Merry Christmas

HLS PHOTOS AND INTERVIEWS

November-December 2015 Edition

UNISA EXCLUSIVE

Outstanding School of Health Science staff win Division Recognition Awards!

Fun snaps of the HLS Christmas Party inside!

Guess who’s now a ‘True Blue Aussie’?

Too many awards to count! What a year it’s been for HLS!
Hi all,

Welcome to a jam packed edition of the Newsletter. The last few months have been as busy as ever with a number of notable events, activities, promotions, individual and collective awards, successes and recognition of our staff and students, further growth of our amazing community clinics, advances in teaching and learning, simulation and digital learning activities, student conferences in health sciences, medical radiation, occupational therapy and exercise physiology, to name a few things – all celebrated in this edition of the newsletter.

I am not writing a lot on this occasion! I really just want to reiterate what a successful year it has been for the School of Health Sciences, and to say thanks to all academic and professional staff for your hard work to improve the School’s performance and the student learning experience. Your collegiality, enthusiasm and willingness to step up when needed makes this an especially nice place to work. Thanks also to all the students who have helped with school events and community activities.

Of course, the results of the 2015 Excellence for Research in Australia (ERA) audit are the icing on the cake which round off the School’s successes for 2015. The ‘well above world standard, ERA 5’ research profile in the categories of ‘Clinical Sciences’, AND ‘Human Movement and Sports Science’, AND ‘Nutrition and Dietetics’, AND the ‘world standard’ rating in Public Health and Health Services reflect incredibly well on the School’s advances in research in these areas.

We are the only institution in SA which has such a highly rated collective profile of world class research in these areas.

Thank you again for your valued contributions this year. They do not go unnoticed.

I wish you all a very happy and wonderful Christmas and best wishes for 2016.

Roger

😊
DID YOU KNOW?

**Did you know…(from Maarten Immink)**

A brief bout of exercise can help us to store and retain new information into memory.

While the benefits of regular, long-term physical activity for cognitive function have been known and accepted for some time, more recent research is indicating that even one bout of exercise can help memory storage of new information. For example, in 2012, a team of Danish scientists reported on a research study where they had subjects practice a new motor skill either before or after 20 minutes of stationary cycling at a high intensity level. A third group, practiced the skill after 20 minutes of rest. All three groups showed equivalent improvements in performance during practice. However, when performance was tested one day and one week after practice, both exercise groups demonstrated better retention of the skill than the rest group. Between the two exercise groups, retention of performance at one week after practice was higher for the group who exercised after practice. These results suggest that a bout of intense exercise either before or after practice can help long-term memory storage of new information associated with new skilled movements. In addition, the results suggest that introducing high intensity exercise after completion of practice is particularly beneficial for retaining performance levels on a learned movement skill. Results like these are relatively new and so some caution should be taken in their interpretation or application. A number of individual factors might have implications for the effects of exercise on learning including age, fitness level, physical abilities and the complexity of the movement skill.


**Did you know…. (from Alan Crockett)**

We breathe around 22,000 times per day moving approximately 16,000 litres of air into our lungs.

The gas exchange surface area of the lung is approximately 100 square metres (about the size of a tennis court). Our body surface area is approximately 2 square metres.

---

SMILE – RESEARCH SAYS IT’S GOOD FOR YOU 😊

Q: Where do sheep get their hair cut?
Ans: At the baa baa shop.

Q: What kind of tree do fingers grow on?
Ans: A palm tree.

Q: Why are ghosts so bad at lying?
Ans: You can see right through them.

Q: What do you call a train loaded with toffee?
Ans: A chew chew train.

Thank you to Jon Buckley for providing this edition’s jokes!
ASSOCIATE HEAD OF SCHOOL (ACADEMIC)

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

Congratulations to all teaching staff and students alike for their achievements in 2015! In particular, I would like to extend sincere congratulations to final year students who are graduating. You should be proud of reaching this milestone. We wish you all the best in your future, and trust you have been enriched by your experience with us at the School of Health Sciences. We hope to see you again, whether it be through further studies, alumni activities or as professional colleagues in the wider health community.

The last month has been a very busy period for academic staff who have been busy finalising the study period activities and results, and then also looking forward to plan the 2016 teaching and learning activities. Program teams have been meeting to review and plan an even better education experience for our students in 2016. Academics will have brought to the table their learnings from their personal experiences, shared experiences with their peers, feedback from students, and professional development sessions held over the year.

Within the school, we have shared our teaching experiences across a number of areas- academics have been informed and shared their experiences across a number of teaching areas; how to create quality discussion, how to use a virtual patient to assess students, how to motivate students to engage in pre-classroom learning activities and good practice in Objective Structured Competency Examinations. We have also learned how to develop a teaching portfolio, how to run online examinations, how to use online quizzes, and how to run virtual classrooms. We have also listened to the voices of our first year students.

Digital learning has been a focus. This is an exciting area of teaching and learning; it provides opportunities for students and academics to have some flexibility in planning commitments and can also provide more mobility while you teach and learn. It can also be used to facilitate student placements outside of the metropolitan area more effectively. Digital learning is equitable for students who may not be able to attend in person for some reason, and provides great revision resources for students. Learning resources can be adapted for multiple uses and can be interactive and engaging. Digital learning means students attend classes, or learn at home or on the bus. Digital learning can make life easier for students who are faced with long commutes to campus. Digital learning gives us potential to explore markets beyond our local area.

In line with the Digital Learning strategy we will be working towards offering at least 25% of our courses online. This University wide strategy is in response to feedback from students who are looking for more flexibility in their studies. This undertaking is challenging; it requires a careful look at curriculum design, and what digital tools are available to use. Many of our academic staff are already embracing the digital strategy and innovation in their teaching. In 2016, we will continue the philosophy of sharing ideas and supporting each other.

The school Christmas elf has delivered some digital Christmas gifts for all!
• 360 degree camera: takes stills and videos. Go to https://theta360.com/en/gallery/ for examples

• Google Cardboard (we have enough for a couple of tutorials groups to use them at the same time): This gives your students a Virtual Reality experience using a mobile phone and cardboard box! We just need to work out how to make the content!

• Ladibug (3): these are already available in lecture theatres but we are going to set the software up in school dedicated teaching spaces that have AV. The hardware will be bookable from the store. This neat little camera allows you to project documents in real time onto an AV screen, or you can write documents to be projected in real time. Can be used in lieu of a whiteboard.
• Equil Smart Pen: this is another technology that can be used in lieu of a whiteboard, you can project your writing/drawing onto a AV screen in real time.

For a demo go to: https://www.youtube.com/watch?v=oRCpVfYpy4

• Video-scribe software: this software is ideal to create short videos that grab the attention of your students

For a demo go to: https://www.youtube.com/watch?v=pSV-FWafD-c

If you are interested in trying these gadgets, contact Ryan Higgins ryan.higgins@unisa.edu.au. Hayley Timms and Tracey Johnstone are also available to help. I would really like to hear from people who use these tools so that examples can be shared with other staff.

In addition to digital learning, in 2016 we will be having conversations around programmatic curriculum design, assessment, and providing students with clear expectations. I am looking forward to what 2016 might have to offer, but before that I would also like to thank staff and students for their fantastic contribution to 2015.

Merry Christmas!
As we enter the final week of the 2015 academic year (scary thought for those continuing to work on grants, finalise theses, ethics applications, revisions on papers, or cross as much off the “to do before end of year” lists), it’s a good time to pause and acknowledge the many successes and achievements of colleagues and research trainees under our care in 2015. It’s been a bumper year and many of the achievements have been reported in previous newsletters throughout the year, but here’s just a few more to add to the list of reasons to celebrate.

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

- **Dr Lauren Frensham** (ARENA): Promoting regular walking among adult cancer survivors using an online interactive resource: an evaluation of Project STRIDE (supervisors – **A/Prof Jim Dollman**, **A/Prof Gaynor Parfitt**, A/Prof Janet Bryan)

- **Dr Gabrielle Rigney** (ARENA): A randomised controlled trial of a school-based sleep education program in pre-adolescents (supervisors – **Prof Tim Olds**, **Dr Carol Maher**, Dr Sarah Blunden)

Lauren and Gabrielle join **Dr Mark Catley**, **Dr Anna Phillips**, **Dr Elizabeth Buckley**, **Dr Jayne Barbour**, **Dr Carolyn Berryman**, **Dr Abby Tabor**, **Dr Katherine Baldock**, **Dr Daniel Harvie** and **Dr Samuel Chalmers** in taking our number of HDR graduates from the School to 11 in 2015 – 3 above our target number.

In terms of new HDR candidates for 2016, we are likely to be welcoming at least 14 people into the School (which already exceeds our target of 10 new commencing candidates each year).

30 scholars are on track to complete honours degrees within various programs in 2015 and there is already healthy interest being expressed for entry into various honours programs in 2016 (~ 40).

Our staff and students were also busy publishing, with 218 Refereed Journal Articles, 3 Book Chapters, and 1 Authored Research Book included in the 2015 collection so far.

To everyone that submitted or received grants, papers, accolades or made a difference at a very local level in somebody’s life in 2015, make sure you take a moment to give yourselves a pat on the back – and congratulate colleagues for not just surviving but thriving for another year.

Just in case you have run out of inspiration for wrapping gifts this year…you might find the following a source of inspiration… I was incredibly impressed the wrapping of this iTunes card. Have a restful break and I look forward to seeing where the School goes in 2016!

“This is how I wrapped my brothers iTunes gift card” ([http://imgur.com/pP2jDVO](http://imgur.com/pP2jDVO))
Well...that’s 2015 and what a year! Looking back we have achieved so much and 2016 has new integrated opportunities that we await with anticipation. The Community Clinics strategy has been actively deliberated and decisions have sincerely considered meeting our student placement learning outcomes by addressing identified community service gaps and partnering to collectively achieve results. For those who are not familiar with all of the Community Clinic services the University offers please take find them here [http://www.unisa.edu.au/Campus-Facilities/Public-services/](http://www.unisa.edu.au/Campus-Facilities/Public-services/)

Our students do a wonderful job practicing their skills and engaging with the community throughout their placements and its clear when I talk with the clients that they love the opportunity to form part of their learning opportunities. Thank you to all those students for their contribution and all the very best to those graduates. We look forward to meeting the new students coming through in 2016.

### 2015 major achievements

- Further developed the Centenary Level 2 area allowing for us to launch the **UniSA Health Medical Clinic** [http://www.unisamedical.com.au/](http://www.unisamedical.com.au/) – supporting student, staff and general public healthcare needs
- Successfully migrated the Physiotherapy Clinic over to an electronic patient management system consistent with the other school clinics
- Conducted approximately 10,000 occasions of service (approx 20,000 placement hours) in our on-site clinics
- Negotiated numerous partnerships resulting in great student benefits such as industry sponsored PhD scholarships, guaranteed placements and employment opportunities for students to name a few...

We are blessed to work with such a fantastic staff group who are proactive in seeking solutions and innovative approaches to the ever increasing placement pressures. Thank you for your continued efforts, collaboration and forward thinking!

A special thanks to my wonderful team (in no particular order) **Sharyn Martin, Denise Matthews, Sandy Reid, Sandra Molloy, Amelia Warley, Gaynor Spiniello, Joseph Campbell, Tina Shaw, Claire Neylon** and lastly **Gail Gibson.** You all do a wonderful job and I am very lucky to have such a great team!

Have a wonderful Christmas and looking forward to 2016!
Exercise Physiology Clinic Report

By Claire Neylon (AEP)

It has been another very successful and eventful year for the exercise physiology clinic. We are about to farewell another fantastic group of students graduating from their exercise physiology program after 4 years of study. Most of them will now be heading out into the wide world to start working as fully qualified allied health professionals, with a few going on to further study as well. We wish them all the very best and look forward to hearing how they are going.

Thank you to our referrers who are working with us to promote activity for health management. We love meeting new clients and having the opportunity to spread the word not only about UniSA Exercise Physiology Clinic but about what we do.

Many people may have also noticed that we have seen less of our fantastic Accredited Exercise Physiologist Cherie Noble over the last few months. Cherie has been awarded a teaching position in the UniSA Exercise Physiology program. As much as we will miss her and her words of wisdom we all wish her the best of luck. We know that she will be working hard to help give the students the best start to their professional careers and will be an asset imparting her years of clinical experience.

Finally from the students, Cherie, Millie, Sandra and I would like to extend the biggest thank you to all of our hard working clients and congratulate you on your successes throughout the year. We are very proud and consider ourselves lucky to work with such wonderful people. We hope that our passion for health and activity has been passed on to you and prompted you to make some positive changes to your life.

2016 I am sure will be exciting as will see the commencement of EP services at Magill campus with a focus on water based exercise.

Stay safe and active over the Christmas break and we will see you in the New Year.

TEACHING AND LEARNING NEWS/ACTIVITIES

A helpful tip from School TALC...

Do you use our POLICY FOR WRITTEN ASSIGNMENTS IN THE SCHOOL OF HEALTH SCIENCE?

Includes guidelines for Late Assignments, Formatting & Referencing. Available on the teaching & learning teamsite.
Ultrasound training in Port Moresby, November 2015, PNG (By Nayana Parange)

I was invited to conduct a short intensive ultrasound training program for doctors in training (emergency and rural medicine as well as obstetrics and gynaecology) as well as midwives. These trainees work in the provinces and want to learn the use of ultrasound in obstetric and gynaecologic point of care, to help them work towards improvement of pregnancy outcomes in PNG.

According to the World Health Organisation (WHO), PNG has the worst health status in the Pacific region. PNG ranks 157 out of 187 countries on the UN’s Human Development Index, worse than Bangladesh and Myanmar. Australia ranks 2nd.

Maternal and perinatal mortality is very high and 10% of all deaths in PNG are due to perinatal conditions.

The university of Papua New Guinea Health Education and Clinical Services Program (HECS), via AusAid funding, has therefore facilitated this workshop and this was my fourth annual visit.

It was a wonderful experience to interact with the trainees who are really good with their clinical knowledge, and keen to make a difference in their community.

What was particularly heartwarming was to see engagement from one of my trainees from 3 years ago – Teresita, a midwife, who came back to the workshop for a refresher and discuss with me how she is utilising the training in her clinical practice and also how it is making an impact on her community.

Teresita works as a midwife in a rural health clinic and said that she is able to refer patients to the hospital in the province earlier if she identifies a malpresentation or low lying placenta, which can potentially save the patient’s life.
She had brought one of her colleagues to the workshop as a trainee. She is really passionate about using ultrasound in primary antenatal care and wants other midwives in remote areas to have access to training as well. The midwives and trained community health workers are often the only point of contact for patients in most remote areas so plans for a future workshop of this nature, in liaison with the International Society of Ultrasound in Obstetrics and Gynaecology, are currently underway and we hope to deliver a workshop beyond Port Moresby and go into the provinces of PNG next year.

I am very grateful for the ongoing support from the School and Division of Health Sciences, UniSA to help me continue with this endeavour.

Community Engagement (By Saravana Kumar)

As part of the United Nations International Day for Persons with Disabilities: “Inclusion matters: access and empowerment for all” on 3rd December 2015, the International Chief Health Professions Officers hosted an online conference titled “The Virtual Day of Allied Health & Rehabilitation” (VDAH). This conference provided the opportunity to focus exclusively on the work of all allied health personnel (AHP) and raised awareness of the asset based approach that AHPs can offer to those persons dealing with disabilities.

It also provided an international platform around which AHPs and the users of AHP services can continue to work together to improve the quality of life for all of those with a disability. This online conference was held over the course of 24-hours from 8am GMT on Thursday 3rd December to 8am GMT on Friday 4th December.

This online conference brought together presenters from a number of countries including UK, Singapore, Canada, Malaysia, India, USA, Portugal, Switzerland, Australia, Nepal, Fiji, Greece, Mozambique, Netherlands, Brazil, Germany and hundreds of participants from across the globe. The first 12 hours was coordinated and moderated from the northern hemisphere and the next 12 hours was coordinated and moderated by Saravana Kumar in collaboration with Ms Catherine Turnbull, Chief Allied and Scientific Health Advisor, Allied and Scientific Health Office, SA Health.

Given the increasing focus on digital learning at University of South Australia and use of innovative technologies in bringing people together, this virtual event provided an ideal platform to connect people from across the globe, share and generate new ideas and promote the positive impact of AHPs. For those who are interested in this online conference, outcomes from the VDAH will be disseminated through the Global Community of Practice for Rehabilitation (GCoPR) to promote further comment and input, and will be followed by a two-week discussion period in January 2016 which will focus on the most popular topics.
Human Movement International Sport Study Tour 2016 (By Adam Hewitt)

I recently visited the USA to establish links in preparation for an International Study Tour for Advanced Sport Science students from the Human Movement program in 2016. Interest from students is extremely high so we created an itinerary designed to visit key places of interest from a high performance sports model point of view. I was able to visit the places outlined below. People at all of the sites visited were extremely excited about the concept of an International Study Tour from UniSA and we were commended for thinking outside the box to provide opportunities for students beyond what is currently offered. There were many aspects of the tour that were beneficial, both in terms of the proposed Study Tour concept and for establishing potential research and teaching & learning benefits. Sites visited for potential 2016 International Study Tour:

<table>
<thead>
<tr>
<th>University of Oregon</th>
<th>Seattle Sounders (MLS)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Seattle Seahawks (NFL)</td>
<td>University of Washington</td>
</tr>
<tr>
<td>University of Notre Dame</td>
<td>Cleveland Browns (NFL)</td>
</tr>
<tr>
<td>Philadelphia 76ers (NBA)</td>
<td>Philadelphia Eagles (NFL)</td>
</tr>
<tr>
<td>US Women’s Soccer</td>
<td></td>
</tr>
</tbody>
</table>

Our entry level Physiotherapy Programs have received Confirmation of Accreditation and Approved Program of Study Status from the Physiotherapy Board of Australia until December 2020.

We are very pleased that the following programs have been approved, until 31 December 2020, as providing a qualification for the purposes of registration in physiotherapy in Australia, without conditions:

- Master of Physiotherapy (Graduate Entry)
- Bachelor of Physiotherapy
- Bachelor of Physiotherapy (Honours)

The Physiotherapy Program Team (with lots of smiling faces)
STAFF NEWS

Our Head of School becomes an Aussie!

Congratulations to our Head of School, Professor Roger Eston, and his family, for becoming Australian Citizens on the 25th of November 2015! Roger and Gaynor scored 100% (Roger is calling himself a High Distinction Citizen!) and you might be shocked to know there was not a single Sir Donald Bradman question in sight!

‘We’re all so delighted to be officially recognised as Aussies’ – Roger Eston

Australians: Professor Roger Eston with wife, Assoc/Prof Gaynor Parfitt, son, James and daughter, Charlotte

Roger’s office decorated for the occasion!
Dr Nayana Parange wins Winnovation Award!

Nayana was the winner for 2015 Winnovation (Women in Innovation) Award. She was one of the 8 South Australian women who was awarded this prestigious award supported by News Corp Australia, Principal Partner News Limited, Gold Sponsor PwC, Silver Sponsor the Department of Water Environment and Natural Resources, and supporting sponsors, with WINN president Lisa Kennewell saying that each found solutions and overcame hurdles to “achieve their innovative moment”.

Nayana’s award was for the regional, rural and remote category for developing an education and training model to help upskill midwives and GPs caring for Aboriginal women in remote locations. This enables them to provide life-saving ultrasound services to patients who would otherwise not have access or would have had to travel long distances.

The Winnovation Awards showcase and celebrate successes of female innovators and recognise women ‘changing the game’ in science, technology, business, the arts and more, with inspiring and innovative approaches to problems, some with the potential to make a global impact. The Winnovation Awards themselves are an innovation – initiated by President Lisa Kennewell and now delivered by the WINN Board, a group of volunteer professionals passionate about innovation and technology. The awards are judged by a panel of specialist professionals relevant to each of the categories, along with WINN Board members.

“These awards are all about supporting and elevating South Australia’s innovative women,” Ms Kennewell said. “We were incredibly inspired by the range of stories the entrants and finalists shared. These women have turned businesses around, developed new computer vision technologies, devised new approaches to indigenous women’s health, engaged maths students and more. They are changing lives and giving back to the community in incredible ways.”

“South Australia’s future relies on fostering innovative minds and spotlighting success pathways,” News Corp customer solutions manager Guy Turner said. “News Corp’s involvement in these awards is to help amplify the success stories and show that the opportunities exist for innovative women in all disciplines to succeed here.”


HSC Staff Recognition Awards (By Emily Adcock)

The Division congratulates the two inaugural recipients of the Inaugural PVC HSC Staff Recognition Awards, acknowledged by way of peer nomination for their contributions to local culture, effort, attitude and achievement. Each winner was awarded recognition at the Division’s Celebrating Success event on Thursday, 26th November, receiving a certificate of appreciation and a $200 gift voucher for Short Breaks Australia, in aid of a well-deserved break.

Ms Judy Barnes, Administrative Assistant within the School of Health Sciences: Judy is the epitome of the quiet achiever- precisely the type of colleague this award serves to honour. Judy has been consistently nominated by her peers for her generosity of spirit, patience, service attitude and cheerful ability to work with academic and professional team members alike. Judy notes:

UniSA is a great place to work and I am blessed to work with amazing people, both professional and academic. What a fantastic way to end the year for me.

Dr Gareth Furber, Research Fellow in the Centre for Population Health Research: Gareth was recognised by colleagues for his contributions towards a team culture, bringing staff together in his local environment. Gareth has developed the Chocolate and Tea Society (CATS), providing members- all within his office- with chocolate on Tuesdays, tea at any time and amusing weekly emails, facilitating informal networking and ‘water cooler’ connections with fellow staff. Indeed, the chocolate pot is so renowned that it has its own Instagram account. Unfortunately, Gareth was unable to attend Celebrating Success due to an injury on the day. Gareth notes:

I was both surprised and touched by the nomination and the win. Who knew that fast-tracking diabetes in the workplace was an awardable behaviour? My sincere apologies for not being able to attend the event and receive my award in person. I quite literally dislocated my shoulder carrying a chocolate birthday cake. Shameful but true. A big thanks to the members of CATS who nominated me for the award, and to the Division for the award itself. Heart-warming indeed.
Student Nominated Excellent Educator Award

Dr Nicola Massy-Westropp

Congratulations to Nicola who received the Student Nominated Excellent Educator Award for the School of Health Sciences. Over 400 nominations were received for a number of academic staff from across the Division.

The award recognises and rewards staff for their innovation in teaching and curriculum developments and enhancement of the student learning experience.

2015 Best Publication ECR

Dr Edoardo Rosso

Congratulations to Edoardo who was awarded the research award ‘2015 Best Publication ECR’ by ANZALS (Australian and New Zealand Association for Leisure Studies). The award is for the theoretical innovation of his paper ‘The inverse relationship between social capital and sport: a qualitative exploration of the influence of social networks in the development of athletes’. The announcement was made at Town Hall on Friday the 11th of December at the ANZALS Conference dinner.

The paper “provides a broader conceptual and methodological framework to further investigate the ‘inverse relationship’ between sport and social capital. That is, social capital as a component of sport and athlete development. In particular, this paper makes the case for a qualitative approach to explore the influence of social networks and social capital on the career of athletes. The paper […] argues that social capital is an important matter to consider when looking at athlete development.”


Inaugural Rising Star Award

Dr Tasha Stanton

Congratulations to Tash who won the Inaugural Rising Star Award of the Australian Pain Society. This award is based on excellence in pain-related research achievement, demonstrated from the applicant’s track record, including specific research achievements or discoveries, research impact/application, collaboration achievements (independent of their supervisor), publication record (quality and impact of publications; e.g., H-index, standing of journals, citations), grants obtained (as a Chief Investigator), patents held and peer recognition: Awards or prizes, national profile, international profile. Well done Tash!
Distinguished Service Award

Professor Eva Bezak

Congratulations to Professor Eva Bezak, Professor in Medication Radiation (one of the Division’s successful ‘100 Professors’ appointment this year) who has been awarded a Distinguished Service Award - the highest award bestowed by the Australasian College of Physical Scientists and Engineers in Medicine and is given for outstanding and distinguished services to ACPSEM over many years. It was awarded at the Engineers and Physical Scientists in Medicine Conference in Wellington, NZ just recently.

Academic Promotions

Congratulations to the following staff members who received academic promotions this year:

Level B – Teaching Academic: Scott Adams, Dr Arjun Burlakoti, Dr Caroline Fryer and Dr Emily Ward

Level C – Teaching Academic: Eileen Giles

Level C – Teaching and Research Academic: Dr Margarita Tsiros

Level C – Research Academic: Dr Natasha Stanton

Appointments

Dr Mandy Stanley

Well done Mandy who has been appointed as Chair of the Scientific Program Committee for the next OT Australia National conference to be held in Perth in 2017.

Media Activities

Dr Natasha Schranz

Research fellow Dr Natasha Schranz has spoken to FiveAA radio about the 2015 Active Healthy Kids Australia report card, with ABC3 News and Nine MSN news also reporting on this research.

Professor Kevin Norton

Professor Kevin Norton was interviewed by BBC News about the growing popularity of the fitness industry in Australia. The tough world of the Australian fitness industry.
Tim VS Mountain

Polar exploration is tough going, and climbing three peaks in succession will be just as tough. To be successful Tim Jarvis needs to be at his peak physical ability.

In this episode of Tim vs Mountain, Tim is put to the test by Professor Kevin Norton to find out his physical capabilities. Through strength and endurance testing, our physiology expert will find out whether Tim’s body is up to the job.

- See more at: http://riaus.tv/videos/tim-vs-mountain-episode-2#sthash.mzz2HndJ.dpuf

And if you missed the first episode...

Dr Tasha Stanton and Ben Lewis from RiAus put Tim Jarvis through a collection of pain tests: http://riaus.tv/videos/tim-vs-mountain-episode-1

Grant/Funding Successes

NHMRC

A/Prof Alison Coates

Ali has been successful in securing NHMRC funding in the latest round. The project is led by Dr Siobhan Banks from The Centre for Sleep Research in the Division of EASS and partners with experts in biostatistics, sleep physiology, nutrition, metabolism and circadian rhythms at the University of Adelaide and CSIRO.

- Dr Siobhan Banks; AsPr Leonie Heilbronn, Professor David Kennaway, AsPr Alison Coates, AsPr Jill Dorrian
- Associate investigators: AsPr Peter Catcheside, Professor Gary Wittert, Professor Manny Noakes
- Project Grant: Altering meal times to reverse the metabolic consequences of shift work
- $735,715 awarded (2016-2019)

NHMRC

Professor Leonie Segal

Health and Social Consequences of Child Abuse and Neglect: an Analysis using Whole Population South Australian Linked Data

Chief Investigators: CIA Professor Leonie Segal, University of SA, CIB Professor David Preen, UWA, Director Centre for Health Services Research, (International data link expert), CIC Professor Paul Delfabbro, Adelaide
University, (Psychology and expert in Child Protection and addiction), CID  Assis. Professor Derek Brown, Washington U in St Louis (Health Economist, Published burden of Child Maltreatment).

**Associate Investigator: James Doidge**

**Budget $684,447 : 4 year project commencing mid 2016**

---

**China-Australia Centre for Health Science Research (CACHSR) Joint Research Grants Program**

**Dr Elizabeth Buckley and Dr Natasha Howard**

*Dr Buckley and Dr Howard* from the Centre for Population Health Research have received funding (18,500 AUD) to collaborate with Shandong University between 2016-2017. Co-Project Team Leaders are Professor Lingzhong Xu and Dr Long Sun from the Department of Social Medicine and Health Administration, School of Public Health.

The CACHSR is a collaborative program between the University of South Australia and Shandong University. It aims to promote significant collaboration which will allow the complementary research resources of both universities, and other research bodies, government bodies and business partners to collectively support research in the field of Health Sciences.

The CACHSR funded project seeks to compare key data systems and collections in South Australia and Shandong to explore the integration of the social determinants of disease, incidence, mortality, treatment and survival for the control of injuries, cancer, and cardiovascular disease. Comparison between the two regions will highlight opportunities for planning and improvement to data monitoring and surveillance. This CACHSR funding is the first to be supported within the field of population health.

---

**Asia Postgraduate Short-Term Mobility**

**Steve Milanese and Dr Shylie McKintosh**

*Steve and Shylie* received Asia Postgraduate Short-Term Mobility funding support for their application for the Physiotherapy PG Program, India. The project will receive from the Government 4 student subsidies x $2000 each and a staff subsidy of $1500 (to support the administration and implementation of the project). In addition students will also be eligible to receive the $1000 travel grant from the university.

---

**Lifetime Support Authority**

**Dr Saravana Kumar**

*Saravana* has secured funding ($32500) from the Lifetime Support Authority to undertake the following project: “*Perspectives of participants, their families and/or carers about Lifetime Support Scheme: A multi-methods evaluation*”. This project will evaluate the processes and outcomes, from the perspectives of key stakeholder group (participants and their families/carers), of the Lifetime Support Scheme.
Australian Association of Massage Therapists

Dr Saravana Kumar

Saravana has also secured funding (9000) from the Australian Association of Massage Therapists to develop two online education modules on evidence-based practice and introduction to scientific writing and dissemination as means of upskilling massage therapists in these areas. Saravana has had a long standing professional relationship with the Australian Association of Massage Therapists which have resulted in grants, publications and conference presentations/workshops.

12th Biennial Australian and New Zealand Association for Leisure Studies Conference

Dr Richard McGrath, Dr Janette Young, Dr Caroline Adams & Dr Edoardo Rosso

With the support of the School of Health Sciences a team of academic staff (Dr Richard McGrath, Dr Janette Young, Dr Caroline Adams & Dr Edoardo Rosso) hosted the 12th Biennial Australian and New Zealand Association for Leisure Studies (ANZALS) conference from December 9-11, 2015 at the UniSA City West campus. The theme of the conference was ‘Leisure as a Human Right’. Over 60 delegates from around Australia and NZ as well as a number of international visitors from the US, Canada and the UK attended and presented at the conference across a number of leisure related themes. The conference also included a number of specialist presentation streams including ‘Leisure & Health’, ‘Animals and Leisure’, ‘Sport and Development’, ‘Therapeutic Recreation’, ‘Leisure Facility Management’ and ‘Athlete Rights’. The conference was officially opened by Professor Roger Eston, Head of School, Health Sciences.

The conference included a number of keynote speakers including Kelly Vincent MLC (Dignity for Disability), Brad Chilcott (former CEO Welcome to Australia) & Haydyn Bromley (Executive Director Bookabee Australia). Each keynote presentation focused on a specific issue related to the theme of the conference with Kelly Vincent exploring the need to establish a universal design mentality within society to enable people with impairments to fully participate in daily living; Brad Chilcott identifying the privilege position many have within Australian society and the need for all to be actively involved in ensuring those who are fleeing war are treated with compassion and understanding; Haydyn Bromley highlighting the continuing issue Aboriginal people regard to freedom of choice and access in relation leisure & recreation.

The conference organising team were also supported by a team of student volunteers from the School of Health Sciences (Kristen Stevens, Emma Milanese, Kim Creeney) as well as Caellyen Bruerville (UniSA Sport & Development staff member).
As well as managing the conference the organising team and some of the volunteers presented various papers throughout the conference. These included:

- **Dr Edoardo Rosso**: ‘Building capacity to increase opportunities for community-based physical activity and sport in SA’
- **Dr Caroline Adams**: ‘Mona Lisa and the Selfie, cultural spaces as sites of health promotion’
- **Kristen Stevens & Dr Richard McGrath**: ‘Exploring the impact of a school based circus based training program to students' motivation and engagement to learning’
- **Emma Milanese & Dr Edoardo Rosso**: ‘Developing good practice coaching strategies for adolescents with ASD in a Multi-Sport Program’
- **Dr Richard McGrath, Dr Edoardo Rosso & Joanna Bouyesi**: ‘Rippling out: Social outcomes from a Sport for Development project’
- **Caelyen Bruerville**: ‘Kicking Goals for Community’: How a community-driven sporting program is lessening the challenges faced when migrating to a new country
- **Dr Janette Young**: ‘From non-leisure to leisure: the relocation of animals in a modern western society’

The Xiamen Fellowship

**Dr Natasha Howard**

**Dr Natasha Howard** attended the 2015 World Social Science Fellows programme. This involved attending a seminar organised by the International Social Science Council in partnership with the Committee on Data for Science and Technology (CODATA). The seminar was hosted by the International Council of Science: International Programme Office on Urban Health and Wellbeing at the Institute of Urban Environment (IUE) at Xiamen, China. The seminar took place from 30 November to 4 December and included 19 other Fellows as well as a number of interdisciplinary senior scientists.
Excellence for Research in Australia: ARENA and the School of Health Sciences in the Top Six Universities in the Country!

The School of Health Sciences is strongly engaged in research in exercise science and nutrition, through the Alliance for Research in Exercise, Nutrition and Activity (ARENA). As the name implies, ARENA investigates the role of exercise, nutrition and other lifestyle activities for improving health, physical and psychological function, and sports performance in populations ranging from children to elite athletes and people with chronic disease. ARENA comprises ~50 staff and ~50 PhD students, with the majority being from the School of Health Sciences (>90%).

To assist with the tracking and evaluation of research activity, the Federal government groups research into different fields under codes which are known as Field of Research (FOR) codes. One major use for these codes is to provide a framework for evaluation of the research performance of Australian Universities through a process known as Excellence in Research for Australia (ERA), which has been conducted every 2-3 years since 2010 (i.e. 3rd ERA assessment was completed in December 2015).

Much of the research undertaken within the School of Health Sciences and ARENA falls within the Fields of Research related to (1) Human Movement and Sports Science (FOR 1106) and, (2) Nutrition and Dietetics (FOR 1111). The School of Health Sciences, and ARENA, were therefore very pleased that the most recent ERA evaluation identified that the University is performing well above world standard in both of these research fields. This is the highest ranking possible in the ERA evaluation, which uses a numerical scale to rank performance, with a score of 1 indicating that an institution is performing well below world standard, 2 = performing below world standard, 3 = performing at world standard, 4 = performing above world standard, and 5 = performing well above world standard.

The awarding of an ERA ranking of 5 for both Human Movement and Sports Science (FOR 1106) and Nutrition and Dietetics (FOR 1111), places the University of South Australia (and the School of Health Sciences and ARENA) in the top six Universities in the country working in both of these research fields. This is a very pleasing result for all involved, and is testament not only to the quality of the research being undertaken in these fields at the University of South Australia, but also to the quality of the staff who are engaged in the research and are using that research to better inform their teaching.
Active Health Kids Australia 2015 Progress Report

On November 11, Active Healthy Kids Australia launched its 2015 Progress Report on Active Transport for Children and Young People. The Progress Report Card assigned a C grade to the nation for active transport participation given only about 50% of school children use active transport at least once per week to get to or from school. The theme of the Progress Report Card was 'The Road Less Travelled' as it was highlighted that due to a number of different factors evident over the past three to four decades the number of Australian children walking, riding or scooting to get to or from different places has dramatically declined. The report also questioned whether we are setting the bar too low only asking children to use active transport at least once per week to or from school and outlined what different sectors (families, school, communities, governments) need to be doing in order to get more children using active transport. The 2015 Progress Report Card can be downloaded from www.activehealthykidsaustralia.com.au

The ARENA Team!

CPHR
Centre for Population Health Research

Director: Professor Elina Hypponen

Team: We are losing young James Doidge who is headed to UK with his family in December. He will remain affiliated with the group through Leonie Segal’s Project Grant that Leonie and James prepared, but it will be a shame to see this skateboarding genius departing. He will be missed!
Congratulations: Leonie Segal on her NHMRC grant success: Health and social consequences of child abuse and neglect: An analysis using whole population South Australian linked data

SYNOPSIS: Children subject to abuse and neglect are a highly vulnerable population with documented effects on mental and physical health, as well as poor social and economic outcomes. Child maltreatment, with other adverse childhood experiences contributes to the socioeconomic gradient in health. However, most research on the consequences of child maltreatment is based on surveys that necessarily exclude those who suffer the worst outcomes in their youth—homelessness, incarceration, low literacy, intellectual disability, major mental illness and death. Administrative data can provide valuable insights about these groups that surveys do not reach. The proposed research will examine for the first time in an Australian setting a population cohort of South Australians, born since 1986, linking administrative records across child protection, health, and education, and registries of births and deaths—possibly the largest study of its kind worldwide. Core health and social outcomes will be examined for populations defined by their pattern of involvement with the child protection system (notifications, substantiations, in alternate care) and compared with people with no such history of involvement. Related budget impacts will be estimated by combining findings with published unit costs of service provision and modelling long-term economic outcomes from mortality and education. Stratification and multivariate modelling will be used to explore the interaction of child protection history with socioeconomic risk factors. Outcomes for Aboriginal children will be separately explored and interpreted in consultation with Aboriginal advocates and experts in the field. The study will improve understanding of the more severe morbidity, mortality and core social and economic impacts of child maltreatment. It will help identify the most vulnerable populations, their support needs and current service access to enhance decision-making around effective strategies to address child maltreatment and associated harms.

Chief Investigators: CIA Professor Leonie Segal, University of SA, CIB Professor David Preen, UWA, Director Centre for Health Services Research, (International data link expert), CIC Professor Paul Delfabbro, Adelaide University, (Psychology and expert in Child Protection and addiction), CID Assis. Professor Derek Brown, Washington U in St Louis (Health Economist, Published burden of Child Maltreatment).

Associate Investigator: James Doidge

Budget $684,447 : 4 year project commencing mid 2016

Congratulations

Gareth Furber: Congratulations again to Gareth for winning the HSC Staff Recognition Award. Thank you to Gareth for developing the Chocolate and Tea Society (CATS) and keeping members of staff ‘well-nourished!’

Chocolate and Tea Society (CATS) Update:

39 Members, Over 15 teas available, Charlesworth, Haighs and Cadbury all conquered. Exact quantity of chocolate consumed unclear (estimates to be released to Wikileaks later in 2016).

Satellite CATS group to start next year in City East!
BIM

Body in Mind

Director: Professor Lorimer Moseley

Well it was quite a big transition year for BiM and we are both looking forward to the R and R of summer, and feeling somewhat intimidated by the quick arrival of grant season in the new year. This year, we had Mark Catley, Abby Tabor, Valeria Bellan, Carolyn Berryman and Daniel Harvie get their doctorates; we had Tasha Stanton having to buy a new mantlepiece for all her prizes; we had Lorimer receive the worst manuscript review of his career (but they still published the paper in the end!); we had Tomohiko join us from Japan, Leslie join us from the USA, Luiza from Brazil and a stream of visitors from all over the planet join us for Tuesday Lunches. Mohammad went to Darwin and Jane to Sydney. We published 34 manuscripts, 102 blog posts, two YouTube clips, a short doco and we made the Italian National Newspaper. We were on Catalyst and Insight. Sarah and Valeria got married but not to each other. Tory got engaged. Tracy got a continuing position. Mark became a dad*. Emma got a scholarship AND a grant, Kerwin got heatstroke, and Lorimer lost a tooth. All up, we had a fabulous year and we are very much looking forward to the next. Next year on our agenda? Another of the best little pain meeting in the world - PainAdelaide; another of the best little bike ride in the world - Ride4Pain; another art show. More interrogation of the Imprecision Hypothesis; a new take on the Cortical Body Matrix Model; some groovy new illusions; a novel take on the use of radiological reports in back pain treatment; power lifting in people with back pain; some hypnosis; some new books and apps and another superb retreat, this time at Port Elliot. Merry Holidays!

*technically a 2014 event, but WE met Bill in 2015!

iCAHE

International Centre for Allied Health Evidence

Director: Professor Karen Grimmer

iCAHE researchers will be hitting the ground running in 2016 by undertaking recently contracted work in 2016 with the Allied and Scientific Health Office, Dept Health, to assist its work on Transforming Allied Health strategies. It also has four contracted rapid literature reviews underway with NGOs and academic institutions.

iCAHE made a successful start in 2015 guided by Deb Kay’s vision, in establishing consumer engagement as a cornerstone of its research and teaching agendas, and we all look forward to an increasing research output in this area in 2016. Liz Lynch was the 2015 iCAHE PhD candidate star, finishing the year with stellar examination results. iCAHE recently welcomed health economist Dr Asterie Twizeyemariya to its core research team. Asterie’s input will enhance iCAHE research by adding a new dimension to outcome assessment and evaluation of impact. iCAHE members are to be congratulated for their hard and consistent work through 2015, which has produced high quality, high impact research across allied health clinical and service delivery areas.

Best wishes for Christmas and looking forward to an even more productive 2016.
EVENTS

The School of Health Sciences End of Year Celebration

Friday 11th of December 2015 – The Lion Hotel, The Tunnels

‘It was great to see so many staff at the party. As you can see by the photos, a great night was had by all! Thank you to Ali Kitchen for the nice pictures.’ – Roger Eston

[Images of people at the event]
Abstract

Arnold, J.B. 2015. Lateral wedge insoles for people with medial knee osteoarthritis: one size fits all, some or none? *Osteoarthritis & Cartilage*. 2 Year IF: 4.1; 5 Year IF: 4.6 (7/31 RHEUMATOLOGY)  
Abstract

Arnold, J.B., Mackintosh, S.F., Olds, T.S., Jones, S., Thewlis, D. 2015. Improvements in knee biomechanics during walking are associated with increased physical activity after total knee arthroplasty, *Journal of Orthopaedic Research*, vol. 33, no. 12, pp.1818-1825. 2 Year IF: 2.9; 5 Year IF: 3.2 (9/72 Sport Sciences)  
Abstract

Abstract

Bishop, C., Arnold, J.B., May, T. 2015. Effects of taping and orthoses on foot biomechanics in adults with flat arched feet. *Medicine & Science in Sport and Exercise*. 2 Year IF: 3.9; 5 Year IF: 5.3 (6/81 Sport Sciences)  
Abstract

Abstract

Abstract

Carson-Stevens, A., Hibbert, P., Avery, A., Butlin, A., Carter, B., Cooper, A et al. 2015. A cross-sectional mixed methods study protocol to generate learning from patient safety incidents reported from general practice. *BMJ open*. 2015;5(12):e009079. 2 Year IF 2.271; 5 Year IF 2.338 (40/154 Medicine, General, & Internal).  
Abstract

Abstract

2 Year IF 2.023; 5 Year IF 2.143 (8/43 Engineering, Industrial).

Abstract


Impact Factor N/A

Abstract


5 year IF 1.186; 2 year IF 0.945 (103/147 Public, Environmental and Occupational Health)

Abstract


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

Abstract


5 Year IF = 5.380, 2 year IF = 3.983 (6/81 Sports Sciences)

Abstract


2 Year IF 6.393; 5 Year IF 6.850 (32/290 Biochemistry & Molecular Biology; 17/167 Genetics & Heredity).

Abstract


No Impact Factor

Abstract


Impact Factor N/A

Abstract


2 Year IF 2.526; 5 Year IF (15/72 Orthopedics; 8/64 Rehabilitation)

Abstract


2 Year IF 1.756; 5 Year IF 2.341 (41/88 Health Care Sciences & Services).

Abstract

Abstract


Abstract


Abstract


Abstract


Abstract


Abstract


Abstract


Abstract


Abstract

Abstract

5 Year IF = 0.890; 2 Year IF = 0.33 (73/81 Sport Sciences).

Abstract

2 Year IF 2.526; 5 Year IF 3.786 (15/72 Orthopedics; 8/64 Rehabilitation).

Abstract

2 Year IF 2.896; 5 Year IF 3.837 (11/81 Sport Sciences).

Abstract

2 Year IF 2.526; 5 Year IF 3.786 (15/72 Orthopedics; 8/64 Rehabilitation)

Abstract

5 year IF = 4.394; 2 year IF = 3.642 (9/50 Geriatrics & Gerontology).

Abstract

2 Year IF 4.069; 5 Year IF 3.936 (34/128 Endocrinology & Metabolism).

Abstract

2 Year IF 0.588; 5 Year IF 1.000 (42/46 Geography, Physical; 26/28 Remote Sensing).

Abstract

Watson NA, Dyer KA, Buckley JD, Brinkworth GD, Coates AM, Parfitt G, Howe PR, Noakes M, Dye L, Chadwick H, Murphy KJ. A randomised trial comparing low-fat diets differing in carbohydrate and protein ratio, combined with regular moderate intensity exercise, on glycaemic control, cardiometabolic risk factors, food cravings, cognitive function and psychological wellbeing in adults with type 2 diabetes: Study protocol. Contemporary Clinical Trials. (Epub Ahead of Print)
5 Year IF = 1.871; 2 Year IF = 1.935 (76/123 Medicine, Research and Experimental)

Abstract

2 Year IF 2.29; 5 Year IF 2.68 (3/19 Primary Health Care; 39/154 Medicine, General & Internal).

Abstract
Final year Physiotherapy Student Evening (Maureen McEvoy and Julie Walters)

A very successful, well-received, ‘lightly catered for’ Final year Physiotherapy Student Information Evening was held October 28th 6-8 pm at the University. As their final years draws to a close, many students have expressed concerns about the availability of ongoing support for their education after graduation, particularly in relation to access to quality research evidence resources for evidence based practice. The 39 students who attended this evening expressed their gratitude for the opportunity to hear informal but informative presentations, together with hand-outs of pertinent information, from:

Carole Gibbs - UniSA Library
Kate Kennedy - International Centre of Allied health Evidence (ICAHE)
Jane Russell - UniSA Alumni
Casey Garnett - Australian Physiotherapy Association

‘This sounds wonderful! I’ll be there! thank you for organising this.’

‘Great idea, Maureen and Julie. I would love to come!’

‘The ICAHE was very helpful (wish I’d known about the earlier actually!).’

‘Thanks for hosting the other night, I found it quite informative and helpful, but also a great chance to get together and mingle with the rest of the crew.’

...and a graduate from 6 years ago, Courtney Bounds, who works in private practice and is also studying part time, a Masters of Sport and Musculoskeletal Physiotherapy, who provided some last minute tips for the future!

‘I really loved listening to Courtney; it was easy to relate to her, she also delivered information very well and relaxed.’

‘Courtney gave a good insight but also quite motivating at the same time. She’s a good speaker.’

We also had the opportunity to get some feedback from students on how we could extend this evening into a seminar, incorporating presentations of work from throughout the year and some honours research.

Future Leader in Indigenous Allied Health Award

Kimberley Hunter

Congratulations to Kimberley Hunter, 4th year Occupational therapy student, who was awarded the Future Leader in Indigenous Allied Health Award given by Indigenous Allied Health Australia at their National Conference in Cairns last night. Kimberley was nominated by staff and students for her achievements as a student.
Physiotherapy Students in Vietnam

Six final year Physiotherapy students honed their problem solving skills and clinical reasoning in working with children in Da Nang City, Central Vietnam.

Accompanied and supervised by Dr Liz Pridham the students worked with babies and children with developmental delay or disabilities, interacting with parents and caregivers using interpreters.

They worked in outpatient clinics, early intervention centres, orphanages, in both urban and rural settings. A rewarding, enriching experience was had by all.

The clinical placement was organised through ggcvolunteers, who organised a package that included the clinical site experiences, accommodation in a student house 300 metres from the beach with computer and internet facilities, meals in student house, transport to clinical sites, pick-up from airport, as well as interpreters.

Dr Pridham has kindly agreed to take another group to Vietnam in 2016.
Placement Partnership – Modbury Special School and OT (by Susie Owens)

UniSA/Modbury Special School have had a partnership over the last 2 years involving OT student placements for 4th years. 31 fourth year OT students have completed a 9 week placement at Modbury SS. They worked collaboratively (4 students at a time) and were supervised by 2 experienced OTs (Sue Clayton and Anna Pearce) over 3 days per week. The students were able to provide occupational therapy input to many children within the school through classroom, group, individual and yard play interventions.

The feedback from the OT students was of a very rich, interesting and demanding learning experience and was overwhelmingly positive.

Unfortunately this placement will not continue in 2016 due to funding difficulties but it is hoped that the relationship with Modbury Special School will continue and there is a desire from both parties to explore other opportunities for student learning and working together. We would like to acknowledge and thank the two OT supervisors for their wonderful support and supervision of students and their hard work in developing and maintaining the placement structure and learning opportunities.

Nuclear Medicine News – ‘Production’ of ‘Quality’ Placements

By Judy Duong – Year 4 Student, Bachelor of Medical Radiation Science (Nuclear Medicine)

The South Australian Health and Medical Research Institute (SAHMRI) have recently opened fourth year placement positions for Nuclear Medicine students in the Molecular Imaging and Therapy Research Unit (MITRU). MITRU is home to South Australia’s first cyclotron and is currently involved in Adelaide’s production and supply of 18F-fluorodeoxyglucose (18F-FDG)—a widely utilised Positron Emission Tomography (PET) tracer for a variety of clinical indications. In my final year and final placement of Nuclear Medicine, I was one of the first students to attend this placement.

From my perspective, the most intriguing aspect of this placement for Nuclear Medicine students is the chance to observe the process of how a PET tracer goes from a cyclotron to a Nuclear Medicine department. After the PET tracer is produced, quality control (QC) testing is performed.

A number of QC tests must pass before a release form is issued to a department to allow the tracer to be injected into patients. I observed and assisted in the numerous steps involved in the Production and Quality Control processes, performed experiments on various compounds, and got a chance to work in the Animal Scanning facility. I was also given the opportunity to attend conferences and talks by a range of guest speakers held at SAHMRI.
This placement has developed my knowledge and understanding and has also taught me about different aspects of Nuclear Medicine. My appreciation has grown, now knowing that there are many other components involved in performing a PET scan. My time in MITRU-SAHRMI has been such a positive experience and I believe this placement will benefit all up-and-coming Nuclear Medicine graduates!

Clinical Exercise Physiology Students Final Placement

An Article about Betty! By Fiona Tselentis and Sam Rollison

Fiona and Sam and 5 other Clinical Exercise Physiology Students have just completed their final placement across a number of Southern Cross Care sites. One of Fiona and Sam’s highlights was working with a 92 year old female resident with cardiac conditions and avascular necrosis and flattening of the femoral head with advanced degenerative changes. She was put on the early intervention program at Southern Cross, which is a program that involves exercise intervention for residents who have decreased mobility or are frail or at a high risk of frailty. Betty was a resident that had previously experienced a large number of falls over a 3-month period earlier in the year. High levels of hip pain were decreasing her ability and will to walk.

Working with this resident intensively became one of Sam and Fiona’s projects. Initial intervention involved assessing Betty’s hip pain and mobility and prescribing hip strengthening exercises and assisting Betty walking to lunch to avoid use of her wheelchair. Some days Sam and Fiona visited Betty 3 times a day to walk with her to improve mobilization and gain health benefits from decreased sedentary behaviour and positive movement interactions. We noticed big changes in Betty’s gait pattern and weight bearing throughout the 5 weeks. There were also improvements in Betty’s gym sessions and she began walking to the residents gym rather than coming by wheelchair. There was a period where Betty became unwell for a week and standing and walking became extremely difficult, during this time exercising was extremely difficult.

On the final day the Eston-Parfitt Pictorial RPE scale and the Borg 6-20 Scale (no pictures) were introduced to Betty to gain her rating of perceived exertion when she required a break from walking. The combination of the 2 scales helped her to understand this new concept of reporting her perceived exertion. When we decided to walk and not ask her RPE she later replied ‘I feel like that guy walking up the hill with the red face and blood pressure’ with a laugh (which referred to the Eston-Parfitt scale). By this time, Betty had increased her maximum walking capacity from an estimated 15m continuously to 2x 100m (with a short break in-between) walks upon completion of the 5 week intervention.

Betty was a wonderful resident to work with who was kind and patient with us and always had a smile on her face. She also showed appreciation at us not being in a hurry and taking the time to walk with her no matter how long it took. We learnt numerous things from Betty about working with an older population and how important mobility is and communication with these residents. She won a place in our hearts and we enjoyed working with her. A five week placement at Southern Cross Care was an excellent example to see how an Exercise Physiologist can be used effectively in the aged care setting.
Reflective report for the CONNECT Physiotherapy Conference 2015

By Felicity Braithwaite – PhD Candidate iCAHE – HLS Conference Scholarship recipient

In October 2015 I had the fantastic opportunity of attending and presenting at the CONNECT Physiotherapy Conference, held by the Australian Physiotherapy Association in the Gold Coast. The conference attracted over 1700 physiotherapists from 30 different countries.

I was invited to give a 15-minute oral presentation to the Acupuncture and Dry Needling group. The research findings I presented were based on empirical research I conducted over the years 2013-2014 as part of my Physiotherapy with Honours degree. The study validated a placebo dry needle (similar to acupuncture) for participant blinding, and investigated the sensory perceptions of participants during the procedure. Due to the complex nature of this topic, I decided to continue my research in the form of a PhD (beginning February this year). Presenting to this group gave me the unique experience of formulating answers to questions from experts with similar research and/or clinical interests, and the chance to draw on their expertise to strengthen my prospective research.

The 12 different presentation categories made it quite difficult to choose which presentations to attend! There were many highlights, including some fascinating keynotes. Professor Steven Blair from the University of South Carolina gave the opening plenary address, and discussed the associations between physical inactivity and morbidity and mortality, and the importance of preventative physiotherapy as part of the solution to this epidemic. Another area of presentations I thought were quite interesting was animal physiotherapy. I discovered that research in this area is actually quite emergent (such as basic EMG studies investigating muscle activation patterns), so plenty of research opportunities there! However, the presentations of particular interest to me were those about dry needling. The mechanisms and effectiveness of dry needling are quite controversial, so it was interesting to hear perspectives from both researchers and clinicians about the value of the therapy. It was encouraging to see that clinicians are keen to embrace more rigorous, well-designed research into dry needling.

Between presentations and at social events I took the opportunity to network with different people relevant to my current research, including those more sceptical about dry needling, research methodologists with expertise in placebo design, experts in pain mechanisms, and others involved in tangential but potentially important fields of research. Having conversations with discerning researchers and professionals with conflicting opinions has certainly shifted my thinking. It has heightened my awareness of the importance of having a balanced perspective when designing and conducting research.

I would like to sincerely thank UniSA for providing me with financial assistance to attend this conference. This was the first conference I have attended, and the knowledge and experience gained from presenting my own research was a fundamental step towards a successful PhD and future career in research. I would also like to thank my supervisors, Dr Julie Walters and Dr Maureen McEvoy for their advice and support.

Reflective report – by Macie Packer

My name is Marcie Packer and I am a fourth year embedded honours student from the Medical Radiation Sciences program. I was given the opportunity to present my research on post-stroke fatigue at the Combined
Stroke 2015 Conference on the 2nd of September in Melbourne. Admittedly, I was quite surprised when I received the acceptance email as this would be just my second conference attendance.

The conference allowed me to meet with both of my supervisors, Coralie English and Toby Cumming, as they are both located interstate. It was also a great opportunity to have closure on the honours journey (and to make minor adjustments to the thesis) as the final thesis was due the following week. The experience was overwhelming as stroke is not my chosen undergraduate field. I presented to a full room of researchers and clinicians, and felt my presentation went smoothly as I had the support of my supervisors.

Some of the highlights from attending the conference included consolidating my knowledge in post-stroke fatigue, meeting key researchers from within the industry, picking up oral presentation skills, and attending a neuroimaging presentation from some of Australia’s leading radiologists. Several contacts were made through networking, particularly between sessions.

I feel privileged to have been given the opportunity to present at a national conference this early on in my research career. This opportunity wouldn’t have been possible without the help of my supervisors and the flexibility of the University in allowing me to have time off of clinical placement. What a wonderful experience to be a part of.

I thank all those involved.

Reflective Report: The 10th National Aboriginal and Torres Strait Islander Environmental Health Conference attendance

By Amal Chakraborty, PhD candidate, School of Health Sciences

I was fortunate to receive the School of Health Sciences conference scholarship to support my attendance at the 10th National Aboriginal and Torres Strait Islander Environmental Health Conference (http://natsieh.com.au/) in Coffs Harbour, NSW on 12-15 October 2015. The conference was attended by frontline workers, project officers, policy makers and agencies responsible for the development and delivery of environmental and public health programs and services in Indigenous communities. Participants, including researchers from across Australia, came together and discussed important environmental and public health issues that are affecting Indigenous communities. A mix of keynote speeches, oral presentations, and poster presentations were delivered during the conference. The keynotes and oral presentations focused on ‘community level practitioners’ and encouraged frontline workforce members to keep on doing what they are doing to improve the health and wellbeing of the Indigenous people. Water & sanitation, animal management, housing maintenance, waste management, and 'collaboration and partnership' were the most commonly discussed issues.

I presented a poster at the conference titled, 'Community-level environmental indicators related to Indigenous health and well-being: strengthening the evidence base for remote communities'. The poster included the key results from my Scoping Review study, which is the first study in my PhD programme. It highlighted emerging built, social, and cultural environmental indicators identified from publically available community planning documents review. The results from the Scoping Review study will inform my next study (Concept Mapping) within my PhD program. The poster style presentation allowed me to engage with frontline workforce, policy and managerial level staff members from key stakeholder organisations and discuss opportunities for participation in my Concept Mapping study. This face-to-face interaction with conference participants also enhanced my understanding of community level initiatives that are addressing environmental and public health concerns. Attendance to this conference strengthened my network with potential participants for their involvement in the next stages of my research and resulted in scheduling a field visit to be made in December 2015.

The conference participants had some fantastic Indigenous knowledge and learning opportunity events to attend including, welcome function presented by an Indigenous dance group, networking luncheon, cultural
visits to Yarrawarra and Woolgoolga Water Reclamation Plant, and conference dinner. I had the privilege to participate in the Indigenous Basket Weaving activity, which was great! Some other participants attended the Gumbaynggirr Fish Traps Site Tour, Gumbaynggirr Red Ochre Site Tour, and Bush Tucker and Medicine Walk. For the first time, I visited a water reclamation plant – it was good for me to see first-hand how the waste water and sewage flows are treated and dealt with to maintain environmental safety in the region.

I am sincerely grateful to the School of Health Sciences for granting the conference scholarship towards covering my financial costs associated with attending the conference, thank you!

50th Annual ASID Melbourne Conference 2015

By Caitlin Powell-Jones – Fourth Year Occupational Therapy Student.

In early November I had the opportunity to travel to Melbourne with a fellow peer Rebecca Lathlean to present at the 50th Annual Australasian Society for Intellectual Disability (ASID) Melbourne Conference. This year the theme was focused on Making it Real for people with intellectual disability. We were invited to present a poster based upon on Participatory Community Practice (PCP) project placement. I undertook the PCP project as part of my 3rd and 4th year studies in the Occupational Therapy program. The aim of our PCP project aims to address the mismatch between the environmental demand and the people’s capacity by doing the background work for the creation of an outdoor sensory space to be implemented at the new accommodation services.

Presenting this poster, gave me the opportunity to share the findings of the project with an international audience of members from the disability sector. I was able to interact with colleagues and discuss pertinent topics of relevance. In addition, I was able to attend key note speaker addresses on topics such as on the National Disability Insurance Scheme (NDIS). Attending the conference has provided me with a wealth of knowledge, which I will be able to carry forward with me next year as I transition in the workforce as a graduate Occupational Therapist.

I would like to thank UniSA for providing the conference scholarship which was a huge help in covering the costs and my supervisor Angela Berndt for her support and mentoring throughout our PCP project and in the lead up to the conference. The opportunity to represent the university, and highlight just one small piece of the amazing research that is being conducted was a privilege.
FUTURE EVENTS, ANNOUNCEMENTS and STUDENT CONFERENCES

Occupation in the spOTlight

Occupational Therapy Program 2015 student led conference (Angela Berndt and Occupational Therapy Program team)

Each year the occupational therapy program final year students plan and host their own capstone conference event, which is embedded in the Professional Portfolio course that begins in February and concludes with the conference in December. Professional portfolio is a multi-faceted course that supports students to situate their final year experiences and learning in competency and other practice frameworks and to support them to transition from university to their new role as allied health professionals. Professional Portfolio is offered as a series of intensive days between 9 week field practice blocks and via online activity.

The final 2 day conference is designed to facilitate student’s capacity to showcase their achievements and celebrate their successes, whilst practicing team, leadership and organisational skills. In February, at the first intensive, students nominate into working groups that include responsibilities for keynote speakers, program and abstracts, facilities management, catering, communication and marketing, and social committee. Across the year and at each intensive, the course coordinator facilitates student’s decision making and planning activity. The first cohort driven decision that in turn influences most decisions to follow is the conference theme.

The theme decision is conducted via concept pitches, rowdy discussions and votes. This year’s winner was Occupation in the SpOTlight - enabling consideration of occupational therapy’s core therapeutic medium. Previous themes have been The OTher Side explored the experience of OT from all perspectives and the Wizard of OT that wondered about the art and science of our profession (and required the wearing of red shoes by all).

And, we like to get OT into the title somehow! It’s a yearly competition.

Occupation in the SpOTlight saw students presenting in two streams across two days with poster events, 15 minute verbal presentations drawn from diverse practice interests, placement experiences, and evidence based practice and honours research, plus 45 minute skills workshops. Our keynote speakers were Suzanne Twelftree on day one and Ken and Pat Sleeman of Families 4 Families brain injury support group on day 2. Pre-recorded inspirational speeches from
young, disability advocate sports people added to the keynote speakers themes of humility, perseverance, focus, community spirit, advocacy, ingenuity, participation and determination. Students invite family and friends to come to see them present, see where they study and meet their friends and staff. For staff of the OT program it is validating and rewarding to see students stand on the last two days of their degrees with such confidence and skill.

In 2015, the conference was supported by a School of Health Sciences budget which enabled us to add value. The budget was used to purchase conference bags badged with the logo and stress balls in the shape of a light bulb to match the theme, provide quality catering and coffee, purchase gifts for keynote speakers, print participation certificates and program books.

Thank you to Roger Eston for his ongoing recognition and support of the conference.

One of the most gratifying aspects of my role in the School and OT program is to support our students in the design, delivery and experience of their conference. I send my congratulations to all of the 2015 Undergraduate and Masters of occupational therapy cohort.
OT Conference Awards Ceremony (Hugh Stewart)

The OT program concludes its 2 days of Student Conference each year with an Awards Ceremony, where awards are presented to a number of final year students. We were very pleased to have Professor Bob Vink with us to present awards. Bob presented 7 Awards and then a completion certificate to each final year student. The awards event is a lot of fun, a chance for the profession to welcome students and an opportunity for staff to say goodbye and thank you to the students and vice versa. Talented staff member Shelley Wright concluded the event with a rousing, heavily edited, Abba inspired sing along. We can dance, we can sing........(you know how it goes).

2nd Annual Bachelor of Health Sciences Student conference

The 2nd Annual Bachelor of Health Sciences Student Conference was held on the 12th & 13th November at the UniSA City West campus. The theme of the 2015 conference was ‘Be the future you want to see’. The student organising team of Asli Celik, Mia Maron, Jinyoung Her, Dominic Chu & Khalid Samkari (supervised by Dr Richard McGrath) managed the event which included 1st Year students presenting ‘Health in Settings’ posters, 2nd Year student teams presenting Project Management reports and 3rd Year students individually presenting reflections of their 2015 industry placement. The organising team were successful with obtaining a $2,500 grant from UniSA Student Experience to assist with funding the event. The School of Health Sciences also provided support for the event through the in-kind provision of conference bag materials.

The conference began on Thursday 12th November with welcomes speeches from Professor Roger Eston (Head of School, Health Sciences) and Dr Janette Young (Program Director, Bachelor of Health Sciences). Following this Jim Clay (Senior Service Coordinator, Disability SA) conducted the opening keynote speech. The Thursday afternoon session also included a career session involving a variety of industry groups across Adelaide as well as a presentation from two Bachelor of Health Science students (Alexander Jackson & Patrick Manson) focusing on experiences and key learnings from their involvement in a study tour to Pt Augusta and Oodnadatta in July.
Following the end of the second day of presentations a number of students attended the Bachelor of Health Sciences Awards Dinner held at the Rockford Hotel. The dinner acknowledged the efforts of 3rd Year students completing their degree as well as presenting an award for the Best Team Poster sponsored by the Australian Health Promotion Association (SA Branch). The dinner was funded by the School of Health Sciences.
Australian Army Research Scheme 2015-2016 (cat 2)

Applications are now being sought for the FY 2015 –16 round of funding for the Army Research Scheme.

Areas of interest are wide ranging and include operational, technological, social, cultural and organisational topics. Research should inform an element or elements of the Army Research and Development Plan 2015 – additional guidance can be provided by reading the Future Land Warfare Report.

The broad areas of interest ("R&D requirements") include:

1. Joint Land combat
2. Human performance
3. Force protection
4. Situational awareness
5. Command, control and communication (and cyberspace)
6. Logistic support

Note: these R&D requirements incorporate a variety of expertise, ranging from C4I technologies and infrastructure, to human-machine interaction, complex decision-making, big data management etc. Researchers from all disciplines are encouraged to apply.

Applications for FY 2015–16 are now open and will be assessed on a continuous basis until funds are exhausted. The application package consists of:

- Statement of Works (pdf 43kb)
- Expression of Interest Form (pdf 101kb)
- Future Land Warfare Report (pdf 2.4Mb)
- Army Research and Development Plan 2015 (pdf 1.2Mb)
- Application Form (pdf 83kb)
- Application Form (MS Word)

Submissions and general enquiries can be sent to Army.Research@defence.gov.au.

Currently the upper limit for a research project selected to be funded through the Army Research Scheme is $80,000. (A research scheme to fund projects of more than $80,000 is under development and a call for applications will be released when the scheme is finalised.) It is expected that the Army will receive the contracted deliverable (typically an academic standard article or monograph) within 12 months of the project’s start.

Deadlines for submission for the 2015–16 round:

- Expressions of interest (recommended but not mandatory): 14 February 2016

For more information, please refer to the Army Research Scheme website and the documents linked above.

Please advise Dr Ixchel Brennan (UniSA Ventures) if you intend to submit an application. For advice and assistance with your EoI or application, please contact your Divisional Business Development Manager, Research Coordinator or RIS Application Support (until the end of January).
Keeping Children Safe, Together | A Child Protection Symposium

8 December 2015, Adelaide Oval

The symposium was organised by the South Australian Council of Social Service (SACOSS), Child and Family Welfare Association SA (CAFWA-SA), Secretariat of National Aboriginal and Islander Child Care (SNAICC), and the Department for Education and Child Development. The opening address was delivered by the Minister for Education and Child Development the Hon. Susan Close.

Aimed at stakeholders from the broad human services sector, the symposium sought to highlight the value of early intervention to workers who may not consider themselves primarily focused on child protection as well, as those active in the child protection sector. Long term social problems can potentially be reduced by human services intervening wherever children and families are facing multiple adversities, including child abuse and neglect.

My presentation, *The Economics of Protecting Children*, outlined the economic consequences of early life trauma – which includes the cost of the child protection system, poorer mental and physical health, reduced life expectancy, low education attainment, high unemployment and welfare dependency and high rates of incarceration. I discussed how to best address this burden, drawing on underlying theory and causal pathways. Conceptualising child protection as a health problem and ensuring a high quality, well-funded, responsive child and adolescent mental health services was identified as crucial in keeping children safe.

Other speakers included international guest Assoc. Professor Helen Buckley, School of Social Work and Social Policy, Trinity College Dublin; Professor Fiona Arney, Director the Australian Centre for Child Protection and Mr Tony Harrison, Chief Executive, Department of Education and Child Development.

*Leonie Segal*

---

LIBRARY REPORT

Prepared by Adriana Ciccone, Academic Library Services, Division of Health Sciences (Team email: LBY-Health-DivLibrarians@unisa.edu.au)

REDEFINING LIBRARY ENQUIRY SERVICES

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 students 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.
RESEARCH AND RESEARCH EDUCATION SUPPORT

Research Education Support Activities (RESA) workshops for 2015
There are no additional workshops scheduled for this year at City East. A summary of the workshops, and attendance numbers can be found below:

<table>
<thead>
<tr>
<th>CE RESA Sessions 2015</th>
<th>No. of workshops</th>
<th>Staff Attendees</th>
<th>Student Attendees</th>
<th>Total Attendees</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beyond Google for your Research (Health Sciences)</td>
<td>2</td>
<td>2</td>
<td>17</td>
<td>19</td>
</tr>
<tr>
<td>EndNote essentials</td>
<td>8</td>
<td>17</td>
<td>50</td>
<td>67</td>
</tr>
<tr>
<td>Finding research proposals and theses</td>
<td>1</td>
<td>0</td>
<td>5</td>
<td>5</td>
</tr>
<tr>
<td>Manage and maximise your author profiles</td>
<td>5</td>
<td>20</td>
<td>1</td>
<td>21</td>
</tr>
<tr>
<td>Publishing with impact: where and how</td>
<td>2</td>
<td>4</td>
<td>20</td>
<td>24</td>
</tr>
<tr>
<td>Systematic reviews: managing your search results</td>
<td>2</td>
<td>7</td>
<td>1</td>
<td>8</td>
</tr>
<tr>
<td>Systematic reviews: searching for the best evidence</td>
<td>3</td>
<td>8</td>
<td>12</td>
<td>20</td>
</tr>
<tr>
<td><strong>TOTALS</strong></td>
<td><strong>23</strong></td>
<td><strong>58</strong></td>
<td><strong>106</strong></td>
<td><strong>164</strong></td>
</tr>
</tbody>
</table>

Tailored workshops
If the RESA workshops on offer don’t meet your needs, please contact your Academic Library Services Team for an individual appointment or to discuss provision of a hands-on session or presentation of flexible duration tailored to your specific research group.

Introducing the UniSA Data Access Portal

The Data Access Portal provides access to open access research projects, collections, datasets and publications developed or collected by UniSA. The portal allows researchers at other institutions /organisations to view metadata about the research projects completed at UniSA. In some instances the portal can also provide access to open access de-identified data. This is a new and exciting way to share your work with colleagues, and the metadata is harvested by Research Data Australia (RDA) so it is promoted globally.

TEACHING AND LEARNING SUPPORT

High Demand - changes
The High Demand collection contains print and digital Library resources including texts, required readings, articles, book chapters, DVDs, CD’s and links to electronic resources. These resources are available as 4 hour and 4 day loans or online.

In line with the Library’s digital preferred strategy, ebooks and streaming media are ordered in preference to print and DVD. Wherever possible, book chapters and articles are made available as eReadings.

Only textbooks and required print readings will be placed in the High Demand collection. Items that have previously recorded low usage will not be placed in High Demand and will stay in the main collection. Titles are
returned to the main collection at the end of each study period.

The High Demand collection at all but City West campus will be integrated with the main collection. The University’s Digital Strategy encourages a move away from textbooks and recommended readings in print. If you would like assistance in finding relevant e-resources, including ebooks, to use in a course please contact your relevant Academic Library Services team.

COPYRIGHT SERVICES

Note on obtaining licences from the Copyright Clearance Centre to include copies of your published research in your thesis

Permission is generally required to include the publisher’s PDF of your published research in the version of your thesis which you submit to the University’s online research repository. It is the author’s responsibility to obtain such permission.

Increasingly, publishers are choosing to have requests for permission to reproduce works published in their books and journals managed by US based licensing company, the Copyright Clearance Centre (CCC).

Please note that the role of the Copyright Clearance Centre in this process is as an intermediary only; any Agreement you accept is between you, the author, and the publisher.

- Republish in a dissertation/thesis
  Where the PDF forms part of the thesis, either as a chapter or as an appendix, Copyright Services recommends that you select the option Republish in a dissertation/thesis and that you specify print and electronic format as the intended publishing medium

- Republish in the University’s online research repository as a standalone document
  Publisher permission is generally not required for the University to publish Accepted Author Manuscripts (AAMs) in its online research repository. If in doubt about which version to submit, please contact the Library for clarification