

# CAHE Journal Clubs: crossing borders

## CAHE's first interstate JC talk about their experience

In early 2008 Western District Health Service in Hamilton, Victoria, approached CAHE about becoming the first interstate Journal Club to work under the CAHE Journal Clubs banner. The WDHS held its first CAHE Journal Club on 1 May 2008, and meets on the first Thursday of every month.

Western District Health Service (WDHS) is currently a single discipline Journal Club, but has attracted the attention of other WDHS allied health departments, who are watching the progress of the WDHS with interest to see what they are doing and how the CAHE Journal Club model might impact on them. It may evolve into multidisciplinary groups with a focus on particular clinical services or into many single disciplinary groups as they deem appropriate.

Currently the WDHS Journal Club's discipline is physiotherapy and physio/allied health clinical assistants, with around ten members active. The Journal Club is made up of all members of the physio department and any students on placement at the time. Automatic inclusion for these candidates was decided as the Journal Club is considered an integral part of their in-service program with scheduled non-contact time. All members are expected to attend if they are at work on that day.

Previously WDHS held journal article analysis sessions during in-services. They felt that they had were not timely and effective as the time spent appraising the article would leave them with little or no time to answer the question 'what are the transferable implications for us? '.

Lyn Holden had followed the development of the CAHE JC project through the CAHE newsletters and felt that the CAHE JC format was a logical progression from their own efforts. After resolving some 'cross-border issues' she and Robbie Webb attended JC facilitator training in April 2008 and Robbie has been tasked with facilitating the JC on a day to day basis. Lyn, as department head, acts as a back up resource and ensures organisational support for the JC. To date the WDHS JC has focused on a series of articles around the theme of functional maintenance for older adults, especially in residential care.

When asked about the progression of the CAHE Journal Club model and Western District Health Service's uptake of this Lyn stated:



*It has been a very steep learning curve for all of us, both as facilitators and presenters. Discovering that there is very limited quality evidence available to answer some clinical questions has been frustrating. These Journal Clubs are a good indicator that well run clinical studies for allied health interventions are sorely needed.*

The CAHE JC model is designed to be sustainable and when asked if he felt that was the case, Robbie Webb answered

*It has really helped to have JC meetings scheduled as part of work commitments as this ensures attendance. The CAHE format of rotating duties is great for sharing workload and encouraging presenters to familiarise themselves with the meeting format. It is great to be able to select topics and articles that the group are interested in and run with a theme for multiple meetings so that broader understanding of the topic is obtained.*

The WDHS JC aims to compile their findings in their last meeting for the year in December 2008, and develop small pilot projects to run in our aged care facilities in 2009 based on the findings. Their next goal: Refining their research skills!

CAHE values the participation of the WHDS JC, and welcomes them as our first non-SA Journal Club. If you would like more information about CAHE Journal Club you can visit the CAHE JC website: [www.unisa.edu.au/cahe/CAHEJC/default](http://www.unisa.edu.au/cahe/CAHEJC/default)

*Register online to receive CAHE updates.*



I would like to dedicate this segment of **iCentral** to its bigger brother, the website **Implementation Central**: [www.implementationcentral.com](http://www.implementationcentral.com).

In late October 2008, Implementation Central went “live”, thanks to all the hard work of CAHE staff, especially Helen Walker. The Implementation Central website has been developed with the aim to provide access to resources specific to implementing evidence into clinical practice.

In its current form, [www.implementationcentral.com](http://www.implementationcentral.com) provides an overview about my NHMRC-NICS-TRACsa-MAC Fellowship, including details about the Fellowship’s sponsors and host organisation. It also provides a brief overview about Whiplash Associated Disorders (WAD) and clinical guidelines in general. The section on clinical guidelines also provides access to a guideline appraisal tool, the **AGREE** instrument.

A separate section, **Implementation Science**, is dedicated to the emerging field of the science behind implementation. In this section evidence from seminal research on behaviour change, factors influencing behaviour change and implementation strategies are discussed.

A **Resources** section has also been created where direct links to agencies specialising in guideline development and implementation are provided. Each organisation’s link is supported by a brief description on the organisation’s mandate and tools available to support guideline development and implementation.

It is envisaged that there will be regular updates of **Implementation Central**. Future planned updates include lectures and pod casts on evidence implementation issues, online discussion forums, blogs and regular updating of resources specific to evidence implementation. Therefore, it is with great please I invite you to view **Implementation Central**.

As this website was created in response to a lack of dedicated evidence implementation resource, I invite you to provide me with any comments or feedback you may have regarding this website. I also encourage you to provide me with suggestions you may have on what, if any, additional resources you may require to facilitate uptake of evidence into clinical practice that can be achieved through this website. You can contact me via [Saravana.kumar@unisa.edu.au](mailto:Saravana.kumar@unisa.edu.au)

## CAHE’s new textbook: *Practical tips in finding the evidence: An Allied Health Primer* due for release in December 2008

Representing years of research and exploration into the fields of evidence-based practice in allied health the new CAHE textbook is dedicated to providing pathways to evidence in a number of AH fields including:

**Acupuncture, chiropractic and osteopathy, naturopathy, nutrition, occupational therapy, physiotherapy, podiatry, prosthetics and orthotics, social work and speech pathology**

More information on this resource will be released  
in the next CAHE newsletter & on our website

### Take as trip to **CAHE’s website** today for CAHE’s new initiatives:

**CAHE Clearing House for Guidelines:** CAHE's clearing house for developed and published clinical guidelines that include or focus on Allied Health

**CAHE’s Outcomes Calculators (OCs):** Five OCs aimed at providing clinicians with the tools to gather and assess patient treatment evidence and outcomes.

**CAHE’s Discharge Planning:** Focused on providing patients, careers and clinicians with practical ways to make the discharge planning process more effective.

**COMING SOON: SA AH Quality and Safety Initiatives:** encouraging AH practitioners to share their experiences with quality and safety activities



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# CAHE's Allied Health News in Review (AHNR)

The article: **Journal of the American Medical Association announces recommendation that all adults should take vitamins** was published in *Healthy Life* magazine, Spring 2008.

Based on a scientific review published in the *Journal of the American Medical Association* (JAMA) conducted by researchers from the Harvard medical school (Boston) this AHNR looks at a topic close to many adults hearts – that of the vitamin – do they actually make a difference?

Many adults these days are taking vitamin supplements either to address a specific imbalance or a range of vitamin deficiencies. This article sought to address this topic and CAHE staff have reviewed the origin of evidence, objectives of research, nature of evidence; interventions utilised, outcome measures, key findings, recommendations made by the review article, validity of methodology and reliability of the conclusions and the clinical implications. You can access the CAHE Allied Health News in Review at [www.unisa.edu.au/cahe/ahnewsinreview](http://www.unisa.edu.au/cahe/ahnewsinreview)

## Transversing the globe on two wheels!

CAHE's Catherine Bourke of Ireland, an avid bike rider, recently rode for charity from Adelaide to Sydney. Catherine's solo bike ride raised funds to assist 26 Vietnamese children to visit Sydney for World Youth Day in July 2008. She then headed off to China in September as a reserve in the Irish Paralympians' cycling team. Upon her return Catherine stated that the spirit, comradery and determination of the Paralympians was inspirational, and she felt honoured to be a part of the occasion. CAHE congratulates Catherine on her dedication and commitment to her team and her sport.



## September/October 2008 Bulletin from DoHSA's Acting Principal Advisor, Allied Health, Bev Gaughwin Delivering to South Australian AH clinicians

*Update from the Allied and Scientific Health Office October 2008*

Catherine Turnbull, A/Director Clinical Systems, is currently working with colleagues in the UK to develop an International Allied Health Alliance associated with the World Health Organization. While she is in the UK Catherine will be promoting South Australia as a great place to live and work, by representing SA Health at the Career Expos.

South Australians enjoy an enviable lifestyle and we need to attract and retain more young professionals to live and work here, to raise families in a healthy and vibrant environment that offers opportunity for growth and development.

In SA Health we are working with others to develop a future health workforce that will have greater flexibility, enhanced career opportunities and ability to develop a healthier population in South Australia.

A project to develop advanced and extended roles for Allied Health Professionals has commenced, to build greater capacity into the workforce, and to offer more career pathways. We are also working to increase and up skill the Allied Health Assistant workforce, to enable more flexible use of the existing professionals, and to develop a qualified support workforce with a greater range of skills to promote health and wellbeing.

In addition, a project to improve the organisation and delivery of speech, language and communication therapy for young children will ensure that South Australian children have the skills to learn and communicate effectively in early school years. The support from CAHE has ensured that future models of care will be based on best available evidence and South Australia will be able to offer a great start for lifelong learning.

Allied Health Professionals are working to make South Australia a great place to live, work, and enjoy life. In a busy and troubled world, take time to reflect on health...it's invaluable.

**Bev Gaughwin, Acting Chief Allied and Scientific Health Advisor, SA Health**

[Register online to receive CAHE updates.](#)

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