Sites:

<table>
<thead>
<tr>
<th>Course Year Level</th>
<th>N = students enrolled in class</th>
<th>Tabs / Scrolling</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>1st year</td>
<td>39</td>
<td>Scrolling (Scrolling 32 vs tabs 7)</td>
<td>Students like scrolling with the most recent week first.</td>
</tr>
<tr>
<td>1st year</td>
<td>218</td>
<td>Tabs (Scrolling 11 vs tabs 20)</td>
<td></td>
</tr>
<tr>
<td>1st year</td>
<td>530</td>
<td>Tabs (majority for tabs)</td>
<td></td>
</tr>
<tr>
<td>2nd year</td>
<td>184</td>
<td>Scrolling (65%)</td>
<td>From Course Coordinator: I couldn't believe it!!!!</td>
</tr>
<tr>
<td>2nd year</td>
<td>70</td>
<td>Grid</td>
<td></td>
</tr>
<tr>
<td>2nd year</td>
<td>60+</td>
<td>Tabs (overwhelming)</td>
<td></td>
</tr>
<tr>
<td>2nd year</td>
<td>43</td>
<td>Undecided</td>
<td>Students were ambivalent</td>
</tr>
<tr>
<td>2nd year</td>
<td>44</td>
<td>Scrolling (favoured scrolling 30-7)</td>
<td></td>
</tr>
<tr>
<td>3rd year</td>
<td>43</td>
<td>Scrolling (95%)</td>
<td>one student, tabs better if a page has an embedded video or it takes ages to load</td>
</tr>
<tr>
<td>3rd year</td>
<td>63</td>
<td>Scrolling (Unanimous)</td>
<td>Course Coordinator disappointed as they liked the neatness of tabs</td>
</tr>
<tr>
<td>3rd year</td>
<td>18</td>
<td>Scrolling (majority)</td>
<td></td>
</tr>
<tr>
<td>Post Grad</td>
<td>72</td>
<td>Tabs (57%)</td>
<td></td>
</tr>
<tr>
<td>N/A</td>
<td>N/A</td>
<td>Scrolling</td>
<td></td>
</tr>
</tbody>
</table>

Committee opinions varied. So we came up with a brilliant idea – why not ask the students?

We asked course coordinators to undertake straw polls within class to provide a rough indication of overall student opinion (this was not a double blind randomised controlled trial). The results were quite surprising. From the 13 courses that responses were sought, seven favoured scrolling, four tabs, one a grid and one group undecided.

This information may be interpreted cautiously as 1st years are more likely to prefer tabs, 2nd years waver, and 3rd years like scrolling. Possibly third year students are familiar with scrolling and so this is their comfort zone.

Moral of the tale –

1. Don’t assume students prefer tabs
2. Think about the information you wish to present on your learnonline site and which format may work best.
STAFF NEWS

Achievements and Awards

Dr Tasha Stanton won the Elsevier and Manual Therapy new Investigator of the Year at the 2015 Musculoskeletal Physiotherapy Association Conference in the Gold Coast (Oct 3-6).

Dr Nayana Parange is a Finalist for the Winnovation SA awards. The award ceremony is on the 10th of November and the winners will be announced then.

Dr Harsha Wechalekar has been awarded the doctoral degree. ‘It took eight long years to get there! This could not, however, have ever happened without the support of all the wonderful people at University of South Australia. I take this opportunity to express my thanks and gratitude for providing me with all the facilities and opportunities to complete my research degree. This research project has led to three published papers in various peer reviewed journals, with a potential for two more papers which I am working on.’ Dr Harsha Wechalekar

Dr Margarita Tsiros (left) was a finalist in the Women’s and Children’s Hospital Research Foundation Young Investigator Awards

Dr Edoardo Rosso was granted an ECR Networking Award to visit connections and participate in the Play the Game Conference 2015: Global Sport – Reform or Revolution? held in Denmark this October. Edoardo will present Sport, play and exercise for all? Increasing physical activity of adolescents with Autism Spectrum Disorder (ASD)’ and visit and meet with colleagues from University of Copenhagen, University of Southern Denmark, Aarhus University, University Medical Center Utrecht, Altrecht Mental Health Care, Wageningen University Den Haag University, Utrecht University and Vrije Universiteit.

Dr Carol Maher won the John Sutton Award for Best New Investigator Physical Activity and Health Promotion presentation at the recent Sports Medicine Australia conference at Sanctuary Cove in QLD for her project “An online social networking physical activity intervention delivered via Facebook: a randomised controlled trial”. Carol Maher, Conneel Vandelanotte, Monika Ferguson, Ron Plotnikoff, Karen Nelson-Field, Samantha Thomas, Ilse De Bourdeaudhuij, Tim Olds.

Professor Lorimer Moseley, Professor in Physiotherapy, was inducted as an Australian Physiotherapy Association Honoured Member at the CONNECT 2015, the APA national conference held on 3–6 October at the Gold Coast. This award has only been granted to a select few Physiotherapists and is recognition by his peers for his outstanding contribution in the area of pain sciences.

Congratulations to Dr Katherine Baldock who had her PhD conferred by council in October; Neighbourhood environment and cardiometabolic risk: perception and reality (Supervisors – Prof Mark Daniel, Dr Catherine Paquet, Prof Graeme Hugo).
Media Activities

Famous Adventure’s Pain Challenge!

Dr Tasha Stanton worked with Ben Lewis from RiAus recently to put the famous adventurer, Tim Jarvis (www.timjarvis.org), through a collection of pain tests. It was an opportunity to test Tim but also to increase public awareness of scientific knowledge relating to pain.

Watch the first episode:

RiAus and/or RiAus.TV – Australia’s Science Channel: http://riaus.tv/videos/tim-vs-mountain-episode-1

Invited Presentations

Dr Carolyn Berryman delivered lectures at Harvard University and the University of Washington Seattle.

Dr Saravana Kumar, Kumar S (2015): Evidence-Based Practice and Sustainability in Health Care. Genesis CancerCare Annual Clinical Collaborative held in Adelaide on Monday 2nd November 2015


Dr Mandy Stanley was an invited speaker at the Asia Pacific Occupational Therapy Congress, Rotorua, New Zealand, September 14-17. She presented a workshop titled “Sharing stories from practice (research)”. She also presented a workshop with Dr Kirk Reed and Dr Ellen Nicholson from Auckland University of Technology “Developing skills in critiquing qualitative research” and a paper “Stories of risk from practice”.

Dr Mandy Stanley with The Maori cultural advisors for OT New Zealand
Dr Mandy Stanley presented two papers at the Society for the Study of Occupation: US conference in Fort Lauderdale, Florida September, October 1-2. The papers were: “Meta-synthesis: Exploiting the potential for occupational science”, and “Working in multi-disciplinary teams: Drawing on the Alone in a Crowd experience”.

On Tuesday the 27th October Dr Mandy Stanley gave a lecture on "The Power of Occupation" at Mahidol University, Bangkok, Thailand for World Occupational Therapy Day. It was attended by staff, students and guests.

Staff, student and guests at Mahidol University, Bangkok

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**Grant/Funding Successes**

**Lifetime Support Authority**

Dr Mandy Stanley, Dr Shylie Mackintosh, Dr Gisela van Kessel, Dr Caroline Fryer, Dr Carolyn Murray and Assoc/Prof Susan Hillier were successful with a research grant from the Lifetime Support Authority for the project “Choice and control: Client and caregiver perspectives informing best practice” $60,000.

**Almond Board of California & US Department of Agriculture**

Associate Professor Alison Coates, Dr Alison Hill and Professor Jon Buckley won a grant from the Almond Board of California & US Department of Agriculture valued at $256,000 to evaluate the effects of 12 weeks of eating unsalted raw almonds on cognitive performance in adults. Associate Professor Coates and her team have previously shown that nut consumption can improve vascular function and cognitive performance in older adults and this project will evaluate the potential for almonds to improve cognition and evaluate mechanisms by which this occurs.

**SA Health**

Dr Saravana Kumar: Safety and quality of allied and scientific health: development and implementation of continuous quality improvement through clinical audits in Southern Adelaide Health Network – Funded through SA Health ($10000) for which Saravana will be undertake two training workshops with allied health clinicians based at the Southern Adelaide Health Network on strategies to improve quality and safety of allied and scientific health. These workshops will be held on 19th November 2015 and 3rd December 2015.
NHMRC-ARC Dementia Research Development Fellowship

Dr Ashleigh Smith was awarded a prestigious NHMRC-ARC Dementia Research Development Fellowship valued at $594,000 to undertake work that will focus on optimising exercise prescription for brain health in older adults at risk of dementia.

**Scheme:** NHMRC-ARC Dementia Research Development Fellowship

**Title:** Optimising exercise prescription for brain health in older adults at risk of dementia

**Total Funding:** $594,123 (2016-2019)

**Source:** NHMRC and ARC

Dementia is fast becoming the biggest health issue facing Australia. Without a significant medical breakthrough it is estimated that nearly 1 million Australians will be living with the condition by 2050. Engaging in frequent aerobic activity is one of the strongest, most cost effective and accessible methods available to reduce the progression from a prodromal state of dementia (mild cognitive impairment (MCI)) to a dementia diagnosis (Norton et al. 2014). Despite this, exercise prescription in those at risk of dementia is currently limited by: 1) the uptake and maintenance of enjoyable and sustainable activity and 2) an incomplete understanding of how exercise modifies brain function. Key members of our group (ARENA) have led the research effort demonstrating that aerobic exercise will be more enjoyable (Smith et al. 2015) and sustainable, and cardiovascular improvements more significant, if autonomy and cognitive control of the intensity itself is regulated by the participant (using effort sense) and perceived to be pleasant (Parfitt et al. 2012a; Parfitt et al. 2012b). Our new focus is to design targeted and sustainable physical interventions to promote brain health and prevent cognitive decline in adults living with MCI.

To do this, a better understanding of how past and present activity influences brain function is needed. Using a combination of effort sense to improve the uptake and maintenance of aerobic activity, and non-invasive brain and physical activity technology, I will extend this important, timely and novel area of research into older adults at risk of dementia, living with MCI.

Special mention should go to Prof Roger Eston, A/Professor Gaynor Parfitt and Dr Hannah Keage who will be mentoring me throughout the next few years. Also to Dr Gaby Todd and Dr Saravana Kumar who provided in depth feedback on the application.

References:

Sansom Statistic Funding Awards 2015

Congratulations to the following staff who have received funding to support their research projects:

<table>
<thead>
<tr>
<th>CIA</th>
<th>Application title</th>
<th>Other CIs</th>
<th>Sansom Research group</th>
</tr>
</thead>
<tbody>
<tr>
<td>Prof Tim Olds</td>
<td>Facility for the objective measurement of physical activity</td>
<td>Ash Smith, Gaynor Parfitt, Kate Fennell, Jill Dorian, Gisela van Kessel, Sarah Wheeler (Adel), Deborah Turnbull (Adel), Hannah Brown (Adel), Colin MacDougall (Flin)</td>
<td>ARENA</td>
</tr>
<tr>
<td>A/Prof Jim Dollman</td>
<td>Project evaluating associations between job-related stress and cardiometabolic risk factors in South Australian farming communities</td>
<td></td>
<td>ARENA</td>
</tr>
<tr>
<td>Prof Lorimer Moseley</td>
<td>EEG laboratory staff support</td>
<td></td>
<td>Body in Mind</td>
</tr>
<tr>
<td>Prof Karen Grimmer</td>
<td>Choosing Wisely-Addressing the evidence-practice gap for the diagnosis and management of non-specific low back pain</td>
<td>16 iCAHE researchers, representing all eight iCAHE key research areas</td>
<td>International Centre for Allied Health Evidence</td>
</tr>
<tr>
<td>Prof Eva Bezak</td>
<td>Experimental investigation of in-vitro cancer stem cell survival for head and neck cancers following x-ray irradiation</td>
<td></td>
<td>International Centre for Allied Health Evidence</td>
</tr>
<tr>
<td>Prof Elina Hypponen</td>
<td>Genetic epidemiological studies on mental health</td>
<td>Ang Zhou</td>
<td>Nutritional and Genetic Epidemiology</td>
</tr>
<tr>
<td>Prof Leonie Segal</td>
<td>The evaluation of advanced trauma-based organisational level training for clinicians working with mother-child dyads at high risk of or currently engaged in abuse and neglect</td>
<td>Gareth Furber</td>
<td>Health Economics and Social Policy</td>
</tr>
<tr>
<td>Prof Leonie Segal</td>
<td>Health, Social and Economic Consequences of Child Abuse and Neglect: An analysis using whole population SA linked data</td>
<td></td>
<td>Health Economics and Social Policy</td>
</tr>
<tr>
<td>Prof David Roder</td>
<td>A spatial analysis of population-based breast screening participation in South Australian women</td>
<td>Theo Niyonsenga, Neil Coffee, Mark Daniel, Liz Buckley</td>
<td>Cancer Epidemiology</td>
</tr>
<tr>
<td>A/Prof Margaret Cargo</td>
<td>Development and inter-rater reliability assessment of the Checklist for Implementation – Primary Studies</td>
<td>Karin Hannes (K.U. Leuven), Dr Janet Harris (Uni Sheffield), Dr Tomas Pantoja (Pontificia Universidad Católica de Chile)</td>
<td>Spatial Epidemiology and Evaluation</td>
</tr>
</tbody>
</table>
Dr Steve Milanese conducted a two day ‘Manual Therapy for the Spine’ workshop for Physiotherapists in Malaysia at iNTI University, Kuala Lumpur. The course, a mix of lecture and practicals, attracted 42 participants (including 7 lecturers and senior lecturers from other universities) and covered evidence based manual therapy practice, centred around the Maitland approach, one of the key international manual therapy schools of thought pioneered here at UniSA. This is the second time the course was run at iNTI University and attracted participants from around Malaysia. Professor Narasimman Swaminathan, adjunct senior lecturer at UniSA, and staff member at iNTI University helped organise the event.

Professor Alan Crocket attended a reception for recipients of the Public Service Medal at Government House on the 12th to celebrate the 25th Anniversary since the inception of this award. Alan received his Public Service Medal in 2003.

During September Dr Natasha Schranz attended the Pediatric Work Physiology XXIX meeting in Utrecht, Netherlands where she presented on the Active Healthy Kids Australia Report Card. Natasha was awarded $2000 from the Ian Potter Foundation to contribute toward her attendance at the conference. Her presentations included; Schranz, N. & Tomkinson, G. Is sport enough? Results from the Active Healthy Kids Australia 2014 Report Card on Physical Activity for Children and Young People (Oral), and Vella, S., Schranz, N., Davern, M., Hardy, L., Hills, A., Morgan, P., Plotnikoff, R. & Tomkinson G. The contribution of organised sports to physical activity in Australia: Results and directions from the Active Healthy Kids Australia 2014 Report Card on Physical Activity for Children and Young People (Poster).

Earlier this year, Dr Saravana Kumar secured funding from SA Health for an initiative aimed at promoting best practice within Allied Health (“Allied Health and Community Clinical Audit and Innovation Collaborative”). As part of this initiative, Saravana conducted first in a series of workshops for Country Health SA Allied Health Professionals on clinical audits. This workshop was held on 22nd October 2015 at University of South Australia and was attended by approximately 20 clinicians from across South Australia where they were introduced to the theoretical underpinnings and practical aspects of undertaking clinical audits.
Staff from the School of Health Sciences came together again on Tues 13th Oct to celebrate citrus.

Thank you to all the generous bakers, and everyone who came to support Bake Club.

We had a range of delicious treats, and raised $70 for Red Cross Syria Crisis Appeal.

We are always on the look-out for new bakers, themes and charities – please contact Dr Michelle McDonnell (michelle.mcdonnell@unisa.edu.au) or Raewyn Todd (Raewyn.todd@unisa.edu.au) if you would like to take part or assist.

Professor Jason White (Head of School; Pharmacy and Medical Sciences), Professor Allan Evans (Provost and Chief Academic Officer) and Professor Roger Eston at the Vice Chancellor’s Senior Staff Drinks in September.
Open Day 2015
– Some statistics

Sunday 16 August 2015
City West and City East campuses

Prepared by:
Melanie Summers
Open Day Coordinator

UniSA Open Day 2015 Event Summary
Thank you to our exhibitors, staff and students for contributing to this event.

Overall Attendance

The UniSA Open Day 2015 was held on Sunday 16 August. Both the City West and City East campuses were open for the second year to showcase experiential learning facilities provide program presentations and university information.

Presentation attendance numbers by Division:

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Business School</td>
<td>1977</td>
<td>2332</td>
<td>2407</td>
<td>92</td>
<td>430</td>
</tr>
<tr>
<td>EASS</td>
<td>3882</td>
<td>4927</td>
<td>4404</td>
<td>-507</td>
<td>522</td>
</tr>
<tr>
<td>ITEE</td>
<td>1052</td>
<td>1071</td>
<td>1003</td>
<td>-68</td>
<td>-49</td>
</tr>
<tr>
<td>HSC</td>
<td>3466</td>
<td>4056</td>
<td>4141</td>
<td>85</td>
<td>675</td>
</tr>
<tr>
<td>College/Pathways</td>
<td>154</td>
<td>219</td>
<td>171</td>
<td>-48</td>
<td>17</td>
</tr>
<tr>
<td>General</td>
<td>814</td>
<td>829</td>
<td>668</td>
<td>-171</td>
<td>-146</td>
</tr>
<tr>
<td>TOTAL</td>
<td>11,345</td>
<td>13,434</td>
<td>12794</td>
<td>-640</td>
<td>1449</td>
</tr>
</tbody>
</table>

Visitor numbers by time

2015 City East Attendee by Time
Visitor by type of student

2015 – City East. I am a...

- High school student: 84%
- TAFE/RTO student or graduate: 1%
- Returning to study: 4%
- Gap year: 1%
- University student: 2%
- Parents/guardian: 1%

Presentation Numbers by Division 2011-2015

Health Sciences

<table>
<thead>
<tr>
<th>Title</th>
<th>2012 Attendance</th>
<th>2013 Attendance</th>
<th>2014 Attendance</th>
<th>2015 Attendance</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Health Sciences</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Clinical Exercise Physiology</td>
<td>n/a</td>
<td>230</td>
<td>332</td>
<td>322</td>
</tr>
<tr>
<td>Health Science</td>
<td>480</td>
<td>450</td>
<td>449</td>
<td>416</td>
</tr>
<tr>
<td>Human Movement</td>
<td>555</td>
<td>580</td>
<td>649</td>
<td>671</td>
</tr>
<tr>
<td>Medical Radiation</td>
<td>216</td>
<td>245</td>
<td>298</td>
<td>272</td>
</tr>
<tr>
<td>Occupational Therapy</td>
<td>141</td>
<td>283</td>
<td>282</td>
<td>292</td>
</tr>
<tr>
<td>Physiotherapy</td>
<td>375</td>
<td>420</td>
<td>397</td>
<td>400</td>
</tr>
<tr>
<td>Podiatry</td>
<td>50</td>
<td>58</td>
<td>73</td>
<td>43</td>
</tr>
<tr>
<td><strong>Pharmacy</strong></td>
<td></td>
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<td></td>
<td></td>
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<tr>
<td>Medical Science</td>
<td>110</td>
<td>106</td>
<td>160</td>
<td>245</td>
</tr>
<tr>
<td>Nutrition &amp; Food Sciences/Dietetics</td>
<td>256</td>
<td>225</td>
<td>220</td>
<td>158</td>
</tr>
<tr>
<td>Pharmaceutical Science</td>
<td>102</td>
<td>120</td>
<td>119</td>
<td>146</td>
</tr>
<tr>
<td>Pharmacy</td>
<td>155</td>
<td>180</td>
<td>206</td>
<td>224</td>
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<tr>
<td><strong>Nursing</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Nursing &amp; Midwifery</td>
<td>354</td>
<td>220</td>
<td>423</td>
<td>365</td>
</tr>
<tr>
<td>Nursing &amp; Midwifery (repeat)</td>
<td>232</td>
<td>247</td>
<td>307</td>
<td>403</td>
</tr>
<tr>
<td><strong>HSC Total</strong></td>
<td>3113</td>
<td>3466</td>
<td>4056</td>
<td>4141</td>
</tr>
</tbody>
</table>
It has been a busy period within ARENA since the last report in the School newsletter, both in terms of progressing plans to increase profile and research performance as well as with major funding successes and accolades for various individuals and teams.

Profiling activities

**Political profile**

On Wednesday 9th September, the Honourable Gerry Kandelaars MLC delivered a speech in the Upper House of State Parliament advising members of the formation, activities and impact of ARENA in South Australia and globally. In his speech, Mr Kandelaars highlighted that the activities of ARENA have placed UniSA in the top five institutions in the country engaging in both Nutrition and Dietetic Research and Human Movement and Sports Science research, and the leader in South Australia. He emphasised that ARENA plays a critical role in investigating the role of exercise, nutrition and other lifestyle activities for health and performance, all of which have important implications for governments both State and Federal particularly in relation to Public Health. Mr Kandelaars went on to point out that ARENA’s research activities align well with the State Governments strategic priority of being a global leader in health research and ageing, and ARENA will clearly be at the forefront of leading edge research in the state. It was very pleasing to have ARENA recognised formally in this way as it will assist in further building its profile as a leading research organisation in South Australia, and globally.

**Public profile**

At 10am on Monday 26 October Professor Jon Buckley, Director of ARENA, gave the first in what is to become a regular series of interviews about the research activities of ARENA on community radio station Coast FM. Professor Buckley gave an overview of the activities of ARENA and then spoke about his own research into the benefits of lutein, a molecule found primarily in fruit and vegetables and egg yolk, for increasing physical activity and reducing sedentariness in older adults. The intention is that members of ARENA will present information on their latest research in this timeslot on the last Monday of each month so the community becomes aware of the excellent research that is being done by ARENA researchers and students.

Building research performance

Part of increasing success in winning grants is by knowing what grant schemes are available to apply for. To assist with this ARENA hosted a training session run by Andrew Beveridge (Manager Research Grants, Research and Innovation Services) in the use of software called Research Professional that was recently purchased by the University. Research Professional is an international search engine that identifies grant schemes for which ARENA researchers would be eligible to apply and allows researchers to set up automatic notifications about grant opportunities in relevant fields or the forward information on opportunities to colleagues. You can’t with funding if you don’t know where to find it so we are hoping to be able to find more research grant opportunities using this software.
Part of ARENA’s strategy for building research performance involved establishing small seeding grants to allow teams of researchers to obtain pilot data that could also be used to leverage future external funding. Following a competitive internal grant scheme, where the dollar value of the applications received amounted to more than twice the available funding, four grants were awarded. Three of the successful projects involved external collaboration, one with the South Australian Health and Medical Research Institute (SAHMRI), one with the University of Adelaide and the other with James Podsiadly who is a former Geelong and then Adelaide Crows footballer. The projects that were funded were:


2. **Gaynor Parfitt**, Siobhan Banks, **Tim Olds**, **Carol Maher**, Janet O’Hehir (SAHMRI). The objective evaluation of the PERMA+ tool and the sensitivity of its underlying constructs to change following training.


Congratulations to all of those who were successful in winning ARENA grants in the current round.

**CPHR**

**Centre for Population Health Research**

**Director: Professor Elina Hypponen**

During the past two months we at CPHR have been settling to the mode of “work as usual”. It was great to have the joint event with the rest of the Health Sciences as part of the Research week, which at least to me personally, strengthened the sense of integration despite the physical distance between the East and the West.

An important event for us was the Population Health Congress in Hobart, which was attended by **Liz Buckley**, **Hanna Tervonen** and **Katherine Baldock**. UniSA’s marketing team put out a stunning display (see picture). When I received the picture, I also received one of the neighbouring display by Adelaide Uni which, as expected (and as highlighted by the marketing team), we outshone by a mile! Funnily enough, this reminded me of my childhood days in Tampere, the then ice hockey capital of Finland, where the only thing that was as important as your own team winning (for me, no question “Tappara”) was that at least it did better than the other local team (“Ilves”). I suppose some things are universal.

On Monday 28th September, Early Career Researchers from the CPHR were involved in the South Australian Academic Health Science and Translation Centre (SAHMRI) Student Open-Night. This event was an opportunity for potential students to meet with representatives from the three South Australian Universities and SAHMRI explore all options for Honours and PhD research projects within a single forum. The SAHMRI Auditorium was host to almost 300 university students who engaged really well with the researchers at the booths and organisers have received fantastic feedback. UniSA had a booth, and also the CPHR had one, which was skilfully
manned by our fellows, including Hanna Tervonen, Liz Buckley, Ang Zhou, Gareth Furber, Tom Whycherley and Natasha Howard.

SAHMRI holds ‘Friday night drinks’ with the Partners in the SAHMRI building on the last Friday of each month and our Centre had the opportunity to host the monthly drinks in September. A big thanks to the team who put in a big effort for organising the event and supporting our efforts to collaborate with our partners at SAHMRI. As a more serious social event, Sophie Guy did a great job in organising a morning tea for the ‘Blue Knot Day’ to support Adults Surviving Child Abuse. The event had a very good turnout, and exhibited some promising baking talent alongside of enabling us to contribute to this worthy cause.

Another event at SAHMRI was the Big Data Symposium, where I gave a brief talk on our work with large population surveys. Alex Brown sat on a panel for Health Systems Data. David Roder chaired the session on Registries, and discussed data access and related political barriers during the strategic panel discussion which concluded the symposium. Overall this was a great event, with many extremely interesting talks.

The South Australian Population Health Conference was held on 31 October, with strong altruistic contributions from the CPHR despite the meeting being held during the week-end. Liz Buckley, Natasha Howard, Dannielle Post, and Stine Hoj helped with the Congress organisation; Katherine Baldock acted as a session chair; Ang Zhou, Liz Buckley, Caitlin Dowell, and James Doidge gave talks, and Agustina Gancia and Danielle Post had posters. (And yes, the famous ‘booth’ was there aswell).

A key event for me was the NHMRC panel, which took me to Canberra. It was an incredibly interesting and stimulating week. So much so, that I believe it will take me at least a year to recover, before doing it again… In contrast, our much sought after statistical lead Theo Niyonsenga, who also attended, noted his intentions to volunteer again next year (what resilience!!). Others are encouraged to do the same - these panels are not only a great networking opportunity, but a presence of our researchers and the understanding of the process that attendance brings, is likely to be a key determinant for our success.

Welcome & Congratulations! New starter this period was Dianne Tearle who I was delighted to welcome as Personal Assistant to the Centre Director and Centre support. Congratulations to Dr Katherine Baldock who completed her PhD, and to Dr Natalia Parletta who graduated with a Master of Dietetics and now has provisional APD status. Natalie was also recently invited to join the Editorial Board of Public Health Nutrition as Associate Editor. Dr Hanna Tervonen travelled to Mumbai to attend the IACR (International Association of Cancer Registries) congress, returning to Adelaide as a recipient of the Enrico Anglesio Prize. This annual award is given to a young researcher to recognise an original scientific research work on Cancer Epidemiology. Hanna’s presentation was titled “Cancer survival and summary stage among Aboriginal and Torres Strait Islander people in NSW”. Well done!

BIM

Body in Mind

Director: Professor Lorimer Moseley

Professor Lorimer Moseley got the most brutal 'rewrite and resubmit' letter of his career the other month. Here is an excerpt:

"Although the reviewers found this topic to be of much interest and the experiments well conducted, each had extensive comments and suggestions for improvement. In my view, a key problem is that the manuscript is so poorly written that it is almost impossible for a non-specialist to understand... The problems begin with the title, which itself requires untangling......The first line of the abstract is virtually uninterpretable, and this
problem extends throughout the entire manuscript. ..... If you want to resubmit, you will have to rewrite this paper, sentence by sentence, from beginning to end, so it is understandable by non-specialists.”

**Congratulations:**

**Dr Valeria Bellan** made the Italian national newspaper - La Stampa - for her non-religious wedding ceremony, held in the City Hall. She married Davide Simonl. Theirs was the first wedding in Italy to involve both a catholic priest and an Imam. Dianne Wilson was on hand to represent Valeria’s Australian family.

**Emma Karran** has finished recruiting for Study 2 of her PhD - 294 patients in. Spectacular work Emma.

**Kerwin Talbot** has finished collecting data for Study 3 of her PhD - also moving at a cracking pace!

The 2015 Ride for Pain pre-ordered guernseys are now available for pick-up and look stunning. Only three weeks to go - better get some climbing legs on for November 15th! Support us by participating - even if it is a gentle pootle up Montacute Road - you’ll be back in time for the BBQ!

You can ride, or you can volunteer to help on the day.

Registration: [www.rideforpain.org](http://www.rideforpain.org); Volunteering to help: email tracy.jones@unisa.edu.au
2016 PainAdelaide

The program for 2016 PainAdelaide meeting - possibly the best little pain meeting in the world, is almost complete, with Prof Frank Keefe from Duke University and Prof Giando Iannetti from University College London, to be joined by A Prof Kevin Vowles from New Mexico, Serge Marchand from Sherbrooke, Canada, A Prof Greg Crawford from Adelaide Uni and a host of others - collectively the authors of over 1000 papers - for a day of top shelf clinical pain science. Registration open soon.

iCAHE

International Centre for Allied Health Evidence

Director: Professor Karen Grimmer

Congratulations to the first participants to complete the Professional Certificate in Consumer Engagement

The International Centre for Allied Health Evidence (iCAHE, UniSA), in partnership with Health Consumers Alliance, co-designed and delivered a Professional Certificate in Consumer Engagement in 2015. Health professionals, consumers representatives and researchers worked together to inform the objectives, content, delivery and assessment of the two courses that make up this Professional Certificate. The participants developed competence and confidence to apply evidence-informed consumer engagement practice in the areas of health research, governance, policy, services and care. The Professional Certificate was led by Ms Debra Kay, and Dr Michelle Guerin, iCAHE, UniSA.

iCAHE would like to congratulate the participants on their achievement and also thank Hon Jack Snelling, Minister of Health, and Prof Roger Eston, Head, School of Health Science, UniSA for presenting the Statements of Participation, Appreciation and Competence on the 10th of September 2015 at Parliament House, Adelaide. For further information about the Professional Certificate in Consumer Engagement visit the iCAHE website (www.unisa.edu.au/cahe).
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. New additions include:

**iCAHE’s clinical guidelines quality appraisal tool now recognised internationally**

The International Centre for Allied Health Evidence (iCAHE) recently developed a user-friendly instrument for assessing the quality of clinical guidelines [link](#). The iCAHE Guideline Quality Checklist allows guideline users to quickly and accurately assess the quality and usefulness of clinical guidelines.(1)

The iCAHE Guideline Quality Checklist was recently included in a systematic review [link](#) published in the German Medical Association’s peer-reviewed journal Deutsches Ärzteblatt.(2) The systematic review discussed the comprehensiveness, orientation and relevance to clinical practice of the iCAHE Checklist, alongside three other ‘rapid assessment instruments’. The figure within this systematic review highlights the strengths of the iCAHE Checklist; in particular, its ability to evaluate how rigorously a guideline was developed and how a guideline links its recommendations to the underlying evidence base.

In the future as more clinical guidelines are developed, greater onus will be placed on clinicians and health care organisations to choose and implement these guidelines in clinical practice.(3) The iCAHE Guideline Quality Checklist is a freely available and validated instrument that can be read alongside clinical guidelines to help determine their quality and clinical utility.


**Translating Japanese Physiotherapy Knowledge**

**Koya Mine**, from Nagasaki, Japan, completed the Masters of Musculoskeletal and Sports Physiotherapy in 2014 at UniSA. He has been working as a research assistant in iCAHE since December 2014. Koya’s brief has been to undertake systematic reviews of Japanese-language literature of physiotherapy treatment questions, and write English-language systematic reviews of the findings. He has been working with **Dr Steve Milanese** and **Prof Karen Grimmer** (UniSA) and **Prof Takashi Nakayama** (UniSA Alumni, adjunct lecturer to UniSA School of Health Science, and Professor, Department of Physiotherapy, Tokyo University of Technology, Tokyo). Koya has recently had his first systematic review accepted for publication in Physical Therapy Reviews, and he has four more reviews underway. Koya and Prof Nakayama have developed comprehensive search strategies of Japanese research databases, and they have shared the critical appraisal, and data extraction processes. Lack of Japanese language has been a barrier to his only-English-speaking collaborators at UniSA. Koya has also been invited to publish three educational pieces in Japanese Journal of Manual Physical Therapy (in Japanese) on evidence-based practice, which is a relatively new concept in Japanese physiotherapy. We believe that Koya’s recently accepted systematic review is the first ever, of non-English language literature. Koya’s work has highlighted the volume of literature which is not published in English, which could be ‘unlocked’ using the dual translation process that he and Prof Nakayama have developed.
On Friday the 16th of October, the Magill Allied Health Clinic was officially launched. Located in the E Building at Magill campus, the new clinic provides a newly refurbished allied health facility for students, staff and the general public.

The new clinic encompasses an integrated approach to allied health care and is already becoming popular in the wider community among sports teams and nursing home clients.

The service is an initiative of UniSA Health Pty Ltd under the Division of Health Sciences and is currently providing physiotherapy services.

General Practitioner services will also be available soon and podiatry services will be offered from the start of 2016.

**EVENTS**

**Magill Allied Health Clinic: Official Launch**

On Friday the 16th of October, the Magill Allied Health Clinic was officially launched. Located in the E Building at Magill campus, the new clinic provides a newly refurbished allied health facility for students, staff and the general public.

The new clinic encompasses an integrated approach to allied health care and is already becoming popular in the wider community among sports teams and nursing home clients.

The service is an initiative of UniSA Health Pty Ltd under the Division of Health Sciences and is currently providing physiotherapy services.

General Practitioner services will also be available soon and podiatry services will be offered from the start of 2016.

The Magill Allied Health Clinic can be contacted via email magillhealthclinics@unisa.edu.au, or to make an appointment, please call (08) 8302 4013.
Clients: Katherine Lawrence and Carol Ebert

Professor Esther May (Dean: Clinical Education and Equality), Professor Kurt Lushington (Head of School: Psychology, Social Work and Social Policy, Professor Bob Vink Professor Bob Vink (Pro Vice Chancellor: Health Sciences) and Professor Roger

Professor Roger Eston, Professor Bob Vink and Mr Vincent Tarzia MP (Member for Hartley)

Client: Dean Lawrence and Jodie Quilliam

Gym Staff: Peter Flynn, Emma Gericke and 4th year physiotherapy student Angus Reckord

Assoc/Prof Gaynor Parfitt and Michael Hartland
Professor Roger Eston and Professor Bob Vink appear to be relaxed pre-speech!

4th year physiotherapy students Darren Reid and Angus Reckord

Assoc/Prof Kerry Theirs, Assoc/Prof Marie Williams and Gail Gibson

Allan Tabor, Stephen Dowdy (Head:UniSA College) and Esther May

Andrea King-Jones and Prof Kurt Lushington

Renae Kelly and Marta Skibicki (Senior physiotherapist at Helping Hand Aged Care)
The Annual School of Health Sciences Research Week was held from 21st – 25th September 2015. Research Week is always a good opportunity to catch up with the range of research being conducted across our School, and this year was certainly no exception! The week kicked off in the SAHMRI auditorium, with presentations from some of our Research Leaders. The rest of the week provided people with a chance to stretch their legs (or clock up their 10,000 steps), with sessions alternating between City East and the SAHMRI auditorium. Once again, the quality of presentations from our HDR candidates was truly outstanding, with 32 candidates presenting their work in formats ranging from full-length presentations, to posters, to the challenging ‘5 slides in 5 minutes’. Congratulations to the following HDR candidates who stood out in the Research Week Poster Competition: Jane Chalmers (Best Poster), Kerwin Talbot and Nerylee Watson (Runners-up for Best Poster) and Melissa Hull (People’s Choice).

The week finished with a lively debate which considered whether ‘research informs our teaching’, with team members demonstrating an enviable range of rhetorical and multimedia skills.
During early September, the University of South Australia partly sponsored the 3rd Population Health Congress that was held at the Hotel Grand Chancellor in Hobart.

The Congress was a great opportunity for the University to have a physical presence at the event, along with many other institutions from across Australia, to promote the Master of Research (Population Health Practice) and Graduate Certificate in Population Health Practice, as well as highlight the breadth of research conducted within the Centre for Population Health Research. The 3 day event was largely filled with lively debates, presentations from leading researchers, workshops and various other networking opportunities.

Congratulations again to the first participants to complete the Professional Certificate in Consumer Engagement.
Myanmar AAF 2015 Physiotherapy Summary

(By Susan Hillier, School of Health Sciences Coordinator: Myanmar Fellows 2015)

Ms Saw Mya Soe (University of Technology, Yangon) and Ms Mon Mon Hnin Lwin (University of Medical Technology, Mandalay) have successfully completed 12 weeks of intensive observation and learning in the Physiotherapy Program, School of Health Sciences, University of South Australia.

Their goals were to gain a rich understanding of the curriculum and teaching and learning strategies employed in the physiotherapy program including clinical skills preparation then specific assessment and clinical skills with specialty client groups in hospitals and the community.

The program commenced 22nd June 2015 with orientation to the University environment, then both fellows attended four weeks of workshops being offered to the third year physios as pre-clinical training ie prior to their clinical placements. The four areas covered in these intensive workshops were Acute care, Primary and ambulatory care, Physiotherapy with children and Rehabilitation. The workshops were a mix of theory, practical and demonstration, and also included visits to community resources centres and specialty presentations from allied professionals including occupational therapy, Speech therapy, prosthetists and people with disability.

The next weeks were spent in two week blocks visiting the various clinics being run for student placement in hospitals, rehabilitation centres and outpatient clinics across Adelaide in the four areas of speciality listed earlier.

Within this period the two fellows also visited Sydney and attended a Cystic Fibrosis weekend workshop there. They also visited clinics conducted by Women’s Health Physiotherapists (auspiced by Trish Neumann).

Also in the latter period the fellows chose specific basic training for second yea physiotherapy students in preparation for their first generic clinical placement. Therefore the fellows were able to appreciate the way skills were layered across the years (2nd to 4th) and how competencies were introduced and then developed in the curriculum. The fellows also had full access to all teaching resources, course outlines and materials to guide their understanding of the training program, teaching, learning and assessment practices.

On weekends the fellows explored the city of Adelaide with their colleagues or with colleagues from the University of SA – including trips to a wildlife sanctuary, to Victor Harbor and other places of interest. They were farewelled by physiotherapy staff at a dinner held in their last week and presented with their certificates.

Discussions are still underway about ongoing support and contact for the fellows on their return to Myanmar. This will take the form of ongoing resource provision (library books), mentoring and perhaps workshops conducted locally.

Abstract


Abstract


Abstract


Abstract


Abstract


Abstract


Abstract


*Abstract*

**Crichton, G.E.,** Alkerwi, A., & Elias, M.F. 2015. Diet soft drink consumption is associated with the metabolic syndrome – a cross-national comparison. *Nutrients*, 7:3569-86. 5 Year IF = 3.671; 2 Year IF = 3.270 (21/77 Nutrition & Dietetics)

*Abstract*


*Abstract*


*Abstract*


Abstract NA


*Abstract*


*Abstract*


*Abstract*


*Abstract*

**5 Year IF = 2.143; 1 Year IF = 1.712 (42/89 Health care Sciences & Services).**

*Abstract*


**Impact Factor N/A.**

*Abstract*


**5 Year IF = 0.414; 2 Year IF = 0.392 (61/64 Rehabilitation)**

*Abstract*


**5 Year IF = 1.468; 2 Year IF = 1.225 (109/165 Public, Environmental & Occupational Health)**

*Abstract*


**Impact Factor N/A**

Abstract N/A


**5 Year IF= 2.768; 1 Year IF= 2.264 (53/162 in Public, Environmental & Occupational Health).**

*Abstract*


**5 Year IF= 2.493; 1 Year IF= 2.063 (96/221 Environmental Sciences).**

*Abstract*


**5 Year IF = 1.200; 2 Year IF = 0.771 (52/64 Rehabilitation).**

*Abstract*


*Impact factor not available*
*5 Year IF = 1.976; 2 Year IF = 2.026 (53/125 Radiology, Nuclear Medicine & Medical Imaging)*

*5 Year IF= 1.770; 2 Year IF 1.632 (63/154 Medicine, General & Internal).*

*5 Year IF = 3.834; 2 Year IF = 3.194 (7/81 Sport Sciences).*

*5 Year IF = 2.413; 2 Year IF = 1.712 (42/88 Health Care Sciences & Services).*

*Impact Factor not available*

*5 Year IF=2.107; 1 Year IF 2.274 (161/252 Neurosciences; 42/77 Nutrition & Dietetics).*

*Impact Factor: n/a*

*Impact Factor N/A.*

*Impact Factor N/A*
5 Year IF 5.10; 2 Year IF = 5.03 (2/81 Sport Sciences).
**Abstract**

5 Year IF = 5.10; 2 Year IF 5.03 (2/81 Sport Sciences).
**Abstract**

5 Year IF=11.188; 1 Year IF= 14.225 (3/140 Psychiatry).
**Abstract**

5 Year IF = 2.967; 2 Year IF = 2.565 (7/64 Rehabilitation; 14/81 Sports Sciences).
**Abstract**

Stacey, G., **Berndt, A.** 2015. Emerging evidence for the benefits of support programs and environments which support walking, for older adults community mobility, however, inconclusive evidence for the effectiveness of licensing policy intervention: Critically Appraised Paper. *Australian Occupational Therapy Journal*. 62 (4)272-273.
5 Year IF = 1.151; 2 Year IF = 0.745 (50/64 Rehabilitation)
**Abstract**

5 Year IF= 3.508; 2 Year IF 2.928 (10/30 Anaesthesiology, 64/192 Clinical Neurology, 119/252 Neurosciences).
**Abstract**

5 Year IF= 2.597; 1 Year IF 1.902 (67/162 Public, Environmental & Occupational Health).
**Abstract**

5 Year IF = 0.723; 2 Year IF = 0.714 (18/19 Primary Health Care; 113/154 Medicine, General & Internal).
**Abstract**

5 Year IF= 2.965; 2 Year IF= 2.527 (11/30 Anesthesiology; 79/192 Clinical Neurology).
**Abstract**
5 Year IF = 4.415; 2 Year IF = 3.287 (11/51 Behavioural Sciences; 101/252 Neurosciences).

Abstract

5 Year IF = 5.764; 2 Year IF = 5.636 (4/74 Chemistry, Analytical)

Abstract

5 Year IF= 3.392; 1 Year IF= 2.805 (36/162 Public, Environmental & Occupational Health).

Abstract

5 Year IF= 3.936; 2 Year IF= 4069 (34/128 Endocrinology & Metabolism).

Abstract

5 Year IF = 2.214; 1 Year IF = 2.083 (35/145 Public Environmental & Occupational Health).

Abstract

Book Chapter


Best Student Oral Presentation

PhD candidate Courtney Davis won the Best Student Oral Presentation award for her talk: *Olive oil consumption and changes in erythrocyte fatty acids and lipids following a Mediterranean diet intervention: results from the MedLey trial*, at the Australasian Section of the American Oil Chemists Society Biennial meeting in Geelong Victoria, 9-11th September.

HDR candidates

Congratulations to the following recent ‘Drs’ and their supervisory teams:

- **Dr Abby Tabor** (BiM): Circular causality: an investigation into the experience of pain as part of a perceptual inference process (supervisors – Prof Lorimer Moseley, Dr Michael Thacker)
- **Dr Daniel Harvie** (BiM): Investigating the theoretical assumptions of the imprecision hypothesis of chronic pain (Supervisors – Prof Lorimer Moseley, A/Prof Susan Hillier, Dr Ann Meulders)
- **Dr Samuel Chalmers** (ARENA): Short-term heat acclimation and the lactate threshold (Supervisors – Prof Kevin Norton, Prof Roger Eston, Prof Adrian Esterman)

Rachel Nes receives the Les Braxier Supported Research Award ($1,000)

It was a great pleasure to receive the Les Brazier Supported Research Award at the recent Annual OT Australia Breakfast. The breakfast was a wonderful opportunity to celebrate the Occupational Therapy profession, with a number of interesting speeches! I would particularly like to thank Les Brazier Special Vehicles for supporting research in the Occupational Therapy (OT) profession and my Honours project supervisors – Dr Michelle McDonnell, Ms Lindy Williams and Dr Mandy Stanley – for their encouragement and support throughout my proposal development. My Honours project will be exploring carers’ perspectives on assisting with arm therapy in the acute stage after stroke. To discover this my project will recruit 10 carers who have been involved in assisting with arm rehabilitation as part of a larger feasibility study at the Royal Adelaide Hospital (RAH). Each carer will participate in an individual interview which will be recorded and transcribed. A thematic analysis will then be performed, ultimately producing my honours thesis which will present perspectives as they emerge through the systemic analysis process. The $1,000 funding I received will be used to promote equitable sampling by enabling me to pay for translation so that individuals will not be excluded on the basis of English language skills. (By Rachel Nes)
Trevor Prescott Freemasons Memorial Scholarship

Braden Mitchell received the 2015 Trevor Prescott Freemasons Memorial Scholarship from the Freemasons Foundation for $4200. The scholarship is provided to individuals to assist them in undertaking projects/activities which will have a significant worthwhile contribution to the community. Braden is a PhD student supervised by Prof Roger Eston, Assoc/Prof Gaynor Parfitt and Dr Kade Davison.

Commonwealth Endeavour Scholarship

CHPR - Stine Hoj, a PhD student whom Professor Mark Daniel co-supervises with Dr Catherine Paquet, has just been awarded a Commonwealth Endeavour Scholarship to undertake research in Montreal on a Canadian Institutes of Health Research grant for which Mark is a PI with a colleague at McGill University.

The project will assess local-area factors that shape mental health and wellbeing, using a comprehensive GIS to evaluate trajectories of mental health and wellbeing, for a representative sample of several thousand residents being tracked over time in a large-scale epidemiological cohort study, one of the first of its kind internationally.

MP commends one of our students for contribution to Welcome to Australia Event

Luca Migliaccio, a Human Movement student, currently completing Field Study and placed with the sport & Development Program, received a special commendation from the Mr Paul Caica MP (Member for Colton) for organising the soccer activities at the Welcome to Australia Community event on Saturday the 19th of September. Goes to show that our programs and students have a lot to offer!

Many hours of hard work and planning went into the event and the results were outstanding with over 300 people attending throughout the day. I am so proud to be part of a community that cultivates welcome and I was inspired to see the turnout on the weekend of so many others that clearly feel the same way.

Please pass on our thanks to Luca who did a wonderful job coordinating soccer activities on the day. As a firm believer in the benefits of organised sport, it was terrific to see the many children that attended be able to grab a ball and have a go.

It is people like you and Luca that made the day as successful as it was and I offer you my profound thanks for your attendance and effort.

Yours sincerely

Paul Caica MP
Member for Colton
21 September 2015

An extract from Paul Caica’s letter to Joanna Bouyesi, Project Officer: Sport and Development, thanking both Joanna and Luca for their outstanding efforts
Sergio Melta Player of the year award in 2015

Final year Human Movement student Ryan Kitto was awarded the Sergio Melta Player of the year award in 2015. For the non-soccer (football to the purists) fans, it is akin to winning the Magarey Medal in the SANFL. It is unlikely that you will hear about this achievement from Ryan, who is more likely to want to talk about his team-mates, club and others around him. A ‘quiet achiever’ who started with a local club at Seaford, then went to Cumberland United before winning a 2-year scholarship at SASI. He went on to play for West Torrens Birkalla Soccer Club, Adelaide United and the Australian under 23 youth team, before returning to West Torrens to help the club re-build. Ryan intends to undertake a Master of Teaching when he has completed his Human Movement degree, and volunteered to be a student mentor on the Human Movement program’s first year camp - twice. On a side note, Uni SA coach Inno Muluji won community coach of the year.

Podiatry Student stars in Pole Dancing Championship

Estelle Humphris, a third year Bachelor of Podiatry student was recently placed as a Runner up in the Amateur division of the Miss Pole Dance South Australia competition. While pole dancing may have a slightly dodgy connotation for most people, it is actually a sport requiring high levels of strength and co-ordination. Estelle went into the sport with no background in either dance or aerobics, so to reach her level of achievement so far has required a lot of dedication and serious training.

UniSA Touch Footy Team

A record number of UniSA students headed north to the Gold Coast to participate in the University Games. While our Touch Football team may not have gained a gold medal, they certainly had impressive pyramid building skills and appreciated the opportunities to build connections with students from other programs. See if you can find Physiotherapy students Maddie Kavanagh, Alexandra Stewart, Leah Carne, Laurence Preen, Ben Tomlinson and Briony Rischbieth in there.
The School of Health Sciences Exercise Physiology Clinic is offering pre-summer:

HEALTH AND FITNESS CHECKS

only $10 [to cover consumables]

MEASURED
- Fasting glucose, cholesterol and other lipids
- Blood pressure
- Lung function
- Strength testing
- Body composition measures
- Balance, flexibility and reaction time tests
- Cardiovascular fitness

RESULTS
- Health age
- Fitness age
- Age- and sex-specific percentile scores for all measures
- Risk factor score

CONTACT
Exercise physiology clinic - level 2 Centenary Building  8302 2078
Professor Kevin Norton - P6-10  8302 1503
Wednesday 4 November 2015

Bupa Health Foundation Funding Round

*Change to Expression of Interest process*

The Bupa Health Foundation is committed to investing in translational research to deliver sustainable health outcomes.

To allow us to deliver on this commitment, we recently reviewed the Foundation’s expression of interest process and as a result the annual expression of interest funding round will not take place in 2015 - 2016.

It is important to note that our funding commitment to health research will continue and remain at the same level as in previous years. The only change will be to the process for identifying research projects and partnerships.

We have considered feedback from our partners and recognise many in the past have spent a significant amount of time applying for Bupa Health Foundation Grants and the level of interest has exceeded the available funds, leading to modest levels of success for applicants. Moving forward we want to simplify the process and ensure that we are engaging our partners in the most efficient and beneficial way.

The Bupa Health Foundation will spend the coming months identifying key focus areas where we feel we can have the most impact, and then engage partners accordingly. We will continue to keep our partners updated on these focus areas.

To receive updates as they come to hand or should you have any queries, please email foundation@bupa.com.au

Yours sincerely,

Annette Schmiede
Executive Leader
Bupa Health Foundation

Bupa Foundation (Australia) Pty Limited
T/A Bupa Health Foundation
255 Goorgo Street
Sydney NSW 2000

The Bupa Health Foundation (formerly the MBF Foundation) is a not for profit, charitable foundation created for the purpose of promoting health research, health education and programs for leading healthy live
Backpacks 4 SA Kids

After last year’s astonishing success in providing over one thousand Christmas presents to Backpacks 4 SA Kids through kind contributions from UniSA staff, Emily Vaughton is once again collecting donations for the 2015 Christmas Drive. Christmas presents are provided to children in emergency foster care and domestic violence shelters. To date, we are in the vicinity of 300 presents, thanks largely to fantastically generous and ongoing support from Sandy Reid, Emma Jonnek and Judy Barnes. If you have anything you would like to contribute please chuck it in Emily’s office in C7-43 before December 10. Backpacks accept all types of gifts with the exception of food items and toy guns.

New and excellent condition second hand clothes, toys, DVDs, books and toiletries can also be dropped to Emily to contribute to the organisations 3000 backpacks they provide to children removed into emergency foster care in South Australia each year.

http://www.backpacks4sakids.org/
https://www.facebook.com/#!/just1mum

Giving to UniSA

UniSA Advancement Services has launched a new website called ‘Giving to UniSA’ (www.unisa.edu.au/giving) with a page for Health Research to be introduced before the end of the year. We are seeking great stories that will inspire people to donate to UniSA Health Research through the website. If you would like to assist with our fundraising campaign and are be happy for your research to be featured on the site, please contact cassie.saunders@unisa.edu.au.

LIBRARY REPORT

Data Management support

The new Data Management Planning webpage is now live and can accessed by going to the Staff portal, clicking on the Ask Research button at the bottom of the page, and then clicking on the Research Data Management tile. The direct URL is http://w3.unisa.edu.au/askresearch/data-planning.htm#why-dmp.

The webpage contains information on data management planning, data collection, sharing your research data and data storage and is a joint collaboration between the Library, RIS, ISTS and RESA. If you require further information about Data Management please contact Library-Health-Team@unisa.edu.au.

The Library: available anywhere, anytime and on any device - redefining enquiry services

The Library Enquiry Service Delivery model is changing from fixed enquiry points to services on demand. Over the last few years enquiries to service desks at all campuses have decreased dramatically due to improved systems, better online access, and self-service options. Staff and student expect choice in the way they interact with the Library.

In the near future the service desk in each Library will be replaced with diverse modes of advice and assistance, such as proactive chat, video conference, screen sharing, email, telephone and the UniSA app. During peak times staffed library pop ups will be set up in library locations most occupied by students. Staff and students will still be able to make appointments with librarians for complex enquiries.