Congratulations to School of Health Sciences PhD graduands:

Pictured: Dr Katherine Baldock, Dr Carolyn Berryman, Dr Dan Harvie, Dr Sam Chalmers, Dr Abby Tabor, Dr Liz Buckley, Dr Catherine Paquet and Dr Natasha Howard.

VC Cup: School of Health Sciences team win rowing ergometer relay

Well done to our physiotherapy students Scott Frankham, Isabella Rositano, Steven Van Riet and Brian Farnam
Hi all,

Welcome to the second Newsletter for 2016, which provides lots of information on staff and student achievements and activities, useful teaching and learning resources, as well as some other fun and interesting bits!

Staff Appointments

Podiatry
Welcome to Brendan Nettle, who replaces Katie Thomas, as lecturer in podiatry. Brendan was previously appointed as the externally funded clinical educator in the recent successful partnership agreement formed in 2015 with the Far West Local Health District and the Far West NSW Medicare Local in Broken Hill and surrounding remote areas. Due to the project’s success, recruitment for a replacement full time post for the Broken Hill project is in process.

Clinical Staff:
Warm welcome too for Christopher Flavel, Clinical Exercise Physiologist, who joins us from Helping Hand Aged Care, to replace Claire Neylon, who continues as a private practitioner, and Judith Merritt, who joins us as an externally funded Clinical Education Coordinator for the Occupational Therapy team, as part of the Orion Partnership agreement to work with schools in the Northern districts.

Professional Staff
Welcome to Jason Placanica and Candice Grubb, who provide some welcome additional support to the Anatomy team in their roles as Technical Officers, to further support the large increase in student numbers over the last few years.

Refurbishments: New Teaching Spaces
We continue to improve the quality and capacity of our learning and teaching spaces on the City East Campus. I am pleased to confirm that significant refurbishments in three highly used teaching and learning spaces will soon commence to support the delivery of the Human Movement, Medical Radiation and Medical Sonography programs. Work to refurbish the Exercise Physiology teaching laboratory (Playford Building level 6), the Medical Radiation X-ray Laboratory (Bonython Jubilee level 1) and the Medical Sonography Simulation Laboratory (Bonython Jubilee level 1) will commence by the end of 2016 for completion before Study Period 2 2017. Plans are also underway to create a new Anatomy Laboratory, which we hope should become available for 2018.
Growth of HLS programs: impact on staffing, clinical placement demand and opportunities for expansion.

In my previous report for the Jan/Feb HLS Newsletter, I described the remarkable rate of growth of our programs and continued attraction of high achieving students to be largely attributable to an excellent reputation across all our programs, the quality of our staff and the high level of employability on completion of study. The 25% growth in student numbers across all programs since 2012 (2720 to 3388) over the last 5 years in the School of Health Sciences has occurred despite the predicted demographic decrease in school leavers during 2016-2018. The University recognises that the growth in student numbers poses challenges for continued high quality delivery of our teaching programs, and is committed to providing continued support in both human and physical resources. In addition to continued improvements in our teaching laboratories, as indicated above, and our continued efforts to develop and sustain excellence in curriculum content, assessment and modes of delivery, it is important to note that plans are in place to increase capacity and sites for clinical placement. Clinical placement is a fundamental component of all of our programs, with some of our programs requiring up to 1700 hours of clinical training to sign off on clinical competencies, as mandated by the respective allied health accreditation conditions. The School’s growth in the demand for clinical placement provision has happened at a time of additional challenges with significant health system changes coupled with increased competition from other Universities.

Let’s put some of this growth into context with regard to the demand for clinical placements, particularly as the increased intakes in 2015 and 2016 progress into their 3rd and 4th years in 2017 and 2018, at which time the proportion of clinical placement time increases substantially for each program. In short, the additional 668 students enrolled between 2012-2016 across HLS, requires the School to source approximately 30,000 placement days - an average of 6000 days per annum! The following breakdown takes into account the number of students by program and the required number of ‘7.5 h clinical placement days’ required per student. For Clinical Exercise Physiology, with growth fully planned and expected from a new program commencing in 2013, the 71 placement days required per student across the term of the program over the last 4 years (112 students) equates to 7,952 additional placement days (2016-2020). For Podiatry, with 93 placement days required per student across the term of the program, the increased student load over the last 4 years (57 students) equates to 5,301 additional placement days (2013-2019). For Physiotherapy, with 128 placement days required per student across the term of the program, the increased student load over the last 5 years (32 students) equates to 4,096 additional placement days (2013-2019). For the Medical Radiation suite of programs, with 228 placement days required per student across the term of the programs, the increased student load over the last 5 years (34 students) equates to 7,752 additional placement days (2012-2019). For Occupational Therapy, with 137 placement days required per student, the increase in placement days for growth of 31 students equates to 4,247 additional placement days (2016-2019). In addition to clinical programs, the Human Movement program also comprises some vocational pathways which require work/professional experience placements. Growth in student numbers (324 students since 2012) has increased the number of placement days required in these study streams to 774 additional placement days.

Multidisciplinary clinic

In addition to a number of by-program and holistic strategies to enhance the supply of clinical placements, a critical factor to meet demand is the provision of a clinical space within the University to accommodate students from the health disciplines. The University realises the paramount importance of such a facility, and is in the process of sourcing a fit-for-purpose space. Such a space will provide opportunity for the School and Division, uniquely placed within SA, to realise the potential to provide multidisciplinary teams of allied health professionals, to treat a growing number of persons presenting with complex health issues and co-morbidities, requiring treatments involving physiotherapy, exercise physiology, podiatry and occupational therapy specialists. Such a strategy is in line with a ‘patient centred care’ approach which is central to the ‘transforming health’ ethos in SA. Such a development would
be a positive asset to help meet service gaps, and attractive to such key stakeholders as SA Health and Primary Health Care Networks, with whom we continue to work closely to realise opportunities for supporting the various activities of such a multi-disciplinary clinic. “Build it and they will come!”

**Staffing: Considerations for profile and new posts**

I am acutely aware that the growth in student numbers has placed significant pressures on teaching demands, physical resources and timetabling, particularly in some of our programs. In the short term, we can meet the additional load with an increase casual teaching support. However, for the longer term solution, the permanent and longer fixed term staff profile should increase as the School continues to grow, and the time-demands of student load, as indicated above, increase across the term of programs in the next few years. In this regard, at the April School Board, I explained some key considerations when making the case for new posts, as an increase in students does not automatically mean a commensurate increase in staff. Key considerations which have to be taken into account for creating new posts include: 1. **Student staff ratios (SSR)** by program. This is a simple measure (at least one would think so), but may be defined in a number of ways. To me, a logical approach is: Student number / (Fixed term/Continuing staff with ‘teaching’ in contract + Casual Staff). Putting to one side the issue of permissible volume of casual staff quota, from a financial accounting perspective, the *Equivalent Full Time Student Load* (EFTSL, at UniSA this is defined as 36 units per student per year) becomes the numerator. In this way, the SSR (now defined by EFTSL) becomes an expedient index of the financial efficiency for teaching large numbers of students. Simply put, if 100 students in any given year/program comprised 50 students who were enrolled in 18 units for one reason or another, the EFTSL is reduced to 50 + (0.5 x 50) = 75, even though 100 students will be enrolled and require staff contact in some courses during the year. 2. **Balance of ‘teaching only’ and ‘teaching and research’ staff by program.** In a program which contains a greater proportion of teaching academics, the SSR could reasonably be a little higher, as ‘research’ is not a requirement within the contracts of teaching only academics. Conversely, in programs which largely comprise ‘teaching and research’ (40:40:20 staff), the SSR should be lower providing the quality of the ‘research’ component (40% of the salary and workload allocation) is met. 3. **Workload allocation** and optimizing the workload allocation of staff to meet the demands of the program is therefore an important factor, and this needs to be allocated reasonably to strengthen any case for new posts. 4. **Staff movements** such as research leave /retirement/long service/maternity leave etc) also need to be taken into consideration as these fluctuate during the year. 5. **Significant curriculum changes by program**, or changes in the ways in which content is delivered – e.g., through improvement of physical resources or digital resources must also be considered, and 6. **National Benchmarking** is often used as a gauge to compare SSRs by discipline.

**Contributions to the HLS Newsletter**

Thanks again for all your contributions. Our Newsletter is available on the School of Health Sciences website [http://www.unisa.edu.au/Health-Sciences/Schools/Health-Sciences/Student-Resources/Newsletters/](http://www.unisa.edu.au/Health-Sciences/Schools/Health-Sciences/Student-Resources/Newsletters/).

News about research, national appointments, community engagements, awards, achievements, sporting endeavours, etc., are welcomed. Contact Angela Beaton ([Angela.Beaton@unisa.edu.au](mailto:Angela.Beaton@unisa.edu.au)) to keep us informed of all your news and feel free to include photos of your activities. I hope you enjoy this edition of the Newsletter.

Best wishes

Roger Eston
Unijam 2!

The University is about to ‘jam’ again on May 19 and 20, providing a forum for refining our strategy and reflecting on how we are doing in reaching our short and long term goals. Like the first unijam, the second jam is likely to play a major role in shaping the University’s strategic priorities. Given this, it is important that the jam captures a diverse range of perspectives and, in particular, that the views of staff from across our School are expressed and heard. To participate in Unijam – even just to observe - you need to register. Just follow this link, complete the registration form and follow the instructions on the email you will receive from IBM. You must complete the validation step to confirm your registration. Don’t forget this step! I urge all School staff, academic and professional, to register and participate in the jam on May 19 and 20.

“YOUR SCHOOL NEEDS YOU”

AGAIN!
DID YOU KNOW?

‘Sleep tight’!

The phrase ‘sleep tight’ is derived from the days when mattresses were supported by ropes which after a time tended to loosen and needed to be pulled tight to provide support.

Standing Workstations – are you using them correctly?

We all know sitting for long periods of time is bad for you, but what about standing still?

“Those who work standing ...... are liable to varicose veins ... [because] the strain on the muscles is such that the circulation of the blood is retarded. Standing even for a short time proves exhausting compared with walking and running though it be for a long time ... Nature delights and is restored by alternating and varied actions. “

Bernardino Ramazzini : De Morbis Artificum Diatriba (1700)

Whilst sitting has been described as the ‘new smoking’ in the popular press it is worth taking a step back and considering the risk associated with the alternative. It wasn’t that long ago that the ‘anti-sitting’ movement (no pun intended) saw the popularity of the exercise ball as an office chair. Of course in retrospect we realise now it was probably one of the dumbest things invented!! Surprise, surprise, making a person sit on an unstable surface for 8 hours a day lead to more injuries and more accidents. Thankfully exercise balls in the office have been banished to the realms of history along with flared trousers and mullet haircuts.

Standing more than 9 hours a day is a LETHAL ACTIVITY.
Prolonged sitting (sitting for 8 or more hours a day) has been linked to an increased risk of cancer, cardiovascular disease, musculoskeletal symptoms and death.\textsuperscript{1,2} Prolonged standing (standing for 8 or more hours a day) has been linked to musculoskeletal pain of the lower back and feet,\textsuperscript{3} Chronic venous insufficiency (Varicose veins),\textsuperscript{4,5} Preterm birth, and spontaneous abortions,\textsuperscript{5} and Orthostatic Hypotension. Note it is the ‘Prolonged’ bit that seems the common theme. The problem is that we get so involved in our work we forget to change our posture, so standing is just as bad as sitting in this situation.

**So if you have a standing workstation, live life on the edge and change it to a seated workstation regularly.** Even Bernardino Ramazzini identified the dangers associated with prolonged standing in his seminal work on the diseases of workers in 1700. Let’s not make the same mistakes.


**Dr Steve Milanese, Senior Lecturer, Physiotherapy**

A helpful tip from School TALC...
ASSOCIATE HEAD OF SCHOOL (ACADEMIC)

Program Management, Development News and Teaching and Learning
Kerry Thoirs (Associate Head of School)

I have little to report since the last newsletter, as all associated with Teaching and Learning; Students, teaching staff and academics have settled into the hustle and bustle of the first semester.

Last week I enjoyed meeting with a group of student representatives across the school who gave lots of constructive suggestions to make the UniSA experience a good one! This information is very valuable when discussing curriculum and student experience with academic groups within the school. A very big thank-you to all student representatives in attendance.

Some of the ideas coming out of the meeting include:

- Music on the plaza at lunchtimes
- Hand sanitizers in the computer pools
- More trees at City East Campus
- First year undergraduates to have more contact with previous student cohorts
- Students prefer smaller assessments spread across a study period
- Clear and systematic instructions for teaching resources and assessments for each course, to help understanding and prioritising of what needs to be done and when

IMPORTANT INFORMATION FOR COURSE COORDINATORS:

27th May 2016: Last day to submit course amendments for:

- Assessments commencing Study Period 5 2016
  Teaching and Learning, Aims, Content, Graduate Qualities, Prerequisites SP2 2017

SMILE – RESEARCH SAYS IT’S GOOD FOR YOU 😊

Q: Why did the mushroom get invited to all the parties?

A: He was a fun-guy!

Q: What could happen if you drop a box of tissues on your foot?

A: You could get a soft tissue injury!
ASSOCIATE HEAD OF SCHOOL (RESEARCH)

School of Health Sciences Research Developments and Research Training News
Marie Williams (Associate Head of School)

Autumn brings cooler weather, the end of daylight saving, the return of football….and the public recognition of the achievements of our graduates.

At the April graduation ceremony, family, friends and staff celebrated the achievements of 536 students across all of our programs including 10 PhD graduands from the School of Health Sciences.

Dr Katherine Baldock, Dr Carolyn Berryman, Dr Dan Harvie, Dr Sam Chalmers and Dr Abby Tabor. Also graduating were Dr Lauren Frensham, Dr Gabrielle Rigney, Dr Elizabeth Lynch, Dr Shelley Wright and Dr Jocelyn Kernot.

The view from the back row on stage

All images provided by Dr Elizabeth Buckley.
Higher research degrees update:

Our numbers of higher research degree (HDR) candidates continue to grow with 19 new candidates and three applications currently under review (Table 1).

<table>
<thead>
<tr>
<th>Research Centre</th>
<th>ARENA</th>
<th>CPHR</th>
<th>iCAHE</th>
<th>BiM</th>
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<tr>
<td>2016 Commencing</td>
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<tr>
<td>Alexandra Wade (PhD)</td>
<td>Angie Willcocks (PhD)</td>
<td>Ines Serrada (PhD)</td>
<td>Simon Kirkgaard (MRes PHP) SP5</td>
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<td>Flynn Slattery (PhD)</td>
<td>Anwar Gerberemichelle (PhD)</td>
<td>Alvin Atlas (PhD)</td>
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<td>Sarah Edney (PhD)</td>
<td>Maleshwane Pule (PhD)</td>
<td>Paul Reid (MRes)</td>
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<td>Joel Garrett (PhD)</td>
<td>Cameron Dickson (MRes PHP)</td>
<td>Troy Morrison (MRes)</td>
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<td>Grace Greenham (PhD)</td>
<td>Kate Kameniar (MRes PHP)</td>
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<td>Stuart Gollan (PhD)</td>
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<td>Merilyn Lock (PhD)</td>
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<td>Stuart Gollam (PhD)</td>
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<td>Verity Booth (PhD)</td>
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<tr>
<td>Completed late 2015/2016</td>
<td>Dr Jocelyn Kernot</td>
<td>Dr Elizabeth Lynch</td>
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<td></td>
<td>Dr Lauren Frensham</td>
<td>Dr Shelley Wright*</td>
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<td>Under examination/undertaking corrections</td>
<td>Ashley Fulton (PhD)</td>
<td>Chris Bishop (PhD)</td>
<td>Victoria Madden (PhD)</td>
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<td>Ryan Causby (PhD)</td>
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<td>Helen Banwell (PhD)</td>
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<td>Applications under review</td>
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BioMedCentral Supporter Membership program

UniSA has joined the BioMedCentral Supporter Membership program, meaning UniSA researchers are now entitled to a 15% discount on article processing charges when publishing in BMC journals. If you’re planning on submitting to BMC journals or have had papers accepted, keep this in mind and please make sure you use this membership!
The School runs an in-house research training program (TRT) and the 2016 program includes shorter workshops (the calendar can be found on the HDR SharePoint at https://teamsites.unisa.edu.au/hsc/hls/hdr/TRT/2016). The program is based on feedback provided by current HDR candidates each year. The program, especially for commencing candidates, provides “just in time” information/advice and tips concerning the research proposal process. Attendance is highly recommended. All staff and students are welcome to attend sessions.

Research week 2016
While spring is a while away, planning is underway for the School of Health Sciences Research week. The dates for 2016 are Monday 19th September to Friday 23rd September. The program has not yet been finalised but keep the date meeting makers will be sent out over the next couple of weeks.

Did you know…..?
That there are copyright considerations when including PDFs of your publications within your thesis?

When a journal accepts your manuscript for publication, you sign over the copyright of the manuscript to the journal/publishing body. When your thesis is lodged within the library and is made publically available, unless permission has been granted to include the PDF (or any other figure/table/materials that belongs to some-one else), a team in the library are required to remove or blackout materials for which permission have not been secured.

Thesis Toolkit is a great resource developed by the library to help navigate copyright issues and can be found at http://guides.library.unisa.edu.au/c.php?g=169999&p=1411776

We will also be running a thesis copyright considerations sessions during the TRT later in the year.

Helen Banwell and team feature in 2015's most Influential Articles from the Journal of Foot and Ankle Research

Consensus-based recommendations of Australian podiatrists for the prescription of foot orthoses for symptomatic flexible pes planus in adults

Conference Scholarship Application Winner

Congratulations to Dr Carolyn Murray for her application on ‘Preparing new graduate occupational therapists to navigate workplace cultures and contexts: A grounded theory (6th Asia-Pacific Occupational Therapy Congress ‘Doing well together’ Rotorua, New Zealand, September 2015)

The conference award is awarded annually to the HDR candidate who has been judged by the School Research Management Committee for presentation of high-quality research in a national or international conference and demonstration of the contribution of the conference to their professional development.

First Publication Award. Congratulations to Courtnay Davis on her first publication (with Janet Bryan, Jonathan Hodgson, Karen Murphy) ‘Definition of the Mediterranean Diet: a literature review. Nutrients, 2015’
Another strong year of enrolments brings busy times with many conversations around clinical placement opportunities, strategies for maximising clients in current clinics, expansion of UniSA Community Clinics, negotiation and renegotiation with placement partners, consideration for a new city based multi D clinic amongst many other things. The Health Sector has been experiencing significant change in particular to the funding models and providers are finding the transition of services to be challenging. Change is an excellent opportunity to look at the way we do things and to embrace and capitalise on the opportunities change presents.

- UniSA Medical Clinic has been particularly busy the last month delivering free Flu Vaccines to both Staff and Students for the first time. If you have not yet taken advantage of this offer please contact the clinic on 1300 172 996 or visit http://www.unisamedical.com.au/

- For a limited time only, staff (or family members) who book and attend an appointment between 12:00noon and 5:00pm by Friday 20 May will be free of charge.

Under the supervision of qualified physiotherapists, the UniSA Physiotherapy Clinic offers assessment and treatment of injuries by undergraduate physiotherapy students and/or qualified physiotherapists undertaking postgraduate study.

We offer assessment and treatment of your back, neck and limb pain, orthopaedic injuries, headaches, repetition strain injuries and movement related disorders

- Sporting team pre-season screening, pre-hab programs and injury prevention
- Sports and musculoskeletal physiotherapy
- Specialisation in sport injuries and biomechanical analysis of technique
- Links to UniSA Podiatry and Exercise Physiology Clinics

City East Campus (08) 830 22541 Email physiotherapy.clinic@unisa.edu.au  Magill Campus 830 24013 Email magillhealthclinics@unisa.edu.au
TEACHING AND LEARNING NEWS/ACTIVITIES

Resources Teaching and Learning:

TKIEE recording system

For desktop and laptop (desktop mode): https://www.tkiie.com/clientScreen?keyPhase=PNTF

For phone and tablet (mobile mode): https://www.tkiie.com/clientScreenm?keyPhase=PNTF

TKIEE user manual https://www.tkiie.com/help

TKIEE Recordings of April 1 Teaching and Learning Session:

Foundations of Health (Tim Sawyer)

Foundations in Human Movement, Exercise and Sports Science (Scott Adams)

To access recording (go to ‘resources’ on bottom of right hand menu and you will see play list, to hide play list, just press on ‘resources’ again)

For desktop and laptop (desktop mode):

https://www.tkiie.com/clientScreen?keyPhase=B98V

For phone and tablet (mobile mode):

https://www.tkiie.com/clientScreenm?keyPhase=B98V

TKIEE user manual https://www.tkiie.com/help


• Technology Enhanced Learning Experimental (TELE) sessions http://w3.unisa.edu.au/tel/TELEsessions/

• Website to support Teaching and Learning in the Division of Health Sciences

In March, fourth year physiotherapy students undertaking their Occupational Health and Safety course developed and trialled a manual handling training package for first year nursing students. Fifteen physiotherapy students delivered two, 90 minutes sessions of manual handling training to 100, first year, external nursing students in the Brookman Hall. Each session involved an introductory lecture and a practical session.

The practical component included six individual stations with instructions. Small groups of nursing students were given a demonstration of safe manual handling principles to assist patients who were limited in mobility and then practised the skill(s) with guidance of the physiotherapy students. Discussion about specific manual handling hazards in hospitals was encouraged throughout each station.
Feedback from nursing students portrayed the manual handling workshop as a positive experience with all students either agreeing or strongly agreeing that the session was a positive experience. The main criticism was that the session was too short! Physiotherapy students and academic staff supervising and assisting with session also gave positive feedback about the session. There are plans to expand the opportunities for these interprofessional learning experiences.

**Supporting Success Project for children with Autism Spectrum Disorder (ASD)**

By Edoardo Rosso

Innovative work into young people with Autism Spectrum Disorder and sport is gaining increasing attention, as shown by the current issue of the Adelaide periodical CityMag (Issue 12, p. 18, Autumn 2016), which covers at length a project led by Dr Edoardo Rosso (Research Fellow: Sport & Development) and his team. Edoardo is working with South Australian special schools towards the development of good practice coaching strategies to facilitate the engagement of people with severe ASD in sport and to provide new opportunities for socialisation. Since December 2014, the project has led to the development of a series of multi-sport programs at Modbury Special School (Supporting Success project) and Whyalla Special Education Centre (Sport for Rural Health project, recipient of the South Australian Regional Health Award 2015).

Young people with Autism Spectrum Disorder (ASD) are considerably more sedentary than the broad population and typically experience critical challenges with reference to emotional and cognitive tasks, communication, mobility and socialisation. While sport is often overwhelming for youth with ASD, Edoardo believes that – with the ‘right’ coaching – it can assist them to develop physical literacies and new sets of interests and competencies that may help them to better fit with the broader community. However, coaches are frequently unprepared to work in special settings, in particular with people with ASD.

The Supporting Success project involves cycles of weekly sport activities designed in consultation with schools, students and families, and – in 2015 – comprised adaptations of cricket, soccer, netball, dance and lawn bowling. University students from a variety of areas, including Health Sciences, Human Movement and Physiotherapy, are trained as coaches and deliver the sport activities in collaboration with school teachers and support staff. They play a major role in the project and, as underlined in the CityMag story, find it a very rewarding experience. One of them, Emma Milanese, has been the Head Coach of the Modbury Special School’s project for over a year, has recently gained employment with Edoardo Rosso’s team and is now undertaking her Honours project on this innovative program.

Emma Milanese with a participant (with permission) of the Supporting Success project

Supporting Success will continue to run at Modbury Special School in 2016, thanks to the positive response of the community and funds made available from both the school and the City of Tee Tree Gully. Edoardo Rosso believes that there are encouraging prospects to roll out the program at other Adelaide schools in 2016.
The results of the pilot project conducted at the school were published by the *Journal of Autism and Developmental Disorders* this month (Rosso, E., 2016. "Brief Report: Coaching adolescents with Autism Spectrum Disorder in a school-based multi-sport program". *Journal of Autism and Developmental Disorders*, Published Online, 08 March 2016).

**Rural Placement Testimonial Videos**

Check out the following testimonial videos from our students

- **Rural Physiotherapy Placement Testimonial - Danielle Wilkins**  
  https://youtu.be/0miSfOngQEO

- **Rural Medical Radiation Science Placement Testimonial - Nathan Geue**  
  https://youtu.be/0fMCSHiCw-4

- **Rural Occupational Therapy Placement Testimonial - Rachel Nes and Tyla Cousins**  
  https://youtu.be/V6eMMZVJeDQ

**STAFF NEWS**

**Dr Nayana Parange: appointed as Inaugural Chair of the Australasian Society for Ultrasound in Medicine (ASUM) Ultrasound Outreach Committee in the first formal ultrasound outreach committee meeting.**

Nayana has been instrumental in developing an ultrasound education model to suit the Australian context, to upskill midwives and GPs serving remote and aboriginal communities so that the patients in these communities can have access to life-saving, point of care obstetric and gynaecologic ultrasound services. This initiative has been endorsed by the International Society of Ultrasound in Obstetrics and Gynaecology. Through Nayana’s continual, persistent and significant efforts for last 7 years, the ASUM ultrasound outreach initiative was established and formalised in September 2015 and the first official ultrasound outreach committee meeting occurred in April 2016.

The ASUM mission is to advance the clinical practice of medical ultrasound for the highest standards of patient care. With ASUM Outreach programs, we aim to encourage and assist education in diagnostic ultrasound not only in the more rural and remote regions of Australia & New Zealand, but also Asia Pacific, and with the assistance of our WFUMB family, the rest of the world. ASUM is the Australasian representative of WFUMB – the World Federation of Ultrasound in Medicine & Biology. More about the ASUM outreach available here:

Setting girls up for success in physical activity

Increasing research shows that girls lag behind boys in their movement skills, balance and physical activity and that the gender gap only widens as girls get older. A new UniSA research study led by Dr Margarita Tsiros is seeking to better understand why there is such a gender divide between boys and girls when it comes to movement skills.

Diagnostic & Psychosocial Clinical Reasoning Workshop

Mark Jones, Program Director, Master of Advanced Clinical Physiotherapy ran an invited half day workshop for the Australian Institute of Sport physiotherapy staff on the topic of “Diagnostic & Psychosocial Clinical Reasoning: Understanding the Person and the Problem”. Clinical reasoning theory was presented followed by presentation and discussion of two patient cases to facilitate participants’ application of pattern recognition and hypothesis-oriented reasoning in practice.

iCAHE
International Centre for Allied Health Evidence
Director: Professor Karen Grimmer

Professor Karen Grimmer recently returned from eight weeks in South Africa setting up the final year research activities, and reporting on data from the allied health substudies, of Project SAGE (Medical Research Council South Africa Flagship project). A spin off of this project is that planning is currently underway with National Dept Health, South Africa to introduce a streamlined process of writing and implementing nation-wide clinical practice guidelines for allied health, specifically in rehabilitation and disability. Whilst in South Africa Karen presented a two day workshop at Chris Hani Baragwanath Hospital, Soweto, on clinical guidelines for AH in primary health care settings for 40 participants from South African primary healthcare policy, management and clinical practice.
The iCAHE Methodology Group (led by Dr Julie Luker) has started the year with the successful completion of a literature review for Sax Institute (Review of Comprehensive Care interventions and effectiveness) (Kate Kennedy, Jeric Uy, Michelle Guerin, Ashley Fulton). Work continues on:

- Rapid Review of literature to update the 2009 review for Dept Health and Human Services (Vic) on Congenital Adrenal Hyperplasia Bloodspot testing in newborns
- Rapid Review of literature on Neonatal Encephalopathy for ACC, New Zealand
- Pilot investigations into consumer views of health data and its uses (Commercial Markets CRC)
- Best value care for patients with low back pain (Ashley Fulton)
- Investigations into targeted best practice allied health initiatives to inform the SA Dept Health Transforming (Allied) Health agenda
- Provision of Journal Clubs for Dept Health (Michelle Guerin, Olivia Hill).

The iCAHE Stroke and Rehabilitation Research Area of iCAHE were successful in an application to access the NSF national audit data set to analyse the data to answer questions on access to rehab after stroke (Susan Hillier, Shylie Mackintosh, Julie Luker, Elizabeth Lynch). Data collection has commenced on the LSA grant “Choice and control: Client and caregiver perspectives informing best practice”. Susan Hillier taught 3 day Stroke workshop in Malaysia – Inti University

The iCAHE Cardiopulmonary Research Area was represented by Kylie Johnston and colleagues at the Annual Scientific Meeting of the Thoracic Society of Australia and NZ meeting in Perth.

The Teaching and Learning in the Therapies Research Area is rolling out a UniSA Learning and Teaching Development Grant on Early career physiotherapist’ perceptions of evidence based practice (EBP) in the university curriculum and how it influences their daily physiotherapy work (Maureen McEvoy, Lucy Lewis, Steve Milanese, Julie Luker). Another UniSA Teaching and Learning grant-funded project is being conducted by Anna Phillips, Shylie Mackintosh S, Alison Bell A, Jane Coffee and Kylie Johnston on Standardised patient scenarios versus peer role play to develop physiotherapy student safety skills in readiness for clinical placement: a controlled trial. Jane Coffee, Rose Boucaut, Steve Milanese are working on an IPL project teaching manual handling to undergraduate physiotherapy students. Cultural competence curriculum development is being undertaken by Gisela van Kessel, Caroline Fryer and Bernie Flynn.

The Medical Radiations Research Area has had an enormous surge of research interest and output in the last six months (Congratulations everyone), including five new members joining iCAHE, 8 grant applications submitted, and two successful grants to date (Kerry Thoirs; Teaching and Learning Grant Teaching clinical communication skills; and Eileen Giles; UniSA Teaching and Learning grant: Developing 3D virtual anatomy resources for use across disciplines). Seven papers and three invited chapters have been published, and there has been an exponential increase in the number of honours students working with the team

The Implementation and Health Service Quality Research Area is completing data collection for an LSA grant (Led by Saravana Kumar), and has been providing training to SA Depts Health on auditing and evidence implementation.

The Musculo-skeletal Research Area is building capacity with a focus on developing postgraduate student research within coordinated themes (6 Honours students, 4 PhD students). Steve Milanese is presenting Clinical Reasoning within a Maitland-based approach to manual therapy at INTI University, Malaysia in May 2016, and he was interviewed by ABC Radio April 2016 on the role of sit/stand workstations in the office environment.
Angela Berndt recently took over leadership of the Consumer Engagement Research Area. She presented her investigations into international and national consumer engagement and research activities to the other iCAHE research leads recently, and highlighted the work that has been done on definitions of consumers, understanding consumer need and literacy, and how to obtain better engagement between consumers and healthcare providers. The importance of considering the consumer voice in iCAHE research activities going forward was acknowledged. Angela will work with Kate Beaton on putting resources for consumer engagement on the iCAHE website.

ARENA
Alliance for Research in Exercise, Nutrition and Activity
Director: Professor Jon Buckley

ARENA now has a Facebook page that can be found at the link below. If you are a Facebook user please like and share our page and keep information coming through to me that can be posted.

https://www.facebook.com/ARENAUniSA/

We are also now on Twitter so if you are a Twitter user the ARENA handle is @ARENA_UniSA.

2016 Experimental Biology – American Nutrition Society Meeting
PhD Student Courtney Davis and Dr Karen Murphy from ARENA, attended the 2016 Experimental Biology – American Nutrition Society Meeting in San Diego USA from 2-7 April. Both presented research outcomes from their NHMRC funded trial: Mediterranean Diet for Cognition and Cardiovascular Health in the Elderly (MedLey) trial. Karen presented a poster: ‘Following a Mediterranean diet for 3-months reduces systolic blood pressure in older Australians - MedLey Study and Courtney presented an oral: Adherence to a Mediterranean Diet and Effects on Cardiometabolic Health in Older Australians; Results from the Mediterranean Diet for Cognition and Cardiovascular Health in the Elderly (MedLey) trial. Courtney’s research was identified in the top 15% of student abstracts and was automatically entered in the poster competition. Whilst she didn’t win, she was able to share her research to thousands of attendees at the meeting and share the research we are conducting in Australia.
Cognitive Decline Partnership Centre funds joint project with Helping Hand and UniSA ($107k)

A collaboration between Helping Hand Aged Care and the School of Health Sciences, led by Megan Corlis (Helping Hand) and Assoc Prof Gaynor Parfitt (UniSA), has been successful in obtaining funding ($107,234) from the Cognitive Decline Partnership Centre (CDPC, http://sydney.edu.au/medicine/cdpc/). The project (Outcome evaluation of an implementation project – Improving cognitive and functional capacity of older people with dementia in residential aged care through an exercise prescription approach) will evaluate an innovative 2 year project being conducted by Helping Hand Aged Care to examine an Exercise Physiologist intervention program for those living with advanced cognitive and functional decline. The aim is to conduct an evidence-based outcome evaluation and will capture both qualitative and quantitative measures from residents, their care workers and family members. To learn more about this research, contact Alysha Riley, Research Officer at ariley@helpinghand.org.au.

Associate Professor Alison Coates and her PhD students recently presented invited and conference papers at several international meetings: International Conference on Advances in Arachis (peanut) through Genomics & Biotechnology, Brisbane; Joint Scientific Meetings of the Nutrition Societies of Australia and New Zealand, Wellington, New Zealand; and the Almond Board of California (ABC) annual conference in Sacramento, California; and the Experimental Biology 2016- the Annual Scientific meeting of the American Society for Nutrition, San Diego, California. Full details of the conferences are provided in Alison’s Conference reports at the end of the Newsletter.


ARENAs was well represented at the most recent ESSA conference in Melbourne, with the following presentations:

Jasvir S. Bahl, James Dollman, Kade Davison. Years of Experience affects the decision for an AEP to gather more information from the client as part of the subjective assessment

Jasvir S. Bahl, James Dollman, Kade Davison A model for defining expert consensus methodology: Use of the e-Delphi method to develop a subjective assessment framework for Accredited Exercise Physiologists

Clint Bellenger, Rebecca Thomson, Kade Davison, Eileen Robertson, Jonathan Buckley Maximal rate of heart rate increase tracks performance changes during increases and decreases in training load
Roger Eston, Hunter Bennett, Gaynor Parfitt, Kade Davison  Validity of a two-step test to assess cardiorespiratory fitness: a perceptually-regulated protocol in healthy adults

Grace Greenham, Adam Hewitt, Kevin Norton  Defining and measuring “game style” in field sports

Gaynor Parfitt: Invited lecture at Maintaining/improving quality of life in aged care session on ‘The role of accredited exercise physiologists in dementia care’.

Gaynor Parfitt, Bryce Damin, Maighdlin Burns, Roger Eston  Exergaming leads to higher work rate and more positive affective valence and enjoyment during perceptually-regulated bouts.

Neil Smart, Andrew Maiorana, Braden Mitchell, Michael Baker, Steve Selig, Dianne Littlechild.  Topical Issues in Cardiac Science (Symposium of Cardiovascular Special Interest Group)

YOUNG INVESTIGATOR AWARD FINALISTS FOR EXERCISE SCIENCE & HEALTH

Max Nelson, Clint Bellenger, Rebecca Thomson, Kade Davison, Jonathan Buckley  Acute exercise induced changes to cardiac autonomic function are predominantly peripherally mediated.

Professor David Roder hosted Professor Lonneke van de Poll-Franse

Professor Lonneke van de Poll-Franse held a public lecture on Wednesday 16th March, a research seminar of Tuesday 15th March and a master class over 2 days (Tuesday 22nd and Wednesday 23rd March). She visited Adelaide for 10 days (Monday 14th March - Friday 25th March) during her time here she also met with many internal and external collaborators (Cancer Council South Australia, Dorothy Keefe, Robert Vink, SANT DataLink, SAHMRI Population Health, Flinders Centre for Innovation in Cancer, Tracey Doherty & Ian Olver and other groups within the Centre for Population Health Research). Thank you to UniSA for funding her trip through the Visiting Distinguished Research Award with RIS.

Short biography: Professor Lonneke van de Poll-Franse is an outstanding researcher with a distinguished career, predominantly working in Comprehensive Cancer Centres in the Netherlands and United States. Her leadership in survivorship research is well known and is held in the highest regard internationally. One of Professor van de Poll-Franse’s most significant contributions has been establishment of the PROFILES (Patient Reported Outcomes Following Initial treatment and Long-term Evaluation of Survivorship) registry that combines population-based cancer registry data with patient reported outcomes (www.profileregistry.nl). The PROFILES registry has so far compiled a Patient-Reported Outcomes (PRO) database covering over 20,000 cancer patients and survivors. This has been pathfinder work unparalleled in this field. Professor van de Poll-Franse has had in excess of €10 million in research funding since 2005, is frequently invited to speak at international conferences or schools, and has published extensively.
Congratulations to CPHR PhD Graduands

Dr Liz Buckley, Dr Katherine Baldock, Dr Catherine Paquet & Dr Natasha Howard

Professor Kerin O’Dea interview on Lateline:

Analysing The Australian Paradox: experts speak out about the role of sugar in our diets

http://www.abc.net.au/lateline/content/2015/s4442720.htm

Dr Natalie Parletta received an Australian Nutrition Trust Fund fellowship to visit the esteemed PREDIMED Mediterranean diet research team in Spain for three weeks in September this year on invitation from Professor Miguel Martinez-Gonzalez. Together with Dr Karen Murphy she will have the opportunity to observe, interview and participate in meetings with chief investigators and team members along with collaborative publication opportunities.

Dr Parletta also won a bid to represent The Nutrition Society (UK) at the Mega Evento Nutrition Conference in Sao Paulo, Brazil, in October this year. She and Associate Professor Catherine Itsiopoulos will present a 3-hour workshop on cardiovascular and mental health benefits of a Mediterranean diet and strategies for dietary change, and they will each give a one hour talk the following day, all expenses paid.
PainAdelaide 2016 another resounding success!

We pulled off another cracking PainAdelaide meeting on Monday April 4th - 250 participants jammed into the Wine Centre; four international speakers, several interstaters and a few locals. Professor Gian Domenico (Alessandro Magnifico Fantastic Perfecto) Iannetti kicked us off with some superb critique of contemporary issues in the physiology that underpins nociception (the detection, transmission and processing of stimuli that are potentially dangerous to the tissues of the body), and pain itself (what we actually feel). He highlighted the problem of reverse inference being at the core of some pretty popular concepts such as ‘the pain of social rejection’ and he pointed out that very little of the apparent anatomical representation of pain, as revealed by neuroimaging, is about pain per se. The implication? The network of brain areas commonly called ‘the pain matrix’ is more likely to be a kind of ‘this is important matrix’. This in itself is not ‘new news’, but the clarity of the arguments and the elegance of the graphics, provided a case of unexampled compulsion!

The other big wigs at PainAdelaide 2016 were Prof Serge Marchand from Montreal and Prof Frank Keefe from Duke. Serge is a neurophysiologist and psychologist and was able to draw the two together in an elegant appraisal of suffering and its subserving biology. Frank is arguably the most decorated and important psychologist working in the pain field and he touched on a range of innovative approaches to pain and to coping with it - he emphasised the importance of including family in the rehabilitation process and reminded us all of how far we have come and how far we have to go.

We also learnt about using blue-green algae to make a rat’s spinal cord responsive to light and about how patient expectations might be a viable primary target for interventions. We learnt about the role of childhood experiences in shaping adult pain (in short - ‘don’t jump to conclusions’ and ‘keep an open mind’). We learnt about palliative care and the rapid progress being made in pain care at end of life. We learnt about, and envied, the massive progress NSW is making in transforming health of people in pain. Tim Semple from the RAH gave us a rather sobering account of the progress made in South Australia towards pain management services (we lag well short of the other states in this regard) and then Sam Whittle donned a Tony Jones look and ran possibly the best little conference-based Q and A panel, complete with twitter and video questions.

It was a cracking day. We were well oversubscribed and we had another 200 pre-order our video production, currently underway.

Another resounding success for possibly the best little pain meeting in the world.

**Impact Factor NA**

**Abstract**


5 Year IF; 8.532; 2 Year IF 7.995 (9/121, Endocrinology & Metabolism).

**Abstract**


5 Year IF=1.994; 2 Year IF=1.462 (38/72 Orthopedics).

**Abstract**

Doidge, J.C. 2016. Responsiveness-informed multiple imputation and inverse probability-weighting in cohort studies with missing data that are non-monotone or not missing at random. *Stat Methods Med Res* [e-pub before print].


**Abstract**


5 Year IF 1.226; 2 Year IF 0.915 (49/64 Rehabilitation).

**Abstract**


**Impact Factor NA**

**Abstract**


5 Year IF 1.605; 2 Year IF 1.218 (17/37 Education, Scientific Disciplines)

**Abstract**


5 Year IF 2.633; 2 Year IF 2.187 (21/81 Sport Sciences)

**Abstract**

Abstract


Impact Factor N/A.

Abstract


5 Year IF 1.457; 2 Year IF 1.438 (66/83 Physiology).

Abstract


5 Year IF 3.702; 2 Year IF 3.234 (9/57 Multidisciplinary sciences).

Abstract


5 Year IF 2.031; 2 Year IF 1.911 (16/64Rehabilitation).

Abstract


4(2), Article 6.

Impact Factor NA

Abstract

STUDENT NEWS

DST Group Physical Performance Research Exchange Day

By Steve Milanese

PhD students Tom Debenedictis (Principal supervisor: Dominic Thewlis) and Sheena Davis (Principal supervisor: Steve Milanese) both presented at the DST Group Physical Performance Research Exchange Day on Mon 22nd Feb 2016 in Melbourne. This research exchange day brought together all DSTG funded PhD projects from around Australia to facilitate collaborative research across the universities and DSTG. Both presentations were extremely well received, and were singled out in the final closing presentation by a senior Defence representative as examples of where research can help the Australian Defence Force.
Physiotherapy Mingle Event
By Shylie Mackintosh

The Physiotherapy Student Society (PSS) co-hosted the first of the Physiotherapy Mingles on the Hetzel Plaza on Monday March 7th. This event was a great success with 107 of the enrolled first year students attending. The PSS provided free pub crawl T-shirts as lucky door prizes, food and drinks for the students, and exciting information about all our events for 2016. The event was also sponsored by the APA (Australian Physiotherapy Association). A slight delay in the pizza delivery occurred after an untimely flat tire, however after presentations from the PSS and APA the students were amazed to turn around and see 50 pizzas had miraculously appeared! A big thank you must go to 2nd year and 4th year PSS members who generously donated their time to mingle with the new Physio Students. Further Mingle events are planned to encourage the first years to meet one another and other students in Physiotherapy and the School of Health Sciences.

Abbas Banaei donates artwork to the anatomy lab

‘Third year podiatry student, Mr. Abbas Banaei, has been involved in anatomy at UniSA in many ways. Abbas showed a love of anatomy early in his studies and combined this with his love and talent for art. He generously donated artwork to the anatomy lab, which hangs proudly in the student resource area. Thank you Abbas for your time and generosity’

Nicola Massey-Westropp

UniSA Sport Amateur Athlete Grant supports Isabella to attend World Championships

Congratulations to Isabella Rositano who has been awarded Amateur Athlete Grant from UniSA Sport to contribute to the cost of attending the U23 World Canoe Sprint Championships from 28/7/16-31/7/16.
**FUTURE EVENTS, ANNOUNCEMENTS and CONFERENCES**

**Connect to Exercise and Sport Science secondary student conference City East Campus 16 May 2016**

UniSA College and School of Health Sciences, led by **Professor Kevin Norton**, are working together to provide the **Connect to Exercise and Sport Science** secondary student conference which offers an exciting opportunity for **Year 11 and 12 students** who will hear from academics in the Human Movement Program and be involved in interactive workshops. 100 students from **John Pirie Secondary School, Ocean View College, Parafield Gardens High School and Roma Mitchell Secondary College** will be participating.

Students will have:
- Exclusive opportunities to ask questions and interact with leading experts
- The opportunity to identify current Issues Analysis topics
- Guidance in how to breakdown current issues and identify how to answer analysis questions
- Resources to take away and use for future research topics
- Hands on experience with the University’s facilities and equipment
- Information on careers and pathways to Health Sciences

**UniSA Connect** Officers, **Katie Gloede and Nick Koutlakis** have been working with teachers to develop curriculum initiatives in sport science. This conference will support students with research skills, major Issues Analysis tasks and provide an opportunity to experience a variety of relevant presentations and interactive workshops.

**Activities**
- 9-9.30 am Welcome from respective Heads: **Roger Eston** and **Steve Dowdy**
- 9.30 am Future requirements in sports science and exercise therapy professions
  **Professor Kevin Norton**
- 11.30 am Technology and training in high-performance sport
  **Dr Adam Hewitt**
- 1.45 pm Research in exercise and sport for health and performance
  **Professor Tim Olds**

**BREAKOUT INTERACTIVE WORKSHOPS** (run by ARENA PhD Students)
1. Sports Science – Energy systems: Human energy systems ....what are they, how are they measured, how are they trained, how are they improved with training and nutrition?
   **Kathy Devonshire-Gill**
2. Sports Science – Sports physiology: What is required in high-performance sports: skills, decision-making capacity, the ‘right’ physiology, anthropometry and energy systems.
   **Max Nelson**
3. Environmental chamber – training in altered environments: Training in extreme environments
   **Stuart Gollan**
4. Exercise programming and testing – how to structure an exercise program: for strength and power.
   **Tom Debenedictis**

**Biomechanics Laboratory:** What is biomechanics?
**Jas Bavir**
Clinical programming clinic – exercise as a therapy: What types of people see a clinical exercise physiologist? How do these diseases develop and how much can exercise change the conditions? What happens in a consultation.
**Braden Mitchell**
33rd Australasian Society for Computers in Learning in Tertiary Education (ASCILITE) Conference

UniSA will host the above conference from 28 - 30 November 2016 at UniSA and the Adelaide Convention Centre. You are invited to meet experts, share your research, learn about the future of educational technology and become part of a vibrant global community. Are you interested in submitting a paper? The Call for Submissions is now open with details available at https://ascilite.org/2016-conference/

Keep up to date by following @ascilite2016 on twitter.

Unijam!

Register here https://www.collaborationjam.com/j5/1212688/#/login
You will then receive an email from IBM to complete the validation step to confirm your registration. Takes only 5 minutes.

Themes

Teaching
Key question: How does UniSA remain as SA’s leading University for graduate careers?

Research
Key question: What actions and initiatives should UniSA prioritise to achieve the aspirations of Inspired Partnered Excellence?

Engagement
Key question: How can UniSA best deliver on its commitments to enrich the student experience and engage with the society it serves?

Culture
Key question: How can UniSA best deliver on its commitments to a culture of enterprise and service excellence?
VC Cup: School of Health Sciences Win Rowing Ergometer Relay

The results from the VC Cup team event:

1st Health Sciences; 2nd NBE (2); 3rd HR; 4th FMU; 5th Marketing (1); 6th Marketing (2); 7th NBE (1); 8th Management


VC Cup: School of Health Sciences team win rowing ergometer relay
Well done to Scott Frankham, Isabella Rositano, Steven Van Riet and Brian Farnam.

Accredited Exercise Physiologists (AEPs) break into mental health! Southern Health Newspaper features recent UniSA graduate Alex Bradley
CONFERENCE REPORTS

Thoracic Society of Australia and New Zealand annual conference
By Hayley Lewthwaite, PhD candidate, School of Health Sciences

It was the 1st of April and I was off to Perth for the first time to attend the Thoracic Society of Australia and New Zealand annual conference. The theme of the conference was ‘The Early Origins of Lung Disease’, which was perfectly suited to my current PhD research focused on the management of chronic obstructive pulmonary disease (COPD). There were many presentations from keynote speakers to attend, who provided insight into the pattern of lung function from childhood to adult life. With a background in adult respiratory physiology, my attention was particularly drawn to how factors during childhood can modulate the risk of developing COPD in later life. This was an important take-home message for myself and others involved in the management of adult lung disease; the disease does not begin when the adult patient is diagnosed!

After attending many presentations from international experts on Saturday and Sunday, I felt ready to present my own research. This was the first time that I had been invited to present my research as an oral presentation on a...
national stage. The research which I would be presenting was a systematic review of clinical practice guidelines for the management of COPD, where we looked at recommendations and strategies around physical activity, sedentary behaviour and sleep. While my nerves were high, I was confident that I could take on board some of the presentation skills from the many experts observed before me. In the end, my presentation went well and I gained confidence in my ability to present my research to a multidisciplinary audience. The questions asked by the audience also helped to guide the direction of my paper, and I am thankful for the opportunity to get insight from experts within the field.

Another important opportunity that arises from attending such conferences is the ability to network with others who have a similar research focus. I was fortunate enough to be connected with Associate Professor Kylie Hill from Curtin University. Following the conference I have continued to discuss important developments in COPD research, particularly around the role of physical activity and sedentary behaviour for the management of COPD. Overall, the conference was an invaluable experience, and I hope to be given further opportunities to attend in following years.

A/Prof Alison Coates

International Conference on Advances in Arachis through Genomics & Biotechnology (AAGB2015)

By A/Prof Alison Coates

I attended the 8th International Conference on Advances in Arachis through Genomics & Biotechnology (AAGB2015) in Brisbane in early November. I was invited to present on some of the outcomes from an ARC Linkage grant that we have completed in partnership with the Peanut Company of Australia.

This gave me an opportunity to highlight the excellent work of my recently completed PhD student Jayne Barbour including her recent publication in Nutrients (Barbour JA, Howe PR, Buckley JD, Bryan J, Coates AM. Effect of 12 Weeks High Oleic Peanut Consumption on Cardio-Metabolic Risk Factors and Body Composition. Nutrients. 2015 Sep 2;7(9):7381-98.)

This conference provided an opportunity to share our findings with key industry groups and scientists from Australia and overseas. The conference included representatives from both scientific research organisation and the food industry and provided an opportunity to talk about future directions for this work and set up future meetings.

Conference report from the Joint Scientific Meeting of the Nutrition Societies of Australia and New Zealand

By A/Prof Alison Coates

HLS Newsletter March-April 2015
I attended the Joint Annual Scientific Meeting (ASM) of the Nutrition Society of Australia (NSA) and the Nutrition Society of New Zealand (NSNZ) in Wellington, New Zealand in early December. The theme of the joint meeting – incorporating the 49th Annual Scientific Meeting of NSA – was *Past, Present, Future: 100 Years of Nutrition*.

The meeting is an excellent opportunity to network with fellow academics, researchers, nutritionist and dietitians and representatives from the food industry. I met with colleagues from 8 Universities around Australia to discuss a nutrition curriculum project that we have been developing during 2015 and are working up for an OLT development grant. We have developed an online survey to capture opinions on the core criteria that a nutrition graduate should have from a wide range of sectors who teach or employ them. We hope to have data to present at the conference in Nov 2016.

During the meeting the Global Nutrition Leadership Program was launched which is a new initiative to develop leadership potential in the nutrition sector. For more information please see this website: [http://www.onlp.org/](http://www.onlp.org/)

I gave an oral presentations on preliminary findings from a multicenter RCT with The University of Adelaide and Griffith University looking at fish oil as an adjunct therapy for periodontitis and a poster presentation on changes in snacking behaviours when peanuts are introduced to the diet. This work was a collaboration with recent PhD graduate Jayne Barbour, an undergraduate Medical Sciences student from 2014 who completed a research elective with us (Emilija) and Dr Lisa Moran (University of Adelaide).

In addition, my PhD students gave excellent presentations. Emily Watson (Centre for Sleep Research, School of Psychology) gave an oral presentation on the relationship between caffeine intake and sleep in school children and a poster on sugar consumption in a cohort of South Australian children; Crystal Grant (Centre for Sleep Research, School of Psychology) presented a poster on the impact of caffeine during 50 hrs of extended wake on appetite regulation; Ashley Fulton (School of Health Sciences) presented the findings of her feasibility RCT looking at fish oil supplementation as an adjunct therapy for COPD management. In addition, Stephanie (Centre for Sleep Research, School of Psychology) presented collaborative work focused on the influence of snack size during simulated night shift on glucose response to a breakfast meal the following day. This work formed part of the pilot data in the recently funded NHMRC project our team has been successful with.

**Almond Board of California Conference**

*By A/Prof Alison Coates*

The annual Almond Board of California (ABC) conference brings together a wide variety of people from across the almond industry including agricultural researchers and engineers, growers, processors, communication, marketing and business specialists, dietitians and nutritionist. It was held in Sacramento in mid-December and was attended by approximately 3000 delegates. This conference provides the opportunity to consider different aspects of the food
industry and understand what is important for the industry, the challenges they face and how communicating sound research findings is at the core of their business.

I attended sessions on changes in consumer trends in consumption patterns and learnt that the big drivers for snack choice are taste, convenience, health and environment. The focus on environment is particularly important for the almond industry as the majority of the world supply of almonds are grown in California that is experiencing a 10 year drought. It is the most valuable industry to California yet it has faced negative press related to water use. Consumer trends indicate that whilst domestic use of water has declined, almonds consumption has not.

I met with the CEO, chief scientific officer and members of the nutrition research council to discuss progress of our funded project investigating the changes in cognitive function associated with almond consumption. I also met with members of the Global Marketing Teams (focused on the USA and India) to better understand the approach taken by the ABC to communicate scientific outcomes in different cultures and where they see new opportunities to engage with consumers. Strong foundation for continued collaboration.

This meeting was an excellent opportunity to build a strong foundation for continued collaboration.

I also visited Dr Ellie King at the National Food Laboratory in Livermore, California. This research facility conduct consumer research to understand preferences for certain foods. They have a large database of participants on whom they have demographic data as well as data on purchasing habits. They train panelists (members from the local community that they recruit) to test a wide variety food foods and beverages. They consider the taste, texture and appearance of the food as well as the packaging to understand what drives consumer behaviour. They conduct quantitative sensory evaluation from individuals as well as qualitative feedback in focus groups. The sensory labs can be modified to change the brightness and colour of light to understand how the visual component of the food modifies sensory ratings.

They can also look at product development in a State of The Art kitchen where chefs can modify recipes and get instant feedback from panelists (eg lower sodium, less sugar, a different sweetener or different cooking conditions).

Whilst in Sacramento I also visited UC Davis to meet with researchers interested in plant derived bioactive compounds (in foods such as cocoa, almonds and peanuts). I met Dr Dave Mackill at a recent peanut conference in Brisbane and it was fantastic to have the opportunity to continue to discuss our research interests whilst in Sacramento.

Conference report from Experimental Biology 2016- the Annual Scientific meeting of the American Society for Nutrition
By A/Prof Alison Coates

Experimental Biology 2016 was held in San Diego from April 2-6th. This is a huge meeting (over 20 000 delegates) as multiple societies come together and then each discipline runs a separate stream. I attended the American Society for Nutrition stream. I was able to meet up with researchers from a special interest group called Dietary Bioactive Components and participate in judging posters from students and postdocs whose abstracts were selected to be in the top 20% submitted. They were very impressive and showcased exciting work in the field.

I gave an oral presentations on fish oil and periodontitis and peanuts and cognition. The data is from clinical trials we have run in the past few years and papers from this work are currently in the final stages or under review. There is much interest in the area of diet and cognitive function and the peanut talk in particular was well attended.

In addition, my PhD student gave an excellent poster presentation. Crystal Grant (Centre for Sleep Research, School of Psychology) presented a poster on the influence of eating a meal during simulated night shift on glucose response
to a breakfast meal the following day. This work formed part of the pilot data in the recently funded NHMRC project our team has been successful with.

Part of the benefit of attending EB is the opportunity to meet with industry partners and researchers that I am collaborating with. I was able to update the Almond Board of California on the progress of our current project and meet with the Executive Director of the Nut Health Organisation who we are currently working up a proposal for. I was also able to catch up with collaborators from Tufts University in Boston. We also had the chance to attend a “chocolate happy hour” to hear about the effects of cocoa on exercise performance. The food served was chocolate inspired including Mexican chicken in a mole sauce, cocoa dusted scallops and chocolate infused risotto to name a few of the more exotic creations as well as many more traditional forms of chocolate.

Overall this was a really fun meeting to attend and am very grateful that I had the opportunity to share our exciting data.

If people are interested in seeing the abstracts submitted, the full program is available on the website (http://experimentalbiology.org/2016/Home.aspx) and EB created an excellent App that can be downloaded from the App Store and all abstracts are searchable. Overall this was a really fun meeting to attend and am very grateful that I had the opportunity to share our exciting data.

Global Summit on Childhood

By Professor Leonie Segal

I attended the Global Summit on Childhood in San Jose, Costa Rica from March 30 to April 3. This meeting is designed to explore childhood in the context of a social determinants frame and where (early) childhood is understood as a core opportunity for ensuring children embark on the best possible developmental trajectory. The conference was opened by Ana Helena Chacón Echeverría, the second vice president of Costa Rica. I was presenting with a colleague Jane Hanckel on an innovative play group program* she had developed for infants and parents (other carers). The program has been delivered in Aboriginal and other disadvantaged communities. We described the level of adversity and disadvantage facing many Australian children and how the program is designed to enhance children and families lives through 7 core enrichment elements; of connection to nature, nutritious food (making and eating), creating a peaceful and calm environment using only natural materials, craft, story (including spoken narratives), song and dance. The presentation included video material and was very well received. The program seems quite unique internationally. The conference attracted attendees from across the globe and was a wonderful opportunity to meet academics and those in the early childhood sector all trying to make a difference to children’s lives.