



## CAHE Systematic Review Workshop May 2006

Last week saw the successful undertaking and completion of the inaugural CAHE-JBI systematic review training workshop. This workshop was conducted by Dr. Saravana Kumar, Deputy Director of CAHE at UniSA. The workshop participants were diverse groups of academics and researchers representing different AH disciplines from Australia and the Philippines. The workshop aimed to equip the participants with knowledge of philosophical underpinning of evidence based health care and provide skills in accessing, evaluating and synthesising various forms of evidence.



The tangible outcomes from this workshop are numerous and include, the establishment of an evidence translation group in the Philippines, development of numerous protocols for subsequent systematic reviews and up skilling of CAHE and UniSA staff in the concepts of EB health care. A similar workshop has been planned for Cape Town, South Africa in August 2006. *Pict above: participants. Top: J Dizon, B Suarez, J Reyes, C Fiyer, J Menitt, M Leach, sitting: S Kumar, K Gimmer, L Nyland, M Peralta*

**STOP PRESS:** As part of ongoing innovation at CAHE, a new initiative in evaluating health care information has been proposed. The *Allied Health News in Review* initiative aims to critically evaluate the evidence underpinning health reports as detailed in major national and international press. The focus of this initiative is to inform and educate all health care stakeholders about the quality of research underpinning news reports. CAHE aims to publish this on a fortnightly basis on the CAHE website and the readers are encouraged to contribute in the identification of relevant news reports. Visit [www.unisa.edu.au/cahe](http://www.unisa.edu.au/cahe) for more information and *Allied Health News in Review* updates from June 2006.

## CAHE establishes an evidence-translation group in Manila

At the end of April 2006 four travelers from the University of Santo Tomas, Manila, stepped out of the Adelaide Airport and sucked in their collective breaths at Adelaide's inhospitable weather. Adelaide's 16 degree day was very different from the 38 degree temperature on the day they had left home!

Fortunately the welcome they received at the CAHE offices was much warmer. Dr Consuelo Suarez, or Bebet as she is commonly known, Dean of College of Rehabilitation Sciences, University of Santo Tomas (UST), commenced her PhD at UniSA this year investigating childhood obesity in the Philippines. To date she has been working with Professor Karen Grimmer and Associate Prof Tim Olds from UniSA as PhD supervisors to assess the evidence reported in the international literature, and to organise ethics and data gathering components of her project. Bebet's project is now well established and data collection is about to commence in Manila. Bebet came to Adelaide in May 2006 with three of her colleagues to attend the CAHE systematic review workshop with a view to establishing a satellite of CAHE (an Evidence Translation Group) in Manila.

Dr Saravana Kumar conducted this workshop to educate attendees about the JBI processes of systematic reviews, and to demonstrate the JBI tools and resources that underpin JBI SR methodology. Traveling with Bebet for this workshop was Joy Reyes, Head of the Department of Sports Sciences of the College of Rehabilitation Sciences at UST. With her was Janine Dizon, Officer in Charge, Centre for Research of Movement Science and Michael Jorge Peralta, College Secretary.

At the conclusion of the SR workshop Joy commented that the workshop offered useful structures for research, which could be incorporated into her teaching to ensure evidence-based practices were recognised. A lecturer for over four years in the areas of sports coaching and officiating, tests and measurements, Joy feels strongly that EBP is the only way forward for research in her area, with anecdotal approaches becoming obsolete. Her goal from this workshop is to take back Saravana's training to her teaching faculty in Manila, and ensure that the 120 students enrolled in her sports science courses are utilising rigorous evidence-based approaches in their research.

During her time here Joy met with UniSA's Professor Tim Olds and Grant Tomkinson of the Centre of Applied Anthropometry, and there is a strong possibility of collaborative work between UniSA and UST in the areas of physical activity patterns and fitness trends among children. This collaborative work will provide a cross-cultural perspective that will offer valuable insights into cultural influences on children's' fitness.

*Continued on page 2.*

[www.unisa.edu.au/cahe](http://www.unisa.edu.au/cahe)



University of South Australia School of Health Sciences City East Campus  
GPO Box 2471 Adelaide SA 5001 T: 08 8302 2769 E. Karen.Grimmer@unisa.edu.au

If you would like to receive CAHE updates please register on-line at [www.unisa.edu.au/cahe](http://www.unisa.edu.au/cahe)

Continued from page 1

## CAHE establishes an ETG in Manila



Joy and Janine Dizon developed a systematic review protocol during their time in Adelaide entitled 'The effectiveness of external ankle supports in the prevention of inversion ankle sprains among elite volleyball players'. They plan to submit this to JBI for peer-review processes. Janine, a lecturer in research methods for OT, Physiotherapy and Sports Sciences has been with UST for the past 7 years. Evidence-based research processes were introduced into her teaching program in 2002, and now she aims to present a series of lectures addressing the question 'What is EBP?' One of the vital components of her own research that has been introduced into her lectures is the hierarchy of evidence, and the difficulties facing sports science practitioners because of a lack of current quantitative evidence. Janine has incorporated EBP into her study guidelines, helping students become more specific and focused on their research topics, thus making results more achievable and relevant. Just three of the recent projects Janine has worked on include the use of drinks in re-hydration, recruitment physical fitness passing assessment guidelines with the Philippines Army and com as a pre-competition meal for endurance cyclists.

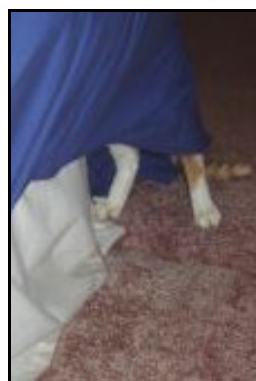
of diet and exercise. Michael's research moves across population focuses to the specific needs of individual groups. For instance he was recently approached by the Philippine Food and Nutrition Research Institute to conduct a study evaluating the effectiveness of virgin coconut oil in improving capacity of athletes, thus his systematic review is timely!

The common theme mentioned by all four EBP travelers was the lack of available high quality research in the area of sports science, particularly research that is relevant to the Philippines. Much current EB research explores the management of injuries and illnesses, however prevention studies are lacking. Bebet, Mike, Joy and Janine aim to make inroads into this area, and with their recent training at CAHE, will become the driving force to implementing EB research techniques in the health sciences faculties at the University of Santo Tomas in Manila. They are now on track to establish the first Filipino Evidence-translation Group, and will be affiliated with CAHE to produce EBP outputs relevant to allied health in the Philippines. Watch this space...

Michael Peralta, the fourth of UST's EBP enthusiasts, is focused on strengthening the research core of his faculty at University of Santo Tomas and arming researchers with skills that will enable them to produce better quality papers for publications. He also produced a systematic review protocol as a result of attending Saravana's workshop, examining the effectiveness of virgin coconut oil on improving athlete's performance. This protocol will also be submitted to the JBI peer review process. With eight years of lecturing in physiology, exercise physiology and musculoskeletal physiotherapy, Michael's research is currently focused on the benefits



Pictured above: Dr Saravana Kumar with University of Santo Tomas' Michael Peralta Janine Dizon & Joy Reyes



## The Squiggly Theory: Bed-making made easy!

Last month Squiggly wrote about the difficulties of bed-making using sound occupational health and safety practices, when you are vertically challenged (as Squiggly is). Advice from Steve Milanese, the ergonomist in CAHE, was to keep his feet on the ground to improve his leverage when rolling out the sheet, (and hence to protect his back) however this was impossible to achieve in his old house where the bed was high off the ground.

After publication of his article on ergonomics and bed-making, helpful communication with Owen, a CAHE newsletter reader, directed Squiggly to the 'grab and roll'

technique to spread out the sheet from on top of the bed.

He was just perfecting this technique, when his family moved house, requiring him to readjust to new environmental circumstances by auditing his practices and revisiting previous evidence. His new house provides him with many environmental challenges, not least of which is a new bed to make. This bed is closer to the ground and hence more amenable to application of good Occupational Health and Safety practices. However, while Squiggly can keep his feet on the ground now, he experiences difficulties in maintaining a sufficiently good view of the top of the bed-making activities at the same time and it seems the sheets are winning. Safe bed-making is continuing to be a challenge!

[www.unisa.edu.au/cahe](http://www.unisa.edu.au/cahe)

