Hi all,

....and so for the last newsletter of 2013, and what a nice one to end the year with! It's been a full year with lots happening and in true fashion - this Newsletter gives us a snapshot of some of the typical activities and successes of our staff and students from the last couple of months in this wonderful school of ours! I highlight some recent activities:

The biggest international news story in UniSA history - ‘big hand’ to Dr Grant Tomkinson 😊

It was all over the news! Dr Grant Tomkinson's presentation at the American Heart Association in November 2013 resonated with the world's media and put UniSA and the School of Health Sciences in the spotlight. Grant's global study on 27 million children reported that children are 15 per cent less fit than their parents were 30 years ago. It was picked up by USA Today, the BBC, Boston Globe, Philippine Star and Irish Times, to name just a few international outlets. In Australia, coverage was also prolific, and included The Australian, The Advertiser and major television and radio news stations, again to name a few, making it the biggest ever international news story in UniSA's history!! 😊

Further details can be found at:

- American Heart Association - 19 November 2013
- USA Today - 19 November 2013
- BBC News - 20 November 2013

Master of Musculoskeletal and Sports Physiotherapy Program

Some of you may have seen an item in The Advertiser which reports that the University is ‘axing’ the post graduate program in Musculoskeletal and Sports Physiotherapy. The report includes concerning statements about the effects this will have on the physiotherapy profession and development opportunities for physiotherapist in SA. The truth of the matter is, unfortunately the current program is simply not compliant with the new Australian Qualifications Framework (AQF) which classifies degree levels and associated learning outcomes, volumes of learning and learning design. Any degree that does not comply with the AQF cannot be offered beyond 2015. Unfortunately, the amendments proposed in an effort to comply with the AQF were not approved through the University standard quality assurance systems. In this regard, the program has been treated no differently from any other offering in the University, and many other postgraduate programs have had to be refreshed and changed to comply with the new AQF over the last couple of years.

The University of South Australia is passionately committed to physiotherapy and to providing opportunities for the professional development of physiotherapists. Indeed, we have a rich, reputable and global history in physiotherapy and we intend to continue to build on this further. So the facts are, we have taken the decision to close the non-AQF program to allow the program to be sufficiently and comprehensively amended to suit the needs of physiotherapy and healthcare. In this regard, we have prioritised the commencement of a broad consultation process involving an advisory group which will include national and international external stakeholders to ensure that we offer an AQF-compliant program in 2016 which attracts and supports more students and is relevant to the profession. We are committed to delivering this program via a blended learning approach, with on-line interaction, face-to-face tutorials and experiential learning strategies.

Rather than view this as ‘axing’ a program, it should be considered as a reflection of the University's commitment to excellence in physiotherapy education and training, and an opportunity to take on board external stakeholder and healthcare requirements and continue the delivery of a world class program. I hope this allays concerns in this matter.
Academic Promotions
The School of Health Sciences performed incredibly well in the most recent round of promotions. Congratulations and well done to each of the following academic staff who were successful in their applications for promotion, effective from January 1st, 2014.

- Dr Carol Maher – promoted to Senior Research Fellow (CSRF)
- Dr Dominic Thewlis – promoted to Senior Lecturer in Health Sciences (Human Movement) - Level C
- Dr Richard McGrath – promoted to Lecturer in Health Sciences – Level B
- Dr Kobie Boshoff – promoted to Senior Lecturer in Health Sciences (Occupational Therapy) - Level C
- Dr Maarten Immink – promoted to Senior Lecturer in Health Sciences - Level C
- Dr Nicola Massy-Westropp – promoted to Senior Lecturer in Health Sciences - Level C
- Dr Steve Milanese – promoted to Senior Lecturer in Health Sciences (Physiotherapy) - Level C

New Appointments
Congratulations to Dr Kade Davison who has been appointed as the new Program Director: Clinical Exercise Physiology from January 1st, 2014, in an exciting stage for this important new program to deliver allied health professionals with a unique set of skills in Clinical Exercise Physiology. Congratulations and welcome to Kirsti Hann – who has been appointed as a Lecturer in Clinical Exercise Physiology. Kirsti has additional strengths and versatility as a qualified physiotherapist. Congratulations and welcome also to Joseph Campbell who has been appointed as the new Health and Fitness Centre Coordinator at City East ‘Exercise Benefits’ gym.

Student Conferences – exemplary practice in the School of Health Sciences!
In the last few weeks I have had the pleasure of attending and addressing students at two undergraduate student conferences for the Medical Radiation Sciences Programs (Nuclear Medicine, Medical Imaging, Medical Radiation Therapy) and Occupational Therapy Program. These conferences are organised annually by colleagues and final year students who work together to produce a stimulating and engaging program of discipline content, which range from case studies, reflections of clinical placement and research projects. The annual conferences include keynote and invited speakers, external stakeholders and sponsorship from external stakeholders and respective professional associations – i.e., similar to what you would typically see at a national or international conference! The Podiatry Program curriculum also includes participation at the National Podiatry Conference (odd years) and the State Podiatry Conference (even years) for all 3rd and 4th year students, so each year they experience a conference and presentation of either their Evidence-Based Practice 3 course project or their Health Education project. Notably, these conferences include sponsored prizes from respective state or national stakeholders (see prize recipients page 6), and have successfully attracted internal competitive funding from the UniSA ‘Student Experience’ grants scheme.

From my perspective and experience, a final year student conference is an example of exemplary practice and student engagement. The conferences do take a lot of organising by staff and students, and they may differ in style and format, but there’s no doubt they are rewarding and worthwhile. It provides a landmark experience for the culmination and conclusion of the program of studies, brings students and staff together academically and socially, and provides a great showcase for the quality of the program and the students.

I will be encouraging the inclusion of a final year conference in each of our programs from 2014.

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 publicly 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!

Finally, I wish to thank all Academic and Professional staff for all your contributions in 2013 and all the students who have contributed to the success of our programs and the environment in which we work.

Best wishes to you and your families for Christmas.

Roger Eston 😊
FOR A CHRISTMAS SMILE 😊

What carol is heard in the desert?
Camel ye faithful

How does good king Wenceslas like his pizzas?
Deep Pan Crisp and Even

What did Adam say on the day before Christmas?
It's Christmas Eve!

What do you call a reindeer with no eyes?
No eye deer!

DID YOU KNOW?
Dr Maarten Immink

What are effective study strategies?

A team of psychological scientists lead by John Dunlosky of Kent State University reviewed over 700 research articles investigating the effectiveness of 10 common learning techniques. [http://cognitrn.psych.indiana.edu/rgoldsto/courses/cogscilearning/dunloskiimprovingstudentlearning.pdf](http://cognitrn.psych.indiana.edu/rgoldsto/courses/cogscilearning/dunloskiimprovingstudentlearning.pdf). Their report covers explanation for why some learning techniques work or do not work.

Effective learning techniques include:

High Utility:
• Self-testing or taking practice tests;
• Spacing practice/learning over time called distributed practice Moderate Utility;
• Elaborative interrogation which is generating explanations for theoretical knowledge;
• Self-explanation which is relating new information to known information or problem solving;
• Interleave practice which involves regularly changing problem sets or study material within a study/learning session.

Common techniques that do not appear to reliably support learning outcomes include:
• Rereading content;
• Highlighting/underlying;
• Keyword mnemonic;
• Summarising content/notes.
SCHOOL OF HEALTH SCIENCES
END OF YEAR FUNCTION
Friday, 13 December 2013

Olivia Thorpe and Professor Karen Grimmer

City East Plaza

City East Plaza
STAFF NEWS AND APPOINTMENTS

- Congratulations to **Dr Carol Maher** who has been awarded a two year 2013 Postdoctoral Fellowship from the National Heart Foundation to further her studies into using online social networking to help adults become more physically active. Carol also won a prize for “outstanding poster - Epidemiology section” at The Obesity Society conference in Atlanta, USA, 13-16 November 2013. The poster titled “Lack of association between sedentary behavior and cardio-metabolic biomarkers once analyses are adjusted for total physical activity” (Authors Dr Carol Maher, Professor Tim Olds, Emily Mire, and Peter Katzmarzyk).

- Congratulations to **Dr Gisela Van Kessel** and **Dr Claire Baldwin** who graduated on 27 September 2013 at the Adelaide Town Hall from Flinders University.

  **Gisela’s dissertation** Flood and Fire: Exploring the influence of the process and context of resilience explored the impact of natural disasters on mental health. Gisela used a qualitative methodology to explore the process and context of resilience in adults who have experienced a disaster. The findings led to the development of an ecological model of resilience. Gisela’s work indicates that public health planning and management to influence resilience outcomes should focus on interventions targeted at individual levels but also societal, and community levels, using processes that facilitate effective communication and empathy.

  **Claire's dissertation** Respiratory and peripheral muscle dysfunction in critical illness involved study of patients admitted to the intensive care unit with sepsis and who required mechanical ventilation, and thus were at risk of developing significant muscle wasting and weakness. Claire’s work initially investigated methods to measure muscle strength and size at the bed-side; by using ultrasound, body composition analysis and portable force gauges. Claire then investigated the size and strength of respiratory and limb muscles, and found that while patients do indeed become very weak, their limb muscles may be more affected than the diaphragm. Claire hopes that her results will inform future studies of physical rehabilitation in the critically ill.

- **Dr Karen Murphy** from the Nutritional Physiology Research Centre has been approved as one of the Australian Research Council’s (ARC) team of grant application assessors.

- **Dr Rebecca Thomson** has been elected Chair of the Nutrition Society of Australia Adelaide Group.

- **Professor Roger Eston** has been appointed to the Executive Committee of the Australian Council for Heads of Exercise, Sport and Movement Sciences. He has also been appointed as Chair of UniSA Sport Advisory Group.

- Congratulations to **Dr Michelle McDonnell** who is part of a team lead by Associate Professor Michael Ridding, from the University of Adelaide, who were successful in gaining an NHMRC project grant to start in 2014 for 4 years. The title is “Characterising post stroke neuroplasticity in humans – identifying a critical window for rehabilitation” ($732,000).

- **Dr Katia Ferrar** for being invited to submit ‘A systematic review and meta-analysis of submaximal exercise-based equations to predict maximal oxygen uptake in young people’ by the Editor-in-Chief of *Pediatric Exercise Science*. Following review and resubmission, this key paper is now accepted for publication. Co-authors: **Harrison Evans (PhD candidate), Dr Ashleigh Smith, Associate Professor Gaynor Parfitt and Professor Roger Eston**.
**Bradley Walton** - winner of the Australian Institute of Radiography (AIR) award for ‘Overall best presentation by a Year 4 Medical Imaging student as judged by AIR representatives’ pictured with Diana Pilkington from AIR.

**Lauren McPeake** - winner of the Australian Institute of Radiography (AIR) award for ‘Overall best presentation by a Year 4 Radiation Therapy student as judged by AIR representatives’ pictured with Diana Pilkington from AIR.

**Stephanie Bracci** (pictured right) - winner of the Australian and New Zealand Society of Nuclear Medicine (ANZSNM) award for ‘Overall best presentation by a Year 4 Nuclear Medicine student as judged by ANZSNM representatives’ pictured with Rachel Dunlop from ANZSNM.
TEACHING AND LEARNING

INDIGENOUS ALLIED HEALTH STUDENT ACHIEVEMENT AWARD

*Sue Gilbert-Hunt*

Trevor Ritchie, who will be completing his Bachelor of Applied Science (Occupational Therapy) this year, was the 2013 recipient of Indigenous Allied Health Student Achievement Award. The award was sponsored by the Australian Council of Pro Vice-Chancellors and Deans of Health Sciences. Trevor received the award at the Indigenous Allied Health Australia National Conference dinner on 26 November 2013.

Trevor then went on to lead the winning team in the finals of the indigenous Health Fusion Challenge.

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2013 - 2014 High Performance Cadetships

*Adam Hewitt*

The UniSA Human Movement Cadetship program provides 3rd Year Human Movement students placement opportunities at elite professional sporting clubs to observe and apply the knowledge. This year we have been able to expand the program to include the following clubs:

- Adelaide Football Club
- Port Adelaide Football Club
- Adelaide United Football Club
- Adelaide Thunderbirds
- Adelaide 36ers
- Adelaide Lightening
- Cycling Australia (Track Cycling Program)

We have just called for applications and we had an amazing response with 60 students applying! With such a high interest in the positions we are continuing to work hard to secure more opportunities for Human Movement students interested in working in the elite sport environment.
REPORT ON A VISIT TO PAPUA NEW GUINEA (PNG) – 6-9 NOVEMBER 2013
Dr Nayana Parange

Maternal, Stillbirth and Infant Mortality Rates have some of the worst statistics in PNG. According to the country's reported maternal mortality rate is 730 deaths per 100,000 live births. (PNG statistics, 2007-2011). Ultrasound can identify a large number of obstetric life threatening conditions and incorporating ultrasound in management has the potential to make a difference in the perinatal outcomes.

I was invited as a Technical Adviser (Ultrasound) to the Department of Health, Obstetrics and Gynaecology division of the University of PNG by the PNG Health Education and Clinical Services (HECS) Program, which is funded by AusAID and managed by the University of Papua New Guinea School of Medicine and Health Sciences (SMHS). This trip was to facilitate ultrasound training in Obstetrics and Gynaecology for trainee doctors in their specialist training for Obstetrics and Gynaecology (DGO) and Rural and Remote Medicine (MMed).
ANOTHER AWARD FOR FOOTBALL UNITED®- UniSA
Jacqui Miller (Project Support Officer: Football United-UniSA)

- The Football United®-UniSA program was awarded a “Brand South Australia” Regional Award for its programs in the Limestone Coast. Football United. In the past 12 months, Football United has made an indelible mark on the local sporting and social landscape. Over 500 primary school students have participated in the weekly football activities that are delivered free of charge at Frew Park in Mount Gambier. Over 30 local community members have assisted in the planning and delivery of Fun in the Park sessions.

- Football United®- UniSA are proud to announce that they have recently been awarded the 2013 OPAL Award for ‘Supporting Children and Families to Be Active’ for the second consecutive year. This award recognises Football United’s activities in the Playford community, including its recent partnerships with local schools and its continuous outreach programs within the community.

Through Football United®- UniSA’s partnership with the Northern Refugee United Social Club they have been able to deliver weekly soccer sessions with the underlying goal of teaching transferable life skills to young refugee and migrant youth in the area. This site exposes over 40 young people weekly to an active lifestyle and mentorship opportunities, as well as outreach events to engage other community members.

Football United®- UniSA also works with five schools in the area to provide a chance for youth at risk to participate in free weekly soccer sessions during school time. Through this Football United®- UniSA is able to engage with over 180 students each week to provide them with life-skills education, mentorship opportunities and exposure to higher education pathways.

- Football United®-UniSA has just entered in a partnership with the City of West Torrens to run a weekly football program for disadvantaged children in 2014. The partnership is the outcome of a long collaboration between the Council and the Division of Health Sciences and will provide financial support for a part-time program coordinator employed by the University (20K).

For more information please contact Joanna Bouyesi or check out Football United- UniSA’s website or ‘Like’ us on Facebook.

Website: http://www.unisa.edu.au/footballunited

CarFit 2013
Dr Angela Berndt

The Occupational Therapy Program and RAA participated in CarFit for the 3rd year in a row. CarFit is offered at various community locations on the last Wednesday of the month, from March to November. The most popular location this year was Tanunda. Twenty-five final year Occupational Therapy students volunteered to participate in CarFit as part of their Portfolio course. One hundred and seven older people volunteered themselves and their vehicles to be checked for comfort and use of the safety features. The most common adjustments this year were: seatbelt fit (*too high and cutting across collar bones), height of head restraint (*too low and could damage the spine in a rear end accident) and mirrors (*not covering the blind spot as well as possible). The most common problems to be solved this year were poorly adjustable seat heights leading to people sitting on less than helpful cushions, lumbar pain (*more dodgy cushions) and getting in and out of the car with painful hips and knees (*clue – we love the handy bar). In 2014, CarFit will be offered in more rural sites. We have also been invited to assist The Royal Automobile Club of Tasmania Ltd set up a CarFit program. The RACT staff and a Tasmanian OT will travel to train with us in 2014.
RESEARCH NEWS

NEW HIGHER DEGREE BY RESEARCH (HDR) CANDIDATE RESEARCH PROPOSALS

Associate Professor Susan Hillier

Supervisors and provisional HDR candidates are reminded that projects will not commence in any substantive way until a formal review of the proposal has been completed in compliance with University policy. Please remember proposals can be submitted within a month of enrolment to allow timelines imposed by external funders to be fulfilled. The panel is not only evaluating methods (as would an external funder) but also the requirements for PhD (scope, originality, local feasibility and contribution). It would be reasonable for candidates to commence pilot testing during the proposal period to allow for further clarity in the definitive study/studies. Please remember when entering into funded PhD project arrangements that PhD programs are for research training as the primary focus – the candidate and the training take primacy over the project.

iCAHE - ACT HEALTH

Professor Karen Grimmer

A valued long-term interstate research relationship iCAHE has enjoyed, has been with ACT Health, in progressing its vision for health workforce redesign in implementing extended scope practice in allied health to alleviate patient backlog and work pressures on doctors. All iCAHE staff since 2008 have had some role in providing research support for this work, in terms of conducting and publishing literature reviews, undertaking evaluations, publishing papers from the evaluations, scoping policy and strategies to develop policy, and in developing the first known formal training modules to upskill allied health clinicians in extended scope activities. This project was nominated for the 2013 ACT Quality in Healthcare Awards, and it was shortlisted. Professor Karen Grimmer was invited to a dinner on Wednesday 13th November as the iCAHE representative, where not only did the iCAHE project win the Innovations category, but it was the overall winner of the quality awards, and we can now proceed to the National quality awards. This reflects our interdisciplinary, cross-sector workforce innovation that celebrates iCAHE’s strengths in health service quality research.

Katie Vine (Project Officer), Joanne Morris (First formally trained and credentialed extended scope practice physiotherapist in ACT), Professor Karen Grimmer (ICAHE), Karen Murphy (Allied Health Advisor for the ACT), Lisa Gilmore (Director, Physiotherapy Services, The Canberra Hospital) and Mick Gentleman (Member of the ACT Legislative Council Assembly)
iCAHE INITIATES UNIQUE AGREEMENT WITH HEALTH CONSUMERS ALLIANCE (HCA) SA

Professor Karen Grimmer

The International Centre for Allied Health Evidence (iCAHE) last month signed an agreement with the Health Consumers Alliance of South Australia (HCA) ‘to work together to promote and support the engagement of consumers in research and dissemination of research evidence for the best benefit of consumers and the wider community. The agreement states, in part: ‘HCA and iCAHE agree that consumers should be at the heart of health care. This means consumers should also be integral to the design, conduct and recommendations of health care research and the translation of best practice into evidence’. For this reason, HCA and iCAHE have committed to work together in the areas of research; education; information dissemination; advocacy; and partnerships. This partnership reflects the critical role of consumers in the design, implementation an evaluation of evidence-based health care.

iCAHE PARTNERS IN FLAGSHIP SOUTH AFRICAN GUIDELINES EXCELLENCE PROJECT - PROJECT SAGE

Professor Karen Grimmer

The International Centre for Allied Health Evidence (iCAHE), in partnership with Stellenbosch University and the South African Cochrane Centre and Health Systems Research Unit, has been awarded a prestigious South African Medical Research Council (MRC) Flagship Grant (2014-2017) to undertake Project SAGE: South African Guidelines Excellence. Project SAGE will ‘provide an innovative leadership plan to apply relevant clinical practice guidelines efficiently and effectively, to improve outcomes within primary health care’. The Project SAGE team will produce a model of clinical guidelines development, implementation and capacity building that can be applied in South Africa and globally, with priority given to addressing the needs of developing countries.

Flagship Grants are the MRC’s highest impact and most prestigious research programs, funding ‘big ideas, big science for big impact’. A planning meeting was held in Cape Town this week, with all partners focused on ensuring the project identifies and works in close collaboration with the key stakeholders in guidelines development and implementation to support quality primary health care in South Africa. Project SAGE builds on strong relationships built with Stellenbosch University by Professor Karen Grimmer and Associate Professor Susan Hillier and on work undertaken by the iCAHE team with the Philippines Association of Rehabilitation Medicine.

BODY IN MIND RESEARCH GROUP (BiM)

Valeria Bellan (PhD Candidate) Body in Mind Research Group was awarded 2nd prize for her presentation for the Royal Society of South Australia Postgraduate Prize titled: Feeling touch in empty space: the ventriloquism effect of visual body touch for the on the 12th September. Valeria received a cheque for $300 and a year’s free membership to the Society, including a subscription to their journal, the Transactions of the Royal Society of South Australia.

FIRST PUBLICATION INCENTIVE SCHEME

Congratulations to Lauren Gillis who was recently awarded a payment under the First Publication Incentive Scheme for her publication "Research priorities for child and adolescent physical activity and sedentary behaviours a global perspective using a twin-panel Delphi procedure. Published in the International Journal of Behavioral Nutrition and Physical Activity.

STUDENT PUBLICATION INCENTIVE SCHEME

• Congratulations to Sarah Wallwork who was recently awarded a payment under the School Student Publication Incentive Scheme for her publication "Dizzy people perform no worse at a motor imagery task requiring whole body mental rotation; a case-control comparison" which was published in Frontiers in Human Neuroscience.

• Congratulations to Carolyn Murray who was recently awarded a payment under the School Student Publication Incentive Scheme for her publication “The transition from clinician to academic in nursing and allied health: A qualitative meta-synthesis” which was published in Nurse Education Today.

• Congratulations to Carolyn Berryman who was recently awarded a payment under the School Student Publication Incentive Scheme for her publication "Evidence of working memory deficits in chronic pain: A systematic review and meta-analysis” which was published in Pain.

• Congratulations to Rebekah Das who was recently awarded a payment under the School Student Publication Incentive Scheme for her publication "Descriptors of sensation confirm the multidimensional nature of desire to void" which was published in Neurology and Urodynamics.
SANSOM INSTITUTE VACATION SCHOLARSHIP

- **Phoebe Steinfort** who has just completed the University of South Australia's Bachelor of Physiotherapy (Honours) degree has been awarded a Sansom Institute Vacation Scholarship to work with **Dr Maureen McEvoy** on a project titled "Changes in evidence-based practice (EBP) profile and actual knowledge after three evidence-based practice courses in entry level physiotherapy students".

- Bachelor of Physiotherapy student **Minakshi Sharma** has been awarded a Sansom Institute Vacation Scholarship to work with **Dr Steve Milanese** on a project titled "Returning to work after childbirth: From the perspective of women working at an Australian University".

PHD GRADUANDS

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

- **Dr Valentin Dones** (Supervisors – **Professor Karen Grimmer, Dr Maarten Immink, Dr Steve Milanese, Dr Saravana Kumar, Associate Prof Kerry Thoirs**).

- **Dr Michael Dale** (Supervisors – **Dr Grant Tomkinson, Professor Peter Howe, Dr Alison Coates**).

REPORT ON THE SIXTH INTERNATIONAL OUTDOOR EDUCATION RESEARCH CONFERENCE

26-29 November 2013, Dunedin, NZ

Scott Polley

Outdoor Education as an international research field is relatively new, evidenced by the fact that the first international conference was only 12 years ago, but research in this field has been bubbling away since at least the 1970's. There are 6 national or continent based peer reviewed journals, as well as articles appearing in other fields such as education, sport, health, environment, recreation, leisure, tertiary education and social justice.

The conference was attended by 120 delegates, with most attending presenting, either about to be published or recently published research. For the others, editors of all the major journals were there to provide support. There was one randomized controlled trial reported, with most research using qualitative research (range of methods including ethnography, phenomenology, action-research, and others), literature reviews (one systematic) or pre and post surveys. A program of presentations can be found at [http://www.otago.ac.nz/ioerc2013/programme/](http://www.otago.ac.nz/ioerc2013/programme/). Of interest to those with a Health focus was research focussing on the impact of nature based education for early years on motor control and locus of control; relationships between resilience and OE; youth at risk; well-being and emotional control research; recovery from loss and disaster; health promotion and OE; improving levels of physical activity in OE; systems analysis of OE incidents; social justice and OE; community development and others. Of particular interest were recent developments in Scotland, Singapore and Sweden in addition to other countries that had already done so to mandate outdoor experiences as part of the school curriculum. The conference was held at Otago, with whom UniSA has had a strong relationship in the Outdoor Education field since the 1970's when students from here would spend 35 days there in cooperation with students and academics from there. It was good to see the historical relationship was still strong.

The conference has left me with a lot of follow up, with plenty of material to support my PhD and teaching!
SHOWCASE: PhD and Honours Research

PhD Student: Rebekah Das
Supervisors: Professor Jon Buckley and Associate Professor Marie Williams

The sensation of urinary urgency is a feature of many disorders of the lower urinary tract but when no pathological cause can be found people are told they have an ‘overactive bladder’ (approximately 17% of adults). Recent research indicates that overactive bladder may have more to do with altered sensory processing than problems with bladder muscle activity. However research into causal mechanisms for urinary urgency has been hampered by the fact that differences between the normal sensory experience of needing to void and the ‘urgency’ sensation have been poorly defined...until now.

In my PhD work I have shown that ‘urgency’ as a symptom is very aptly named; the word cloud below demonstrates the types of words that people with overactive bladder are twice as likely to use to describe their sensation compared to people without overactive bladder.

People without overactive bladder, on the other hand are almost three times as likely to describe their sensation as ‘feeling full’. Apart from this difference in the quality of the sensation we have also found that urgency is a stronger and more unpleasant sensation than the normal need to wee, it is perceived as coming on more suddenly and it feels harder to ‘hold on’.

Armed with this information we have developed a self-report questionnaire where each dimension of sensation is rated. Early testing indicates that the questionnaire discriminates well between people with and without overactive bladder and a crucial point of difference to previously available questionnaires is that it differentiates on the basis of characteristics of the sensory experience of needing to wee rather than on the basis of how often symptoms occur. It therefore has the potential to allow the ‘urgency’ experienced in different pathologies to be better defined (perhaps urgency has different sub-types, reflective of different underlying mechanisms). It also has the potential to demonstrate whether treatments targeted at reducing urgency actually affect the nature of the sensation itself; to date treatment effectiveness has relied on surrogate markers such as how often a person has to rush to the toilet or how often they are incontinent.

Rebekah presented this research at the recent Australian Physiotherapy Association Conference in Melbourne (October 2013) and was honoured to be awarded the Best Young Investigator Paper Prize in the Continence and Women’s Health Stream.

Rebekah is pictured with Libby Oldfield, Convenor of the Continence and Women’s Health Group stream of the APA conference.
CONFERENCE: SCIENCE OF SPORT, EXERCISE AND PHYSICAL ACTIVITY IN THE TROPICS

Early Career Award: Sam Chalmers (PhD Candidate – Exercise for Health and Human Performance)

Samuel Chalmers recently presented at the ‘Science of Sport, Exercise and Physical Activity in the Tropics’ conference in Cairns and was awarded the Early Career Award. Sam’s presentation was on the effects of perceptually-regulated, short-term heat acclimation training on the speed at lactate threshold’. Sam is supervised by Professors Kevin Norton, Adrian Esterman and Roger Eston.

RESEARCH GRANTS / FUNDING

- **Eston, R.G., Thewlis, D., Immink, M. & Fraysse, F.**, Wei, N., Wang, X., Li, P., Ji, L. & Ke, L. Effects of localized muscle fatigue on sensorimotor function. China–Australia Centre for Health Sciences Research, Shandong University, Shandon, China. **$10,000 and 60,000 RMB**

- **Maher, C.A., van Kessel, G., Olds, T.**, Andrew, J. & Crichton, J. Is an online social networking app appealing and feasible for increasing physical activity in adolescent girls? University of South Australia Grant Application Development Trial. **$20,000.**

- **Maher, C.A.**, Vandelanotte, C., Plotnikoff, R. & **Olds, T.** What is the efficacy of an online social-networking intervention, delivered via Facebook, aimed at increasing physical activity and quality of life in inactive Australian adults? (RCT). University of South Australia Grant Application Development Trial. **$5,000.**

- **McEvoy, M., Lewis, L., Milanese, S. & Luker, J.** Early career physiotherapists’ perceptions of evidence based practice in the University curriculum and how it influences their daily physiotherapy work. UniSA Teaching and Learning Development Grant, **$9,985**

- **Van Kessel, G., Milanese, S. & Gill, R.** Development of a student-centred tool that supports meta-learning for undergraduate students. UniSA Learning and Teaching Development Grant, **$9,808.**
## PUBLICATIONS BY STAFF AND STUDENTS

   **Abstract**

   2 Year IF = 1.969; 5 Year IF = 2.632. (182/252 Neurosciences. 23/65 Orthopedics. 26/84 Sport Sciences)  
   **Abstract**

   2 Year IF = 2.778; 5 Year IF = 3.360. (9/65 Orthopedics. 5/64 Rehabilitation)  
   **Abstract**

   **Abstract**

   **Abstract**

   2 year IF = 1.728; 5 year IF =1.998. (8/44 Engineering, Industrial)  
   **Abstract**

   2 Year IF = 3.24 5 Year IF =4.24. (19/192 Clinical Neurology, 44/244 Neurosciences)  
   **Abstract**

   2 year IF = N/A; 5 Year IF = N/A  
   **Abstract**

   2 year IF = 2.459; 5 Year IF = 2.698 (30/155; Medicine General & Internal)  
   **Abstract**

   2 year IF = 3.577; 5 year IF =4.471. (15/76 Nutrition & Dietetics; 18/80 Physiology)  
   **Abstract**
   Abstract
   2 Year IF = 1.299 5 year IF = N/A. (61/82 Health Care Sciences and Services)

   Abstract
   2 year IF = N/A; 5 Year IF = N/A

   Abstract
   2 Year IF = 2.255; 5 year IF = 2.298. (16/65 Orthopedics, 10/64 Rehabilitation)

   Abstract
   2 year IF = N/A; 5 Year IF = N/A

   Abstract
   2 year IF = 3.487; 5 year IF = 3.926

   Abstract
   2 Year IF = 3.24. 5 year IF = 4.24. (19/192 Clinical Neurology, 44/244 Neurosciences)

   Abstract
   5 year IF = 1.908; 1 Year IF = 2.072 (41/76 Nutrition and Dietetics)

   Abstract
   2 Year IF = 3.577; 5 year IF =4.471. (15/76 Nutrition & Dietetics; 18/80 Physiology)

   Abstract
   Year IF = 3.88. 5 year IF = 3.38. (74/185 Cell Biology, 39/137 Immunology)

   Abstract
   2 year IF = 2.358, 5 year IF = 2.807 (9/64 Rehabilitation ; 16/84 Sport Sciences)

   Abstract
   2 year IF = N/A; 5 Year IF = N/A

   Abstract
   2 year IF = 4.475; 5 Year IF = 5.331 (2/84 Sports Sciences)
   2 year IF = 1.854 [37/139 Public, Environmental & Occupational Health] 
   Abstract

   5 year IF = N/A; 1 Year IF N/A 
   Abstract

   2 Year IF = 5.785; 5 Year IF = 6.553 [12/155 Medicine, General & Internal] 
   Abstract

   2 Year IF = 2.778; 5 Year IF = 3.360 [Orthopedics 9/65, Rehabilitation 5/64] 
   Abstract

   2 Year IF = 0.175; 5 year IF = 0.228 
   Abstract

   2 year = 2.452, 5 year = 3.690 [14/84 Sport Sciences, 27/75 Psychology,] 
   Abstract

   2 Year IF = 0.785; 5 year IF = 1.423 [45/63 Rehabilitation] 
   Abstract

   2 Year IF = 3.66; 5 year IF = 3.98 [6/84 Sports Science] 
   Abstract

   2 Year IF = 5.644; 5 Year IF = 6.125 [Anesthesiology 1/30, Clinical Neurology 13/193, Neurosciences 31/252] 
   Abstract

- **Dr Claire Baldwin** is co-author on a book chapter titled "Outcome measurement in the intensive care unit: muscle strength and function" within the new edition of the respiratory physiotherapy text book "Physiotherapy for respiratory and cardiac problems: adults and paediatrics" which is being published by Elsevier and edited by Eleanor Main and Linda Denehy.
**PRESENTATIONS / UPCOMING CONFERENCES**

- **Dr Angela Berndt** was the invited keynote speaker at the Occupational Therapy Australia – Annual Country Forum held in Mount Gambier, 18 – 20 November 2013. The forum organisers asked Angela to discuss “The future of occupational therapy”.

- **Dr Steve Milanese** travelled to India in November to run the Maitland Course with Narasimman Swaminathan (Vice Dean of FMMC and Head of Physiotherapy).

- **Dr Saravana Kumar** travelled to Toowoomba in November to undertake training with allied health and other health professionals. He also presented at the Health Workforce Australia (HWA) 2013 Conference in Adelaide on 18 November on the topic of “Are assistants a solution to our workforce shortages?”

- **Professor Karen Grimmer** and **Research Associate Ms Debra Kay** travelled to South Africa in November and December to continue iCAHE’s involvement in South African guideline development and implementation.

- **Dr Rebecca Thomson** presented at *The Nutrition Society of New Zealand and Nutrition Society of Australia 2013 Joint Annual Scientific Meeting in Brisbane on December 4-6*. The presentation was titled “Increases in serum lutein through supplementation are correlated with increases in physical activity and reductions in sedentary time in older adults”. The authors were **Dr Rebecca Thomson, Dr Alison Coates, Professor Peter Howe, Associate Professor Megumi Matsumoto and Professor Jon Buckley**.

- **Liz Pridham** took part in a poster presentation at the 10th International Conference on Developmental Coordination Disorder, 28 June – 1 July 2013, Brazil. Poster titled “Does risk for DCD impact the perceived competence and social acceptance of four year old children”? Liz also presented at the Australian Physiotherapy Association Conference 2013 "New Moves" 17th - 20th October Melbourne. Presentation titled “Is parent and teacher delivered intervention effective for four year old children with developmental coordination disorder?”

- **Dr Maarten Immink** was invited to provide expert input into the National Stroke Foundation's advisory forum on psychological and emotional impacts of stroke. The advisory forum was held in Melbourne on 29 October 2013. He also gave an invited talk on “Change the mind, encourage the body: Using Mental training to reduce fatigue in neurological conditions” at the 3rd Biennial Symposium on The Future of Fatigue Research held at Charles Sturt University in Bathurst NSW 4 – 6 November 2013. He also presented a free public talk “What is Yoga doing to my brain”. The talk was hosted by Lululemon Athletica Adelaide on Tuesday, 10 December 2013.
LIBRARY UPDATE
Cathy Mahar

Networking guide
A new Networking guide has been created by the Library as part of a suite of Research Guides. It offers tools and ideas for researchers who want to reach out and network with others in their field, as well as promote their achievements. Content includes:

- Your profile – your UniSA profile, external profiles, referencing tools, ResearcherID
- Social media – blogging, twitter, social media and metrics
- Security / Privacy
- Examples @ UniSA – some examples on what others are doing at UniSA

Access from the Library homepage > Research > scroll down to Exposing your research to the world > Networking Guide.

EndNote X7
EndNote X7 for Mac users is now available. Individual (home) users can install the new program using the links on the Software page of the Library's EndNote guide, but staff or UniSA computer users should contact local/division IT support to install it on their office PCs.

Scopus now has books and book chapters
Books and book chapters are now being added to the Scopus database. Approximately 5 000 book titles have been indexed so far, and they anticipate having 75 000 titles indexed by 2015. Researchers can create alerts to see who is citing their books or book chapters.

Finding Research Proposals and Theses
The Library has produced a guide to Finding Research Proposals and Theses, which replaces the former online workshop of the same name. Tabs and subsections of the guide include:

- University Research Archive – for finding UniSA research proposals and theses
- Trove – for finding Australian theses
- ProQuest Dissertations and Theses – for finding theses
- Using other sources such as the Library Catalogue, or selected Databases
- Obtaining theses

The guide is listed on the online resources page, or via Staff portal > Library > Research > Workshops > Online Resources
STUDENT NEWS

AUSTRALIAN AND NEW ZEALAND SOCIETY OF NUCLEAR MEDICINE (ANZSNM)
Dr Diana Gentilcore

Congratulations to Stephanie Bracci and Danica Roncal, Bachelor of Medical Radiation Science (Nuclear Medicine) students who have had their case studies published in the official publication of the Australian and New Zealand Society of Nuclear Medicine (ANZSNM).

This is a significant achievement for the students as it is the first time work of this kind has been showcased.

The publication details are as follows:


STROKE SOCIETY OF AUSTRALASIA CONFERENCE
Liz Lynch (PhD Candidate)

I would sincerely like to thank the School of Health Sciences for the financial support provided to attend the Stroke Society of Australasia conference held in Darwin in July-August this year. Apart from getting away from the cold Adelaide weather to the sublime balmy temperatures of the dry season in Darwin, it was inspiring and invigorating to meet and listen to so many researchers and clinicians providing care to people with stroke.

One of the main focuses of the conference was indigenous health, providing quality health care to people living in rural and remote areas, and the emerging fields of tele-health and tele-rehabilitation. I found these sessions really interesting, but my personal favourite was the New Investigator and Allied Health & Nursing session which showcased the research efforts of allied health and nursing professionals as well as medical professionals early in their research career. I was grateful to be able to present my Systematic Review regarding when rehabilitation should commence after stroke in this session, and although really nervous, I thoroughly enjoyed the experience, which was my first presentation at a national conference. I had a brief discussion regarding the practice of providing assessments for rehabilitation after stroke (which is the focus of my PhD research) at the end of my presentation, even though I misunderstood the question and answered something different to the question that was asked....

The networking opportunities that the conference provided were excellent, and I met a number of people face-to-face that I have been corresponding with via email over the last 12 months, as well as people I didn't know before but with whom I am now corresponding since meeting them in Darwin. Attending the conference was really fun (at the same time, pretty exhausting) and I have come back home with a fresh injection of enthusiasm to continue my research looking to improve the processes of providing assessments for rehabilitation for people with stroke.

STUDENTS PROVIDE HEALTH AND WELLNESS TIPS TO CDHS EMPLOYEES
Dr Janette Young

Emily Ferrier, Bachelor of Health Sciences Student, currently experiencing student exchange in New York, was recently interviewed by Buffalo State – The State University of New York about her experience –

http://newsandevents.buffalostate.edu/news/students-provide-health-and-wellness-tips-cdhs-employees
WORLD PODIATRY CONGRESS (Rome, Italy, 17-19 October 2013)

Ryan Causby (PhD Candidate)

In October I had the opportunity to attend the World Podiatry congress which is held every three years. This year it was held in Rome, Italy. It is a unique conference, as it is the only Podiatry specific conference which brings together every nation in which Podiatry is practised. The reason this is so unique is the wide variation which exists between so many of the nations, extending from the United States, where Podiatrists are DPM (Doctors of Podiatric Medicine) and undertake quite extensive surgery, to some of the Scandinavian countries where only a diploma level qualification is required.

This provided me a unique opportunity to talk about my research into the teaching of scalpel skills to podiatry students with a broad group of Podiatrists and educators and how it relates to their context. I delivered an oral presentation and poster which I felt were both well received. I even managed to see the pope, the rockstar of the Catholic world, who in his morning speech blessed the Podiatry congress...maybe that's why it went so well.

Congratulations to Divisional Honours student Kate Murdoch for her success in receiving a highly competitive National Stroke Foundation Honours Research Grant valued at $3,000 for her project: Does aerobic exercise affect the motor cortex following stroke?

Dr Michelle McDonnell

The project came about because of increasing evidence that aerobic exercise exerts a wide range of positive benefits on plasticity and neuroprotection within the brain. Previous studies have shown that 30 minutes of low intensity exercise is more effective at promotion brain stimulation-induced plasticity than 15 minutes of moderate intensity exercise or a rest condition in healthy subjects. The question we aim to answer is whether these neurochemical changes can occur after a single session of exercise in people with stroke, when compared to a sedentary control condition? And if so, will this change the face of rehabilitation?