Hi Everyone!

Welcome to another very full Newsletter! In this issue we are delighted to celebrate the national and global teaching activities of our staff and students (e.g., Dr Shylie Mackintosh and Sue Gilbert Hunt) and congratulate staff on a number of achievements which include the finalists in the Young Investigator Awards for Women's and Children's Health (Dr Katia Ferrar and Dr Rebecca Stanley), a prestigious NHMRC Fellowship Award (Professor Lorimer Moseley), an Australian Research Council appointment (Professor Jon Buckley), UniSA Citation for Outstanding Contributions to Student Learning (Eileen Giles) and UniSA Staff Service Awards to Associate Professor Lorraine Sheppard, Sue Gilbert-Hunt and Ziggy Gniadek. We are also proud to announce the opening of our newest development - the High Performance & Exercise Physiology (HPEP) Clinic on level 2 of the Centenary Building.

Research Publications and Conference Participation
Congratulations to staff and students who have succeeded in publishing their research in the last few weeks. It seems to have been a particularly good period of productivity since last month’s Newsletter. Please continue to keep us informed as you publish your work and do please remember to include links to the abstract and details of the impact factors and subject ranking where appropriate. It’s also been a particularly good month in which the School’s research and teaching expertise has been showcased with notable presence and engagement in the annual conferences for Sports Medicine Australia and the Australian Physiotherapy Association. School members have also been involved in an impressive array of invited national and international presentations and workshops.

Showcasing School of Health Sciences PhD, Honours and Teaching Activities – call for examples
All this reminds me to remind you that we want to showcase research, teaching and learning activities happening in the School and call for you to submit some pictures and a few lines about them. Please don’t be shy about this! Thanks to John Arnold (PhD Candidate) for your input this month.

Research Week
Associate Professor Susan Hiller led an excellent School of Health Sciences Research Week, helped by Ryan McEachen, Deb Williams, Jan Kooymans, Judy Barnes and Emma Stockham. It was an excellent week with daily average attendances of 70+ with a different program from previous years including, for the first time, invited staff presentations as well as a new format for research student presentations.

New Appointments
Congratulations to Dr Steve Milanese who has been appointed as the new Program Director: Bachelor of Health Sciences (Honours). We will announce the new lecturer in Clinical Exercise Physiology and the new Program Director for Clinical Exercise Physiology in the next few days. We are currently recruiting for a Coordinator for the Exercise Benefits Health and Fitness Centre.

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 Eston 😊
High Performance & Exercise Physiology (HPEP) Clinic  

Jodie Quilliam  

We are proud to introduce our newest development, the High Performance & Exercise Physiology (HPEP) Clinic on level 2 of the Centenary Building.

A result of a successful Minor Capital Works Proposal this development not only looks sensational it delivers a dedicated, first class research space for exercise and sport science and a state of the art clinical services facility to accommodate client based service delivery. The design allows for activities such as sports science research projects, athletes testing and evaluation for internal (ie UniSA Sport) and external groups through high quality infrastructure and equipment. The research space can accommodate up to 8 PhD/honours students and will contribute to attracting new talent with it’s up to date and attractive physical environment.

The Exercise Physiology Clinic component of the development allows for up to 4 consult rooms for the EP Clinic that services the community inclusive of Medicare, DVA and student led assessment and exercise services. The clinic plays a significant role in meeting the placement requirements of our Bachelor of Clinical Exercise Physiology and Graduate Diploma in Clinical Exercise Science students. A full list of available services and prices can be found at http://www.unisa.edu.au/health-sciences/services/health-clinics/exercise-physiology-clinic/

The consult spaces can also facilitate service delivery for other disciplines and can be booked as required. A centralised reception space will manage the bookings and billings for both research and clinical activities in this area. The space is available to book out across the school and room bookings will be managed via the EP receptionist (Sian Feltham 22078) to ensure maximum utilisation of the space and accurate data capture around usage.

We acknowledge the efforts of Professor Roger Eston, Professor Kevin Norton, Raewyn Todd, Bob Flego and Ian Mackenzie and his team for bringing this project to fruition and look forward to seeing lots of activity in this quality space.
Did You Know?

This week's health tip

Avoiding exercise because of painful arthritis? If you're shown the right sort of exercise to do, it may actually give you relief comparable to taking painkillers.

more >>
Smile – It’s good for you 😊

- A man went to buy some camouflage trousers the other day but he couldn't find any.
- A man bet a shopkeeper $50 that he couldn't reach the meat off the top shelf. He said, 'No, the steaks are too high.'
- My friend drowned in a bowl of muesli. A strong currant pulled him in.
- Two Eskimos sitting in a kayak were chilly. They lit a fire in the craft, it sank, proving once and for all that you can't have your kayak and heat it.
STAFF NEWS AND APPOINTMENTS

- Congratulations to **Professor Lorimer Moseley** who has been awarded a highly coveted and prestigious 'Established Career Fellowship' ($727,610) from the National Health and Medical Research Council to support his research on the role of the brain and mind in chronic pain.

- Congratulations to **Professor Jon Buckley** who has been appointed to the Australian Research Council’s *College of Experts* until 31 December 2016.

- Congratulations to **Eileen Giles** for the award of a 2013 UniSA *Citation for Outstanding Contributions to Student Learning*. The award was for leading the creation of authentic resources and sustained use of simulation in supporting and enhancing clinical skill development for radiation therapy students.

- Congratulations to **Associate Professor Lorraine Sheppard, Sue Gilbert-Hunt** and **Ziggy Gniadek** who received University Staff Service Awards for 25 years’ service in October 2013.

- **Dr Mandy Stanley** is now the OT Australia Ltd nominee on the Occupational Therapy Council Program Accreditation Committee.
Young Investigator Award (Thursday, 24 October 2013)

Associate Professor Susan Hillier

The Young Investigator Award (YIA), now in its 14th year, recognises excellence in science and science communication for South Australia's young researchers in the area of women's and children's health. The Award is an initiative of the Women's and Children's Health Network in partnership with the University of Adelaide, Flinders University and University of South Australia.

Dr Katia Ferrar and Dr Rebecca Stanley were exemplary ambassadors for their own research and for the University of South Australia. Our two recent PhD graduates were two of the three finalists at the awards ceremony and both presented in an engaging and professional way. Their messages and passion for the health of young people came across clearly and convincingly. Katia won the People’s Choice Award, while Rebecca had the busiest night having to leave the presentations early to appear on stage in the currently running production of Grease. We have talented staff! The overall winner was from University of Adelaide, Jessica Gugusheff.

Official presentations:

- Dr Katia Ferrar - Early Career Development Fellow 'More than just physical activity: Time use clusters and profiles of Australian youth'.
- Dr Rebecca Stanley - Research Fellow 'Voices in the playground: A qualitative exploration of the barriers and facilitators of lunchtime play'.

Dr Katia Ferrar

Dr Rebecca Stanley
TEACHING AND LEARNING

Developing Program Directors as Academic Leaders: A Win-Win-Win for Academics, Students and UniSA.
Sue Gilbert-Hunt

In 2012-13 I was part of a research team led by Professor Julie Mills that undertook a project commissioned by the DVC Learning and Teaching (now replaced by the Provost) to investigate the role of Program Directors at UniSA, how this was working, what challenges and issues needed to be addressed and how the role could be improved for both the people doing it and the stakeholders relying on it.

The project report was finalised earlier this year and was caught up in the transition from the DVC role to the Provost. The project team reported its findings to the Provost via the report and a meeting and it is now with the Provost for further action. It was agreed that we could release most of the report publicly and you can access it from the Teaching and Learning grants webpage. The direct link to the project website is http://resource.unisa.edu.au/course/view.php?id=4973 and you will find the report at the bottom titled “Final report – website version August 2013”.

Can DVD simulations be used to promote empathy and interprofessional collaboration among undergraduate health care students?
Sue Gilbert-Hunt

Empathy is a vital characteristic for all health professionals. However, it is also a difficult behavioural trait and professional skill set to teach and assess; as a result it is often a neglected component of health science curriculum. The abovementioned project had two aims: 1) to develop a toolkit that includes a range of interprofessional empathy DVD simulations and workshop resources, and 2) to evaluate the toolkit through exploring empathic behaviours and interprofessional levels pre- and post-involvement in a DVD simulation workshop. Further information regarding the project is available from the project website http://med.monash.edu.au/med/cehpp/altc-empathy/index.html and Susan Gilbert Hunt has a copy of the toolkit.

Anatomy Lab – Mercedes College Visit

Dr Nicola Massy-Westropp and Arjun Burlakoti with Year 12 Mercedes College Biology Students who visited the Anatomy Lab on 2 and 11 October 2013.
Motorbikes, Rice Fields, Coconuts and Data Collection

*Sue Gilbert-Hunt*

Sue Gilbert Hunt and Honours student Alice Knight spent four days riding around rural Cambodia collecting data. The research project is exploring the tangible benefits of self-help groups for families who have a child with a disability. Four self-help groups were established in 2012 by Komar Pikar Foundation (KPF). Funding provided by the Australian Red Cross/AusAID provided micro credit options to families who have a child with a disability to support income generation activities. (Check following link for more information [http://www.komarpikar.org/uploads/media/SHG_Research_Report.pdf](http://www.komarpikar.org/uploads/media/SHG_Research_Report.pdf))

For Sue and Alice the data collection experience included riding pillion on a motorbike through rice fields, spectacular views, and interesting food as well meeting incredibly generous people. There were a few challenges including a few near misses on the moto, not understanding any of the small talk, outside interview discussions competing with the local monks chanting at the Pagoda or the thunderous rain on the roof when held inside.

Over the week we managed to interview five families and conduct two focus groups – one with KPF staff who support the self-help groups and one with self-help group members. Our interpreter did a fantastic job supporting us during the data collection and has managed to get all the interviews transcribed in a pretty quick turnaround. So we are now beginning the analysis process and enjoying the memories of the experience.
Video Resource Project

Sue Gilbert-Hunt

The Video Resource Project a collaborative endeavour between two 4th Year Occupational Therapy Students, Craig Gogoll and Louise Elley, and the Royal Adelaide Burns Unit undertaken as part of the course Participatory Community Practice 400 received accolades. The project was based on a perceived lack of understanding and compliance of patients regarding their self-management of rehabilitation techniques following discharge from the unit. The project focused on developing a sustainable resource (a video) to support the self-managed rehabilitation of patients.

A poster evidencing the project process and outcomes was submitted to the Australian New Zealand Burns Association Annual Scientific Meeting (ANZBA ASM) and got 2nd place for best poster out of around 70 posters.

Embedding Simulation into Clinical Training in Physiotherapy Project: $5.75 million

Funding Support from Health Workforce Australia, an Australian Government Initiative

Dr Shylie Mackintosh

Based on the success of a trial of simulation in Physiotherapy training (Watson et al 2012), this project involves a consortium of 17 Australian physiotherapy programs embedding simulation into physiotherapy clinical training across Australia in 2014. The University of South Australia is one of the collaborative partners in this project led by Prof Tony Wright (Curtin University) and Prof Gwen Jull (University of Queensland). Dr Shylie Mackintosh and Jane Coffee will lead the UniSA activities. Each university has selected from 3 agreed models of simulation, in one or more core areas of physiotherapy (cardiorespiratory, neurological, musculoskeletal), which will be implemented within the constraints of their individual curricula. In total, more than 2,000 physiotherapy students from both undergraduate and graduate entry programmes will participate in the project. This is a very exciting opportunity for the profession of physiotherapy to take a leadership position in using simulation as part of student clinical education. It provides a unique opportunity for the Universities and clinical partners to work collaboratively on a major education project in physiotherapy. The project evaluation results will be available in 2015.

Visit from the Malaysian Ministry of Health

Associate Professor Kerry Thoirs

On Thursday 10th October 2013 the Division hosted a visit of delegates from the Malaysian Ministry of Health. Mr Varuges Abraham (Senior Chief Assistant Director) and Mr Rosli Sali (Chief Assistant Director) from the Allied Health Division were very impressed with the facilities in our school. They visited the Virtual Environment Radiation Therapy (VERT) Laboratory, Anatomy Laboratory, Podiatry Clinic, Physiotherapy Clinic, the Gym and the Exercise Physiology areas. They also met with Associate Professor Kerry Thoirs, Dr Shylie McIntosh, Hugh Stewart and Dr Saravana Kumar.

RESEARCH NEWS

RESEARCH WEEK

Associate Professor Susan Hillier and Ryan McEachen

Thanks to all who attended, presented and interacted in this year’s Research Week. The following synopsis has been collated from your responses to the Research Week survey.

The sessions were all well attended (between 65 and 80 each day) with many happy with the morning sessions and the staggered start and finishing times. Also the variety of staff and students presentations gave a greater overall picture of the research that is being undertaken in the school. Timing of the event as expected was an issue for some, for disparate reasons (holiday time, teaching time etc). The catering was greatly appreciated!

The 1st year and completing HDR candidates’ presentations were enjoyed by most with the variety of presentation styles a highlight. Additionally, the opportunity for all staff and students to ask questions of these students was appreciated and gave a greater feeling of inclusiveness and a sense of unity amongst the school. The staff presentations were also received favourably with many happy to hear about the diverse range of research being conducted across the school, with the thought that more of this should be made available to undergraduate students, so they might be inspired by it too.

There was a feeling that some of the Research Centre leader presentations had not stuck to the brief of how their centre’s research can translate or influence teaching and learning: what we should and shouldn’t be teaching our students. The discussions and potential collaborations that these staff and centre leader presentations fostered were welcomed, with many feeling inspired by the school’s research output. There was also a sense of building of a collegial culture and increased inclusiveness for staff and students alike.

Going forward, the feeling is half day formats are good with a variety of presentations– with some asking for even more staff presentations (in shorter 5x5 format to fit more in) to highlight the diversity and strengths of the School’s research. There were also requests for more tailored workshops for the needs of staff and students, and for the Poster Session to allow time for each presenter to speak briefly about their poster.

Presenters

- **New Candidates**: Kathy Devonshire-Gill, Sarah Wallwork, Courtney Davis, Scott Weeks, Clint Bellenger, Dianne Wilson, Carolyn Murray, Tory Madden.
- **Mid-candidature posters**: Gavin Tempest, Sam Chalmers, Amanda Richardson, Ryan Causby, Lauren Frenchham, Ashley Fulton, Debbie Howson, Toby Hunt, Liz Lynch.
- **Completing candidates**: Jayne Barbour, Michelle Guerin, Yasmine Lai, Anna Phillips, Gabrielle Rigney, Andrew Wilson, Shelley Wright.
- **Staff**: Dr Kylie Johnston, Dr Coralie English, Dr Sharron King, Olivia Thorpe, Caroline Fryer, Francois Fraysse, Dr Lucyllynn Lizarondo, Dr Rebecca Thomson, Dr Nayana Parange, Dr Mandy Stanley, Dr Lucy Lewis and Brad Stenner (poster).

**Other**

- Research group leader presentations: Professors Tim Olds (Health and Use of Time, HUT), Professor Karen Grimmer (International Centre for Allied Health Evidence, iCAHE), Professor Jon Buckley (Nutritional Physiology Research Centre), Professor Lorimer Moseley (Body in Mind) and Associate Professor Gaynor Parfitt (Exercise for Health and Human Performance).
- **Staff Workshop**: Teaching Matters – Spread the Word
Winners

- Team Challenge – Nutritional Physiology Research Centre

- Poster Competition
  

  o 2nd – Sam Chalmers: (EHHP Research Group) *Short-term heat acclimation training improves the speed at lactate threshold in temperate conditions.* (Supervisors: Profs Kevin Norton, Adrian Esterman and Roger Eston)

  o 3rd – Amanda Richardson: (Health and Use of Time and EHHP Research Groups) *Now I’m here, what should I do? Exploring student use of time during the transition to university.* (Supervisors: Dr Sharon King, Prof Tim Olds and Assoc Prof Gaynor Parfitt)
Art and Design of Health and Wellbeing Research and Innovation Cluster

Dr Ben Sellar

During research week several people spoke about spaces in daily life that affect health, from public walking spaces to stroke rehabilitation facilities. Some may have already heard about the Art and Design of Health and Wellbeing Research and Innovation Cluster. This cluster aims to foster the formation of trans-disciplinary teams of researchers and industry to develop art, architecture and design materials that facilitate health and wellbeing across the community.

The cluster focuses on policy, planning and practice, which include the following themes:

- the person, the family, the community, service providers and industry
- language, communication and culture
- health and wellbeing
- objects, artefacts, technology, space, environments
- engagement, mobility, interaction and participation.

The Cluster is co-convened by Dr Jane Andrew from the School of Art, Architecture & Design, and Dr Ben Sellar from the School of Health Sciences and includes members from the Schools of:

- Health Sciences,
- Art, architecture and design
- Nursing and Midwifery
- Psychology, Social work and Social Policy
- Education
- Pharmacy and Medical Sciences

As well as external members from:

- Flinders and Adelaide Universities
- SA Department of Health
- Arts SA
- Flinders Medical Centre
- Women's and Children's Hospital
- Department for Manufacturing, Innovation, Trade, Resources and Energy
- NGO’s and private businesses

In the interests of identifying opportunities for research partnerships in relation to shared problems, the cluster is hosting regular forums and networking events. The latest networking event takes place on Wednesday November 27 from 5:00pm to 7:00pm at West bar, North Terrace. Posters will be used as meeting points around which attendees with complementary interests, needs or resources can discuss potential collaborations.

If you have project in formation, underway, or completed that you would like to share at the networking event, we will design and print an A1 poster for you. All we require is your project theme, project partners, a 250-300 word abstract, resources you need and the next steps, along with any images that you may have and we will organise the rest. If you are interested in knowing more, please email us at ADHW@unisa.edu.au by Friday the 1st of November.
International Centre for Allied Health Evidence (iCAHE) Update

Something old, something new….iCAHE has something for you!! Check out the iCAHE ‘new look’ webpage (click here to go to the iCAHE website), with a new layout creating easy to access resources, conveniently located under specific tabs for Clinicians, Researchers, Educators and Students and Consumers. The iCAHE webpage is constantly evolving, with new sections and resources being added on a regular basis. iCAHE is focused on improving safety and quality in health care through the translation of evidence into practice, if you have feedback on anything you would like to see on the website, or suggestions for improvement, please contact the team at iCAHE@unisa.edu.au

iCAHE has been lucky to secure the services of a gifted statistician, Alvin Atlas, who is available to support iCAHE researchers and students. Alvin has an extensive clinical and academic physiotherapy background, and will graduate in the next few months with a doctorate in public health, majoring in biostatistics and epidemiology. His expertise is in work related musculoskeletal disorders, public health epidemiology and allied health research. Alvin will be housed in the iCAHE offices, and is available to provide advice on statistical processes, and assist people with their statistical questions.

- Congratulations to Rebekah Das (PhD Candidate) who was awarded the Best Young Investigator Paper Prize in the Continence and Women’s Health Stream of the Australian Physiotherapy Association National Conference, Melbourne, 17-20 October 2013 for the paper, “Do dimensions of sensation differ between individuals with and without overactive bladder? A pilot study”.

- Congratulations to Dr Natasha Schranz who has been awarded an ECR International Travel Award to visit Professor Tremblay at the Children’s Hospital of Eastern Ontario Research Institute to discuss the Physical Activity Report Card project. Dr Schranz will present her research at the 2014 Global Summit on the Physical Activity of Children being hosted in Toronto in May 2014.

Student Publication Incentive Scheme

- Congratulations to Jocelyn Kernot (Health and Use of Time (HUT) Research Group) who was recently awarded a payment under the School Student Publication Incentive Scheme for her publication “Effectiveness of a Facebook-delivered physical activity intervention for post-partum women: a randomized controlled trial protocol” which was published in BMC Public Health.

- Congratulations to Mark Catley (Body in Mind (BIM) Research Group) who was recently awarded a payment under the School Student Publication Incentive Scheme for his publication "Assessing tactile acuity in rheumatology and musculoskeletal medicine - how reliable are two-point discrimination tests at the neck, hand, back and foot?” which was published in Rheumatology.

- Congratulations to Mark Catley (Body in Mind (BIM) Research Group) who was recently awarded a payment under the School Student Publication Incentive Scheme for his publication “How good is the Neurophysiology of Pain questionnaire? A Rasch Analysis of Psychometric Properties” which was published in The Journal of Pain.

- Congratulations to John Arnold (International Centre for Allied Health Evidence, iCAHE) who was recently awarded a payment under the School Student Publication Incentive Scheme for his publication “Differences in foot kinematics between young and older adults?” which was published in Gait and Posture.
First Publication


Viewpoints: can you be healthy at any weight?

Taken from: The Conversation (17 October 2013)

Australians are getting heavier and, as a result, are more likely to suffer life-threatening illnesses such as heart disease, diabetes and strokes. But should we be worried about a bit of excess weight? After all, isn’t it better to focus on exercise so we can be healthy, whatever our size? Today’s Viewpoints: can you be healthy at any weight? Tim Olds argues we can; while Anna Peeters outlines why we shouldn't give up on keeping our weight in check.

Please click on the link below to follow the discussion between Professor Tim Olds and Anna Peeters (Head, Obesity & Population Health at Baker IDI Heart & Diabetes Institute)

Can you be healthy at any weight?
SHOWCASE: PhD and Honours Research

A tale of pizza, pasta and research in Bologna...

*John Arnold (PhD candidate Exercise for Health and Human Performance Research Group)*

In September I was fortunate enough to embark on a 4 week trip to visit the lab of Professor Alberto Leardini at the Istituto Ortopedico Rizzoli (IOR) in Bologna, Italy. The IOR is a world renowned orthopaedic and bioengineering research institute, affiliated with the University of Bologna. The University of Bologna is the oldest university in the world and was established in 1088 (that's not a typo).

Professor Leardini leads the Movement Analysis Laboratory which focuses on the objective assessment of joint function using computer modelling techniques, design of joint replacements and evaluation of surgical outcomes. The laboratory is also the setting for joint clinical and laboratory assessments of patients with multiple rehabilitation doctors based at the centre. After whizzing down the hill on the back of a scooter to attend observation of surgeries on time on just the second day – I knew it was going to be an intense visit and full of great experiences.

My visit to the IOR was complimented by four oral presentations from my PhD studies at two conferences. Two presentations at both the European Society for Movement Analysis in Adults and Children (ESMAC) conference – Glasgow, Scotland (1st-7th September) and the Italian Clinical Gait Analysis Society (SIAMOC) congress – Pisa, Italy (25th-28th September). Both conferences were fantastic where I got some feedback on my work, talked to other researchers in my area and saw what other groups are currently doing. I was finally able to match some faces to names and meet some of the heavyweights in my field.

Some of the work related activities and highlights undertaken on the trip included:

- Observation of data collection and clinical consultations in the laboratory
- Observing surgical foot and ankle procedures in theatre (ankle replacement, joint fusion, hindfoot realignment for severe deformity)
- Working on a joint project between our labs on the integration of 3D gait analysis and plantar pressure systems for investigating foot function
- Presentation and discussion of my PhD work with members of the research group
- Going undercover as ‘Mario Rossi’ to obtain a staff lunch card

Some of the non-work related activities on my trip included:

- Walking along the arches from the centre of Bologna to the church of San Luca overlooking the city with the group
- Sampling Italian produce and going out to dinner a few times with other lab members
- Drinking way too much coffee (who could resist?)
- Visiting many cities in Italy and their landmarks (Bologna, Verona, Rome, Florence and Pisa)
- Being a sounding board for group members to practice their English. Actually, from my experience English could also be a second language in Glasgow.

Importantly, I would like to thank my supervisors (*Dr Dominic Thewlis, Dr Shylie Mackintosh and Dr Sara Jones*) for supporting me to undertake this trip - particularly Dominic Thewlis who has instigated much of our collaboration.

Secondly, I am very thankful to the University of South Australia who provided funding through an International Travel Grant: Student Mobility. Lastly, to Professor Leardini and other members at the IOR who made the visit possible and an invaluable trip which I will never forget. They were incredibly welcoming. We are continuing our collaboration.

Still not quite de-caffeinated,

*John Arnold*
L to R: Dr Claudio Belvedere (Bioengineer), myself and Professor Alberto Leardini (Bioengineer) with the church of San Luca in the background at night.

View at night from the Ponte della Vittoria (Bridge of Victory) overlooking the Fiume Arno (River Arno) in Pisa.
**RESEARCH GRANTS / FUNDING**

- **Dr Sharron King** and Russell Brinkworth (UniSA), Ann Luzeckyj and Karen Burke deSilva (Flinders University – lead institution) and Benn McCann and Ed Palmer (Adelaide University) won an OLT Extension Grant to disseminate the findings of their SSEE project titled "A collaborative multi-faceted approach to address the gaps between student expectation and experience at university". The team will be presenting research seminars based on their project findings to universities in Victoria, New South Wales, Western Australia and Queensland in early 2014. ($30,000)

- Congratulations to **Dr Julie Walters** on her recent success in winning a HWA National Fellowship Grant. ($15,864)

  **Title:** Expanding private practice clinical placement opportunities in physiotherapy.

  **Synopsis:** In order to ensure work-ready graduates, challenging and robust placements are needed throughout a health professionals’ training. Over the past decade, the number of allied health students has exploded, and as a result, providing sufficient, high-quality clinical placement opportunities is becoming increasingly difficult. In addition to providing sufficient placement time to ensure clinical competency, educational institutions also need to consider work-readiness of graduates relative to their likely place of employment following graduation. There has been and continues to be an increasing shift in employment profile of physiotherapists from the public to the private sector, but the clinical placement profile of physiotherapy students has not shifted in line with this trend. Therefore, the current state of affairs suggests that not only are educational institutions struggling to provide adequate placement time but also that the location of those placement hours may not accurately reflect the physiotherapy workforce. This research aims to rectify that imbalance and tap into a largely unexploited avenue for clinical placements by determining why private practitioners have, thus far, largely failed to engage in the provision of student placements.

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**Publishing with impact: where and how**

*All staff, higher degree by research students, research assistants, honours and postgraduate students* are invited to attend Library workshops in the 2013 series of *Research Education Support Activities*.

Are you looking for a journal in which to publish your paper, and want some tips to maximise your chances of getting published? In this workshop

- discover the world of peer review, ERA, open access journals, subject rankings and impact factors
- find a journal in which to publish your paper
- locate instructions for authors
- learn some handy tips from Professor Roger Eston about his publishing experience

The next workshop session, *Publishing with impact: where and how*, will be held on **Thursday 7 November, 9.30 -11.30 AM**, in the Library training room at City East.

*Higher degree by research, postgraduate coursework and honours students* can register online using the link below:


*Staff* can register online using the link below:


If you have any problems registering for a session please reply to **LBY-Health-DivLibrarians@unisa.edu.au**.
PUBLICATIONS BY STAFF AND STUDENTS

   Impact Factor not available
   Abstract

   5 year IF = N/A; 2 year IF = 1.982; (36/122 Pediatrics)
   Abstract

   5 year IF = 2.632, 2 year IF = 1.969 (182/258 Neurosciences, 23/65 Orthopedics, 26/84 Sport Sciences)
   Abstract

   5 year IF = 2.632; 2 year IF = 1.969 (182/258 Neurosciences, 23/65 Orthopedics, 26/84 Sport Sciences)
   Abstract

   5 year IF = 2.608; 2 year IF = 2.110 (20/65 Orthopedics)
   Abstract

   5 year IF 2.6322; year IF = 1.969 (182/258 Neurosciences, 23/65 Orthopedics, 26/84 Sport Sciences)
   Abstract

   5 year IF = 2.0612; year IF = 1.600 (29/65 Orthopedics, 53/80 Physiology, 37/84 Sport Sciences)
   Abstract

   Abstract

   Abstract unavailable

    5 year IF = 4.79; 1 year IF = 4.926 (19/192 Clinical Neurology, 44/244 Neurosciences)
    Abstract

    5 year IF = 3.858; 2 year IF = 3.392 (21/158 Public, Environmental and Occupational Health)
    Abstract
5 year = 2.43; 2 year = 1.72 (24/84 Sport Sciences)
Abstract unavailable

5 year = 2.43; 2 year = 1.72 (24/84 Sport Sciences)
Abstract

5 year = 1.340; 2 year = 1.146 (48/84 Sport Sciences)
Abstract

5 year IF = 1.413; 2 year IF = 1.195 (62/79 Physiology)
Abstract

5 year IF = 2.623; 2 year IF = 2.076; 55/161 (Public, Environmental & Occupational Health)
Abstract

5 year IF = N/A; 2 year IF = N/A (45/76 Nutrition and Dietetics)
Abstract

5 year IF = 1.423; 2 year IF =0.785 (46/64 Rehabilitation)
Abstract

5 year IF =3.269; 2 year IF = 2.776; (17/122 Pediatrics, 70/193 Clinical Neurology)
Abstract

5 year IF =2.623; 2 year IF = 2.076 (55/161 Public, Environmental & Occupational Health)
Abstract

5 year IF = 3.163; 2 year IF = 2.968 (Q2 Endocrinology & Metabolism)
Abstract

5 year = 3.690; 2 year = 2.452 (27/75 Psychology, 14/84 Sport Sciences)
5 year IF = N/A; 2 year IF = 1.982 (36/122 Pediatrics) 

Abstract


Abstract

5 year IF = 5.75; 2 year IF = 5.23 (Sport Sciences 3/84)


5 year IF = 3.69; 2 year IF = 2.45 (Sport Sciences 8/84)

Abstract


5 year IF 1.508; 2 year IF = 1.259 (53/79 Biomedical Engineering)

Abstract


5 year IF = 2.569; 2 year IF = 2.676 (12/63 Orthopedics, 11/84 Sport Sciences, 32/198 Surgery)

Abstract


5 year IF = 0.916; 2 year IF = 0.698 (77/83 Health Care Sciences & Services)

Abstract


5 year IF = 3.526; 2 year IF = 4.375 (6/56 Multidisciplinary Sciences)

Abstract


5 year IF = 4.384; 2 year IF = 3.806 (13/67 Peripheral vascular disease)

Abstract


5 year IF N/A; 2 year IF = 0.800 (106/139Public, Environmental & Occupational Health)

Abstract

**Medicine Today (February 2013 Edition)**
The Peer Reviewed Journal of Clinical Practice

**COPD: practical aspects of case finding, diagnosing and monitoring**

*Does my patient have chronic obstructive pulmonary disease (COPD), and does it matter?*

Walters Julia, *Crockett A,* McDonald V
PRESENTATIONS / UPCOMING CONFERENCES

School of Health Sciences supports new ‘Practitioner Award’ at 2014 Exercise and Sports Science Australia Conference

The Exercise and Sports Science Australia and Sports Dieticians Australia Biennial Scientific Conference are leaving the east coast for the first time to be held in Adelaide in April 2014. The conference chairs and organising committee (including Professor Roger Eston) have ensured this will be a high calibre event and a very worthy stage to showcase our research. The School of Health Sciences has excellent representation already with a key note from Professor Lorimer Moseley and invited presentations from Professor Kevin Norton, Professor Tim Olds, Associate Professor Gaynor Parfitt and Dr Kade Davison scheduled. We should aim to build on this with numerous free paper presentations as well, and to help with motivation there are very lucrative prizes for students and ECRs on offer. Abstract submissions are open until Jan 14th. Click here for further details: http://www.essa.org.au/2014conference/abstract-submission/

To acknowledge the fact that many of the delegates at these events are Clinical Exercise Physiology and Exercise/Sports Science Practitioners rather than academics, UniSA has sponsored the inaugural practitioner award for an abstract submission on a case study or literature review undertaken as part of practice. The award is worth ($5000 first prize) and it would be fantastic for a UniSA alumnus to win it. So spread the word through your industry and alumni networks. More information can be found here: http://www.essa.org.au/2014conference/awards/#Prac.
**Dr Nayana Parange** was part of the invited ISUOG faculty for the 23rd ISUOG World Congress (International Society of Ultrasound in Obstetrics and Gynaecology) incorporating the ASUM 43rd Annual Scientific Meeting (6-9 October 2013) held in Sydney and delivered a presentation on “Australian Ultrasound Outreach: opportunities and challenges for outreach in a developed country”.

**Dr Sharron King** presented two refereed papers at the 36th HERDSA International Conference in Auckland New Zealand. The first paper with colleagues Dr Robyne Garret and Dr Alison Wrench was titled ‘What does it take to thrive in this place: An exploration of students’ experiences of first year university’. The second paper with colleagues Trenna Albrecht, Dr David Birbeck, Tim Sawyer and Dr Kit MacFarlane was titled ‘Seeking balance: An exploration of the affective dimension of academic practice’.

**Dr Sharron King** presented an invited workshop on their OLT grant findings (with colleagues Dr Ann Luzeckyj, Flinders university and Dr Ben McCann, Adelaide University) at the 16th International First Year in Higher Education conference in Wellington New Zealand (2013) ‘Mythbusting: Exploring assumptions about the first year at university and how it can differ from reality’.

**Dr Mandy Stanley** has been invited to present at the OT24 hour virtual exchange conference on Saturday 26 October. This free event is held each year as a virtual conference and involves presenters and participants from all over the world participating during the 24 hours of the program. The program can be found at this link [http://www.ot4ot.com/](http://www.ot4ot.com/) with a theme of Transitions. Mandy is presenting on “Transition and social process: The use of grounded theory methodology”.

**Dr Grant Tomkinson** was recently invited to give a talk at the American Heart Association conference in Dallas 16-20 November 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.

**Dr Carol Maher** presented her work “Mums Step it Up” – A Team-Based Physical Activity Facebook Application for Mothers” in a podium presentation at the Medicine 2.0 World Congress in London, the world’s leading academic conference for internet, social media and mobile apps in health. During her time in London Dr Maher also met with Professor Elizabeth Murray, Director of the e-Health Unit, Research Department of Primary Care and Population Health, University College London.

**Professor Lorimer Moseley** -

- Attended the NHMRC Board Meeting and was presented the Marshall & Warren Award from NHMRC CEO Warwick Anderson, also presenting his 'Imprecision Hypothesis' to NHMRC Board members and distinguished guests.

- Was the Plenary Speaker at meetings of the Norwegian Physiotherapy Association, the Danish Physiotherapy Association, the Northern Norway Pain Hospitals 10th Anniversary meeting, and the Norwegian Hand Rehabilitation Society.

- Was the Plenary Speaker at the British Pain Society Annual meeting in Jersey and visited collaborators in Oxford, University College London & King's College London.

- Delivered three plenary talks at the Australian Physiotherapy Association biennial scientific meeting in Melbourne.

**Carolyn Berryman (PhD Candidate) and Natasha Stanton** attended the Neural circuits underlying nociception and pain and their plasticity Conference in Heidelberg, Germany, October 6-8, 2013. This fabulous 2 day conference presented the novel pain research from preeminent pain neuroscience researchers, ranging from basic science to psychophysics to clinical research. Notable speakers included Irene Tracey from the University of Oxford, Giandomenico Ianetti from University College London (who will be a visiting academic to BIM later this year) and Allan Bausbam from the University of California. The conference provided excellent opportunities to discuss research findings with these high level researchers as well as network with students/postdocs/researchers from other labs!
Carolyn Berryman (PhD Candidate) and Natasha Stanton attended the 8th Congress of the European Federation of IASP Chapters (EFIC) Conference in Florence, Italy, October 9-12, 2013. This conference was attended by over 4000 people and included a wide variety of basic and clinical science research evaluating pain and its treatment. Carolyn Berryman, Tasha Stanton, Dr Ann Meulders, and Dr Jorg Trojan ran a topical workshop entitled: Perception of pain, body and mind: From fundamental research to novel targets for treatment. Tasha presented on targeting body schema in chronic pain using multisensory illusions and Carolyn presented on evidence for cognitive impairment in chronic pain. Both had posters at this conference and Carolyn Berryman's was selected as having one of the top 30 posters out of over 1000 posters at this conference and as a top-30'er gave a 3 minute oral synopsis of her poster in front of an audience at the conference.

Valeria Bellan (PhD Candidate) Body in Mind Research Group gave a 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. The incentive, a $500 prize, to be judged by a panel of Society members, is being offered for the best presentation given in 2013.

Sports Medicine Australia Conference, Phuket, Thailand (22-26 October 2013)

The following staff attended and presented at the 2013 Sports Medicine Australia Conference - Abstracts published in Journal of Science and Medicine in Sport, Special Supplement 6, 2013

Special Symposium on advantages and mechanisms of self-regulated exercise
- Chair: Professor Kevin Norton

Oral Presentations:
- Evans H, Parfitt G and Eston R. Maximal exercise testing: making it feel better. 228P
- Smith A, Norton B, Eston R and Parfitt G. Does a submaximal perceptually-regulated exercise test work with older adults? 229P
- Eston R, Norton B, Olds T and Parfitt G. A ‘hard’ training program only works for some. 230P
- Tempest G, Eston R and Parfitt G. Why we feel ‘how’ we feel: Investigating cerebral blood flow during exercise. 232P
Free Papers

- **Bishop C and Arnold J.** Athletic footwear does not alter in-shoe hindfoot kinematics during overground running. 9P

- **Bishop C**, Hutchison L, **Uden H. and Scharfbillig R.** An exploration of the biomechanical effects of footwear and orthoses on joints proximal to the foot during running. 14P


- **Tempest G**, Ekkekakis P, **Parfitt G.** Self-reported tolerance influences cerebral blood flow during exercise. 74P

- **Norton B, Smith A, Eston R and Parfitt G.** Patterning of affective responses during a graded exercise test in older adults. 102P

- **Parfitt G**, Williams C and Freeman P. Exercise feelings are associated with adolescent's physical activity behaviour. 116P

Poster Communication

- **Ferrar K, Evans H, Parfitt G and Eston R.** Submaximal exercise-based equations to predict maximal oxygen uptake in young people: A systematic review. 176P

Workshops

- **Bishop C.** and Sweeting K. Foot and ankle taping for a purpose. 199P

- Doherty M, Mansfield J, **Bishop C**. and Sweeting K. Mix up your training with ASICS.

Australian Physiotherapy Association Conference (16 – 20 October 2013)

The following staff attended and presented at the Australian Physiotherapy Association Conference –

**Associate Professor Susan Hillier**

- Presentation Title: "It's your move: Getting started in Clinical Research” (Invited Speaker)
- Presentation Title: "Alternative therapies – is there a role?” (Invited Speaker)
- Presentation Title: "What do people with stroke think about increasing intensity of rehabilitation?” (5 x 5 Platform)

**Dr Coralie English**

- Presentation Title: “Circuit class therapy and 7-day a week therapy. Are they effective?” Neurology Group National Keynote main presentation.
- Presentation Title: “Sit less, move more. Sedentary time in stroke survivors” Neurology Group National Keynote second presentation.
- Presentation Title: “Do stroke survivors spend more time in active task practice in circuit class therapy session versus individual physiotherapy sessions?” – free oral paper. English C, Hillier S, Kaur G and Hundertmark L.

**Dr Caroline Fryer**

- Presentation Title: ‘Family-supervised exercise programs for improving physical function of neurological inpatients: a systematic review’. Authors: Gabrielle Brunner (Honours student), Caroline Fryer (presenter), Dr Shylie Mackintosh and Associate Professor Susan Hillier.

**Dr Michelle McDonnell**

- Presentation Title: ‘Physical activity frequency and risk of incident stroke in the Reasons for Geographic and Racial Differences in Stroke (REGARDS) Study’.
- Presentation Title: ‘Physical activity preferences and prejudices in the month prior to a first-ever stroke’.
- Presentation Title: ‘Priming the brain: A single bout of aerobic exercise promotes motor cortical neuroplasticity’.
Emily Ward
- A member of the Scientific Committee for the Paediatric Program at the APA Conference.
- National Chairperson for the APA National Paediatric Group.

Alison Bell at the National Double Reed Conference at Adelaide University. Ali delivered two workshops on posture for the orchestral musician. Dr Steve Milanese was also in attendance and both he and Ali offered advice to participants on a one-on-one basis.

SCHOOL ADMINISTRATION

Open Access Policy (Library)

Cathy Mahar

The UniSA Open Access Policy was approved by Academic Board on 27th September with an official launch by the Vice Chancellor on 21st October, coinciding with Open Access Week. In response to this the Library has created an online guide which defines open access and provides information about different OA models, publishing, policies, and related topics. The guide is accessible via the Library website at http://unisa.libguides.com/OA

'Open access' refers to unrestricted, online access to the published findings of research. The purpose of the open access policy is to support the free flow of information and contribute to the sharing and verification of research findings. It is intended to increase the visibility of the University and facilitate the dissemination and recognition of UniSA research and scholarly outputs as widely as possible across the global research community.

The Policy, which is solely related to publications (not data), identifies the University Research Archive (URA) as the repository which will provide access to the research output of the university. The URA is managed by the Library and academics are encouraged to submit their post-print publications to the archive.

Research outputs which are subject to confidentiality, privacy, trade secrets, national security, and commercial interests, or to intellectual property rights (other than intellectual property rights solely held by the University) shall only be accessible in open access by formal agreement with all parties. Access to scholarly publications not eligible for inclusion as part of the (HERDC) reportable process will be restricted to staff and students of the University of South Australia.

The policy will apply to all research publications from 1 January 2014. For more information, email the Health Sciences Academic Library Team.
Helpful Tips - Calendar Management – Recurring Event Set-up

To ensure your Calendar is kept up-to-date and others are able to set meetings with a greater surety, setting a Recurring Event (particularly, if you are working part-time or have structured Rostered days off) is a simple way to communicate this.

1. Right click mouse on starting date, then select New Recurring Event

2. Set the Recurrence pattern and Range of recurrence. When finished, click OK to return to the Appointment window.
3. Enter a **Subject** and **Location**; set **Show As** to **Out of Office**.

4. Click **Save & Close** and the **Recurring Event** will show in your Calendar.
STUDENT NEWS

Sport for Social Development Volunteering Opportunities

Jacqui Miller

Football United- UniSA ® is currently searching for motivated and enthusiastic people to join their Youth Leadership team for their 2013/14 programs. Football United- UniSA ® works with local schools and communities to encourage social inclusion for youth at risk through free weekly football (soccer) sessions.

As a Youth Leader you will undertake training sessions focused on improving skills and knowledge in: mentoring, coaching (accredited courses with the Australian Sports Commission, Office of Recreation and Sport, and the Football Federation of SA). Football United- UniSA® provides all training, no prior knowledge or experience of soccer is required.

These skills will enable you to use sport to provide leadership and coach life skills through sport to disadvantaged young people, who include newly arrived migrants, refugees, indigenous and low- SES youth.

If you love the idea of using sport to help disadvantaged young people, this is exactly what you are looking for. Some examples of volunteer roles that you could become involved with in Football United- UniSA ® are: coaching, coordination, project development, mentorship or youth leadership positions.

Below are testimonies from previous volunteers:

‘Football United gave me the opportunity to incorporate youth leadership into my studies, which has given me a much more diverse perspective on the world around us‘- Andrew Orphanou (2013)

‘Football United has been great because it is so much fun and it gave me the chance to get involved with the community and apply the things I have learned in my degree‘- Jacob Matthews (2013)

If you are interested in any of these positions, or wish to learn more, please contact Joanna Bouyesi (Joanna.bouyesi@unisa.edu.au) or check out Football United- UniSA's website or 'Like' us on Facebook. Website: http://www.unisa.edu.au/footballunited
UniSA Cadetship – Adelaide United Football Club

Latham Byfield

I was given a cadetship by the Adelaide United Football club and began working with them at the beginning of this year. I was working under the High Performance Manager who showed me the ins and outs of an elite sporting club environment. My roles included collecting and analysing GPS data, filming matches and training sessions, clipping and creating highlights packages from the filmed footage and help run fitness and flexibility testing on the players. It has been difficult managing my university timetable, work and my cadetship but I have been rewarded for my hard work and been appointed as the Adelaide United FC Youth Team Fitness and conditioning coach for the coming season. I am responsible for organising and planning training sessions, maintenance of the player’s fitness levels, monitoring the rehabilitation of injured or ill players and collecting and analysing GPS data. I am also being mentored by the Head Assistant Coach of the senior team who is sharing his wealth of international experience.

I will finish my Human Movement degree at the end of this year and I am looking to complete further study in the High Performance Sport field.

The Human Movement program offers cadetship placements to final year Human Movement students interested in pursuing a career in high performance sport. This year we had students placed at Port Adelaide Football Club, Adelaide Football Club and Adelaide United. The students are mentored by professionals with experience in high performance sport and work with the teams for an entire season. We are looking to expand the Cadetship program and can hopefully offer placements at the Adelaide 36ers, SASI and the Thunderbirds.

Latham was offered a cadetship with Adelaide United and they were impressed by his commitment and application and have appointed him as the Fitness and Conditioning Coach to the Youth team that will play in the National Youth League.

Adam Hewitt

- Congratulations to Charmaine Graham (Psychology student) who has been awarded a UniSA High Achiever Summer Research Vacation Scholarship to work with Dr Sharron King and Amanda Richardson (PhD Candidate) on the project titled “Personality, use of time and stress – what makes first year university students successful?”

- Congratulations to Ashley Richard, an Occupational Therapy with Honours student, has been successful in his application for a High Achiever Summer Vacation scholarship and will be working with Dr Mandy Stanley on a project related to how older people spend their time alone.