Hi Everyone,

Welcome to the July-August Newsletter! We decided to incorporate both months into one issue this time round. As you will see from the contents, it has been another busy and productive period!

New Appointments

Congratulations to Dr Nayana Parange who has been appointed as Program Director for Medical Sonography, one of our largest and most successful programs in the School. Nayana - a physician and a multi-skilled sonologist and sonographer, with an obstetrics-gynaecology background, commenced her new role on Monday, 26 August. She replaces Wendy Barber who has led and developed the program to its current success for the last 15 years. Welcome to Matt Miller as the new Health and Fitness Centre Coordinator for City East’s Exercise Benefits Health and Fitness centre from 5 August. Matt replaces Luke Knappstein, who has joined the South Australian Sports Institute.

SA Science Excellence Awards

I attended the South Australian Science Excellence Awards Gala Dinner on 16 August, with Professor Esther May, Professor Jason White and Associate Professor Pat Buckley, and other University colleagues. It was a great evening. The occasion is to honour the achievements of South Australia’s scientists. The event opened with keynote speaker Nobel Laureate Professor Brian Schmidt, whose work on the accelerating Universe won the 2011 Nobel Prize in Physics in 2011. It was impressive to see that two of the three finalists for the PhD Research Excellence Awards were from UniSA - Dr Georgina Crichton from the School of Health Sciences and the winner Dr Luke Grzeskowiak from the School of Pharmacy and Medical Sciences. It was also notable that all three finalists for the Early Career Researcher – ‘Tall Poppy of the Year’ were from UniSA (Dr Carol Maher and Dr Dominic Thewlis from the School of Health Sciences, and Dr Drew Evans who won the award for his research with the Mawson Institute). Congratulations to all!
The 2013 Annual Hawke Lecture (Nobel Laureate Dr Elizabeth Blackburn)

Another highlight for me this month was listening to Dr Elizabeth Blackburn in a fascinating conversation with Dr Robyn Williams at the Adelaide Town Hall on 21 August. Dr Blackburn was awarded the Nobel Prize for her research on the protective caps of chromosomes known as telomeres, which get worn down and are shorter in individuals suffering from chronic stress (when the person has no control of the situation) and disease. What resonated particularly for me was the indication that exercise has been linked to the protection of telomeres, although she added that more work needs to be done in this area. The principle of exercising at a self-preferred pace (where the individual has control and finds it to be a pleasant experience) seems a sound way forward as one way to enhance health.

Planning Day – Placements, Research Strengths and What we can do better!

A further highlight for me this month was the superbly attended School Planning Day on 9 August, with over 110 in attendance. We delayed the Planning Day by a few months to take advantage of information from the ‘UniJam’ and the launch of the University’s Strategic Action Plan. Following my presentation on current status and future directions, the day was focused on three specific challenges, involving guided group discussions on Clinical Placements/Internships; Research Themes and a final open session about ‘What we can do better’. We also had a very special presentation by the Assistant Commissioner of the South Australian Police (SAPOL) Paul Dickson, to formally recognise Dr Sara Jones’ contribution in solving the longest running murder case in Queensland’s history. The presentation and oration in honour of Dr Jones’ pivotal contribution in solving the case was a real surprise to Sara. It was also a great surprise to many others who were not aware of Dr Jones’ crime-solving contributions and unique community engagement! We are most thankful to SAPOL and Assistant Commissioner Paul Dickson for coming to the Planning Day to make this award.
The discussion on Clinical Placements, led by Associate Professor Kerry Thoirs, Associate HOS: Academic and Jodie Quilliam, Manager: Clinical Operations, included considerations on such issues as – how to ensure students are ‘placement ready’, strategies to encourage students to undertake rural/interstate or overseas placements and ways of improving the quantity and quality of placements. Placements occur in all our undergraduate programs. They are a great experiential learning experience for students and in 2012 we placed 2653 students across 207 sites! Critically, the number of available placements is limited on the numbers of students we can accept into the programs, and quality placements tend to rely on good relationships between our school and the placement providers. A/Prof Kerry Thoirs used the analogy of ‘snakes and ladders’ to exemplify some of the important factors in determining the route to a successful clinical placement (see below).

The research discussion – led by Associate Professor Susan Hillier, Associate HOS: Research, included discussion on a unifying statement of impact that embraces research activity across the school, the identification of four areas of research strength in the school and what the research concentrations would look like if the school started with a clean slate. The discussions were aided by a previous staff survey conducted by A/Prof Hillier which, like the UniJam, resulted in three separate ‘word clouds’ to identify populations, methodologies and outcomes. With the excellent help of Ryan McEachen (Team Leader: Academic Services Research) and his team, the discussions were also aided by a ‘mind map’ type analyses of collaborations by publication and supervision between colleagues. The data from the above sessions is currently being collated and will be used to form the School’s strategic planning and guide future directions (within the context of the University’s Strategic Plan in ‘Crossing the Horizon’).

Contributions to the HLS Newsletter

Thanks again for all your contributions to the Newsletter. It goes out to all students and staff in Health Sciences, selected UniSA staff and external stakeholders. It is also available on the Health Sciences Website. News about research, national appointments, community engagements, awards, achievements and sporting endeavours, etc., are welcomed, so please continue to keep myself and Kylie Fogarty kylie.fogarty@unisa.edu.au informed of all your news. I hope you enjoy this Newsletter!

Cheers

Roger ☻

2013 SCHOOL OF HEALTH SCIENCES PLANNING DAY

Professor Esther May, Assistant Commissioner Paul Dickson, Dr Sara Jones and Professor Roger Eston.
Assistant Commissioner Paul Dickson and Dr Sara Jones.

Professor Roger Eston and Arjun Burlakoti.

Dr Nayana Parange, Leah Kallos and Brooke Osborne.
Raewyn Todd and Tim Brooke-Smith.

Ryan McEachen, Emma Stockham and Tim Brooke-Smith.

"The Walkers"—gold star for all who participated!
Negotiating the route to successful clinical placements
A/Prof Thoirs, Associate HOS: Academic
Did you know?

Dr Maarten Immink

Did you know that yoga benefits your immune system by causing changes at the genetic level?

A Norwegian study, published in the journal *PloS one*, compared changes genetic expression of immune cells after participation in yoga as compared to participation in nature walking and music-driven relaxation. The impact of yoga was more widespread as found that yoga produced changes in the expression of 111 genes as compared to 38 genes for walking and relaxation.


Smile or laugh - it’s good for health!

http://www.helpguide.org/life/humor_laughter_health.htm

Q. How do you help a sheep that’s having a heart attack?
   A. Give Sheep P R !

STAFF NEWS AND APPOINTMENTS

- **Dr Maarten Immink** was successful in receiving an Experience plus grant to run a student engagement and wellbeing initiative called the University of South Australia Mediation Club. A trial program consisting of face-to-face and online based meditation courses for students will be conducted in Study Period 5 2013. In addition to the meditation courses, the trial program will offer additional activities including a symposium focusing on meditation. The aim of the initiative is to provide students an opportunity to learn about meditation, to assess student perceptions about meditation and its benefits, and to establish a base of student membership for the Meditation Club in order to continue delivery of courses and educational activities. The University of South Australia Mediation Club is a School of Health Sciences initiative for all University students.

- **Dr Sharron King** has been nominated as the Chair of the South Australian Branch of HERDSA (Higher Education Research and Development Society of Australasia) - A scholarly society for people committed to the advancement of higher and tertiary education. It promotes the development of higher education policy, practice and the study of teaching and learning.

  HERDSA will be funding a number of seminars and workshops this year commencing with a seminar by Associate Professor Shane Dawson on Learning Analytics on 3rd September in the Bradley Forum. More information on upcoming seminars will be circulated through the UniNews.

- Congratulations to **Dr Carol Maher** from the Health and Use of Time Group and **Dr Dominic Thewlis** from the Exercise for Health and Human Performance Group who were shortlisted in the final three for “SA Tall Poppy of the Year” in the SA Science Excellence Awards.

- Congratulations to **Dr Nayana Parange** on her recent appointment as a member of the Australian Sonographer Accreditation Registry (ASAR). Nayana is now eligible to be appointed by the ASAR Board to Course Assessment Committee(s).

- Congratulations to **Dr Caroline Fryer** who has been invited to be a member of the Advisory Committee to the National Stroke Foundation’s High Risk and Culturally Diverse Strategy Development.
Beautiful Eloise Blefari, gorgeous daughter of Cristina, born 18 June 2013.

Congratulations to Teresa Cross and Shannon Smith who got married on the weekend!!

❤️
TEACHING AND LEARNING

LEARNONLINE UPGRADE PROJECT

Wayne Pedder

Learnonline is getting a facelift with implementation in SP2 2014. For full details about –

- Implementation
- What’s new
- Conversion to Moodle 2.5
- Pilot in SP6
- Early adopters program and much more .......

Please visit Learnonline Upgrade Project website located at: https://www-p.unisa.edu.au/learnUpgrade/default.asp

HEALTH PROMOTION IN PHYSIOTHERAPY

Gisela Van Kessel

In study period 2 2013 four Health Promotion in Physiotherapy (REHB 4035) students designed and implemented two health promotion projects using the Mobile Allied Health Clinic (MAHC) van. Bree Hanna and Jess Moore developed a range of resources to increase awareness of the importance of physical activity in adults which they pilot tested at a community initiative of the Tea Tree Gully Council called Healthy Eating, Activity and Lifestyle (HEAL) and then implemented at AAMI stadium using the MAHC van. James Wundke and Kim Wong developed another set of resources to increase stroke awareness and used MAHC van to gain the public’s attention at Bunnings Mile End store. The students learnt the communication skills required to gain attention and to convey health information. Both projects were supervised with expertise by Tim Brooke-Smith.

BACHELOR OF HEALTH SCIENCE STUDENTS ROLE PLAYING AUSTRALIAN GOVERNMENT: COAG CAPERS

Dr Janette Young

For several years, our first year, first semester students undertaking the Bachelor of Health Sciences have been undertaking a role play as part of developing an initial understanding of the Australian healthcare system. We start at the top of this system with the Council of Australian Governments (COAG). COAG is a very high level forum at which all levels of Australian governments are represented (federal, state, territory and local). COAG may involve premiers and the Prime Minister meeting to discuss issues of national importance, and in recent years health reform has been the focus of several COAG meetings including discussing health workforce issues.

In order to be topical, for the last 2 years our COAG role play has focused on the area of health workforce reform and regulation. Students are assigned to represent workforce groups (chiropractic care, nursing, health promotion, Social work, pharmacy, dental care etc) and provided 3 weeks in the computer pools to research their workforce group in relation to the workforce reforms. Student groups are required to develop a summative hard copy submission for assessment. Student teams also present a 2-5 minute oral submission to the COAG subcommittee AHMAC (Australian Health Ministers Advisory Committee). On the day all students are expected to dress the part and 99% do – looking very impressive and professional.
This year our eminent AHMAC panel(s) members were:

- Dr David Birbeck – Teaching and Learning Academic
- Ms Susan Cameron – Director, Wellness Centre, Royal Adelaide Hospital
- Professor Roger Eston – Head of School of Health Sciences
- Ms Janine Philips – National Board, Workforce Development Committee, Australian Health Promotion Association

As part of the learning experience students are provided with an opportunity to provide feedback. Feedback on a range of aspects of the simulation has been positive:

- students identify that they gained the ability to describe various health professional groups in Australia;
- explain a variety of reasons for health professional groups to be regulated;
- Students note that holding tutorials in the computer pools assists with group work and supports them to work well as a team;
- As well as improving their research skills;
- Students have indicated the benefit of receiving feedback from the eminent panel.

On a 5-point Likert scale (1- Strongly disagree to 5- Strongly agree) students indicated the COAG simulation was well managed (mean of 3.85; up from 3.67 in 2012) and assisted in their learning (mean of 3.85; up from 3.71). Overall students were satisfied with the simulation assignment, with a satisfaction mean of 3.72. An improvement suggested by a number of students was providing more time for presentations to enable more team members the opportunity to be involved in this aspect of the simulation, and this is certainly something that the team will give consideration to next year.

This year the teaching team was Dr Janette Young, Dr Richard McGrath, Dr Caroline Adams and Ms Zoe Richards. It is an activity that provides a valuable learning opportunity within a focused, but fun, environment, for the students as well as for the teaching staff. Feedback from the eminent panel members was also positive with a number of them indicating it was nice to be referred to as eminent. Panel members also noted that the high level of professionalism displayed by the students was a credit to their efforts and engagement with the learning opportunity.
RESEARCH NEWS

RESEARCH WORK EXPERIENCE

Dr Alison Coates

During the semester break I offered students in Human Nutrition (HLTH 2001) the opportunity to spend time volunteering with The Nutritional Physiology Research Centre (NPRC) to increase their understanding of research in nutrition. Five students (Diane Cass, Mindy Chong, Belinda Hyde, Jayde Sullivan and Esther Yee) took up this offer and volunteered with the Centre for a number of days.

During this time they saw and experienced a wide range of activities both in NPRC and also with my collaborators from the Centre for Sleep Research in the Division of Education, Arts and Social Sciences. They spent time with Honours and PhD students as well as the academic and professional staff in both centres. Some of the activities included:

- observing clinical visits with participants in dietary research studies
- learning how to score cognitive function tests
- learning how to interpret clinical data from a study I am currently running in conjunction with the Colgate Dental Research Centre at The University of Adelaide
- setting up databases in excel
- entering and checking data from ongoing studies
- sorting and checking dietary supplements
- going through a manuscript review exercise
- helping with recruitment and screening processes
- watching blood sample handling and processing

I would like to thank all of the students who volunteered for their generous help. They demonstrated great enthusiasm and excellent professional conduct in a setting with high exposure to the general public.

There will be more opportunities for students to engage with research over the summer break especially through the high achiever vacation scholarship program.

This is a great avenue for students contemplating Honours, to get a feel for research during their undergraduate degree.

The scheme is open to students in their second, third or Honours year who have a strong academic record.

Applications close on 20 September 2013

More information can be found at this link: http://www.unisa.edu.au/Research/Research-degrees/Scholarships/Vacation-Research-Scholarship/
FAREWELL TO POPULATION HEALTH PhD CANDIDATES

Associate Professor Susan Hillier

We would like to bid farewell to our PhD candidates transferring from the School Health Sciences to the School of Population Health. Liz Buckley, Suzanne Carroll, Stine Høj, Agustina Gancia, Peter Lekkas, Torbjorn van Heeswijk, Ivana Stankov, Iordan Kostadinov and Dannielle Post are now officially part of the new school.

On behalf of the School of Health Sciences I would like to wish these candidates all the best for the completion of their research training with the School of Population Health. We will eagerly await news of completions and publication successes in future.

The following is an example of sentiments expressed by some departing candidates – it illustrates the hard work of our staff in supporting HDR candidates.....

"I have thoroughly enjoyed and appreciated my time being in the School of Health Sciences. Speaking to other students at other universities, I realise how much support is provided to the HDR students in this school.” – Liz Buckley, PhD Candidate

PhD NEWS

Congratulations to the following School of Health Sciences PhD Graduands who had their degrees conferred at the August meeting of the University council:

- Dr Karla Canuto (supervisors – Professor Robyn McDermott, Dr Margaret Cargo)
- Dr Sjaan Gomersall (supervisors – Professor Tim Olds, Dr Carol Maher, Dr Coralie English)
- Dr Lucylynn Lizarondo (supervisors – Professor Karen Grimmer, Dr Saravana Kumar, Prof Alan Crockett)

PhD Candidate in Stroke care, Liz Lynch was recently successful in the following –

- Conference scholarship from SA Health Stroke Clinical Network (airfares and conference registration); 
- SSA (Stroke Society of Australasia) Stroke Service award, and also 
- SSA Scientific Award for abstract of presentation for the recent SSA National Stroke Conference held in Darwin, August, 2013.

Congratulations to PhD Candidates Abby Tabor and Jane Bowering who were awarded highly competitive travel grants from the University of South Australia as follows –

- Abby will travel to Oxford University, where she will undertake an experiment with Dr Katja Wiech, applying Bayesian theory to pain-related learning;
- Jane will travel to the University of North Carolina, where she will work with Dr Denniz Zolnoun, investigating sensory function in women with provoked vulvodynia.

STUDENT PUBLICATION INCENTIVE SCHEME

Congratulations to Sam Chalmers, who was recently awarded a payment under the School Student Publication Incentive Scheme for his publication "Junior Australian football injury research: Are we moving forward?" which was published in Physical Therapy in Sport.

Congratulations to Harrison Evans, who was recently awarded a payment under the School Student Publication Incentive Scheme for his publication "Use of a perceptually-regulated test to measure maximal oxygen uptake is valid and feels better" which was published in the European Journal of Sport Sciences
CLINICAL TRIAL FACILITY
*Kellie La Fontaine (Institute Manager, Sansom Institute)*

The Sansom Institute has developed a multipurpose Clinical Trial Facility for the use of researchers, across the Division of Health Sciences.

The Clinical Trial Facility is located on level one, Bonython Jubilee Building.

There are 10 clinic rooms available for booking that can be used for research projects, for such purposes as interviews, cognitive testing, blood taking, subject screening, and exercise studies.

The reception area is a modern welcoming space where members of the public are greeted and are then able to wait in comfort for their respective research staff member. The reception area of the Facility can also support activities being conducted in other parts of the campus, wherein volunteers/participants can come here as their first point of contact: the researcher will then be notified of their arrival and the volunteer/participant can be collected and brought to the appropriate area on campus.

A modern kitchen is also provided where volunteers are able to make use of the tea and coffee facilities and breakfast items are available for those participants who have been fasting.

Mobility-impaired access to the clinic and an access bathroom have also been incorporated into the Facility.
iCAHE - EVIDENCE-BASED PRACTICE MODULE

The International Centre for Allied Health Evidence has recently developed an online Evidence-based Practice module and networking site for undergraduate and graduate health science students. This website is also available to allied health practitioners who wish to learn about evidence-based practice. A forum has been created for this website to encourage students to network and be mentored by clinicians who share the same area of interest. This website not only provides students with an informational resource but also facilitates interaction with other students and professionals in the same field.

This project was jointly funded by Experience Plus Grant and the School of Health Sciences. Here’s the link to the online evidence-based practice module: [http://implementationcentral.com/ebponline/](http://implementationcentral.com/ebponline/)

REGULARLY BREAKING A SWEAT CAN LOWER STROKE RISK

*Dr Michelle McDonnell*

*Dr Michelle McDonnell* and *Associate Professor Susan Hillier* have been collaborating with researchers at The University of Alabama, Birmingham, USA, resulting in a publication in the American Heart Association (AHA) journal *Stroke*. A media release prepared by the AHA resulted in numerous interviews which hit news headlines around the world on Friday 19th July. The research demonstrated that exercising four or more times a week at an intensity to work up a sweat reduced the risk of stroke by 20%. The story, with original titles like “Sweat away strokes” in our Advertiser, received coverage from sites such as the Times of London, The Naked Scientist and The New York Daily News. It also led to the publication of an article in *The Conversation*, an online newsletter with one million readers per month.


**FACT** - The news release *Breaking a sweat while exercising regularly may help reduce stroke risk* based on your study that was published in *Stroke* on July 18. Our search indicates that the story was seen by nearly 94.3 million viewers/readers.

![The things we do for science!!](image)

* Nick Glover helps out with an experiment to observe the effects of self-contained breathing apparatus on lung function.
**MY HEALTH RULES – “HOW SCIENCE AND RESEARCH HELPS TO IMPROVE YOUR HEALTH”**

*Dr Saravana Kumar*

As the Australian population ages, chronic conditions such as diabetes, heart disease, cancer and arthritis are on the rise resulting in severe burden on people and the health system overall. Chronic conditions are the leading cause of death in Australia and nearly all people aged 65 years and over have at least one long term chronic condition. There is a significant body of research evidence on how to prevent and manage chronic conditions. Despite this, much of the research evidence is not translated in clinical practice and health care in a timely and consistent manner. These evidence-practice gaps ultimately result in poor quality of health care provided to people with chronic conditions, which result in increased morbidity and mortality. With increasing focus on patient-centred and consumer directed care, it is important to engage with people with chronic conditions when addressing evidence-practice gaps in this area.

Therefore, as part of National Science Week, the International Centre for Allied Health Evidence (iCAHE), in collaboration with South Australian Tall Poppy Campaign, represented by Grant Mills, and private practitioners, hosted a free, interactive, consumer-focused event on the evening of Tuesday, 13th of August 2013. The event was attended by more than 25 people from diverse backgrounds, including school and university students, consumers, carers, health care professionals and University of South Australia staff members. The event commenced with of lecture-style presentations by Amanda Shields (Director of Be Inspired Group) and Pauline Kelly (Self Management Squared), who have extensive experience in chronic conditions self management. This was then followed by four 10-minute interactive small group “speed date” sessions, where attendees had the opportunities to “speed date” with health professionals and researchers and participate in activities which showcased how science and research can help improve the health and well-being of people with chronic conditions. Based on science, attendees were introduced to what works in helping people with chronic conditions, what doesn’t work and how one can be an informed consumer of science and research.

At the end of the session, attendees and facilitators were invited to a free, healthy dinner supplied by Phat Buddha Rolls – one of Adelaide’s best street food carts. This also provided the opportunity for attendees and facilitators to mingle in an informal setting, over a tasty dinner and under a starlight sky. Evaluation conducted following the event indicated positive responses from the attendees and renewed opportunities for a rerun of a similar event in the near future.

This event provided the ideal opportunity to bring together and engage with the wider South Australian community and showcase iCAHE, School of Health Sciences and University of South Australia as key players in the production, dissemination and communication of science and research. On behalf of iCAHE, we would like to take this opportunity to pass on our gratitude to all those who worked tirelessly to make My Health Rules a success.
RESEARCH GRANTS / FUNDING

THE PHYSIOTHERAPY RESEARCH FOUNDATION

The Physiotherapy Research Foundation (PRF) Tagged Grants are for researchers working on new or established research projects in the specific area of physiotherapy nominated by the sponsor. The purpose of PRF Tagged Grants is to support research that contributes to the science and practice of physiotherapy. Applications are considered on the basis of scientific merit and the likelihood of the project meeting its objectives, including preparation of a publishable manuscript, within the stated timeframes.

There are many research approaches that would be relevant to the grants scheme, e.g. laboratory studies, clinical research, systematic reviews, economic analyses, implementation research or qualitative research. However all applications must aim to provide new knowledge relevant to the science and practice of physiotherapy.

Selection Criteria

Funds will be allocated by the Directors of the PRF Corporate Trustee, whose decisions shall be considered final, on the recommendation of the PRF Grants Review Committee in relation to:

- the significance of the project to knowledge/evidence base of physiotherapy
- the rationale of the project established from previous research
- the appropriateness of the design, subject selection, intervention, outcome measures and proposed statistical analysis to the research question
- the feasibility of the project and likelihood of the project meeting its objectives, including preparation of a publishable manuscript, within the stated timeframes.

The closing date for applications is the 27th September 2013.

MEAT & LIVESTOCK AUSTRALIA (2013-2014 RESEARCH APPLICATIONS)

MLA is seeking expressions of interest for research on the relationship between dietary patterns and health outcomes; and effective dietary strategies for promoting optimal health and managing chronic health conditions.

Process for selecting and funding research:

1. Applicant completes an expression of interest form and submits to MLA, which may include a request for additional funding required to achieve additional outcomes;
2. MLA will request a full research application from applications of interest;
3. The research application will be reviewed by external experts with comments sent to applicants for their consideration;
4. Successful applications are funded, pending approval from MLA’s Executive Team and/or Board.

For information on nutrition research projects and research funding, contact nutrition@mla.com.au

The closing date for expressions of interest is 30 September 2013.

Please contact Senior Business Development Manager Bruce Chadwick for further information ext: 22333
   **Abstract**
   5 year IF = 4.24; 1 year IF = 3.73 (7/56 Multidisciplinary Sciences)

   **Abstract**
   5 year IF = 6.42; 1 Year IF = 5.77(1/28 Anesthesiology, 13/192 Clinical Neurology, 31/244 Neurosciences)

   **Abstract**
   5 year IF N/A; 2 year IF = 1.507 (20/27 Critical Care Medicine)

   **Abstract**
   5 year IF = 4.4; 1 Year IF = 4.05 (9/29 Rheumatology)

   **Abstract**
   5 year IF = 1.294; 2 year IF = 1.367 (32/63 Rehabilitation. 43/84 Sport Sciences)

   **Abstract**
   5 year IF = 2.762; 1 Year IF = 2.358 (26/124 Food Science and Technology)

   **Abstract**
   5 year IF = 3.238; 1 Year IF = 2.541 (29/76 Nutrition and Dietetics)

   **Abstract**
   5 year IF = 3.858; 2 year IF = 3.392; (21/158 Public, Environmental & Occupational Health)

   **Abstract**

    **Abstract**
    5 year IF = 2.306; 2 year IF = 1.852; (28/46 Geriatrics & Gerontology; 29/84 Sport Sciences)
   **Abstract**
   5 year IF = 3.215; 2 year IF = 2.675; (72/191 Clinical Neurology; 18/121 Pediatrics)

   **Abstract**
   5 year IF = 6.83; 2 year IF = 6.158 (10/191 Clinical Neurology)

   **Abstract**
   5 year IF = 6.428; 1 year IF = 5.777 (1/28 Anesthesiology, 13/192 Clinical Neurology, 31/244 Neurosciences)

   **Abstract**
   5 year IF = 1.399; 2 year IF = 1.218 (29/103 Nursing)

   **Abstract**
   5 year IF = 2.869; 2 year IF = 2.899 (10/84 Sport Sciences)

   **Abstract**
   5 year IF = 0.987; 2 year IF = 0.723; (48/63 Rehabilitation)

   **Abstract**
   5 year IF = N/A; 2 year IF = 1.854 (37/136 Public, Environmental & Occupational Health)

   **Abstract**
   5 year IF = 4.4; 1 year IF = 4.05 (9/29 Rheumatology)

   **Abstract**
   5 year IF = 1.238; 2 year IF = 0.881 (51/103 Nursing; Geriatrics and Gerontology 40/46)

   **Abstract**
   5 year IF = 3.10; 1 year IF = 2.90 (123/251 Neurosciences, 20/75 Psychology)
**PRESENTATIONS / UPCOMING CONFERENCES**

- **Dr Diana Gentilcore** was an invited speaker at the Australian and New Zealand Society of Nuclear Medicine (ANZSNM), Technologist Special Interest Group 5th Annual Symposium, on 27 July 2013 in Coffs Harbour, NSW. Diana’s presentation was titled ‘If we knew what it was we were doing, it would not be called research, would it?’.

- **Dr Grant Tomkinson** was recently invited to give a talk at the American Heart Association conference in Dallas in November 16-20 2013. The invited talk is entitled “Physical Fitness: International Perspectives” and it will be presented in a special session entitled "The Emergence of Physical Fitness and Activity as a Primary Health Indicator: A Historical Perspective" that is hosted by The Cooper Institute. Grant will be presenting his research on time trends in the physical fitness of children, youth and adults.

- Recently, 2012 South Australian Tall Poppy Award Winners were asked to deliver a 3-4-minute TED talk presentation about their research. Videos of the presentations were produced by the Australian Institute of Policy and Science (AIPS) in collaboration with the Royal Institute of Australia (RiAus). **Dr Grant Tomkinson** was invited to talk about his research and what people can do to lead a healthy happy life through fun and fitness (see [http://www.aips.net.au/tall-poppies/sa-tall-poppies/past-sa-tall-poppy-winners/2012-south-australian-award-winners/dr-grant-tomkinson/](http://www.aips.net.au/tall-poppies/sa-tall-poppies/past-sa-tall-poppy-winners/2012-south-australian-award-winners/dr-grant-tomkinson/) or [http://youtu.be/veIYT0ywPSA](http://youtu.be/veIYT0ywPSA)).

- **Dr Maarten Immink** delivered an invited lecture entitled *Physical activity for social and emotional wellbeing* at the Minding your diabetes seminar hosted by DiabetesSA on 13 July 2013 at the Adelaide Convention Centre.

- **Professor Roger Eston** delivered an invited lecture on *Perceived exertion in adults and children: Applications for testing and exercise prescription* at the School of Paediatrics and Reproductive Health, University of Adelaide on August 2nd, 2013

- The 25th National Occupational Therapy Australia conference was held in Adelaide at the Convention centre from 24-26 July 2013. **Dr Mandy Stanley** was a member of the Scientific program committee, chaired two sessions and presented four papers and was co-author on a further three papers as listed below. The co-authored papers were presented by PhD and Honours graduates supervised by Mandy.
  - Maywald A and **Stanley M** “Occupational therapists’ narratives of prescribing motorised scooters”.
  - **Stanley M**. “Establishing foundation knowledge for occupationally focussed practice.”
  - **Stanley M**. “Risky occupations: Challenging the emphasis on meaningful occupations.”
  - **Murray C, Stanley M and Wright S** “A good fit for me”: Laying the foundation for an academic career.
  - **Stanley M** and **Murray C** “Meta-synthesis: Building qualitative foundations for occupational therapy practice.”
  - **Fryer C and Stanley M** “…maybe in my life I don’t need to do this”: why rehabilitation after stroke can be of low value to older people with limited English proficiency.
  - **Nayar S and Stanley M** “Shaping self and Trading off: Revealing occupational adaptation in the everyday.”

- **Dr Nayana Parange** attended the biennial AAEMRS Conference in Wellington, New Zealand, 5-6 July 2013 and delivered two presentations titled –
  - “The potential of incorporating synchronous ‘Virtual classroom’ in a virtual learning environment to teach ultrasound digital image interpretation – preliminary experience in postgraduate obstetric and gynaecologic sonography course”.
  - “Enhancement of student learning and engagement in postgraduate medical sonography though formative assessment with the use of continual blogs: a case study approach”.

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PhD candidate Judy Sprod from the Health and Use of Time Group will be giving an oral presentation of her work “Changes in use of time across the adult lifespan” at the Australian Association of Gerontology National Conference in Sydney in November 2013. This year’s conference theme is Grey Expectations: Ageing in the 21st Century.

Dr Carol Maher from the Health and Use of Time Group has been invited to visit and address the Central Queensland University in Rockhampton on Wed 7th August. She will be presenting a seminar entitled “Tit for tat – using social networks to leverage health gain”, which focuses on her research using Facebook and online social networking to increase physical activity.

Postdoctoral researcher Dr Lucy Lewis and colleagues have had the following four abstracts accepted for the Australian Physiotherapy Association national conference to be held in Melbourne in October:


Dr Mandy Stanley was interviewed on 21 August by Rebecca McLaren, ABC Capricornia radio (Qld). The focus of the afternoon show was on quality of life for older people now and in the future. Mandy spoke about the findings from qualitative research on loneliness and older people and the impact of stigma about loneliness, as well as the importance of keeping active and engaged and the need for an inclusive community.

Dr Caroline Fryer has been invited to present her recently published paper, ‘I understand all the major things’: older people with limited English Proficiency and the use of professional interpreters during healthcare after stroke’ to the Research Centre for Languages and Cultures seminar at the University of South Australia’s School of Communication, International Studies and Languages on 14 October. Dr Fryer recently attended two national conferences to present findings from her PhD research: a presentation on why rehabilitation after stroke can be of low value to older people with limited English proficiency was given at the Occupational Therapy Australia conference in Adelaide, and a presentation on how older people with limited English proficiency access emergency healthcare after stroke was given at the Smart Strokes conference in Brisbane.

Gabrielle Brunner, Bachelor of Physiotherapy Honours student supervised by Dr Shylie Mackintosh, Dr Caroline Fryer and Associate Professor Susan Hillier, has had two abstracts accepted for the Neurology stream of the upcoming Australian Physiotherapy Conference in Melbourne. Gabby will present ‘Family-supervised exercise programs for improving physical function of neurological inpatients: a systematic review’ and ‘A pilot investigation of therapist-devised, family-supervised exercise programs to improve physical function for inpatient adults with acquired brain injury’.

2013 STATE POPULATION HEALTH CONFERENCE
Saturday, 26 October 2013 – Education Development Centre (EDC), Milner Street, Hindmarsh
Registration - http://sapopulationhealth.eventbrite.com/

THE JOANNA BRIGGS INSTITUTE INTERNATIONAL CONVENTION
21 – 23 October 2013 – InterContinental Adelaide
For further information - http://2013convention.joannabriggs.org/
SCHOOL ADMINISTRATION

PUBLISHING – WHAT YOU NEED TO KNOW
Cathy Maher (Academic Library Services)

Have you been approached by email or letter from a publisher who you are not familiar with, asking for books, articles or conference papers for publication? Do they promise you a “quick” publication in return for payment? Do some of these offers include the opportunity to publish in an open access publication?

There are many reputable publishers who publish open access publications, such as PLoS, Hindawi and BioMed Central. The onset of open access publications has also led to an increase in the number of vanity publishers (those who charge an author fee but without peer review) and these can be difficult to distinguish from legitimate publishers. If you are approached by an unknown publisher their credibility and open access model needs to be determined. The following websites may assist you in this process:

- Criteria for Determining Predatory Open-Access Publishers written by Jeffrey Beall (Scholarly Initiatives Librarian at the University of Colorado, Denver)
- Beall’s list at Scholarly Open Access for a list of journals to carefully review before submitting your paper for publication
- the Open Access section of the Publishing Research Guide which includes information about open access models
- the SHERPA/RoMEO website which lists the copyright and self-archiving policies for a number of major publishers and journals.

For more information: Predatory publishers are corrupting open access - by Jeffrey Beall, published in Nature in September 2012

PUBLISHING YOUR RESEARCH AND WHAT JOURNAL EDITORS WANT
Cathy Maher (Academic Library Services)

A whole-day workshop was jointly organised by the Library, Learning and Teaching Unit (LTU) and Graduate Research Centre. In previous years Library and LTU publishing-focused workshops to some extent overlapped. This was addressed with a coordinated effort in 2013. The workshop was scheduled to take advantage of a visit by SAGE Publications representative Rosalia da Garcia, who provided the keynote address. Other speakers included early career researchers, journal editors, the University’s Copyright Coordinator and a representative from the team managing the University’s Research Archive. The workshop attracted 67 participants. Representing the Division of Health Sciences, Dr Saravana Kumar shared some of his publishing tips, followed by Dr Steve Milanese with an inside view of what journal editors want. The presentations were all recorded and will be made available soon.

SECURITY REMINDER

If you require an escort, go to the Security Office on campus, or use a Security Call Point (http://w3.unisa.edu.au/facilities/security/callpoints.asp) and ask Security to meet you at a designated location.
Congratulations to **Stephanie Ambrosi** - Year 4 Bachelor of Medical Radiation Science (Medical Imaging) with Honours student who recently won the ‘Higher Education Research and Development Society of Australasia (HERDSA) Prize for Best Paper Presentation by a Student’ at the HERDSA 2013 conference held in Auckland, New Zealand (1-4 July). Stephanie’s presentation was titled ‘Thriving Room: Exploring Where, Why and How International Students Thrive’. Stephanie is co-supervised by Dr Sharron King, Dr Janette Young and Professor Nicholas Proctor.

**2013 POLIO HEALTH AND WELLNESS RETREAT**

*Mary-ann Liethof - National Program Manager, Polio Australia*

According to feedback received, we are very pleased to report that Polio Australia’s [4th Annual Polio Health and Wellness Retreat](#) was yet another unmitigated success, thanks to the 70 participants who made their way to the Stamford Grand in Glenelg, South Australia, and the wonderfully generous efforts of the 40 session presenters, most of whom provided their services pro-bono.

This year I was also delighted to have 2 hard working volunteers helping out, Vivienne Maxwell and Alex Daniel. Lee O’Connell, Physiotherapist at MS Australia and Clinical Educator at University of SA, approached me to discuss the possibility of University of SA students undertaking a Project based on the Retreat. Of course, I readily agreed. So in 2012, Lee recruited and supervised Vivienne and Alex, who were then completing their fourth year in Physiotherapy. Under my direction, Vivienne and Alex surveyed the needs of PolioSA members in relation to the 2013 Retreat, before exploring potential venues, session presenters, and funding sources, resulting in the production of a substantial report. Vivienne and Alex proved to be quick and astute workers leading up to the Retreat, and willing and able assistants for the weekend activities, where they were able to realise all their efforts. Having them there certainly helped reduce my stress levels! A great example of the future of our allied health therapists!"

(‘Note the two students were actually graduated physios at the time of the retreat and so donated their time/energy when all commitment to UniSA was over – very impressive!’)

(1-rt) Alex Daniel and Vivienne Maxwell
CITY TO BAY

Eileen Giles

A group of our RT students and friends have formed a group entering in the City to Bay fun run and raising funds for Canteen. Please support these young people who are doing something for other young people that are touched by cancer. Feel free to join our team too!


CONFERENCE SCHOLARSHIP REPORT

Dorota Zarnowiecki

From May 22nd – 25th 2013, I attended the 12th Annual Meeting of the International Society for Behavioral Nutrition and Physical Activity (ISBNPA), held in Ghent, Belgium. This meeting was the biggest ever held by the Society, with over 700 delegates from around the world, working in diverse fields of nutrition and physical activity fields. The diverse membership of ISBNPA provided an interesting mix of speakers, with opportunities to gain knowledge in my own field of research, and to broaden my knowledge in new areas of interest. Two key presentation themes at this year’s meeting included new approaches to understanding predictors of diet, physical activity and sedentary behaviours, and exploring the interplay of individuals with the environment for determining health behaviours. Research topics ranged from in-vitro to adulthood and from individual to community and policy research.

In the opening plenary presentation, Professor Tim Lang from the City University London controversially proposed that it is not individual behaviour that needs to be changed to improve health, but rather that policy changes are required to change the cultural and economic environments. Professor Ruth Loos from the Mount Sinai School of Medicine gave an interesting and passionate presentation about interactions of genes with physical activity and obesity, explaining very complex information in a way that was easy to understand, and interesting to listen to. A new feature this year was invited lectures from early- and mid-career researchers who are leading their research fields. These presentations considered topic such as whether the price of food is right, the benefits of physical activity for cancer survivors, and application of new dietary pattern analysis techniques for understanding eating behaviours.

Thank you to the School of Health Sciences for providing me with the Conference Scholarship to enable me to attend this meeting. I presented findings from my PhD research, exploring the role of socioeconomic position as a moderator of the predictors of children’s dietary intake. Presenting at this conference provided me with the opportunity to discuss my research leading researchers in the field, and to establish new research connections and collaborative relationships.
STUDENT EXPERIENCE EVENTS – CITY EAST CAMPUS

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THE GREAT LUGGAGE RUMMAGE!

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City East Plaza
From 11am
With plenty of items to suit whatever you can fit in a bag.

Free to students and staff!

Come ‘N’ Try Tuesdays
a series of six movement workshops at City East
Tuesdays 11.30am
FREE

Aug 6 – Yoga – B4-205
Aug 13 – Kickboxing – B4-205
Aug 20 – Pilates – B4-205
Aug 27 – Capoiera – B4-205
Sep 10 – Jolly Bungee – B4-205
Sep 17 – Parkour – The Plaza

Follow the sign to find us.
http://hs.usa.edu.au/healthletter/events/cityeast.htm

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AT CITY EAST

WHERE: CITY EAST PLAZA
WHEN: EVERY THURSDAY
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YOU JUST SET TAKE AWAY YOUR MEAL
TO SOME WORKING MORNING TIMES
Not only do our Security Officers provide escorts for staff and students but they provide this service to Prime Ministers as well!!

City East Security Officer’s, Scott and Sahib pose with Prime Minister Kevin Rudd whilst on patrol at City East campus.