It is not our abilities that show what we truly are; it is our choices.

So much happening within the School. Here are some highlights...

- Professor Roger Eston our new PVC
- Four new X-ray Suites
- Two new degrees—BHealth Science (Public Health) and UniSA Online BPublic Health
- ARENA awarded recognized research concentration status
- Advance HE (HEA)—Another two more Fellows

Feedback from employer who recently interviewed (and employed) an Orion student:

"the student led clinics were fantastic at articulating their skills and approaches to therapy with children and had clearly had great opportunities to receive good supervision and to reflect on their skills and learning. XXX presented really well in interview, and her ability to explain her approach to her therapy during the clinic was fantastic. The clinics seem to be a great way to prepare students for the world of paediatrics and NDIS! Hope we get more new grads who have completed those clinics in the future!"

Farewell (sort of) to Professor Roger Eston

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On behalf of the school we would like to say thank you and farewell to Professor Roger Eston who has been the Head of this School since 2011 and now embarks on the journey of Pro Vice Chancellor: Division of Health Sciences.

Eight years ago, Professor Eston ventured across continents to join the University of South Australia as the Head of School, School of Health Sciences. Since then Roger has been busy empire building in our School. Student numbers, staff, research, community engagement and programs have grown and flourished.

This has been particularly notable in the exercise and sport arena. When Roger arrived, there was a single human movement degree and now there are eight different degree offerings, four single degrees and four double degrees. Roger was the driving force behind the development of the high-performance clinic and has led UniSA’s partnership with Invictus Pathways and The Road Home.

In 2011, there were 2615 students in the school and by 2018 we had 3876 students enrolled in programs, with many of the University’s top performing programs residing within the School.

Research performance lifted. The 2015 ERA grading of research quality rated three areas of research within the school well above world standard (Human Movement and Sport Science; Clinical Sciences; and Nutrition and Dietetics). ARENA (Alliance for Research in Exercise, Nutrition and Activity) formed and research income grew from $3.7M in 2011 to $4.0M in 2017.

It is hard to distil why Professor Eston’s leadership style is so successful, but it may be based in a shrewd ability to harness and nurture the talent within the School, respect for the individual, few nerves about change and a good dose of competitiveness.

So, Roger, we consider ourselves lucky to have had you as our Head of School for 8 years and sincerely wish you well in your new role as our PVC in the Division of Health Sciences. We have put together a spread of pictures on the following page of Roger’s time as Head of School.

Enjoy!
Head of School Report
Welcome staff and students to our first newsletter edition for 2019. It has been a great start to the year and I was pleased that one of my first official tasks as the Head of School was to welcome our new students into Uni life at the School of Health Sciences. Orientation week and the weeks following is a very important time for our new students to familiarise themselves with the campus and their associations, with most of our incoming first year students making the steep transition from school to university, so please make them feel welcome and help them out where you can.

Orientation Day
From what I saw and heard, all went very well. Despite the heat activities occurred seamlessly with the use of downstairs space below the Café helping with flow of registrations and enquiries. I would like to particularly thank the staff and student mentors who make this happen!

The School of Health Sciences continues to grow in student numbers which is evidence to our quality of programs and staff.

Advance HE (previously Higher Education Academy) Senior Fellows
Congratulations to Sandy Maranna who was awarded the Fellow of the Higher Education Academy and Amber Bidner who was awarded the Associate Fellowship from Advance HE (previously Higher Education Academy). We now have five fellows from the School of Health Sciences:

1. Scott Polly, Higher Education Academy Senior Fellow
2. Katherine Baldock, Higher Education Academy Senior Fellow
3. Nayana Parange, Higher Education Academy Senior Fellow
4. Sandy Maranna, Higher Education Academy Fellow
5. Amber Bidner, Higher Education Academy Associate Fellowship

UniSA introduced an initiative last year to help academic staff develop and submit applications for HEA Fellowships, with support including workshops and mentorship from Dr Beth Beckmann who is a Principal Fellow of the Academy.

Candidates for a Fellowship are nominated through the University’s Teaching Innovation Unit (TIU) in collaboration with the Provost and Chief Academic Officer, Professor Allan Evans.

X-Ray Equipment
I am delighted to announce the replacement of the four x-ray machines to maintain the excellence of medical radiation facilities and a complete refurbishment of the four x-ray suites. I am sure the medical radiation students will reap the benefits of the swish refurbished spaces with up to date equipment.

Graduate Diploma in Education Studies (Digital Learning)
The Provost (Professor Allan Evans) has funded tuition-fee sponsorship for a third cohort of competitively selected UniSA academic staff to participate in the program on a part-time basis for up to two years. Congratulations to Emily Ward from physiotherapy for receiving a scholarship and taking up the challenge this year.

Peer Review
Our pool of peer reviewers for Summative Peer Reviews of Teaching has expanded. Dr Caroline Fryer, Dr Katherine Baldock, Sandy Maranna and myself were nominated and completed the peer review training in 2018 and are now in the pool of summative reviewers for the School and University.
Sarcopenia Program at City West in collaboration with Eldercare

Residents from Elder Care visited our City West clinic to undertake an exercise program focussing on lower limb strength and balance exercises supervised and assisted by Physiotherapy students. This was followed by a nutritious afternoon tea before returning to Eldercare.

Thanks to everyone at City West who helped make it happen.

Welcome new PhD and Masters by Research Candidates!

On behalf of the School, I would like to welcome our newest cohort of Higher Degree by Research (HDR) candidates who have joined us to begin their PhD or Masters by Research this year. So far this year we have had four PhD and nine Masters by Research candidates join us, taking our current cohort to a record high of 92, with quite a few more expected in March/April! Details on those who have commenced so far are mentioned below.

I would also like to welcome our new HDR representatives Yasamin Veziari, Alison Barrett and Kylie Dankiw. These current candidates play an important role in supporting their peers, as well as representing them as their ‘voice’ on various School and Division committees.
New PhD Candidates:

- **Chris Boyd (Prof Eva Bezak):** Radiological assessment of cerebrovascular pathology using neural networking
- **Ashleigh Hull (Prof Eva Bezak):** Pre-Clinical Studies and Phase I Clinical Trial of MUC1 Targeted Alpha Therapy for Pancreatic Cancer
- **Emma Moore (Prof Jon Buckley, Dr Clint Bellenger):** The effects of hydrotherapy (cold water immersion) on chronic athletic performance
- **Joshua Sutherland (Prof Elina Hypponen, Dr Ang Zhou, Dr Matthew Leach):** Vitamin D, calcium and cardiovascular risk: a large-scale study

New Masters by Research Candidates:

- **Georgina Barratt (Dr Robert Crowther, Dr Clint Bellenger, Jason Lane, Dr Eileen Robertson):** Quantifying rowing boat rigging relationship with anthropometric measures
- **Samuel Janetzki (TBC, Dr Stuart Graham):** Application of a variable dose response model to professional Australian Football in-season training and physical match performance data
- **Keegan Jones (Dr Robert Crowther, Dr Alyson Crozier):** The use of post-activation potential (PAP) for player readiness and performance in Basketball
- **Carter Lisk (Prof Kevin Norton):** Effects of training above and below anaerobic threshold on maximal oxygen uptake, lactate threshold, anaerobic and aerobic power
- **Celine Northcott (A/Prof Carol Maher, Dr Rachel Curtis, A/ Prof Svetlana Bogomolova):** Ecological translation of an online-social-networking physical activity intervention (mobile application) using social marketing techniques
- **Siena Saunders (Prof Jon Buckley, Dr Max Nelson, Dr Jamie Stanley):** Effect of heat stress during an elite Australian Football pre-season
- **Jisu Shin (A/Prof Hong Lee, Dr Beben Benyamin, Dr Xuan Zhou):** Developing advanced statistical methods to improve genomic prediction that can be applied to genomic precision medicine
- **Dave Visockis (A/Prof Shylie Mackintosh, Dr John Arnold):** The use of wearable technology to predict and manage risk factors for lower limb injury in runners
- **Anna Vogelzang (Prof Lorimer Moseley, Dr Mark Catley):** The effect of exercise interventions, as part of active cancer treatment, on chronic pain in cancer survivors

Congratulations to our newest HDR Graduands!

On the other end of the ‘journey’ are our HDR Candidates who have had their degrees conferred during November – February, including our first graduand from the Master of Research (Population Health Practice) program.

- **Dr Hayley Lewthwaite** (supervisors: A/ Prof Marie Williams, Prof Tim Olds, Dr Tanja Effing): Health behaviours occur over the whole day for people with chronic obstructive pulmonary disease: exploration of opportunities for optimising habitual physical activity, sedentary and sleep behaviours
- **Dr Nerylee Watson** (supervisors: Dr Karen Murphy, Prof Jon Buckley, Prof Grant Brinkworth): The effects of low-fat diets, differing in protein and carbohydrate ratio, on glycaemic control, cardiometabolic health risk factors, food cravings, psychological wellbeing and cognitive function in adults with type 2 diabetes
- **Dr Caitlin Dowell** (supervisors: Prof Leonie Segal, Dr Gloria Mejia Delgado, Prof David Preen): Maternal incarceration, low birth weight, and infant mortality in a longitudinal sample of Western Australian children
- **Ilea Sanders** (Master of Research PHP) (supervisors: A/ Prof Carol Maher, Dr Camille Short, A/ Prof Svetlana Bogomolova): Cluster analysis and usability testing for “Active Team”: an online social networking intervention to increase physical activity
Lunchtime Teaching and Learning Sessions

Hayley Timms has kindly facilitated two successful style makeover session for Moodle sites aptly named “Pimp you LoL Site”. These interactive hands on sessions provided information for learn on line sites for 2019 such as changing the site look, new functions and learning tips within the group.

Stay tuned for more sessions throughout the year.

Industry Relationships

It may have been holiday time for the students, but the past few months have been busy for the School of Health Sciences in terms of our industry engagement. We have entered into a variety of new partnerships as well as expanding some existing programs and working towards a more collaborative approach to engaging with industry.

The School has renewed its collaboration with Basketball SA with the addition of another funded PhD to be supervised by Dr Robert Crowther. We have also renewed the placement agreement which allows students undertaking placement at the Magill gym to work with the athletes from Basketball SA to develop training programs.

New partnerships have been entered into with Paddle SA and Athletics SA, which will allow for student placements and research opportunities. Athletes from Athletics SA will undertake testing in the High Performance Sports Centre as well as out in the field and give our students in the Exercise Sports Science program the opportunity to be involved in the training of Olympic level athletes.

The Invictus Pathways Program continues to grow, with 40+ participants now actively enrolled in the program. This has provided increased opportunities for students to be involved in the program, including the Psychology students at Magill who will start offering their services to the participants from March 2019. This year will also see the addition of cross discipline case conferences for the students to gain experience in collaborative client management.

A new program has been developed to offer to industry in the area of corporate wellbeing. This includes an 8 week program for groups of 20 employees to undertake wellbeing activities including:

- Physiotherapy screening
- Exercise physiology assessments including:
  - High performance testing
  - InBody scans to measure changes
  - 1:1 planning and education sessions
- Weekly gym training sessions – both 1:1 and group training

The program is currently being marketed to industry workplaces and will provide a significant number of practical hours for students across multiple disciplines.

The School of Health Sciences has been leading the collaboration across the University in an attempt to work towards a more inclusive approach to engaging with industry partners in the area of sporting organisations. In January, the School hosted an internal Industry Sports Relationships forum which was attended by
staff across many disciplines of the University. The aim of the forum was to understand which partners everyone was engaging with and work together to develop a more collaborative approach for the future. The event was very successful and has resulted in a number of great ideas to be put into place this year such as; developing a collaborative list of partners, the development of a team site and the production of publicly available materials such as brochures and a webpage. This event will be followed up later in the year with a further forum to be hosted by the School of Health Sciences, which will be held for external sporting organisations to showcase our collective capabilities as a University.

The School’s engagement with industry continues to grow which allows increased opportunities for our students. Please contact Ashlee Munro should you have any ideas of industry partners that you would like to discuss collaborations with.

Newsletter Contributions

Thank you to all who have contributed to the School of Health Sciences newsletter and a special thanks to the Program and Research Directors for their specific reports.

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 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.

Best wishes

Shylie
PROGRAM DIRECTOR REPORTS

Dr. Kyle Davison
Program Director: Clinical Exercise Physiology

Dr. Alyson Crocker
Program Director: Exercise and Sport Sciences

Scott Adams
Program Director: Bachelor of Health Science (Nutrition and Exercise) UniSA Online

Katherine Babcock
Program Director: Health Sciences

Dr. Catherine Paquet
Program Director: Master of Research Degrees

Jane Shepherdson
Program Director: Medical Radiation

Scott Palley
Program Director: Human Movement

Brooke Osborne
Program Director: Medical Sonography (Postgraduate)

Dr. Angela Bennett
Program Director: Occupational Therapy (Undergraduate and Postgraduate)

Dr. Giusele Van Reeuw
Program Director: Physiotherapy (Undergraduate and Graduate Entry)

Associate Professor Steve Milanesi
Program Director: Master of Advanced Clinical Physiotherapy

Dr. Ryan Causby
Program Director: Podiatry
Bachelor of Exercise and Sport Science

Welcome to first year students!

Congratulations to first-year students for successfully being admitted to the only accredited Exercise and Sport Science program in South Australia. Entering into university is a major accomplishment and I commend all first-year students on their success. First year is challenging, as you learn to navigate new territory, learn in a more independent atmosphere compared to high school, and juggle all of life’s demands. Despite its challenges, university is an exciting time, and we are very happy you chose the Exercise and Sport Science program.

For those of you in your upper years, welcome back to the Bachelor of Exercise & Sport Science!

While the staff and I are very grateful that you have chosen to continue your educational pathway in exercise and sport, I can’t help but wonder how university students have similar experiences to the participants on Married at First Sight (also known as MAFS).

Below is a cheeky comparison of the show compared to university:

<table>
<thead>
<tr>
<th>Married at First Sight Participants</th>
<th>University Students</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Participants decide to go onto the show because they are eager and ready to fall in love, leading to a lifelong partnership</td>
<td>Students decide to attend UniSA as they are eager and ready for a new learning adventure, leading to their future career</td>
</tr>
<tr>
<td>2. Participants are matched based on scientific “evidence” indicating compatibility</td>
<td>Students typically choose the Exercise &amp; Sport Science program based on their own interests indicating compatibility</td>
</tr>
<tr>
<td>3. Participants don’t know what their partners will be like until the wedding ceremony</td>
<td>Students don’t know what to expect of their course coordinators or tutors until the first day of classes (especially new students)</td>
</tr>
<tr>
<td>4. Participants learn quickly that the “honeymoon” period doesn’t last very long, with many highs and lows to navigate</td>
<td>Students will experience an initial “honeymoon” period, followed by periods of highs and lows as students manage the demands of university</td>
</tr>
<tr>
<td>5. Participants past relationship experiences affects their behaviour in their new marriage</td>
<td>Students past high school experiences (sport, study, etc) will affect their behaviour and performance in university</td>
</tr>
<tr>
<td>6. Participants wanting to leave their partnership discuss with counsellors before “divorcing” their partner</td>
<td>Students wanting to change their program of study should counsel their program director before filing for a “divorce”</td>
</tr>
</tbody>
</table>

A look into 2019…

While 2018 was an exciting year for the program, it also welcomed three new staff members: Dr. Max Nelson and Dr. Clint Bellenger, who were welcomed in previous newsletter editions, as well as Dr. Graeme Carrick-Ranson, who joined us in December of 2018. Graeme joins us as Senior Lecturer in Exercise and Sport Science. I’d like to personally welcome Graeme to the program team, and I look forward to his contributions to both teaching and research.

With the new hirers, we are very fortunate to be able to have staff teach across multiple courses, with very few casual staff members. In particular, I am very excited that for the first time, the Foundations in Human Movement, Exercise & Sport Science course is being taught entirely by full-time staff members. This will allow first-year students access to staff earlier in their program than previous years. It also will find multiple staff teaching into all 3-years of the program, including Dr. Tom Wycherley, Associate Professor Jim Dollman, and Dr. Max Nelson.
New Academic Support Officer
With the new year, also brought a change to who students will contact to initially discuss program issues. I’d like to thank Ms. Carol Deroulette for her amazing service over the last few years, and welcome Ms. Kristin Clark to our team. Kristin will be working with the Human Movement, Exercise & Sport Science, and Clinical Exercise Physiology programs. She will be your first go-to person when wanting to ask about study plan changes, academic concerns, or to set-up a meeting with your program director. To contact Kristin, please email (kristin.clark@unisa.edu.au) or call her at 8302 2767.

Until next time…
Thanks for taking the time to read this edition of the Exercise & Sport Science newsletter. I look forward to what SP2 has to offer!

Cheers,
Dr Alyson Crozier
Program Director: Exercise and Sport Science

Get to know our staff
Each newsletter, we will be providing one biography of a member of our staff – so that you can get to know them over time. This volume, I would like to introduce Dr. Carmel Nottle, who has been with us for almost a decade!

Carmel Nottle joined the Human Movement program in July 2009 after spending three years lecturing in Sport and Exercise Science at the Waikato Institute of Technology in Hamilton, New Zealand. Prior to her position in New Zealand, Carmel taught within the Sport and Exercise Science Program at Edith Cowan University in Perth, Western Australia while completing her undergraduate and postgraduate qualifications at the University.

While Carmel’s primary undergraduate and postgraduate training was in exercise physiology, she has developed a keen interest in sports injury prevention and anthropometry. She has also taught courses in Clinical Exercise Physiology, Research Methods, Motor Skills and Development, Lifespan Growth and Development, Exercise Prescription and Resistance Training.

In addition to her qualifications as an ESSA accredited Exercise Physiologist, Carmel is also a Level 2 Sports Trainer and Level 3 Anthropometrist. These accreditations have allowed Carmel to offer students the opportunity to gain Nationally and Internationally recognised accreditations within two elective courses in the Human Movement / Sport and Exercise Science programs. Students can complete the requirements for their SA Sports Medicine Association Level 1 Sports Trainer accreditation within the Sports Injury Prevention and Rehabilitation course, which includes 30 hours of placement experience within a local sporting club. A Level 1 or Level 2 ISAK Anthropometry accreditation is now also an option within the Anthropometry and Body Image course.

Outside of work, Carmel is an avid Adelaide Crows supporter and spends most of her spare time with her two Labrador Retrievers: Gypsy and Bunji. While Carmel may teach Sport and Exercise Science for humans, she has transferred the knowledge of the benefits of activity to her dogs, who both compete in a range of sports including Flyball, Retrieving and even Sled Dog Racing. They have competed both locally and at National Events in a range of dog sport disciplines with their activities now also becoming an area of research for Carmel.
Step Up: An Experimental Study to Increase Stair Use in the Centenary Building

Since the end of 2017, the elevators in the Centenary Building on Level 3 (Ground Flood) have been a colourful sight, encouraging staff and students to take the stairs. While you might think these signs were just randomly designed, before installation occurred, thorough research had been conducted to ensure they would be effective at getting more people to use the stairs.

With the help of upper year Physiotherapy students enrolled into the Health Promotion in Physiotherapy course, Dr. Alyson Crozier conducted two studies to explore what motivated individuals to use the stairs. In the first study, an online survey showed that individuals’ perception of how often others took the stairs, and whether others approved of stair use, was positively related to their own stair use. These results informed the development of two social stair prompts to be used in study 2.

Study 2, conducted in early 2017, explored the effectiveness of the stair prompts on stair use over a four-week period. Before and after the social prompts were posted, we measured how many people took the stairs versus the elevator, by observing how many people entered the elevator and using a people-counter installed across entrance to the stairwell. Results showed that a 3.4% increase in stair use, which equated to approximately 100 extra people entering the stairs per day.

Practically, the results indicate that social prompts should be considered in future messaging campaigns, as they can be used as a motivational tool to increase physical activity in everyday populations. When it came time to choose which prompts to permanently install in the Centenary building, we decided to have a mix of messages (not just social) as research has shown prompts promoting the health benefits of stair use are also effective at increasing stair use.

Dr. Alyson Crozier would like to thank the students who helped her with data collection, as well as the School of Health Sciences, the Division of Health Sciences, and the Sansom Institute for Health Research for their funding support.

To access the full article, please click the following link: https://www.sciencedirect.com/science/article/pii/S146902921830116X
For the first time in several years the Human Movement Society saw out the 2018 Academic Year in style, as well as farewelling the graduating classes from Human Movement, Exercise and Sport Science and Clinical Exercise Physiology in late November. Held at Hackney Hotel, approximately 70 students came together to celebrate together.

An exceptional night was had by all, with plenty of dancing, a photobooth and an abundance of delicious food. The students particularly enjoyed guest appearances from staff members, Drs. Alyson Crozier and Max Nelson.

The Society is hoping to run another End of Year Ball this year as well as organise many other entertaining social activities. To do so, we need multiple First, Second and Third year students to step up and get involved. It'll look great on your resume!

If you have any ideas for events or want to help out, please contact human.movement@usasa.sa.edu.au

**Note: Images taken by Da Rocha Imagery**
Bachelor of Health Science (Nutrition and Exercise), UniSA Online

UniSA Online’s XBNE: Bachelor of Health Science (Nutrition and Exercise) program remains the most popular UniSA Online offering, beginning 2019 with 415 enrolled students (commencing and continuing). Teaching recommenced on 14 January 2019 and, as UniSA fields Orientation Week on its physical campuses, UniSA Online is in Week 7 of Term 1. It is with great excitement that we have commenced teaching three of our second-year courses – Body in Motion 1 (HLTH 2032), Human Nutrition (HLTH 2035) and Theory of Exercise Testing and Prescription 2 (HLTH 2038) – along with further offerings of first-year courses Foundations of Health and Physical Activity (HLTH 1053), Foundations of Human Biology 2 (BIOL 1053) and Lifespan Growth and Motor Development (HLTH 1055) which were taught for the first time throughout 2018.

With our continual growth, this year we have welcomed two new teaching staff: Dr Romany Stansborough and Fletcher Clarke. They join Dr Ysabella Van Sebille and a host of online tutors in teaching the courses within the XBNE program. Teaching staff at UniSA Online are continually exploring new approaches that leverage technology to improve student outcomes, and among the various teaching and learning approaches employed, two are advancing the quality of feedback provided to our online students. OnTask is a digital platform aligned to the learning management system that enables instructors to use learning analytics data to deliver timely, personalised and actionable feedback to students. UniSA Online staff have been using OnTask to create automated, personalised feedback messages to students which are contextual to their achievements. In addition to this, Panopto – the University’s online video platform – is being used to provide personalised and detailed video feedback for students’ formative and summative assessments. As a result of these and other approaches, student satisfaction remains high and it is testament to the dedicated teaching staff, including our online tutors. Staff continue to receive very positive feedback from students who particularly appreciate the quality of the content, the teaching and its delivery, and the student support model:

- “I was a bit nervous to begin with but so far I have found the experience very enjoyable. I like the way the weekly content and activities are presented in the course site and how easy it is to navigate through the different menus”.
- “I really like the way some of the subject assignments are based on real world situations. I appreciate that the assignments are similar to what we would be expected to know/do if we were employed in the health and/or nutrition field. Very clever UniSA!”
- “I am really enjoying the content and I love that you are all so accessible. You have all really impressed me.”
- “It’s such a fascinating subject. The feedback is definitely helping with understanding the topic. There’s always that feeling of - what did I get wrong? But it helps so much. Thank you”.
- “I’m really enjoying this course, more than I thought I would initially to be honest. I find it relatively easy to apply and understand in my own movements. I do value the feedback in my practicals and find it is assisting my learning”.
- “Thanks so much. I’m finding the subjects this semester very interesting which makes it easier to enjoy”.
- “I am really enjoying the course at the moment and finding it very informative and love learning about how the body works, it is quite amazing”.

In early February this year the 2018 UniSA Online Prize for Excellence was awarded to one of our students, Vedkrita Tularam for the highest cumulative GPA. Due to the flexible nature of online learning and the fact that many students study part-time, to be awarded the prize a minimum of four UniSA Online courses must have been completed in the academic year. We congratulate Vedkrita on this fantastic achievement!

We are excited to continue our ongoing success throughout 2019 with a team dedicated to high quality online teaching, digital course transformation and devoted student support.

For those interested to learn more about the Bachelor of Health Science (Nutrition and Exercise) program you may wish to access our degree information or online program dashboard.

Scott Adams
Program Director: Bachelor of Health Science (Nutrition and Exercise), UniSA Online
Bachelor of Health Sciences

Welcome to all our commencing students for 2019, and welcome back to our 2nd and 3rd year students! I’m excited to get to work with you all this year, and I know the program teaching team are looking forward to meeting you and working with you as the semester progresses.

Orientation Week 2019 was a fantastic time for us as a program. This year for the first time, we had a team of 2nd and 3rd year student mentors that participated in our 1st year Program orientation session. After a reasonably short Program Director presentation, this enthusiastic bunch of mentors (Rupa Adhikari, Shireen de Souza, Rob Jarrett, Bibi Fatimah Musawy, Jody Olsson, Shannon Packer, and Rhianna Pritchard) paired up to lead three groups of 1st year students through a welcome and information session. This session included networking and ice-breaker activities for commencing students to start connecting with one another and building friendships, an important element of student engagement. It was amazing to see how the mentors so differently, but effectively, led their student groups and it was exciting to see the commencing students interacting so comfortably with one another and with the mentors. A huge thank you to all our mentors for being so open to try something new and putting your excellent communication skills to work! I was so proud of our mentors, and it was a great experience for me to work with them in this initiative.

We also trialled a strategy as part of a broader School-based campaign this year in supporting students transitioning to 2nd and 3rd year of the program. We held an informal information session for each year level, with an opportunity for interaction and networking across year levels through a shared afternoon tea. These sessions – Success in 2nd Year and Thriving in 3rd Year – were aimed at orienting students to the upper years of their program, including an overview of the program year, expectations, challenges, and some practical strategies to support students in their academic endeavours. These sessions were a valuable time of reflection for students, and an opportunity for them to consider their development to this point and the opportunities that lay ahead. It was also a wonderful opportunity for students and program staff to connect with one another.

Over the summer, several of our Health Science students completed rural health experiences through the Department of Rural Health as part of their degree. Three of these students, Rupa Adhikari, Bibi Fatimah Musawy and Jody Olsson, completed a month-long placement in Whyalla and surrounding areas for their 3rd year Health and Wellbeing Industry Placement course. They had such an amazing time in terms of both professional and personal development and have been sharing with other students across all year levels the wonderful opportunities they experienced through their time in rural South Australia! Rupa and Bibi Fatimah have written about some of their experiences which are included on the following page.
We are very excited to also share that we are now in the process of developing two new degrees, the Bachelor of Health Science (Public Health) and the UniSA Online (UO) Bachelor of Public Health, which were recently approved at Academic Board. The UO Bachelor of Public Health is set to commence in Term 4 this year (September 2019). The new Bachelor of Health Science (Public Health) will commence in 2020 and will replace the existing Bachelor of Health Science program. These two programs have been designed to align with the six Public Health areas of practice outlined in the Foundation Competencies for Public Health Graduates in Australia: Monitoring and Surveillance; Disease Prevention and Control; Health Protection; Health Promotion; Health Policy, Planning and Management; and Evidence-Based Professional Population Health Practice. We have also planned for a greater emphasis on Aboriginal and Torres Strait Islander health, embedded across all years of the Bachelor of Health Science (Public Health) program and guided by the Aboriginal and Torres Strait Islander Health Curriculum Framework. Our course writing team are already hard at work starting writing for the new UO Bachelor of Public Health, and alongside this we will be undertaking significant redevelopment of existing courses and writing a few new courses for the Bachelor of Health Science (Public Health).

I’m looking forward to this new teaching year as we progress our work in developing work-ready graduates, supporting engagement of students in their university journey, and working together to develop our two new public health focussed programs at UniSA.

Dr Katherine Baldock
Program Director: Health Sciences
This summer I had the privilege to undertake my placement in Whyalla as a part of the UniSA Department of Rural Health Summer Scholarship Program. This was my first time living by myself outside of home. I have proven to myself that I am able to care for myself and be independent. Working in a rural setting has really made me more passionate, analytical, open-minded person and I have thoroughly enjoyed my time at Whyalla. Working alongside two other UniSA students on this project allowed me to socialise and improve my communication skills.

The project that I was assigned included developing a strategic action plan for the healthy living and food security working group by engaging the Whyalla Stuart community over the next 12 months. This 4 weeks’ experience has given me a different outlook and perspectives about health and has allowed me to gain both professional and personal skills. Due to the knowledge and understanding that I gathered from my previous course, project management, I was able to conduct necessary tasks efficiently such as Gantt chart, risk assessment and grant application.

I got the opportunity to go to the Flinders Ranges to learn about and explore one of the most meaningful Aboriginal sites and their heritage, its stories and how the impact non-Aboriginal people had, and still have, on Aboriginal people was remarkable. The trip was lengthy however it was worthwhile experience. Seeing amazing sites and countryside in general was indescribable. I feel very fortunate to have the opportunity to go to Port Lincoln on the Australia Day holiday weekend and would like to thank the DRH for providing accommodation. It was an amazing experiencing my first ever Tunarama festival and it’s a memory that I will cherish forever. Some of the key highlights of this experience was meeting the lovely people who I have made close friendship with and learning about their projects and their degrees. I have enjoyed freedom of living away from home. Overall, I had a great rural experience and I would joyfully return anytime in the future if I get the opportunity.

Rupa Adhikari
3rd Year Bachelor of Health Science Student

Though this was my first experience living away from my family, I had a great time in Whyalla for my Health and Wellbeing Industry Placement, as everyone was very welcoming and kind. Initially, I felt trepidation, I was not sure about doing my placement in a rural area. However, I stepped out of my comfort zone and challenged myself to experience a rural area. The project seemed very challenging because it was really a new experience for me both from a learning perspective and performance of different activities. Practical implementation of my ideas was really helpful. I got a chance to practice all the knowledge I gained during my studies from my first and second year of my Health Science degree, working in a team and through self-study.

We had the opportunity to go for a trip in Lower Eyre Peninsula, and Coffin Bay where we explored stunning places which were breath-taking. The trip to the Flinders Ranges was a valuable learning experience where I have learned more about the Aboriginal culture and their way of living. The trip to Pika Wiya Aboriginal Health Service in Port Augusta helped me to get a better understanding of the primary health care network in rural areas. I would recommend every student to complete a placement or Summer School project in a rural area to get an understanding and an experience of rural health and the services they provide.

Bibi Fatimah Musawy
3rd Year Bachelor of Health Science Student
Bachelor of Human Movement

Approximately 210 Human Movement, 120 Exercise and Sport Science students and 50 Clinical Exercise Physiology students commenced their academic life this year. This gives a total of around 450 Human Movement, 300 Exercise and Sport Science and 200 Clinical Exercise Physiology students across the year levels. It has been traditional for new students to receive an orientation to the University and ‘Orientation Week’ has moved from being a time where students get told where things are, where and how to enrol and what they will need to start classes. Now, by the time students arrive at orientation they have already begun significant engagement with the University through the on-line environment and are mostly already enrolled in their first-year courses. Orientation is now more about starting a relationship with the student cohort, setting them on a path for success and helping them have a clear picture of the potentials and pitfalls of University life.

First Year Orientation

For the last 5 years volunteer Human Movement and now Exercise and Sport Science senior students have participated in orientation by running student information sessions for smaller groups without staff present. This provides an opportunity for senior students to pass on their experience and advice to help succeed. Most mentors are successful students but some have volunteered as they would like pass on what they learned from their mistakes and to help future students avoid the same pitfalls. These volunteer students field questions that the first years are afraid to ask staff from the University and on many occasions have identified issues that require greater support that might not otherwise have been known.

There can be a reciprocal benefit for the student volunteers, as one of this year’s senior student mentors wrote following her session:

“Public speaking isn’t one of my comforts but like xxxx said, after the first laugh it was much easier. Good points were: encouraging involvement in classes/activities, getting familiar with the learn online site/assignments and their due dates and recognising little times throughout the day where one could do revision (like on the bus or train). Also, students responded the most to information about textbooks (how necessary they are and where you could get them), and the icebreaker activity went well, everyone was chatty but doing it twice was enough. Overall, some students wanted to chat privately after the session for some advice which was good and I got to work on speaking in front of an audience - win win.”

And from another:

“What a cool experience. First couple minutes I was a little nervous but settled down as soon as I got the first laugh. Session went really well I thought. Had them do some games to break the ice then into the knitty gritty. A lot of them really appreciated the conversations and I think my experiences, especially the bad ones, were beneficial for them to hear. I had a huge emphasis on forming friendships and using peers to help get through the hard times and how this is all established through being open and participating in class. Also threw in how amazing camp was and all but 2 people were excited to go so that was great. All in all, it went well and I feel like I learnt a lot from them as much as they did from me.”

A few of the student volunteers have now moved on to other programs but were still happy to make time to support their fellow student cohort. A big thank you to the Human Movement Mentors Mitchell Roberts, Ashleigh Edwards, Hudson Noack, Nathan Byrne, Emily Schinella, Jess Axford, Jack Tingey, Caitlyn Stone, Clint Stewart, Ben Curtin and Thomas Curtin.

Second and Third Year Orientation

With the stronger focus on first year it has been an observation that many students find themselves struggling in second year as the expectations are raised and the supports may be reduced. Following discussions at Division, School and Program level Human Movement and Exercise and Sport Science have begun holding orientation activities for senior students.

This year was the first time that a second and third year orientation was held. Attendance was, as expected, small. It is hoped to build on this for future years and develop a stronger culture of preparing for each year. Students were given advice on
how to ‘strive in second year’ and ‘thrive in third year’ with a view to ensuring they had maximized their opportunities and capabilities upon graduation.

One attendee commented:

“It was nice to know the focus of the year and opportunities throughout the year for engagement, career help, experience, or just study prep.”

We will look to market the second and third year orientation better and earlier for next year. It is clear that we can do more to engage students in the second and third/fourth year and it is hoped that orientation, regular emails and year level meetings later in the year will enhance student experience and achievements.

**Vale Peter Kellett**

It is with great sadness that the School farewells former lecturer in Outdoor Education Peter Kellett (PK) who taught in the school from 2003 until retirement in 2011. Peter had been battling cancer for over 12 months. Despite his disease he had not suffered too greatly up until his last days when he became very sick very quickly. Those of us lucky enough to know Peter knew a wonderful man with great intellect, integrity, passion and a strong sense of social justice. He left a deep impression on the students he taught. Some of the comments on a UniSA Alumni facebook post tell the story of his impact well:

“A wonderful advocate for the outdoors, a kind a patient man, a man who encouraged many of us to follow our outdoor pathways! I’m forever grateful for our paths crossing!”

“His love for the outdoors and his social conscience has left this world a better place.”

“PK was a generous man who played a positive influence on my and many others lives. And who could forget his “Prawn to Be Wild” T-shirt.”

“I will always remember PK in the backwaters of the Murray River in the back of a canoe, taking us all on a life lesson, to just slow down and enjoy what was in front of us. Rest In Peace mate.”

He was an amazing colleague and friend and crammed a lot in his 71 years and will be sorely missed. Peter is survived by Sister Jan, daughter Emily, ex – wife Gill, and partner Celeste.

Scott Polley  
Program Director: Human Movement
Bachelor of Medical Radiation Science

Happy New Year to all

Though it seems late to be saying this it could perhaps be Happy New Academic Year as we welcome a new group of first year students to the Bachelor of Medical Radiation Science. The program continues to be in high demand which is due in no small part to the support of the program by our clinical partners. Thank you all for continuing to support our students.

Well big excitement in the medical imaging team as, yes, we have four new rooms!! Thank you to the School of Health Sciences for making this possible. All are DR and two have CR capabilities. You will note that one room is column mounted whilst the other three are ceiling suspended. All of this is to reflect equipment students will experience in their clinical placements. The rooms have also been tidied up in appearance with new flooring, so it all matches now as well. All very exciting so it has been a busy break time for us.

Late last year, as you probably know, we farewelled two long-standing staff members and so this year we welcome a new member to the medical imaging team. Shayne Chau joins the team and with his expertise in computed tomography he complements the skills of the current team well. We wish Shayne all the best in his new role and I am sure you will welcome him when he is out and about on university business.

We also have new administrative support with the appointment of Kelly McFarlane. You may be receiving emails and have interactions with Kelly across the year. We welcome Kelly to her new role. Kelly comes with experience from another school within the university.

We have had a busy start to the year news wise with one of Honour’s graduates Wendy Geng having the results of her project adopted within the clinical setting. What a fantastic outcome and it all happened very quickly with Wendy completing her study in 2017 and already having it adopted so early in 2019. Great work Wendy and her supervision team. It demonstrates how quickly a result can be achieved with an honour’s project designed to answer a clinical question supplying the evidence to support the adoption of the results. If you have any clinical questions that you would like answered think about speaking to Michala Short (michala.short@unisa.edu.au) who is the honour’s program coordinator who will be able direct you to a member of staff who will assist in developing your ideas.

There are many of the academic team involved in the organisation of both the Australian Society of Medical Imaging and Radiation Therapy (ASMIRT) and the Australian and New Zealand Society of Nuclear Medicine conferences which are in Adelaide in March and April this year. It will be great to see you at these conferences. ASMIRT is combining this year with the Asia-Australasia Conference of Radiological Technologists.
(AACRT) so it is an opportunity to attend an international conference in Adelaide. We are welcoming delegates from a number of different countries for this conference so come and join in what will be an informative and interesting conference.

The first clinical supervisor and mentor event for the year occurred early in February but if you were not able to attend do not be concerned as the recording of the evening is available for you to view on the Industry partners page found at the following web address:


Have a look at the recording and while there, explore the page as there is plenty of information available that may assist you in your roles and interactions with the students. There was a presentation by Greg Brown relating to academic integrity that you might find interesting.

Well I think that is enough news for one edition.

Thank you all for your input into the program and for your continued support of the students across all year levels. It is very much appreciated.

Cristina Blefari, Donna Matthews, Eileen Giles, Eva Bezak, Greg Brown, Jane Shepherdson, Joanne Oldfield, Kathy Guerrero, Kelly McFarlane, Michala Short, Nadine Ellis and Shayne Chau

The Medical Radiation Team

Ms Jane Shepherdson
Program Director
Graduate Diploma and Masters of Medical Sonography

Welcome to 2019, and to all our new and returning students. In comparison to all of the on-campus students being able to experience their orientation to UniSA with various tours and lectures, we held an online virtual classroom session as an introduction to our programs. It was great to have the chance to introduce the academic staff, answer any questions, and seemingly laugh at my own jokes.

2019 is shaping up to be a big year for the Medical Sonography programs. There has been increased interest in our Masters program as the range of elective course options has been improved, with our new and ‘returning’ courses timetabled to run this year. It is particularly great to see qualified sonographers returning to further studies in areas which they find relevant to their clinical practice.

We are tentatively excited to announce that we have received University approval for the introduction of two new Graduate Diploma of Medical Sonography streams – Cardiac and Vascular. These programs are designed to provide students with the knowledge and skills required to become accredited sonographers in their chosen specialty. Over the next few months we will be working with the Australian Sonographer Accreditation Registry to ensure that the proposed programs are developed to meet all requirements for accreditation. Once we are sure that the programs will provide future students with the necessary processes for professional registration, you can be sure that there will be much fanfare. We look forward to our future graduates making their patients as happy as this one is (and even more so, as hopefully they will be using the correct transducers when they scan...).
Double congratulations to **Sandy Maranna**. Sandy has just had news that she has been accepted as a Fellow of the Higher Education Academy. This is hot on the tail of Sandy’s completion of the Graduate Diploma in Education Studies (Digital Learning).

Some of the main applications from this program used by Sandy Maranna in the several courses she teaches are:

- Course design and development to enable ease of use for online students
- Confidence in new course creation with conceptual understanding of assessment policies and alignment with course objectives
- More focus on formative assessments to aid self-regulation by creation and use of H5P modules
- Fostering peer networks, comments and interactions by effective use of discussion forums, enabling a ‘sense of community of learners and belonging’ to the program
- Production of an array of Panopto recordings for flexible online delivery
- Introduction to a fun mobile-based game targeted at student orientation to Objective Structured Clinical examination
- Increased awareness of ethical issues around student data sharing and privacy

Last, but most definitely not least, we’d like to extend a very warm welcome to **Kelly McFarlane**, who has joined our program team as our Academic Services Officer, and as the primary contact point for our students. It has been great to have Kelly join us, and we’re especially glad that she hasn’t been scared off by the academic staff in the programs yet ….

**Brooke Osborne**  
Program Director: Medical Sonography
The new academic year brings 125 new undergraduate and 27 master graduate entry students to our program. At the undergraduate orientation session, a show of hands indicates we have students from metropolitan Adelaide, rural South Australia, other states and internationally from Vietnam and Malaysia. Similarly, our graduate entry program welcome graduates from the Adelaide surrounds and India, Singapore and Vietnam. Our grad entry students always begin their new year with two days of group activities facilitated by Nick Glover from our Human Movement program. They do orienteering and kayaking—outcomes are always very positive. Overall 582 students are actively enrolled in our two programs at the beginning of the 2019 academic year. Recent employment data indicates our 2018 graduates are finding their career entry pathways quickly.

Our teaching team has had some movement. We farewell Tirritpa Ritchie who has taken up an opportunity to pursue his drive to achieve positive health outcomes for Aboriginal peoples via a new appointment with Professor Alex Brown and the teams at SAHMRI. We wish Tirritpa every success and he will continue to contribute to our program in other ways. Lisa Porter and Sarah Seekamp have joined us for a year and are contributing to a variety of courses. Both Lisa and Sarah have worked with us before in different roles or times, and it’s a pleasure to have them in the team.

The 2019 undergrad cohort is the first official intake of our Professional Honours program, although the 2018 intake was transitioned across. This year is very busy for the academic team as we teach in / out new and previous courses. Some courses are being taught twice, one is on hold for a year and undergoing a curriculum update and another is being taught for the first time! The research honours students are well into their systematic reviews and laying the groundwork for their primary studies. It’s a busy year for all.

Our new second year Course is called Principles of Occupational Therapy Practice (REHB 2049). We used the returned 4.5 units (from the decommissioned EBP2) to build a course designed to structure that all important bridge between the foundation first year and the more advanced and applied later courses. The course is based on consultation with local stakeholders, conversations with colleagues at Otago University in New Zealand and internal review of student progress and outcomes. Two years in the planning, we are off and running. It is a rare opportunity in a crowded curriculum to have space to design something new and we have enjoyed the process.

The occupational therapy program planning days were spent reviewing our courses and outcomes, per usual practice. But we also spent team time working our way through the soon to be introduced new Accreditation Standards for occupational therapy programs. Our accreditation is due in December 2020 and although that seems a while away, we are being proactive in ensuring our current program is ready for the new standards.

The team outputs for research continue to grow with publication acceptances a regular occurrence. In March we welcome, for a quick visit, occupational therapy scholar Ana Paula Serrata Malfitano who is in Australia for sabbatical, located at Griffiths University in Queensland. Ana is focused on the social outcomes of occupational therapy practice and is coming specifically to speak with Susan Gilbert Hunt, Ben Sellar, Jocelyn Kernot and Kerry Thomas about our participatory community practice courses and their impact.

Another busy year ahead with more projects in the mix we can report on in our next newsletter.
An Intergenerational Playgroup in Residential Aged-Care: A Qualitative Case Study

In November 2018, I had the opportunity to travel to Melbourne and present a poster at the 51st Australian Association of Gerontology (AAG) Conference, held at the Melbourne Exhibition and Convention Centre. I presented my honours study titled ‘An Intergenerational Playgroup in Residential Aged-Care: A Qualitative Case Study’, which explored participants’ experiences of engagement in an intergenerational playgroup, with a focus on the perspective of the older adults as they have been underrepresented in intergenerational program research.

The theme of the conferences was ‘Advancing Not Retiring: Active Players, a Fair Future’, and many researchers and stakeholders in the aged care sector presented what they are currently working on within their roles or agencies. I particularly enjoyed hearing the plenary speakers, who each brought to the table their own views, backgrounds and expertise within the realm of healthcare and aging. Of these presenters, Josephine Boylan (Director Operations at Southern Cross Care) and Bryan Lipmann AM (Chief Executive Officer and Founder, Wittingham) sparked my interest and I learnt new and interesting information. As I had previously done a placement at Southern Cross Care in the year, I found listening to Josephine fascinating and how she works based on the ‘Compression of Morbidity’ by James Fries (1980). Bryan also challenged the audience to consider how risk is so highly managed in later life and in aged care settings, and that we must consider ‘who suffers from risk?’ These speakers were thought provoking and I took away many meaningful messages and insights.

During breaks, I was able to network with the people attending the conference about my poster and many of the researcher’s or health professional’s I spoke with became interested about intergenerational playgroups, one researcher asking me where she might be able to attend with her own children. Engaging in discussion at the conference allowed me to develop my confidence with speaking in a social setting, my networking skills and provided with an opportunity to preview what is currently occurring within the aged care sector firsthand at a Government and agency level, which is important as I enter the work field.

Attending the AAG Conference has further developed my passion for research as well as my eagerness to begin my career as an Occupational Therapist. Speaking with other students or those completing PhD’s, has shown me how important a research and clinical background can be within healthcare. Being able to disseminate my honours and share what I have learnt at the conference with my university cohort, supervisors, friends and family demonstrates the impact experiences such as this can have.

The opportunity to attend the AAG Conference would not have been possible without the support of my supervisors and the university scholarship, and I would encourage any future students to always consider a research pathway as there is still so much to learn and explore.

Gabrielle Rosa Hernandez
4th Year Occupational Therapy Student (Honours)
Bachelor of Physiotherapy

2019 sees us welcome 156 new students enrolled in the Bachelor of Physiotherapy (Honours), 20 new students in the Master of Physiotherapy (Graduate Entry) and 8 students transferring into the research stream of the third year of the Bachelor of Physiotherapy (honours). This year we implement the second year of the new Bachelor of Physiotherapy (Honours) and in particular we welcome Dr Nenad Petrovic who is the course coordinator for a new course offering for physiotherapy student: Fundamentals in Pharmacology. We were also sad to say farewell to Dr Ian Edwards who retired from the university in December. His international expertise in ethical reasoning will be missed but we wish him well.

We began the year with the inaugural Clinical Education Symposium jointly held with Flinders University and generously supported by Professor Esther May and her team. The day was supported by our industry partners, and participants maintained a high level of energy and focus throughout the day. A wide range of topics were covered that included teaching and feedback strategies, how to teach evidence based practice and clinical reasoning within the placement environment, assessment and cultural competence. A special thanks to Flinders University presenters and University of South Australia presenters including Sophie Leffman, Emily Ward, Maureen McEvoy, Anna Phillips, Kylie Johnston, Caroline Fryer, Julie Walters and Mark Jones.

Dr Gisela Van Kessel
Program Director
Master of Advanced Clinical Physiotherapy

This year has seen a continuation in the growth of the program with 28 students commencing in 2019. The program continues to attract international students with students coming from India, Lebanon, France, Canada, Netherlands and the USA.

The continued popularity of the program reflects the work of the previous Program Director, Mark Jones who did an amazing job steering the program into its new direction. Thanks must also go to Ms Jennifer Roberts, who coordinates the Sports Physiotherapy stream subjects as the Sports stream continues to be the most popular stream in the IMAP program.

The IMAP program continues to develop with an Occupational Physiotherapy stream being developed by Dr. Rose Boucaut and being offered for the first time in 2019. This will be the first Occupational physiotherapy-specific post-graduate program offered in Australia.

We are looking to expand the program further internationally and Mark Jones and I will be heading back to South Korea in July to present a second series of workshops on manual therapy, this time for the lower limb.

Congratulations must also go to the graduates who successfully completed their Masters of Advanced Clinical Physiotherapy program last year and are now out practicing their new-found skills, either locally or back in their home country. These physiotherapists are ambassadors for our program.

Associate Professor Steve Milanese
Program Director: Master of Advanced Clinical Physiotherapy
Bachelor of Podiatry

Unbelievably, summer is already over and the mornings are darker, however the academic year has commenced and so everything on campus feels just that little bit brighter. We are excited to welcome the new cohort of 1st year students to our enclave and the 2nd, 3rd and 4th back for the new year.

Our clinics are back in full-swing on Magill, City West, City East and Whyalla campuses seeing patients for ‘all-things feet’. We run ‘general’ foot clinics for whatever problems you may need seen to, as well as more specialised clinics such as foot and leg injury clinics, paediatrics clinics and even clinics for those needing nail surgery.

Our students have recently completed the required clinical block-teaching sessions, including surviving ‘needle day’! The photos demonstrate students learning advanced biomechanical assessment and how to administer a local anaesthetic.

This year we will continue to deliver services to many regions in need, including continuing to provide the primary public service to the Broken Hill community and communities on the Anangu Pitjantjatjara Yankunytjatjara (APY) lands.

For those who remember, we (thankfully) received funding from Professor Rachel Gibson in the Division of Health Sciences to commence a trial aimed at using 3D-printed feet in our teaching. This trial will involve the second-year cohort learning basic scalpel skills and the final year cohort learning advanced ulcer management. The project is progressing well, with both rigid and semi-flexible models successfully printed and the models being produced as quick as our printer and staff (thanks Brad Jeffrey) will allow. This year the models will be trialled with small cohorts for feedback, with the idea that in 2020 each of the second-year students will receive their own 3D-printed practice model at the commencement of the course.

Finally, this year the Australasian Podiatry Conference will be held in Adelaide for the first time in over 20 years. We are very excited for a conference of this calibre to be back in our home state. Many of the Podiatry Program staff will be ‘feet’-uring at the conference, presenting workshops (Dr Helen Banwell and Ms Hayley Uden) and oral presentations (Dr Ryan Causby) at the conference. We will also have current Masters student Troy Morrison (Sonographer supervised by Dr Sara Jones and Dr Ryan Causby) and recent graduate Mitchell Smith (supervised by Dr Helen Banwell) presenting. This will be occurring May 22nd – 24th, so be warned!

Dr Ryan Causby
Program Director: Podiatry
Bachelor of Clinical Exercise Physiology

This newsletter marks the start of another exciting year for the Clinical Exercise Physiology program. We have successfully transitioned to a full professional honours degree with all students now completing either an Industry Research Project or a Traditional Academic Research Project across 3rd and 4th years of their degree. The program team are very excited to see and showcase the range of work that the current 4th years are undertaking at the end of year colloquium and CEP conference.

On the topic of the conference the team are currently recruiting the committee for this year and have already planned a couple of changes. We are intending to shift the date to slightly earlier in the year and are currently pinning down a weekend in late Oct or early November. The second change is to try a linked workshop session on the Friday by our visiting key-note who will again present on the Saturday.

Welcome to the new members of the CEP community, we have about 45 commencing in 1st year and another 10-15 that have transferred with some credit from other programs that sees them commencing in either 2nd or 3rd year of CEP. I have now met most of them either in the first year orientation session or individually as we sort out credit transfer and study plans. It is very inspiring to me and the rest of the academic team to see such an enthusiastic group of young people about to embark on such a valuable career.

As part of a school wide initiative Dr Danielle Girard has led our CEP re-orientation session for 2nd and 3rd year students themed “thriving in 2nd/3rd year”. The first coincided with some intensive mode classes for 3rd and 4th years and provided the opportunity to touch base with the 3rd years and then allow some interaction between 3rd and 4th years over afternoon tea. It was great for us to mingle with all of these students and to see the 3rd years make the most of the opportunity to pick the brains of the 4th years and gather more insights about the year ahead. The second session was just for 2nd years and although fewer attended because the 2nd years were not back on campus yet, it was still a great opportunity to touch base and have a conversation about what’s ahead.

The start of the year also sees a couple of changes to our CEP staff profile with a new addition and the farewell of long-time member of the team. Cherrie Noble has decided to step away from her lecturing role and pursue other opportunities, so we wish Cherrie a heartfelt farewell from the team. Cherrie was instrumental in setting up the original CEP clinic and worked as the lead clinician for several years providing excellent student learning experience in an authentic community clinic. Cherrie made the brave move to the dark side and joined the academic team a few years ago and has provided equally valuable real-world teaching and mentorship to students in this role. We are very sad to see Cherrie go but wish her all the greatest success with her future endeavours and know that she won’t be far away.
On a very positive note we are elated to be welcoming new Lecturer in CEP – Kirsty Rawlings to the teaching team this year. Kirsty is one of the most experienced CEP practitioners in Adelaide having worked across many aspects of EP practice and in many contexts. Having previously provided expert contributions to our CEP programs including course coordination in the area of workers compensation schemes and musculoskeletal rehabilitation, Kirsty has spent most of the past few years undertaking senior leadership roles in health and aged care administration and is also the current Vice President of Exercise and Sports Science Australia.

2019 inclusions and omissions

Hello

Goodbye

Dr Kade Davison
Program Director: Clinical Exercise Physiology
In 2016, as part of UniSA’s Digital Learning Strategy 2015-2020 and the University’s commitment to develop specialist teaching capacity in its academic workforce, Caroline Fryer, Sandy Maranna, Richard McGrath and Saravana Kumar from the School of Health Sciences were awarded a full scholarship to undertake the inaugural Graduate Diploma in Education Studies (Digital Learning) in 2017. The Graduate Diploma in Education Studies (Digital Learning) is a partnership between the School of Education and the Teaching Innovation Unit and it is aimed at providing participants with a high level of practical and theoretical knowledge to aid in the development of rich and innovative pedagogies that will promote engaging and effective learning and teaching practice across the University.

Over the past two years, we have had the opportunity to collaborate with, and learn from, highly qualified, experienced and gifted peers and teachers. Many of the learnings and lessons learnt from this program have already been implemented and evaluated as part of various courses that Caroline, Sandy, Richard and Saravana teach (such as the use of audio feedback, video conferencing, peer collaboration, study groups, universal inclusion and more focus on formative assessment), which have resulted in better student engagement, improved student performances and positive feedback. In addition to pedagogical gains, personally, participation in this program also provided opportunities for us (as teachers) to walk in student shoes (due to our lived experience as students ourselves). This meant we experienced first-hand the challenges and barriers that confront our students when they engage with online learning. Being aware of these challenges means we are now better prepared and are able to support our students better in the future.

As we prepare for graduation from this program in April 2019, we would like to thank and acknowledge the support and funding for this initiative by Professor Allan Evan (Provost & Chief Academic Officer), Professor Roger Eston (Pro Vice Chancellor, Division of Health Sciences), Professor Rachel Gibson (Dean: Academic; Division of Health Sciences) and University of South Australia.
Tutor Ross Hamilton painted past student Harry Nguyen for marketing purposes and the results are rather stunning!
RESEARCH DIRECTOR REPORTS

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

Associate Professor Steve Milanesi  
Director  
International Centre for Allied Health Evidence (ICARE)

Professor Elina Hypponen  
Director  
Australian Centre for Precision Health (ACPreH)

Professor Lorimer Moseley  
Director  
Body in Mind (BiM)
ARENA awarded recognised research concentration status!

In 2019 the University of South Australia introduced a University-wide strategic approach to grow capacity in areas of distinctive research strength. This approach is termed *Scale and Focus*, and seeks to build on areas which have established critical mass and excellence in specific research domains.

This strategy involved the identification of Research Institutes, Centres and Concentrations. Across the University, eleven areas were identified as having the necessary critical mass and level of excellence to be formally identified as a Research Institute, Centre or Concentration.

On behalf of myself, and all members of ARENA, I am pleased to announce that ARENA has been recognised as a Research Concentration. We were very pleased that the University recognised not only the excellence that we have managed to achieve in the fields of Nutrition and Exercise research, but also the scale of the contributions that we make to these fields.

Professor Jon Buckley
ARENA Director
On behalf of all ARENA members

Grants

**Associate Professor Carol Maher** has been awarded a prestigious grant from the National Health and Medical Research Council (NHMRC) to tackle Australia’s obesity crisis, tracking obese adults over 12 months to find out high-risk times for weight gain and the impact of diet, lifestyle, exercise, culture and sleeping patterns on weight.

Congratulations to ARENA’s **Dr Francois Fraysse**, Peter Schumacher and Siobhan Banks for securing a research grant with the **Defence Science and Technology Group, Maritime Division**, to investigate how submarine motion disrupts sleep. The grant involves asking participants to sleep in prototype bunks, on a motion platform that simulates submarine movement.

This is a collaboration between ARENA, the School of Design, School of Psychology and DST Group for $213,000.
Media
Almonds could be the key for trimming down for good

Losing weight and keeping it off with one simple trick may not be quite as nuts as it sounds. Local researchers believe almonds could hold the key to trimming down for good.

Listen to ARENA’s Director Jon Buckley on Channel 7 News Adelaide here.

You might be eligible to participate in this study if you are:
- Aged 25-65 years.
- Overweight with BMI between 27.5 - 34.9 kg/m².
- Non-smoker (minimum 6 months cessation).
- Weight stable (within 5kg) in the past 3 months.

You will receive:
- A supply of test snack foods for the 9 months of the study
- Dietary counselling for weight loss and maintenance.
- An honorarium of $400.

Find more information here.

Aussie kids: a hop, skip & jump away from better health & fitness

In December ARENA’s Active Healthy Kids Australia Co-Chair Dr Natasha Schranz, recently taking on her new role as the SA Research Translation Manager at the National Heart Foundation, was interviewed by Channel 9 News Adelaide about December’s ‘Movement to Move’ event where experts from around the world gathered in Adelaide to try and find new ways to get Aussie kids more active. Dr Schranz says the focus this year on muscular fitness is in addition to the need for more ‘huff and puff’ aerobic activity and greater encouragement for children to simply move often.

"It is clear from these results that improving the fitness and consequent good physical health of Australian children and young people is a challenge that we have to take on for the long term as parents and grandparents, carers, teachers, coaches, and leaders at all levels of the community” says Dr Schranz.

Watch Natasha’s full interview on 9 here.

Australian children’s declining participation in muscle-building activity and failure to meet the recommended amount of daily physical activity to ensure good health now and later in life was presented in the Active Healthy Kids Australia 2018 report card, a comprehensive biennial assessment of the factors influencing the physical activity and fitness of Australian children from birth to 17 years of age. “What children are missing out on is all the fun and muscle-building benefits of simple things like doing cartwheels, jumping, hopping, climbing and body weight movements including squats, pushing and pulling,” Dr Schranz says.

“As children’s lives increasingly revolve around indoor spaces and the routine of school and home, natural physical adventure play has gone by the wayside. ‘Highly accessible games from
the past, like hopscotch, skipping rope, elastics and rough and tumble play have pretty much disappeared.

Active Healthy Kids Australia (AHKA) is a collaboration among Australian children’s physical activity and health researchers (13 researchers from nine universities), which is led by a team from UniSA (the lead research university for the Report Card and the administering organisation of AHKA).

Watch Dr Schranz’s on Youtube at this link.

More information about the 2018 AHKA Report Card is available on the Active Healthy Kids Australia website. You can see how Australia is shaping up internationally in the Active Healthy Kids Global Alliance Global Matrix 3.0

**Bioactive components in almonds, grapes and cranberries may improve peak fitness**

ARENA’s Director Prof Jon Buckley’s team is currently looking for SA-based cyclists who would like to be involved in the next phase of this exciting research – a five-week trial designed to examine the increased benefits of combining almonds, grapes and cranberries. The trial is giving volunteers the chance to take part in an elite cycling training program while testing dried fruits and almonds as part of a sports diet.

Professor Jon Buckley says bioactive components in almonds and certain dried fruits may play an important role in maintaining peak fitness in elite athletes.

Jon was interviewed last month on Channel 9 News Adelaide about this continuing study. Watch the full interview here.

Cyclists volunteering for the trial will be put through an elite cycle training program designed by the ARENA team, while being provided a daily dose of either mixed raw unsalted almonds, dried grapes and dried cranberries – known as AGC mix – or nut-free muesli bars.

“There is emerging evidence that the consumption of almonds and grapes may improve exercise performance, but there is a lack of information regarding any benefits of cranberries or the combination of all three foods,” Prof Buckley says.

“We feel like this is a fantastic opportunity for people to be involved in research that has the potential to make a real impact on exercise performance in a simple, natural way, while providing them with information on their cycling fitness through the measurement of parameters such as VO2 max that are often only available to elite level cyclists.”

In order to be eligible for the study, you need to be a male cyclist or triathlete, 18-50 years old, registered with a club or competing in professional, amateur or recreational races, or performing cycling training two or more times a week.

Anyone interested in participating can email Prof Buckley at Jon.Buckley@unisa.edu.au.

**Sitting in front of the TV puts kids in the obesity hotseat**

ARENA’s Dr Margarita Tsiros, Senior Lecturer in Physiotherapy was featured in the February edition of UniNews about her research investigating the impact of different sitting behaviours that found that watching TV is more strongly associated with obesity in both boys and girls than any other type of sitting.

“It’s no surprise that the more inactive a child is, the greater their risk of being overweight,” Dr Tsiros says.

“But not all sedentary behaviours are created equal when it comes to children’s weight.
This research suggests that how long children spend sitting may be less important than what they do when they are sitting. For instance, some types of sitting are more strongly associated with body fat in children than others, and time spent watching TV seems to be the worst culprit.

The study assessed the sedentary behaviours of 234 Australian children aged 10-13 years who either were of a healthy weight (74 boys, 56 girls) or classified as obese (56 boys, 48 girls).

Data from the Australian Bureau of Statistics 2017-18 show that in Australia almost a quarter of children aged 5-17 years are considered overweight or obese.

“Children who are obese have an increased risk of developing serious health disorders, including type 2 diabetes, high blood pressure and cholesterol. They may also experience reduced wellbeing, social and self-esteem issues, along with pain and difficulties with movement and activity. By understanding children’s sedentary behaviours – especially those that are placing our kids at risk – we’ll ensure they stay on a better path towards a healthier weight.”

To read the full feature please click on this link.

IN OTHER NEWS...

Congratulations to ARENA’s Ilea Sanders for completing her Masters of Research (Population Health Practice). Her thesis focussed on working with technology to improve health and was part of a NHMRC funded study conducted by the University of South Australia where a smartphone app was created with the intention of increasing physical activity through social networking.

We would like to welcome Celine Northcott, who has commenced her Masters in ARENA with Associate Professor Carol Maher.

Congratulations to Life on Holidays Project manager Dr Amanda Watson on the birth of her baby boy Oliver. Further to this we would like to extend a warm welcome to Dr Vanessa Glennon for taking over as Project Manager while Amanda is on maternity leave. Vanessa has come on board from the Active Healthy Kids Australia Project.

After five years of development and research, Carol Maher and team’s NHMRC social networking physical activity app “Active Team” is now publicly released and freely available in the Google Play and Apple App Stores.

Congratulations to Carol Maher who has become a co-convenor for HDA (Healthy Development Adelaide – A collaborative research hub linking research, service delivery and policy development to promote multidisciplinary research into healthy development of infants, children and adolescents).

“Meet the Coach” BBQ: Adelaide Crows Football Club

The University of South Australia has a strong relationship with the Adelaide Crows Football Club, both as a sponsor and through collaborations involving placements for undergraduate students and PhD students working with players on projects related to athletic performance. Matthew Clarke is a former Crows player and current senior coach for the Crows AFLW team. Professor Jon Buckley (Director of ARENA), and his wife Liz, were invited to attend a “Meet the Coach” BBQ at Matthews house where they had the opportunity to meet a number of the Crows AFLW players. Jon found the players to be very friendly and engaging, and very grateful to have been provided with the opportunity to play at a professional level. Hopefully some of the research that UniSA is doing in collaboration with the Crows will assist them in better preparing both their male and female athletes for competition so both sides can have a successful 2019 season.
From the Directors...

Greetings,

This year has already been an interesting time for iCAHE, with some significant changes occurring within the university and within iCAHE.

iCAHE, first started in 1997 as the Centre for Physiotherapy Research and has developed and broadened its scope to include all of Allied Health. It has continued to represent the diverse church of Allied Health, both locally, nationally and internationally, as reflected in its broad membership base. This is also reflected in our mission to contribute to better health and wellbeing for all through evidence-based allied health care.

Continuing our well established role in supporting Allied Health I am excited to be able to announce the new iCAHE Directorship team. To reflect iCAHE’s allied health, collaborative ethos, it made natural sense for iCAHE to tap into the expertise within the university. The iCAHE directorship team will now include Dr. Kobie Boshoff (Occupational Therapy) and Dr. Helen Banwell (Podiatry).

This broad directorship structure will allow iCAHE to better represent the perspectives of all Allied Health disciplines. So if you were wondering how iCAHE might be able to help with your research journey, feel free to talk to any of the directors.

Regards,
Associate Professor Steve Milanese (Associate Director of iCAHE)

I am a researcher with a focus on early childhood intervention and I am currently a senior lecturer in occupational therapy at UniSA. My teaching and research expertise is in the areas of child development, early intervention and disability and I am regularly involved in industry funded research. My funded reviews and research projects have informed policy and decision making and resulted in significant changes and growth in allied health positions in South Australia. I have served as Chair of the Ethics Committee (Health Sciences) at UniSA, as a board member of disability and also education services, as deputy chair of the Occupational Therapy Association (South Australian branch) and currently serve on the National Accreditation Panel for Occupational Therapy Programs in Australia. Within my teaching and research responsibilities, I also supervise honours and PhD students. I have a history in qualitative research and metasyntheses, however that is not at the exclusion of other methodologies. In 2012, I was fortunate enough to be acknowledged with an Innovative Service Delivery Award by the Occupational Therapy Association (South Australian branch) and in 2017 I was awarded a UniSA Chancellor’s Award for Community Engagement.

I am grateful for the opportunity to come on board as Associate Director of iCAHE and look forward to the opportunities to contribute.

Regards,
Dr. Kobie Boshoff (Associate Director of iCAHE)
The appointment of Associate Director of iCAHE is a new and exciting chapter in my research career here at UniSA. Whilst I’ve been teaching since 1999, my research career only kicked off following the completion of my Ph.D in 2016. My research interests have become reasonably varied over the past few years (some might even say scattered…), as while I still work primarily within the podiatric landscape (mainly around foot orthoses and children/adults with flat feet) I’ve also found a niche in developing assessment tools to direct best practice and have branched out into academic supports for students (including the use of 3D foot models for teaching, the introduction of peer assisted study sessions in high-risk of failing courses and reviewing the knowledge retention loss occurring over the end of year break). It has been the experiences I’ve had developing these interests into projects that has led me to take on this role within iCAHE. My (scale and) focus is to improve the experience of newbie or emerging researchers, particularly those that are not associated with larger research concentrations or centres and may be feeling a sense of isolation. It’s tough to combine teaching and research or focus on research alone, particularly in today’s changing landscape. iCAHE has the potential to bring together those who are working alone, or in small groups, and offer them mentoring and guidance. My goal is to see the iCAHE space become a hub for people who are testing the research waters, extending themselves or mentoring the next generation of researchers, with the emphasis being on support, encouragement and the development of research leaders.

Regards,
Dr. Helen Banwell (Associate Director of iCAHE)

iCAHE takes part in a pre-conference workshop on Health Economics for the Engineering and Physical Sciences in Medicine (EPSM) 2018 Conference in Adelaide, Australia

A workshop on Health Economics for medical physicists and biomedical engineers was held last October 28, 2018 at the Royal Adelaide Hospital. The workshop was organised by Professor Eva Bezak (Director Translational Oncology Research, UniSA) as a pre-conference workshop for the Engineering and Physical Sciences in Medicine Conference, held in Adelaide, Australia. Presentations were given by iCAHE Research Fellow Dr Janine Dizon (Evidence Based Healthcare: what is the value of care?), Health Economist Dr Camille Schubert (Introduction to Health Economics), Associate Professor of Health Economics Billingsley Kaambwa (Eliciting Consumers Preferences Using Stated Preference Methods) and Professor of Health Economics Jon Karnon (Comparing hospital performance with respect to costs, outcomes, and processes of care: administrative vs. clinical data). Participants reported that they enjoyed the workshop and found it very useful in their practice.

Tokyo University of Technology - iCAHE has also formalized a MOU between Tokyo University of Technology and UniSA. This MOU was facilitated through Professor Takashi and Koya Mine, two UniSA Alumni and iCAHE adjuncts, and will lead to exciting collaboration opportunities between iCAHE and TUT. Plans are underway for Japanese Physiotherapy undergraduate students from TUT to visit UniSA for an observational visit in 2019.

Upcoming Conferences

14th Biennial Australia and New Zealand Association for Leisure Studies Conference 2019

Member of UniSA’s Health in Communities group and recent affiliate of iCAHE, Dr. Richard McGrath will be co-chairing one of the themed sessions at this years ANZALS Conference. The session’s theme will be on Leisure and Health and the call for submissions is now open. To be held 11th-13th December 2019 in Queenstown, New Zealand.
Themed Session Call for Papers
Leisure & Health: Diversity & Difference in Practice and in Research

Chairs: Nicole Peel (Western Sydney University), Hazel Maxwell (University of Tasmania) & Richard McGrath (University of South Australia)

The links between leisure and health have been discussed and debated both within academia as well as within professional settings for many decades. Various health fields have been developed that incorporate the use of leisure for therapy as well as for prevention, for example art therapy (Hunt, Truran & Reynolds 2018) or social circus (McGrath & Stevens 2018; Stevens & McGrath 2018). Presently there is a great deal of diversity and difference in relation to the interconnections of leisure and health, both in practice as well as through research.

The focus of this conference theme is to encourage and foster debate regarding the ways in which leisure and health intersect. This theme seeks to continue to build on the discussions from 2015 and 2017 ANZALS conferences concerning the challenges and collaborations that have developed between the various actors involved in sport, recreation, leisure, the arts and health. We are interested in developing an international and inter-disciplinary perspective concerning leisure (in all its forms) and health (both from a bio-medical/therapeutic perspective as well as from a health promotion/salutogenic paradigm).

The theme is interested in a multiplicity of perspectives, be they innovative research projects through to theoretical propositions. We are seeking papers, research presentations, case-studies and practitioner reports that explore the creation, development and maintenance of health in leisure settings, time, spaces and places. We are keen to glean a multi-disciplinary perspective on this topic.

Practitioners
We encourage case-studies and practitioner reports/experiences which explore how leisure has built/improved health. Possible examples could include:
- People whose illness or injury has been alleviated through involvement in community projects/programs in the arts/sport;
- Activities focusing on children/youth/people with disabilities/older people involved in the arts, physical activity, cultural activities or sport that have affected their wellbeing.
- The use of social media platforms (eg. Facebook) or apps to promote/encourage health and wellbeing.

Academics
Conceptual questions or research findings that have explored the various types of intersections between leisure and health. For example:
- Sport/art/recreation as a health promotion/salutogenic setting
- Use of sport science to assist community sport injury prevention
- The impact and consequences of social inequities that occur within and across the leisure: health fields

Papers submitted in this category can be an oral presentation (20 mins) or workshop/panel session (60 mins). Accepted abstracts will be published in the (online) Conference Proceedings. All abstracts will be peer reviewed.

Abstracts (in Times New Roman 12) should be no more than 300 words clearly indicating:
- 3 – 5 keywords
- Full title of paper as it will appear in the conference programme (in bold)
- List of author(s): First Name, Surname, Institutional affiliation (in italics)
- Indicate the corresponding author with an asterisk
- State the conference theme session the paper is for and type of session (eg. 20 min paper).
- A 150 word biography of the author(s) intending to present at the conference

In the abstract main body include:
- Background (outline of the context and/or academic literature informing the research)
- Approach (indication of the broad theoretical orientation and/or methodological approach)
- Significance of your research (description and application of the original research findings reported in the paper)

Abstracts using Word format are to be submitted to anzals2019@otago.ac.nz

Deadline for abstracts: 15th May 2019
Local Activities

iCAHE Journal Clubs
iCAHE continues to support and provide the needs of its Journal Clubs (JC). In the second half of 2018, there were 17 active clubs, with an average of two (2) meeting times per club (a few clubs met more than twice). iCAHE staff visited 9 sites in the second half of 2018. The site visits are done to check how the clubs are running their meetings and provide assistance if needed (some clubs are new and therefore need more support) and engage with the JCs to set goals and evaluate the impact of the JC based on their goals. Some clubs aim at using the JC as a professional development activity whilst some use the JC as a quality improvement and evidence implementation medium. iCAHE has been providing more tailored support to its club members and thus knowing their goals is very important in helping them achieve these goals.

iCAHE Professional Development Courses
In 2018, iCAHE and the Allied and Scientific Health Office (ASHO) of the Department of Health South Australia, launched a series of Professional Development (PD) courses in Evidence Based Practice (EBP) and Research Methodology (RM). The EBP series (10 courses) were held monthly and the RM series (4 courses) were held quarterly. The PD course series were the first webinar courses ran by iCAHE and ASHO to facilitate training of allied health professionals in applying evidence into practice and developing a local research project. The courses were also accessible after the live sessions via links to the recordings that were made available to all who registered.

iCAHE conducted a short survey to get feedback from the participants. Overall, the participants found the courses informative, interesting and relevant. The presentations were well prepared and had logical flow all throughout. The time allotted for questions at the end of the presentations was also valued by participants attending the live sessions. The highlight for the participants was being able to attend and participate in a course via virtual classroom and then have access to the course sessions at their convenience.

Due to requests for the courses to remain accessible, iCAHE will make the 2018 PD courses available in the website by the end of February. This is to allow more clinicians to access useful and relevant resources which can guide them in their needs.

Upcoming courses:

Clinical Audits workshops
This year, iCAHE will continue to provide the needs of allied health clinicians by running trainings in Clinical Audits. There will be two workshops, **Basic Clinical Audits** and **Advanced Clinical Audits**, to be conducted on the following dates:

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<thead>
<tr>
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<th>Basic Clinical Audit</th>
<th>Advanced Clinical Audit</th>
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<tbody>
<tr>
<td>CALHN</td>
<td>14 March - GK5-19, City West, UniSA</td>
<td>16 May - GK5-19, City West, UniSA</td>
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<tr>
<td>NALHN</td>
<td>21 March – GP Plus Health Care Centre, Conference Room 1</td>
<td>29 May - Venue TBC</td>
</tr>
<tr>
<td>SALHN</td>
<td>28 March - Flinders Medical Centre, RPC Bldg, Level 4, TEAL Room 2.</td>
<td>30 May – Venue TBC</td>
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Basic Clinical Audits
This is for individuals who have not conducted any clinical audit. At the end of the half-day course, the participants will develop an understanding of the purpose and role of audits in improving the quality of health services and develop their own audit plan ready to be conducted in their practice.

Advanced Clinical Audits
This is for individuals who have conducted some audit activity and have data to analyse and report. At the end of the half-day course, the participants will learn to analyse their data, report their findings and plan a continuous monitoring activity.

If you would like to register for the iCAHE Clinical Audit Courses, please visit the iCAHE website and complete the registration form by following the link here: [http://www.unisa.edu.au/Research/Health-Research/Research/Allied-Health-Evidence/Services/online-registration-form3/](http://www.unisa.edu.au/Research/Health-Research/Research/Allied-Health-Evidence/Services/online-registration-form3/)

If you have any questions regarding these courses, please email your name and question to icah@unisa.edu.au

Just for a smile...

Q: What do you call a line of men waiting for a haircut?
A: A barberqueue

Q: What do you call a boomerang that does not come back?
A: A stick

Q: When do vampires like racing?
A: When it’s neck and neck

Q: What’s a horse’s favourite TV show?
A: Neighbours

I met Bruce Lee’s vegetarian brother today. His name is Brocko Lee.
Research Spotlight

ACC New Zealand Acupuncture Review
One of our biggest projects to date has just undergone external peer review and is awaiting the final proof reading. The Acupuncture review project was funded by ACC New Zealand to help develop guidance regarding the treatment of musculoskeletal conditions with acupuncture interventions. An evidence-based review was conducted to systematically identify, critically appraise, extract and synthesise the published academic literature on the effectiveness and safety of acupuncture interventions for the treatment of musculoskeletal conditions and injuries.

The final review included 96 studies!! These comprised of 54 systematic reviews and 42 randomised controlled trials. These studies examined the effectiveness and safety of acupuncture treatments including traditional Chinese acupuncture, western acupuncture, electro-acupuncture, auricular acupuncture, laser acupuncture, moxibustion (burning dried mugwort), cupping, Gua-sha scraping and traditional Chinese Tui-Na massage across 24 musculoskeletal conditions.

What’s next? A consensus document summarising the opinions of the Acupuncture Expert Reference Group (ERG) is being written up as we speak. This ERG, is a multi-disciplinary advisory group representing professional groups and clinical disciplines that provide acupuncture services for ACC. The consensus document will present a summary of the evidence-based review of the effectiveness and safety of acupuncture treatments for musculoskeletal conditions and provide a contextual framework for the interpretation of the review findings.

iCAHE Outcomes Calculator
From the second half of 2018, Matt Ransom and Matthew Crocker (iCAHE researchers) have been busy looking at the potential to update the iCAHE Outcomes Calculator. Development of the iCAHE Outcomes Calculator first began in 1999 and it has since been in and out of the centre’s spotlight for the last 20 years. In essence, the calculator is a collection of outcome measures which can be easily accessed by clinicians and used to help justify the treatment of and progress of their patients. The strength of the calculator is that each outcome measure’s psychometric and clinical utility properties have been researched by the iCAHE research team and included. The value of this is that it helps empower clinicians to make better, evidence informed decisions about the care of their patients; consequently improving the health care system.

The most recent adaptation of the calculator took the form of a computer software program that although very good had some usability pitfalls which hindered its uptake amongst health professionals. Acknowledging this short coming, the iCAHE research team has decided to revisit the development process of the calculator and has embarked on a systematic process to identify the most salient outcome measures. Given the number of outcome measures which feature in the academic literature, the iCAHE team decided to only focus on those which featured most prominently in randomised controlled trials (RCTs) within the highest ranked, peer reviewed journals. This stage of the process has now been completed and the result is a collection of approximately 30 patient reported and performance based outcome measures.

The next stage of the process is to update the psychometric and clinical utility properties of the measures, so that the final product will be a relevant and evidence supported collection of outcome measures. Following this, iCAHE will look to engage the services of an ‘App’ developer to overcome the usability issues associated with the first calculator. iCAHE has high hopes for the updated calculator and hope to have a functioning, smart phone ‘App’ developed at some stage this year. The full potential of the calculator may only become apparent once in the hands of clinicians, but in any case, iCAHE can see its application appealing to insurers and health care decision makers alike.

If you have any interest in the iCAHE Outcomes Calculator or have experience in ‘App’ development, please feel free to get in touch with either Matt! Matthew.Crocker@unisa.edu.au or Matt.Ransom@unisa.edu.au
Collaborations

Australian Physiotherapy Association
Since the middle of 2018, iCAHE has been engaged with the Australian Physiotherapy Association (APA) in a consultancy capacity. This relationship has been of mutual benefit to both parties, and iCAHE is excited with how this relationship may develop. iCAHE has been providing the APA with specific consultancy advice since it was first approached by the national association, and both parties look forward to being able to announce an ongoing, working arrangement in the not too distant future. Stay tuned, further details to come!

iCAHE Resources
The project of updating the iCAHE website continues as we aim to increase the number of international hits on the website from its current 1700 hits per week to our target of 2000 hits per week. The new updated Critical Appraisal page has over 50 different critical appraisal tools covering a range of methodologies from primary (both quantitative to qualitative) and secondary research approaches. It is a valuable, freely available resource for academics and students, both undergraduate and HDRs, and has already seen an increase in hits to the iCAHE page. By increasing traffic to the webpage we are increasing exposure of our work to our international colleagues and putting ourselves out there as providers of high quality research.

A number of updates have recently been made to the iCAHE website and these updates will continue throughout the year.

Recent changes include:

iCAHE Journal Club Critical Appraisal Library: As part of the iCAHE Journal Clubs, a large volume of Critical Appraisal Summaries (CA Summaries) of published literature are created. These are useful resources to all stakeholders and as such we provide a library of all summaries. For each summary, iCAHE provides the citation details and methodological quality of the study identified to address the clinical question developed by the journal club.

Research Opportunities: One of iCAHE’s aims is to contribute to better health and wellbeing for all through evidence-based allied health care. One way we can do this is by creating new knowledge. Research degrees are great ways for us to develop this new knowledge and iCAHE is passionate about creating and encouraging new research, particularly by clinicians. Therefore, iCAHE recently created this new webpage to display available research projects for students interested in pursuing a research degree.

Critical Appraisal Tools: iCAHE has collated a list of critical appraisal tools, linked to the websites where they were developed. As new critical appraisal tools have been published we felt the need for an update. Critical appraisal is an integral process in Evidence Based Practice. Critical appraisal aims to identify methodological flaws in the literature and provide consumers of research evidence the opportunity to make informed decisions about the quality of research evidence.

Guideline Clearinghouse: The iCAHE guideline clearinghouse has also been updated. It is a resource for Allied Health focused Clinical Guidelines and contains a number of newly updated quality scored clinical guidelines. We use the iCAHE Guideline Quality Checklist to score the quality of the guidelines. If you know of an allied health related clinical guideline that you would like to see included in this list, please contact iCAHE’s Janine Dizon.

Associate Professor Steve Milanese, Dr Kobie Boshoff and Dr Helen Banwell
Associate Directors of iCAHE
It is a very exciting time at ACPreH, as we celebrate and share our great success stories from recent Grants. Our Centre members have been busy submitting applications for the new funding round, while our efforts from last year resulted in the following successes:

- The National Health and Medical Research Council, Australia; with a grant total of AU$447,559 for the project “Identifying pathways to dementia: a large-scale genetic study” the CIA – Prof Elina Hyppönen, with A/Prof Ville-Petteri Makinen (SAHMRI) and Prof Terho Lehtimaki (U. Tampere).
- The Australian Research council; with a grant total of AU$404,000 for the project “Whole-genome multivariate reaction norm model for complex traits” CIA A/Prof Sang Hong Lee and CIB Prof Elina Hyppönen.
- ARC Discovery Project Grant (DP190101360) for the project “Improving social and economic outcomes for children of incarcerated mothers” the CIB – Prof Leonie Segal, working with Prof David Preen (UWA, CIA) Prof Stuart Kinner (University of Melbourne), Prof Sharon Dawe (Griffith University), Prof Matthew Spittal (University of Melbourne) and Prof Susan Dennison (Griffith University).

**Member Collaborations**

- **Dr Ming Li**, Senior Research Fellow in Cancer Epidemiology and Population Health Group, has been collaborating with her home university, Xi'an Jiaotong University (XJTU), one of the top 10 universities in China for several years. She is a visiting Professor at Xi'an Jiaotong University, and in this capacity she has run several workshop and training sessions on epidemiology and biostatistics for her colleagues and students at Jiaotong. In November 2018, Prof David Roder joined her to run a symposium on Australian cancer screening programs. This is a nice example for a collaboration by our members, which has also led to co-supervised student projects, collaborative research and joint publications. Future plans for Ming and the Cancer Epidemiology and Population Health Group include welcoming visiting scholars and higher research degree students to our Centre.

**Staff News**

Congratulations to our statistical genetics lead, Associate Professor Sang Hong Lee for his recent promotion!

As a great addition to our methodological skill set, we were delighted to welcome A/Prof David Foster, Prof Richard Upton, Dr. Ahmad Abu Helwa and Mr. Jim Hughes from the School of Pharmacy as new members. They represent strong expertise in pharmacometric analyses (modelling and simulation, including Bayesian methods), and I can see great collaborative opportunities across our themes also in the
translational space, given their abilities to develop tools allowing model results to be presented in real time through the use of web applications.

We were delighted to welcome several new staff members, including Ms Hayley Byford who started in February as our administrative officer.

Further new starters include Mrs Kelsey Sharrad who joined us as a Research Assistant working with AProf. Kristin Carson-Chahoud on a project titled “Mixed reality and holographic technologies to deliver cognitive and behaviour therapy for treatment of anxiety among teenagers with asthma”. We also have a new Research Officer, Ms Zoe Kopsaftis also working with Kristin on a project titled “Augmented reality as an evidence translation mechanism for a best-practice smoking cessation program among Aboriginal South Australian tobacco users”. We were also pleased to welcome two new postgraduate students, and Mr Joshua Sutherland has joined us to work on his PhD project entitled “Vitamin D, Calcium and Cardio Vascular Risk: A large scale study,” (supervised by myself, Dr Ang Zhou, and Dr Matthew Leach from the Dept of Rural Health ), while Ms Jisu Shin will be working on a MRes project entitled “Developing advanced statistical methods to improve genomic prediction that can be applied to genomic precision medicine” (supervised by A/Prof Hong Lee, Dr Beben Benyamin, and Dr Xuan Zhou).

ACPreH in the News

Our research spreads far and wide through news and media avenues both Nationally and Internationally. Some of our members have received great coverage from their research. On 29 January 2019, Professor Leonie Segal was interviewed live for ABC Radio 891’s Afternoons with Sonya Feldhoff programme. During the interview, Leonie explained the role of Economics within the state and national health budgets, with a particular focus on mental health. The podcast of the program is available at: https://www.abc.net.au/radio/adelaide/programs/afternoons/afternoons/10738206. (Leonie’s 18 minute segment beginning at 04:50 minutes into the podcast)

Ahead of the Productivity Commission’s current inquiry into the Social and Economic Benefits of Improving Mental Health Professor Leonie Segal is featured in a Podcast titled ‘Mental health costs’ prepared for broadcast on 21st February 2019 on The Money, a program hosted by Richard Aedy on ABC Radio National. Other speakers featured in the podcast are Frank Quinlan, Mental Health Australia CEO and Stephen King, Productivity Commissioner. Leonie highlighted the role of early childhood adversity as a precursor of mental illness and that better support for vulnerable families can offer an effective means to reduce the incidence of mental illness and associated negative consequences. The program is available to listen or download from: https://www.abc.net.au/radionational/programs/themoney/mental-illness/10833026

Recently, Dr Vijay Suppiah’s media release entitled “Let’s map our DNA and save billions each year in health costs” was featured in our UniSA News along with being picked up by other national and international outlets. The article is available via the following link: (https://www.unisa.edu.au/MediaCentre/Releases/2019/lets-map-our-dna-and-save-billions-each-year-in-health-costs#.XDZlIwzaUk) The article comes from his recent paper entitled; Suppiah V, Lim CX, Hotham E. Community pharmacists and their role in pharmacogenomics testing: an Australian perspective drawing on international evidence. Australian J Pri Health 2018 (In press) doi:10.1071/PY18047.

Assoc Prof Peter Hibbert from the Patient Safety group was commissioned by the South Australian Ambulance Service (SAAS) to undertake an independent review of a series of 17 incidents that potentially led to patient harm, including deaths, which occurred between August and December 2018. The purpose of the review was to examine common systems contributing factors between the incidents. The report was released by the South Australian Minister of Health and the SAAS Chief Executive Officer on Monday 25th February 2019.

The review found that there was an underappreciation of the clinical risks posed to patients in some cases, an organizational preoccupation with meeting key performance indicators (e.g. response times), and shortcomings in clinical supervision, caused by escalating demands on managers in the SAAS. Ramping (where ambulances are forced to care for their patients whilst waiting for the patient to be seen in emergency departments) and the associated adverse publicity was also found to play a part. There were 14 recommendations in the review and all have been accepted by the Minister and SAAS.

The review featured prominently in local media with a front page report in The Advertiser, first story in the nightly TV news bulletin, and extensive radio coverage.

Professor Elina Hypponen
Director

School of Health Sciences (Issue 1 — December | January | February 2019 Newsletter)
Stephanie Folley
Degree: Master of Research (Population Health Practice)
Project: Physical activity, APOE genotype and cognitive function: exploring gene-environment interactions in the UK Biobank

I come from a Physiotherapy background and having worked in this clinical field for 4 years I decided that I would like to explore the potential for working part-time clinical and part-time research. This came about as I was working with clients and was seeing a pattern in which most of their problems may have been avoided through a more active lifestyle. I spoke to many of the UniSA academic staff about various projects in this area and chose this project for its added cognitive function element; another area I am interested in. With access to data from over 500,000 participants from the recent UK Biobank cohort, our study had exciting potential to study the effects of physical activity on cognitive function and decline, also in the context of genetic risk for Alzheimer’s Disease.

I began the two-year masters program with six months of coursework, which was invaluable for someone like me coming from a clinical background. These courses covered the foundations of epidemiological research, biostatistics, data management and evaluation. The most challenging element was learning to use programs such as SPSS and STATA and using them to clean and analyse a large amount of data. The process felt like learning a new language, each step required me to first understand the underlying statistical concepts, then consider how they may apply in the context of our project, learn the code, and finally run the analyses multiple times until we found the best models. I was able to present some of our preliminary findings in the South Australian Population Health Conference.

The project hit its first roadblock when the initial baseline analysis directly opposed our hypothesis: increased self-reported physical activity was associated with a (small) reduction in visuospatial memory, prospective memory and fluid intelligence. In contrast, objectively-measured physical activity data from a subgroup of the cohort found no association with cognitive scores. This prompted us to investigate the correlations between the self-reported and objectively-measured physical activity and found certain groups were more likely to over-report their physical activity. These included those with poor baseline memory and fluid intelligence, low education and increased age, prompting us to suspect an element of reverse causality present when analysing self-report physical activity and cognition. We were able to publish this finding in the form of an editorial paper in the International Journal of Obesity.

We then investigated the change in cognitive score over time and again found no correlation with physical activity. We were at least able to strengthen the current evidence for the association between the Alzheimer’s Disease risk gene (Apolipoprotein E) and risk of cognitive decline. A paper concerning this analysis is currently in review for publication. Our project met many challenges and is a good example of the potential risks of using secondary data. Despite its frustrations, the unexpected nature of the results provided many more learning experiences than would have been possible had they followed the logical assumptions.

Supervisors: Professor Elina Hyppönen and Dr. Ang Zhou
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

Contact Us
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The BiMsters are completely under the pump this last month in preparation for our 3rd annual Pain Revolution Rural Outreach Tour. We are heading to Tassie, with 19 events locked in, over 700 registrants already signed up, a peloton of 26 and an education team of 24. UniSA PhD graduate Dr Dan Harvie, now at Griffith, will be driving the Brain Bus this year with A/Prof Tasha Stanton taking this year’s Tour off, to recover from her Northern Exposure (see further in this report!). PHN Tasmania has come on board to support all the professional outreach events and Lions, Rotary, the CWA, YMCA and another 16 community agencies and advocacy groups are getting behind the week, and the whole thing is possible because of support from our sponsors - AIA Australia (Platinum), Swiss Re and Gallagher Bassett (Gold) - and our partners - the Australian Physio Association, the Australian Pain Society, PainAustralia, National Rural Health Alliance, the Australian College of Health Psychologists, the Australian College of Sports and Exercise Physicians, NOigroup Australia and Arthritis & Osteoporosis Tasmania. Tracy Jones has done an amazing job putting what is a massive project together and keeping us all confident we can pull it off again!

Funds raised to date are $74,038
You can keep a track of how it is all going on our Facebook page at https://www.facebook.com/painrevolutionride/ and if you are interested in sponsoring one of our riders you can do it here https://pain-revolution.everydayhero.do/

Meanwhile, Tracy is (somehow!) also finalising preparations for the 2019 PainAdelaide meeting on 12 March. Possibly the best little pain meeting in the world will welcome Dr Melanie Noel from Calgary, Dr Lauren Heathcote from Stanford, Dr Siobhan Schabrun from NeuRA, Dr David Seminovic from Baltimore, our very own A/Prof Tasha Stanton and a gaggle of other experts from Adelaide and interstate. The infamous Dr Sam Whittle’s Q and A will ride again and the day promises to be its usual mix of entertainment, nuggets of knowledge, and hearty conversations about pain, pain management and pain education.
We are thrilled to welcome Tasha back from her stint in the UK. Here is her brief run down:

I recently returned from travelling to the UK for 4 months for my Endeavour Research Fellowship. While I definitely chose the wrong time of year to visit (winter in the UK!), the trip went very well. I spent the first ~3 months visiting the Crossmodal Research Laboratory at the University of Oxford, collaborating with Professor Charles Spence. There I was exploring some of the ways we could look at auditory influences on body perception and movement – these ideas stemming from my “creaky back paper” that showed auditory modulation of perceived back stiffness. That is, changing the sound that is paired to pressure applied on the back changes how stiff the back feels. Charles and I have nearly completed a comprehensive review on auditory influences on body and action. In addition, during this time, I collaborated with Associate Professor Janet Bultitude from the University of Bath, designing a study evaluating self-prioritisation effects in people with complex regional pain syndrome. (the idea that we prioritise information about ourselves). During my visit, we managed to plan the study and I collected full data on 25 people with complex regional pain syndrome. This collaboration also resulted in planning for a student exchange - I will have a psychology student from Bath visit this year to collect data for a matched healthy control sample.

For the last ~5 weeks of my visit to the UK I visited the Lab of Action and Body at Royal Holloway University of London with Prof Manos Tsakiris. This was a brilliant visit where I explored the ways that we could better understand influences of interoceptive awareness (e.g., like the awareness of our own heart rate) in people with pain and how this awareness might modulate both action and decision. As part of this, a postdoc of Manos’ lab will likely come to visit UniSA at the end of this year to look at the relationship between interoceptive awareness, temporal impulsivity (being unable to not eat a donut in front of you even if you know that if you wait for 20 mins you will get 2 donuts), and pain.

During my visit to the UK, I gave 3 presentations to different labs – the Crossmodal Research Laboratory (Oxford), the Centre for Rehabilitation Research (Oxford), and Lab of Action and Body (RHUL). Finally, I gave a 1.5 day course on pain science and treatment for a combined group of clinicians (physiotherapists, neurologists, GPs, and orthopaedic surgeons) in Rome, Italy and ate the most delicious food of my whole trip. So not a bad note to go out on!

We are also pleased to welcome the 2019 cohort of Local Pain Educator scholarship holders who will be studying the Grad Cert in Pain under Dr Mark Catley’s watchful eye, and then working with individual mentors to deliver public and professional pain education in their own communities. The 2018 group is going well. After a big year of training, mentoring and community outreach this interdisciplinary group of 13 rural/regional clinicians are now fully fledged Local Pain Educators (LPEs). In 2018 the LPEs reached over 1000 people and ran more than 40 free pain education sessions in their local communities. This year the LPEs are setting their sights on developing local clinical networks, as part of the Local Pain Collectives project, to facilitate peer-to-peer learning and transferring knowledge to best evidence practice. On top of this they will continue to run free pain education sessions.

Q: What did the duck say when he bought lipstick?
A: Put it on my bill.

Two goldfish are in a tank. One looks at the other and says, “You know how to drive this thing?!”

Q: Why aren’t koalas actual bears?
A: The don’t meet the koalafications.

As a scarecrow, people say I’m outstanding in my field.
But hay, it’s in my jeans.

Q: What do you call bears with no ears?
A: B

I went into a pet shop. I said, “Can I buy a goldfish?” The guy said, “Do you want an aquarium?”
I said, “I don’t care what star sign it is.”
The usual things keep ticking over - a few funding applications in, a few papers accepted and a couple of grants awarded - not as many as we would like of course! We are all greatly enjoying the inventive, entertaining and insightful work of Brian Pulling, self-appointed editor of the BiM newsletter, Very Good Musician and excellent emerging researcher. His Masters data collection is on track against all odds and impediments and this newsletter is a great opportunity to sing his praises BEFORE he finishes it all up and goes home.

UniSA was in the spotlight with both Di Wilson and Dr Emma Karran featuring in Issue 1 of the InTouch Musculoskeletal Physiotherapy journal produced by the APA talking about their research.

Finally we have welcomed in Anna Vogelzang to start her Masters for which she will be working on an exciting new project in collaboration with Prof Bill Runciman using a relational agent to deliver pain education, and are pleased to be hosting Dr Annika Reinersmann as she finalises a couple of studies she ran in her last visit - investigating touch function in people with pathological pain. On that matter, here is a fun fact: the map your brain holds of your hands, has them quite a bit shorter and fatter than they really are. This ‘error’ can be detected by asking people to compare the distance between two points when they are placed on the hand either aligned with the axis of the hand, or aligned across the axis of the hand. The same distance feels wider if it is running across the back of the hand than if it is running along the back of the hand. One explanation given to this is that it reflects the oval shaped receptive fields on the back of the hand, such that the same distance crosses more receptive fields if it runs cross ways than length ways. This direction-dependent property reflects something called anisotropy, which is much harder to say than you expect it to be.

Professor Lorimer Moseley
Director
My PhD research involves looking at the respiratory health of South Australian Metropolitan Fire Service (SAMFS) firefighters. This is obviously a group that has a high risk of being exposed to a host of harmful chemicals and particulate such as those in fire smoke, structural debris, chemical spills and even the diesel exhaust from their own fire engines.

I started my PhD in 2016 but this body of research started nearly a decade beforehand. As a result of exposure to cement dust during and after the collapse of the World Trade Centre towers in New York in 2001, thousands of firefighters suffered significant, and irreversible, losses of lung function. With this in mind, Professor Alan Crockett commenced a lung function surveillance program with the SAMFS in 2007, aiming to collect baseline lung function data on our firefighters to assist with diagnoses and subsequent medical care in the event of any similar disastrous exposures.

This study has continued biennially since 2007, and my PhD has involved collecting the most recent wave of data and analysing the combined dataset, spanning nine years. We’re looking to see how the firefighters’ lung function changes over the years, whether or not it declines at a greater rate than would normally be expected, and whether we can detect any associations with measures of occupational exposure. We’ve also systematically reviewed the literature on similar studies conducted internationally since the 1970s (you can see a graphical abstract I’ve made here).

So far we’ve observed that, at baseline, this cohort of professional firefighters have above-average lung function relative to general population norms (both local and international), which is likely due to a strong healthy worker effect: potential recruits must pass a fairly rigorous physical aptitude test to gain entry to the fire service. Over the long-term we have also seen that the group’s lung function does not decline any faster that the rate of change observed in the general population so, as a whole, they appear relatively unaffected by the occupation.

Some of my personal highlights have been the hands-on experiences I’ve had. I was able to do the Physical Aptitude Test performed by the recruits, which involved being in full personal protective equipment (including breathing apparatus) and performing a variety of simulated tasks. These involved stair climbing, dummy dragging, ladder raising, forced entry (smashing a force-plate with a sledge hammer), and also a zero-visibility confined space tunnel crawl. I also was able to observe some live-fire training of new recruits at the CFS Brukunga training base. In the picture you’ll see me (left) with one of the instructors (this photo serves as a nice before/after shot as well – my gear started off clean but ended up filthy). Behind us is a large shed containing a couple of shipping containers. In this drill, they light a fire inside one of the containers, allow it to fill with smoke, and go in in teams of two to simulate a search and rescue procedure. I was able to sit inside the shipping container with a thermal-vision camera, watch the fire develop, see the visibility reduce to nothing, and observe the recruits demonstrate their skills. It was an eye-opener to realise just how powerful a very small fire and small fuel source can be.

Supervisors: Professor Alan Crockett, Dr Kylie Johnston and Dr Catherine Paquet
Staff and Student Publications

First Publications


**Abstract**

**Impact Factor:** 3.929, 5 year IF: 4.148; **Ranking:** 8/81 (Sport Sciences)

Recent Staff and HDR Publications


**Abstract**

**Impact Factor:** 2.431, 5 year IF: 2.907; **Ranking:** 39/72 (Biophysics), 31/78 (Engineering, Biomedical)


**Abstract**

**Impact Factor:** 2.230, 5 year IF: 2.796; **Ranking:** 28/72 (Medical Physics)


**Abstract**

**Impact Factor:** 2.126, 5 year IF: 2.632; **Ranking:** 30/61 (Medical Imaging)


**Abstract**

**Impact Factor:** 3.384, 5 year IF: 3.560; **Ranking:** 10/81 (Sport Sciences), 21/83 (Physiology)

**Abstract**

**Impact Factor:** 2.118, 5 year IF: 2.469; **Ranking:** 19/64 (Multidisciplinary Sciences)


**Abstract**

**Impact Factor:** 2.413, 5-year IF 2.801; **Ranking:** 43/155 (Medicine, General & Internal)


**Abstract**

**Impact Factor:** 2.733, 5-year IF: 3.003; **Ranking:** 18/81 (Sport Sciences)


**Abstract**

**Impact Factor:** 4.942, 5 year IF: 4.987; **Ranking:** 51/223 (Oncology), 15/129 (Radiology, Nuclear Medicine and Medical Imaging)


**Abstract**

**Impact Factor:** 7.867; 5-year IF: 7.462; **Ranking:** 1/81 (Sport Sciences)


**Abstract**

**Impact Factor:** 0.897, 5 year IF: 1.399 **Ranking:** 107/124 (Pediatrics), 56/65 (Rehabilitation)


**Abstract**

**Impact Factor:** = 2.044. 5-year IF: 2.094; **Ranking:** 76/181 (Public, Environmental & Occupational Health), 61/88 (Infectious Diseases)


**Abstract**

**Impact Factor:** 4.291, 5 year IF: 4.727; **Ranking:** 7/81 (Sports Science)


**Abstract**

**Impact Factor:** 3.929, 5 year IF: 4.148; **Ranking:** 8/81 (Sport Sciences)


**Abstract**

**Impact Factor:** N/A; **Ranking:** 65/65 (Ranking)


**Abstract**

**Impact Factor:** 2.247, 5 year IF: 2.282; **Ranking:** 20/50 (Hospitality, Leisure, Sport & Tourism)

**Abstract**

Impact Factor: 2.420, 5 year IF: 3.039; Ranking: 63/181 (Public, Environmental & Occupational Health)


**Abstract**

Impact Factor: 4.541, 5 year IF: 4.497; Ranking: 7/94 (Health Care Sciences & Services), 2/25 (Medical Informatics)


**Abstract**

Impact Factor: 4.671, 5 year IF: 5.735; Ranking: 6/94 (Health Care Sciences & Services), 1/25 (Medical Informatics)


**Abstract**

Impact Factor: 6.048; 5 year IF: 6.076; Ranking: 2/35 (Substance Abuse), 9/142 (Psychiatry)


**Abstract**

Impact Factor: 0.935; 5 year IF: 1.229; Ranking: 5/191 (Primary Health Care), 17/181 (Public, Environmental & Occupational Health)


**Abstract**

Impact Factor: 8.360; 5 year IF: 10.171; Ranking: 5/181 (Public, Environmental & Occupational Health)


**Abstract**

Impact Factor: 4.671, 5 year IF: 5.735; Ranking: 6/94 (Health Care Sciences & Services), 1/25 (Medical Informatics)


**Abstract**

Impact Factor: 8.109, 5 year IF: 2.732; Ranking: 8/27 (Integrative & Complementary Medicine)


**Abstract**

Impact Factor: 27.125; 5 year IF: 31.156; Ranking 2/171 (Genetics & Heredity)


**Abstract**

Impact Factor: 2.766; 5 year IF 3.352; Ranking: 15/64 (Multidisciplinary Sciences)

**Abstract**

Impact Factor: N/A; Ranking: 65/65 (Rehabilitation)


**Abstract**

Impact Factor: 6.549; 5 year IF: 7.685; Ranking: 4/83 (Nutrition & Dietetics)

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**Watching TV ‘the worst’ sedentary behaviour for childhood obesity**

The simple act of switching on the TV for some downtime could be making a bigger contribution to childhood obesity than people realise, according to new research from UniSA. [more]

The above article appeared in UniSA news in February 2019. This research generated media interest from approximately 27 national and international media outlets.

The full research article is below:


**Abstract**

Impact Factor: 2.153, 5 year IF: 2.172; Ranking 107/142 Endocrinology & Metabolism, 57/83 (Nutrition & Dietetics)

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**Books and Book Chapters**


Library Report

New and Improved Library Catalogue was launched on December 3. It brings with it a fresh and intuitive design with seamless functionality making it even easier to use on any device. It comes with the ability to create booklists, save your searches and keep your search history. It will provide you with more ways to explore and learn through automated recommendations, topic exploration and virtual browse.

We welcome your feedback.

If you have any questions or would like help please contact Ask The Library.

How to access clinical answers faster

UpToDate will support you to give the best care possible by providing tips and help by continuously monitoring over 435 medical journals so it is always current.

Features include:
▪ New streamlined navigation
▪ Improved readability
▪ Consistent experience across devices

Quick Reference Links

Customer Success Center: Promote registration and usage. Visit today.
Help & Training: Share with clinical teams to help them get started. Learn more.
Live Online Learning: Encourage users to attend a training session. View sessions.
CME/CE/CPD: Remind users to log in to earn CME/CE/CPD credit. View how to log in.
Customer Service: Contact now.

Upcoming Covidence seminar

Covidence is a web-based software platform that streamlines the production of systematic reviews, including Cochrane Reviews. If you’ve got questions about how to get started on your first project or review, please join for a new training webinar: Covidence 101.

The webinars are scheduled monthly and includes a live demo showcasing some useful features, plus tips and tricks to jumpstart your progress. You will also have a chance to get your specific questions answered.

Sessions fill up fast, so reserve your spot today!

To register for the next session click here.
The USASA Academic Advocacy service provides free & confidential advice on a wide range of academic troubles. Advocates help you to pursue your rights & can increase your chances of receiving a positive outcome to academic issues.

To book an appointment visit USASA.sa.edu.au/Advocacy
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 out it out yourself at [http://www.unisa.edu.au/scholarship](http://www.unisa.edu.au/scholarship)

Capstone Editing is happy to announce that they are launching six new annual academic grants of between $3,000 and $5,000 each—two for female academics and four for students.

**The Capstone Editing Early Career Academic Research Grant for Women**
$5,000 for one female academic per year to assist with the costs associated with a research project leading towards a publication. Applications are open annually from 1 July to 30 May. The grant is awarded on 30 June every year.

**The Capstone Editing Carer’s Travel Grant for Academic Women**
$3,000 for one female academic per year to assist with childcare costs in relation to travel to conduct research or present a paper at a conference. Applications are open annually from 1 July to 30 May. The grant is awarded on 30 June every year.

**The Capstone Editing Conference Travel Grant for Postgraduate Research Students**
$3,000 for one postgrad student per year to assist in covering the costs of attending a conference in relation to their degree. Applications are open annually from 1 July to 1 June. The grant is awarded on 30 June every year.

**The Capstone Editing Laptop Grant for Postgraduate Coursework Students**
$3,000 for one postgrad student per year to purchase a computer or laptop and software for their studies. Applications are open annually from 1 July to 1 June. The grant is awarded on 30 June every year.

**The Capstone Editing Research Scholarship for Honours Students**
$3,000 for one Honours student per year to assist with covering the costs associated with the research for their thesis. Applications are open annually from 1 January to 30 April. The scholarship will be awarded on 14 May every year.

**The Capstone Editing Textbook Grant for Undergraduates**
$3,000 for one undergrad per year to assist with covering the cost of their textbooks for the duration of their degree. (The recipient will receive one $1,000 gift voucher per year for three years.) Applications are open all year. The grant will be awarded on 1 February every year.
School of Health Sciences Graduation Dates

Tuesday
16 April 2019
10.30am

Wednesday
17 April 2019
3.00pm

Wednesday
2 October 2019
10.30am

Friday
20 December 2019
10.30am
Public consultation underway to boost the clinical trials sector

Reforms are underway to boost Australia’s clinical trials sector and attract more clinical trials – giving Australian patients increased access to potentially life-saving treatments and medications.

To promote Australia’s reputation in clinical trials research, a national consultation process is now underway to develop the National Clinical Trials Governance Framework. The Framework will support the integration of clinical trials service provision into routine hospital care and reinforce Australia’s standing as one of the world’s leaders in medical research.

Consultations began on 6 February 2019, with a series of stakeholder workshops to be held across all states and territories until 22 March 2019. Development of the Framework is being led by the Australian Commission on Safety and Quality in Health Care (the Commission), which was engaged by the Australian Government Department of Health on behalf of all jurisdictions to deliver the Framework by mid-2019.

The Commission’s work is a key element of a clinical trials agenda endorsed by all Health Ministers in March 2017, and supports related national clinical trials efforts underway including the Encouraging More Clinical Trials in Australia budget measure. The initiative is driving reforms nationally to improve efficiencies, better engage sponsors and improve trial start-up times – with the ultimate aim of growing the number of clinical trials conducted in Australia.

The nation’s Chief Medical Officer, Professor Brendan Murphy, said boosting cohesion and productivity across the clinical trials sector would benefit both Australian patients and the health sector.

“Australia has a world-class reputation for conducting excellent research through clinical trials. The Clinical Trials Governance Framework is the first step toward accrediting health services undertaking clinical trials.

“Our high-quality clinical trial sites have been attracting companies from across the globe for over three decades. To build on this success, Australia must build on its reputation for quality trials and reduce the variation between sites. The Framework will position Australia to be a preferred destination for clinical trials,” said Professor Murphy.

Commission Chair, Professor Villis Marshall AC, said Australian patients will benefit from better outcomes due to these reforms. Australians are keen to be involved in clinical trials, and research provides access to cutting edge treatments and interventions of the future.

“The revitalisation of the clinical trials environment also supports the wider medical sector. Researchers will gain global recognition for their work and improve their technical skills, while industry will thrive from rising international R&D expenditure and the decline in the so-called ‘brain drain’ of highly qualified Australian researchers seeking opportunities overseas,” said Professor Marshall.

Clinical trials are undertaken in a number of therapeutic areas in Australia, including oncology, respiratory, central nervous system, infectious disease, metabolic disorders, cardiovascular, aged care and mental health.

Examples of recent successes of Australia’s collaboration in research with global pharmaceutical companies have resulted in the development of Gardasil, a vaccine against human papillomavirus and Relenza, the first effective drug to treat all strains of influenza.

Consultation on the Governance Framework is open to key organisations and individuals with an interest in or working in the clinical trials sector. The Governance Framework and high-level implementation strategy will be released later this year.

“Physical activity: the impact of social norms and its relationship to academic achievement during the transition to university” presented by ARENA’s Dr Alyson Crozier, Program Director for the Bachelor of Exercise and Sport Science for the International Association for University Health and Wellbeing.

This webinar will discuss the research findings from a study conducted in 2017 with incoming first-year students. An exploratory study which had two main purposes: (1) explore the use of social norm messages on student’s physical activity patterns in the initial weeks of university study, (2) explore the relationship between self-reported physical activity and academic achievement over the first semester. Conclusions, limitations and future research avenues will be discussed. Find it here.

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Join ARENA’s Scott Polley and the Outdoor Educators’ Association of South Australia in association with Outdoor Education Australia who are hosting Dr Andrew Brookes on ‘Preventing Fatal Accidents in School and Youth Group Camps and Excursions: Understanding the Unthinkable’ on the 14th March. Dr Andrew Brookes is internationally known for his scholarly articles, book chapters and recently book on Outdoor Education and Nature Based Tourism.

Find out more about topics covered in this presentation and register for this free event here.
DO YOU CARE FOR A SERVICEMAN OR SERVICEWOMAN?

We are looking for you!

Would you be interested in helping us to understand the relationship between health behaviours, such as physical activity and sleep, and psychological wellbeing of carers of service men and women?

Led by ARENA’s Associate Professor Gaynor Parfitt and Dr Dannielle Post and the team at UniSA are looking for participants for their research project funded by The Road Home, an organisation that raises awareness and funds to support health and wellbeing, research and programs into conditions such as Post-Traumatic Stress for the nation’s veterans, emergency service personnel and their families.

The study is open to anyone who identifies as a carer of a returned or transitioning veteran.


Contact: Dr Dannielle Post
Email: dannielle.post@unis.edu.au
Telephone: 08 8302 1831
A virtual assistant delivered Mediterranean lifestyle intervention - development and feasibility study

Mediterranean lifestyle and physical activity study

The “MedLIPal” study
Would you like to be more active and learn to eat well, while testing out a brand-new style of health coaching?

We are looking for volunteers aged 45 to 75 years old, to participate in a 12-week Mediterranean lifestyle intervention, with a twist!
In this study you will be guided and instructed to adopt the Mediterranean lifestyle through a website and a virtual health coach called ‘Paola’. You will be asked to increase your physical activity and make changes to your diet to eat Mediterranean style.
Because this is a technology-based study, you will need to have a smartphone or a smart tablet with internet to participate. You will attend three visits at the University of South Australia and use your phone to keep track of your diet and physical activity for 12 weeks. We will take measures of your health including blood pressure, weight and waist circumference three times in 12 weeks. We hope that changes made to diet and lifestyle will lead to improvements in these health outcomes.
All participants will receive a Garmin Vivofit 4 wrist-worn activity tracker free of charge, which is yours to keep at the end of the study!

Please contact to register your interest  courtney.davis@unisa.edu.au
8902 1592

This study has been approved by the University of South Australia’s Human Research Ethics Committee (UniSA HREC): 29/01/2019; application number: 201724
ANZCTR: ACTRN12619000315145P (09/01/2019)
CIs: Associate Prof Carol Maher and Dr Karen Murphy
National Public Lecture Tour
Applying the latest dementia care research

Monday 18 March 2019, 9am - 1pm
Level 1 Auditorium
SAHMRI
North Terrace
Adelaide

The National Public Lecture Tour is a half-day event, consisting of a keynote address, followed by a panel discussion with three state-based experts, and concluded by a roundtable discussion in which all attendees can participate.

Register for FREE here:
bit.ly/LectureTour2019

Dementia is a significant health issue. More than 400,000 Australians are living with dementia today and, without a medical breakthrough, it is estimated that up to 1.1 million Australians will be living with dementia by 2058. This lecture series, to take place in all Australian states during Brain Awareness Week, will engage leaders in dementia research and aged care to discuss the significant and growing challenge of improving quality of life and dementia care.

Keynote speaker

Dr Kate Laver is a NHMRC-ARC Dementia Research Development Fellow at Flinders University. She has over 15 years of clinical experience as an occupational therapist, working in rehabilitation with people with dementia, or stroke. Dr Laver’s research includes testing rehabilitation interventions and non-pharmacological therapy approaches, and the use of innovative technologies in rehabilitation. Dr Laver also has expertise in knowledge translation and was a key contributor to the Australian Clinical Practice Guidelines and Principles of Care for people with dementia.

Panel

Dr Tobias Loetscher
University of SA Facilitator

A/Professor Maria Inacio
SAHMRI Panel

Professor Maria Crotty
Flinders Medical Centre Panel

Megan Corlis
Helping Hand Panel

Ann Peitsch
Consumer advocate Panel

Australian Government
NHMRC National Institute for Dementia Research
Learnonline

Learnonline is now the main platform for UniSA-wide online safety and wellbeing training.

Learnonline has been adopted because we can:
- Make use of our own University online learning platform
- Tailor the training to our own safety systems and work environments
- Ensure easy enrolment by both staff and students under the Non-Course category
- Allow easier ongoing improvement of training content
- Achieve better reporting of training completions by staff and students
- Ensure no registration or enrolment cost to local areas for student access.

After a transition period, eleven (11) new UniSA-tailored modules have been posted on learnonline. A further 5 risk-specific modules offered by an external provider are also accessed through learnonline.

Full details of the new arrangements are given at Safety & Wellbeing Induction & Training, including FAQs and instructions for self-enrolment as a participant (‘student’) in each module.

The familiar mandatory module ‘Work Health and Safety Fundamentals’ has been replaced by ‘Safety & Wellbeing at UniSA’.

**List of learnonline safety & wellbeing modules (non-courses)**

New UniSA-tailored modules:
- Safety & Wellbeing at UniSA (replaces Work Health and Safety Fundamentals)
- Managing Health & Safety Risks
- Respectful Behaviour
- Office Ergonomics at UniSA
- Manual Handling Safety
- Incident Investigation
- Environmental Awareness
- Chemical Spills Management
- Chemical Safety
- Slips, Trips & Falls
- Transport Consignments of Radioactive Material

Risk-specific modules offered by external provider Interactive Developments (formerly Virtual Accident) accessed through learnonline:
- Liquid Nitrogen
- Biosafety1 – Biosafety Principles
- Biosafety2 – Gene Technology
- Ionising Radiation and Research
- Fume Cupboards.

Pre-existing modules:
- Injury Management for Managers and Supervisors
- Work Health and Safety for Academics
- Undertaking a Safe Student Placement
- Workshop Safety (School of Art, Architecture & Design).
2019 Health and Safety Local Action Plan

UniSA’s Strategic Plan, Enterprise 25, recognises that people are at the heart of everything we do and commits to the provision of a culturally and physically safe environment for our entire community. Enterprise 25 cascades into the Safety and Wellbeing Strategic Plan and the Health and Safety Local Action Plan (LAP).

The LAP process continues to be effective in embedding key components of our safety management system into day to day business which will be particularly important during the coming year. As a Corporate Key Performance Indicator, the LAP is one aspect of business where managers have the ability to positively influence health, safety and wellbeing while striving to achieve the 100% conformance requirement.

The Safety and Wellbeing team have completed the 2018 annual evaluation of School/Institute/Unit/Centre performance against the LAP requirements. It is clearly evident that the commitment to the process is positive and reflective of the result achieved in 2018 i.e. 99.87% conformance across 38 workplaces. All areas have made a significant contribution to continually improving our safety processes to ensure a safe and healthy environment for our people.

Individual results and feedback from the evaluation are being communicated to workplaces by the Safety and Wellbeing team.

Where to next?

The 2019 LAP template is now available for implementation in your workplace. The LAP continues to focus on:

- Wellbeing of our people to enable them to thrive through change
- Local high-risk plant and equipment maintenance, servicing and testing
- Risk management
- Induction and training
- Consultation and communication.

1st Quarter Action Required by 31 March 2019

1. Opportunities for improvement recommended from the 2018 evaluation must be considered, discussed with staff and incorporated into the LAP for implementation in 2019.
2. The 2019 LAP is to be endorsed and signed off by the Head or Director.

The Safety and Wellbeing team is committed to ongoing partnering with the School to guide, monitor and report quarterly on progress against LAP requirements.
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

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