Hi Everyone!

Crossing the Horizon and Program Reviews
Following the Vice Chancellor’s Crossing the Horizon Strategic Action Plan 2013-2018 presentation, it’s obvious that we are entering an exciting period of planned changes and expected achievements in the next 5 years and beyond. Next week I will be taking part in a Senior Staff Event with the Vice Chancellor and senior academic and professional leaders across the University, with a view to working through both the big picture of Crossing the Horizon as well the details that accompany its implementation. The impact this will have on our School’s core business of teaching, administration and research will become clearer over the next few months. The Provost and Chief Academic Officer (Prof Allan Evans) has already commenced a School review process of examining all University programs and courses to ensure that adequate resources are directed to support the academic work-force, facilities and infrastructure to meet the learning needs of student’s and high quality graduate outcomes.

Research Week
I hope you will all have Research Week locked into your diaries. This year A/Prof Susan Hillier (Associate HOS: Research) has introduced a different program from previous years, which includes staff presentations as well as those from our HDR students. It’s an important event in our diaries and promises to be an eventful and interesting week. Details are included within.

PhD Showcase – call for examples
I would really like to showcase our HDR students research and invite staff, Honours and PhD students to submit a short piece to the Newsletter to showcase their research. Thank you to Gavin Tempest for your submission.

Teaching and Learning: Inside View – call for examples
There are lots of great learning and teaching activities and experiences happening in the School of Health Sciences. I think it would be nice to share some of these with one or two simple descriptions of some of the activities. An example is within.

Program Director Recruitment
We will soon be interviewing for the new Program Director: Bachelor of Health Sciences (Honours) and expect to appoint to this role within the next few weeks. We will also be calling for expressions of interest in the Program Director: Clinical Exercise Physiology in the next few weeks, as Maarten Immink steps down from the Program Director role from the end of December, having paved the way for the accreditation of the Clinical Exercise Physiology Program in 2014.

Contributions to the HLS Newsletter
Thanks again for all your contributions to the Newsletter. It goes out to all students and staff in Health Sciences, selected UniSA staff and external stakeholders. It is also 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 ☺
Just for a smile!

Q. What do you get when you cross a sheep with a kangaroo?

Did you know?

You can access transactional information about your PD Funds and Cost Centres, and this can be accessed from My Cost Centres in your My UniSA staff portal.

A helpful guide detailing how to do this can be accessed to assist with navigating the site.

If you require any assistance or have any queries, please contact health.finance@unisa.edu.au
**STAFF NEWS AND APPOINTMENTS**

- Congratulations to **Ashleigh Smith (Postdoctoral Research Fellow – Exercise for Health and Human Performance Group)** who was successful in winning the 2013 Trevor Prescott Freemason’s Memorial Fellowship (valued $3,500). This funding will enable Ashleigh to travel to Thailand for the ASICS Conference of Science and Medicine in Sport in October as well as provide some start-up funds for her neuroplasticity research.

- Congratulations to **Dr Caroline Fryer** who has been invited to be a member of the Advisory Committee to the National Stroke Foundation’s High Risk and Culturally Diverse Strategy Development.

- **Dr Kylie Johnston** (International Centre for Allied Health Evidence, UniSA), Mary Young (Royal Adelaide Hospital), **Professor Karen Grimmer** (Director, International Centre for Allied Health Evidence, UniSA) and Chris Seiboth (CEO, Central Adelaide and Hills Medicare Local), with associates Dr Aeneas Yeo (Department of Thoracic Medicine, RAH) and Jo Teakle (Senior Project Officer, Central Adelaide and Hills Medicare Local) have been awarded funding ($100 000) by the Australian Primary Health Care Research Institute in a recent call by their Lead Clinicians Group for projects into Clinical Handover/Transitions of Care.

Their successful project title is “Implementing care coordination plus early rehabilitation in high risk patients with chronic obstructive pulmonary disease (COPD) in transition from hospital to primary care”. The project builds on collaborative research conducted by the RAH/UniSA team during the last 3 years and broadens the scope of this work to also collaborate with Central and Adelaide Hills Medicare Local in the care of people with chronic lung disease.

- Congratulations to **Dr Caroline Adams** who has been elected onto the Australian Council for Professional Historians Association.

- Congratulations to **Professor Roger Eston** who was awarded the Sportesse Exercise Science Prize of £500 ($800) for ‘the best oral presentation made by a Professional member of the British Association of Sport and Exercise Sciences, BASES’) at the BASES Annual Conference in Preston, UK in September 2013. The presentation was entitled “Perceptually-regulated exercise testing to assess maximal oxygen uptake is valid and feels better” co-authored by Harrison Evans, Dr Ashleigh Smith, Belinda Norton and Associate Professor Gaynor Parfitt.

Lisa Cunningham (Radiation Therapy Lecturer) won second prize for best presentation at the recent Australasian Pinnacle User Group Meeting held in Sydney. Her presentation was a case study entitled “Employing a SIB IMRT technique to treat a large grade IV GBM”. The prize of a micro music system was kindly donated by Philips.
TEACHING AND LEARNING

MASTER OF PHYSIOTHERAPY (GRADUATE ENTRY)

Dr Shylie Mackintosh

At a pre-graduation function on 28 August the School marked the completion of last July cohort of Master of Physiotherapy (Graduate Entry) students and the first cohort of students who have entered through the University of Tasmania pathway. Ruth Grant presented the Ruth Grant prize to the student with the highest academic achievement in the Master of Physiotherapy (Graduate Entry) and Marilyn Pitt presented the Elma Casely prize to the student of Master of Physiotherapy (Graduate Entry) whose assessments throughout the program have shown the greatest clinical and human relationship skills.
ASIA PACIFIC AUTISM CONFERENCE

Susie Owens

At the Asia Pacific Autism Conference held in Adelaide in August this year a paper entitled "Cross Cultural partnership for the Management of ASD in Cambodia" was presented and written by Annie Sunners (OT working with Autism SA) and Many San (Project Manager with Komar Pikar Foundation). Komar Pikar Foundation is a Cambodian NGO working with children and young people with disabilities. Other input for the paper was provided by UniSA OT program staff (Sue Gilbert-Hunt and Susie Owens) and by Kerry Thomas (ED of InterPART).

This paper presented the opportunity to inform the autism community about the exciting partnership between Komar Pikar Foundation (a Cambodian NGO working with children and young people with disabilities in Cambodia), InterPART (a well-respected Australian NGO working in Cambodia), and UniSA. Since July 2011 this partnership has seen a rotation of 4th year Occupational Therapy students on placement in Phnom Penh and rural centres. They have worked in collaboration with KPF staff and others to build capacity around provision of services for young people with disability, including those with ASD. Annie Sunners has been extremely generous in sharing her knowledge and expertise around supporting people with Autism. Her support to Cambodian staff and our OT students is much appreciated.

Students and others in the partnership have developed their skills and knowledge in working cross culturally and this paper highlighted the challenges and successes of this process, particularly in relation to meeting the needs of children and young people with ASD. It was wonderful to have two of our Cambodian colleagues here attending the conference and meeting with UniSA staff. In particular it was a highlight for Many San to be able to co-present this paper with Annie and bring to life its cross-cultural focus.
RANGSIT UNIVERSITY MEDICAL SCHOOL iPAD PILOT WORKSHOP  
**Tim Sawyer**

Tim Sawyer conducted a 5-day workshop at Rangsit University Medical School, Thailand on how the iPad can be used to improve teaching and learning in Health Sciences.

The key objectives for the Rangsit University iPad Pilot workshop were to:

- Demonstrate to staff and students key applications relevant to Rangsit Medical School, and how these applications can be integrated into existing classroom activities to improve teaching and learning.

- Demonstrate to staff the ease and efficiency of transferring and adapting existing curriculum materials to the iPad ecosystem, as well as how to create new multi-touch books for the iPad, to provide a more engaging student learning experience.

**Outcomes**

Whilst the iPad Pilot Project continues, the workshop was, by all measure, a success as staff and students witnessed first-hand how the iPad can make a real, meaningful impact on teaching and learning in health sciences. Student comment: ‘The topic is really complex, and the app gave us an individual view of each muscle provide better understanding’.

Tim also presented seminars on use of the iPad in Health Sciences to the Mahidol University Medical School Board Meeting (which included representatives from Medical Schools at Siriraj University and Ramathibodi University), and Thammasat Medical School, Thailand.

2012 CHANCELLOR’S AWARDS FOR COMMUNITY ENGAGEMENT - MOBILE ALLIED-HEALTH CLINIC  
**Feedback provided to Executive Officer to the Chancellor’s Awards for Community Engagement Selection Committee**  
**Dr Sara Jones**

The Chancellor’s Award last year was presented to our group for the work that we were undertaking with the Mobile Health Van. The collaborative work described in that application has continued and increased in both volume and diversity since that time, with our community engagement activities including:

- **Tour Down Under (January)** - Physiotherapy, Podiatry, Human Movement and Health Science students were located with the van in Victoria Square each day of the Tour, providing public education and advice on a range of cycling issues.

- **Yorke Peninsula Diabetes Screening** – three week-long visits involving students of Podiatry, Dietetics and Exercise Physiology have been conducted this year, with two more scheduled in November and December.

- **Point Pearce Aboriginal Community clinic** – this has evolved into a regularly scheduled six-weekly clinical service at which local community members are provided access to podiatry services that would be otherwise unavailable and require travel to Adelaide. The age range for this spans the very young to the elderly and the clinic is fully booked at each visit. Both Exercise Physiology and Dietetics students have also had involvement with this service.

- **Pedal Prix** – particularly involving input from Human Movement and Health Science students.

- **Kangaroo Island clinical and education outreach.** These week-long trips provide residents access to screening, treatment and education services throughout the island. There is no regular podiatry service available on KI, so this is meeting an immediate community need and provides services for both adults and children. Podiatry staff and students are on KI this week with the MAHC van and have another visit scheduled in November.

- **Additional to this,** the van has been taken to single-day community health events, including Port Pirie, Crystal Brook and Jamestown. The van will be involved with the Homeless Expo next month, with involvement from a multi-disciplinary team.

The funding from the award has been used for three main purposes:

- The first was to allow us to address a major issue with access into the van. The original steps up to the van proved difficult for elderly or less mobile people to negotiate. As a result, there were some members of the community that were physically unable to get into the van. We have used the funds to change the access by design of a ramp and a set of half-steps for this purpose. This is in the process of being finalised.
Secondly, we were able to address a stability concern with the van (it has a rocking motion when there are two or three people moving around in the back) through the provision of stabilisers for the rear of the van.

Finally, we have been able to purchase some additional diagnostic equipment to help provide an early warning of changes due to conditions such as diabetes. This diagnostic equipment is used by all disciplines in health screening activities.

The use of the MAHC van will continue to increase over the next year, and it is very exciting to see an increase in the diversity and proposed range of activities proposed for 2014. The van has proven to be a highly effective "billboard" for our University.

### TEACHING AND LEARNING – INSIDE VIEW (EXERCISE PHYSIOLOGY 2)

**Laboratory Experience: Using perceived exertion to estimate maximal functional capacity**

Pictured: Denae Joaquim enjoying the ride with fellow Human Movement students to discover the validity of using submaximal effort ratings and heart rate to estimate maximal work rate.

![Graph](graph1.png)

**Equation 1**

\[ y = 2.32x - 240.5 \]

\[ R^2 = 0.93 \]

![Graph](graph2.png)

**Equation 2**

\[ y = 18.5x - 155.8 \]

\[ R^2 = 0.98 \]

In this practical we demonstrated the linear relationship between submaximal heart rate, perceived exertion and power output on an exercise bike. Insertion of Denae’s age-predicted maximal heart rate of 196 into equation 1 predicted a maximal power output of 214 W. Insertion of a theoretical maximal RPE into equation 2 also predicted a maximal power output of 214W! Denae’s actual maximum power output achieved in this test was 208 W! In Denae’s case, the prediction of maximal power output from the submaximal RPE was as good as using HR. HR and RPE predicted maximal power output to be within <3% of the actual value. The power of the brain is quite amazing!
RESEARCH NEWS

RESEARCH UPDATE

Associate Professor Susan Hiller

Three schemes to support imminent grant applications have been announced:

- Up to ten trans-disciplinary applications: $20,000 per project;
- Up to ten applications to ARC Discovery and NHMRC Project proposals: $5,000 per project;
- The services of Merilee Robb (experienced grant reviewer) and a grant writer to a selected pool of applications for ARC-Linkage funding.

For more details contact Susan Hillier in the first instance.

Don’t forget to attend Research Week events (see program details below). If for some reason you are unable to attend can you please advise Roger Eston of your absence. The program looks great and will generate lively discussion amongst all staff and HDRS particularly how we could go about applying some of the research findings from our work in our teaching or how we could research about our teaching.

Monday 30th September

9.00am – 11.45am, C4-16, Centenary Building, City East (morning tea 10.15-10.45am)
Welcome to Research Week from Associate Head of School: Research

New Candidate Presentations
- Kathy Devonshire-Gill: Trend analysis of the physical activity patterns of the Australian adult population from 1997 to 2012
- Sarah Wallwork: Exploring inner space: Modulation of defensive peripersonal reflexes by perceived threat
- Courtney Davis: The effects of an Australianised traditional Mediterranean diet on cardiovascular health in a population of elderly Australian men and women

Research Centre in Focus – Exercise for Health and Human Performance

1.00pm – 3.00pm, C4-17, Centenary Building, City East
Staff Workshop: Teaching Matters – Spread the word
Facilitator – Dr David Birbeck, Lecturer: Academic Development

Tuesday 1st October

9.00am – 10.30am, C4-16, Centenary Building, City East

New Candidate Presentations
- Scott Weeks: Developing foundations for robust occupational-therapy-based intervention studies to address the sensory needs of children with Autism Spectrum Disorder in Australia
- Nerylee Watson: A comparison between a higher-protein lower-carbohydrate diet and a lower-protein higher-carbohydrate diet combined with regular moderate intensity exercise on diabetes control, cardiometabolic health, food cravings, cognition and psychological wellbeing in adults with type 2 diabetes (T2DM)

Research Centre in Focus – International Centre for Allied Health Evidence

10.30am – 12.00pm, BJ2-20 (includes morning tea)
Continuing Candidates Poster Session
Wednesday 2\textsuperscript{nd} October

9.00am – 11.00am, C4-16, Centenary Building, City East (morning tea 10.30-11am)
New Candidate Presentations

- Clint Bellenger: \textit{Tracking Changes in Exercise Performance in Athletes using the Maximal Rate of Heart Rate Increase}
- Dianne Wilson: \textit{The Power of the Group – Exploring the effects of group composition on the outcomes of cognitive behavioural group therapy programs for chronic pain}

\textit{Research Centre in Focus – Nutritional Physiology Research Centre}

11.00am – 12.45pm, C4-16, Centenary Building, City East (Tentative)
Staff Research Presentations

Thursday 3\textsuperscript{rd} October

9.00am – 11.45am, C4-16, Centenary Building, City East (morning tea 10.15-10.45am)

New Candidate Presentation

- Carolyn Murray: \textit{Revealing and overcoming difficult concepts and troublesome occupational therapy knowledge}

\textit{Research Centre in Focus – Body in Mind}

Presentations by finalists in Poster Session

New Candidate Presentation

- Tory Madden: \textit{Pain by association? Investigating classically conditioned pain}

\textit{Research Centre in Focus – Health and Use of Time}

Friday 4\textsuperscript{th} October (timings for Friday still tentative)

10.30am – 2.30pm, C4-16, Centenary Building, City East (lunch and afternoon tea provided)

Wrap up of Research Week from Head of School
Staff Research Presentations

2.30pm – 4.00pm, C4-16, Centenary Building, City East
Completing Candidates ‘5x5’ Presentations

4.00pm – 5.30pm, C4-17, Centenary Building, City East
Team Challenge and Social Event
FUTURE HEALTH LEADERS (FHL) COUNCIL

Congratulations to John Arnold, Podiatrist and PhD candidate, for being selected to be the Podiatry Representative on the Future Health Leaders (FHL) Council for 2014. John was selected from almost 90 applications.

Future Health Leaders (FHL) is an initiative of Health Workforce Australia (HWA) established in 2011 to ensure ongoing engagement of emerging health professionals in the health reform process. FHL has created a Council to represent the 24 eligible health disciplines and will act independently of HWA to discuss pertinent issues concerning young health professionals and students. These discussions will aim to develop possible solutions to these issues and to establish position statements and discussion papers for wider comment and dissemination. In addition to this, the Council will aim to provide advice to HWA Board and act as a standing forum to discuss a range of HWA programs and initiatives.

SUCCESSFUL AGEING SEMINAR - NUTRITION AND DIABETES

Nutrition management is fundamental for the prevention of Type 2 diabetes and the effective management of both Type 1 and Type 2 diabetes. The final Successful Ageing Seminar for 2013 will provide information about nutritional research underway at the University of South Australia that could help people reduce their risk of contracting diabetes and improve the quality of life for those who already have this condition.

Professor Jon Buckley, Director of the University's Nutritional Physiology Research Centre, will discuss the long and short-term health effects of low carbohydrate diets on diabetes. This will be followed with a discussion by Dr Alison Coates on the relationship between unsaturated fats (with a focus on nuts) and diabetes management. Dr Coates is the Deputy Director of the Nutritional Physiology Research Centre.

- **Date:** Thursday, 26 September 2013
- **Start Time:** 2:00 PM
- **Finish Time:** 4:00 PM
- **Venue:** Lecture Theatre BH2-09, Barbara Hanrahan Building, City West campus
- **RSVP Date:** Tuesday, 24 September 2013
- **RSVP Contact:** giving@unisa.edu.au

Other information: This is a free event. No tickets will be issued, however registration is essential.

STUDENT PUBLICATION INCENTIVE SCHEME

Congratulations to Rebekah Das, who was recently awarded a payment under the School Student Publication Incentive Scheme for her publication “Dimensions of Sensation Assessed in urinary Urgency: A Systematic Review” which was published in The Journal of Urology.

AWACCS INSTRUMENT

Researchers at iCAHE (Saravana Kumar and Jess Stanhope) recently completed a research project which focused on the evidence informed development of a tool to screen for decline in community-dwelling individuals. This outcome of this project was the development of the AWACCS instrument (AWAC is a term used in the military to describe an aircraft used for Advanced Warning And Control. It is an aircraft that is considered to be ‘the eye in the sky’. It is used to detect early changes on the ground and in the sky to alert government of the potential for a crisis. The AWACCS instrument is also for the detection of early change in function). This research was part of a larger Health Workforce Australia funded functional decline project. The AWACCS instrument is currently being implemented across numerous health care sites locally and nationally. Recently, given the success of the AWACCS instrument, the ACH Group in South Australia have developed an AWACCS App for their mobile devices. The AWACCS App enables health workers to electronically document changes in community-dwelling individuals during their interaction, and this information is then passed on to their health care providers, who can then assist in coordination and delivery of timely and early intervention. This is yet another example of a research project within iCAHE which brings together researchers, health care providers, administrators, funders and policymakers, who collaboratively work in improving the quality and safety of health care in Australia.
HARNESSING FACEBOOK TO IMPROVE HEALTH

Researchers from the Health and Use of Time group are seeing if online social networks can be used to promote an active lifestyle. A pilot conducted early in 2013 showed that users increased their physical activity participation by almost three hours a week using the program.

The research team, led by Dr Carol Maher and Professor Tim Olds, along with PhD candidate Jocelyn Kernot, is now launching two Facebook apps. One of the apps “Mums Step It Up” is designed to be used by mothers of babies under 12 months, while the Active Team app is for all adults aged 18-65 years old.

They are seeking recruits to trial the new apps. Participants use the apps to form teams with friends, with all participants receiving a pedometer. Participants are encouraged to reach a target of 10,000 steps a day for 50 days, using the app to record their daily counts and interact with team mates. In addition, all participants who complete the studies will be entered into a random draw for a $300 cash prize.

For further information, visit the apps on Facebook by typing "UniSA active team" or "Mums Step it Up" into the Facebook search bar, or phone or email:

**UniSA Active Team**
Phone: 0401698143
Email: active.team@unisa.edu.au

**Mums Step it Up**
Phone: 8302 1289
Email: Jocelyn.Kernot@unisa.edu.au

FACULTY 1000

Researchers at iCAHE (Saravana Kumar, Khushnum Pastakia and Kate Beaton) are members of the Faculty 1000. Saravana Kumar is a faculty member of Public Health and Epidemiology. They help other researchers and scientists find what they need to read by contributing to F1000Prime (http://f1000.com/prime/), the in-depth directory of top articles in biology and medicine, as recommended by a Faculty of over 5,000 expert scientists and clinical researchers (including eight Nobel Prize winners), assisted by 5,000 associates. To date, we have commented on more than 20 research articles and recently we were commended by Heads of the Health Systems and Services Research Section on the popularity of our submissions, highlighting that the papers we picked to recommend and the opinions we shared were particularly valued by the community.
SHOWCASE: PhD and Honours Research

SELF-REPORTED TOLERANCE INFLUENCES BLOOD FLOW IN THE BRAIN AND THE WAY WE FEEL DURING EXERCISE

By

Gavin Tempest (Exercise for Health and Human Performance Research Group)

Take a moment to imagine that you are exercising….It’s a challenging intensity, your breathing is increased, you are hot and starting to sweat, and you can feel a slight twinge in your muscles letting you know that you are working hard. Now ask yourself, do you feel good or do you feel bad?

There is usually a mixture of responses to this question so we want to know – What happens in the brain during exercise that influences the way we feel?

This is not only important because physical inactivity is the biggest public health problem of the 21st century, but feeling good, or more importantly not feeling bad during exercise, is linked to future exercise adherence. If you feel good during exercise you are more likely do it again.

Background

How we perceive physiological input from the body during exercise (for example, increases in breathing and temperature) is a proposed trait, a tolerance of the intensity of exercise.

Tolerance describes how we might cognitively process physiological input from the body which influences how we feel. This occurs in the frontal cortex of the brain, but until recently we’ve had limited methods available to examine the brain during exercise.

Methods

Tolerance was measured using a simple questionnaire. Blood flow (oxygenation) in areas of the frontal cortex was measured using Near Infrared Spectroscopy (see Figure 1) and feeling states were reported during incremental exercise to exhaustion.

Blood flow (oxygenation) and feeling states were compared between groups of individuals with a high or low self-reported tolerance.

Data were extracted at intensities of exercise standardised to individual gas exchange thresholds (Figure 2) so everyone received the same relative physiological input.

Figure 1: Near infrared Spectroscopy (NIRS) involves placing optodes on the scalp which shine light into the tissue. The change in light concentration between the optodes indicates blood oxygenation levels and reflects local neuronal activity.

Figure 2: Exercise intensity domains standardised to gas exchange thresholds (GET 1 and 2)
Results
In the heavy domain, the low tolerance group indicated greater blood flow in the left hemisphere (relative to the right and both hemispheres in the high tolerance group). In the severe domain, the low tolerance group indicated greater blood flow in the left (relative to right) hemisphere, and the high tolerance indicated greater blood flow in the right (relative to left) hemisphere (Figure 3). Individuals with a high tolerance felt better than those with a low tolerance.

Figure 3.

* indicates difference

Conclusion
Self-reported tolerance (measured using a simple questionnaire) influences asymmetrical patterns of blood flow (oxygenation) in the brain (which reflects different neuronal processes) and influences how we feel. We now need to determine what cognitive mechanisms are involved; can we be taught or trained to engage our brains during exercise so that we feel good, or importantly not feel bad?

Gavin Tempest is supervised by Associate Professor Gaynor Parfitt and Professor Roger Eston

RESEARCH GRANTS / FUNDING

- **Lucy Lewis and Professor Tim Olds.** Sedentary behaviour in people with cardiovascular disease: a pilot randomised controlled trial. Physiotherapy Research Foundation Seeding Grant. $9,720.00.

- **Rebekah Das, Professor Jon Buckley** and Marie Williams have received a grant from the Physiotherapy Research Foundation as follows:
  - Das R, Buckley J, Williams MTW, ‘Assessing the sensation of ‘desire to void’: development of a new instrument’, Physiotherapy Research Foundation Seeding Grant 2013, $10,000.
# PUBLICATIONS BY STAFF AND STUDENTS


**Abstract**  
5 year IF = N/A; 2 Year IF = N/A (Journal Ranking N/A)

5 year IF = 2.683; 2 year IF = 2.082; (22/84 Sport Sciences)  
**Abstract**

**Abstract**  
5 year IF = 3.004; 2 Year IF = 2.859 (24/76 Nutrition and Dietetics)

**Abstract**  
5 year IF = 1.939; 2 year IF = 1.731(19/63 Rehabilitation. 33/84 Sport Sciences)

**Abstract**  
5 year IF = 1.803; 2 Year IF = 1.634 (79/158 Public, Environmental & Occupational Health)

**Abstract**  
5 year IF = 3.985; 2 year IF = 3.668;(6/84 Sport Sciences)

**Abstract**  
5 year IF = 6.512; 2 year IF = 5.849 (11/151 Medicine, General & Internal)

**Abstract**  
5 year IF = N/A: 2 year IF = 1.096 (39/63 Rehabilitation)
PRESENTATIONS / UPCOMING CONFERENCES

- **Dr Caroline Fryer** has been invited to present her recently published paper, ‘I understand all the major things’: older people with limited English proficiency and the use of professional interpreters during healthcare after stroke to the Research Centre for Languages and Cultures seminar at the University of South Australia’s School of Communication, International Studies and Languages on 14 October 2013. Dr Fryer recently attended two national conferences to present findings from her PhD research: a presentation on why rehabilitation after stroke can be of low value to older people with limited English proficiency was given at the Occupational Therapy Australia conference in Adelaide, and a presentation on how older people with limited English proficiency access emergency healthcare after stroke was given at the Smart Strokes conference in Brisbane.

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

- **Dr Mandy Stanley** has accepted an invitation to be an invited speaker at the next Asia Pacific Occupational Therapy congress in New Zealand in 2015. She has been asked to present a workshop on qualitative research. She has also had two abstracts accepted for the World Federation of Occupational Therapists congress in Japan in June, 2014: a paper co-authored with Dr Mary Russell. “‘Risky business’: Risk and the occupational therapy profession”, and a workshop with colleagues from New Zealand and Sweden titled “Becoming a critical consumer of the qualitative research evidence to inform practice”.

- **Dr Julie Walters** has been invited to present at the Elective Surgery Redesign Conference, being held 25-26 November at the Novotel on Collins, Melbourne. Congratulations Julie.

- **Dr Karen Murphy**, Senior Research Fellow: NPRC gave an invited presentation to the Nutrition Society of Australia Newcastle group, at the University of Newcastle, on Friday 30 August on Dairy food for a healthy heart and healthy mind.

- **Rebekah Das** has been invited to present ‘New Moves’ and has had an abstract accepted for presentation at the Australian Physiotherapy Association National Conference in October.

The accepted Abstract reference is as follows:


The invited presentation is as follows:


- **Dr Kade Davison** presented on ‘Exercise as a clinical sign’ to a group of local General Practitioners as a part of the Doctors for Doctors training program that certifies GPs to provide services to other GPs and medical specialists through the Doctors Health SA program.

- **Associate Professors Jim Dollman, Gaynor Parfitt and Professor Roger Eston** presented 3 papers as part of panel entitled “Use of psychological self-regulation techniques to assess cardiorespiratory fitness and prescribe health enhancing physical activity in sedentary populations” at Global Health Conference in Singapore in July 2013.
2013 DECEMBER GRADUATION CEREMONY

Allan Tabor

The 2013 graduation ceremony for international students will be held on Friday 20 December and this year the turnaround time between the results being released and the graduation event will be extremely tight.

Results for SP5 must be entered by **Friday 13 December** in line with published dates to ensure eligible students can be included in this ceremony. Students with results entered after this date will not be eligible to graduate as the booklet will be sent to print on the weekend of the 14th /15th December and all ceremony documentation including reader’s lists will be finalised over this weekend.

I realise this is some time away but I am bringing this to your attention so you are aware of the very tight timelines for SP5 results to be entered for international students to graduate.

UPDATED HEALTH AND SAFETY DOCUMENTS

Jenny Hardy

The university is in the process of updating health and safety system documents to reflect the new Work Health and Safety Act 2012 (SA). The following procedures have been finalised and are now available on our website. Thank you to all who contributed during the consultation phase. Please communicate the updated procedure within your area of responsibility. If you require assistance or advice on implementing the above procedures, please contact your Divisional Health & Safety Consultant or the Safety and Wellbeing Unit.

**First Aid in the Workplace procedure and forms**

1. First Aid in the Workplace Procedure
2. First Aid Kit Contents List – Form WHS10
3. First Aid Treatment Register – Form WHS11

Some of the key improvements include:
- Step by step guidance on how to apply the risk management approach to identify what first aid arrangements are needed for each workplace.
- Clarity around the role of a first aid officer.
- A standardised approach to the recording of first aid treatment.

The performance measures outlined in the procedure will be used to measure implementation as part of our internal evaluation program.

**Managing Workplace Health and Safety Risks procedure and form**

This updated WHS procedure V2.0 describes the university’s overall framework and approach to managing health and safety risks in university workplaces. It replaces the OHSW&IM procedure entitled *Hazard Management*.

1. Managing Workplace Health and Safety Risks procedure
2. General Risk Assessment – Form WHS2

Some of the key updates include:
- Adopting the new Approved Code of Practice *How to Manage Work Health and Safety Risks*.
- Reinforcing the Workplace Hazard Register form WHS1 as a core tool for overseeing planning and implementation of local risk management (in conjunction with the Health and Safety Local Action Plan).
- Describing the key WHS procedures and forms which support risk management.

The Safety and Wellbeing Unit is currently running a series of **Practical Hazard Management** courses to help with implementation of the updated procedure. The next course is being held at 101 Currie Street on 16 September 2013.
Online bookings can be made at Training/Workshops Registrations. Please note that some OHSW forms are still in the course of being updated to WHS forms.

NEW STREAMED VIDEOS AVAILABLE FROM THE LIBRARY

Cathy Maher

These videos can be accessed via the Library Catalogue and viewed or shown online in lectures, or embedded into course resources. Titles include:

- Adult health and development
- All about nutrients
- Biomechanics of the body
- Case management in health care
- Developing a nursing portfolio
- First aid emergencies: Community
- First aid emergencies: Home
- Food allergies and intolerances
- Global health and human development
- Health inequities in Australia
- Lifelong physical activity
- Nutrition and hydration in sports
- Performance enhancing substances in sport
- Professional boundaries in health care
- Stroke victim rehabilitation
- Supporting people with disabilities
- Understanding aged care
STUDENT NEWS

NATIONAL STUDENT LEADERSHIP FORUM - ON FAITH AND VALUES

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The National Student Leadership Forum on Faith and Values can be summed up in one word. Discovery.

To be perfectly honest, I had no idea of what to expect during the lead up to the Forum. I was slightly anxious about my ability as a leader and so was unsure about my place in attending this incredible forum. These insecurities were soon put to rest when I began to develop relationships with some of the most genuine and down to earth people I had ever met. Everyone at forum had an honest interest in who I was as a person and gave me the time of day to tell them what made me who I was and where I had come from in life.

Throughout the entirety of the Forum, I had the amazing opportunity to meet and hear some truly inspiring speakers. The time that we spent in Parliament opened my eyes to the leaders of our country and the heart and reasoning behind their leadership. Hearing some words of encouragement from The Prime Minister - The Hon Julia Gillard, Minister for Education-The Hon Peter AM Garrett and The Leader for the Opposition - The Hon Tony Abbott was incredible, along with hearing from a number of different Politicians. I had the opportunity to have been given a short tour of Parliament house by Adelaide’s own Mr Tony Zappia, member for Makin. I was encouraged by his passion for our city and enjoyed bonding with him over this.

Some speakers that really touched me and challenged me the most were Mr Jock Cameron who spoke about the Leadership Strategy of Jesus Christ and also from Mr Stuart Robert MP who spoke at the War Memorial about sacrifice. Jock’s words challenged me to look at my faith from another perspective. In doing so has only strengthened it more. He spoke with such passion and knowledge and so it was easy to be drawn to what he had to say. I had the wonderful privilege of talking to Stuart before he addressed the group at the War Memorial and heard a bit about his background and faith and was encouraged by this connection with him. His address on the sacrifices made by the soldiers was touching and made me thankful for my life and also thankful for each and every soldier that served.

In reflection, my time spent at Forum could not have been more challenging, but if I wasn’t challenged then I wouldn’t have grown as much as I did from that experience. I came out of the weekend with a number of new friends from all over the country, a new perspective on the way I lead and amazing experiences had. It was a great benefit to my future leadership, my faith as a follower of Jesus and the growth of my character.

Caitlin has been selected to go to the National Student Leadership Forum on Faith and Values in Washington D.C. in November 2013.

MUSCULAR DYSTROPHY SA

Muscular Dystrophy SA are currently offering Vacation Research Scholarships for students who wish to undertake research on neuromuscular function or disorders and/or their social implications. It provides payment of $180px for 6-8 weeks to successful student applications and up to $300 to hosting institutions to assist with the cost of consumables, etc. Applications are made on behalf of students, usually in the second, third or fourth year of their three or four year bachelor degree programmes, by project supervisors. Student CVs and proposed projects are assessed for suitability by Muscular Dystrophy SA's Scientific and Medical Research Advisory Panel, assisted by independent external reviewers if necessary. For further information see www.mdasa.org.au or email info@mdasa.org.au.