Strength is seen on the outside, but built on the inside...

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

- NHMRC Early Career Fellowships awarded to Dr John Arnold and Dr Kerri Beckmann
- Three Colombo funding successes: Katia Ferrar, Sue Gilbert-Hunt and Saravana Kumar
- Program and Research Director Reports
- Program growth leads to new posts in Human Movement, Physiotherapy and Medical Imaging
- NHMRC Centre for Research Excellence (CRE) Rebecca Golley

“I was impressed with the standard of care from students. Students have demonstrated a high level of knowledge and are professional. I find it difficult to think of an area where the students could improve. Please continue the good work.”

- Clinic Client

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Hi everyone and welcome to the September/October Newsletter. So much has happened in the last two months, as you’ll see from the enclosed. We’ve had some great ‘wins’ with grant successes (some still remain embargoed for now so I can’t mention them!), recognition awards, approvals to recruit a range of new academic and technical posts and exciting new programs in preparation for launch in 2017 and 2018.

School growth in students, staff and programs

In my January/February Newsletter report, I described the remarkable 25% growth of the School’s student numbers across all programs over the last five years (rising from 2720 students in 2012 to 3388 students in 2016), reflecting the success and popularity of our programs across the School. We have sustained and managed growth through the fantastic efforts of all staff, delivering the highest quality learning experiences in all programs, complemented by continued enhancement of high quality facilities and learning and teaching spaces, new programs and innovations in teaching and learning, developments in digital learning, growth in clinical placements and great staff appointments. With respect to the latter, and in part recognition of the above, we are currently recruiting for six full and part-time academic staff in human movement, physiotherapy, podiatry and medical imaging and a full-time technical officer position (details within). A number of us will have a busy schedule of shortlisting and interviews leading up to the Christmas break.

Demand for the School’s programs continues to flourish. School leaver and ‘First preferences’ for our undergraduate programs are up cumulatively by 8% in comparison to previous years, with notable increases in Human Movement, Occupational Therapy, Physiotherapy and the Medical Radiation programs. The story is similar for first preferences for postgraduate programs (up by over 20%) and notably in medical sonography, physiotherapy and occupational therapy programs.

I note in particular, the growth in the Human Movement program, under the leadership and strategic vision of its program director Scott Polley, has been nothing short of astounding. This program has blossomed (with almost 65% growth in student numbers since 2012), with relevant and accredited vocational pathways and birth to a number of highly successful programs emerging from it during this time (e.g., Clinical Exercise Physiology; Master of Teaching). Growth and opportunities stemming from Human Movement continue to flourish. For example, in 2017 we introduce Double Degrees in Human Movement and Nutrition and Food Science in collaboration with the School of Pharmacy and Medical Sciences, and Counselling and Interpersonal Skills with the School of Psychology. Importantly, we will be graduating ESSA accredited Exercise Scientists in 2017 and introducing SA’s only accredited Bachelor of Exercise and Sport Science in 2018. Further developments will include exciting programs in the on-line space and with prospective international partners in the very near future.

School and Staff Successes

There are a number of individual successes I’d like to note. Congratulations to the following NHMRC successes so far (with others to be announced once embargoes are lifted):

John Arnold, for his successful Early Career Fellowship—Defining treatment targets to optimise the management of early midfoot osteoarthritis; Kerri Beckmann, for her successful Early Career Fellowship—Who to treat, when to treat and how to treat prostate cancer: Generating evidence to guide prostate cancer treatment decisions and to Rebecca Golley for a successful NHMRC Centre for Research Excellence (CRE) bid.

The Australian Government has also confirmed New Colombo Plan funding support for:

Katia Ferrar’s short term study volunteer project with the Sarvodaya International Unit in Sri Lanka; Sue Gilbert-Hunt to support Clinical Placements with the Komar Pikar Foundation, Cambodia (Occupational Therapy/Physiotherapy/
Welcome to all our new staff members

Dr Annika Reinersmann
Postdoctoral Research Fellow

Farewell and all the best to...

Ms Jill Offe
Clinical Educator: Physiotherapy

Ms Stine Hoj
Research Assistant

Ms Claire Marsh
Research Assistant

Keep your staff page up to date

If you have changed your details or need to add more information about yourself then make sure you update it on the UniSA website.

Podiatry) and Saravana Kumar’s study tour to Brunei in collaboration with the Ministry of Health and RIPAS Hospital.

Congratulations also to Shylie Mackintosh (Program Director for Physiotherapy) who has been appointed Chair of the Australian Physiotherapy Council’s Accreditation Standing Committee from January, 2017. There have been several external recognition awards for academic contribution to discipline: Congratulations to Nayana Parange (Program Director for Medical Sonography) for the prestigious 2016 Office of Learning and Teaching Citation, Tim Olds for the Healthy Development Adelaide Award presented at the 12th Annual Oration ceremony and Tasha Stanton for the Ronald Dubner Research Prize and Sue Gilbert-Hunt for being given the honour of the Sylvia Doctor Lecture (details within).

Research Week
Thanks to all those who made attending the 2016 School Research Week a priority. We saw excellent presentations along with enjoying the opportunity to network with colleagues during the breaks. Personally, I think this year’s event was the best so far, with generally excellent attendance throughout, and high quality verbal and poster presentations from staff and PhD students to match. Congratulations to the three poster finalists Emma Karran (winner), Braden Mitchell and Brad Stenner and other...
PhD students who contributed posters for the event. Also, thanks a lot to the two teams (Affirmative: Jon Buckley, Saravana Kumar and Jodie Quilliam; Negative: Helen Banwell, Susan Hillier and Max Nelson) in this year’s debate on ‘Research is Business’, expertly moderated by the infamously and outrageously witty Tim Olds!

Jon Buckley sets the record now for leading three consecutive wins!

Undergraduate Program Conferences
Several program conferences are in the final stages of planning and imminent delivery in the next few weeks. These are great experiences for undergraduate students and staff, and provide the potential for excellent exposure to our stakeholders to show off students’ work both orally and by poster, invite keynote presentations, and secure external sponsorship for prizes, conference memorabilia, and celebrate the end of the undergraduate journey. Whilst supported by the academic staff, it’s important to note that the students themselves are primarily responsible for the conference agenda, organization, content and external sponsorships. In the next few weeks, the Occupational Therapy, Medical Radiation Sciences, Health Sciences and Clinical Exercise Physiology programs will each be holding their own annual and externally sponsored conferences.

The Conversation
In my last report I encouraged contributions to ‘The Conversation’, as an important form of media to highlight topics and research, particularly those which are likely to be of general public interest. We have included a separate section in the staff publications list within. If you have an idea, a simple note to the editor of The Conversation to outline your idea, is recommended.

Building works
Exercise physiology teaching space – Playford Building level 6 - Works commences 24 October with completion on 20 January 2017

Medical Radiation x-ray suite and Sonography simulation space – BJ1 - Works commence mid-November with completion in mid-January 2017

Magill – Pool Office and Clinic reception space – Building E, Magill - completed

Christmas Break
The School of Health Sciences will be closed from Friday, 23 December and will open Tuesday, 3 January 2017.

Newsletter Contributions
Thanks again for all your contributions and special thanks to Sally Nimmo (Editor-in-Chief) for her patience in pulling it together! Any feedback and 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 (as are any jokes etc to bring a smile to your day!).

Please 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 😎
Associate Head of School (Academic) Report

Visit to Myanmar

Since 2014, the School of Health Sciences has hosted Physiotherapy, Medical Radiations and Population Health fellows from Myanmar Universities. This venture is funded by the Australian Awards fellowship scheme through the Australian government. The fellows come to our school to further their academic skills, and to build collaborations. Recently, I travelled to Myanmar to interview the nominated fellows. I was accompanied by Dr Terri Gibson (School of Nursing and Midwifery) and Dr Philippa Rasmussen (School of Nursing, Adelaide University). The visit gave me the opportunity to meet with the 2017 nominated fellows and the reserves to talk about their areas of interest and further development. I was also fortunate to meet with University Rectors and discipline leads who will also be visiting our school in 2017 to look at our curricula. This is in response to an investment by the Myanmar Ministry of Health to upgrade their health system, which includes a widespread review of health and medical curricula, as well as more universal health reforms.

Myanmar is a beautiful country, and we were made to feel very welcome by everyone, with people openly sharing their culture, food and history with us. They are also very eager to learn from us. I am looking forward to returning their hospitality in 2017.

Yangon

On Tuesday 25th October, I accompanied my nursing colleagues to the University of Nursing, Yangon in the morning, and in the afternoon I was a guest at the University of Medical Technology, Yangon, where I met with the rector and staff and was shown the teaching spaces for Physiotherapy, Medical Radiations, Laboratory Medicine and Prosthetics. In the evening I spent some time at the beautiful Shwedagon pagoda, which was only a five minute taxi ride from our hotel.
Mandalay

On Thursday 27th October, I once again accompanied my nursing colleagues to the University of Nursing, Mandalay in the morning, and in the afternoon I was a guest at the University of Medical Technology, Mandalay, where I met with the rector and staff and was shown the teaching spaces for Physiotherapy, Medical Radiations, and Laboratory Medicine. After this visit two previous fellows gave me a tour of the Royal Palace of Mandalay; Mandalay is the old royal capital of Myanmar.

School of Health Sciences First Years Student BBQ

Despite a blustery, but sunny day, a successful School of Health Sciences First Years Student BBQ was held on Thursday, 20 October at City East Plaza. This event was funded by a Student Experience grant. Library and Student Engagement Unit staff and senior students were on hand to answer questions and provide advice. Thanks to everyone who helped on the day.
Congratulations

A special mention and congratulations to Nayana Parange on her prestigious achievements this year which were also noted by the PVC and Provost:

Nayana Parange awarded 2016 OLT Citation - Dr Nayana Parange - For fostering sustained, authentic learning among tomorrow’s obstetric and gynaecologic sonographers in a fully online postgraduate course.

Nayana Parange winner of 2016 National Diversity Award instituted by Australian Centre for Leadership for Women (ACLW) for 2016 International Women’s Day – ACLW 2016 Diversity Award Category: ‘Empowers Rural, Regional and Remote Women in a Community or Organisation in Australia’.

Nayana Parange awarded an international award for online education – the 2016 Effective Practice Award from the Online Learning Consortium, United States of America – Award will be presented in November at Walt Disney World, Florida.

Clinical Communication Resources

The Quality Interprofessional Learning (QUIL) Implementation Group, led by Associate Professor Kerry Thoirs, is developing a range of clinical communication learning modules. The focus is on supporting students before they embark on their first clinical placement. A range of videos has been developed which can be embedded into courses, as well as a number of other online resources. Please see the clinical communication website for more information.

Spice Event

Our Student Experience Grant proposal to hold a SPICED event at City East campus was accepted. The event is to encourage student engagement, campus vibrancy, healthy eating and opportunities for skills development.

SPICED at City EAST is based on the City West event which is so popular that we thought this could be replicated at City East.

The event will be free and held from 5-10pm on the Hetzel Plaza on Wednesday, 29 March and will involve about 150 local and international students and academic staff all mixing and getting to know each other in an informal setting. Students will gather around long tables to prepare food that is then shared together, with cooking demonstrations and music. After the meal there will be a film shown on the Plaza on a big movie screen.

The second successful Student Experience Grant proposal was for the purchase of an iPod, Spotify app and licence to allow for music to be played on the Plaza and at events.
Peer Review of Teaching

On Friday, 16 September Dr Dale Wache, Academic Developer from the Teaching and Innovation Unit, explained how the Summative Peer Review of Teaching works. Dr David Birbeck also explained the Peer Partnerships program which is run out of the Division of Health Sciences Teaching Innovation Unit team.

Health Sciences Teaching Academics Network session: Supporting students and their learning

On Thursday, 27 October Stephen Manson and Kristin Marks provided a Health Sciences Teaching Academic Network session regarding supporting students and their learning. This session was split into two parts:

**Part 1. Disability Action Plan:** Stephen Manson (Manager: Counselling and Inclusion)

A student hands you a disability action plan. What do you say? What do you do? What does it even mean?

Stephen Manson led a discussion to help you know what your legal responsibilities are and some practical strategies for both you and the student.

**Part 2. Challenges to student learning:** Kirstin Marks (Manager: Learning Advisers)

Students typically see the Learning Advisers when they need help with their learning or with assessment.

Kirstin Marks led a discussion about the types of challenges faced by the students they see every day in the SEU from the Division of Health Sciences with a view to how we can better work together to support them.

ATN Grants Scheme for Excellence in Learning and Teaching 2017

The Australian Technology Network (ATN) has established a collaborative grants scheme for Excellence in Learning and Teaching. The aim of the grants program is to provide funding to facilitate scholarship and research into learning and teaching, and promote systemic change in the sector.

**Call for proposals**

The ATN are calling for academic and professional staff to submit applications for Strategic Initiative Grants to investigate, discover, develop and implement innovations in learning and teaching in higher education. A maximum of $470,000 is available for Strategic Initiative Grants (up to $235,000 per Strategic Initiative Grant). The duration of Strategic Initiative projects is one year.

Requests for extensions to two years will only be considered for very large projects (a large project being over $150,000).

**Eligibility**

Full-time, part-time and sessional academic and professional staff who are actively involved in learning and teaching related activities are eligible to apply for the Strategic Initiative Grants.

- Applicants must be employees of an ATN institution (Curtin, QUT, RMIT, UniSA and UTS).
- Other education bodies, associations, industry or entities can be a partner. Students may also be included on project teams.

Applications close **16 November 2016** and can be made via the [ATN website](http://atn.edu.au). For more information please contact: Professor Shane Dawson, Director: Teaching and Innovation Unit on (08) 830 27850.
We recently conducted the first Advanced Sport Science International Study Tour.

Dr Adam Hewitt and Prof Kevin Norton along with 16 Human Movement students embarked on a study tour focusing on high performance sport to see what professional and collegiate sports within the USA had to offer in terms of the pursuit of improving performance.

The group spent approximately two and a half weeks in the USA and had lectures and sessions every day. The itinerary included sporting organisations and college athletic programs including:

- Philadelphia 76ers
- Philadelphia Eagles
- Red Bull High Performance Centre
- University of Oregon
- Nike International Headquarters
- Seattle Seahawks
- University of Washington
- Seattle Sounders

Although the facilities the group visited were amazing, more impressive were the people we met and the future collaborations including research and student opportunities. Students had opportunities to see and be immersed in the application of sport science principles as well as being able to discuss in detail career pathways and sport science principles with world leaders in their field.

The feedback from the students was fantastic. With students rating the experience “the best thing they have done in their 3 year degree”, that it “provided a greater understanding of the roles in sport science and the pathways to work in the industry” and that they “feel as though they have an edge on other graduates”.

Overall it was a fantastic academic learning experience for the students and one that will stay with them in their lifelong endeavors.
Associate Head of School (Research) Report

Since our last newsletter we have indulged in a festival of research 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!

Research Week 2016

Our annual Research week provides an opportunity to showcase the work of current Higher Degree by research (HDR- PhD and Masters) candidates and staff. This year, the week kicked off with invited presentations from a range of early career researchers in the SAHMRI auditorium.

The mid candidature HDR Poster session was well attended with posters being judged by Prof Pat Buckley, A/Prof Craig Williams, and Prof Roger Eston. Congratulations to the three finalists - Emma Karran, Braden Mitchell, Brad Stenner; with Emma Karran taking out the win overall. The People’s Choice award went to Braden Mitchell.

Feedback collected from staff and HDR candidates on this year’s research week has been extremely positive. The inclusion of the Invited Staff Presentations (including ECR’s) has received very positive feedback including comments such as:

“Very informative- good to hear from people you would not normally hear from” and

“I found this to be a great inclusion and good to see the diversity from different research centres”.

Associate Professor Marie Williams
Associate Head (Research)
Some of the comments and suggestions for next year’s research week are:

“More champagne”,

“Tim Olds must be included in every debate (either as chair person or participant). Continue with the ECR presentations”,

“In general, research week was much more enjoyable this year compared to last year. Good work”!

Debate—Research is Business (yes apparently it’s true)

The Research Week Debate continues to be educational, alarming and entertaining in equal measures. Moderated by Prof Tim Olds, the Affirmative team (Prof Jon Buckley, Dr Saravana Kumar, Jodie Quilliam) outlasted the Negative team (Dr Helen Banwell, A/Prof Susan Hillier, Max Nelson). This win gives Prof Jon Buckley the hat trick, having lead various debating teams to success over the last three consecutive years. Jon has announced he will be retiring from this leadership position (undefeated).

Congratulations to our newest Drs (Phd graduates)

Dr Ashley Fulton (ARENA), Dr Stine Høj (CPHR) and Dr Chris Bishop (iCAHE), who join our previous seven PhD graduands this year, bringing our total to date to 10 (with another eight candidates currently under examination).

Completion times –how are we tracking?

Higher research degrees, such as PhDs are allocated four years (full time) or eight years (part time) in which to complete. To complete “in time”, a candidate aims to submit the thesis for examination within the time allowed for candidature. Between 2013-2015, on average 77% of HDR candidates enrolled within the School of Health Sciences completed within the time allowed for candidature.
This is a great effort for all of the HDR candidates who have completed over the past couple of years. Behind each one of these graduates is a team of supervisors guiding, encouraging and providing the lion’s share of the research training. Below is a snapshot of the supervisors within the School of Health Sciences responsible for achieving this high percentage of students completing on time.

<table>
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<th>2013</th>
<th>2014</th>
<th>2015</th>
<th>2016 (to date)</th>
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<tbody>
<tr>
<td>(Within time: overtime)</td>
<td>% within candidature</td>
<td>(Within time: overtime)</td>
<td>% within candidature</td>
</tr>
<tr>
<td>13 (10:3)</td>
<td>76.9%</td>
<td>8 (5:3)</td>
<td>62.5%</td>
</tr>
</tbody>
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Number of candidates enrolled in School of Health Sciences completed since 2011 (Principal or co-principal)

<table>
<thead>
<tr>
<th>% of HDR candidates completing on time</th>
<th>11</th>
<th>6</th>
<th>5</th>
<th>4</th>
<th>3</th>
<th>2</th>
<th>1</th>
</tr>
</thead>
<tbody>
<tr>
<td>100%</td>
<td></td>
<td></td>
<td></td>
<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Karen Grimmer</td>
<td>Shylie Mackintosh</td>
<td>Jon Buckley</td>
<td>Marie Williams</td>
<td>Natalie Parletta</td>
<td>Saravana Kumar</td>
<td>Carol Maher</td>
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<table>
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<tr>
<th>80 - 99%</th>
<th>Tim Olds</th>
<th>Lorimer Moseley</th>
<th>Jim Dollman</th>
<th>Alison Coates</th>
<th></th>
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| 70 -79%  | Mandy Stanley |                          |                          |                          |                          |                          |                          |

This table shows the percentages of HDR candidates completing on time and the supervisors responsible for achieving these percentages.
New Impact award

At Research Week we announced the new Impact award which replaces the old Conference award.

This Award is to recognise significant achievements in research impact from HDR candidates enrolled in the School of Health Sciences (HLS). The prize is $2000 cash which is conditional upon presenting during Research week and submission of the report for the newsletter.

To be eligible for this award, candidates must be:

- Enrolled in a Higher Degree by Research (PhD or MRes) through School of Health Sciences
- Thesis submitted for examination between 1st July 2016 – 30th June 2017 (current financial year)
- Thesis submitted within 3.5 years (PhD FTE) or 2.0 years (MRes FTE) of candidature

The award will be judged by a panel consisting of Dean: Research Operations, Dean: Graduate Studies, Director: R&IS, a UniSA Professor external to HLS.

Early Career Researcher International Travel Grant

I’m delighted to announce the launch of the Early Career Researcher International Travel Grant (ECRITG) scheme. This scheme replaces the Early Career Researcher Networking Awards and provides Early Career Researchers (ECRs) who have the potential to become future research leaders, with an opportunity to visit an internationally based research group or industry collaborator. Supported visits will assist to develop or enhance an effective international collaboration to further the ECR’s research, accelerate its translation and establish their profile as a researcher. The ECRITG will enable positive research opportunities for both the ECR and the University, through the creation of international relationships and the sharing of knowledge.

Aligned with the University’s Research and Innovation Strategic Plan 2016-2020 Inspired, Partnered, Excellence, the ECRITG provides an opportunity to work towards achievements outlined in four of the five strategic pillars, including Research Culture, Research Excellence, Research Leadership and Research Partnerships.

A maximum of $12,000 per grant is available. To promote equity, along with the costs of travel and accommodation the funding may be used towards costs involving childcare which will enable the applicant to take part in the scheme.

More information and the application form for the grant can be found HERE.

Professor Tanya Monro
Deputy Vice Chancellor: Research and Innovation
Chancellery and Council Services (CHA)
Chancellery (CHY)
The Influence of the Mechanical Whole Body Vibrational Forces Experienced During Military Land Transit on Dismounted Combatant Physical Performance

As part of an industry collaboration with the Defence Science Technology Group we have been tasked with exploring the influence of the mechanical forces experienced during military land transit on the human body and aspects of physical performance. During periods of military land transit, occupants are exposed to a range of adverse conditions and upon dismount, required to perform a number of physically demanding tasks whereby the success or failure can heavily impact their health and safety. Currently, the impact of these mechanical forces on the human body and resulting physical performance is unclear.

The study we designed consisted of three steps; firstly to identify the military land transit experiences of Australian Defence Force (ADF) infantry personnel, secondly to design a simulation that would accurately represent the ‘typical’ land transit experiences previously identified, and thirdly to explore the influence of this ‘typical’ experience on the attributes of physical performance that underpin the tasks commonly performed by ADF infantry personnel.

Based on the data collected during the first step, a two hour simulation of the forces experienced by occupants of the Bushmaster Protected Mobility Vehicle (PMV) (pictured) was developed and simulated using a six degree of freedom motion system (pictured). During these simulations participants were secured to a seat taken from the Bushmaster PMV using the seats built in harness, and required to wear the tiered body armour system as worn by ADF personnel, ensuring that the simulation was representative of the real world conditions.

Prior to the two hour simulation, participants completed a battery of performance tests consisting of the following; drop jump from a height of 0.65m, 20m sprint and reactive agility drill, arm-hand steadiness test, isometric mid-thigh pull, and sit and reach test. These tests were selected to assess a range of physical and psychomotor attributes that underpin the tasks routinely performed by ADF infantry personnel following a period of transit. In addition to the performance measures we are also examining the muscle activity of a number of postural muscles using surface EMG. Using these data we hope to identify potential mechanisms, such as the onset of muscle fatigue, which may explain any observed changes in physical performance.

With data collection approaching completion, we are currently in the process of recruiting a small population of ADF infantry personnel to take part in a small pilot study. The purpose of this pilot study is two-fold; firstly to provide validation of both the Bushmaster PMV simulation and the performance tasks, and secondly to support the results of the previous study allowing us to apply the results of our research to the military population.

The information gained from this study will provide the ADF with important data regarding the impact of prolonged military transits on the human body and physical performance, and have the potential for improving both the safety and performance of the ADF’s infantry units.

Mr Thomas Debenedictis, PhD Candidate
School of Health Sciences
Clinical Operations Report

City West Interdisciplinary Clinic

The City West Interdisciplinary Clinic development is progressing nicely and the team was presented with the design options and material samples last week. Some facade changes have also been modified due to council broader restrictions. Below are some of the imagery presented to the team for discussion.

The Allied Health Clinics continue to prove valuable for the community with regular feedback reflecting the benefits, well done to our students and staff!

Some examples of feedback from clinic clients:

“T… has shown himself to be exceptionally motivated, single minded, understanding, focused, attentive, firm whilst being a gentleman and has been prepared to put in time and effort to research my condition and deal with it honestly. I wish him the very best however I am confident he will be successful and a great ambassador.” The student was also given the highest score for Professionalism, Knowledge and Respectfulness.

“I was impressed with the standard of care from students. Students have demonstrated a high level of knowledge and are professional. I find it difficult to think of an area where the students could improve. Please continue the good work.”

“I found the student very professional & appreciated the help to rehabilitate my injury.”

“The student was very professional & answered all of my questions & advised me how to prevent the injury again.”
Come and swim at the UniSA Magill Swimming pool situated at the Magill Campus off Bundey Street. The pool is 25 metres in length, with 8 lanes and is gas heated to a constant temperature of 28 degrees.

The pool is NOW OPEN for the 2016/17 swimming season.

The UniSA Swim School runs lessons after school time during Term 4 and Term 1. Bookings for Term 4 - 2016 swimming lessons are now open.

Lessons run:
Monday to Friday from 4pm-6pm and
Saturdays from 9-11am.

Something new at the pool
We now also run Learn to Swim and Stroke Correction for adults as well as water aerobics.

Please visit our website www.unisa.edu.au/health/fitness, email magillpool@unisa.edu.au or call 8302 4570 for more details.

UniSA Pool at the Magill Campus is open every day to staff and students as well as the public except public holidays, we look forward to seeing you here.
Bachelor of Health Science (Honours)

The Division of Health Science Honors program draws to an end for another year. We have six students presenting the Research proposals/Literature reviews at an oral presentation on Thursday, 14 November (more details will be sent out closer to the event but I encourage all staff to come out and support the students presenting their work to date). We also have 9 students presenting their final research theses for assessment. As usual there is a diverse range of topics and project methodologies presented. The standard for Divisional Honors projects continues to rise and this year is no exception.

Also a huge thank you to all staff who have put their hands up for assessing Research proposals, literature reviews and research theses.

A summary of three final projects that have been submitted for the Division of Health Sciences Honors program is presented below.

An evaluation of the effectiveness of the Strength for Life program in increasing strength and balance in older adults, and the subsequent impact on an individual’s risk of falling

Student: Tayla Haslam
Supervisors: Dr. Kade Davison, Kirsty Rawlings, Danielle Girard

The Strength for Life (SFL) program is a community based, strength and balance exercise program, designed specifically for older adults aged ≥50 years who are living independently within the South Australian community. This study aimed to examine whether participation in the SFL program, 1-3 times per week for 12 weeks, improved muscular strength, balance, health related quality of life (QOL), physical function and decreases the risk of falls in adults 50 years and over.

64 participants were recruited and underwent a baseline assessment. The mean number of sessions attended was 1.07 ±0.43 per week. Significant improvements were measured in the Sit to Stand, Timed Up and Go, Bicep Curl Test, 6-Minute Walk and the Balance Screening Tool. However, no significant improvement was evident in QOL measures, Grip Strength, FROP-com screening tool and Single Leg Stance Eyes Closed. This study found that participation in SFL is beneficial in improving upper and lower body strength, balance, aerobic capacity, mobility and overall physical function, irrespective of the variability of sessions attended over the 12 weeks. Further research is needed to determine the direct effect SFL has on falls prevention within this population.
**Short-term heat acclimation at equivalent heat index: effect on physiological adaptations and cycling performance.**

**Student:** Samuel Tebeck  
**Supervisors:** Prof Jon Buckley, Clint Bellenger, Dr Jamie Stanley

In collaboration with UniSA and the South Australian Sports Institute (SASI), this study explored the effects of humidity during bouts of heat exposure on subsequent endurance cycling performance in temperate conditions. It is known that exposure to heat promotes physiological adaptations which can improve athletic performance in hot and temperate conditions. What is less clear is the effect of differing combinations of temperature and relative humidity, standardised by a heat index (HI: a measure of perceived temperature). The primary aim of our study was to compare a humid versus dry short-term heat acclimation protocol standardised by HI on endurance cycling performance in temperate conditions. A secondary aim was to investigate potential differences in physiological adaptations arising from the two different environmental conditions during heat acclimation.

Eleven well-trained male cyclists completed 2 x 5-day exposures in random order at a HI of 44, in either 32°C and 80% RH (humid) or 43°C and 20% RH (dry) conditions. We hypothesised that humid heat acclimation would provide a greater physiological adaptation due to differences in thermoregulatory mechanisms throughout heat acclimation. Findings supported this; plasma volume expansion was better retained; and energy expenditure and oxygen consumption reduced which coincided with an increase in gross efficiency for a given workload when compared to dry heat acclimation. Despite the greater physiological adaptations following humid heat acclimation, within- and between-condition changes were unclear in subsequent endurance cycling performance in temperate conditions. Practically, findings will help guide practitioners on ideal environmental conditions to utilise when prescribing heat acclimation.

**The effect of chokeberry (Aronia melanocarpa) supplementation on cerebrovascular reactivity in overweight, older adults: a randomised, double blind crossover study.**

**Student:** Lucy Fairlie-Jones  
**Supervisors:** Dr Alison Hill, Dr Kade Davison

After finishing my bachelor's degree in nutrition and food science last year, I went on to study an honours degree to experience the exciting world of research first hand. I conducted a literature review, which informed me that anthocyanins, a polyphenol in berries and other purple foods, had been shown to improve vascular function in the heart and peripheral regions of the body. However, little to no research had examined the effect of anthocyanins on vascular function in the brain.

Consequently, my honours project involved examining the effect of a specific, anthocyanin-rich berry extract on brain vessel health in older, overweight men and women. To accomplish this, I recruited 28 participants to be involved in a randomised, placebo-controlled, double-blind, 3-way crossover dietary intervention. Participants consumed a daily supplement for 2-weeks, and I measured cerebral reactivity (ability of the vessels to dilate in response to a hypercapnic stimulus) via ultrasound before and after supplementation with either a placebo, 250mg or 500mg berry extract supplement.

I found that supplementation did not significantly improve vascular reactivity, however there was a trend towards an effect with the 250mg berry extract. These findings, in addition to previous research connecting berry consumption with a protective effect against Alzheimer's disease and stroke, suggest there is a need for further research in this area.

Over the course of the study, and with the support of my supervisors, I was able to independently manage this research project, deepen my understanding in the areas of functional foods and vascular function, and attain a greater understanding of how randomised controlled trials are conducted. Overall the experience was highly valuable, and has equipped me with the ability to work and learn independently.
Clinical Exercise Physiology
Program Report

The 4th year CEP cohort are currently honing their skills and knowledge at various placement sites around Adelaide and beyond and this month’s CEP contribution includes two reports from students undertaking placement at two of the more interesting and challenging sites we have at present. I greatly enjoyed reading about their experiences.

Kade Davison
Program Director – Clinical Exercise Physiology

Helping Hand Aged Care

I was lucky enough to partake in six week placement block throughout September and October at Helping Hand Aged Care. I worked alongside AEP Alison Penington, as well as other care staff and Allied Health professionals who were all very knowledgeable and supportive.

Majority of the residents I worked with had moderate to severe cognitive decline, along with multiple chronic conditions, which was reasonably challenging at times to overcome. Some resident’s were able to ambulate independently or using frames while others were in Mobicline or Princess chairs with greater reliance on others.

The exercises prescribed mainly focused on getting the resident’s moving and maintaining their independence as much as possible in both group and 1:1 settings. Basic range of motion exercises, balance and strengthening were the main aspects of the exercise sessions. We tried to make all the exercises as fun and enjoyable as possible for the resident’s, often incorporating music, singing and dancing.

The variability between each resident meant the exercise prescription needed to be quite creative and adaptable. Some residents were enthusiastic to take part in any exercise one day, while the next day when asked they would respond “why would I want to do that”. For some of the more challenging residents it was a great accomplishment if we were able to get them to watch the group exercise session and enjoy the social aspect.

Each day was different, but I always found myself smiling and having a laugh with the residents. I enjoyed listening to the many stories they had to tell (even though I had often heard them before) and could tell how much they appreciated the time we had given them. My time at Helping Hand emphasised how important and how much basic exercise and movement, as well as social interaction are needed for these populations.

Georgia Perkins (Exercise Physiology Student)
Experience on the Psychogeriatric Ward at the Repatriation Hospital

My second placement block was on Ward 18, the psychogeriatric ward, at the Repatriation General Hospital. This was initiated by my supervisor, Eloise Hoile (OT), who had heard of the success of a previous exercise physiology student at the Margaret Tobin Centre. As the first EP student at the site it took a while for me to work out where I fitted in.

The site takes patient’s over 50 years, so there was a broad variety in clients, from those that were relatively fit and were able to participate in individualised gym programs to those that were confined to a bed.

The Physiotherapist had already set up a number of basic exercise programs run primarily by Allied Health Assistants which I was able to lead and give advice on. I created a resource to educate the AHA’s on different types of exercise and the role of exercise in Mental Health, along with information that could also be provided to patients upon discharge. I was also able to prescribe and deliver one on one programs which targeted specific co-morbidities or functional outcomes and gave patients a sense of achievement and progression in their healing.

In such an acute setting it is difficult to highlight what improvements are due to physical activity and due to other interventions such as changes in medication, but it was positive to improve people during my time with them. For example I was able to assist one lady who was unable to rise from bed and ended up being able to walk 75m around the ward. I also noticed that a lady with T2D recorded her first BGL reading under 10mmol/L after joining in on the exercise group. It was important to not only encourage the patients to participate and congratulate them on success but also to educate them on the importance of exercise and how to maintain their participation. It is important to continually encourage the patients and I found it extremely valuable to chat to them about positive experiences in their lives without having to focus on their current Mental Health as the doctors or psychologists have to do.

As the first EP student there, I was able to educate both allied health staff, nurses and patients of the role of AEPs in Mental Health. It was fantastic to hear their positive responses and for them to recognise the importance of our profession within this field.

There is still a long way to go in integrating EP services within Mental Health treatment but the recognition is slowly building.

Lia Evans (Exercise Physiology Student)
Hello!

I’m Janette Young and am the current Program Director for the Bachelor of Health Sciences (or IBHL for short). We are just a small core teaching team of 2 and a bit but we thought it would be nice to introduce ourselves over the next couple of issues. So I am first cab off the rank on the basis of “that’s what you get for being boss”.

Background

I completed Social Work straight from school before most of my current students were born (!) and from there worked in community aged services specialising in dementia care for about 10 years. Working with older people as a young person was a privilege. Older people are our historical reservoirs, and learning about “getting older” is something that I am carrying with me as I become not so young myself. From there I headed into state government working in planning and policy re adoptions, homelessness, domestic violence, prisoner health, gambling addiction, community engagement….all complicated topics that affect people in our community in very personal ways. I kept studying while I was working (basically I am nosy – I just love finding out about things) and this lead to some scholarship funded research, and the idea that a working class kid from Elizabeth could become a real PhD doctor! Hence here I am post – PhD at UniSA.

Teaching

I have taught across many courses now but my field is social sciences with an interest in health as a social condition and experience. Having worked in the health system I teach about that too. My interest is always in complexity, questions of power and messiness. I am still surprised to enjoy teaching – it was never on my list of careers!

Research

My interest is in what creates health and wellness – particularly mental wellbeing. Lots of health promotion is about telling people what they aren’t doing, I’m really interested in identifying and exploring the things that we do that work for us. My current research focus is on how older people report their pets impacting on their health. “They give me joy” is the line that one man used repeatedly. At the extreme we have had people talking about how having their pets has prevented them from ending their lives. So pets are powerful! But there are many barriers that can prevent people from continuing to have these human: non-human relationships as we age – let’s find them and figure how we can reduce them for the benefits of people and animals. Having been looking at this topic for a few years it is exciting to see it starting to bubble with small projects, policy discussions and general interest increasing. There is a growing cohort of pets and people interested researchers in SA; some are writing chapters for two book contracts Neil Carr (Otago University) and I are looking at the intersection of human and animal leisure.

Favourites

Pottering around home (with pets), hanging out with good friends, community history and chocolate.

Bachelor of Health Sciences – some things you might not know:

We are 10 years old in 2017!! We have a team of students looking at how we can celebrate our 10 years so watch this space!

The difference between the Bachelor of Health Sciences at UniSA compared to Adelaide Uni and Flinders (who also have BHSc’s) is that our focus is much more strongly on the intersection of bio-medical and social sciences as they relate to health and wellbeing. We have a strong interest in supporting our students to develop skills in finding jobs in the very diverse, fragmented, changeable, but also very exciting areas of non-clinical health. This includes healthy ageing, health administration, health promotion and social marketing, health research, policy and program planning and development… and lots of other spaces.

We now have one PhD (Dr Stefania Velardo) and two current candidates among our grads.
Human Movement Program Report

Exercise & Sports Science Australia (ESSA), formerly known as the Australian Association for Exercise and Sports Science (AAESS), was founded in 1991. UniSA Graduates of the Exercise Science stream at UniSA within Human Movement have been successful in gaining accreditation as Exercise Scientists through individual applications since the inception of this membership category. A number of Exercise Scientists have maintained professional lives as an Exercise Scientist, others have used it as a springboard to other fields in the sport, health and physical activity industries. Still others have progressed to become Clinical Exercise Physiologists with many undertaking post graduate study in areas such as strength and conditioning, Sports Science, Higher Degrees, Occupational Therapy, Physiotherapy, Education, Management, Sonography, Paramedics, Medicine, Social Work and the list goes on.

ESSA was an organisation formed to establish national standards and guidelines for Exercise Science professionals and to promote continued development and professionalism of this field. ESSA has evolved and so have their standards with revised Exercise Science elements issued in August 2013. In 2014 UniSA embarked on a process to review the Human Movement program to ensure that a clear and distinct pathway to membership of ESSA as an Exercise Scientist would be available to meet the new standards, with a view to UniSA gaining accreditation with ESSA for this award.

To quote ESSA:

Accredited exercise scientists (AESs) hold an undergraduate degree in the field of exercise and sports science. They specialise in the design, implementation and evaluation of exercise and physical activity for healthy people. They provide programs for improving general health, the prevention of chronic diseases, health promotion and enhanced sports performance. AESs work in hospitals, community health units, workplaces, gymnasiums and in education.

An AES working in a gymnasium can:
- create an exercise program that helps you achieve your fitness goals
- instruct you in the right way to do the exercises
- monitor your progress and adapt the program so you continue to improve
- provide encouragement and feedback on your progress.

An AES who works in a hospital or in community health may assist you by:
- delivering general health programs
- running a group fitness session
- supervising exercise programs set by an exercise physiologist or physiotherapist
- performing a cardiac test or fitting a cardiac monitoring device
- monitor a sleep test.

In the workplace AESs:
- perform workplace health testing
- run workplace health education programs
- take corporate exercise classes
- perform recruitment fitness testing.
Accredited exercise scientists are also involved in educating personal trainers and in research projects.”

(from https://www.essa.org.au/essa-me/how-can-an-exercise-scientist-help/)

In 2015 the full program changes commenced, with new courses in Foundational Physical Activity and Health, Functional Anatomy, Professional Practice in Exercise Science, Applied Exercise and Sport Science, Research Methods and Statistics, and revisions of Physiology, Exercise Physiology, Exercise Delivery, Exercise Prescription and Biomechanics to meet the new standards and have high quality graduates capable of meeting ESSA’s scope of practice of an Exercise Scientist.

In 2017 the Program will apply for accreditation to allow students to apply directly for membership with ESSA as Exercise Scientists with presentation of their transcript. If successful, we will join our Clinical Exercise Physiology programs as the only accredited ESSA programs in South Australia. The accreditation process is a gruelling one, drilling down to staff, staff to student ratios, evidence of direct assessment of elements, facilities, academic results and a host of other questions and investigations where the Program is challenged to provide evidence to support the claim. Submission of paperwork is followed up by a site visit to talk to students, staff, graduates, industry and to ensure facilities and records match the claims made.

It will be a tough and challenging process but are fully supportive of a process that challenges what we do in the area of Exercise Science. Through the review process we expect to gain a stronger picture of our strengths against national benchmarks and identify areas that we might improve that this will further contribute to our aspirations for excellence.

The demand for exercise professionals is growing and many Exercise Scientists will combine with fields such as Psychology, Nutrition, Sports Science, Clinical Exercise Physiology, Management, Health and others. They play an important part in reversing the trend in non-communicable diseases in Australia by promoting active and healthy living, often working alongside other professionals in health. UniSA is proud of their over 40 year history in Physical Activity and their 30 year history in Exercise and Sports Science and if we are successful with formal accreditation with ESSA in Exercise Science will be another milestone of achievement for this institution.

Scott Polley
Program Director
Human Movement

**Human Movement Graduate—Ryan Kitto ready to play for Adelaide United**

In 2015 our final year Human Movement student Ryan Kitto was awarded the Sergio Melta Player of the years award—this year our Human Movement Graduate is playing for [Adelaide United](#)
Though the academic year is drawing to a close there is still plenty happening within the Medical Radiation Programs. The fourth years are completing their final clinical placements. They have the conference to look forward to which will be held at the University of South Australia on Friday, 25 November from 8.45am (Registration) for a 9.00am start. If you would like to attend please let Andy Te know via email: andy.te@unisa.edu.au. He will be able to provide you with further details. We would love to see you there to hear the soon to be members of the profession provide interesting presentations on a variety of topics.

If you are involved with the supervision or mentoring of students during their clinical placement then we would love you to join us for the Clinical Supervisors and Mentors meeting being held on Monday, 14 November from 6.00pm to 8.00pm. The best part of this meeting is that it is being held as a virtual classroom so you don’t have to battle peak hour traffic to attend. If you are one of our interstate or rural partners this is a great way to link to other supervisors and mentors and all you need is a computer and of course internet connection. If you could register with Andy Te: andy.te@unisa.edu.au before the 11 November we will send you the necessary information and link so you are able to be involved. We look forward to your virtual involvement in this event!

We hope we will see some of you at these events to help the graduating students celebrate the completion of their degree or to mix with like-minded student mentors or supervisors.

Jane Shepherdson
Program Director

Q: What does a ghost do to stay safe in a car?
A: He puts on his sheet belt

Q: Why did the witches cancel their baseball game?
A: They couldn’t find their bats

Q: What do monsters turn on in the summer time?
A: The scare conditioner

Q: What is a scarecrows favourite fruit?
A: STRAW-berries.
The Medical Sonography Program is proud to announce that Jessie Childs has officially been awarded her PhD—congratulations Jessie on this outstanding achievement! Kate Lamb attended the Australian Society of Ultrasound National conference in Brisbane and Nayana Parange was awarded 2016 OLT Citation for fostering sustained, authentic learning among tomorrow’s obstetric and gynaecologic sonographers in a fully online postgraduate course.

Ultrasound outreach program in Papua New Guinea

After four years of annual visits to Port Moresby on her own, Nayana led a team of four ultrasound expert volunteers across the country, for an ultrasound outreach intensive program in Port Moresby from 23-26 October 2016.

Nayana’s pioneering efforts have led to the development and formalisation of the Australian Ultrasound Outreach education initiative in 2016, for Aboriginal and remote communities in Australia as well developing countries in the Asia Pacific region, through the Australasian Society of Ultrasound in Medicine (ASUM), in liaison with the International Society of ultrasound in obstetrics and gynaecology (ISUOG) outreach.

https://isuogoutreach.wordpress.com/2016/10/13/isuog-outreach-off-to-papua-new-guinea/

Through this initiative, ultrasound experts including sonographers, sonologists, radiologists, obstetricians and maternal-fetal medicine specialists across Australia and New Zealand, unite under one banner and volunteer their time and efforts to provide life-saving, ‘point of care’ ultrasound education at no cost to doctors and midwives serving these communities. This enables them to provide life-saving ultrasound services to patients who would otherwise not have access or would have had to travel long distances.

Of all the countries in the Asia/Pacific region, Papua New Guinea (PNG) has the highest levels of maternal mortality and has actually shown little (if any) progress on achieving the previous Millennium Development Goals (MDG’s) on reducing maternal mortality at a staggering 230 women dying for every 100,000 (according to HDR 2014 Report). More statistics on PNG can be found here via the World Health Organization.

With the levels of women dying in the country due to preventable causes, providing basic training in OB/GYN ultrasound is vital to help identify issues in advance.
Centre Picture: Trainees proudly displaying their ASUM-ISUOG certificates, along with the trainers. Trainers seen in the back row: Dr Sujatha Thomas from Darwin-obstetrician and sonologist (MBBS, FRANZCOG, DDU), Dr Alice Robinson from Melbourne-obstetrician and sonologist (MBBS, FRANSCOG, DDU, COGU), Dr Kristine Barnden from Hobart-obstetrician and sonologist (MBBS, FRANZCOG, DDU). Front row shows all trainees with Nayana in the centre. Trainees included doctors in OB GYN, Rural and Remote medicine, and a Health Extension Officer.
Occupational Therapy Program Report

Sue Gilbert-Hunt has just been announced as the next Sylvia Docker lecturer. This is a most prestigious honour for Sue and is recognition of the enormous contribution she has made to the profession and to Occupational Therapy education in Australia. Sue will present the lecture at the 2017 OT National Conference in Perth, and the working title is "Partnership, inclusion and innovation to manage future challenges". We are all very proud of Sue's achievement.

The program is delighted to announce that as of last month the Journal of Occupational Science has been included in the Emerging Sources Citation Index and is on the path to obtaining an impact factor. The occupational therapy program at UniSA has very strong ties to the journal as it was launched here in 1993 by a previous Head of School, Dr Ann Wilcock and was supported by the School of Health Sciences for some time before going to the publisher Taylor and Francis. A number of current and previous staff have contributed to the journal Editorial Board including the late Christina Boerema, Penny Westhorp, Dr Ben Sellar and, Dr Mandy Stanley, who is an Associate Editor.

Occupational therapy driver assessment and rehabilitation post graduate course - Dr Angela Berndt is co facilitating the second of two courses offered this year in collaboration with Flinders University driver OT researchers and the Repatriation General hospital driver clinic staff. The course is an updated version of the online and shorter intensive developed by UniSA OT program and offered here since 2003. The new collaboration was developed to recognise the unique contributions of the OT researchers and educators who work at each institution. The updated course is already creating new opportunities and this student group includes people who have travelled from as far as the United Kingdom and who are giving excellent feedback on the new model.

OT Week

We have just finished a successful OT week celebration, and OT staff attended a 'breakfast in the dark' put on by the Guide Dogs and OT Australia in the Bradford Gallery at City West. Ever eaten your breakfast blindfolded? Amazing how good it tastes. We finished the week with our very active student committee running a barbeque on the City East terrace.

Coming up on Nov 29th is our last OT to OT session of the year and Dr Kobie Boshoff is speaking about how Evidence Based Practice is taught in our program. If you would like to come along please contact Narelle Korotkov narelle.korotkov@unisa.edu.au

Final Year Student Conference

On Nov 30 and Dec 1 the final year students present their final year conference. This is a jam packed and fun filled event culminating in our school prize giving ceremony. We present 6 prizes for outstanding academic achievement over both undergraduate and graduate entry programs. Everyone is welcome to attend the conference and you can register online at bit.ly/OTEffect.
Physiotherapy Program Report

Nature Based Learning in Preschool Children

2016 SA Population Health Conference: Reaching for the sky: building the links between research and practice held on Saturday 22 October.

Liam McAuliffe, Jack Beard presented a poster of their work done in the course “Health Promotion in Physiotherapy”. The poster highlighted the importance of nature based learning and its impact on environmental interaction in preschool aged children. They observed that two thirds of children actively interacted with outdoor spaces with the most popular activities being the sand pit, swing set and the chicken coop. However a third of the children did not interact with the outdoor space at all, opting to play inside instead with a preference for music and art. There are important implications for children’s early development and physical activity levels.

SA Health Awards

Final year physiotherapy students (Gillian Trudgen and Jason Williams) contributed to a project that is a finalist in the SA Health Awards. As part of Health Promotion project they worked with Gillian Bartley and her team in the Northern Adelaide Local Health Network to develop the “Know-Ask-Wait Consumer Education Resource”. The Know-Ask-Wait resource is based on promising Australian research into in-hospital falls prevention. A professional high quality video and associated tools have been developed with strong consumer input to empower patients to KNOW their falls risk, ASK for assistance and WAIT for help to arrive.

Australian Physiotherapy Association SA Symposium

The Australian Physiotherapy Association SA Symposium was held on 22 Oct, and School of Health Sciences lecturers Emily Ward and Michelle McDonnell were invited to speak on the panel session, “Common exercise prescription principles across all domains of physiotherapy”.

Shylie Mackintosh
Program Director

Dr Shylie Mackintosh
Program Director
Physiotherapy Students in Vietnam

Six final year Physiotherapy students honed their problem solving skills and clinical reasoning in working with children in Da Nang City, Central Vietnam.

Accompanied and supervised by Dr Liz Pridham the students worked with babies and children with developmental delay or disabilities, interacting with parents and caregivers using interpreters.

They worked in outpatient clinics, early intervention centres, orphanages, in both urban and rural settings. The students had the chance to work with children with a diverse range of conditions as well as experiencing differing cultural expectations.

GGC-Volunteers organised the placement in liaison with a locally based NGO and physiotherapist. The placement package included pick-up from the airport, accommodation in a student house with internet access, meals, transport to clinical sites and interpreters. Thanks to our Vietnamese hosts Mr. Phuc, Ms Tram Anh and Ms Hahn as well as our cook Co Tho and security officer Mr Thahn whose generosity made it a very special experience. There is even a bridge in the form of a dragon that breathes fire every weekend night in a spectacular display!

We sincerely thank Dr Liz Pridham (adjunct lecturer) for yet again volunteering her time for another successful international clinical experience for our final year Physiotherapy students.
Podiatry Program Report

The fourth year podiatry class undertook their annual practice management seminar at Halls Gap, Victoria from the 25th to 28th of October. The seminar involves the entire class and comprises a range of teaching, including lectures and small group activities, designed to provide practical workplace information to the students prior to their entry into the workforce.

This year, four members of staff (Sara Jones, Ryan Causby, Brendan Nettle and Sharyn Martin) accompanied the students in both teaching and support capacities. In addition to teaching, the venue provided the opportunity and setting to undertake walks and other activities involving both staff and students. We were very fortunate with the weather throughout the trip and the experience was enjoyed by all.

Sadly, after fourteen years, this was the final practice management trip to Halls Gap, due to increases in the class sizes. We will look to other opportunities in future years.

Dr Sara Jones
Program Director
RESEARCH DIRECTOR REPORTS

Professor Jon Buckley
Director – Alliance for Research in Exercise, Nutrition and Activity (ARENA)

Professor Karen Grimmer
Director – International Centre for Allied Health Evidence (ICAHE)

Professor Elina Hypponen
Director – Centre for Population Health Research (CPHR)

Professor Lorimer Moseley
Director – Body in Mind (BiM)
On Monday, 29 August 2016, PhD Candidate Russell Chan, in the ARENA group, gave an interview on Coast FM about his current research project. This work involves cross disciplinary collaboration between the areas of physiology and neuroscience. The overarching vision of his research is centred on improving human performance through the implementation of mental training for motor performance. Various kinds of mental training have been shown to be effective for overall health behavioural outcomes in various clinical and interventional settings, but its potential value for the cognitive enhancement of movement is less well established. It is known that movement production has a large cognitive component which can be crucial to winning or losing in elite level sports, and which contributes to the success of rehabilitation outcomes in clinical settings. If the cognitive building blocks that determine movement outcomes can be enhanced, this could potentially lead to improvements in movement performances that are not tied to physical training.

Invited presentations

On Saturday 22nd Oct ARENA’s Dr Carol Maher has been invited to give the Plenary presentation at the 2016 South Australian Physiotherapy Symposium - "Using technology to monitor exercise interventions".

Grants


Young, J., & O’Dwyer, L. The impact of pet ownership on mental health and suicide prevention in the lives of older people. Sansom Institute for Health Research Grouping Allocations.

Crozier, A. Exploring the use of social norms messaging to influence physical activity. Sansom Institute for Health Research Grouping Allocations.

Awards

Healthy Development Adelaide (HDA) 12th Annual Oration

Professor Tim Olds, Professor of Behavioural Epidemiology, Alliance for Research in Exercise Nutrition and Activity, School of Health Sciences, University of South Australia was presented with the Healthy Development Adelaide Award for 2016. After completing a PhD in French at the University of Sydney, Tim received a second PhD in exercise science in 1997. His research interests have been in mathematical modelling of cycling performance, population and sports anthropometry, and more recently use of time, and secular trends in the sleep, fitness, fatness, physical activity and food intake of children and adolescents. Tim has received $25.8 m in grants and consultancies, and has 260 publications. He is a regular columnist for Australasian Scientist, and has contributed to New Philosopher and The Conversation.

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
Congratulations to Dr Edoardo Rosso, Alex Tran, Emma Milanese, Professor Esther May (Division of Health Sciences), Professor Roger Eston (School of Health Sciences), Melissa Kruger, Jess Law, Lee Martinez and Dr Martin Jones (Department of Rural Health) and the Modbury Special School, who received a Chancellor’s Award for Community Engagement under the category, Best collaborations to produce research that improves well-being and quality of life and/or contributes to the prosperity of the community. The project, entitled Multi-Sport Programs for Young People with Autism Spectrum Disorder, has been awarded $10,000 towards its ongoing activities.

The Multi-Sport Programs for Young People with Autism Spectrum Disorder project comprises two interventions: ‘Supporting Success’ implemented at Modbury Special School and ‘Sport for Rural Health’ implemented at the Whyalla Special Education Centre. Both programs provide accessible and appropriate sport participation opportunities for young people with severe Autism Spectrum Disorder (ASD), and addresses the issue of social exclusion within the ASD community. The project provides opportunities for participants to: improve their social and communication skills, learn new skills, increase their confidence and maintain their physical health through sport.

ARENA’s Associate Professor Alison Coates, has been 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. The name of this award reflects the Senior Management Group’s commitment to encouraging staff to work together as “one team” to achieve the goals set for the University.

Congratulations to Michelle and Dom Thewlis on the arrival of Alice Sophia Thewlis who was born on Wednesday October 12th at 2:12am, weighing 3.33 kg. She is a doll.
Inaugural Oceanic Nutrition Leadership Program

Dr Tom Wycherley and A/Prof Alison Coates were competitively selected to participate in the inaugural Oceanic Nutrition Leadership Program (ONLP) which was held at Bundanon, NSW from Oct 2-10. This program was attended by 22 participants from a variety of sectors (research, industry and government) across the Oceanic Region (Papua New Guinea, Fiji, Tonga, New Zealand, Hawaii and Australia). The ONLP was established to develop a strong network of emerging and established nutrition leaders that can positively influence food systems in Oceania. The purpose of ONLP is to nurture leadership in the field of nutrition, to facilitate collaboration, to share knowledge and opportunities, to seek feedback, and to create new avenues for the support of good nutrition practice, and capacity building.

The aim is for this program to run every 2 years and for delegates to join the global nutrition leadership network.

Following the leadership program delegates also had the opportunity to attend a 1 day workshop in Canberra with Food Standards Australia New Zealand (FSANZ) to gain a better understanding of their role in Public Health Nutrition and the Food regulatory framework.

Just for a smile...

'It has now been scientifically proven that eating lots of seefood can improve your vision'.

Thank you
**iCAHE Membership**

iCAHE is in the process of ‘refreshing’ its membership. This is timely given the changes in the Division regarding membership of research centres, and the need to think smarter about research activities, collaborations and funding. Applications are currently open for membership of the ‘refreshed’ iCAHE (details can be obtained from Sally Nimmo or Jan Kooymans). Applications close at CoB 11th November. Applications can be made for full membership (there are two pathways for this), or as an ECR member. Hons, Masters and PhD students with one or more supervisors who are iCAHE members automatically become affiliate members of iCAHE. There is no need for students to apply for individual iCAHE membership. Individuals from industry, government, NGOs or other organisations which are assisting iCAHE staff and student research are also eligible to be invited to become affiliates for the period of the research. Any queries about membership options should be directed to Prof Karen Grimmer. There is no specific application form. Applicants should address the criteria for membership of the pathway most relevant to them, using defensible evidence as outlined in the application criteria document. Invitations to apply are extended to all former iCAHE members who are HLS staff, and to individuals in HLS who are currently not members of a research centre, but who feel that their research links with the iCAHE mission.

**iCAHE Website**

There is a new feature on the iCAHE website, that showcases the different services iCAHE offer. These services include the Professional Development and Training Arm, Rapid Review services provided by the iCAHE methods team, Masterclass activities and information on the iCAHE Journal Clubs.

**iCAHE News**

Congratulations to Dr Ashley Fulton who has successfully completed all the requirements for the degree of Doctor of Philosophy.

The methods team recently completed two large Rapid Reviews for Vic Health on cancer survivorship questions (population screening tools for cancer survivors needs, and effectiveness of cancer wellness programs). Many thanks to Profs Ian Olver and Eva Bezak, Dr Liz Buckley and Ms Julie Marker (Cancer Voices SA) for their input via the external advisory group.


Karen deputised for Catherine Turnbull (Chief Allied Health Officer, Dept Health SA) at the SARRAH conference in Port Lincoln last week. Dr Saravana Kumar had a significant role to play in this conference as an organiser and presenter. Many opportunities were identified for iCAHE to link more closely with SARRAH members to undertake research and evidence translation activities.
Steve Milanese was an invited guest on the 891 ABC Adelaide Afternoon show with Sonya Feldhoff, to discuss exercising safely as part of the ABC’s Reboot Your Life campaign for October. Steve took Sonya through a series of basic exercises live in the studio, which were live streamed onto the ABC Facebook page, scoring over 4,000 views (mainly from Steve’s family….), and was featured in ABC Radio promotions.

Steve Milanese was invited again to present a two day workshop on manual therapy of the peripheral joints at iNTI University, Kuala Lumpur, Malaysia over the weekend of 22nd and 23rd of October. The workshop, based on the Maitland approach to the assessment and management of peripheral joint problems, was attended by over 30 participants including lecturers from other universities in Kuala Lumpur and local clinicians. This workshop was well received and included many participants who attended the workshop on manual therapy of the spinal joints Steve ran at iNTI University in 2016. These workshops aim to promote UniSA’s role as a key international manual therapy training institution.

Micro-Conference—Friday, 2 December

This is advance notice that iCAHE will hold a micro-conference at UniSA on Friday December 2nd 2016. This will be attended by seven visiting allied health clinicians and professional leads from the Hong Kong Hospital Authority. It will feature short presentations on innovative research in methods, orthopaedics, paediatrics and clinical practice guidelines. There will be 40 places available at a small charge for local clinicians, managers and policy-makers, and anyone interested in attending is encouraged to contact Holly Bowen (Holly.Bowen@unisa.edu.au) as soon as possible.
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

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There was a notable strengthening in the co-located research infrastructure with the South Australian Clinical Cancer Registry joining us and the SA NT DataLink at the 8th floor of the SAHMRI building. This move builds on strong collaborative links between Prof David Roder and the Clinical Cancer Registry, and facilitates further inputs by him and others to use this data for evidence base for policy formation relating to strategies for cancer screening and treatment (in collaboration with the SA and commonwealth governments). Working with registry and other large scale data resources is a key research strength for groups within CPHR, and collaborations such as this which build on related expertise, will provide great opportunities for direct translation of our research findings to improvements in population health.

As I write this our NHMRC project and fellowship result successes are still under embargo, so those will need to wait until the next newsletter. However, we can congratulate Dr Rebecca Golley, for a successful NHMRC Centre for Research Excellence (CRE) bid. The CRE aims to reduce the prevalence of obesity and obesity-related behaviours, especially in children under five years of age. The goal is to develop rapid, validated measuring tools for obesity-related behaviours so that prevention strategies can be designed and rolled out through user-friendly online resources. The prevention strategies will also be evaluated for cost-effectiveness, acceptability, sustainability and scalability. Rebecca will establish the South Australian node of the CRE. This bid is led from the University of Sydney, and Rebecca will collaborate with CRE partners at the Queensland University of Technology, and the Deakin University (http://www.earlychildhoodobesity.com/index.html).

There was other recent grant success in the form of internal 2016 Research Theme Investment Scheme (RTIS) projects, with Prof Leonie Segal securing $39,950 RTIS Seed Funding for 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” and $10,000 p.a. package RTIS Funding for Dr Amanda Hutchinson’s project “Addressing patient-reported outcome data gaps for cancer survivorship monitoring” where Professor David Roder is one of the investigators.

Publication outputs continue to be strong, with a highlight appearing in the Nature arising from my longstanding collaborations with the Early Growth Genetics Consortium (See related story below). My group was also responsible for this month’s internal seminar, where we presented examples of diverse projects using large scale data to bridge information about genes and environment to inform on modifiable influences on health. The seminar started with my presentation birth weight related gene information about genes and environment to inform on modifiable influences on health. The seminar started with my presentation birth weight related gene discovery and intergenerational studies, Dr Ang Zhou described our efforts to establish the ‘true’ effects of coffee on cognition using genetic methodologies, and Anwar Mulugeta discussed early findings from his PhD project on the interplay between obesity and depression.

Congratulations to Dr Stine Høj who has successfully completed all the requirements for the degree of Doctor of Philosophy. Stine’s thesis was on “Public open space ‘greenness’ in urban residential environments: prospective associations with mental health and potential psychosocial explanatory mechanisms”. Stine will be spending the next 6 months as an Endeavour Postdoctoral Fellow in the Spatial Health Research Lab at the University of Montreal, situated within the Department of Social and Preventive Medicine and the University of Montreal Hospital Research Centre (CRCHUM).

Staff changes this month include the welcoming of Angie Russo as a part-part time Administrative Assistant on Tuesdays and Wednesdays. She is taking over from Morgan Reid, who was dealing with some of the CPHR admin during the past month. Given Morgan now works for a well known SA independent senator, rather than considering this a loss for our Centre, I like to think we have sent her on an undercover mission.
**Genes and birth weight predict adult health**

Results of a global research project published in the prestigious Nature journal today shows there is a genetic link between birth weight and susceptibility to adult diseases, such as type 2 diabetes and cardiovascular disease.

Director of the University of South Australia’s Centre for Population Health, Professor Elina Hypponen, was a senior collaborator in this groundbreaking study that also identifies the genetic differences that help to explain why some babies are born bigger or smaller than others.

The study - **Genome-wide associations for birth weight and correlations with adult disease** - involved more than 160 international researchers from 17 countries who are members of the Early Growth Genetics (EGG) Consortium and found a substantial proportion (at least one-sixth) of the variation in birth weight is due to genetic differences.

This is seven to eight times more variation than can be explained by environmental factors already known to influence birthweight, such as the mother smoking during pregnancy or her body mass index (a measure of obesity) before pregnancy starts.

"The role of maternal factors is well-known, however, this study has shown that genetic effects on birth weight are also very important," Prof Hypponen says.

"Early life nutritional environment has an influence on long term health, for example babies who are born very small are at increased risk of diabetes and heart disease later in life.

"In other words, risk of disease can be 'programmed' by events in early life.

"These types of long term health effects of birth weight have been typically taken to reflect the impact of the nutritional environment in which the fetus develops. Our study suggests that the link between birth weight and later risk of disease will actually be, at least in part, due to shared genetic factors."

"It is interesting that this study also showed, that those genes which are imprinted, were enriched among the genetic signals influencing birth weight. These are genes which the mother can turn on or off in order to regulate the allocation of her ‘resources’ to the developing fetus.

"According to so called ‘parental conflict hypothesis’ genes from the father aim at maximising fetal growth, while the mother will aim to restrict the use of her valuable resources.

“This is the first time we have large scale, systematic evidence to suggest that these influences will affect normal variation in birth weight,” Prof Hypponen says.

The genetic differences throughout the genomes of nearly 154,000 people from across the world were analysed and by matching their genetic profiles to information on birth weight the team of researchers found sixty genomic regions associated with birth weight, most of which had not previously been identified.

As well as providing vital new information, Prof Hypponen says the study highlights the value of large-scale international research collaborations.

**Australian Nutrition Trust Fund Short-Term Travelling Fellowship Report**

Host Institution: University of Navarra, Pamplona, Spain

**Dr Natalie Parletta, Centre for Population Health Research, University of South Australia, Adelaide**

Dr Karen Murphy and I visited Professor Miguel Martinez-Gonzalez, Chief Investigator for the ongoing SUN cohort epidemiological study and the PREDIMED/PREDIMED-Plus randomised controlled trials, investigating the role of nutrition and Mediterranean diet in health outcomes, and his team for three weeks in September 2016.

It was an inspiring experience to meet Miguel and his team. We learned much about how he set up the SUN and PREDIMED cohorts and our observations revealed what a uniquely cohesive and supportive team he has created. He set up the SUN population cohort with 3 people and they have now collected data every two years for 16 years with a cohort of over 16,000 university graduates with excellent retention rates.

The PREDIMED and PREDIMED-Plus studies are large multi-centre Mediterranean diet interventions that are run in collaboration with hospitals. At-risk patients are referred to the team by medical doctors, and are then screened for eligibility before being invited to take part. This strategy assists in recruitment as the PREDIMED team take bloods and assessments for the GPs at the same time as the study assessments are conducted, thereby taking advantage of existing hospital visits and optimising MD involvement.

It was interesting to learn that funding did not come at all easy. Miguel used a number of strategies including starting small to collect data then applying for funds to keep going; targeting specialist funding bodies for PREDIMED (e.g. retinopathy). Another strategy he shared was that each centre that is involved in PREDIMED applies for funding as host institutions. They had many failures but kept persisting. Now they are an extremely high profile group with high impact publications. It was great to see how closely they work together and support each other. The team attributes this to Miguel himself who is genuinely passionate about public health and believes in giving back all the generous mentoring that he received.

School of Health Sciences (Issue 5—September/October Newsletter)
16th World Congress on Pain in Yokohama, Japan

Every two years, the Body in Mind Research Group present their findings and represent the University at the World Congress on Pain. This year the Congress was held in Yokohama, Japan, and approximately 4,500 delegates attended. Because of the spectacular and enticing location (overlooking Yokohama Bay), and the proximity to Australia, a large contingent of Australian participants took the opportunity to mix with an expansive international complement and chew over the latest research in pain.

Topics covered by the scientific programme ranged from issues of basic science (for example pharmacology, immunology) to issues of clinical relevance, such as the prevalence of pain in children, the gut and pain, and a comparison of APPs used to monitor pain. An inspiring plenary session at 8.00am usually focussed the morning and topical workshops closed the working day at 6.00pm. In between there were hour long morning and afternoon poster sessions which provided great opportunities for pursuing individual interests and talking to experts in one’s field of interest. Lunch was long enough to leave the venue for a breath of fresh air, chat with friends new and old, and be tempted by the local cuisine.

The president’s welcome address was a highlight. Dr Rolf-Detlef Treede skilfully summarised the scientific progress of pain research over the past five decades. His talk integrated aspects of both pre-clinical and clinical research, in order to demonstrate the many individual differences (genotypes, molecular factors, experiences, thoughts and beliefs) that contribute to the complexity and multi-dimensional nature of pain. Indeed, several key note speakers returned to the ‘Pain is Personal’ theme throughout the conference including Roger Fillingim, Irene Tracy and Sue Ellen Walker.

A major highlight for our Group was the presentation of the prestigious Ronald Dubner Research Prize (for the best clinical or basic science research paper, series of papers, or doctoral thesis in the field of pain, for candidates under 35) to Tasha Stanton. Tasha was awarded a plaque to commemorate her achievement at one of the highly attended plenary sessions. Another major highlight for our Group was the closing plenary lecture given by Lorimer Moseley entitled “Innovative Treatments of Back Pain”. Lorimer’s capacity to capture and hold an audience’s attention runs deep, and while everyone laughed at the surprising lack of effectiveness of for the use of woolen underpants in the treatment of chronic low back pain, many were also challenged by concepts such as altered perception and information coding in chronic pain states and the lack of replicability of research findings. The lecture ensured that all who stayed to the end left more curious about the processes that underpin the pain experience, more determined to inject rigour into their research, and with a smile on their dial. To cap off our conference, Lorimer learnt that our Group was the most well-represented group at the Congress; not bad for a small, but committed research group from down-under.

The next world Congress on Pain will be held in Boston in 2018, and we can hardly wait!

Dianne Wilson, Carolyn Berryman

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


Darwish, A., Staudacher, A., Li, Y., Brown, M., Bezak, E. 2016. Development of a transmission alpha particle dosimetry technique using A549 cells and a Ra-223 source for targeted alpha therapy. Medical Physics, 43(11), 6145-6153. 2 Year IF= 2.496; 5 Year IF= 2.889 (27/120 Radiology, Nuclear Medicine & Medical Imaging). Abstract


"Staff and Student Publications"

September/October 2016 Publications

Get your stats up and submit your

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).


Segal,L., Marsh C, Heyes R. 2016. The real cost of training health professionals: It costs as much to build a dietetic workforce as a dental workforce. *Journal of Health Services Research & Policy*, 0(0):1-8. 5 Year IF = 2.135, 2 Year IF = 1.786 (30/74 Health Policy & Services) Abstract


**Manuscript**

Dennis, Sarah; Reddel, Helen; Middleton, Sandy; Hasan, Iqbal; Hemiz, Oshanah; Phillips, Rosemary; Crockett, Alan; Vagholkar, Sanjyot; Marks, Guy; Zwar, Nicholas. 2016. Barriers and outcomes of an evidence based approach to diagnosis and management of chronic obstructive pulmonary disease (COPD) in Australia: a qualitative study. 01-Aug-2016, *Manuscript Number: FAMPR-291-15.R2*. Abstract

**Book Chapter**


**September/October 2016 “The Conversation”**

October 28, 2016

*Why Australian dietary recommendations on fat need to change*

**Natalie Parletta (formerly Sinn), University of South Australia; Barbara Meyer, University of Wollongong; Catherine Itsiopoulos, La Trobe University, and Karen Murphy, University of South Australia**

A prominent new paper reflects growing global sentiment amongst scientists and dieticians to review advice relating to the types of dietary fats we should consume for optimal health.

October 11, 2016

*Beyond Olympic gold: US kids getting lapped in aerobic fitness*

**Grant Tomkinson, University of North Dakota**

Kids in the U.S. are not as fit as we might think, based on our the success of our athletic superstars. Why do we lag? It might have to do with inequality.

September 29, 2016

*Density, sprawl, growth: how Australian cities have changed in the last 30 years*

**Neil Coffee, University of South Australia; Emma Baker, University of Adelaide, and Jarrod Lange, University of Adelaide**

Many factors have influenced population density change in Australian cities over the past 30 years. Melbourne has led the way in inner-city rebirth as a way to help manage future growth.
Want to find out how you can get yourself a scholarship or grant?

Talk to one of our friendly Program Directors or go online and check it out yourself at http://www.unisa.edu.au/scholarship

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 $9000 p.a. stipend and $3000 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
- Contact details of two independent referees (not including PhD supervisors)

Applications will be judged on merit.

Enquiries: Alanna Sincovich
+61 8207 2039
Alanna.sincovich@telethonkids.org.au

Applications should be sent 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
Events

Foundations of active ageing

On 23 September Dr Sara Jones and Associate Professor Gaynor Parfitt provided a free seminar on the topic of podiatry and physical activity.

Dr Sara Jones
Program Director: Podiatry
University of South Australia

Dr Sara Jones is an academic and podiatry practitioner with expertise in foot pressure patterns and health education. She is listed in the Australasian Podiatry Council’s Hall of Fame. As well as teaching and research that spans foot care, diabetes management and Aboriginal health, Sara is a pioneer of forensic podiatry and has assisted criminal investigations across Australia.

Associate Professor Gaynor Parfitt
Associate Professor in Exercise and Sport Psychology
University of South Australia

Gaynor is an exercise and sport psychologist and a Fellow of the British Association of Sport and Exercise Sciences who joined UniSA’s School of Health Sciences in 2011. Her early research was in anxiety and performance, and more recently she has focused on methods to motivate exercise behaviour change within community and rehabilitation environments, and understanding the mechanisms and processes that are essential to psychological health and exercise behaviour.

Seminary Summary

Our feet, the foundation of a healthy body, can reveal a lot about our health. Most of us understand the importance of maintaining an active lifestyle, but as we age we face a myriad of challenges that might hinder our ability to do so. This seminar explored the importance of foot health, and the impact of physical activity on the ageing process.

After a welcome from Emeritus Professor Ruth Grant, the audience heard from Dr Sara Jones, an academic and podiatry practitioner with expertise in foot pressure patterns and health education. Sara highlighted what our feet can tell the world and discussed some of the more common foot problems that are encountered in the community, as well as touching on her experience as a pioneer of forensic podiatry. Associate Professor Gaynor Parfitt, an exercise and sport psychologist, then discussed the effects of physical activity on the ageing process including physical functioning, cognitive performance and quality of life as we age.
Pint of Science Australia 2017

Are you interested in sharing science with the public?

Do you enjoy relaxing with friends at the pub?

If the answer to both is YES, then Pint of Science Australia is for you!

Pint of Science is an international festival that aims to showcase the amazing research of local scientists to the general public in the relaxed venue of the local pub. In 2016, Pint of Science Australia ran in 7 major cities over 3 nights in May. We had events in:

- ADELAIDE
- BRISBANE
- CANBERRA
- MELBOURNE
- NEWCASTLE
- SYDNEY
- PERTH

For 2017, we want to expand even more to include more themes and even more cities across Australia – and we need you!

Events in 2017 will take place from 15-17 May, and will incorporate the following themes: Beautiful Mind (neurosciences), Atoms to Galaxies (physics, chemistry) Our Body (life sciences) Planet Earth (geosciences) and Tech Me Out (engineering, computer science, mathematics).

We are looking for volunteers for various roles: city coordinators, team coordinators, social media reps and fundraisers. Each team will source out a venue, speakers, and activities for the night.

This is an incredible opportunity to be a part of our ever growing festival so if you are interested in getting involved, please register your interest here or email pintofscienceau@gmail.com with what you’re keen to do, tell us a little bit about yourself and how we can best reach you.

Thanks!

Chloe & Marge
Co-directors, Pint of Science Festival Australia
www.pintofscience.com.au | www.facebook.com/pintofscienceau | @pintofscienceau
Chronic pain management

Turning off the tap: preventing chronic pain by changing acute pain care

by Professor Lorimer Moseley

It’s time for a revolution. Researchers and industry come together to discuss minimising risk and optimising care for those experiencing chronic pain.

What is the reality of treating a person experiencing chronic spinal pain? With any number of factors contributing to the pain experience of an individual, how do we go about treating the person as a whole rather than just the symptoms?

Research-informed new practices could change the way GPs, physiotherapists and other health professionals help patients minimise the risk of chronic spinal pain after an initial episode.

A conversation between industry experts and university researchers, talking about the current landscape of acute care for spinal pain, for anyone in the industry or anyone experiencing or treating people with spinal pain. Hear from a range of speakers on the current landscape, and what is needed to vastly improve treatment and care for individuals living with chronic pain.

Lorimer Moseley, Professor of Clinical Neurosciences and Chair in Physiotherapy at UniSA will discuss the need for a ‘revolution’ in acute spinal care, the new skillsets health professionals might need, some new tools that are being designed to help optimise care, and the industry-clinician-scientist-patient partnerships that will be needed to truly change outcomes.

Esteemed speakers joining Professor Moseley will be Dr YH Yau, Neurosurgeon and Spinal Surgeon; and Dr Daniel Byrne, Chair of The Royal Australian College of General Practitioners (RACGP) SA&NT.

Please join us for what will be a stimulating presentation followed by a panel discussion with the above speakers, plus Ms Lyn Dean, Executive Director Service Performance, SA Health; and Michael Francis, General Manager Insurance, Return to Work SA.

Allan Scott Auditorium
Hawke Building
UniSA City West Campus
53 North Terrace
Adelaide, SA

WEDNESDAY, 23 NOVEMBER
6.00pm to 7.30pm
Register now
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**
Library Report

Publishing your research and what editors want

Register now for Publishing your research and what editors want, which will be held on Tuesday, 15 November from 10am – 3pm in the Bradley Forum at City West campus.

Fain the edge in publishing your research, understand what journal editors want, protect your rights and handle copyright permissions.

This free workshop includes:
- A keynote address by an editor from Elsevier (a major international publishing company)
- Speakers on copyright, open access publishing, the Research Outputs Repository (ROR) and Collection of Research Outputs (CRO)
- A panel of Early Career researchers and PhD students giving their personal experiences with publishing and their top tips
- Question and answer opportunities
- Lunch and networking
- Writing – just do it! Bring your ideas and write the abstract — a practical workshop by Dr Cassandra Loeser and Dr Monica Behrend.

Register:
Post Grad Students | Staff

Library Mezzanine Closure and Collection Relocation

As a result of building works being carried out in the Brookman Hall from mid-November 2016 until early February 2017 the Mezzanine in the Library will be unavailable. It will be closed from Friday, November 18 through to February 16, 2017.

We are taking advantage of this opportunity to relocate our collection from the Mezzanine to other parts of the Library. We are also reducing the size of our collection in a number of areas:

- urban planning resources relocated to City West Campus due to programs being devolved to the School of Art, Architecture and Design
- civil engineering resources relocated to Mawson Lakes Campus where the program is taught
- legacy collections no longer taught at UniSA

We are focusing on pre 2012 published titles that have not been borrowed since that date or are now available as ebooks in our collection. Trolleys of titles are left inside the entrance of the Library and offered as free giveaways to staff and students as per past practice.

Once the work on the Mezzanine has been completed we will only have our physical collection across 2 floors. We will also have reliable air conditioning on both the Mezzanine and Level 4 along with soundproof study rooms, and refreshed group and individual spaces, with and without fixed computers, for students to utilise.

I invite you all to come have a look at the Mezzanine in 2017 when all the work is completed.
Work Health and Safety Update

10 tips for work safety

Staying healthy and safe at work is important. No matter what your job, it is important to reduce your risks of injury and illness at work.

Here are some tips to help make your workplace safe.

1. **Understand the risks.** Once you know the particular hazards of your job or workplace, you can take steps to reduce your risk of work-related injury or illness.

2. **Reduce workplace stress.** Common causes include long hours, heavy workload, job insecurity and conflicts with coworkers or bosses. Stress can lead to depression, sleeping difficulties and problems with concentration.

3. **Take regular breaks.** Staying fresh and alert will help you avoid injury or burnout. Schedule the most difficult tasks of each day for times when your concentration is best, such as first thing in the morning.

4. **Avoid stooping or twisting.** Use ergonomically designed furniture and equipment, and rearrange your work area so that everything you need is within easy reach.

5. **Use mechanical aids whenever possible.** Instead of trying to lift or carry a heavy object, use a wheelbarrow, conveyor belt, crane or forklift.

6. **Protect your back.** If you do need to pick up and carry heavy loads, keep the load close to your body and lift with your thigh muscles.

7. **Wear protective equipment to suit the task.** If worn correctly, gear such as earplugs, earmuffs, hard hat, safety goggles, gloves or full-face mask can dramatically reduce your risk of injury.

8. **Stay sober.** Alcohol and drugs are a contributing factor in around three per cent of workplace fatalities.

9. **Talk over any concerns.** Your employer or human resources manager need to be informed about hazards and risks. Your employer is legally obliged to ensure a safe working environment.

10. **Know your rights.** Organisations such as WorkSafe SA or unions can offer information and advice on workplace safety issues.

**2016 VC Cup**

Overall the School of Health Sciences came second in the inaugural VC Cup with Emma Stockham, Andy Te and Tim Brooke-Smith participating in the final event at Mawson Lakes—the basketball tournament.

Thank you to all who participated in the 2016 VC Cup!
Raising money for Beyond Blue

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

On Friday, 14 October the Bake Club theme was ‘COLOUR’ raising $180.30 for Beyond Blue, in recognition of World Mental Health Day. A very special thank you to Deb Williams and Gail Gibson, not only for being wonderful bakers, but their commitment each and every month to stay up late on a Thursday night waiting for the oven timer to ding. In recognition of this, we thought we would try another day of the week, to ease the burden on a potential party night! Thanks also to the talented Nicola Massy-Westropp who cultivated the beautiful terrariums which are adorning many of our desks, and likely are improving our mood too, seeing nature up close.

On Tuesday, 22 November we will be raising money for Zak, a young technician who was working at UniSA as a contractor but had an injury whilst kite-surfing and suffered a C6 spinal cord injury. Many of us know the challenges involved for him and his family, and we will raise money for his recovery.

**Tuesday, 22 November**
**10.30am in the boardroom**

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