A healthy outside starts from the inside...

So much, and more happening within the School of Health Sciences here are some teasers...

- John Arnold awarded 2016 SA Tall Poppy
- Joel Fuller takes first place at the University wide Three Minute Thesis (3MT®) competition
- Program Director and Research Director Reports

“...everyone I have spoken to have commented on what a great service you are providing. Menindee particularly said how brilliant the service is and how they previously had non compliant diabetic patients who are now seen regularly and the team approach works really well in keeping the waiting list in check.”

- Amanda Masset
Rural Doctors Network

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Welcome to the July/August School of Health Sciences Newsletter.

Special note of thanks to program directors and research group directors for their significant contributions.

In this Newsletter we include special reports on each of our teaching programs. Thanks so much to all program directors Scott Polley (Human Movement), Shylie Mackintosh (Physiotherapy), Nayana Parange (Medical Sonography), Mark Jones (Masters Advanced Clinical Physiotherapy), Janette Young (Health Sciences), Kade Davison (Clinical Exercise Physiology), Jane Shepherdson (Medical Radiation), Hugh Stewart (Occupational Therapy), Sara Jones (Podiatry) for the updates on activities in your respective programs. Thanks also to the research centre directors Elina Hypponen (CPHR), Jon Buckley (ARENA), Lorimer Moseley (BIM) and Karen Grimmer (iCAHE) for your informative reports and support of the Newsletter’s efforts! Together with reports from Associate Heads of School (Kerry Thoirs: Academic; Marie Williams: Research) and Clinical Operations manager (Jodie Quilliam) the HLS newsletter provides a snapshot of current activities, successes, opportunities for funding and more.

Congratulations

There are a number of notable achievements by staff and students reported in the following pages. Among these - congratulations to John Arnold for the prestigious 2016 SA Tall Poppy Award, and ARENA PhD student Joel Fuller on winning the University’s 3 minute Thesis Competition. Congratulations also to Jessie Childs, Sandy Maranana and Nayana Parange on the award of Associate Fellowship of the Australian Sonographers Association. Congratulations to Olympian second year Human Movement student Kurtis Marschall, who ranked 15th in the Men’s Pole Vault event at the Rio Olympics with a jump of 5.60m.
**Staff Appointments**

**Welcome to all our new staff members**

- Mrs Jacqueline Stephens  
  Research Associate: abc-sets
- Mr Heath Pillen  
  Research Assistant  
  iCAHE
- Ms Stine Hoj  
  Research Assistant  
  CPHR
- Ms Lauren Jeffs  
  Research Associate  
  CPHR
- Mr Sean Taylor  
  Research Assistant  
  CPHR

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**Open Day**

Thank you to all who participated in a successful Open Day on 14th August. It is our most important public event, and one that requires enormous planning and support from a large group of academic and professional staff and students. The student ambassadors looked great in their uniforms, with ever ready smiles and doing a great job on the day. There were over 5,000 people who attended City East campus and our lecture theatres and labs reported excellent numbers despite competing events such as the Olympics and the marathon on Frome Road! So once again, thank you to all who worked so hard in the lead up to Open Day as well as on the day. Your efforts have helped to further enhance the University and School's reputation, and convey the message that UniSA is the first choice for those looking to undertake programs in allied health, human movement and sport and exercise sciences.

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**Community Clinic**

Plans for the new Interprofessional Clinical Teaching Facility at the City West Campus (27-29 North Terrace), opposite the new Royal Adelaide Hospital are well underway to be operational by Study period 5, 2017. At approximately 1,000m², the clinic will maximise opportunities for collaborative and transdisciplinary activity including multi-purpose allied health consultation spaces, a medical clinic, group therapy space, rehabilitation gym, paediatric space, a reception and conference room facilities.

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**Research Week**

The annual School of Health Sciences Research week is being held during the week of 19-23 September, with sessions planned at City East and SAHMRI. During this week, our Higher Degree by Research (HDR) students take centre stage, with a variety of presentations from candidates at various points along the research training journey. This year will also feature a number of invited presentations from some of our Early Career Research (ECR) staff. We will wrap up the week with a lively debate (always fun!), followed by the presentation of a number of prizes and awards, and a chance to network socially. I encourage you to be involved and support colleagues and HDR students.
The Conversation – high marketing value - input encouraged

In a recent meeting with colleagues from Marketing and Communication, the importance of social media was emphasized, particularly regarding publications in The Conversation. Articles in The Conversation are quickly picked up by the world’s media, providing excellent exposure for research or comments of a topical nature. In the last 12 months, colleagues from the School (and Division of Health Sciences) – Ian Olver, Tim Olds, Lorimer Moseley, Carol Maher, Natalie Parletta, Leonie Segal, John Arnold, Michelle McDonnell, Janette Young and others, have published articles which have attracted considerable interest, with Ian Olver’s articles topping the charts with over 1.5M reads! Tim Olds’ and Lorimer Moseley’s 2016 articles have attracted over 900k and 600k reads, respectively. I encourage staff and PhD students to use the Conversation as a means of highlighting topics and research, particularly those which are likely to be of general public interest. If you have an idea, a simple note to the editor of The Conversation to outline your idea, is recommended.

Work Networking

It was great to see colleagues getting together, meeting new faces and having a mid year unwind.

Thanks again for all your contributions and special thanks to Sally Nimmo who has edited and redesigned the Newsletter. Any feedback you have on the style and any suggestions for further improvements would be most appreciated. The HLS Newsletter is available on the School of Health Sciences website http://www.unisa.edu.au/Health-Sciences/Schools/Health-Sciences/Student-Resources/Newsletters/ News on research, national appointments, community engagements, awards, achievements, sporting endeavours, etc., are welcomed. Contact Sally Nimmo (Sally.Nimmo@unisa.edu.au) to tell us your news and feel free to include photos of your activities. A picture says a thousand words – please keep them coming in.

I hope you enjoy this edition of the Newsletter.

Best wishes
Roger 😎
UniSA Competitive Teaching Awards 2016

The University’s internal awards provide staff with a supported pathway to the Australian Awards for University Teaching. Awards are offered in 5 categories:

- UniSA Citations for Outstanding Contributions to Student Learning ($5000 per individual or team)
- UniSA Citations for Outstanding Contributions to Digital Learning ($5000 per individual or team)
- UniSA Awards for Teaching Excellence ($5,000 per individual or team)
- UniSA Indigenous Education Teaching Awards ($5000 per individual or team)

In recognition that the application for a competitive teaching award is a scholarly activity requiring a significant investment of time, applicants for awards in all categories are advised to begin preparation early.

Applicants are strongly encouraged to notify their respective Dean and/or Associate Head of School: Academic so they can be directed to relevant support. As in previous rounds, staff will also need to obtain authorisations from their Head of School/Unit and Division Dean: Academic in advance of the application deadline.

Completed applications, with the relevant authorisations already received, must be submitted to teaching.awards.grants@unisa.edu.au by 5pm on Wednesday 30 November 2016.

For further information and application advice please visit the website and/or contact Dr Ruth Fazakerley & Dr David Birbeck

UniSA Teaching and Learning Development Grants 2016

Teaching and Learning Development grants (each up to $20,000) are designed to promote innovation and to develop leading practice in teaching and learning. All projects will need to clearly demonstrate alignment with the goals and aspirations of the University’s Digital Learning Strategy. As such we would welcome applications based on the broad area of digital learning, digital assessment and online and blended learning as well as mobile or ubiquitous learning.

If you have an interest in applying for a grant this year, you are strongly encouraged to attend one of the upcoming information sessions at your campus:

City West

City East
Tue 13 Sept - C6-26, 3.00-4.00pm

Magill
Mawson Lakes
Tue 27 Sept - P1-10, 2.00-3.00pm

A recorded presentation will also be available for those unable to attend.

We will provide information about the application process and guidance about the kinds of proposals most likely to be supported. There’s no need to register your attendance.

Further information about the grants scheme can be found here: http://w3.unisa.edu.au/teachinglearning/goodteaching/grants/unisa/default.asp

Tim Rogers and Craig Williams, Teaching Innovation Unit

Associate Professor Kerry Thoirs
Associate Head (Academic)
Digital Teaching Equipment Fund (DTEF)

The Provost & Chief Academic Officer sent out a call to fund innovative technologies into teaching practice and to provide students with state-of-the-art learning and teaching facilities, systems and resources so they can excel in their chosen careers. The below applications from the School were successful:

**Introduction of Volumetric Modulated Arc Therapy (VMAT) radiotherapy planning software into the practical curriculum and Proton Therapy treatment planning software for theoretical curriculum and HDR research opportunities**

$11,000  
Eva Bezak, Eileen Giles and Michala Short

**Enhancing feedback and moderation through iPad recordings**

$4,640  
Shylie Mackintosh

**Computer on Wheels – Podiatry**

$5,176  
Sara Jones and Ryan Causby

UniSA Teaching Excellence and Leadership Program

UniSA Teaching Excellence and Leadership Program has been developed to provide academic staff, who have demonstrated high performance in teaching, with the opportunities, experiences and skill development to become teaching leaders, local change agents and champions of innovative, self-reflective practice. This university-wide scheme brings together academic staff for the purposes of career development, by providing opportunities for staff to develop their leadership and career prospects in the learning and teaching space. I am pleased to announce that Emily Ward, Nayana Parange, Eileen Giles and Scott Adams were accepted into this program.

3D Immersion Digital Environment

In a visit organised by Carol Grech (HOS Nursing and midwifery), Roger Eston and Kerry Thoirs joined the PVC, with Rachel Gibson (Dean Academic) and Jason White (HOS PMB), to explore the use of 3-D immersion at Novus-Res Studio using the latest 3D technology glasses.
Student Engagement Unit: What does it do and how can it help students?

On Friday, 29 July Jane Kehrwald, Manager, Student Support from the Student Engagement Unit provided information about the services they offer to students, and how you can advise your students to use their services.

Anatomy TV

For a number of years UniSA, through the Library, has had access to Primal Pictures and Anatomy and Physiology Online and they have been extensively used across the Schools within the Division. Up until now access has been limited by the number of users who are able to access these products at any one time and only a small part of what Anatomy.TV provides was available.

The library has now expanded and increased access (unlimited user access) to the content - 3d real time anatomy, functional anatomy and 3d atlas and a significant quiz bank - that will support the teaching of anatomy, medical radiations, functional anatomy, and basic physiology. The content is up-to-date and is relevant and engaging and has been optimised for iPad use. This information can be easily incorporated into teaching materials, lectures presentations & materials, learneronline course & program pages and student assessments. Students can dip in and out of the modules as required and test themselves through the inbuilt quizzes. It is available to any UniSA student and staff member.

On Friday, 5 August Adriana Ciccone, Academic Librarian from the University Library demonstrated these new features.

Digital Learning Strategy and integrating technologies into teaching and course design

On Wednesday, 17 August the school hosted Anthony Stevens, Manager Academic Library Services and Tracey Johnson, Online Educational Designer, TIU, Richard Lamb, Manager Learning and Teaching Systems, ISTS for a collaborative presentation on available technologies for teaching.

Richard went through the learning analytics that are available on your course dashboard and the detailed information those reports provide about the engagement of students. If you are a course coordinator, it is worth looking at these reports.

Tracy outlined the technologies (apps, hardware and software) that can be used in your teaching.

Anthony outlined the resources available through the library, which include Kanopy (video content that can be used in teaching), Informit TV news (free video from free TV ie. ABC), LWW Health library (interactive textbooks), AnatomyTV, Amirys (radiology images). The library also has digital learning resources, subject guides (e.g. evidence based practice +more). It is worth exploring the library’s website.

The table below gives examples of digital learning resources available from the library, and the software that was used to produce them.
Workshop for first year course coordinators

On the 12th August a workshop on supporting first years was conducted for first year course coordinators. The discussions resulted in a set of guidelines for helping students succeed in first year. Some of these principles will be useful for teaching into other year levels as well.

Guidelines for helping students succeed in first year.
Prepared from notes from First year coordinators workshop 12th August 2016

Continuing messages: Tell them, emphasise and remind:
- why the course is important, why they need to know what you are teaching them, how it fits in with other courses in their program
- direct them to program pages
- your expectations of their behavior, attendance, modes of communication
- What they can expect from you; behavior, modes of communication, your availability for assistance
- What they need to do to be successful, what they shouldn’t do
- How to access help; SEU (academic and personal problems), library
- Feedback may not be individualized; it comes in different forms, tell them how that looks.
- Importance of checking emails
- Keep messages clear, concise and direct

Before they start:
- Open Learnonline
- Send an introductory email
- Prepare them for time commitment ie. Full time study is a full time job!

At the beginning of the course
- Go through the Learnonline site, how to navigate
- Step out the assignments.
- What referencing style they should use (Harvard is standard in School of Health Sciences)
- Assignment formatting guidelines +word count expectations
During the course

- Reiterate when they are receiving feedback (i.e. face to face feedback in class, overall feedback in quizzes/assignments, answers to questions in class, online discussion boards).
- Give stepped information about optimal timelines for different stages of undertaking an assignment, and preparing for exams. I.e. “By week 6 you should have done this….”
- Some course coordinators may send out email reminders to keep students on track.

2nd Semester Year 1

- Let your students know that as they progress through their program, their responsibility to direct their own learning will increase; reset their expectations for this semester, let them know how your expectations may differ from what they experienced in their first semester, what of the above will you be withdrawing.
- Remind them that they are on the pathway to becoming a health professional.

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*First year firsts (extracted from Harden-Thew, Kathryn, and Bonnie Amelia Dean. "Focusing on Six First Year Firsts: A professional development framework supporting teachers of first year subjects." + student feedback from student representatives

**Copyright Friendly Resources**

[Copyright Friendly Resources guide](http://people.unisa.edu.au/Catherine.Daniel) provides sources of copyright friendly resources such as images, music, sound effects, film and videos. You may also find the following video useful to help you find Creative Commons licenced images. [http://helix.unisa.edu.au/flash/84693421_hi.mp4](http://helix.unisa.edu.au/flash/84693421_hi.mp4)

If you lose this link, you can also find it on Catherine Daniel’s homepage. [http://people.unisa.edu.au/Catherine.Daniel](http://people.unisa.edu.au/Catherine.Daniel)
Human Movement
Students realise the power of perception during exercise!
Year 2 students conducted a simple experiment to assess the accuracy of predicting maximal power output from the sense of effort during a submaximal exercise test, called a perceptually-regulated exercise test (PRET, Eston et al. Eur. J Appl. Physiol. 2005). The results were compared to the use of heart rate.

Protocol
Perceptually-regulated exercise test
The exerciser was asked to perform an 8-min exercise test comprising 2 minutes at prescribed ratings of perceived exertion (RPE) 9, 11, 13 and 15 on the Borg Rating of Perceived Exertion Scale. Power output and heart rate (HR) were recorded, but hidden from the exerciser’s view. The test stopped after the final 2-min bout at RPE15 and the subject rested for 20 minutes.

Prediction of maximal power output
The RPE and HR were then plotted separately against power output and the line of best fit was applied to each plot. Using the equation of the line of best fit, the power output was extrapolated to the theoretical maximal RPE (RPE 20) and the age-predicted maximal heart rate using the equation \( HR_{\text{max}} = 208 - (0.7 \times \text{age}) \) (see graphs for method).

Measurement of maximal power output
After a 20-min rest, the exerciser was asked to perform a second 8-min test at perceptually regulated bouts equal to RPE 13, 15, 17 and 20. Power output and heart rate were again hidden from view.

Results
Prediction of maximal power output from the theoretical maximal RPE extrapolation (results for Jess).

Measured maximal power output
Results from the perceptually-regulated maximal exercise test = 480 W. This equates to a maximal oxygen uptake (VO\(_{\text{2max}}\)) of 62 ml/kg/min

Conclusion
In this laboratory experience the students demonstrated that effort perception was better than heart rate for predicting cardiorespiratory fitness. Predicted maximal power output extrapolated from the submaximal perceptually-regulated test from the RPE 20 method (451 W or 59ml/kg/min) was closer to the measured maximal power output of 480 W compared to the age-predicted HRmax method which predicted 411 W (52 ml/kg/min).
Associate Head of School (Research) Report

Obviously our staff and students have been inspired by the Rio Olympics. As you'll see both below and in the Research Centre reports, we’ve had a number of wins recently at the Divisional, University, and external levels – so a huge congratulations to all involved!

We also have a few events coming up in September/October that I’d like to draw your attention to. The first is our annual School of Health Sciences ‘Research Week’. This is being held 19th – 23rd September, with sessions planned at both the City East Campus and SAHMRI auditorium. A full schedule can be found later in this newsletter, and further details will continue to be sent to all staff and research students as they are finalised. The other item I’d encourage you to support are the presentations by our completing Honours students (see below for dates). These presentations are the culmination of 18 months of work by these students and their supervisory teams, so please head along to what you can.

Welcome new HDR representative

At the start of August we welcomed Jabin (MD Shafiqur Rahman (Jabin)) representing the Centre for Population Health Research to our HDR Representative team. Jabin joins Melissa Hull and Brad Stenner as our School-wide HDR Reps, and also joins the HDR Social Rep team (along with Max Nelson). We’d also like to thank Dannielle Post, who has stepped down from the role as she approaches the end of her PhD.

GOLD GOLD GOLD: HDR wins announced at “Here’s Health. Research”

The School of Health Sciences “medalled” in a number of events at the Divisional Here’s Health. Research (3rd August). Dr Victoria Madden took out the prestigious Thesis of the Year award for her thesis titled ‘Pain by association? Investigations of classically conditioned pain’ (supervisors Prof Lorimer Moseley, Prof Johan Vlaeyen). Meanwhile Katrina Li won the HDR Research Poster Competition, with her poster titled ‘Prevalence of co-occurrence of COPD diagnosis in parents and offspring: systematic review’, and Melissa Hull took out the People’s Choice award (along with third place in the judges’ selection) with her poster ‘We’re lucky to get doctors at all!’.

The night also saw two of our HDR candidates competing in the Divisional heats for the Three Minute Thesis competition (3MT®). Both Joel Fuller and Amanda Richardson medalled and had podium finishes with Joel’s presentation ‘A guide to selecting running shoes based on body mass’ (SILVER), and Amanda’s presentation ‘Success needs more than just a good ATAR…’ (BRONZE). Joel and Amanda then went on to represent the Division at the University-wide 3MT® final (along with Lih Yin Tan) from the School of Pharmacy and Medical Sciences, making a total field of 8 competitors from across UniSA, with Joel taking out GOLD and Amanda finishing a very impressive third! As far as we know all performances were clean and no appeals were lodged. Joel’s presentation (all 180 seconds worth) can be seen here. Joel will now go on to represent UniSA at the Asia-Pacific finals in September. Congratulations both…and GOOD LUCK JOEL!
Tall Poppy
To be considered a ‘Tall Poppy’, researchers have to not only excel at what they do, but also be good at communicating the value and purpose of their research to a wide audience, in particular to students and the general community. We have a strong record of success in the Tall Poppy awards in our Division, and now our own Dr John Arnold has joined these esteemed ranks, being announced as one of nine 2016 SA Tall Poppies at a ceremony at Government House on 1st August. Congratulations John!

Research Themes Investment Scheme (RTIS)
The UniSA RTIS was introduced in 2015 with the aim of seeding and encouraging research activity aligned with UniSA’s inaugural Research Themes. A number of our staff were successful in their applications to the 2016 RTIS scheme, with a full list of recipients available here. Congratulations to awardees Prof Ian Olver, Prof Leonie Segal, Prof Eva Bezak, Dr Mandy Stanley, Dr Ashleigh Smith, Dr Catherine Paquet, A/Prof Alison Coates, Dr Maarten Immink, Dr Dorota Zarnowiecki, Prof Tim Olds, Dr Ben Sellar, and Prof David Roder.

Presentations by completing Honours Students
A number of our Honours students will be giving their final presentations during September and October. Full details will be provided closer to the dates, but in the meantime please add the following dates to your calendars:

- Bachelor of Medical Radiation Science with Honours – 28th September, 2 – 4pm (approx.)
- Bachelor of Physiotherapy with Honours & Bachelor of Podiatry with Honours – 10th October, 9am – 1pm (approx.)
- Bachelor of Occupational Therapy with Honours – 12th October, 4 – 6pm (approx.)
Clinical Operations Report

City West Community Clinic

Plans are well underway for the establishment of a new Community Clinic based at 27-29 North Terrace Adelaide. This is in the heart of the biomedical precinct in Adelaide opposite the SAHMRI and right at the edge of the City West Campus.

The facility is planned to have multiple service provision spaces including but not limited to individual consult rooms, a group room, splinting space, rehab gym, paediatric space, kitchen facilities for demonstrating skills and will be suitable for disabled service provision. Consultation has commenced with discipline groups to consider possibilities for activity, partnership opportunities, supervision requirements and fit out so we look forward to bringing some of your ideas to life where possible.

This is an exciting development phase and it will be wonderful to see UniSA have a community clinic with a street presence that encourages and supports trans disciplinary activity. Now it’s time to put your excellent ideas forward!

Batyr | Student Wellbeing Initiative

A number of people attended a presentation in May by an organisation called Batyr - an organisation focussed on youth mental health preventative education.

I’m very pleased to announce that the University has now signed an agreement to partner with Batyr to run their program at UniSA.

The best way to describe Batyr is that they are similar to AIME, but work on the topic of youth mental health. They focus on peer-to-peer engagement, utilising our current student network and current students to help break down the stigma around mental health and encourage help-seeking behaviour. Their whole ethos is around positive education, healthy thinking about depression and mental ill-health – giving voice to the elephant in the room. Have a look at Batyr’s website to find out more about what they do - [http://www.batyr.com.au/](http://www.batyr.com.au/)

We are the third university in Australia to partner with Batyr – they also partner with ANU and UTS. A former student of ANU founded Batyr after his own struggle with mental ill-health – you can see a video of his story and why he founded the organisation on the website.

What this means for the university is:

1. We will have a Batyr staff member based in the SEU at City West, Level 7 JSB. This staff member is being recruited at the moment and we will let you know who it is and when they will start as soon as we know.

2. While they run their own program, the Batyr activity will link in with our Student Wellbeing Action Plan – indeed Batyr will be a core plank of that Action Plan. We will assist Batyr to navigate the university environment, make introductions, access facilities etc.

3. They will have a presence at activities such as Orientation Weeks, Mental Health and Wellbeing Day, Mental Health Weeks, RUOK Day etc, but they will also run their own events.

**Nadia Rajic** will be the contact person/ key liaison within the SEU for Batyr. Once we have the Batyr staff member appointed, we will get them around to meet with key staff and they will deliver some presentations about Batyr and how it works. There will also be broader announcements to the university community.

In the meantime, if you have any questions about the program please do not hesitate to contact Nadia.

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In the meantime, if you have any questions about the program please do not hesitate to contact Nadia.
Broken Hill Podiatry Service

The agreement for UniSA students to support rural and remote podiatry service provision in the Far West NSW region has been renewed for another year. The Rural Doctors Network, Far West Local Health Network and University of South Australia have collaborated to support the service which sees UniSA Podiatry students and 2 staff visit Broken Hill and surrounding centres 1 week in every month delivering over 1,500 occasions of service pa. Some excellent feedback from the host health centres and the Rural Doctors Network so great job Brendan Nettle, Lynette Corbett and the Podiatry student team!!

Feedback on the Broken Hill Podiatry service from the Rural Doctors Network

“...everyone I have spoken to have commented on what a great service you are providing. Menindee particularly said how brilliant the service is and how they previously had non compliant diabetic patients who are now seen regularly and the team approach works really well in keeping the waiting list in check. Tibooburra mentioned that they always have a full list and would love another visit or two a year if possible (I said that the schedule looked pretty full to me). Ivanhoe also said the service was very valuable to the local community.”

- Amanda Masset

Did you know....

The new paediatric Movement Disorders clinic is only a few weeks into operation but is already almost full! Families, children and students alike are really enjoying the opportunity to get stuck into one-on one paediatric rehabilitation physiotherapy; a novel experience for a student-led clinic.
Clinical Exercise Physiology Program Report

Thanks to all who assisted on open day to meet with prospective students, assist with demonstrations and tours and answer all of the important questions. In our 5th year of undergraduate offering of this educational pathway, there were many more attendees with more specific and focussed question about the degree. Particular thanks must go to 3rd year student Bethany Gower who took on the public speaking challenge and shared her insights about the program during my public presentation on the day and delivered an inspiring synopsis. I would have signed up if not already in the club!

The second major placement blocks for 3rd and 4th year students are well underway and great feedback is filtering in, so well done to all and stay engaged, reflective and eager learners. Some in 3rd year have again been offered employment from their sites in fitness and wellness services and no doubt a few of the clinical sites are taking notes about the current 4th year crop.

For past two years the CEP program team have run a mini-conference for final year students and supervisors on the evening of the final day of placement for the 4th years. This year the event is being organised by a conference committee including Jacinta Brinsley, Harry Beresford, Tim Manning, Megan Scott, Nathan Hambleton, Lauren McDougall, Cherie Noble, Danielle Girard and Carmel Nottle. We are growing the event to a full day conference with fantastic invited speakers including the School’s own Dr Mark Catley speaking about understanding chronic pain, UniSA alumnus and great supporter of the program Dr Nathan Harten of iNform Health and Fitness Solutions speaking about turning your passion into a successful business, and Associate Professor Prue Cormie from Australian Catholic University in Melbourne speaking about exercise in cancer care. There are another five confirmed presenters not including all of the work to be presented by CEP students and last year’s success we will again run our speed interviewing session with completing students and industry employers.

Third and 4th year CEP students, supervisors and UniSA staff can attend free of charge and anyone else is welcome to attend for the nominal fee of $15. The event will be at UniSA City West campus on the 26th November commencing at 8:00am and finishing at 4:30pm.

Official invitations and registration details will be released shortly.

Kade Davison
Program Director – Clinical Exercise Physiology

Exercise Physiology Clinic

Exercise Physiology Clinic
UniSA City East Campus
Cnr North Tce and Frome Rd
Centenary Building
Level 2 (C2-08)
T: +61 8 8302 2078
E: exercisephysiology.clinic@unisa.edu.au

Last month the Exercise Physiology Clinic welcomed 26 students from Wirreanda Secondary School for a visit and experience what happens day-to-day in the clinic. Two students were able to experience a VO2 max test. All students were able to test their lung function, blood pressure, blood glucose, grip strength and skinfolds. It was an enjoyable experience by all involved, with the 4th year student Clinical Exercise Physiologists running the show. The school was very impressed and expressed interest in returning again in the future.

Chris Flavel, Clinical Supervisor
UniSA Health Exercise Physiology Clinic

Dr Kade Davison
Program Director
Health Science Program Report

IBHL Student Association Newsletter Entry

In November 2015, the UniSA Bachelor of Health Science Student Association was formed during our inaugural AGM. A team of 6 executive members was elected to lead this initiative toward the aim of strengthening and supporting the health science community, both academically and socially.

We have run a successful fundraiser and organised an official social event with an open invitation to the public. These events have achieved promotion of the Bachelor of Health Science program and improved morale within the student community.

In the future, we hope to continue our efforts making a positive change for our peers by holding small social events such as BBQ’s, hot chocolate days and ten-pin bowling as well as providing networking opportunities. As this is a club run by students, for students, we are always encouraging our members to provide suggestions for club activities.

On behalf of the executive committee, I would like to thank USASA, the IBHL teaching staff and most importantly our valued members for their support.

Bachelor Health Science Honours Project

Does Circus Work? A mixed-methods approach in identifying the impact Circus training may have on the health related quality of life of young people.

UniSA Bachelor of Health Science Honours student Kristen Stevens, investigates the idea that participation in the arts may have a meaningful and positive influence on health and wellbeing.

This honours research project occurs in partnership with Adelaide-based community partner, Cirkidz. Cirkidz is a local not-for-profit state of the art circus school. They have been operating in Adelaide for over thirty years, teaching circus skills to adults and children. Cirkidz also provides fully equipped training facilities for professional circus artists. Recently UniSA furthered our partnership with Cirkidz, working together to capture information relating to the health impact of circus as an art form.

This study adopts a mixed-methods approach to identify the impact circus training may have on the health-related quality of life & wellbeing of children at Cirkidz. This study has been accepted for presentation in October at the University of Canberra’s conference Optimising Health: Salutogenic approaches to health practice, policy, research and education.

But why research the impact of arts on children? The early and middle years of childhood development have been the topic of much research. These life stages can be considered pivotal in shaping who we become as adults. Not dissimilar to other structured physical activities such as team sports, this non-competitive circus training incorporates high physicality and inclusive social interactions with peers. In adopting a social-determinants of health approach, circus training may be seen to assist in shaping children’s health outcomes. This is through circus training working to support positive physical and mental development. Findings of this study may assist in supporting arts-based health-creating initiatives for children.

This is an exciting project as it takes a step in a research direction that has yet to be investigated in an Australian context – does circus arts participation actually influence children’s health and wellbeing? We hope to find out!

Written by Kristen Stevens.
Honours Degree Supervisors: Dr. Richard McGrath, Dr. Emily Ward

(Cirkidz Circus School 2015, Image (available publically), http://www.cirkidz.org.au/)
Human Movement Program Report


Next year will be the 20th anniversary of the Human Movement program that started as an amalgamation of Exercise and Sports Science (commenced 1980’s) and Physical Education (commenced 1960’s at the Adelaide Teachers College then Western Teachers College). The amalgamation was led by the then Head of School, Professor Kevin Norton when the program was based at the now closed campus at Underdale. The first Program opened in 1997 with around 80 –odd students, representing an increase from the intakes of the two antecedent Programs. The students voted with their feet and the Program has enjoyed continuous growth and support since its inception. With the close of the dedicated facility at Underdale in 2004 the Program moved from Education to Health Science and a greater focus on Health.

In 2014, following withdrawal of the Human Movement/ Education double degree the Bachelor of Human Movement / Master of Teaching was introduced where students are guaranteed a place in the Master of Teaching on commencement of the program (provided they do the right courses and keep their GPA above 4.0).

Human Movement later spawned another program, Clinical Exercise Physiology and in 2015 this program was successful in achieving national recognition by Exercise and Sports Science Australia (ESSA) with students graduating as Clinical Exercise Physiologists accredited by ESSA.

In 2015 the Bachelor of Human Movement (Exercise and Sports Science) commenced and is a dedicated Program designed to meet Exercise and Sports Science Australia’s Exercise Science standards and will be the first program in South Australia to undergo accreditation in 2017 to allow graduates to become members of ESSA as Exercise Scientists. Students transfer into this Program from Human Movement with the first set of graduands scheduled for 2018.

In 2016 Human Movement is now the 4th largest Program (behind Education, Nursing and Business). The Bachelor of Human Movement remains the ‘parent’ program with its 11 core courses in Anatomy, Physiology, Professions, Physical Activity and Health, Team Psychology, Growth and Motor Development, Motor Control, Exercise Physiology, Nutrition, Biomechanics and Sociology. This program continues to offer opportunities for further studies in Health and Physical Education, Exercise Science, Rehabilitation, Coaching, Health, and/ or Outdoor Education.

In 2017 we have 4 new programs commencing – the Bachelor of Human Movement and Bachelor of Human Movement (Exercise and Sport Science) Double Degrees with Nutrition and Food Science or Psychology (Counselling and Interpersonal Skills) bringing the total number of Human Movement Programs to 7.

These new programs will allow students to emerge with both antecedent degrees in 4 years with a standard study plan. Double Degree graduates are then able to pursue either Human Movement or Nutrition or Psychology further study positions or employment where the combined fields will be highly valued. Human Movement/Nutrition graduates who undertake the Health and Physical Education pathway will be highly valued following completion of their Master of Teaching for their capacity to teach to Health and Physical Education, Science, Nutrition and Food and Technology in High Schools. Those with Exercise Science will be in a greater position to provide food and nutrition ad-
Students that complete the Human Movement / Psychology Double Degree will be valued for their capacity to teach HPE, Science and Psychology upon completion of the Masters of Teaching, whilst the Bachelor of Human Movement (Exercise and Sports Science) / Psychology double will be well placed to pursue Health, Sports and Exercise Psychology roles. The new double degrees will provide even greater fields for exploration where employers value graduates that are choosing to enter the workforce in fields that value their skills, knowledge and qualities in areas such as health, sport, physical activity and recreation.

As well as spawning new Programs, Human Movement staff have been leading or contributing to the development of major research centres and significant government and industry grants. The move to Health 20 years ago has allowed the field to work collaboratively with a range of other Health fields whilst still retaining strong links with Education. The new programs provide vehicles for further development of our links with Pharmacy/Nutrition and Psychology.

Despite the extensive graduate employment opportunities Human Movement remains a non-vocational Program at its heart, with a large proportion of students undertaking further post graduate study in Teaching, Occupational Therapy, Physiotherapy, Medical Radiation, Research and other fields. In addition, a number of students will transfer to Clinical Exercise Physiology where they can apply to transfer internally in their third year. Students can also undertake Honours and 10 other Masters programs at UniSA in addition to other study opportunities at other Universities around the country.

The student intake is now over four times the original 80 of 1997 and the opportunities for undergraduates and graduates have increased more than four fold. No doubt the Program will continue to evolve over the next 20 years in response to changing employment, professional and industry demands. Happy birthday for 2017 Human Movement!

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Feedback to Roger Eston on 4 August

“I wanted to let you know about the support that we are receiving from Scott Polley to manage elite athletes studying in your programs. Scott has bent over backwards to assist us for a number of years with these students (which are large in number in your programs) and without his support the experience for these elite athletes would be a very difficult and different one.

I wanted to pass on my thanks through you about the support Scott is providing to SAS to assist these elite students for which I am very appreciative of. “

- Regards, Allan Tabor, Director: Student and Academic Services
School of Health Sciences is constantly looking at ways to engage our students and programs with Indigenous perspectives. For the last 9 years non-aboriginal (Udnyu) students studying ‘Outdoor, Wilderness and Adventure Education’ have journeyed to the Northern Flinders ranges to be educated on Country by local Adnyamanthana people (Yura) living at Nipapanha (was Nepabunna) community. It was the largest student cohort taken with 53 students from Human Movement, Occupational Therapy, Health Science, Aviation, Design and Education making the 9 hour journey. It was an eye opener for many of the local and international (Brazil, US, China and Canada) students who had not ventured that far North before.

The country was in good shape with recent rains resulting in high kangaroo numbers, full waterholes, thick green vegetation and plenty of wildflowers. The program consists of time learning in the Arid Lands Botanic Gardens and Wadlata Cultural centre on the journey through Port Augusta to Nipapanha. Students stayed in accommodation that was once the local primary school for several nights and days, learning ‘on Country’ Adnyamanthana perspectives of colonization, the dreaming, family values and caring for Country.

Local elders and community members spent valuable time with students as well as allowing them time to explore 30,000 year old engravings, rock paintings and significant sites. As a thank you the group took part in a service project to assist with restoration of an early 20th Century pastoral building where many elders have fond memories working when Nantawarrina was a station property. A few students assisted with hunting and preparation of a traditional kangaroo meal, served with damper prepared on the fire. As ever, whenever there are local kids and fun-loving adults, fun and games emerged. One enterprising local girl managed to trade a small sum for a ride on her horse – the Vice Chancellor would have approved I am sure. The time in Nepabunna was followed up by an overnight bushwalk in Nantawarrina, Australia’s first Indigenous Protected Area. This area is managed by Aboriginal people for cultural and environmental conservation, with plenty wildlife and great views for our student visitors.

The area provided amazing views of Nantawarrina and the Gammon Ranges, opportunities to observe kangaroos and rock wallabies as well as Wiltu (wedge tailed Eagle) and Waratji (emus). It was hard to leave this timeless place but students now have direct experience and fond memories to reflect and analyse the key academic themes of the course – the role of Outdoor, Wilderness and Adventure in personal and group development, health and wellbeing, environmental learning, sustainability and social justice.
The Medical Radiation Programs continue to be popular with strong numbers of students across the four years of the program. There are three streams within this program—Radiation Therapy, Nuclear Medicine and Medical Imaging, and though all are linked through their involvement in the allied health sector they are all unique.

Students who study the Radiation Therapy stream often do so because they enjoy having a longer term relationship with their patients. During a treatment cycle the radiation therapy professional may see the same patient every day for four to six weeks. The students in this stream study both treatment and planning aspects related to the application of radiation to the treatment of disease, usually cancer.

Nuclear Medicine students may select this profession because it involves both diagnostic testing as well as treatment of disease. The nuclear medicine professional administers short-lived radioactive isotopes to test the functioning of organ systems within the body. Since the opening of the South Australian Health and Medical Research Institute (SAHMRI), opposite the City West Campus of the University of South Australia, students within this stream have been able to take advantage of the state-of-the-art facilities it contains to further their understanding of nuclear medicine.

The final stream within this suite of programs is Medical Imaging. Students within this stream often choose it because it includes imaging in a number of different locations within the hospital such as emergency, theatre or the wards as well as in the main department. This stream is mainly involved in the diagnosis and monitoring of disease processes. Medical imaging professionals are able to be involved in treatment processes as well within the interventional suites.

Each of these specialist programs of study involves two very important aspects. The first aspect is the patient interaction which is key to performing the examination or treatment and the other aspect is the technology which is often confronting for the patients. It is part of the role of the medical radiation professional to interface between the patient and the technology to assist the patient and make their examination or treatment less intimidating.

Jane Shepherdson
Program Director

The School of Health Sciences would like to recognize the passing of William Miller who died unexpectedly on Thursday, 14 July 2016.

William was an outstanding final year student in the Bachelor of Medical Radiation Sciences degree.

To you, William’s companions and to his family and friends, the staff in the School of Health Sciences and particularly those within the Medical Radiation program send our heartfelt sympathy as you experience the grief of the loss of a special person. We would also like to thank those who took the time to sign the condolences book for William.

Should you require any counselling services please contact Manager of Counselling and Inclusion Julie Dini direct on 8302 1330 or email: Julie.dini@unisa.edu.au

Ms Jane Shepherdson
Program Director
The previous newsletter came with an instruction to ‘keep calm and let the diagnostic medical sonographer handle it’. It certainly seems that the message is getting out there, and the sonography staff have all enjoyed playing a part in various projects and teaching across the Division of Health Sciences.

Between us all, we have helped with measuring veins, arteries, nerves, and tendons for nursing/midwifery, medical imaging, physiotherapy, and division honours and HDR projects as well as research being run through the iCAHE and Sansom Institute.

With all of our students being purely online, it has been good to be able to borrow a few face-to-face teaching hours from other disciplines in the school, in the name of inter-professional teaching. These ventures out of the office have included: introducing physiotherapy and podiatry students to the basic physics concepts and operational functions of ultrasound systems, discussing the diagnostic capabilities and limitations of obstetric ultrasound to midwifery students, providing an overview of fetal development to medical science students, and scaring (or perhaps scarring) final year medical radiations students with medicolegal and ethical considerations.

In addition to this, other breaking news from the fishbowl includes:

- **Jessie Childs, Sandy Maranna and Dr Nayana Parange** are amongst only five sonographers from South Australia to have been awarded Associate Fellowship of the Australasian Sonographers Association. This Fellowship is recognition of professional excellence, achievement and service in the profession of sonography by the Association.

- **Nayana Parange** has been invited by the ICCUME Steering Committee, chaired by Prof Richard Hoppmann, University of South Carolina School of Medicine, to be an expert consultant and a voting panelist, for the International Consensus Conference on Ultrasound in Medical Education (ICCUME) being conducted by the World Interactive Network Focused On Critical Ultrasound (WINFOCUS) and the Society of Ultrasound in medical education (SUSME) on Sept 24th, 2016. Nayana has been chosen from over 150 individuals globally who volunteered their services to the ICC, for her knowledge, skill, and experience in ultrasound education, and will fully participate in the consensus conference via online collaboration in the development of international consensus recommendations and reports for critical ultrasound over a duration of one year. The ICCUME will be held at 4th World Congress on Ultrasound in Medical Education at Texas Tech University Health Sciences Center in Lubbock, Texas in Sept 2016. [http://www.wcume.org/](http://www.wcume.org/)

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**Did you know…?**

That if you want to make a sonographer uncomfortable, you just need to turn on all the fluoro lights in a room!
Occupational Therapy Program Report

Congratulations to Dr Mandy Stanley and Dr Ben Sellar for grant writing wins this month. Both Mandy and Ben were involved in projects which gained RTIS funding. Well done.

I also notice that the white board in our tea room is starting to fill up with our 2016 research achievements and still 4 months to go before the end of year.

Dr Ben Sellar also successfully applied for funds from the School Equipment pool to develop his virtual reality ideas and purchase a class set of mobile phones and head sets. Watch for interesting things in the future.

Susie Owens one of our Clinical Liaison Coordinators is in Cambodia supporting students there at the moment, and I noticed Sue Gilbert-Hunt doing interviews for the next batch keen to go next year.

Sue Gilbert-Hunt has just won funding support for our Cambodia placements through the New Colombo Plan. The funding will help students cover their travel and living expenses while they spend 9 weeks in Cambodia.

The 'Country road trip' to the Iron Triangle towns has also just returned. Ben Sellar sent a note about his successful trip as part of the Participatory Community Project course.

“We had 23 students visit 15 agencies across Port Pirie, Clare, Port Augusta and Whyalla (Port Lincoln via skype). Great success with everyone identifying a rural project as at least one of their preferences for their project. Many voluntarily said thanks for giving them an insight into what rural placement would be like clinically as well, so good outcomes all round.

It’s important to give thanks to Kimberly and Tahnee (recent OT graduates now working in Port Augusta) who helped co-ordinate it and a new collaboration with the UDRH that worked well. As well as the establishment of the trip under Sue and Ang’s reigns across many years”.

The Assessing Fitness to Drive for Commercial and Private Vehicle Drivers (2016 Edition) was released this week. Angela Berndt contributed to the guideline evidence update via her role on the Occupational Therapy Australia driver task force. OTA was approached for consultation with a particular focus on the sections regarding neurological conditions and evidence for the use of simulators. Our input was taken and integrated into the 2016 edition, although there was no flexibility granted in response to feedback regarding the practice impacts of the requirement for an ‘appropriate specialist’ in the stroke section (p 104).

Judith Merritt our Clinical Supervisor in the ORION Northern Schools Project is on leave as a result of a broken ankle. I had the opportunity to visit the four students at ORION last week – all seems to be going well out there. Teachers and schools seem particularly happy with what the students and Judith are providing. We expect Judith back with us soon.

I had the pleasure to present on our work evaluating a training package for rural therapists at the recent Australian Assistive Technology Conference on the Gold Coast. The paper was awarded a prize for ‘Best Paper’, and the team of Dr Mandy Stanley, Dr Angela Berndt, Carolyn Murray, Sue Gilbert-Hunt and I are busy working on a publication.

Nine new OT with Honours students will present their projects on Wed 31 1.30-4.30 BJ3-54 - very excited to see such a large batch of students this year.

Hugh Stewart Program Director

Congratulations to Hugh Stewart who has been elected to chair the Australia New Zealand Council of Occupational Therapy Educators (ANZCOTE). The role involves organising an annual meeting and dealing with communication between and to the 25 or so members.
Physiotherapy Program Report

The first half of 2016 has been busy and successful. Demand for the program remains strong with 156 full time equivalent students joining us in first year having achieved an ATAR equivalent of 98.2. These students have now completed their first study period in the program and no longer look confused with “flexion” referring to bending movements or what on earth “scapula” means.

The second years are preparing eagerly for their first clinical placement in this study period. This is their first taste of the “real” physiotherapy world where they spend three weeks immersed in the clinical world.

The third and fourth years started the year promptly in February for their preclinical blocks and have spent the rest of their time completing clinical placements in five week blocks. Approximately 420 individual clinical placements have been sought and completed in the first half of the year across community, hospital and aged care sites; a feat of organisational mastery by the Clinical Placement Unit and academic staff coordinating clinical courses. These have largely occurred in metropolitan sites; however, there have been placements further afield in rural sites and overseas locations.

Bachelor of Physiotherapy (Honours)
Six new honours students accepted an offer into in the honours program in 2016 and have all successfully completed their proposals. All ten honours students who commenced in 2015 have recently handed in their thesis and are calmly awaiting the result. Please feel free to attend their presentations on the 10th October.

Master of Physiotherapy (Graduate Entry)
There were 21 new students in this program in 2016, ten of whom have successfully gained entry through Human Movement or Health Sciences degrees at UniSA. This program is intensive and after a busy first study period, the students have commenced their first clinical placement. Prior to their first placement, all were involved in three weeks of immersive simulated learning with actors as patients. Each year we refine this process as a transition from the classroom to the clinic and feedback from students strongly supports the value of this course.

Shylie Mackintosh
Program Director

Physiotherapy Clinic
UniSA City East Campus
Appointment times
Physiotherapy Clinic: Mon to Fri, 8am – 5pm
Sports Injury Clinic: Mon, 8am – 12noon

Location
UniSA City East Campus
Corner of North Terrace and Frome Road
Centenary Building
Level 8 (C8-40)
Adelaide, SA 5000
Telephone (08) 8302 2541
Fax (08) 8302 2853
Email physiotherapy.clinic@unisa.edu.au

UniSA Magill Campus
Appointment times
Physiotherapy Clinic: Mon to Fri, 9am – 5pm

Location
UniSA Magill Campus
Enter from Bundey Street
E Building (Room E1-22)
Magill, SA 5072
Telephone (08) 8302 4013
Fax (08) 8302 2977
Email magillhealthclinics@unisa.edu.au

Dr Shylie Mackintosh
Program Director
Stay Safe—Prevent Falls in Hospital

This project was undertaken by two successive groups of Physiotherapy Health Promotion Students at UniSA under the direction of Gillian Bartley, Senior Physiotherapist at the Northern Adelaide Rehabilitation Service. The aim of the project was to develop and implement a best practice multimedia education resource for Northern Area Local Health Network (NALHN) to prevent falls in hospital. We developed a video targeted at any hospital in-patients with sufficient cognitive capacity to participate in two way education sessions, and who were identified as a high risk of falls. We conducted a literature search to determine the best practice falls prevention education methods in hospitals, and found that multimodal interactive education can result in a reduction of 6.20 falls for every 1000 patient days, potentially saving $41,347.80 per 1000 patient days (Williams & Hadler 2015). The video was developed using research evidence, patient perspectives and clinical expertise of Gillian Bartley, the Modbury Hospital Rehabilitation Physiotherapy Team, Speech Pathologists, and Occupational Therapists, with final approval from the Consumer Advisory Council. The video was filmed at the University’s northern suburbs Clinical Education Centre.

The end product consists of an interactive training session that includes the viewing of the interactive video and a two way conversation between the patient and staff member. This leads to identification of possible risks to patient safety and the development of an agreement between the patient and the hospital staff regarding safe behaviours whilst in hospital. We evaluated the video and associated resources using feedback from stakeholders, key players, the consumer advisory council, and comparison of the final product against the script to ensure that it reflected patient perspectives gathered by the previous project team.

The Stay Safe project is to be implemented with a staged project rollout, beginning with the pilot in the Modbury rehabilitation ward in July 2016. Other wards of the Modbury and Lyell McEwin hospitals will also be introducing the program. Promotion of project is continuing in NALHN through Grand Round Presentations, Health in the North newsletter, and the 2016 Australian and New Zealand Falls Prevention Conference. It is planned that the program will be rolled out through the NALHN group and possibly throughout all SA health sites.

Jason William and Gillian Trudgen
Health Promotion in Physiotherapy Students 2016
Student Outbound
Short-term Experience

7th University Scholars Leadership Symposium, Hanoi, Vietnam

Having travelled to South East Asia before, and loving it, I was incredibly excited to go to Vietnam for the 7th University Scholars Leadership Symposium. I travelled alone to the conference and for a week after, and was excited to meet students from different universities from across the globe. The conference itself was incredible. The guest speakers were passionate and giving people, all having achieved amazing things in their own field of humanitarian work. The whole week was inspiring. As I am in my final year of study, it was amazing to feel so excited about the opportunity to reflect on how I want to use my physiotherapy degree to help people most in need.

The learning journey, on the 3rd day of the conference was definitely a highlight. I chose to go to Qua Cam Leprosy Hospital, as I wanted to learn more about Leprosy not having been exposed to it at home. The day was incredible fun. We danced and sung for the patients, as they did for us. I laughed with elderly ladies who couldn’t speak any English, but who found selfies as entertaining as we do at home.

Having the conference set in Hanoi, Vietnam, contributed so much to the experience. Each evening, after a day full of incredible speakers, groups of students from over 69 countries would discover the city together. This was, of course, enhanced by the cheap (and incredibly delicious) food that Hanoi is known for. Having the chance to chat with speakers in a casual manner on such evenings was also incredible. I will never forget sitting with Shandra Woworuntu (Appointed by Barrack Obama as the member for the United States Advisory Council on human trafficking, having been passionate in this field after being trafficked as a sex-slave herself) on the roof of the hotel on the final night of the conference, sharing drinks, and watching the midnight lights of Hanoi.

I am so lucky to have been chosen for such an incredible experience. This week was engaging and inspiring, and focused on what young people can achieve, no matter what our field of study. Next year I will be in the professional world, in a very different life-style and mindset to now. I know that the people I met, and stories I heard will impact the choices I make as I find my way in this next stage of life.
Physiotherapy  
(Advanced Clinical Physiotherapy)

The Master of Advanced Clinical Physiotherapy had its first intake of students this year with a total of 19 students - 10 Sports, 8 Musculoskeletal and one Cardiorespiratory. The musculoskeletal and sports students have now completed their first semester and up to 5/8 courses depending on whether they are studying part- or full-time. All students have successfully passed all courses.

MyCourseExperience and Focus Group feedback has been positive but also constructive. There was consistent positive feedback regarding the content covered in all courses thus far. The face to face learning was valued the most, particularly the direct supervision of practical skills sessions, live virtual classrooms and clinical placements. The main critiques were around the online learning, particularly related to challenges having successful discussions in Discussion Groups with inconsistent and delayed student participation and requests for more individualised and ongoing feedback. Problems with IT technology and infrastructure also hampered our application of the Digital Learning Strategy this past semester. Plans are in place to address all student feedback. An extensive submission for professional Accreditation for the Musculoskeletal stream has just been submitted with plans to submit a Sports stream Accreditation as soon as the new competency criteria are available. Marketing for 2017 is also underway.

Mark Jones  
Program Director

Mark Jones presented a Keynote Address “Clinical Reasoning in Chronic LBP: Integrating Physical and Psychosocial Assessment and Management” at the July 2016 International Spine and Pain Institute annual conference in Minneapolis. Minnesota (pictured below). He also ran a one day workshop for participants entitled “Diagnostic and Psychosocial Clinical Reasoning: Understanding the Problem and the Person”. Mark also participated in two panel discussions and highlighted his pleasure in joining two eminent psychologists in the world of chronic pain research and management, Professor Steven Linton (Professor of Clinical Psychology, Örebro University) and Professor Frank Keefe (Professor, Department of Psychology & Neuroscience, Duke University) pictured below on either side of Mark. Mark attended a workshop by Professor Keefe on physiotherapists’ use of cognitive behavioural strategies that provided excellent content he will be able to bring back to the postgrad physio programs.

Q: What does an angry kangaroo do?  
A: Get hopping mad.

Q: What do angry mice send each other at Christmas time?  
A: Cross mouse cards

Q: If you are in a running race and overtake the person in second place what place are you in?  
A: Second

Mr Mark Jones  
Program Director
The podiatry program runs an active ongoing rural outreach program involving staff and students that provides clinical services to areas that do not have a publicly available service or to provide additional support to local clinicians.

August has been typical of our activities, with clinical trips to Broken Hill, the APY Lands and Port Lincoln.

Broken Hill receives a week-long visit once each month, throughout the year. Supervised by Brendan Nettle and Lynne Corbett, groups of students provide podiatry services in Broken Hill and also undertake outreach visits to outlying communities including Menindee, Wilcannia, Tibooburra and Ivanhoe.

The APY Lands visits provide assessment and treatment clinics to the communities of Pukatja and Amata on each of the three visits conducted with students each year. Supervised by Sara Jones, the nine day trip in early August also included clinics at the communities of Pipalyatjara and Nyapari, near the WA/NT border.

The student clinics at Port Lincoln Hospital are undertaken three times each year and provide support to the existing podiatry service by reviewing a large number of community clients during a one week block. With Ryan Causby supervising, the recent group of students had the opportunity to assess and treat a range of foot related problems.

The advantages of the outreach visiting clinics are many. Quite apart from the opportunity to undertake a large volume of clinical treatment in a short period of time, the students are exposed to a diverse range of health professionals and health services. A week of practical professional and interdisciplinary collaboration is arguably worth a year of theoretical concepts in this regard. The members of the community are equally diverse, and can provide the podiatry students with personal insights into issues facing rural and remote communities that would otherwise not be available to them. Many of our students have flown all around the world but have never actually driven out of the metropolitan area, so the outreach trips also provide them with an opportunity to appreciate the diversity of their own State – and the distances involved.

Keeping the rural theme going….the teaching staff and third year podiatry class travelled to Whyalla for a very successful rural health program from the 16 to 18 of August. This program is run annually and is intended to improve student understanding about issues in rural health. Teaching was conducted at the Whyalla campus of UniSA. Site visits were undertaken to the podiatry services at Port Pirie, Port Augusta and Whyalla. The podiatry staff from these services and also from Port Lincoln Hospital generously gave their time to conduct tutorial exercises relating to challenges faced by rural practitioners. Among the Podiatry teaching staff, many thanks must go to Brendan Nettle for his organizational skills and Sharyn Martin for her catering skills. Other staff who participated were Ryan Causby and Sara Jones (who exercised their skills as bus drivers in addition to teaching duties), David Visockis and Caitlin Pratten.
It has been another busy period for ARENA with many staff and students publishing their work, engaging in media interviews and winning grants and other awards. Some of the highlights are below.

**Interviews**

Carol Maher did an interview with Scott Baptie, from Food for Fitness (popular UK Health and Fitness blogger/podcaster), “How accurate are Fitbits and do they actually help with weight loss?”.

Fitbits are all the rage at the moment but how accurate are they and do they really help with weight loss? Carol Maher has been researching the development and evaluation of activity trackers and investigating the relationships between people’s daily activity patterns (e.g. physical activity, sleep and sedentary behaviours such as television watching) and their health. Carol discusses the accuracy of step counters, the problems with calorie estimation and why it varies between lean and overweight people, the surprising truth about sleep tracking, where the 10,000 step target comes from and the real reason how they help people lose weight. [http://www.foodforfitness.co.uk/podcast/63](http://www.foodforfitness.co.uk/podcast/63)

On Monday, 27 June, Max Nelson, who is a PhD candidate within ARENA, took part in an interview with Roy Garreffa at Coast FM, during which he discussed a current project investigating post-exertional fatigue in people suffering from Myalgic Encephalomyelitis/Chronic Fatigue Syndrome (ME/CFS). The majority of Max’s previous research has been investigating how heart rate measures can be used to monitor fatigue in healthy populations, and now as part of his PhD he is extending this work to clinical populations such as those with ME/CFS. A major issue in ME/CFS populations is the lack of a reliable biomarker. As a result, many ME/CFS sufferers are currently required to undergo repeated, strenuous exercise testing to identify if they have an abnormal fatigue response to exercise, a procedure to which ME/CFS sufferers often have adverse reactions. Max’s current project seeks to determine if using non-invasive heart rate parameters during this process can reduce or eliminate the need for strenuous exercise testing in this population, in addition to trying to establish if heart rate measures can be used as a reliable biomarker of ME/CFS.

**Health Development Adelaide (HDA)**

Healthy Development Adelaide (HAD) 12th Annual Oration was presented by Professor Tim Olds who also received the Health Development Adelaide Award for 2016.

**Invited presentations**


**ARENA’s research focuses on:**

1. Strategies to increase physical activity
2. Strategies to improve health-related use of time
3. Improving health outcomes in patient groups
4. Reducing disease risk
5. Quantifying physical fatigue in athletes
6. Improving physical recovery in athletes
7. Evaluating effects of bioactive nutrients
8. Web- and mobile device-based interventions
9. Development of wearable monitor technologies
Grants

A number of ARENA staff (bolded) were successful in winning seed funding grants from a University-wide scheme.

$38,191 has been awarded to the project: What are the impacts of early harvest on the nutritional quality of almonds? (John Fielke, Michael Coates, Alison Coates, Michelle Wirthensohn, Karma Pearce).

$39,213 has been awarded to the project: Combining nap and caffeine countermeasures to improve productivity, alertness and safety. (Siobhan Banks, Jillian Dorrian, Alison Coates, Stephanie Reuter-Lange, Allan Evans, Kurt Lushington).

$32,780 has been awarded to the project: Enhancing the social dining experience in older adults using augmented reality. (Ross Smith, Bruce Thomas, Ashleigh Smith, Catherine Paquet, Mark Billinghurst).

$18,984 has been awarded to the project: Bringing electrophysiological diagnostics into the real world. (Ina Bornkessel-Schlesewsky, Matthias Schlesewsky, Maarten Immink, Phillip Alday).

$39,950 has been awarded to the project: Does case complexity matter? Understanding the impact of social determinants of health on the delivery of primary health care to Aboriginal people in Central Australia - What is the effect on cost of service delivery and outcomes? (Leonie Segal, Dorota Zarnowiecki, Tim Olds, John Boland).

ARENA's Dr Gisela van Kessel has been successful in her application for an Australian Higher Education Sector scholarship offered by the National Excellence in Educational Leadership Initiative. The scholarship is part of an international initiative designed to increase the exposure of education sector staff to global best practices and trends around leadership.

Awards

ARENA’s own Joel Fuller and Amanda Richardson came first and third respectively in the UniSA finals of the Three Minute Thesis (3MT®) competition held on Wednesday, 17 July. This is a national competition where PhD candidates present their research in clear, non-technical language in just 3 minutes. Eight candidates from across the University presented on Wednesday for the chance to represent UniSA at the Asia-Pacific finals in September.

1st Place – Joel Fuller: A Guide to Selecting Running Shoes Based on Body Mass

3rd Place – Amanda Richardson: Success needs more than just a good ATAR...

You can see Joel’s full presentation here.
http://www.abc.net.au/news/2016-08-18/uni-students-explain-phds-in-three-minutes-for-3mt-competition/7757406

Congratulations to ARENA’s Associate Professor Alison Coates who was selected as a finalist in the Division’s Researcher ‘One Team’ award in recognition of outstanding research expertise and excellence in team building and support, to ensure staff and students work as ‘one team’ across research activities.

Congratulations to ARENA’s PhD candidate Melissa Hull who was awarded 3rd place and the People’s Choice award in the Division’s annual HDR Research Poster Prize at the Here’s Health. Research HDR information evening held on Wednesday, 3 August. Judges shortlisted 4 finalists from a total field of 20 entries from current HDR students across the Division. They then asked each finalist to make a short presentation on the topic of their poster, before making a final decision.

3rd Place/People’s Choice: Melissa Hull, School of Health Sciences 'We're lucky to get doctors at all!'

ARENA’s Dr John Arnold, School of Health Sciences, has been announced as one of nine 2016 SA Tall Poppies, at a ceremony hosted by the Governor, Mr Hieu Van Le AC, at Government House on 1 August. The Tall Poppy awards recognise achievement in the sciences, as well as the commitment of the awardees not only to excellent research but to communicating the value and purpose of their science to a wide audience, in particular to school and university students, and early career researchers – the future scientists in our communities.

John’s PhD was conferred in 2015, and his area of research is podiatry and lower limb conditions, with a particular focus on foot disorders, osteoarthritis and biomechanics. In particular, John is exploring the role that biomechanics may be able to play in the development of new treatments for foot osteoarthritis, a condition which affects one in six adults aged over 50 in Australia. John continues a strong tradition of the Division’s recognition in the Tall Poppy awards. Congratulations John!
iCAHE has had a busy time in the last three months. The increasing focus nationally and internationally on evidence translation into practice, and patient/consumer engagement in healthcare decisions makes iCAHE’s research even more important. We recently welcomed Janine Dizon into iCAHE. She is a past UniSA PhD graduate, who has the specific brief of formalising EBP training for policy-makers, managers and clinicians. She has already developed a process by which CPD courses in a range of areas can be offered in a way which articulates with UniSA postgraduate degrees. Watch this space……

There are now ten Research Area Teams (RATs) whose leaders presented their team’s work to the iCAHE Executive Management committee in July. This highlighted the breadth of research being undertaken under the iCAHE umbrella. The iCAHE methods team has completed five Rapid Reviews since December for government and industry. This brings the total number of Rapid Reviews undertaken in the last three years to 11. Rapid Reviews are becoming a more and more common way of identifying the best available evidence for a range of questions. Our learnings are that every review is different, and this learning has been incorporated into our evidence-based practice teaching programs! The methods team is planning a methods handbook to guide future rapid reviews. There have been changes in the methods staff, with Kate Kennedy, Deb Kay, Jeric Uy and Julie Luker all having moved on. We have since welcomed Heath Pillen (nutrition and public health background), and Holly Bowen (psychology background). Our editor Maura McInerney, and health economist Asterie Twizeyemariya have increased their hours. We are proud to announce recent PhD completions for iCAHE students Dr Helen Banwell, Dr Ryan Causby and Dr Yasmin Lai, and we welcome new HDR students Innes Serrada, Paul Reid, Troy Morrison, Brooke Osborne and Alvin Atlas.

Rapid Review
The iCAHE team has been busy with work having a significant initial impact as project reports to government, they have all been written in response to rapid review policy questions. When we draw breath the findings will also be written into papers…..

1. CAH report from a rapid review written for Vic Health metabolic diseases department to inform the health ministers’ discussions on adding screening for congenital adrenal hyperplasia to newborn bloodspot screening ($31K).

2. Rapid review for Vic Health cancer wellness unit, identifying screening tools to support mental and physical ‘wellness’ whilst on a cancer journey ($29,500). This work has involved the iCAHE methods team, as well as Eva Bezak, Liz Buckley and Ian Olver

3. Report to SA Dept Health on the economic benefits of podiatry in preventing adverse events in the diabetic foot ($25K). Catherine Tumbull will use this work to demonstrate how important podiatry is across sectors. Asterie Twizeyemariya has shown that with best practice referral to best practice podiatry for people with diabetes, over $7mill could be saved in one year in South Australia alone, in reduced treatment needs for preventable ulcers, infections and amputation. This has been an astounding piece of health economics undertaken by Asterie who came to us from Pop Health. This work has involved the iCAHE methods team, and Ryan Causby. It should make a highly cited publication!

In addition, Steve Milanese has submitted final amendments to the NZ ACC rapid review on neonatal encephalopathy which he took over. This will inform NZ policy on management of babies at risk for this condition. That was worth around $30K Aust. Steve is also about to send the first report from a 12 month systematic review we are doing for NZ ACC on pain management strategies. This project is worth $90K.

Steve Milanese was a guest on the afternoon talkback show with Sonya Feldhoff on 891 ABC radio discussing the issues associated with health literacy and patient health records. Steve answered calls from listeners and promoted a new National survey from iCAHE exploring how Australians find out about health issues, what sources of information they rely on to support their own healthy behaviours and how that impacts on the way they understand and feel about systems of shared health data. This relates to the issue of access and security of personal health records, in particular e-records, such as EPAS and My Health Records. The survey can be accessed on www.unisa.edu.au/cahe

Professor Karen Grimmer
Director
There are eight key research areas in iCAHE:

1. Cardiopulmonary research
2. Early childhood intervention
3. Health services research and implementation science
4. Medical radiations
5. Musculoskeletal therapy research
6. Stroke and rehabilitation
7. Teaching and learning in the therapies
8. Consumer engagement

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Please visit the Media Centre

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Professor Karen Grimmer’s article from The Advertiser

GPs should not be gatekeepers of Medicare funding: Karen Grimmer

The role of general practitioners as the “gatekeepers” of Medicare funding has been challenged, with a leading academic calling for closer scrutiny of the system.

Professor Karen Grimmer, director of the international centre for allied health education at the University of South Australia, said a GP had the power to decide whether to enact an “enhanced primary care” program for a patient and then which allied health provider they should visit to receive five government-funded sessions.

“That choice often depends on who the GP had dinner with the night before, who they play golf with, who shares their premises,” she said at The Australian’s Beyond The Boardroom discussion on allied health.

“The GP as the gatekeeper is something I think we need to look at, not because I don’t like GPs ... the GP needs to be part of a broader primary healthcare platform.”

Professor Grimmer said she had seen cases where visits to the GP had cost a lot of money, which showed that the EPC program brought “a lot of dollars to the GP”.

“If the funds are not used well in terms of disseminating knowledge (about the patient) to the right allocation of allied health providers, then it is not money well spent.”

Federal Department of Health deputy secretary Mark Cormack said that while there were some areas that needed improvement in Australia’s healthcare sector, the primary health care system was very strong.

“It is important in comparing other systems such as the United States ... the role of the physician as gatekeeper to care is well established as not only good-quality care, but also the cost-efficient use of healthcare resources,” he said.

Professor Grimmer told the forum in Sydney yesterday that allied health professionals were generally “cynical” and saw reform as “rearranging the deckchairs”.

“The reforms don’t generally filter down to better organisation of services or a better knowledge of what each other does,” she said.

“It is all very much a siloed system. Even within allied health you will have discussions between occupational therapists, podiatrists and sports scientists as to who treats what bit of the body.”

Professor Grimmer said she would like to see allied health more involved in low-value care and used to identify what care did not get cost-effective outcomes.

She said treatment and assessment should be aimed at care that costed little but had high impact.

“If there is a larger focus on evidence-based practices, integrated practices, it could do an enormous amount to decrease expensive trips to hospitals,” she said.
Research outputs from our groups continue to stay strong with special mention to Dr Natalie Parletta who has published five papers over the period. Natalie was also part of a team which in the 2016 round won a NHMRC Partnership grant (administered by the University of Wollongong) to fund a multi-centre randomised controlled trial to investigate the potential beneficial effects of omega-3 supplementation on aggressive behaviour. Natalie’s research has really taken off, and in early September she will be off to a global tour taking her from Cape town to Spain, Greece and Brazil. She will be keeping busy as during this trip she will deliver an oral presentation at the International Society for the Study of Fatty Acids and Lipids (ISSFAL) meeting, attend the International Congress of Dietetics in Granada (with e-poster), spend three-weeks with the PRE-DIMED team in Pampliona (Australian Nutrition Trust Fund Fellowship), deliver a 3-hour workshop on cardiometabolic and mental health benefits of a Mediterranean diet and give a talk on how parents and schools can encourage children to eat healthy food at the Mega Evento Nutrition conference in Sao Paulo. And there’s no sign of waning interest, with Natalie already lined up to give three (possibly four) invited talks in 2017. Well done Natalie!

Also the Cancer epidemiology group has been conquering the world with Professor David Roder who has only recently returned from trips to Russia and Thailand (with Dr Kerri Beckman). David is collaborating with Russian, other Eastern European, Scandinavian, French, German and Asia-Pacific experts in cancer control, especially with regard to cancer screening. Dr Hanna Tervonen spent four weeks in Lyon in order to work in the Cancer Surveillance section of the International Agency for Research on Cancer (IARC) as part of a project which examined global Indigenous cancer disparities. Hanna also attended the 50th Anniversary Conference of the IARC in Lyon, France in June 2016, and had an oral presentation in the conference. Hanna will return to France later in the year, as she has been selected as one of the eight ‘Young Leader’ participants in the 2016 World Cancer Leaders’ Summit which will be organised in Paris in October. David has also recently been invited to travel to Lyon, France for the International Agency for Research on Cancer (IARC) to participate in the updating of the Cancer registries Principles and Methods 3rd Edition book as a co-editor during 2016 and 2017.

Research on Cancer (IARC) as part of a project which examined global Indigenous cancer disparities. Hanna also attended the 50th Anniversary Conference of the IARC in Lyon, France in June 2016, and had an oral presentation in the conference. Hanna will return to France later in the year, as she has been selected as one of the eight ‘Young Leader’ participants in the 2016 World Cancer Leaders’ Summit which will be organised in Paris in October. David has also recently been invited to travel to Lyon, France for the International Agency for Research on Cancer (IARC) to participate in the updating of the Cancer registries Principles and Methods 3rd Edition book as a co-editor during 2016 and 2017.

Research by Dr Anthea Krieg with Professor Leonie Segal and colleagues published in the MJA on vulnerable justice involved youth has been quoted in the Lowitja Institute response to the Inquiry into juvenile detention in the NT: http://www.lowitja.org.au/royal-commission-northern-territory-juvenile-detention. This research funded under a CRE in Indigenous Health highlights how the justice system fails Aboriginal youth, especially those with an intellectual disability, brain damage or mental illness. There is an urgent need for better access to health services (including mental health) and a far better understanding within the justice system of the impact of intellectual disability, brain injury or mental illness on behaviours. The challenge is for the justice system, together with other sectors working with highly vulnerable children and families to work in a way that is compassionate, or at the very least just, rather than re-traumatising. Leonie and team were also successful in winning a UniSA Research Themes Investment Scheme seed-funding grant for a project to develop work on understanding and measuring complexity in the context of the Central Australian infant home visiting program.

The Centre for Population Health comprises the following research groups:

- Biostatistics
- Cancer Epidemiology
- Health Economics and Social Policy
- Nutritional and Genetic Epidemiology
- Patient Safety
- Public Health
- Spatial Epidemiology and Evaluation
- Psychosocial Oncology Research

Contact Us
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UniSA has continued its rising path in research success, this time in the Nature Index Rising Stars classifications! With contributions including eight papers in Nature Genetics and three in Nature during the period, my Nutritional and Genetic Epidemiology group at CPHR takes pride in having contributed to UniSA positioning fourth in the Asia Pacific Region.

Local events at CPHR included an excellent presentation by Dr Anna Dawson about a project funded by SA Health as a Strategic Health Research Project investigating strategies for reducing smoking amongst Aboriginal Health Workers in SA. The CPHR Senior group met to discuss ongoing work and to plan the upcoming CPHR Advisory group meeting, scheduled for late October.

**Future events:**

- **13th September**
  - CPHR seminar
  - Health Economics group
  - 2pm—3.30pm, SAHMRI Meeting Room 08-321

- **11th October**
  - CPHR seminar
  - Nutritional and Genetic Epidemiology Group
  - 2pm-3.30pm, SAHMRI Meeting Room 08-321

- **1st November**
  - Nutrition and Population Health Symposium.
  - This is a half day symposium to celebrate the career of Professor Kerin O’Dea, and I warmly encourage you all to save the data. Formal invites to follow.

In addition to providing us with excellent administrative support, Morgan Reid is also a talented artist. Here are some dogs engrossed in the HLS Newsletter... More of her work can be found at morganreid.com.au.

It will be of no surprise to anyone who knows Bill to hear that he is currently writing checklists for the safe flying of gyrocopters. These are being compiled in a format that will allow them to be uploaded to an iPad, mobile phone or printed on card and kept in the pilot’s pocket. Bill intends to follow-up with papers supporting each checklist, with anecdotes illustrating why each item is important.

This is not Bill’s first foray into flying. He also enjoys flying powered hang-gliders and has a “nanolight” (Aeros Ant). He has flown microlights across a lot of South Australia and quite a bit of the east coast of Australia, as well as in twelve other countries, a highlight being flying in the French Alps.

**Bill Runciman’s “New Toy”!!**

Bill’s latest acquisition — a Magni Orion M24 gyrocopter. Bill is currently thoroughly enjoying his lessons learning to fly his new craft. He bought the gyro in partnership with another couple who are also members of the Southern Districts Flying Club, of which Bill is co-Captain. His partners have the technical knowledge to service the gyro, so it makes a good pairing! The gyro is housed at the Strathalbyn airfield having been flown from NSW to Adelaide by Bill and an instructor over the Easter weekend. Bill is currently in the planning phase for future expeditions around the coast of Australia in tandem with other gyrocopters and a ground support team.
Dr Tasha Stanton from the Body in Mind Research Group at UniSA was judged one of the Top 5 Under 40 Science Communicators in Australia. As part of her prize, she just completed a two week media training residency at ABC Radio National in Sydney.

Here she worked with Joel Werner, a producer of the Health Report hosted by Norman Swan. She coordinated patient interviews, pain-relevant content, and then worked with Joel to produce a segment on back pain. **This show was scheduled for the ABC Health Report on Monday, August 15th at 5:30pm CST.** It will probably be available in some form online too.

Tasha also worked to produce an online news piece, entitled “**Top 5 myths about chronic pain**” and recorded a short video where she discussed the Top 5 things not to say to people with chronic pain. **These were both released on ABC platforms during Science week from August 13 -21st.**


Video: What not to say to someone with chronic pain: [https://www.facebook.com/radionational/videos/10154418545447378/?pnref=story](https://www.facebook.com/radionational/videos/10154418545447378/?pnref=story)

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**Body in Mind areas of research interest include:**

1. Teaching people about pain
2. Complex regional pain syndrome
3. Early intervention after injury and its effect on later development of chronic pain
4. Chronic back pain
5. Descending control of homeostasis by cognitive factors
6. Brain responses to noxious stimuli
7. Cross modal modulation

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**Professor Lorimer Moseley**
Director
**Staff and Students Publications**

**July/August Newsletter Publications 2016**


Impact Factor NA


Impact Factor NA


Impact Factor NA


5 Year IF = 1.986; 2 Year IF = 1.377 (60/87 Health Care Sciences & Services)


2 Year IF = 1.606; 5 Year IF = 2.184 (53/87 Health Care Sciences & services)

**Berry, D.J., Dutton, J., Fraser, W.D., Jarvelin, M.R., Hyppönen, E.** 2016. Harmonization study between LC-MS/MS and Diasorin RIA for measurement of 25-hydroxyvitamin D concentrations in a large population survey. *Journal of Clinical Laboratory Analysis* 2016, In press abstract N/A

5 Year IF = 1.326; 1 Year IF = 1.549 (Sciences: 18/30 in Medical Laboratory Technology)


5 Year IF = 2.32; 2 Year IF = 1.69 (131/192 Clinical Neurology; 46/76 Psychology).


5 Year IF = 2.464; 1 Year IF = 2.046 (Social Sciences: 27/74 in Health, Policy and Services, 36/153 in Public, Environmental & Occupational Health)


5 Year IF = 2.437; 2 Year IF = 1.754 (49/120 Pediatrics).


5 Year IF = 1.986; 2 Year IF = 1.377 (60/87 Health Care Sciences & Services)


2 Year IF = 1.794; 5 Year IF = 1.807 (Health care sciences 41/87; Nursing 14/116; Oncology 165/213; Rehabilitation 21/65).


2 Year IF = 1.053; 5 Year IF = 1.367 (Health care sciences 73/87; Medical informatics 15/20; Medicine, general & internal 84/151).

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The Collection of Research Outputs (CRO) online submission system captures UniSA’s research outputs. The bulk of submissions are sourced on a weekly basis from Web of Science, Scopus and Crossref, and you are notified via email to claim or reject the output – so simply follow the instructions in the email when you receive it. You are also encouraged to review your research outputs (publications etc.) and lodge any outstanding items. As a general rule only items that are eligible for HERDC or ERA reporting are included in the Academic Staff Activity reports and Staff Home Pages.

To add missing publications or other research outputs use the deposit link to lodge the output (use the DOI option when known). You can either add this link to your favourites for future use, or there is also a link to ‘Submit a research output’ on your Staff Portal (in the ‘my Workbox’ section).
Cai, S., Coates, A.M., Buckley, J.D., Berry, N.M., Burres, L., Beltrame, J., Howe, P.R.C., & Schrader, G. 2016. There is no Association Between the Omega-3 Index and Depressive Symptoms in Patients With Heart Disease who are Low Fish Consumers. *Heart, Lung and Circulation*, available online 16 August 2016. Abstract
5 Year IF = 1.378; 2 Year IF = 1.575 (81/124 Cardiac & Cardiovascular Systems).

5 Year IF = 6.795; 2 Year IF = 5.579 (2/82 Sport Sciences).

5 Year IF =4.570; 2 Year IF=3.344 (45/225 Environmental Sciences, 19/84 Meteorology & Atmospheric Sciences)

5 Year IF = 1.927; 2 Year IF = 1.464 (17/79 for Communication; 45/74 for Health Policy & Services).

Doidge, J. 2016. Responsiveness-informed multiple imputation and inverse probability-weighting in cohort studies with missing data that are non-monotone or not missing at random. *Statistical Methods in Medical Research*, published online before print 16 March 2016. Abstract
5 Year IF = 4.247; 2 Year IF = 4.634 (1/20 Medical Informatics, 1/123 Statistics & Probability, 4/56 Mathematical & Computational Biology, 4/87 Health Care Sciences & Services)

5 Year IF = 2.746; 2 Year IF = 2.209 (58/172 Public, Environmental & Occupational Health).


5 Year IF = 6.795; 2 Year IF = 5.579 (2/82 Sport Sciences).

5 Year IF = NA; 1 Year IF = 0.663 (Sciences: 83/87 in Health Care Sciences & Services; 161/172 Public, Environmental & Occupational Health).

2 Year IF: 4.387; 5 Year IF: 3.400 (10/77 Urology & nephrology)

5 Year IF = 3.755; 2 Year IF = 3.536 (23/136 Psychiatry).

5 Year IF = 3.755; 2 Year IF = 3.536 (23/136 Psychiatry).

5 Year IF = 1.336; 1 Year IF =1.223 (Social Sciences: 12/24 in emergency Medicine).

5 Year IF = 4.181; 2 Year IF = 3.614 (18/78 Nutrition and Dietetics, 41/131 Endocrinology & Metabolism).

5 Year IF = 3.395; 2 Year IF = 3.369 (21/151 Medicine, General & Internal).


Impact Factor N/A
Lynch, E., Luker, J., Cadilhac, D., Fryer, C., Hillier, S. 2016. A qualitative study in using the Theoretical Domains Framework to investigate why patients were or were not assessed for rehabilitation after stroke. Clinical Rehabilitation. July 2016 Abstract
5 Year IF = 5.699; 2 Year IF = 2.403 (10/65 Rehabilitation).

Impact Factor NA

5 Year IF = 1.600; 2 Year IF = 1.404 (35/65 Rehabilitation).

Year IF 3.535; 2 Year IF = 3.057 (11/63 Multidisciplinary Sciences).

5 Year IF = 1.047; 2 Year IF = 0.935 (50/65 Rehabilitation)

5 Year IF = 6.539; 2 Year IF = 6.035 (13/154 Medicine, General & Internal).

5 Year IF = 2.885; 2 Year IF = 2.463 (29/129 Psychology, Multidisciplinary).

5 Year IF = 3.535; 1 Year IF = 3.057 (11/63 Multidisciplinary Sciences).

5 Year IF = 2.880; 1 Year IF = 3.155 (Social Sciences: 115/289 in Biochemistry & Molecular Biology, 95/187 in Cell Biology, 5/310 in Edocrinology & Metabolism).

5 Year IF = 2.45; 2 Year IF = 2.30 (21/74 Orthopedics; 40/83 Physiology; 19/82 Sport Sciences).

Parletta, N., Segal, L. 2016. Poor nutrition can put children at higher risk of mental illness. The Conversation, 1 March 2016. Abstract
Impact Factor NA

2 Year IF = 2.602; 5 Year IF = 2.281 (genetics & heredity 77/165; Pharmacology & pharmacy 99/253).

5 Year IF = 3.417; 2 Year IF = 3.730 (66/213 Oncology).

5 Year IF = 3.385; 2 Year IF = 3.369 (21/151 Medicine, General & Internal).

Schmerer, T., Robberts, B., Crockett, A., Thoonen, B., Lucas, A., Grootens, J., Smeele, I., Thamrin, C., Reddel, H. 2016. Should the diagnosis of COPD be based on a single spirometry test? npj Primary Care Respiratory Medicine - NPJPCRM-00082R1 AcceptManuscript Number: NPJPCRM-00082R1 Abstract
5 Year IF 1.447; 2 Year IF 1.447 (11/20 Primary Health Care; 47/58 Respiratory System).
2 Year IF = 2.644; 5 Year IF = 2.643 (Oncology 123/213; Public, environmental & occupational health 41/172).

2 Year IF = 2.644; 5 Year IF = 2.643 (Oncology 123/213; Public, environmental & occupational health 41/172).

2 Year IF = 3.730; 5 Year IF = 3.417 (Oncology 66/213).

5 Year IF = 3.53; 2 Year IF = 2.55 (14/74 Orthopedics; 7/65 Rehabilitation; 14/82 Sport Sciences).

Impact Factor NA

Impact Factor N/A

2 Year IF = 3.057; 5 Year IF = 3.535 (Multidisciplinary sciences 11/63).

Impact Factor NA

Book Chapters


Want to find out how you can get yourself a scholarship or grant?

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This Program is designed to strengthen Adelaide's ability to attract major international conferences within the state's key areas of: life sciences, technology, research and innovation.

Applications for the 2016 program are now open.

How do I apply?

Simply propose an international conference that has the potential to be held in South Australia, present a short case as to why it should be held in South Australia and confirm your support should there be the opportunity to bid for the conference in future.

Request a copy of the Application Guidelines from:

Kathryn Pullen
Adelaide Convention Bureau
E: kathryn@adelaideconvention.com.au

Applications close:

Friday 10 September 2016

Click Here for further information.
The Fraser Mustard Centre is offering a PhD Top-Up Scholarship for research into improving health, wellbeing, developmental and educational outcomes for children and young people in South Australia. The scholarship recipient can be enrolled at any university in South Australia, and their PhD project is expected to be completed in an area aligned with the aims of the Fraser Mustard Centre.

Joanne Waugh would be happy to talk to any interested students to explain who they are, what they do, and the aims of the scholarship. Contact Joanne on (08) 8207 2079 or email her at joanne.waugh@telethonkids.org.au

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**Fraser Mustard PhD Top-up Scholarship**

The Fraser Mustard Centre, named in honour of Dr Fraser Mustard's contribution to child development in South Australia, is a research collaboration between the Department for Education and Child Development (DECD) and the Telethon Kids Institute. We are offering a three-year PhD Top-up Scholarship valued at $12,000 p.a. (comprising $8000 p.a. stipend and $4000 p.a. research support) to an outstanding student who is passionate about improving developmental, health and education outcomes for children and young people.

The successful PhD candidate will be co-supervised by the Telethon Kids Institute and they will be expected to spend some of their time at the centre working on their PhD. The following areas are of interest to us, but all topics will be considered:

- The impact of home language environment on development
- Measurement of student wellbeing and engagement in South Australian schools (Positive Education/Psychology)
- Longitudinal analyses of developmental/educational trajectories utilising linked administrative data sets

The Fraser Mustard Centre aims to:

- improve and promote the development, health, wellbeing, and education of all children and young people in South Australia through the unique application of multidisciplinary research
- help shift focus from the historical delineation between health and education services to an integrated approach with a focus on child development
- build capacity amongst public sector staff and academic researchers to design, undertake and use research to improve the environments in which children live and the service systems which support families.

Applications need to include:

- a cover letter outlining your interest in early child development research
- a copy of the scholarship application which has been submitted to the University (please note that you must apply separately for scholarship support) or supporting evidence of outstanding research ability. Students should email verification that a scholarship has been awarded as soon as possible
- a copy of your tertiary studies academic record. Students should email Honours/Masters results as soon as possible
- a copy of your curriculum vitae
- contact details of two independent referees (not including PhD supervisors)

Applications will be judged on merit.

Enquiries: Alanna Sinovich
+61 8 207 2039
Alanna.sinovich@telethonkids.org.au

Applications:
Email to: joanne.waugh@telethonkids.org.au
by Friday 6 January 2017.

For more information about the Fraser Mustard Centre, visit [www.frasermustardcentre.sa.edu.au](http://www.frasermustardcentre.sa.edu.au)
Events
School of Health Sciences Research Week
19 to 23 September 2016

Monday 19th September
9.15 – 1.00pm, SAHMRI Auditorium
Welcome to Research Week & Invited Presentations
9.15-9.30am – Registration (coffee available)
9.30-11.00am
Welcome from Head of School, Prof Roger Eston
Early Career Researcher (ECR) Presentations
- Dr Georgie Crichton: The Maine-Syracuse Study and ORISCAV-Luxembourg: a snapshot of my research
- Dr Emily Ward: Screening tools for childhood motor impairment and creating supportive clinical education environments
- Dr Ashleigh Smith: Physical activity modifies corticospinal excitability of the lower limbs
- Dr Neil Coffee: Place and Health: or why where you live, work and play matters!
- Dr Helen Banwell: Assessment of the lower limb in children, getting it right, getting it consistent
11.00-11.30am – Morning tea
11.30-1.00pm
ECR Presentations (continued)
- Dr Gisela Van Kessel: Transitioning into first year university: The resilience of allied health students
- Dr Valeria Bellan: The strange case of vision and proprioception
- Dr Tom Wycherley: Improving Dietary Intake in Remote Indigenous Communities
- Dr Alyson Crozier: Monkey see, monkey do: Exploring the effects of social norm messaging on physical activity engagement
Professor Alex Brown, Chair in Aboriginal Health (UniSA) & Wardliparingga Aboriginal Research Unit (SAHMRI)

Tuesday 20th September
9.15 – 10.45am, C4-16, Centenary Building, City East
HDR Candidate Presentations
9.15-9.30am – Registration (coffee available)
9.30-10.45am
- Gina Mincham (CPHR): Development of a dengue simulation model for Guangzhou, southern China for evaluation of potential disease control strategies
- Paul Reid (iCAHE): Experimental investigation of in-vitro cancer stem cell survival for head and neck cancers following X-ray irradiation
- Flynn Slattery (ARENA): The long-term rate of change in lung function of South Australian metropolitan firefighters
- Ines Serrada (iCAHE): An investigation into the recovery of arm function after stroke
- Grace Greenham* (ARENA): The interactive effects of training loads of elite athletes and biomarkers of overtraining, stress and fatigue
*Presentation day TBC
10.45-12 noon, C7-20/21, Centenary Building, City East
HDR Candidate Poster Session (includes morning tea)

Wednesday 21st September
9.15 – 12.15pm, C4-16, Centenary Building, City East
HDR Candidate Presentations
9.15-9.30am – Registration (coffee available)
9.30-10.30am
- Merilyn Lock (ARENA): A Theory-driven, Person-Centred Physical Activity Intervention in Aged Care Workers
- Alvin Atlas (iCAHE): Empowering the consumer to make informed choices relevant to their elective admissions to private hospitals: developing a data informed patient-centred quality care charter
- Joel Garrett (ARENA): Internal and external monitoring of fitness and fatigue in elite Australian rules football
- Angie Willcocks (CPHR): A longitudinal investigation of the relationship between maternal diet, depression, anxiety, and the moderating role of life stress in the perinatal period
10.30-11.00am – Morning tea
Wednesday 21st September cont...
11.00-12.15pm
- Sarah Edney (ARENA): Investigating usability, efficacy and user engagement with “Active Team”: an online social networking intervention to increase physical activity
- Alexandra Wade (ARENA): The influence of dietary patterns on cognitive and cardiovascular functioning: An investigation of the Mediterranean diet
- Priya George Martin (ICAHE): Factors that contribute to high quality clinical supervision in allied health: a mixed methods sequential explanatory study
- Lisa Matricciani (ARENA): Sleep and the health of 10-12 year old Australian children: an investigation of sleep as a multidimensional and compositional construct
- Dorothea Dumuid (ARENA): Social and environmental determinants of physical activity, screen time and weight status in children: the International Study of Childhood Obesity, Lifestyle and Environment (ISCOLE)

Friday 23rd September
9.15 – 12.10pm, C4-16, Centenary Building, City East
HDR Candidate Presentations (including HDR Poster Competition Finalists)
9.15-9.30am – Registration (coffee available)
9.30am-10.30am
- Anwar Gebremichael (CPHR): Vitamin D, obesity and mental health: study on gene-environment interaction
- Erika Gosney (ICAHE): Mapping the normal reaction to acute exercise in the Achilles and Patellar tendons using ultrasound in athletes
- Lettie Pule (CPHR): Developing an Index of Comorbidity for Colorectal Cancer in Australia
- Michael Rogers (ARENA): An examination of the inter-relationships between physical fitness, anthropometry and fundamental movement skills as they relate to competitive junior basketball performance
10.30-11.00am – Morning tea
11.00-12.10pm
- Presentations by finalists in HDR Poster Competition
- Jasvir Bahl (ARENA): Biomechanical outcomes following different surgical approaches to total hip arthroplasty
- Amanda Richardson (ARENA): Research informing teaching – content or practice?

1.30 – 5.30pm, C4-16, Centenary Building, City East
HDR Candidate ‘5x5’ Presentations (by Completing Candidates)
- Max Nelson (ARENA): Maximal rate of heart rate increase as a marker of post-exertional fatigue
- Amanda Richardson (ARENA): Success in first year, you’ll need more than just a good ATAR
- Caitlin Dowell (CPHR): Defining children’s exposure to maternal incarceration
- Melissa Hull (ARENA): Cultivating farmer health: Profiling health seeking behaviours in South Australia’s farmers
- Carolyn Murray (ICAHE): Responses to troublesome aspects of knowledge and practice: a grounded theory of learning to practice occupational therapy
- Jason Bartram (ARENA): Quantifying intermittent work capacity: optimisation modelling using endurance track cycling
- Kerwin Talbot (BiM): The effect of affect. Exploring the role of the affective component of pain on generalisation of responses to noxious stimuli
- Joel Fuller (ARENA): Effects of minimalist and conventional running shoes on running performance and injury risk, and the associated mechanisms
- Dannielle Post (CPHR): Reshaping antecedents of health behaviour: Planning, implementing, and evaluating a theoretically-based health promotion program in a remotely-located, predominantly male workplace
- Nerylee Watson (ARENA): Benefits from lifestyle changes for adults with T2DM: a comparison of two dietary patterns
3.15-3.30pm – Afternoon tea
3.30-5.30pm
Debate: Research is Business
- Moderator: Prof Tim Olds
- Affirmative: Prof Jon Buckley (captain), Dr Saravana Kumar, Jodie Quilliam
- Negative: Dr Helen Banwell (captain), A/Prof Susan Hillier, Max Nelson

Research Week Wrap & Social Function
Dear Colleague,

Activity is ramping up for BRCC2017, which will be held Wednesday 3rd - Friday 5th May, 2017, in beautiful Melbourne. Pre-conference workshops will be held on Tuesday 2nd. We know you’ve got the dates marked in your calendar.

BRCC 2017 will showcase innovative and effective behavioural research using the theme Inform Inspire Impact, to reflect our shared need to learn about latest evidence, consider promising new ideas and developments and optimise our impact in preventing cancer and improving cancer outcomes.

Over the coming days we’ll be putting the finishing touches to the BRCC2017 webpage, which will include conference speaker information, pre-conference workshops in the making, your portal to submit abstracts, registration information and accommodation options.

But in the meantime, here is some key information and dates to help you plan your BRCC2017 experience.

Speakers
We are thrilled to announce the participation of our keynote speakers:

**Professor Robert C. Hornik**, Wilbur Schramm Professor of Communication and Health Policy at the Annenberg School for Communication, University of Pennsylvania, presenting "Achieving cancer control in a complex communication environment"

**Professor Theresa Marteau**, Director of the Behaviour and Health Research Unit in the Clinical School at the University of Cambridge, presenting "Changing behaviour by targeting non-conscious processes: Effectiveness and acceptability"

**Professor Penny Webb**, Leader of the Gynaecological Cancers Group at the QIMR Berghofer Medical Research Institute, presenting "Cancers and cancer deaths attributable to modifiable behaviours in Australia: opportunities for prevention"

**Honorary Professor Sanchia Aranda**, CEO of Cancer Council Australia and President-Elect of the UICC, presenting "Imperatives for the Cancer Charity Sector - global perspectives; local actions"

Abstracts
We invite you to consider submitting your abstracts for presentation at BRCC2017. We will welcome abstracts of up to 300 words for two presentation formats; rapid fire presentations of 5 minutes duration, and standard oral presentations of 12 minutes.

Abstracts for BRCC2017 must be submitted via the BRCC2017 website, which will go live on Friday 2nd September.

Key Dates
Abstract Submission opens: Friday 2nd September 2016
Abstract Submission closes: Friday 7th October 2016
Abstracts outcome advised by: Friday 2nd December 2016
Presenter registration deadline: Friday 16th December 2016
Earlybird registration closes: Friday 16th December 2016

Travelling or attending a conference?
Make sure that the University is aware of any University business travel even when there are no associated costs to the University. Submission of the travel form will also ensure that you are covered under the University’s travel insurance while travelling on behalf of the University.

Fill in your online business travel request form to complete your travel requirements:

We want to tell the world about your conference!
Contact the PA to HoS to get a conference briefing template so we can include the great ideas, networks and adventure you went on.
Library Report

Thomson Innovation – patents and collaborations database - new trial till mid-September

Thomson Innovation is Thomson Reuters’ new patents and collaborations database, and utilises editorially enhanced patent literature from the Derwent World Patent Index. Patents are another type of research output that are becoming increasingly important as a measure of research impact, ranging from patent citation, to identifying potential industry research partners and collaborators.

For details about how to register for trial access, training resources, and upcoming webinars go to this information page. In late August customised training will be held for UniSA, more details will be available soon. For more information, contact Cathy Mahar, Research Services Librarian, x26361.

Film Platform

Following positive feedback from academics, the decision was made to subscribe to Film Platform. Access is from Library Home>A-Z databases.

‘Film Platform is an innovative collaboration of leading filmmakers and agents around the world to bring the finest documentary films to an academic audience. Through these films people and ideas from the most far-flung, inaccessible corners of the world can be brought straight into the classroom to challenge and engage students.’ – About the platform

Over 200 films are available for on-demand streaming. Each film can be linked to from course pages or reading lists for easy access.

The platform can be searched by title, topic and filmmaker, and filtering options include Topics, Country of Production, Language (spoken) and Language (subtitles).

Try browsing by topics such as Addiction, Health, Food, Gender or Sport. A few of the available titles include:

1. A diary of healing
2. Danube hospital
3. Electric mind
4. Health factory
5. Lost down memory lane
6. LoveMEATender
7. Open heart
8. Sugar coated
9. The optimists

UniSA Library:

25 years of innovation

To celebrate the University’s 25th birthday the Library has created a short video highlighting 25 years of innovation in the Library.

The video showcases the changes that have occurred and promotes new ways to study, discover and borrow. You can view the video here: https://youtu.be/a4Z1pk8NvWg
Christmas in July

The School of Health Sciences celebrated Christmas in July. It was great to see everyone pitch in and enjoy a mid year feast.

Crunchy Cranberry and Rice Salad

Ingredients
1 1/2 cups cooked basmati rice (see tip)
1 1/2 cups cooked wild rice (see tip)
1 cup dried cranberries
1/4 cup slivered almonds, toasted
2 spring onions, finely sliced
1/2 cup chopped coriander
1 tablespoon grated ginger
1/2 cup freshly squeezed orange juice
1 tablespoon extra-virgin olive oil
Salt and freshly ground black pepper, to season

Method
1. Combine the rice, cranberries, almonds, spring onions and coriander in a serving dish.
2. Press the grated ginger through a fine sieve to extract as much juice as possible. Combine the ginger juice with the strained orange juice and oil.
3. Drizzle the ginger mixture over the rice mixture and toss to coat.
4. Season to taste and serve at room temperature.

Tip: Cook rices separately. You will need to cook 1/2 cup basmati rice and 2/3 cup of wild rice for this recipe.

From Kristin Clark
Apricot and Marshmallow Roll (Christmas Sausage)

Ingredients
- 200g diced dried apricots
- 250g crushed Marie biscuits
- 100g diced marshmallows
- 100g chopped nuts
- 395g tin condensed milk
- 2 tsp vanilla essence
- 80g desiccated coconut

Method
1. Combine dried apricots, biscuits, marshmallows, nuts, condensed milk and vanilla essence in a large bowl.
2. Sprinkle coconut onto baking paper
3. Roll mixture into four thick logs, covering with coconut
4. Wrap logs in cling wrap and refrigerate overnight. Slice before serving.

From Narelle Korotkov

Pomegranate mojito mocktail | BBC Good Food

Ingredients
- 3 tbsp pomegranate seeds
- Big bunch mint
- 2 lime, quartered, plus slices to garnish
- 1L pomegranate juice
- 500ml lemonade

Method
1. A day ahead, divide the pomegranate seeds between the holes in an ice cube tray, top up with water and freeze
2. Reserve half the mint for serving, and tear the rest into a large jug with the lime quarters. Using a rolling pin, bash the mint and lime to release the flavours. Add the pomegranate juice and lemonade. Put ice cubes in each glass, then strain over the pomegranate mix through a small sieve. Garnish with lime slices and more mint.

From Kristin Clark

Maybe Christmas doesn’t come from a store. Maybe Christmas, perhaps, means a little bit more.
Raising money for SIDS and Leukaemia

Thank you to our generous and talented bakers, and all of you wonderful people who support Bake Club.

On Friday, 5 August, the Bake Club theme was ‘Kids Party Food’ raising money for SIDS, and those who did not bake but instead prepared some yummy treats like spiders, teacup biscuits and racing cars, raising $126.50 for SIDS, so thank you all.

On Friday, 2 September, we raised over $200 for the Leukaemia Foundation, in particular Light the Night walk in October. A special thanks to Nicola Massey-Westropp who made and sold the beautiful succulent plants for this charity.

Next Bake Club will be held on:

Friday, 14 October
11.00am in the boardroom

We will be raising money for Beyond Blue, in recognition of World Mental Health day on Monday, 10 October.

The theme is COLOUR, so get creative with colourful ideas and join us for another awesome Bake Club.

Thanks
Michelle McDonnell and Raewyn Todd
Contributions to the HLS Newsletter

Do you have a student or graduate story for us? Interesting fact? Lowdown on a conference or a cool teaching activity? Send us your newsworthy stories to the School of Health Sciences team so we can gloat about our amazing people, our exciting innovations and most importantly all our awesome successes!

Email us today to get your story in our next newsletter
Health.admin@unisa.edu.au