

CAHE Allied Health Journal Clubs

CAHE talks to Journal Club facilitators about JCs in the workplace

Since March 2007 the Centre for Allied Health Evidence, in partnership with the Department of Health (SA), has established a number of Allied Health Journal Clubs, based on a sustainable model developed by CAHE staff. Now, as we head toward the end of 2007 CAHE talks to the facilitators of two of these Journal Clubs to see how they are working, and what impacts they are having in the workplace.

Alison (Ali) Vine, Early Intervention Coordinator/Occupational Therapist, Port Pirie Regional Health Service, has been facilitating the Port Pirie Journal Club since March 2007. With the coincidence of perfect timing Ali and her co-workers had been discussing the need for an interactive discussion group regarding EBP in the workplace. This came to fruition after a team meeting was attended by DoHSA's Catherine Turnbull, who introduced the CAHE Journal Club concept to them.

After discussion with CAHE staff a multi-disciplinary JC was created for the Port Pirie Regional Health Service, incorporating OT, speech therapy, dietetics, podiatry, physiotherapy, social worker, and child development, which cover the whole of South Australia's mid-north region, and often work collaboratively on projects and tasks.

The Pt Pirie JC (PPJC) is comprised of ten members and hold meetings on the second Wednesday of each month. The number of attendees varies from meeting to meeting, with at least six members at each. One of the common issues facing regional centres is the highly transient nature of country teams (turnover is usually 6-12 months) and Ali has suggested it would be great to send other members to the CAHE JC workshop training to ensure that there is always more than one trained facilitator in the group.

When asked how the JC format was working generally for her group Ali commented "The CAHE JCs have facilitated fantastic discussion, and even changed some clinical practices. They're a great way to find things that bring all our therapists together." *Pic right: some PPJC members: Libby Arthur (SP), Noami Zakarias (Pod), Lee O'Brien (OT), Ali Vine (OT), Karen Gilmore (Child Dev), Kate McCormack (SP)*



As a result of JC discussion Pt Pirie health service is currently trialling a therapy record sheet for their group of 3yos with developmental delay. The therapy record sheet encourages parents to keep a record of home care and activities to help staff assess the impact of home activities on developmental progress, as well as how parents can contribute towards progress in their children and how home life might contribute to treatment and treatment outcomes.

Ali feels that, due to the transient nature of a regional team, CAHE JCs increase the team's capacity, looking at whole scenario concerning the child or patient, as opposed to purely individual elements. Whilst finding topics appropriate to all disciplines may become more difficult in the future the general consensus is that the single or 2-3 discipline clinical scenarios would contribute to a more in-depth insight into the role of each discipline and create a more empathic working scenario.

The Southern Cross Care Journal Club was also initiated in March 2007, as a part of the CAHE JC pilot program, and continues to go from strength to strength. Jane Campbell, Physiotherapist, initiated enquiries in 2007, and after hearing about the CAHE JC pilot, contacted CAHE to enquire about participation.

The Southern Cross Care (SCC) JC comprises of 20 members, with OTs, physiotherapists and fitness leaders from across three sites: the Pines, Phillip Kennedy and Lourdes Valley Rehabilitation Services, with meetings held at the Pines Rehabilitation Service in North Plympton offices every six weeks. Jane stated that it was the support from management that allowed people from three wide-spread sites to attend these meetings. *Continued on page 2.*

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Jane feels that the CAHE JC format is sustainable, and the SCC JC has found the journal clubs very useful. Members are developing enhanced research techniques appraisal skills have improved universally, which they feel is highly valuable, particularly for those members who have been out of university and research environments for extended periods of time.

Jane commented that the CAHE Journal Club created a terrific scenario to get staff from all three sites together: *"Having big group is great for interaction as well as team learning and building. They're also fun and staff are surprised at how enjoyable they find the JC meetings. The topics encourage staff to keep thinking about evidence-based practice and keep implementing this into the workplace, particularly with exercise treatments and progress monitoring."*

STOP PRESS: CAHE to release FOUR new Outcomes Calculators (OCs) in Dec 2007. The new OCs include: revised Musculoskeletal, Incontinence, Neurological and Chronic Diseases. These valuable outcomes measurement tools will be available on disk (P&H \$10/OC). We have now created a new program that works across a range of hard/software formats. OC User Manuals are available for download online: www.unisa.edu.au/cahe/CAHEOCs/default

Nov 2007 Bulletin from DoHSA's A/Principal Advisor, AH, Bev Gaughwin Evidence-based Practice Conference in SA!

The JBI convention *Pebbles of Knowledge: Evidence for Excellence* held in Adelaide this week was an inspiring meeting of international researchers and clinicians and I would like to thank the Department of Health for supporting 5 Allied Health clinical leaders and researchers to attend. They will share their knowledge within their workplace and regions. Sharing knowledge is a generous act and a powerful enabler. We are very fortunate to have the CAHE to gather and share knowledge to enable clinicians to deliver best quality care to their patients.

If you would like to be able to:

- measure outcomes that are important to your patient and your practice in a standardised, easy to use way
- demonstrate progress to your patients and referrers, and communicate results of treatment with graphics and standard reports
- monitor the status of your patient outcomes using validated outcome measures
- identify risks related to potential failure to achieve outcomes
- and track outcomes against expected progress

I strongly recommend you explore the information about outcomes calculators on the CAHE website. There are now four outcome calculators available on CD-ROM for the following areas; **musculoskeletal, incontinence, neurological disorders, and chronic disease management.**

The CAHE outcomes calculators are valuable clinical practice tools have been developed in consultation with practicing clinicians and are easy to use and supported by comprehensive online manuals. You can register online to receive the calculators (<http://www.unisa.edu.au/cahe/CAHEOCs/default.asp>).

Whether you want to measure outcomes for joint range of motion, graded pain scales, assess patient satisfaction, psychological response to impairment, or activity limitation or a myriad of outcomes relevant to your patient base and your area of practice, the calculator will provide the best validated tools to do so. They are relevant to a wide range of health professionals and areas of practice.

So, if you have been intending to have a look at the calculator, do it now and start 2008 with the calculated advantage of a simple and efficient way of collecting information on your patients' progress using standardised measures.

To receive CAHE updates, please register online at www.unisa.edu.au/cahe

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