Hi All

Welcome to the September/October Newsletter.

Staff Recruitment
We are currently recruiting for a lecturer in Medical Radiation (interviews scheduled for 25 November 2014) following the resignation of Karen McBean, at the end of this year. A farewell will be arranged soon, but for now we send our best wishes to Karen for the future and thanks for her fine contributions to the Medical Radiation suite of programs over the last 16 years.

We will soon advertise for a new full time and continuing lecturer post in Human Movement to specialise in Motor Control and Biomechanics, to further strengthen the Human Movement and Clinical Exercise Physiology programs.

First Preferences - demand for the School’s programs are better than ever! 😊
I am sure you will all be pleased to note the high number of undergraduate ‘first preferences’ for programs in the School of Health Sciences. First preferences: Human Movement, Medical Radiation Sciences, Health Sciences, Physiotherapy, Podiatry, Occupational Therapy and Clinical Exercise Physiology resulted in over 1500 first preferences, a collective increase of 12% compared to last year’s figures. Of particular note is the stunning increase in first preferences for the Human Movement Degree, which is almost 30% higher than previous year’s figures. There are also significant increases in Physiotherapy and Occupational Therapy, with demand for all the other programs remaining very high. Notably, Post Graduate first preferences are also up by 21%.

In the face of increasing competition in SA, these figures underline the quality of the student experience, staff and student engagement, employment outcomes and success of our programs. They also reflect the success of the messages delivered by our marketing team and of course, let’s not forget the success of the inaugural open day at City East in August. Well done all!

Culture Survey
Thanks to everyone who took part in the UniSA Culture Survey. Our return rate was 65% with 100 continuing and fixed term staff engaging in the survey. We were one of the best responders in the University.

ARENA – Alliance for Research in Exercise, Nutrition and Activity
I was keen to form a merger of the three independent research groups (HUT, NPRC and EHHP) for a few years, and thanks to the collaborative and collegial efforts of colleagues, this has now been achieved. Membership of ARENA is now being sought. The combined expertise in Nutrition and Exercise Science through the formation of ARENA places us in a strong position to take advantage of greater opportunities for collaboration to address the grand research challenges and provides a common home for staff, Honours and PhD students to interact and collaborate in the quest to achieve ERA 5 (well above the world average) outcomes in these areas in 2015. Thanks especially to Professors Pat Buckley and Susan Hillier for your leadership and Professors Jon Buckley, Tim Olds, Jim Dollman and Gaynor Parfitt for your collegiality in facilitating the merger of the three former research groups and making this work. Special added thanks to Jon Buckley for his leadership of ARENA in its formative stages. Membership is growing fast with have 19 full members, 5 Associate members and 7 Affiliates to date and applications continuing to come in. Further information on ARENA and membership application forms are available at: http://www.unisa.edu.au/sansominstitute/arena
NHMRC Success
Congratulations to Dr Carol Maher and Professor Tim Olds in collaboration with Ron Plotnikoff (University of Newcastle), Corneel Vandelanotte (Central Queensland University), Samantha Thomas (University of Wollongong) and Karen Nelson-Field (UniSA Business School) on their recent NHMRC Project Grant ($780,673.50 for 4 years). Project title: “Active Team – Examining an online social networking intervention to increase physical activity in controlled (RCT) and ecological (ET) settings. A great result, vis-à-vis the brutal competition this year, with only 14.9% of NHMRC applications being successful (cf. ~20% last year).

Port Adelaide PhD Scholarship

The PAFC PhD High Performance Scholarship has attracted lots of interest since advertising on the University Banner, the ‘Australian’ newspaper website, Facebook, Twitter and Linkedin, including a podcast.

Basketball SA Partnership
We are in the process of exciting discussions regarding an MOU with Basketball SA, which is coming together nicely thanks largely to the efforts of Joseph Campbell (Health and Fitness Centre Coordinator) and Jodie Quilliam (Manager: Clinical Operations) who have helped to forge the relationship. The partnership will have a number of exciting benefits to UniSA and the basketball community. More to follow on this in the next Newsletter.

Adelaide United Football Club (AUFC) Partnership

In partnership with the School of Health Sciences, Adam Hewitt (Sport and Exercise Scientist: Human Movement) contributes to player development and training at AFC as the High Performance Manager. Adam has steered the development of cadetships with Adelaide United Football Club (among other sporting clubs in SA) over the last few years. Thanks largely to Adam’s efforts; we have an MOU with AFC which includes a marketing package, which advertises ‘TOP OF THE LADDER WITH SPORTS SCIENCE AT UNISA….University of South Australia’ as seen here. This was displayed at the first home game at the Adelaide Oval v Melbourne Victory on Friday evening, and will be displayed 10 times during every home game for the 2015 season.😊
Contributions to the HLS Newsletter
Thanks again for all your contributions. The HLS Newsletter is publicly available on the School of Health Sciences website [http://www.unisa.edu.au/health-sciences/schools/health-sciences/news-events/newsletters/] News about research, national appointments, community engagements, awards, achievements, sporting endeavours, etc., are welcomed. Contact Kylie Fogarty kylie.fogarty@unisa.edu.au to keep us informed of all your news. I hope you enjoy this Newsletter!

Cheers
Roger 😊

Did you know?
The library has lots of eBooks

UniSA Library has a large collection of ebooks which is continually growing. You can find ebooks by searching the Library Catalogue. Type in your keyword and refine your search results to ebooks. A range of publishers provide unlimited access, which means there are no restrictions on how many students could be accessing the book at the same time. It is worth looking at an e-book option as a text book so students don’t have to purchase a printed book. The e-books on the following databases have unlimited access:

- Ovid; Science Direct; Springer; Cambridge University Press; Sage; MD consult
Did you know?

What ‘ezine’ means? Maybe it’s the future for the School of Health Sciences Newsletter?

Some of you – like me! – may have nodded your head knowingly when the term e-zine has been mentioned in conversation, but haven’t the foggiest what it means! An ezine (also spelled e-zine) is a term used to describe small magazines and newsletters distributed by any electronic method, for example, by e-mail/email. We may in distribute the newsletter in this way in the future.

😊 Smile: research says it’s good for you! 😊

Q. Did you hear the one about the sun?
A. Never mind its way over your head!

Q. What did the buffalo say to his son when he went away on a long trip?
A. Bison!

Books with funny author names!

‘Falling from a height’ by Eileen Toofar
‘My holiday with the penguins’ by Anne Tarctic
‘Pants down’ by Lucy Lastic
‘The rag and bone trade’ by Orson Cart
‘My life as a jockey’ by Rhoda Horse
STAFF APPOINTMENTS AND NEWS

- Congratulations to Eileen Giles on her success as being recognised nationally with Citations for Outstanding Contributions to Student Learning for leading the creation of authentic resources and sustained use of simulation in supporting and enhancing clinical skill development for radiation therapy students.

These citations are awarded through a highly competitive process by the Commonwealth Government’s Office for Learning and Teaching (OLT). The citations recognise and reward the diverse, scholarly contributions made by individuals and teams who have had a significant impact on the quality of student learning in a particular area of responsibility over a sustained period. Well done Eileen!

- Congratulations to Dr Michelle McDonnell on her promotion to Senior Lecturer.

- Congratulations to Dr Arjun Burlakoti and his wife on their recent Australian Citizenship ceremony!
Congratulations to **Dr Dominic Thewlis** who was voted in as the President of the Australian and New Zealand Orthopaedic Research Society (ANZORS) at their recent Annual General Meeting.

Congratulations to **Associate Professor Susan Hillier** for winning an SA Engineering Excellence Award 2014 for the following project: “An Accessible Gaming System for Children with Limited Hand Function” (Flinders University, University of South Australia and Women’s and Children’s Health Network).

The **OrbiT** is a collaborative project between Flinders University, the **University of South Australia**, and the Women’s & Children’s Health Network. The aim of the project was to design and develop an accessible and haptic computer gaming system for children with limited hand function, such as children with cerebral palsy (CP). Most children with CP cannot play commercial gaming systems due to their disability, meaning they are excluded from the social participation of a very popular and enjoyable pastime.

Our system, a combination of software and hardware, was underpinned by accessibility and the principles of Universal Design to develop an engaging system that promotes social inclusion.

The system features an interactive main menu, fifteen engaging custom–made 2– and 3–D games, and a novel ‘orb’ shaped controller (nicknamed ‘Orby’) that children use to control their game character. Most games within the system use procedural generation to randomise game events, meaning each time a game is played a new game is encountered. The software also tracks all game activity and records and posts ‘high scores’ for all games.

Focus group sessions with teenagers with CP described the games as “exciting and mostly creative”, while Orby was described as “creative”, “natural” and “intuitive”. All games and the main menu provide contextually relevant and variable haptic vibration to the under–surface of the child’s fingers and palms via the controller. Proximity sensors detect if Orby is being used correctly with two hands, and the system pauses game play if incorrect hand use is detected.

**This project has won numerous other awards:**
- iAWARDS National Merit recipient 2014 and SA Award winner 2014
- Design Institute of Australia – Silver winner SA Design Awards
- Institute of Engineers, Australia College of Biomedical Engineering – 2014 Better technology Awards – First prize, prototype Category

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**Associate Professor Susan Hillier** with David Hobbs (Flinders PhD candidate); Karen Reynolds (Bioengineering, Flinders University) and Sandy Walker (Industrial design UniSA).
TEACHING AND LEARNING

NEW COLOMBO PLAN – FIRST TWO PHYSIOTHERAPY STUDENTS IN JAPAN
Dr Shylie Mackintosh and Professor Karen Grimmer

Professor Karen Grimmer has travelled with two Physiotherapy students (Harri Harvey and Marco Mittiga) to the Tokyo Metropolitan Institute of Gerontology. The students are undertaking studies with Professor Shuichi Obuchi, a senior scientist and physiotherapist; participating with Japanese Physiotherapy students at the Kanagawa Rehabilitation Centre; and presenting on clinical reasoning and manual therapy to Japanese Physiotherapy students. This has been supported through the New Colombo Plan, a scheme that offers Australian undergraduates new opportunities for study in the Indo Pacific region.

MERCEDES COLLEGE VISIT ANATOMY LAB
Dr Nicola Massy-Westropp

On 11.9.14 Year 12 international baccalaureate students from Mercedes College came to our anatomy lab to see the cardiovascular and digestive systems they had been studying. The students viewed models and found structures on our ultrasound simulator. It was a lively session with many questions and their biology teacher requested that we repeat this session again.
RESULTS OF BLENDED AND ONLINE LEARNING SURVEY

Associate Professor Kerry Thoirs

Thanks to course coordinators who took the time to participate in the Blended on Online Learning Survey. The aim of the survey was to try and capture baseline academic activities in the Digital Learning space, as the school moves to align with the University wide Digital Learning Strategy. Thirty-four course coordinators responded, providing information about 53 courses in the school. Four course coordinators (11.76 %) identified their courses as fully online. Most course coordinators identified their courses as learnonline supplemented (70.59 %). Learnonline supplemented means that the course is delivered traditionally and includes supplementary online course materials. This may include slide presentations; required readings and video capture of lectures. Twelve course coordinators (35.29 %) thought that they could move to a more online model, where the students time on campus could be decreased by increasing the online learning activities and resources.

Lecture recordings and e-readings were the most commonly used learnonline facilities.

What Learnonline facilities do you currently use in the course?

- Lecture recordings: 28 (87.50 %)
- e-portfolio: 7 (21.88 %)
- Virtual classrooms: 4 (12.50 %)
- e-readings: 23 (71.88 %)

The three most common learnonline activities used by course coordinators were forums, online assignment submission and quizzes.

The three most common learnonline resources used by course coordinators were file, URL, folder.

NEED HELP WITH UPGRADING YOUR COURSE FOR MORE FLEXIBLE DELIVERY?

For those course coordinators (and anyone else in the school) who are looking to increase their online teaching and learning activities a workshop will be held on Wednesday 12 November between 12 and 2pm (room C7-08).

Hayley Timms and David Birbeck will provide an update on the tools and activities currently available on learnonline, providing best practice examples and how to integrate them into your teaching/curriculum. You would have received a meeting request for this event, hope you are able to attend!

EXERCISE PHYSIOLOGY CLINIC - NEWSLETTER

Jodie Quilliam

Welcome to the UniSA Exercise Physiology Clinic October Newsletter! Hope you enjoy reading about the specialised services we can offer. Please feel free to go to the clinic with any questions you may have, our staff would be more than happy to assist you.
HIGH PERFORMANCE SPORT AND FIELD STUDY AT UNISA

Scott Polley

The University, Division and School have worked hard over the last few years to increase their presence and opportunities in the area of Sport. We are excited to announce the opportunity for strength and conditioning placements at state, national and international level for Field Study students. Examples include the establishment of UniSA Sport, increased support for Elite Athletes, investment by the Division in Football United, and the recent partnership with the Port Adelaide Football club to offer PhD scholarships and to develop a Masters’ program.

At Human Movement program level, we have expanded the Cadetship program, established the new course 'Sport, Coaching and Community Development' in 2014, commenced a coaching stream in 2015, and expanded the Field Study course to offer strength and conditioning workshops and placements. Working cooperatively with state, national and international teams, students will have even more opportunity to gain first-hand experience with pre-season preparation, strength and speed development and injury prevention with experienced strength and conditioning coaches.

The Field Study course has been growing steadily under the guidance of Dr Richard McGrath providing opportunities for Human Movement students in Health, Sport and Physical Activity with students being offered employment with their chosen placement, setting foundations for their career after University. This initiative is led by Adam Hewitt, a Lecturer, Cadetship coordinator and High Performance Manager at Adelaide United and Joel Fowler, a Human Movement graduate and now strength and conditioning coach at SANFL club Glenelg. Adam and Joel are using their networks to help students have greater access to workshops, mentoring and experience with some of the best strength and conditioning practitioners in the state. Students can commence their field study as early as November in their second year to allow them to be part of a pre-season and competition cycle and will be even more valued in this field.

FIRST YEAR HUMAN MOVEMENT CAMP 2014

Scott Polley

The Human Movement program and its antecedents have had a first year camp program for over 40 years. In the 1970’s the focus was on developing foundational camp skills for prospective teachers, but has now evolved to be an integral part of the first year Group Dynamics course, and an essential component of the Human Movement program. The camp supports course objectives of developing Group Dynamics skills and knowledge in novel environment, but also has general Human Movement Program related aims of increasing student retention through enhanced student relationships, health and wellbeing. The 2014 program involved 218 first years and over 20 senior students over 2 weeks in September. The program included feral plant removal and rock-climbing at Morialta Conservation Park, mindfulness, bush art, orienteering, 'Leave no Trace', 'Bush Olympics', a 22 km overnight bushwalk in Kuitpo forest and a presentation by Permangk Elder, (Uncle) Ivan Tiwu Copley. The camp is largely run and taught by senior Outdoor Education students that volunteer or get credit for their Field Study. UniSA staff and casual staff provide essential logistics, safety support, feedback, mentoring and guidance.

At the end of the camp, most students come away tired, appreciating the comforts of home, but a greater sense of wellbeing, deeper connections with their peers and a highly memorable experience of their university life. Research to learn more about the effects of this experience on health first year students led by Dr Amber Mosewich and supported by First Year Coordinator Scott Adams and Program Director Scott Polley has commenced.
Breakfast for 120 with no kitchen? Not a problem.

Baked potatoes on the fire in the rain? Easy!

Looking after each other, being safe, backing each other up, and communicating are the keys to successful rock climbing – and study.

Farah shows the way....
LEARNING ON COUNTRY

Scott Polley

Prior to European settlement, the Northern Flinders Ranges was home to many Clans that have now come together as the Adnyamantha – meaning 'Rock People'. The arrival of Udnyu (settlers) the Yura (Adnyamantha) has had a great impact on cultural knowledge but the ties to community and the land remain strong. UniSA students of the Outdoor Education program have been welcomed at Nepabunna, an Aboriginal community at the edge of the Gammon Ranges – Vulkathana National Park for the last 5 years as part of their studies. During the visit students visit important sites, share a meal of kangaroo and damper, and hear about the history of Aboriginal people in the area. The impact on students is often profound, hearing on Country from (Uncle) Kelvin Coulthard about displacement from Mt Searle to Ram Paddock (Minerawuta) and eventually to Nepabunna, ochre mining at Damper Hill, the source of significant children's stories such as that of Wildu the eagle, and many thousands of year old engravings at Red Gorge. The visit helps challenge students' ideas about Aboriginal people, their culture and consider ways forward to help 'Close the Gap'. After spending time at the community, they then reflect on the information, stories, importance of Country to Aboriginal health and wellbeing on a 5 day bushwalk nearby. The walk allows time for deeper consideration and questioning of what was learned and how this knowledge can be applied in practice.

(Uncle) Kelvin shows student significant rock art.

Students taste bush foods and consider traditional ways.

Many thousands of years of engravings in Red Gorge – showing emu and kangaroo tracks, a snake and meeting places.
NATIONAL HUMAN RIGHTS COMMISSION OF KOREA

Edoardo Rosso

Lynette Kelly, Program Leader: Research and Innovation Cluster Initiative, accompanied a delegation of the National Human Rights Commission of Korea that came to Australia to look at innovative initiatives that help to support Refugees and Asylum Seekers. I was asked to give a presentation on the work we have done with the Football United® program over the past three years. I spent about one and a half hours with them (with Lynette, Jo Bouyesi and their interpreter) going over the details of our projects here in the Division and the School of Health Sciences. The presentation was a success and they were very impressed with our approach and with the university – which supports this kind of initiatives.
SPORT, COACHING, COMMUNITY DEVELOPMENT

Edoardo Rosso

Photos taken from the first coaching workshop for Human Movement students for the new ‘Sport, Coaching, Community Development’ course. Twenty four students and three staff were in attendance.
INTRODUCTION TO DIR FLOORTIME (The Developmental, Individual Difference, Relationship-based (DIR®)

Hugh Stewart

I attended a one day workshop on DIR Floortime: a technique which is gaining popularity as a Frame of Reference for working with families of children with Autism and other developmental conditions. The Frame of Reference builds on developmental, attachment and sensory processing theory and explains the problems of the child as a deficit in emotional and social development predominantly, and so encourages the clinician to coach the parents to maintain a positive and engaged attitude, and to follow the child’s lead whilst constantly modelling verbal and non-verbal communication strategies in the context of increasingly challenging tasks and activities. Basically watch, wait and name, with a smile.

We saw many examples of parents tuning in, engaging positively with their child, and then encouraging them to tackle increasingly challenging tasks. Video feedback to parents was often used, and the clinicians were mostly hands off, coaching the parents and providing examples of new activities.

Autism is a significant challenge to many children and their families, and DIR Floortime presents an interesting Frame from which to view the problems.

Evidence for efficacy was not discussed, but I am aware that the recent review by Prior and Roberts 2011 suggests that DIR Floortime has emerging evidence.

PRESENTATIONS (Teaching and Research)


- Dr Maarten Immink explained what mindfulness is and discussed its benefits, in interview with Deb Tribe on 891 ABC Adelaide on 17 September 2014. Maarten was also an invited speaker at the Mindfulness Symposium on 19 September 2014 in Adelaide “ABC’s of health: Awareness, balance and compassion”. The Symposium was supported by UniSA, the RAH Wellness Centre and the Australian Health Promotion Association.

- Dr Carol Maher was invited by the Dietitian’s Association of SA to give a presentation regarding her research on the links between obesity and other behavioural domains titled: "The links between activity patterns, diet, obesity and sleep" which she delivered Friday, 25 September.

- Congratulations to Dr Tash Schranz who was selected by the ARC to attend the Global Young Scientists Summit in Singapore next January. The summit is an international gathering of bright young researchers from all over the world who meet together for a week to be inspired by internationally eminent science and technology leaders. Natasha was one of 10 individuals who were selected from Australian universities- nominated PhD candidates and early career researchers.

- Debbie Howson attended The Combined Scientific Meeting, Imaging and Radiation in Personalised Medicine, Melbourne, 4-7 2014 and the following was presented:
  - A framework to organise, review and assess research evidence in emergent radiotherapy technologies and techniques (oral presentation).
  - A descriptive cross-sectional study on the awareness and use of evidence-based guidelines by Australian radiation therapists (ePoster) View here.

- Russell Chan (PhD Candidate) was an invited speaker to present to the Department of Psychology, Saint Petersburg State University, Saint Petersburg, Russia on 19 June 2014. Title of the talk: “Neurological disability: emotional, motivational and movement changes with yoga and meditation”. The link to the full-article is on the Saint Petersburg University website (it is in Russian but Google Chrome/Translate can give an accurate translation of the text): http://spbu.ru/news-spsu/21156-jogaterapiya-posle-insulta

12th Behavioural Research in Cancer Control Conference
12-15 May 2015
For more information, visit cancercouncil.com.au/BRCC2015
RESEARCH NEWS

- Congratulations to John Arnold who was awarded the Early Career Researcher Award at the 2014 Australian and New Zealand Orthopaedic Research Society (ANZORS) Conference 21-23 September 2014.

- The following members from iCAHE were successful in obtaining funds from the Victorian Department of Education and Early Child Development for a Rapid Review on the “Education support for children and young people with chronic mental and physical health issues”: Dr Lucylynn Lizarondo, Ms Kate Beaton, Dr Kobie Boshoff, Dr Janine Dizon, Ms Debra Kay, Dr Louise Wiles and Ms Allison Willis. The review was finished middle of September 2014.

RESEARCH WEEK

- Congratulations to the following PhD Students for their prize-winning posters at Research Week.
  
  o 1st prize Joel Fuller “The effect of a minimalist racing flat on 5km running performance, running economy and biomechanics in trained runners” by J Fuller, M Tsiros, N Brown and J Buckley.

  o Runners up:


    ▪ Jocelyn Kernot “Piloting and usability testing of the mums step it up Facebook app – a team-based social networking physical activity intervention for women with young children” by J. Kernot, T Olds, L Lewis and C Maher.

Research Week Team Challenge “perpetual trophy”: Anatomy Team – Dr Arjun Burlakoti, Dr Nicola Massy-Westropp, Debbie Howson and Harsha Wechalekar.
LUNCHTIME SCHOOL ACTIVITIES

RESEARCH

Come along to the School’s lunchtime research activities to listen to some of the great research being done by staff and students in the School of Health Sciences. **Assoc. Prof Susan Hillier** recently described her work on using vision and proprioception to train movement and improve movement performance and posture in people who have suffered stroke or head injury. Her research in this area involves novel and highly advanced dynamic and interactive visual graphics, which has received widespread media coverage in the last few months. **Dr Ali Coates** has also recently described her work with **Dr Kade Davison** and colleagues on the importance of endothelial function and its critical importance as an underlying precursor to a variety of conditions including heart disease, diabetes and renal failure. Dr Coates described the use of flow mediated dilatation and ultrasonographic techniques to assess endothelial function and the health enhancing impact of polyphenols on endothelial function. These are found in red wine and chocolate, but tragically the volume of each to deliver an ameliorative dose is bit too large to provide benefit! 😞

TEACHING

The School also hosts a monthly lunchtime Teaching and Learning session, the following informative activities are some of the examples to date:

- Interactive Q&A style session, a panel discussion around a case scenario involving Occupational Therapists, Physiotherapists and Exercise Physiologists. Discussion by the panel and from the floor was around the roles of all allied health disciplines in managing this case.
- Tim Sawyer and Nicola Massey-Westropp presented on how they use i-pads in class to engage students.
- Emma George presenting on the process involved to create an i-book.
- Denise Ogilvie to talk about how she engaged students in submitting video presentations as an assessment, rather than asking the students to present in class (Friday, 24 October).

If you have the opportunity to attend please do so. These sessions are valuable and helpful and provide an opportunity to network with your colleagues.
SHOWCASE: PhD AND HONOURS RESEARCH

A systematic review on the use orthotics for flat feet proves popular as one of the top 10 accessed articles for *The Journal of Foot and Ankle Research* since publication (over 6,000 views since April 2014).

*Helen Banwell*

Foot orthoses are the most commonly quoted intervention for adults with flexible pes planus, yet the evidence to support this intervention has not been clearly defined. We undertook a systematic review to determine what the literature tells us about their use. Electronic databases were systematically searched in June 2013 for studies where: participants had identified flexible pes planus; the intervention was foot orthoses; and outcome measures were reported for the ‘with foot orthoses’ and the ‘shoes alone’ condition. Outcomes of interest were: changes in foot pain; rearfoot kinematics; foot kinetics; and overall physical function. Thirteen studies met the inclusion criteria with 59 relevant outcome measures reported. Of the 59 outcome measures reported, 42 were calculated to show no statistically significant effect observed with the use of foot orthoses, 16 were calculated to show a statistically significant medium or large effect favouring the ‘with foot orthoses’ condition (standardised mean difference (SMD) range -0.54 to -4.11), and 1 was calculated to show a statistically significant large effect favouring the ‘shoes alone’ condition (SMD 1.13). Overall, no high level evidence was found, however, good to moderate level evidence exists that foot orthoses improve physical function (medial-lateral sway in standing and energy cost during walking). Only low level evidence was found that foot orthoses improve pain, reduce rearfoot eversion, alter loading and impact forces; and reduce rearfoot inversion and eversion moments in flexible pes planus.

INFOGRAPHIC FROM THE FRENCH INSTITUTE OF SPORT!

A recent systematic review paper from PhD student Sam Chalmers (Chalmers, S., Esterman, A., Eston, R., Bowering, J. and Norton K (2014). Short-term heat acclimation training improves physical performance: A systematic review and exploration of physiological adaptations and application for team-sports. Sports Medicine 44, 971-988) was recently picked up by Yann Le Meur (French Institute of Sport) and summarised into an infographic!

http://3.bp.blogspot.com/-SjcMC_TAGMU/VcF_YmnbXvI/AAAAAAAAAK8/7QZszlyAv0o/s1600/Heat%2BTraining.png
PUBLICATIONS BY STAFF AND STUDENTS

5 Year IF= 3.66; 2 Year IF= 3.29 (48/194 Clinical Neurology, 8/117 Pediatrics).  
Abstract

5 Year IF= 9.86, 2 Year IF= 7.17 (2/111 Psychology Clinical).  
Abstract

5 Year IF=3.14; 2 Year IF=2.70 (8/29 Anesthesiology, 75/194 Clinical Neurology).  
Abstract

5 Year IF= 5.00, 2 Year IF= 4.21 (30/194 Clinical Neurology, 64/251 Neurosciences).  
Abstract

5 Year IF= 2.856, 2 Year IF= 2.298 (19/81 Sports Sciences)  
Abstract

6. **Ducat, W., Burge, V., Kumar, S.** 2014. Barriers to, and enablers of, participation in the Allied Health Rural and Remote Training and Support (AHRRTS) program for rural and remote allied health workers; a qualitative descriptive study. *BMC Medical Education*  
5 Year IF = 1.725; 2 Year IF = 1.409 (14/36 Education, Scientific Disciplines).  
Abstract

5 Year IF = 3.640; 2 Year IF = 3.319 (65/202 Oncology).  
Abstract

5 Year IF=4.01; 2 Year IF=3.53 (8/55 Multidisciplinary Sciences).  
Abstract

5 Year IF=NA, 2 Year IF=1.125 (14/35 Hospitality, Leisure, Sport & Tourism; 48/137 Sociology).  
Abstract

Impact Factor NA.  
Abstract
5 Year IF=3.60; 2 Year IF= 3.21 (6/29 Anesthesiology, 51/194 Clinical Neurology, 111/251 Neurosciences).  
Abstract

Impact Factor NA

5 Year IF=2.160, 2 Year IF=1.928 (25/83 Biology).

Impact Factor NA


5 Year IF = 0.840; 2 Year IF = 0.662 (109/150 Medicine, General & Internal).

Impact Factor NA.

5 Year IF= 5.00, 2 Year IF= 4.21 (30/194 Clinical Neurology, 64/251 Neurosciences).

5 Year IF=2.781, 2 Year IF=2.321 (51/160 Public, Environmental, & Occupational Health).

5 Year IF= NA, 2 Year IF= 0.827 (50/62 Rehabilitation).

5 Year IF = 0.840; 2 Year IF = 0.662 (109/150 Medicine, General & Internal).


SCHOOL ADMINISTRATION

NEW ONLINE LIBRARY GUIDE – DIGITAL LEARNING RESOURCES
Adriana Ciccone (Academic Librarian)

In support of the move to blended learning (including the flipped classroom) the Library has created a new online resource for academic staff. The Digital Learning Resources guide provides a centralised location where you can discover:

- case studies from UniSA and other institutions;
- digital educational resources in the collection and freely available;
- digital resources to recommend for Library purchase;
- references on pedagogical and design aspects of blended learning.

The guide can be accessed via the staff portal (Library > Teaching > Digital Learning Resources). If you would like to suggest literature, case studies or resources for addition to the guide, or digital resources supporting your teaching for addition to the Library collection, your Academic Library Services Team would be glad to discuss.
RESEARCH GRANTS / FUNDING

HEART FOUNDATION FOCUS GRANTS

Research Projects
Four research projects have been proposed for funding in 2014:

1. Expanding portion sizes - are we eating what we should be?
This project will fill an existing knowledge gap on how the eating patterns of Australians align with recommended eating patterns. In particular, how the average portion size of selected foods consumed by Australians maps to the recommended serve sizes outlined in the Australian Dietary Guidelines, and how these relate to industry determined serving sizes on-pack. Findings from the proposed project are expected to inform possible policy responses to Australia’s obesity and chronic disease crisis, and guide Heart Foundation consumer messaging and advocacy platforms to that effect.

2. What is the experience of Aboriginal and Torres Strait Islander patients in hospital following an acute cardiac event? What are the opportunities to improve service provision? The project will include consideration of at least: the patients’ experience of overall care, culturally appropriate information, communication and the approach of health professionals.

3. Encouraging businesses to adopt activity-permissive workplaces to reduce sitting time at work
The goal is to identify key factors which will influence employer decisions regarding creation of an activity permissive workplace. The factors identified should: (i) contribute to endpoint development for future intervention studies, and (ii) influence development of work place tools promoting breaks in sedentary time.

4. Recalibrating the cardiovascular risk assessment tool pertinent to the Australian population
The objective is to identify appropriate datasets and re-calibrate the absolute cardiovascular disease risk calculator for use within Australian clinical practice, and to include risk factors not accounted for in current models. Ultimately, we envisage a collaborative approach between groups of applicants, combining relevant datasets to develop a population specific calculator that will improve the accuracy of identification of individuals at risk within our population.

Eligibility criteria: Open to all cardiovascular researchers
Duration: Depends on the project, but it must commence on 10 December 2014
Value: up to $150,000 in project funding

THE EMERGENCY MEDICINE FOUNDATION: NATIONAL RESEARCH PROJECT GRANT ROUND

Expressions of Interest now open:

The Emergency Medicine Foundation supports and fosters innovative research and delivers outcomes that translate to real and practical benefits for patients and the health system.

We are pleased to offer our first national grant round funding research into emergency retrieval, care and medicine in rural and remote locations in Australia.

Eligibility criteria: The grant committee will accept research projects from individuals and organisations offering practical and translatable outcomes in emergency health service provision, and/or outcomes that support more effective retrievals and actions where retrievals are not available, and will positively impact the lives of Australians in rural and remote areas.

Value: Research project EOIs will be accepted up to the value of
- $25,000
- $50,000
- $100,000

By submitting an EOI you may opt-in to be considered for further funding opportunities.
Duration: Preference given to projects able to demonstrate substantive outcomes within 1 to 2 years.
Expressions of Interest Closing Date: 5pm AEST 28 November 2014
Submissions: Please submit Expression of Interest via the [online application form](#).
Subsequent full applications: Due 27 January 2015, using the standard Emergency Medicine Foundation online grants application system.

For more information, please contact the Emergency Medicine Foundation Research Team on (07) 3720 5700 or grants@emfoundation.org.au

Previous successful projects have included:

**Washing to save lives**
Confusion at the basin means emergency department staff sometimes don’t wash their hands correctly.

**Safer treatment for children with head injuries**
If your child was one of the thousands admitted to an ED every year with a head injury, wouldn’t you like to know the doctor was using the world’s best diagnostic tools?

**Faster methods for diagnosing chest pain saves lives**
Imagine having to wait up to 24 hours to find out if you’ve had a heart attack!

**The effective of skin glue on IV lines**
35% of routinely inserted peripheral intravenous lines (IVL) fail. This is poor for patient well-being and very costly in terms of staff time and financial costs.

Please contact Senior Business Development Manager Bruce Chadwick for further information extension: 22333
Postgraduate study offerings
FOR ALLIED HEALTH PROFESSIONALS

ARE YOU INTERESTED IN UNDERTAKING POSTGRADUATE STUDIES TO ADVANCE AND EXTEND YOUR KNOWLEDGE AND SKILLS IN YOUR PROFESSIONAL AREA, OR TO DEVELOP LEADERSHIP, RESEARCH OR PROJECT SKILLS?

The University of South Australia offer flexible study programs for Allied Health professionals that you can choose or tailor to meet your professional development needs. External and part-time study options make it easier to work while studying. You may also choose self-directed studies that allow you to integrate your university learning with workplace learning.

Graduate Certificate in Health Science (Clinical Education)

DURATION: 0.5 YEARS
LOCATION: CITY EAST CAMPUS

The Graduate Certificate in Health Science (Clinical Education) has been designed to assist health professionals working in the area of clinical education to extend their knowledge and skills and pursue professional development opportunities in educational and workplace settings.

To be awarded this qualification you will be required to successfully complete 18 units of study.

The program prepares students to provide clinical teaching in a clinical or education provider environment.

unisa.edu.au/health
Graduate Certificate in Health Science

DURATION: 0.5 YEARS
LOCATION: CITY EAST CAMPUS

The Graduate Certificate in Health Science has been designed to assist health professionals in extending their knowledge and skills to pursue professional development interests in a variety of health science areas.

The program offers students the opportunity to advance their knowledge in critical perspectives of the current health system, clinical education or a topic area of their choice relevant to their professional role. The structure of the program has flexibility to allow students to tailor their learning to their specific needs while also being part of a pathway to higher research degrees.

To be awarded this qualification you will be required to successfully complete 18 units of study.

Credit may be granted on application for previous studies at postgraduate level.

Master of Health Science

DURATION: 1.5 YEARS
LOCATION: CITY EAST CAMPUS

The program provides health professionals with opportunities to advance their knowledge and skills in their professional field of practice, and develop the ability to independently undertake workplace based projects or research.

To be awarded this qualification you will be required to successfully complete 54 units of study.

Credit or advanced standing may be granted on application for previous studies at postgraduate level.

Entry requirements

For admission, candidates will have successfully completed a Bachelor degree in a health science area from a recognised higher education institution or equivalent qualification and have a minimum of one year full-time, or equivalent, work/professional/clinical experience in a health science related area, following completion of the undergraduate degree.

Applications are to be made through the SATAC GradStart website: satac.edu.au

Further information

To find out more contact Associate Professor Kerry Thoirs:
Phone: 08 8302 1053
Email: kerry.thoirs@unisa.edu.au
unisa.edu.au/health

The University of South Australia reserves the right to alter, amend or delete any program, fee, course, admission requirements, mode of delivery or other arrangements without prior notice.

CRICOS provider number 00121B. Information correct at time of printing (October 2014)