A team is not a group of people who work together. A team is a group of people who trust each other.

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

- Program and Research Director Reports
- Invictus Pathways Program
- TV appearances
- Exercise Sciences Toolkit
- Six in UniSA top 20 programs
- Graduate Outcomes Survey #1 programs in SA
- Conference Scholarship Reports

“...The School of Health Sciences newsletter is the best newsletter that I have read in the University. I keep reading every edition cover to cover…”

Professor Andy Koronios
Dean: Industry & Enterprise

In This Issue

- Head of School Report
- Associate HoS (Academic) Report
- Associate HoS (Research) Report
- Program Director Reports
- Research Director Reports
- Staff and Student Publications
- Library Report
- Events / Announcements
- Contact Us

Harnessing the power of sport
Head of School Report

Welcome students and staff to our first edition of the School of Health Sciences newsletter for 2018.

Orientation, School Growth and Enrolments

It has been a great start to the year and I have been honoured to welcome our new students as they start their Uni life. Please make them feel welcome and help them out where you can. Orientation week and the weeks following is a very important time for new students to familiarise themselves with the campus and their associations. From what I have seen and heard, all has gone very well and I would like to particularly thank the staff and student mentors who make this happen!

Even with the surprising Government announcement at the end of last year, the School of Health Science continues to grow in student number and opportunities for in-demand and relevant programs of study – all testament to the quality of our programs and staff. It’s a particularly exciting time to be in the School of Health Sciences. In the last few weeks we have had an unexpected and unprecedented growth in some of our programs. The ‘offer to enrolment’ ratios were an incredible and unprecedented 98 to 100% for Medical Imaging, Nuclear Medicine, Radiation Therapy, Physiotherapy and Occupational Therapy. Clearly this signals a very high demand for these programs which we should be very proud of! Whilst growth brings its challenges, particularly where we have had to jointly hustle to ensure demands for space, resources and staffing are met, it also brings stimulus to be innovative, bold and efficient as we optimise for excellence in our programs. In this regard, I am totally committed to providing the best possible education, resources and training within programs of study, that programs and courses are well supported and led by the highest quality staff. This I can personally assure as I chair most academic appointment interviews across all the school disciplines. I will continue to assure that staff are fully supported and feel valued in their efforts to provide the highest quality learning and training experiences for our students.

Graduate outcomes survey and program success

Regarding growth, in the last five years (2013 to date) we have achieved a remarkable 25% growth in student numbers overall as can be seen from the charts below, with a staggering 3,672 undergraduate and post graduate students now enrolled in our programs. I am particularly grateful to the program directors, course coordinators and the academic support officers, who have rallied together to ensure lectures, tutorials and laboratories have the resources (human and physical) required to accommodate the higher than expected number of students.
Growth of our programs has been commensurate with excellence in their delivery and in overall satisfaction from our students.

Unsurprisingly, continued excellence of delivery, student experience and satisfaction leads to high demand. This is official – it’s not just me saying it! 😊 It is evidenced in the Graduate Outcomes Survey (Quality Indicators of Learning and Teaching, QILT) released on 12 January 2018 (https://www.qilt.edu.au). Our undergraduate programs across the disciplines continue to produce students who graduate with the highest satisfaction, employment and graduate-based employment, teaching scale (the percentage of graduates who agreed they experienced good teaching practices during their study) in areas of ‘Health Services and Support’ (i.e., medical radiation sciences, podiatry, human movement and sports science) and in ‘Rehabilitation’ (i.e., Physiotherapy and Occupational Therapy). No surprise then that six of our undergraduate programs are in UniSA’s TOP 20 list of programs as judged by first preferences to date. These are: Physiotherapy, Medical Radiation Sciences, Occupational Therapy, Human Movement (all in top 10), and the two new entries—Exercise and Sports Science and Clinical Exercise Physiology!

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### HLS Students by Number Per Program 2013 - 2018 with combined Human Movement Programs

Sources: Bi Hub as at 1 March 2018

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**Setting the Invictus Games Cycling Squad up for success**

In association with the Santos Tour Down Under, Revolve24 Australia launched their 24 Hour Endurance Cycling Relay Challenge on the newest GP Motor Circuit! On the weekend of 13-14 January 2018 the Bend Motorsport Park in Adelaide was the venue for the inaugural Endurance Cycling Challenge in the Southern Hemisphere.
The Road Home and UniSA’s Invictus Pathways Program and Revolve24 collaborated to make this as part of the Invictus Cycling Squad training regime. It was great to see our health scientists assessing and working with the Invictus athletes in the run up to this and during the course of the 12 hour, overnight event. The squad completed a total of 921 laps and rode 3,223km in the 12hour overnight leg of the event.

A further part of our unique collaboration with The Road Home Invictus Pathways Program and the Australian Defence Force is our sponsorship and support for the Australian Invictus Games Cycling Squad. As well as sponsoring the squad’s cycling kit and some training monitoring equipment and a state of the art tandem bike, our staff and students provide health and exercise related testing and support at the national Invictus cycling camp which, as a result of UniSA’s involvement and support, are held in Adelaide.

March Invictus Cycling Squad Camp – Chancellor’s and SA Governor’s Welcome

At the Invictus Cycling Squad Camp of 9-11 March, the UniSA’s Chancellor – Mr Jim McDowell hosted a special morning tea event to welcome the Invictus squad. The occasion was also honoured by the attendance of His Excellency the Honourable Hieu Van Le AC, Governor of South Australia who had the opportunity to meet with members from the Invictus Squad (pictured above). The event was greatly appreciated by everyone involved. A particular thanks to the Chancellor for making this event happen.

Read more about UniSA’s Invictus Pathways and Program here.

Newsletter Contributions

Thanks again for all your contributions. It’s great to see the wide variety of activity which reflects the energy, culture and enthusiasm in the School. Special thanks to the Program Directors and Research Directors, who have kindly provided their excellent
reports in this Newsletter. I really appreciate your efforts.

Any feedback and suggestions for further improvements would be most appreciated. The HLS Newsletter is available on the School of Health Sciences website http://www.unisa.edu.au/Health-Sciences/Schools/Health-Sciences/Student-Resources/Newsletters/. News on research, national appointments, community engagements, awards, achievements, sporting endeavours, etc., are welcomed (as are any jokes etc to bring a smile to your day!).

Please contact Sally Nimmo (Sally.Nimmo@unisa.edu.au) to tell us your news and feel free to include photos of your activities.

A picture says a thousand words – please keep them coming in.

Best wishes
Roger

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**Staff Appointments**

Welcome to all our new staff members

- Mr Maha Mansor
  - Research Associate
- Dr Rachel Curtis
  - Research Associate
- Mrs Philippa Squire
  - Administrative Officer
- Miss Samara Putland
  - Administration Assistant
- Dr Frances Corrigan
  - Senior Lecturer in Anatomy
- Ms Mel Hull
  - Research Assistant
- Ms Ellana Welsby
  - Research Assistant
- Associate Professor Kristin Cahhoud
  - Associate Research Professor

**Congratulations to staff appointed to new positions**

- Angela Berndt
  - Program Director: Occupational Therapy
- Andy Te
  - Senior Academic Services Officer
- Mr Zac Gniadek
  - Senior Academic Services Officer
- Ms Debro Thaw
  - Academic Services Officer

**Farewell and all the best to…**

- Gloria Mejia Delgado
- Michelle McDonnell
- Chris Bishop
- Claire Baldwin
- Hugh Stewart
- Mandy Stanley
- Tanya Hardy

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**UNISA CAREERS EXPO**

**Friday 16 March 2018**

11am – 2pm | Adelaide Convention Centre
unisa.edu.au/careersexpo

This is a must see FREE event for all students, no matter what year you are in or what experience you have.

- Are you looking for a job or graduate role?
- Seeking placements for course credit?
  - Looking for vacation work?
- Or simply want to take the next step in your career, and network with industry?

This is a great chance to speak to experts in industry to further explore your career options and stay connected to be informed of future jobs and placement opportunities. There are over 100 organisations exhibiting at this event, so make sure you put it on your calendar and register online!

Keep your staff page up to date
Associate Head of School (Academic) Report

As the new academic year has arrived, we welcome our eager students who are ready to immerse themselves in their studies. The quiet January corridors are once again filled with chatter about what happened over the break and what lies in store for the year ahead. I am sure 2018 be busy and rewarding for students and staff.

Most of our incoming first year students are making a steep transition from school to university.

Here are some tips to help promote a smooth transition for first year students:

- Emphasise that full time study is equivalent to having a full time job, and 40 hours of study each week is required for success
- Set expectations of how students will be supported from the start
- Wear a smile, be approachable and enthusiastic
- Provide resources for students to us to assist their own learning

Out of hours crisis support now available for UniSA students experiencing distress

Phone 1300 107 441 and SMS 0488 826 346

In addition to existing Counselling Services, distressed UniSA students now have access to an out of hours crisis line for immediate support. Provided by Lifeline Australia and tailored specifically to UniSA students, the confidential phone and text service provides students with immediate relief from emotional distress, explores coping strategies for the current crisis, safely manages any immediate threats to life or safety, opens pathways for longer-term solutions and focuses on specific next steps for students in crisis. The service will provide referral options to additional services, both South Australia and Australia wide to assist students.

The UniSA out of hours Crisis Line 1300 phone number is 1300 107 441 and the text message service is 0488 826 346. Crisis support is available Monday to Thursday from 5pm to 9am, Friday from 5pm to Monday 9am and 24 hours on Public Holidays.

Please contact Narelle Lieschke, Manager, Counselling on narelle.lieschke@unisa.edu.au for further information.

Responding to students at risk: online resources

A resource for professional and academic staff who want to be better equipped to recognize and support students who are presenting with concerning behaviours.

This online resource was developed to augment the Student Engagement Unit's capacity to provide workshops in an effort to support more staff with on demand training. We encourage all staff who would be in roles where a student could present concerning behaviours to schedule time in their diary to complete this training that includes leading edge work by our very own Professor Helen Stallman.

For more information, please click HERE.
Student and Academic Services Roadshows

SAS is coming to you!

During March, representatives from SAS will deliver a ‘SAS Roadshow’ on each of the metropolitan campuses. The roadshows will provide an opportunity for SAS staff to present information that we hope will be helpful to our colleagues in schools and divisions, and will focus on our interactions with these colleagues across a range of business areas. The roadshows will also provide a forum for us to answer questions, and we will be very pleased to continue to receive and respond to further questions and suggestions after the roadshows.

Although the roadshow content will focus primarily on our partnerships with schools and divisions, all staff are most welcome to attend.

The following four roadshows have been scheduled:

- **City East** lecture theatre C4-16 – Tuesday March 13th 2018, 1:30pm to 2:30pm.
- **City West** lecture theatre HH4-08 – Friday March 16th 2018, 10:30am to 11:30am
- **Mawson Lakes** lecture theatre MM1-05 – Tuesday March 20th 2018, 9:30am to 10:30am
- **Magill** lecture theatre B1-55 – Wednesday March 21st 2018, 3:30pm to 4:30pm.

SAS staff look forward to seeing their colleagues at one of the roadshows. If you would like to attend, please register here.

We have a new look Program Director team

There has been considerable movement on the Program Director team – this is our new look team.
**Lunchtime Learning and Teaching Sessions**

These are returning in 2018, alternating between Friday and Wednesday sessions. The first session will be on Wednesday, 14 March 14 from 2-3pm with Nadia Rajic, Manager Student Wellbeing Student Engagement Unit, presenting on the new Staff Toolkit which includes information on supporting students presenting with self-harm and suicide risk as well as tips on managing students who engage in abusive, threatening or aggressive behaviours in class or elsewhere on campus.

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**2018 'Aboriginal Cultural Safety' and 'Working with Aboriginal People' workshops**

All sessions for 2018 are now available for registration!

Cultural Awareness is a vital component of our Reconciliation Action Plan and our Aboriginal and Torres Strait Islander Employment Strategy 'Yaitya Warpulai Tappa'.

‘Aboriginal Cultural Safety’ is a full day session that will help staff to gain a better understanding of Aboriginal Australia from an Aboriginal perspective.

You will have the opportunity to ask those sticky questions you’ve always wanted to know the answer to, but have been too afraid to ask.

You can engage in culturally sensitive interaction where you will have the opportunity to listen to and share personal experiences.

Finally, the workshop will discuss ways to identify, promote and engage in Cultural Awareness and diversity activities across the University.

We encourage all staff to attend these workshops.

Note: Staff may find some content challenging and sometimes confronting.

‘Working with Aboriginal People’ is a half day workshop which will build on the discussions staff have had in the Aboriginal Cultural Safety workshops and explore further strategies for working with Aboriginal peoples.

Through a series of case studies we will explore issues such as Recruitment, Employment and Retention of Aboriginal staff.

As requested by a number of staff who have completed Aboriginal Cultural Safety, this half day workshop will be very interactive in order to explore as many scenarios as possible. It will reference UniSA’s Reconciliation Action Plan and Aboriginal and Torres Strait Islander Employment Policy and give participants an understanding of how we can achieve the goal of being the University of Choice for Aboriginal peoples.

Please Note: to attend this session, you must have already completed ‘Aboriginal Cultural Safety’ training in either full day or three-part format.

To those of you new to the School in 2018, welcome….and to everyone else, welcome back! In particular, I’d 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 during January/February. A full list of candidates and their titles are on the following page - as you’ll see it’s a big group this year with several more expected to start soon too! We’ve also welcomed 39 new Honours students across our programs, taking our total numbers to 76 currently completing their Honours within the School.

The December University Council meeting saw three more of our HDR candidates have their degrees conferred. This took our total HDR completions in 2017 to a very healthy 11. Congratulations to the following candidates:

- **Dr Courtney Davis** (supervisors – Dr Karen Murphy, Prof Janet Bryan, A/Prof Jonathan Hodgson): The effect of an Australianised traditional Mediterranean diet on cardiovascular health in a population of elderly Australian men and women.

- **Dr Donna Nitschke** (supervisors – Prof Susan Hillier, A/Prof Gaynor Parfitt, Prof Sarah Blunden): ‘Being the Best Learner You Can Be’: a randomized controlled trial of a neuroscience-based primary school program.

- **Dr Max Nelson** (supervisors – Prof Jon Buckley, Dr Rebecca Thomson, Dr Kade Davison): Monitoring post-exertional fatigue through the maximal rate of heart rate increase during submaximal exercise.

Congratulations also to Kerwin Talbot, who had her PhD conferred at the February University Council meeting:

- **Dr Kerwin Talbot** (supervisors – Prof Lorimer Moseley, A/Prof Sara Jones, Dr Victoria Madden): Discrimination, conditioning and generalisation: testing the assumptions of the imprecision hypothesis of pain.

To those of you who are deep in the process of grant writing (hang in there, you’re almost there!).

Do you remember the sense of satisfaction and pride when you had your very first paper published? In our School we like to re-live this excitement with our HDR candidates and staff, through the School First Publication Scheme. This month congratulations to PhD candidate **Stuart Millar**, who recently had his first publication accepted in the journal “Injury”. Details of Stuart’s publication can be found in the publication list later in the newsletter.

Staff and HDR candidates will have received an invitation to an upcoming ‘Town Hall’ meeting with the DVCRI **Prof Tanya Monro** on 1st May. Prof Monro will be covering a range of university initiatives so please add this session to your diaries. I’d encourage you to attend if possible.

Just a timely reminder, as per the Academic Regulations for Higher Degrees by Research, full-time HDR candidates should not undertake paid work for more than 8hrs/ week averaged over a 12month period. For full time candidates supported by scholarship, paid employment beyond the 8hrs/ wk contravenes scholarship conditions. To clarify, any paid work is irrespective of whether these hours of work fall within usual working hours (9-5) or are outside of usual business hours. HDR candidates are required to discuss workload with their supervisors before negotiating any casual contracts.

Wishing you a balanced and productive year ahead!
New Higher Degree by Research (HDR) Candidates

- Holly Bowen (Dr Kobie Boshoff, Dr Jocelyn Kemot, Dr Amy Baker, Fiona Dale): An investigation into the effect of the South Australian early childhood Inclusion Agency: examining content, context, and implications for practice

- Jacinta Brinsley (Dr Kade Davison, Dr Maarten Immink): Effects of exercise and psychology-based mindfulness interventions on mental health status of persons living with co-morbid diseases

- Tina Brodie (Prof Alex Brown, Dr Natasha Howard, A/ Prof Krishna Reddy): Development of an evidence-based social and emotional wellbeing public health model for Aboriginal and Torres Strait Islander communities through exploration of determinants of psychosocial health

- Rebecca Burgess (A/ Prof Marie Williams, Dr Kylie Johnston): The role of common medical language in shaping breathlessness beliefs and expectations in people living with chronic breathlessness

- Maria Chilvers (A/ Prof Marie Williams, Dr Kylie Johnston, Dr Katia Ferrar): Breathlessness in people with end-stage renal disease (ESRD) being managed with renal replacement therapies

- Noah D’Unienville (Prof Jon Buckley, A/ Prof Alison Coates, Dr Alison Hill): An almond, dried grape and dried cranberry (AGC) mix for improving endurance exercise performance in athletes

- Fabian Garcia-Byrne (Prof Jon Buckley, Dr Tom Wycherley): Fatigue measure in elite male fast bowlers using Global Positioning Devices

- Bethany Gower (Dr Kade Davison, Dr Danielle Girard, A/ Prof Andrew Maiorana): The development of a framework to guide objective assessment of cardiovascular health and function for clinical exercise services: A Delphi Study

- Daiki Kasai (A/ Prof Gaynor Parfitt, Dr Margarita Tsiros): The use of sub-maximal ratings of perceived exertion, during a multi-stage fitness test, reliably predict maximal oxygen uptake in children and feels better than a maximal fitness test

- Hayley Leake (Prof Lorimer Moseley, Dr Tasha Stanton, Dr Valeria Bellan, Dr David Butler): Investigating the effect of language and metaphor on pain

- Karlee Naumann (Dr Kade Davison, Dr Jocelyn Kemot, Dr Adrian Winsor, Peter Wilson): Exploring the physical and psycho-social benefits elicited by Immersion Therapy for patients with physical/intellectual disability

- Rosa Virgara (A/ Prof Carol Maher, Dr Anna Phillips): Development and evaluation of physical activity and screen time guidelines in out of school hours care (OSHC) settings

- Susan Ward (A/ Prof Alison Coates, Prof Jon Buckley, Dr Alison Hill, A/ Prof Siobhan Banks): The impact of diet quality on telomere length as a marker of cellular ageing in middle age to older Australian adults
Identifying and evaluating community-level built and social environmental factors in relation to preventable disease outcomes: strengthening the evidence base for remote communities in the Northern Territory (NT), Australia

Amal Chakraborty PhD Candidate, School of Health Sciences

The high prevalence of preventable chronic and infectious diseases in Aboriginal and Torres Strait Islander Australians is a major public health concern. The magnitude and extent of the burden of chronic disease and infectious disease in Aboriginal and Torres Strait Islander peoples are widely attributed to individual level behavioural risks (e.g., physical inactivity, poor diet, smoking, cleanliness). Given the importance of behavioural risk components and their influence on chronic and infectious diseases, it is also necessary to systematically assess the basis for such behaviours, which are inherently a function of environmental living conditions, opportunities and resources available. Available research on these relationships has been limited to non-Indigenous populations in non-Australian contexts.

This PhD research programme represents a novel mixed-method integrated knowledge translation approach for identifying, prioritising, and assessing community-level environmental indicators that are locally relevant. It also illustrates the application of an emergent design of a cross-sectional epidemiological inferential analysis informed by stakeholder input. This PhD research is a discrete project that built and expanded on a four-year (2013-17) National Health & Medical Research Council funded research project (NHMRC GNT1051824) entitled ‘Assessing infrastructure and contextual factors in relation to cardiometabolic outcomes in remote Indigenous communities: evidence for policy change’. Under the rubric of the broader NHMRC funded project, the specific aim of this PhD research programme is to strengthen the evidence base on aspects of the built environment that need to be addressed to improve infectious and chronic disease outcomes of Aboriginal and Torres Strait Islander peoples living in remote communities in the NT.

This PhD research has been undertaken in a sequential staged approach. In Study 1, a scoping review of publicly available planning documents was undertaken to identify and classify local level built and social environmental indicators. The scoping review study resulted in 1,120 built environmental indicators that were consolidated from publicly available community and regional planning documents. In Study 2, representatives from the Aboriginal and Torres Strait Islander and non-Indigenous public and environmental health workforce were engaged in a concept mapping exercise to further consolidate, sort and rate a final set of indicators (n=84). The community stakeholders were important to engage as they may have the greatest awareness of the environmental risk conditions related to the development of chronic disease and infectious disease from their experiences of living and/or working in these communities. The indicators and perceived importance ratings were displayed using concept maps. The concept mapping study identified the following 9 domains of built environmental indicators as contributing to the development of cardiometabolic and infectious diseases: 1) Community services, 2) Facilities for education and culture, 3) Facilities for health and safety, 4) Sports and recreational facilities, 5) Essential services, 6) Municipal and emergency services, 7) Transportation and communication, 8) Environmental protection and climate change, and 9) Community economic resources. ‘Facilities for health/safety’ and ‘essential services’ were the highest ranked domains in mean importance ratings for both chronic and infectious disease. Within these domains, adequate housing, housing infrastructure maintenance, water supply, storm water and drainage system, access to health services, reliable sewerage system and power infrastructure were identified as the most important contributors to the development of the diseases. The final Study 3 is currently being undertaken involving a descriptive cross-sectional inferential epidemiological analysis concerning selected features of community level built and social environmental indicators and infectious disease outcomes in remote Aboriginal communities in the NT.

Researchers are now moving towards utilising surveillance and monitoring data for larger scale population studies. There is a growing call for expanded availability and easy accessibility of data for community-level inferential analysis between environmental exposures and public health outcomes to better inform government policy and service delivery. The results from this PhD research can inform public health planning efforts by identifying priority areas to guide the systematic collection of indicators to monitor progress of health service provision aimed at Closing the Gap in remote Aboriginal and Torres Strait Islander communities.


Supervisors: Associate Professor Margaret Cargo, Professor Mark Daniel, Dr Natasha Howard and Professor Alex Brown.

Amal Chakraborty
T +61 8302 1314
E amal.chakraborty@mymail.unisa.edu.au

Amal Chakraborty
PhD Candidate
School of Health Sciences
PROGRAM DIRECTOR REPORTS

Associate Professor Steve Milne
Program Director: Bachelor of Health Science (Honours)

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

Dr. Alyson Cramer
Program Director: Exercise and Sport Sciences

Dr. Gail Davidson
Program Director: Clinical Exercise Physiology

Dr. Katherine Datock
Program Director: Health Sciences

Mr. Scott Pahley
Program Director: Human Movement

Ms. Jane Shepherdson
Program Director: Medical Radiation (Postgraduate)

Dr. Angie Berardi
Program Director: Occupational Therapy (Undergraduate and Postgraduate)

Dr. Gisela Van Each
Program Director: Physiotherapy (Undergraduate and Graduate Entry)

Mr. Mark Jones
Program Director: Master of Advanced Clinical Physiotherapy

Dr. Ryan Casley
Program Director: Radiation
The Division of Health Sciences offers Honours programs in seven areas, across a range of specialisations in health science, laboratory medicine, medical radiation science, occupational therapy, pharmacy, physiotherapy and podiatry.

**Honours**

The Degrees with Honours aim to encourage and develop skills in the principles and practice of research.

The following Honours programs are available to qualifying high-achieving students:

- **Bachelor of Medical Radiation Science (Honours) (Medical Imaging)**
- **Bachelor of Medical Radiation Science (Honours) (Nuclear Medicine)**
- **Bachelor of Medical Radiation Science (Honours) (Radiation Therapy)**
- **Bachelor of Occupational Therapy (Honours)**
- **Bachelor of Podiatry (Honours)**
- **Bachelor of Physiotherapy (Honours)**
- **Bachelor of Clinical Exercise Physiology (Honours)**

Do you want to do Honours? Here’s how

The Bachelor of Health Science (Honours) is available to students who have completed a relevant bachelor degree, such as Human Movement, Nursing, Midwifery, Nutrition and Health Science as well as a range of other allied health disciplines. **AND HAVE A GPA = 5.0 AND ANY PRE STATE PRE-REQUISITES.**

To apply, graduates must first identify an Honours research project and then discuss their interest with the project supervisor.

Links to available Honours projects can be found on our [website](#). How you apply for entry into the program depends on whether you are a domestic or international student.

For further information regarding the Bachelor of Health Science Honours program please contact:

Associate Professor
Steve Milanese
Program Director
T: +61 8 8302 1053
E: Steve.Milanese@unisa.edu.au
Bachelor of Health Science (Honours)

This is a quieter year than the last couple of years with 12 new students commencing the Bachelor of Health Science (Honours) Program in what is it’s 15th year of operation. Of the 12 projects three are within Nursing and nine within the School of Health Sciences.

It is pleasing to see that the range of research methodologies used across the honours projects remains diverse, ranging from quantitative, qualitative and mixed methods primary studies and secondary data analyses. This range of methodologies reflects one of the strengths of the Division, the wide range of research being carried out across the Division by Health Sciences staff.

So thank you to all the staff who put up projects for students to choose from and commiserations to those who didn’t get a student take up their project. I would recommend that you maintain your Directory of Research Expertise and make sure your staff page up to date, particularly reflecting your research interests. We are seeing more students in the Honours program now actively seeking out staff to develop projects with, based on an area of interest from the student. These students are often looking at progressing through to a PhD so by working with them to develop a project it is a great ‘try before you buy’ process for a future PhD student and supervisor. Remember we have a mid-year intake for the Divisional Honours program so it never too late to get on board.

It is also important that you remember that what we have signed off as the Honours committee for the Honours project is the information that is provided on the Honours project form. We check the application for compliance against the AQF Level 8 for an Honours project and to ensure that the university can resource the project etc. If you change the project, and this can happen, please let me know. I ask the students to provide a summary of their proposed research at the beginning of the semester, which I use for identifying examiners. We have had a number of students present projects that have very little resemblance to the projects that the Honours committee signed off on. In this case the student will not be allowed to progress with that project. This severely disadvantages the student’s progress, so I would strongly recommend that if there are any changes to the project that you flag them with me – much the same you would with making any changes to a funded research project.

Some staff have asked what training the Divisional Honours students get. There are a series of on-line lectures/workshops covering a range of research topics provided to the students when they enrol in HLTH 4017 (the first of the two Honours subjects). These topics include developing a research proposal, deconstructing the literature, developing a survey instrument, qualitative research, undertaking secondary data analysis, basic statistics etc. All students are expected to listen to all of the workshop lectures during their semester to give them some grounding in a range of different research methodologies. We also hold a face to face library workshop during the semester to refine their library skills.

Associate Professor Steven Milanese
Program Director: Bachelor of Health Science (Honours)
ANZALS 2017 Conference Report (4-7 December 2017)

The Australian and New Zealand Association for Leisure Studies (ANZALS) Conference was a fantastic experience and great to attend as a young researcher. All of the academics and practitioners at this conference were very welcoming of the early career researchers and were eager to hear about our research.

The highlight for me was getting the opportunity to share my research (Exploring the Health Education benefits of youths’ involvement in a sport based community development project) with other professionals and experts in the sport for development field. It was great to receive comments and feedback on my research, I found it very encouraging. In attendance at the conference were academics I had read and referenced throughout my honours and it was great to be able to talk to them in person, share my work with them, receive feedback from them, and absorb everything they had to share.

Another highlight was having the chance to listen to a wide variety of presentation in the sports and leisure field. Whilst I mainly attended presentations focusing on sport for development, it was good to listen to presentations focusing on different topics and to consider their common themes and differences. It was also interesting to note different presentation styles and whether I would be able to incorporate any of these into my own presentations.

Another benefit was the opportunity to network with those attending the conference. This brought many interesting conversations and presented possibilities and ideas for the future, whether that be for further research or for working in the field.

Overall, attending the ANZALS Conference was a fantastic opportunity and I believe that all research students should be given the chance to attend and submit an abstract to a relevant conference, as it provided me with so many learning and networking opportunities.

Sarah Habel
Bachelor of Health Science (Honours)
Bachelor of Health Science (Nutrition and Exercise) 

UniSA Online

UniSA Online went live on 8 January 2018, with several hundred students commencing their studies in programs from across the four Divisions. The XBNNE: Bachelor of Health Science (Nutrition and Exercise) program commenced with impressive student numbers and continues to grow – currently the XBNNE program has received 170 acceptances and 102 current enrolments. To date, the majority of students enrolled through UniSA Online are mature-age, with a significant proportion of students residing outside of South Australia. UniSA Online is achieving our ambition of extending UniSA’s reach to new, non-traditional cohorts of students.

UniSA Online (UO) courses comprise 10-week blocks to complete all associated teaching, assessment and feedback, and teaching is divided into 4 terms per calendar year. In addition to a common online course for all UO students – Critical Approaches to Online Learning (CURR3021) – the current XBNNE course being run in Term 1 is Foundations of Health and Physical Activity (HLTH1053). The Course Coordinator from our School is Dr Katia Ferrar and the Online Course Facilitator (OCF) is Dr Ysabella Van Sebille. Bella is the OCF for many of the courses within the XBNNE program and comes to UniSA Online with outstanding credentials, including a PhD in Medical Science and as recipient of the 2017 South Australian Young Achiever of the Year: Science and Technology. Bella has a keen interest in, and natural affinity for, teaching and has already proven to be innovative and dedicated to achieving quality course and student outcomes.

All courses in UniSA Online have recently undergone mid-course evaluation. The students have provided very positive feedback, with every student responding to every question with either ‘agree’ or ‘strongly agree’. Students are feeling valued and supported as an individual; they love the course lay out and find it user-friendly and easy to navigate; they feel as though the course is interesting, challenging and pitched at the right level. Below are a few glowing examples of student comments from the mid-course evaluation surveys:

- “I absolutely love this program already….”
- “The course material is fantastic. I like the format and step by step layout. Plus the balance between reading material and videos. I like the use of videos that are short and sharp (to the point). My learning style is accommodated well”
- “The tutors have been very helpful and prompt in replying to emails and messages which is excellent when we are all working around our own time constraints”
- “Continue doing what you are doing, I have found your approach to be excellent, other universities could learn from UniSA”

It is wonderful to get validation of the UniSA Online approach to course design and student support so early on in the program, as well as to receive such positive feedback for our teaching staff. The success achieved in the XBNNE program to date is great testament to the team of experts contributing from within the School of Health Sciences, School of Pharmacy and Medical Sciences, Teaching Innovation Unit and Library. UniSA Online is truly an enterprise-wide project and a great example of how UniSA works as one team and I would like to thank everyone involved. Specifically, I’d like to acknowledge the expertise and many hours of hard work invested by the team of relevant contributors towards the courses written to date, presently undergoing development, as well as those planned for creation later this year:

### Academic development and oversight

- **Associate Professor Nayana Parange** – Associate Dean: Online Education
- **Dr Negin Mirriahi** – Academic Developer, Teaching Innovation Unit
- **Dr David Birbeck** – Academic Developer, Teaching Innovation Unit (Health Science)
- **Dr Nayia Cominos** – Language and Literacy Coordinator (assessment design)
- **Mariam Shah** – Online Educational Designer
- **Anne Lonie** – Online Educational Designer, Teaching Innovation Unit
- **Hayley Timms** – Online Educational Designer, Teaching Innovation Unit
- **Adriana Ciccone** – Digital Curriculum Librarian, University Library

### Course coordination and development
- **Dr Katia Ferrar** – Foundations of Health and Physical Activity (HLTH 1053)
- **Dr Andrea Stringer** – Foundations of Human Biology 1 (BIOL 1052); Foundations of Human Biology 2 (BIOL 1053)
- **Dr Agnes Vitry** – Health and Society (HLTH 1054)
- **Dr Caroline Adams** – Lifespan Growth and Motor Development (HLTH 1055)
- **Dr Janette Young** – Health Promotion (HLTH 2034)
- **Dr Giordana Cross** – Foundations of Nutrition and Health (BIOL 1054)
- **Dr Maarten Immink, Dr Katherine Devonshire-Gill, Danielle Greaves, Russell Chan** – Body in Motion 1 (HLTH 2032)
- **Associate Professor Alison Coates** and **Jill Burnett** – Human Nutrition (HLTH 2035)
- **Dr Max Nelson** – Theory of Exercise Testing and Prescription 1 (HLTH 2037)
- **Associate Professor Bernard Hughes** and **Dr Maurizio Costabile** – Nutrition and Exercise Biochemistry (HLTH 2036)
- **Professor Jon Buckley** and **Henry Blake** – Body in Motion 2 (HLTH 2033)
- **Professor Kevin Norton** and **Michael Hartland** – Theory of Exercise Testing and Prescription 2 (HLTH 2038)
- **Dr Alison Hill** and **Jill Burnett** – Lifespan Nutrition (HLTH 2060)
- **Dr Melissa Hewett** – Food Safety, Quality and Security (HLTH 3063)
- **Dr Anna Gregory** – Professional Communication to Work in the Health Industry (HLTH 2031)
- **Douglas Pierre** – Psychology of Exercise, Sport and Health (HLTH 3066)
- **Dr Richard McGrath** – Project Management for Health and Wellness (HLTH 3065)
- **Dr Permal Deo** – Food as Medicine (FOSC 3017)
- **Dr Evangeline Mantzioris** – Nutrition for Exercise and Performance (HLTH 3064)
- **Dr Carmel Nottle** – Applications in Nutrition and Exercise (HLTH 3067)

During 2018 we will continue to develop new content, evaluate the program, its courses and teaching, refine our services and systems and commit to ongoing development and improvement.

Scott Adams  
Program Director: Bachelor of Health Science (Nutrition and Exercise)  
UniSA Online
Greetings to the incoming first-year Exercise and Sport Science students! I am very excited to be writing this first report as the Program Director for three exciting new degrees: the Bachelor of Exercise and Sport Science stand alone three-year program; the Bachelor of Exercise and Sport Science / Bachelor of Psychology Sciences (Counselling and Interpersonal Skills) four-year program; and the Bachelor of Exercise and Sport Science / Bachelor of Nutrition and Food Sciences four-year program. With an incoming class of 100 first-year students, the programs are off to a great start!

It was not THAT long ago that I was starting my first-day of university, so I know how it feels. It can be exciting and frightening at the same time! Luckily, I met some wonderful new friends and my undergraduate degree was the most amazing time. I hope that the current first-year students will experience something similar, and look back to orientation day and laugh at how nervous they were! Orientation day, on Wednesday 21 February, went off with a huge success. It was great to see the students interacting and meeting new (hopefully lifelong) friends. Thanks again to the upper-year students who volunteered their time to mentor the first-years and provide some welcomed advice. Again, welcome to the first-year Exercise and Sport Science students!

The teaching staff are ready to tackle this first semester with enthusiasm! We have Foundations of Physical Activity and Health offered online this year, with six in-person workshops. This is the first-year of this being offered online, and we thank Dr. Katia Ferrar for her efforts to put it together! We look forward to hearing more about how it went at the end of SP2. We also have a new advanced exercise and sport science elective being co-ordinated by Dr. Carmel Nottle: Sport Injury Prevention and Rehabilitation. This will involve 30 hours practicum working with athletes, and enable students to be accredited as a sports trainer. Thanks to Carmel for all of her work organising and redeveloping the course.

As many of the core courses to the Exercise and Sport Science program overlaps with the Human Movement and Clinical Exercise Physiology programs, together some of the staff from these programs took some time out for a team-building day away from the offices. In particular, we headed off to the Barossa for some wine tasting and croquet playing on Monday 22 January! It was a great day to bond with each other – and it made me even more excited for the year ahead. We hope to continue with these types of events throughout the year to increase camaraderie and friendships among the staff.

As some of you know, we have been going through the process of gaining accreditation through Exercise and Sport Science Australia (ESSA) since early 2017. We are still going through that process, hoping to have it all sorted by mid-year. Students who graduated in 2017 are still eligible to apply to ESSA as an Accredited Exercise Scientist; although they have to do so through the non-NUCAP method. Once we hear the outcome of our accreditation, we will be sure to inform all students appropriately. It is our hope that the changes we have made to our program because of the
Dr Alyson Crozier  
Program Director: Exercise and Sport Science

accreditation process will make our graduates even more competitive in the job market!

We are also excited to announce that we have hired three new full-time staff members, as well as one part-time staff member, will be joining the Human Movement / Exercise and Sport Science programs throughout 2018. At this stage, we can announce Dr. Max Nelson and Dr. Clint Bellenger as our new full-time hires and Patrick Faulkner as a part-time hire. While many of you know these individuals already, we are excited to have them on-board on a more permanent basis. We look forward to the contributions these three individuals will make to our programs!

As we begin a new teaching year, I hope that 2018 will bring lots of learning experiences, some ‘aha’ moments, and new friendship opportunities to those new (and not-so-new) to UniSA.

Dr Alyson Crozier  
Program Director: Exercise and Sport Science

School of Health Sciences (Issue 1 — December | January | February 2018 Newsletter)
New UniSA Software
The Exercise Science Toolkit

The URL is: http://www.exercisesciencetoolkit.com

This is a software program written by **Professor Kevin Norton** and **Dr Lynda Norton** and funded by the University of South Australia. After more than 2 years it is now functional. The Exercise Science Toolkit is free and online with over 40 tools across six modules:

- **Screening and risk factor assessment**
  Using a national screening system users can make pre-exercise screening decisions, and calculate absolute CVD risk and life expectancy

- **Fitness testing**
  Test results of anaerobic power and capacity, strength and aerobic fitness can be entered, or generated and investigated and there are comparison databases from systematic searches on elite-level athletes in over 100 sports

- **Body composition analysis**
  Anthropometry data can be entered, or generated for a virtual person and explored for various body composition metrics. The module includes descriptions of standardised anthropometry measurement sites and photos to help guide the user

- **Sport match function**
  Based on our published methodologies this module allows users to find sports that most closely match their own physical size, shape and composition

- **Generating virtual populations**
  This module allows up to 5000 virtual profiles to be generated and exported for analysis. This enables investigation of inter-relationships among variables covering lifestyle behaviours, health metrics, biomarkers of major risk factors, fitness, and body composition

- **Blood analysis**
  Users can compare their own measures of blood biomarkers (BP, lipid profiles, glucose) with population normative data collected from health surveys

It can be used in 2 ways: (1) to analyse empirical data, or (2) generating an unlimited number of virtual people and exploring them. It is useful across education levels from senior high school through to postgraduate and as a professional toolkit in practice. At least 4 courses at UniSA and several at Flinders Uni are using the toolkit and we have a growing databank of laboratories based specifically on the toolkit and embedded within the new online degree in nutrition and exercise. After about 20 days being ‘live’ it has had over 24,000 profiles analysed. We encourage you to explore the program to see if there are ways you think it might work for your teaching or research. We are also developing at least 2 more modules - children’s fitness, and clinical exercise physiology - and would be happy to talk to others interested to help on these or other modules you may have in mind.

The toolkit can also be used to capture research data, for example, in large-scale surveys involving measures of health, fitness or body composition.
High Performance Sport Centre

Early this year under the guidance of Professor Roger Eston and Scott Polley the High Performance Sport Centre (HPSC) was created to provide opportunities for funding, research, student placements and to showcase our schools reputation for excellence in sport and exercise science. The centre is primarily based on the ground floor of the Centenary building but also employs the environmental chamber and the larger teaching spaces in Playford. The centre provides a comprehensive range of athlete testing from VO2 max to lactate threshold and mechanical efficiency. It is an ideal destination for elite athletes, amateur enthusiasts and for those just beginning their athletic journey.

In the few short months since its inception the HPSC has been able to attract significant attention from organisations previously outside of UniSA’s sphere of influence. These include the Norwood Football Club, the Limestone Coast Sporting Academy and the South Australian Jockey Apprentice Academy. Discussions have reached the point where we will shortly announce a significant partnership with respect to student placements, research opportunities, three fully funded PhD scholarships and overseas student placements.

The HSPC also has significant links with the Adelaide Football Club where we work in their five departments and are currently organising with their Chief operating officer Mr Nigel Smart to undertake a series of student placements to India. This particular engagement will see our students run an AFL draft combine to unearth the next high profile recruit for the Adelaide Football Club. The HPSC has also received NCP funding for a sport science placement in the Philippines this year. The project has attracted significant interest from the Australian Embassy in Manila and we are currently in discussions around a federally funded documentary being produced about our student engagement. An example of our engagement in the local sporting community occurred only last weekend when six sport science students participated in a field testing session for the SANFL diversity squad. This type of activity not only provides detailed information for the coach and generates valuable income but also assists students in meeting their 140 hour placement allocation for our Professional Practice in Exercise Science course.

Even though still in its infancy the HPSC is growing rapidly and we encourage you to suggest any way you believe the HPSC might work for your teaching or research, or any organisations you believe would benefit from our expertise.

Cheers
Mike Hartland
High Performance Sport Centre Coordinator

Hit 107 Fitness Test for the Adelaide Cup!
Angus from Amos, Cat & Angus at Hit 107 joined the High Performance and Exercise Physiology Clinic to check out his fitness when he takes on a horse at the Adelaide cup for the race that stopped the station.

See the video with Angus and Professor Kevin Norton or check them out on Hit 107 facebook page https://www.facebook.com/amoscatandangus/.
Bachelor of Clinical Exercise Physiology

February has seen the commencement of another round of work integrated learning whereby 3rd year CEP students have begun their first practicum placements to hone their exercise testing and prescription skills in the real word. Likewise 4th year students have commenced their first placements working with people with a range of more complex clinical presentations. The beginning of this year also marks the commencement of a new bachelor program and we excitedly welcome the first cohort of 60 odd 1st year students into the Bachelor of Clinical Exercise Physiology (Honours). The shift to a ‘with Honours’ model means that students will graduate with a higher level of qualification and but even more importantly, a broader and deeper set of professional capabilities that transcend their discipline. Most exciting for us though, while spending the last year and a half of their degree developing these capabilities and a personal specialisation through an individual Honours project, students are working either with a team of academics or embedded within an industry organisation. This allows students to put their talents to work making a real contribution to their industry before they even graduate as well as building important professional networks.

As well as the 1st year cohort, both the 2nd and 3rd years transitioned to the new program which meant that the 3rd years have been busy reviewing and applying for projects already. To help portray the value of this we have asked two 3rd year students and their industry supervisors to comment on the change to the Honours program from their perspective.

The opportunity to undertake an honours project as part of my degree is exciting as it provides me with the opportunity to work and learn off well-established industry professionals, particularly Max Martin and Nathan Harten of ‘iNform Health and Fitness Solutions’, and assist in a project that is considered to further benefit Australian allied health approaches.

The new CEP with Honours project is a very exciting step for the growth and impact of exercise physiology in SA. It has a capacity to create a groundswell of new applied knowledge and clinical applications across multiple organisations and across the many different facets of exercise physiology. We have already seen a partnership develop as a consequence with one of SA’s leading Private Health Providers to evaluate an existing Health Behaviour Modification Program.”

Jack Calabro CEP 3rd year

“The new CEP with Honours project is a very exciting step for the growth and impact of exercise physiology in SA. It has a capacity to create a groundswell of new applied knowledge and clinical applications across multiple organisations and across the many different facets of exercise physiology. We have already seen a partnership develop as a consequence with one of SA’s leading Private Health Providers to evaluate an existing Health Behaviour Modification Program.”

Max Martin, Director and Senior Exercise Physiologist, iNform Health and Fitness Solutions

I am very excited to commence Honours study in 2018. While this is always a qualification I planned on pursuing in order to widen prospective employment opportunities, I am glad about the decision to include this within the undergraduate program. As it spans over two years, the stress caused by time constraints is reduced, and the opportunity to gain the most out the experience is maximised. Furthermore, as I plan to work in the area of neuro-degenerative disorder rehabilitation as a Clinical Exercise Physiologist, I hope this opportunity will allow me to establish valuable connections with those working in this field.

Natalya Zupan, 3rd year CEP student

The addition of the with Honours coursework to the Exercise Physiology Program provides students with an opportunity to engage in broader projects within our
organisation. For Helping Hand Aged Care, we welcome this addition as it allows the students to contribute to advancing the services provided to our clients, as well as gaining invaluable experience working with older adults. Often these smaller projects grow to provide recommendations to the organisation and allow us to continue to provide the best care and services for our residents. The students graduate with a higher level of degree and are more skilled in their practice and clinical management which is a bonus to any future employers.

Alison Penington, Exercise Physiologist at Helping hand Aged Care Research

I am also excited to announce four recent CEP grads that are commencing or furthering their research endeavours this year. Kimberly Szeto has commenced a year-long Honours research project with the pain science gurus in the Body in Mind research centre while Karlee Naumann and Bethany Gower have commenced Masters by Research and Jacinta Brinsley has commenced a PhD all with ARENA. Stay tuned to hear more about their respective projects as the finer details are fleshed out in the coming months.

For more details on D2 and Immersion Therapy see: https://www.determined2.com.au/

Dr Kade Davison
Program Director: Clinical Exercise Physiology

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

SADNESS IS

...a sprained ankle.

The UniSA/Determined 2 collaboration. HDR candidate Karlee Naumann (centre) with her project team (clockwise from front left) Peter Wilson (D2), Assoc Professor Gaynor Parfitt, Dr Kade Davison, Dr Adrian Winsor (SA Health), Jessie Miller (D2), and Dr Joceyln Kemot.
Bachelor of Health Sciences

The Health Science program has had a fantastic start to the year, and we recently welcomed our commencing first year students during O-week. Our third years have also made a great start to their final year with their first placement workshop in preparation for the Health and Wellbeing Industry Placement opportunity.

We’re continuing to expand our industry partnerships, particularly for our Project Management for Health Promotion course and the Health and Wellbeing Industry Placement. We are also collaborating with UniSA’s MatchStudio to co-create industry placement opportunities, and some of our staff and students have nominated to participate in the inaugural Match Tournament coming up soon. This is an amazing initiative which aims to use small, interdisciplinary student teams, led by an academic mentor, to develop a project pitch to address broad-scale issues. The theme for this first Match Tournament is “Humanising Data for an Age Friendly World”. Interested staff and students can get further information by emailing matchstudio@unisa.edu.au.

This year in the program we’re building on our approach to career development planning, in partnership with UniSA’s Career Services, starting with our first years in the SP2 course Health Concepts, Services and Trends. Students will be undertaking career development learning through online modules being developed by Career Services, embedded within core Health Science courses. The intention is that we will incorporate career development learning across the program, from first through to third year, to better prepare our graduates to enter the health workforce on completion of their degree.

The Health Science team are looking forward to what lies ahead in 2018!

Dr Katherine Baldock
Program Director: Health Sciences

Health Science Graduate News

Brooke Walsh, a Bachelor of Health Science graduate, is starting her Honours degree this year supervised by Dr Caroline Adams, Dr Janette Young and Dr Amy Baker. Her project will focus on participation in classical ballet classes among older women.

Staff accomplishments

Dr Janette Young has edited and contributed to a new book as an author (with Dr Amy Baker):


Domestic animals are an integral component of human leisure experience and can enhance the physical, social, and mental wellbeing of humans. The interplay of human and animal experiences of justice, wellbeing, rights, and roles within leisure is the central theme of this book. Research explores the position of domesticated animals in human leisure experiences, in a wide array of leisure settings. Chapters question whether domestic animals may have a desire for leisure that is different from human leisure, whether animals have and wish to fulfil needs for meaningful leisure or non-leisure, and whether human leisure needs and desires may coincide or contradict wellbeing interests of animals.
Eight out of the ten tallest mountains, including the Mount Everest (8,850 meter high from sea level) are located in Himalayan nation Nepal. Last December/January, Arjun Burlakoti, his wife and daughter spent their holiday touring the Himalayan nation, Nepal. Nepal is the home country of Dr. Arjun Burlakoti, a lecturer in the School of Health Sciences. They visited the country sites around the Central and Mid-Western part of Nepal. That included important historical places like Gorkha, Tanahun, Shyanja, Dhading, Kathmandu valley, a gorgeous city next to the mountain Annapurna and Mount Fishtail called Pokhara valley and Mount Annapurna region.

Arjun is a medical doctor with a background working in general Surgery. During the tour, he also visited some tertiary hospitals, Nepal Army Institute of Health Sciences Anatomy Department, Kathmandu Model Hospital where Arjun used to work as a General Surgical Medical Officer before being sponsored to teach clinical Human Anatomy in a Chinese Medical University in Shandong and then migrating to South Australia. They got an opportunity to mingle with their colleagues in the Nepalese Army Anatomy Department and see how anatomy courses are being taught in the workshops, the lecture and dissection theatres.

Arjun is from a beautiful village named Salbas (located next to the 8th highest mountain in the world, Mount Manasalu, 8,163 meters high from sea level), which lies 150km northwest to the capital city Kathmandu (almost 1500 meters from sea level). Arjun and his family spent most of their time visiting the countryside and areas affected by the devastating earthquake in 2015. Most of the families around the earthquake disaster affected area are still living in temporary shelters hoping to get some pre announced government assistance to build their houses however, they look happy and living comfortably.

Arjun also took the opportunity to see some patients in the village and volunteered to perform some minor surgeries during his stay. They also trekked to some of the magnificent destinations such as Bandipur (which is famous for its culture and the majestic view of some seven highest mountains including Mount Annapurna II (7,937 meter from sea level), Matatirtha (a beautiful place located next to the dense jungle and on the southern part of Kathmandu valley and we can see mountains in the North as well).

Their two and a half year old daughter Bindee loved seeing animals very much and she enjoyed being with calves, buffaloes, street dogs, monkeys and goats most of the occasions. On the way back to Adelaide, they were lucky to view the Himalaya (including mount Everest) from the aeroplane. Please enjoy some pictures from Himalaya.

Dr Arjun Burlakoti, Lecturer in Anatomy (Neuroanatomy), School of Health Sciences
Bachelor of Human Movement

2017 was both challenging and exciting for Human Movement with much of the hard work about to unfold with developments this year.

Bachelor of Health Science (Nutrition and Exercise) (online)
This online Program launched in January 2018 (along with 9 other new Programs in the University) in cooperation with the Division, UniSA online and the School of Pharmacy and Medical Science. Scott Adams is now the Program Director – see his newsletter contribution elsewhere. Scott lists all the folks that I would like to thank for their hard work and commitment to the project so won’t repeat here. Well done all.

Bachelor of Exercise and Sport Science (IBXS), and double degrees Bachelor of Exercise and Sport Science / Bachelor of Nutrition and Food Science and Bachelor of Exercise and Sport Science (IBXN) / Bachelor of Psychological Science (Counselling and Interpersonal Skills) (IBXP)
The Bachelor of Exercise and Sport Science was briefly labelled the Bachelor of Human Movement (Exercise and Sport Science) but has been re-launched as the Bachelor of Exercise and Sport Science. Students can now undertake a dedicated Exercise and Sport Science program that focuses on accreditation as an Exercise Scientist with Exercise and Sport Science Australia (ESSA). The program has around 70 first years commencing and about 50 others transferring from other Programs. The leadership baton for these programs passes to the new Program Director Dr Alyson Crozier. The application for accreditation for this program is still on-going and it is hoped that the status of graduates from 2017 will be known soon. The total number enrolled in a first year Foundation in Physical Activity and Health Course is 89, with 17 from IBXP, 27 from IBXN and 45 in IBXS. See Alyson’s first report elsewhere in the newsletter.

Open Day

The Bachelor of Human Movement and associated double degrees continues to thrive, albeit with reduced numbers from those that chose to do Exercise and Sport Science as an alternative with a total of 251 enrolled in the First Year Foundation in Physical Activity and Health course, with 19 IBHN (Nutrition), 12 IBHC (Psychology) and 220 in the single IBHT degree.

Most of these students attended Open Day (see photo montage) where they met their first year course coordinators, received important University survival tips and met senior students to get some advice. A big thankyou to the Human Movement and Exercise and Sport Science student mentors who volunteered an hour of their time as well as the offer of on-going support. These student volunteers were drawn from current senior students, but also included a number who were no longer in the program and have either used Human Movement as a springboard to other programs such as Clinical Exercise Physiology or are now engaged in post graduate programs such as Teaching. Their support for these students is greatly appreciated by the School.

I will remain Program Director of this program until the end of the year when my second term will conclude. There is some incredible talent in our staff team who will no doubt take these Programs to the next level again.
High Performance Sports Centre

Although no official launch has taken place the High Performance Sports Centre officially commenced operation in February. Previously known as the High Performance Clinic this Centre has a focus of engaging with high performance sport and providing services to individuals, community and professional sport. The Centre fills a gap for sporting individuals and teams who seek testing and assessment, as well as programs and advice to improve physical performance. Early signs are very promising with clients including Adelaide United, Invictus, Adelaide Crows, Limestone Coast Sports Academy. These activities provide valuable placement and experience opportunities for senior Exercise Science students as well as services for organisations that may not have all the infrastructure to carry out the high level evaluation and reporting required for success in 21st century sport.

UniSA Connect

For several years Professor Kevin Norton has collaborated with the UniSA Connect to bring year 11 and 12 Health and Physical Education students on campus to hear about recent developments in Sports Science to assist their final investigation. Schools have been able to access presentations from Academics and PhD students using the latest technology and research as well as recent industry knowledge about strength and conditioning. This program will again run this year under the direction of Professor Norton. As well as inspiring students to engage in deeper thinking about their research question the program also hopes to inspire careers in STEM, research, Health and Sports Science. Feedback from this program has been outstanding over the last 2 years and this led to a trial of an additional Health Science program in Outdoor Education in February. A full report will be in the next newsletter once student and teacher evaluations come through.

New Staff

We are very pleased to welcome several new staff to the School of Health Sciences that will teach within the Human Movement / Exercise and Sports Science suite of programs. It is great to announce that Patrick Faulkner will continue beyond July with
an additional teaching focussed contract. **Dr Max Nelson** will commence a full-time 3 year position as a teaching focussed academic in March, and **Dr Clint Bellinger** will commence a tenured balanced academic role in July. An additional staff member at level C will be formally announced once all the final paperwork has been approved. We are indeed fortunate to have had such high calibre applicants for all of the positions nationally and internationally and extremely pleased that some of our own graduates have progressed to the stage where they were successful against highly credentialed applicants. They are great credit to the teaching and research team that mentored them to such high standards as well as themselves. The School is very well placed to continue to progress the current high quality teaching and research record in these fields. The future is very bright indeed.

**Teaching quality focus in 2018**

With a reduction (not elimination – there are other projects on the boil) in the heavy demands of program development and accreditation behind us the Program teams are returning to focus on continuing the development of teaching and learning quality. Whilst students and peer evaluations for courses in the Programs are generally excellent it is not something that was to be taken for granted. **Scott Adams** has taken a lead on this and has provided support for staff to take on peer partnerships as well as contribute to on-going conversations about integration, program based assessment and e-portfolios.

Scott Polley  
Program Director: Human Movement

**Junior Commander Training**

**Dr Maarten A Immink**, Senior Lecturer Human Movement and expert in cognitive factors in human performance, was recently invited to observe junior commander training at the School of Armoury based at the Puckapunyal Australian Army training facility in Victoria. His observational visit to Puckapunyal is part of his involvement in a research project within the Human Performance Research network (HPRnet, pronounced hip-er-net). The HPRnet was established by the Department of Defence Science and Technology (DST) and the Australian Army to enhance the performance of Australia’s military personnel. Dr Immink is part of a research team that includes University of South Australia experts in cognitive neuroscience (**Prof Ina Bornkessel-Schlesewsky** and **Prof Matthias Schlesewsky**) and virtual and augmented reality training and wearable computing (**Prof Mark Billinghurst**, **Prof Bruce Thomas** and **Prof Javaan Chah!**). The University of South Australia team was awarded a research grant to investigate psychological methods for improving cognitive performance. There are seven university-based teams in the HPRnet. For more information on the HPRnet, see [https://www.dst.defence.gov.au/sites/default/files/basic_pages/documents/DSC%202018%20HPRNET%20Web-FINAL.pdf](https://www.dst.defence.gov.au/sites/default/files/basic_pages/documents/DSC%202018%20HPRNET%20Web-FINAL.pdf)
Bachelor of Medical Radiation Science

Welcome to the 2018 academic year. At the time of writing we already have fourth year students on clinical placement. They were very excited to be heading out to clinical though somewhat apprehensive as they felt they had not been in the clinical environment for a while. They should all be settled in by now.

It is always energising meeting the first years on Orientation Day and this year was no different with many student attending to have their first contact with the university and their chosen field of study. It is great for the lecturers to meet the students and this happened when the new students were given a personalised tour of the Medical Radiation facilities by the lecturing staff.

For our second year group they are now entering the part of the program where they have their stream specific courses and they are all interested to explore their chosen stream in greater detail. They have had a general introduction to their stream and the observation days which really assist them and they really appreciate this brief but important clinical experience. Many of the students report that it is the observation days that assist them to understand what their future career entails. A huge thank you to those who offer this opportunity to the first year students.

The third years are embarking on the theory behind the more complex examinations and specialist imaging procedures. This is often a challenging year for the students however in the end they really enjoy it and particularly the interspersed clinical experience.

This year has seen another increase in the number of students taking the ‘with honours’ option of the program which is great to see. Thank you to the clinical partners who have assisted by generating the projects and co-supervising the students by offering their invaluable clinical expertise to the supervision team. It is heartening to see such interest in this important option from both the clinical staff and the academic staff. If you have any ideas of potential projects please contact Michala Short, the honours stream coordinator (michala.short@unisa.edu.au) who will assist you to develop your ideas into a project and support you in the process of gaining answers to your clinical questions.

Staff are returning to the program this year with Kathy Guerrero returning to the Nuclear Medicine team after leave and Amber Bidner, who filled Kathy’s position, is now involved in the clinical courses so you will still see Amber out and about and involved in the program which is great. We would like to take the opportunity to thank Tess Smith for her continued involvement in the program and her contribution to the program.

We look forward to working with you this year and would like to take this opportunity to thank you for your continued support of the Medical Radiation Science Programs.

Kind regards

Jane Shepherdson on behalf of the Medical Radiation Science teaching team.

Eva Bezak, Amber Bidner, Cristina Blefari, Greg Brown, Nadine Ellis, Eileen Giles, Kathy Guerrero, Donna Matthews, Denise Ogilvie, Joanne Oldfield, Tim Sawyer and Michala Short.
MRI Safety

Recently a manufacturer of metal screening devices contacted a number of prominent voices in the Magnetic Resonance Imaging (MRI) safety community for a thought piece looking at what we thought will be critical topics of discussion action in the year ahead.

**Greg Brown** was contacted because he maintains an active role in on line discussion with MRI radiographers globally, and has a particular focus on the practices used to protect patient safety during MRI examinations.

Greg is a life member and fellow of the international MRI radiographers’ educational body the SMRT, a member of their MR Safety committee, and served by invitation on the inaugural American Board of Magnetic Resonance Safety, and holds two of there certifications (MR Safety expert, MR Safety Officer).

And of course Greg is a UniSA alumni as well as staff.

Greg is one of two non – US voices in the article, and the only academic in the list and is happy to be able to fly the UniSA flag in a blog post that is gathering hundreds of views since its launch last week.

Click on this link to read the article: "MRI Safety in 2018: Nine Experts share their predictions of the top trends to watchout for in 2018"

My name is Myxuan, and I'm currently undergoing my third year of Radiation Therapy at the University of South Australia. From December 2017 to February 2018, over a period of 7 weeks, I undertook the Division of Health Sciences Vacation Research Scholarship. I was able to select my topic from a large variety of projects on offer across all the health sciences. The title of my project was: Review of proton therapy clinical studies for paediatric cancers of the central nervous system. The goal of this project was to produce a narrative literature review for the purpose of future publication. Throughout this process I had guidance of my supervisors: Eva Bezak, Michala Short, Eileen Giles and Donna Matthews.

This scholarship provided me the opportunity to gain an experience of the research process and develop my research skills during the end of year break, without the stress of ongoing subjects. In addition this project had direct connections with future developments in my area of study. During the course of this project I had the opportunity to talk directly with a radiation oncologist involved with paediatric cancer treatments, visit the Royal Adelaide Hospital to consult radiation therapists and medical physicists with first-hand experience with proton therapy, and visit the cyclotron located at the South Australian Health and Medical Research Institute.

Through the assistance of my supervisors I developed skills in database searching, using EndNOTE for sorting and referencing purposes, article analysis, and literature review writing. I found and analysed a total of 74 articles. Overall, articles found no compromise of overall survival or local control with the use of proton therapy, when compared to conventional radiation therapy. A general trend for reduced acute and late toxicities were associated with proton use, however patient follow-up times were limited, suggesting the need for longer follow-up durations in future studies.

Overall this project allowed me to gain a very beneficial and invaluable opportunity to gain first hand research experience, alongside experts in my field of study. The experiences I’ve gained during the course of this scholarship have guided my decisions in pursuing further research training, through undertaking honours this year. Thank you to my supervisors for their guidance and assistance. Thank you to the UniSA School of Health Sciences for the providing the Vacation Research Scholarship.

Cyclotron visit at the South Australian Health and Medical Research Institute. From right to left: Myxuan Huynh (UniSA), Paul Reid (UniSA), Wendy Phillips (RAH), and Johan Asp (UniSA).
Graduate Diploma and Masters of Medical Sonography

The Medical Sonography team has had a cracking few months as we have transitioned from 2017 to 2018.

Grants and Projects

Dr Jessie Childs, with research team Associate Professor Kerry Thoirs and Professor Adrian Esterman have been awarded the Australasian sonographers association research grant of $12,000 for their project ‘The accuracy of a simple sonographic liver volume equation to determine hepatomegaly’. The start of this research will coincide with the beginning of the research into ‘can bedside ultrasonography accurately predict liver volume in patients following a very low calorie diet (VLCD) prior to laparoscopic anti-reflux surgery?’ for which research team Dr Jess Childs, Associate Professor Sarah Thompson, and Professor Adrian Esterman have received a $13,000 Royal Adelaide Hospital Clinical Project grant to undertake. It is exciting to see some research money coming in to Sonography research projects, and is hopefully an indication of a strong future of collaborations with other research projects across the division.

Jess has also recently become a member of the steering committee for the Australian and New Zealand Medical Radiations Research Network (ANZMRRN). The goal of this committee is to bring Medical Imaging and Radiation Therapy professionals together in all aspects of research. In addition, Jess will also be serving another term as the Chair of the Fellowship Committee for the Australasian Sonographers Association.

Sandy Maranna has been merit elected for the Global Online Education taskforce for the International Society of Obstetricians and Gynaecology. The Taskforce consists of members from eight countries, with Sandy being one of the two representatives from Australasia.

International Conference on Models of Engaged Learning and Teaching (I-MELT)

Sandy presented a poster about conceptual framework, consisting mainly of clinical skill and research skill frameworks used in her course, titled: ‘E-assessment evaluation of preclinical skills in an online postgraduate sonography course’. Authors: Maranna S, Greyvensteyn M & Parange N.

Sandy also presented another poster on behalf of Dr Nayana Parange and the sonography team: ‘Teaching evidence-based practice online using a programmatic approach in a postgraduate sonography program’. Authors: Parange N, Osborne B, Maranna S, Childs J, Lamb K, & Thoirs K.

Both posters were very well received by the audience and generated collaborative discussions.
WHO-ISUOG collaboration

As a part of involvement in a multi-country randomized control trial, Sandy lead the training team and provided trial-specific protocol training to ten obstetricians in a 2400-bed multi-speciality tertiary clinical, teaching, and research institute in Southern India. Sandy is continuing her collaboration with this project by leading the quality assurance for the ultrasound component.

The Hospital Research Foundation - Healthy Newborn Project

The first round of training workshops for the Health Newborn Project were run in February, with Nayana and Sandy playing tutors for the weekend. A second workshop will be run in March.

There were 12 participants, a mix of GPs and midwives, all serving rural, remote and Aboriginal communities. The health professionals were provided training in basic antenatal lifesaving ultrasound services. Training was on campus using the high fidelity simulators as well as real live pregnant volunteers.

The impact on clinical practice and community will be evaluated by the research team of Nayana Parange, Eva Bezak, and Amber Bidner. We look forward to being able to report these findings in the near future.

On a personal note, I'd like to acknowledge publicly the support I have had from the Medical Sonography team, as well as the new faces I have met across a huge range of portfolios within the division, as I have settled into the role of Program Director. We have been operating with just the four of us for a few months, and Kate, Jessie, and Sandy have done an amazing job of stepping up to fill in the gaps as required. We look forward to welcoming some new staff shortly!!

Brooke Osborne
Program Director: Medical Sonography
Provision of one ultrasound scan in the first trimester of pregnancy can enable timely implementation of appropriate management measures during pregnancy in cases of fetal growth restriction and other disorders, and can positively impact a child’s health in the neonatal period thus improving childhood health. This care is best practice, supported by RANZCOG clinical practice guidelines. This care is available to mothers-to-be in those parts of Australia where there is available, affordable, timely access to US scans, resourced by skilled sonographers and radiologists who can interpret and report on the scans. It is a different story for many mothers-to-be in rural and remote areas of Australia who can experience many challenges to access to timely ultrasound scans in critical stages of pregnancy due to many reasons, including lack of trained practitioners who could perform the point-of-care ultrasound as required. Medical Sonography group at UniSA with the help of the Hospital Research Foundation is running two Antenatal ultrasound training workshops to reduce this gap.

The first of two Antenatal ultrasound training workshops was held at the University of South Australia’s state of the art ultrasound simulation lab on 10th and 11th February. Thanks to The Hospital Research Foundation’s generous funding and the University’s assistance and donation of its facilities, the training day enabled six midwives and six general practitioners servicing rural, remote and Aboriginal communities to travel to the University’s City East campus for the two day workshop.

The 12 participants came from Clare, Barmera, Whyalla, Streaky Bay, Port Lincoln, Tjuntjuntjara, Yalata, Oak Valley, Port Augusta (Flying Doctors Service), Waikerie, Anangu Pitjantjatjara Yankunytjatjara Lands, and Halls Creek (WA). Initial feedback from the participants was extremely positive, particularly in regards to the high fidelity simulators provided by the University and the session involving real live pregnant volunteers, who we would like to thank for donating their time.

It is worth noting the under-resourced and sometimes very isolated conditions that some of these rural and remote healthcare practitioners work under. It was great to have these 12 individuals donate their weekend to learning new and possibly lifesaving skills that will benefit patients in their communities.

The Healthy Newborn Project research team would also like to thank Sonosite for the use of their ultrasound equipment on the weekend, the sonographers Sandy Maranna and Associate Professor Nayana Parange who delivered the training, and also UniSA staff, Emma Jonnek, Judy Bames and Ryan Higgins who provided their valued assistance.

A second workshop will be held on 17 and 18 March. There are several available positions remaining for any GPs or midwives servicing rural areas who have access to ultrasound equipment (contact Amber Bidner- Project Manager via email Amber.Bidner@unisa.edu.au). Thanks to The University and The Hospital Research Foundation, the training is provided at no cost, with travel/flights, accommodation and lunch provided.

Impact of the training on clinical practice and community will be evaluated in addition to a nation needs survey.

For further information

UniSA Media release – Healthy Newborn Project Ultrasound training to save lives in regional SA by Adam Joyce


Amber Bidner
Research Project Manager

Health Newborn Project Antenatal Ultrasound Workshop
Dr Angela Berndt  
Program Director

**Bachelor of Occupational Therapy**

Occupational Therapy program is experiencing a period of growth, change and adaptation.

We farewelled Hugh Stewart and Mandy Stanley within weeks of each other! Hugh, who after 20 years has moved to Brisbane to join the Australian Catholic University and Mandy who after 29 years with UniSA, has headed west to join Edith Cowan University. So, I am writing this report in my new role as Program Director, and what a busy few weeks it has been.

We held our planning day on February 14th where we time lined the curriculum and other quality projects we are currently undertaking, presented SP5 2017 course reviews with subsequent plans for 2018 and shared our research goals and progress.

On February 16 we presented an occupational therapy practice educators symposium to 67 occupational therapists, most were present at City West but we also live streamed to rural locations. The symposium was a first as we co-hosted with the Flinders University Program, presenting an integrated program. The feedback was very positive and we thank our field practice team for their efforts. In the concurrent streams, some participants elected to visit the new City West Clinic and talk with our newly appointed OT NDIS service provider there about opportunities and ways to work with students in the NDIS.

The two OT programs have approximately 450 students. A snap shot sees our 4th years out on their first 9-week block completing either their participatory community practice project or field practice 400. Second year MOT students are preparing for their project placements alongside other core coursework. Third year BOTs are about to begin their weekly group program placement with 4year olds in children’s centres or older people with dementia in residential care; while second years are considering ways to modify environments to enable occupation.

This year we experienced very high first preference numbers for the undergrad program (BOT) resulting intake of 148 students. We also saw increasing GPA cut off rankings for our 25 new master’s graduate entry (MOT). O-Week was well attended; Occupational Therapy Australia held a booth to provide information about student membership. Our new MOT students participated in team building by kayaking in the Port River and orienteering in North Adelaide with Human Movement student facilitators. Our newly arrived international students particularly enjoyed the activities. Staff and the CPU are working closely to ensure students are compliant with all regulatory expectations and ready to undertake placement as the new placement systems are also rolled out.

We are managing our big intake as we recruit and plan for new staff to join us. We are also determining ways to support our growing casual tutor numbers. As the numbers of classes grow, we have flagged consistency and quality of student experience as a priority. We have more 8am starts and 7pm finishes as we use time and space differently to accommodate more people on campus.

Occupational therapy is involved in a number of research grants and projects. As examples, three ongoing projects include Amy Baker and team - Help-seeking of emergency service first responders for mental health concerns (The Road Home); Shelley Wright - The impact of a play based intervention for children who have experienced trauma (Channel 7 Children’s Research Foundation); and Angela Berndt and team – Social return on investment for complex vehicle modifications for people
It is my 20\textsuperscript{th} year at UniSA and I am starting my 5\textsuperscript{th} role. Twelve years after graduating from this school, I started here in 1998 as the Clinical Director of the Driver Assessment Rehabilitation Service, moved to teaching and then to PhD study, to ECR, now I’m a mid-career academic and Program Director. The 17 year old me would never have imagine this career! I feel very lucky personally and look forward to what OT program will continue to offer as we grow and thrive.

Dr Angela Berndt
Program Director: Occupational Therapy
Inaugural Occupational Therapy Practice Education Symposium

On the 16 February approximately 70 occupational therapists involved in supporting student placements came together for a Practice Education Symposium, which was hosted by the University of South Australia and Flinders University with sponsorship from Performance Health. Occupational Therapy Australia also had a presence and took the opportunity to network with participants as well as hear some great presentations. The symposium was also live streamed to allow rural therapists to participate. Data regarding how many people accessed or joined the livestream is still to be collated, however we do know had eight rural therapists registered.

Presenters included academic staff from University of South Australia and Flinders University as well as clinicians. The plenary sessions covered a range of topics very relevant to therapists supporting students on placement as well as new graduates entering the workplace. Topics included: theory of learning-to-practice, guidelines and tips for supporting millennial students, creating positive student experiences, structuring formal supervision, enhancing student resilience, challenging conversations and addressing difficulties, and culturally responsive practice. Breakout sessions allowed participants to choose between customising the SPEF-R and mapping clinical reasoning, collaborative placement models or rural placement supports. Feedback highlighted how engaging and informative the presentations were. The idea to have a joint symposium came from Wendy Cearns, Clinical Liaison Coordinator at the University of South Australia – so a big shout out to Wendy as I think we will see this becoming an annual event.
Bachelor of Physiotherapy

The Physiotherapy teaching team have done an amazing job rising to numerous challenges facing them at the beginning of 2018. Not least of the challenges has been the rolling out the largest ever first year in the same year as rolling out the largest ever third year in the history of physiotherapy programs in SA, with all the accompanying challenges of last minute equipment purchases, and finding sufficient placements, lecture, tutorial and practical class rooms and skilled teaching staff, and without compromising on the quality that is required to retain accreditation. At the same time we have been grappling with bringing students up to speed with new CPU prerequisite requirements for placement, a new credentialing system for casual staff employed at SAHealth sites, and rolling out a new program, the Bachelor of Physiotherapy (Honours). We look forward to welcoming three new staff members in the next few weeks. Each physiotherapist deserves an employee of the month award! Special thanks also go to Kuan Tan who has been a tremendous support in a marketing drive to find enough patients for our clinics, and to the staff of the CPU who have been working tirelessly in the background (also grappling with the implementation of 2 new systems and new prerequisites). Finally we acknowledge the incredible support of our industry partners. We are particularly delighted to welcome Calvary Health Care this year into the fold as part of our Acute Care teaching arrangements.

Dr Gisela Van Kessel
Program Director: Physiotherapy (Undergraduate)

Enhancing resilience

Gisela van Kessel and Margo Brewer (from Curtin) with Mille Watson (RA) and Helen Flavell (Evaluator) in attendance delivered the Enhancing Resilience workshop on 7th and 8th of November 2017 at UniSA. It was great to see a range of disciplines represented on the day including an online developer (1); Occupational Therapy (4); Physiotherapy (5); Clinical supervision staff (3); Nursing/midwifery (4) Human Movement (1); Medical Radiation (2). Participants were asked to sit in pre-allocated seats to encourage cross discipline conversations for the first session and then invited to sit where they chose. Many participants moved around but continued to choose to sit in a multidisciplinary group throughout the 2 days. The content of the sessions focussed on student resilience, but also addressed staff resilience and academic leadership for change. After the workshop a number of coaching sessions have been utilised with groups of participants working with Gisela to progress their ideas generated by the workshop. It is exciting to see a 4 projects are going to be implemented in study period 2 2018 within a wide range of programs and disciplines as well as being delivered to a variety of year groups. The ATN grant will survey students participating in these activities to determine outcomes within the student experience. Another outcome has been the invitation to present to Occupational Therapy and Physiotherapy clinical Educators.

Overseas student visits

In the past month, students from Woosong University, South Korea and Universiti Kebangsaan Malaysia, Malaysia, visited our School and Dr Saravanan Kumar played host to these students. The students from Woosong University, representing a range of allied health disciplines including physiotherapy, speech pathology, health care administration, psychology visited various clinics at our School (physiotherapy,
This provided an opportunity to showcase how our School specifically and UniSA more broadly provided cutting edge access to healthcare for all South Australians. These students also visited the Anatomy labs and were impressed by the facilities. A big thanks to Dr Nicola Massy-Westropp, Dr Arjun Burlakoti and Dr Harsha Wechalekar for their time and efforts in showcasing the anatomy labs and spending time with the students. In early February, five higher degrees research students from Universiti Kebangsaan Malaysia attended a systematic review training workshop conducted by Dr Saravana Kumar. Saravana has ongoing links with allied health staff and students from Universiti Kebangsaan Malaysia and this visit helped these students to gain valuable knowledge and skills in systematic reviewing which they will use as part of ongoing higher degrees research.

Grants

- Dr Katherine Baldock, Dr Saravana Kumar and Ms Esther Tian have been successful in securing funding from the Department of Department for Education and Child Development to investigate the impact of and outcomes from outdoor play amongst children in South Australia;

- Dr Saravana Kumar, Dr Julie Walters and Ms Esther Tian have been successful in securing funding from Lifetime Support Authority to undertake a rapid review of the literature on the safety and effectiveness of osseointegration for lower-limb amputation;

- Dr Saravana Kumar, Dr Maureen McEvoy and Dr Julie Walters have partnered with Sooraj Venugopal and Matthew Beard from the Royal Adelaide Hospital in securing funding through the Alison Kinsman AM Physiotherapy Research Grant to investigate the impact of physiotherapy-led Spinal Telehealth Clinic for the South Australian Prison Health Service.

Scholarships

Ms Yasamin Vezari, a past honours student and commencing PhD student at our School, supervised by Dr Saravana Kumar and Dr Matthew Leach, has won a Commonwealth Scholarships Program for South Australia. Ms Vezari’s research investigates how research is conducted and utilised in the field of complementary and alternative medicine.
European Respiratory Society (ERS) conference reflection report

In September I had the opportunity to travel to Milan, Italy to present at the European Respiratory Society (ERS) International Congress. This was one of the largest conferences in the field of respiratory medicine, attended by 22,000 international delegates from a wide range of backgrounds including scientists, epidemiologists, respiratory physicians and allied health professionals.

During the conference, I presented results of my pilot study entitled “A life history calendar to map lung health risk exposures: pilot study” in a poster session. The graphical representation that I have used to present various risk factor exposure over the life course attracted the most interest from fellow researchers and led to some interesting discussion on its potential to be applied to other disease risk assessments. In addition to being able to present my results to an international audience, the abstract was published in a supplement of the September 2017 edition of the European Respiratory Journal. This journal is highly prestigious, ranking 3rd of 59 in the field of respiratory with a high impact factor of 10.6 that reaches an international audience.

Throughout the conference, I attended a wide range of sessions on the effects of early life events on later life lung health and factors associated with lung function development that was directly relevant to my PhD. There were a significant number of presentations on the associations between air pollution, use of solid fuel (e.g. wood) for cooking and heating on lung health. While the association is well recognised in the literature, in the Australian respiratory conferences that I have attended so far there have been limited presentations in this area as the air quality is relatively good in Australia when compared with other parts of the world. Listening to passionate researchers discuss this issue of air pollution on lung health from a global perspective, existing barriers and potential actions was eye-opening. During the conference, I also had the opportunity to network with different researchers and was fortunate enough to meet Professor Peter Burney, the principal investigator of the Burden of Obstructive Lung Disease initiative that collects country-specific data on the burden of Chronic Obstructive Pulmonary Disease (COPD).

Overall, this was a valuable chance for me to meet prominent researchers in the field and an opportunity for me to develop my networking and presentation skills. I would like to thank UniSA for providing the conference scholarship and my supervisors AProf Marie Williams, Dr Kylie Johnston, Dr Catherine Paquet and Prof Peter Frith for their help and guidance.

Katrina Li
PhD Student | BPhysio (hons)
I attended the World Congress for NeuroRehabilitation in Mumbai, supported by a School of Health Sciences scholarship. It was the first time this event has been held in India.

The congress ran for three days, plus one day of pre-congress workshops. I presented a poster on my pilot study, titled “Development of a measure for whole-body postural alignment in sitting, standing and walking”. The poster described our study using 3D motion capture technology to develop a measure of upright, anti-gravity postural alignment in healthy adults, which is now being applied to a study on adults with severe mobility impairment after acquired brain injury. Shylie Mackintosh, Michelle McDonnell and Dominic Thewlis are the supervisors for my research.

There were hundreds of posters presented at the congress, and delegates seemed very interested to view the posters. Many people came to discuss my poster, from countries like Japan, UK, Brazil, France, Australia and many from India. I was pleased to meet some famous researchers in neuro rehab whose publications I have cited. Discussing others’ posters was very helpful to learn about their research, and also compare how they presented it. With such a huge number of posters, it was clear straight away that it was important to be interesting at first glance and be easy to follow. There was a huge variety of research in the posters and oral presentations throughout the congress.

Having such an array of topics from such a variety of health professions was very stimulating, while also reinforcing that we’re a long way from achieving optimal outcomes for people after neurological injury. There was a lot of content about rehab in developing countries, which really highlighted the difference between what is available in a country like Australia and other parts of the world. It reinforced that we are a very lucky country, and share the responsibility to support developments in neuro rehab that can benefit low and middle income countries.

The congress held multiple public forums which were free for non-delegates to attend, which were very popular and recognised that there is a huge need in India for developments in neuro rehab. The poster sessions actually proved to be the best networking opportunity during the congress, and was where I exchanged contact details with other delegates. There were quite a few postings on twitter and facebook using @WCNR2018MUMBAI. It was an excellent experience, and I’m grateful for the School of Health Sciences scholarship that supported my attendance.
Master of Advanced Clinical Physiotherapy

The Master of Advanced Clinical Physiotherapy is commencing its third year following a successful 2017. One highlight from 2017 and the graduating class are depicted below followed by an overview of the 2018 intake, program changes and plans.

2017 Endeavour Grant Sports Experience

In 2017 we were successful in winning an Australia Awards Endeavour Mobility (Asia Postgraduate Program) Grant that provided $3,000 per student (plus $1,000 for School administration costs) for three of our Sports Master’s students to have a two week Sports experience in Mumbai.
clinical placement in Mumbai. The students were supervised locally by one of our Alumnus, Ms Anuja Dalvi Pandit, and two local Sports Physiotherapists, Mr Niranjan Pandit and John Gloster. Our students were also given a range of excellent sports related seminars from these experienced sports physiotherapists and a specialist radiologist. The students received invaluable international experience working in a different health system and in screening, assessing and managing athletes in a range of different sports (Kabaddi, Cricket, Rugby, Track and Field and Shooting).

We have been successful in winning additional funding in 2018, this time for five students for a similar Sports Physiotherapy experience.

2018 new and continuing students
Our new program with its more flexible delivery continues to grow. We had a total of 32 new students (17 Musculoskeletal, 15 Sports) this year with 19 domestic and 13 international. We have also begun to attract interstate students with 4 in this new cohort.

2018 Program changes
There have been two significant interrelated changes to the 2018 program – consolidation of the two courses Allied Health Evidence Based Practice 1 and 2 into a single Allied Health Research Evidence Translation course; and addition of a new Facilitating Change course.

Consolidation of Allied Health Evidence Based Practice 1 and 2 into Allied Health Research Evidence Translation
In response to student and staff feedback and the increase in undergraduate Evidence Based Practice education this new course was developed and commenced in 2018. This course combines aspects of both the Allied Health Evidence Based Practice 1 & 2 courses and has been developed to link with our physiotherapy competency requirements. The course content focuses on the appraisal of research evidence and the translation of research evidence into clinical practice – the aim being to develop educated readers of the research literature. The course is delivered through a combination of online and face to face learning with a mixture of online lectures, discussion board activities, workshop activities, virtual classrooms and face to face workshops by Library staff on the practicalities of EBP including searching for literature, developing a search strategy, using software etc.

Addition of a new Facilitating Change course
As the Master of Advanced Clinical Physiotherapy is comprised of eight 4.5 unit (credit) courses, the consolidation of the two EBP courses into a single course enabled us to add a new course to the program.

The pedagogical rational for adding this course to our program relates to our view of contemporary physiotherapy, that physiotherapists are arguably “teachers” first and foremost, with virtually all management incorporating elements of teaching to promote understanding, change in cognitions, change in movement, and change in lifestyle and health behaviours for the purpose of health and problem management and health promotion. Historically physiotherapy education, including postgraduate musculoskeletal education, has not explicitly taught students how to “teach”, or as we refer to it in this course, “facilitate change”. The course aim is to provide opportunities for students to reflect on their current practice and apply advanced knowledge of theories of motivation, learning and behaviour change underpinning health and disability to the facilitation of complex and challenging change interventions in physiotherapy practice.

The course is delivered in both internal (face to face) and external (online) modes utilising a combination of online content, online discussions, lectures (delivered face to face and accessible via online virtual classroom and/or recordings) and tutorials (delivered face to face and accessible via online virtual classroom and/or recordings).
The course is run over ten weeks with a one hour weekly lecture, a two hour weekly tutorial and varied online content and discussion. The topics covered by week and presenters are as follows:

1. Critical Thinking and Reasoning (Mark Jones)
2. Biopsychosocial Theory (Mark Jones)
3. Neurotags and Neuroscience of Learning (Professor Lorimer Moseley, Professor Susan Hillier)
4. Predicting Health Behaviour (Jeannie Burnett)
5. Health Behaviour Change (Jeannie Burnett)
6. Motivational Interviewing (Dr. Cindy Wall, Psychologist)
7. Cognitive Change Theory (Adjunct Associate Professor David Butler)
8. Pain Coping Skills Training (Professor Kim Bennell, Associate Professor Christina Bryant, Associate Professor Christina Bryant, Psychologist)
9. Biological Barriers to Reconceptualisation (Dr. Carolyn Berryman)
10. Student reports on final written assignment

2018 Plans

We will be expanding the range of Sports clinical placements to provide a wider range of options including SANFL football (male athletes), Soccer (male and female athletes), Hockey (both male and female athletes), Netball (female athletes).

Our Musculoskeletal program has received full Australian Physiotherapy Association accreditation for six years. However, as new International Sports Physiotherapy competencies were still being drafted, our Sports program was given interim accreditation based on the curriculum of our previous Master of Musculoskeletal and Sports Physiotherapy program. We will prepare and submit an application for full accreditation of our Sports program this year.

Almost all of our Master’s students are enrolled in either Musculoskeletal or Sports Physiotherapy, with only one Cardiorespiratory student and one Paediatric student. As such, a priority this year is to increase the marketing of our Clinical Neuroscience, Cardiorespiratory, Occupational Health and Safety and Paediatric Master’s streams.

Mark Jones
Program Director: Master of Advanced Clinical Physiotherapy

Joke:

Q: What is the first bet that most people make in their lives?
A: the alpha bet

Q: What do you get when you cross a cow and a duck?
A: Milk and quackers!

Q: How do you organise a space party?
A: You planet!

Q: What did the leopard say after eating his owner?
A: Man, that hit the ‘spot’.

Q: What do you call a sleeping bull?
A: A bulldozer!
Bachelor of Podiatry

Despite recent months supposedly being the ‘down’ period for the Podiatry teaching team, things have been rather busy. A number of clinics have continued to run from our City East Clinic over the break to keep our patients on their feet. Concurrently, preparations have been underway for the opening of the brand-spanking new Whyalla clinic (April) and City West Podiatry Clinics (now open, the GP clinic has been underway for some time). We will also continue to run a clinic at the Magill campus. So please tell your friends and family, or drop in yourself at any of these clinics if you need.

Ms Lisa Matricciani and Dr Helen Banwell were successful in securing Ms Sindhrani Dars to undertake a summer scholarship investigation into the use of urea for fungal nail infections.

A ‘Feet-ure’ of our program for this coming year will be the provision of the first ever podiatry services to Kiribati (pronounced Kiribus). Kiribati is a group of islands located in the Pacific Ocean and is amongst the poorest for health, education and life expectancy. Kiribati comprises 32 atolls and one elevated coral island with a total land area of 811 square kilometres dispersed over five million square kilometres of ocean [1]. It has a population of just over 100,000 people, with almost half of these living in South Tarawa, making for extremely dense living conditions, and 50% of the population living below the poverty line [1]. Diabetes prevalence is 29% in the 25-64 year old population, amongst the highest in the world [2] and foot complications leading to amputation are a significant source of both morbidity and mortality. Many of these complications are preventable with appropriate podiatry management and increased education of local staff and patients.

The Podiatry Program, together with Motivation Australia (motivation.org.au) have been lucky enough to gain funding via the ‘New Columbo Plan’ to provide much needed input into the Diabetic Foot Clinic (established for approximately 6 months) in Kiribati with the aim of reducing the extremely high rate of amputation. Ongoing clinical visits by teaching staff and students will engage both students and the local community in provision of clinical services and building of local capacity. Associate Professor Sara Jones and myself visited in February to make the necessary arrangements and kick-start the program. The experience was both rewarding and eye-opening. Access (or lack of) to basic foods, in particular fruit and vegetables… begs belief. The islands are highly reliant on overseas aid for infrastructure (thank you Australia for the one bitumen road… honestly, it made the trip to and from work much smoother). While we were there the power went off multiple times as they are now open to only two working transformers, and the rats keep eating through the fuses!! We are looking forward to the challenges ahead!

Finally, we would like to welcome to our team Ms Kristin Graham, who will commence at the end of March, to fill the hole left by the departure of Associate Professor Sara Jones. Kristin has more than 30 years of clinical experience in multiple settings. She has also completed a bachelor of Psychological science, is in the final stages of her PhD investigating Post-traumatic stress disorder (good luck!), has previously been involved in the program as a tutor and is an all-round great gal’.

That’s it from me, until next time.

Cheers

Dr Ryan Causby
Program Director: Podiatry

Inter-professional learning clinics kick off with joint physio and podiatry services for kids

The paediatric physiotherapy and podiatry teaching teams of Sophie Lefmann, Margarita Tsiros, Emily Ward (PTs), Hayley Uden and Helen Banwell (Pods) have used the opportunities afforded by the new UniSA Health City West clinical facilities to offer joint clinics; boosting both inter-professional learning (IPL) and the range of services available to clients. The IPL paediatrics service is available to all children with a diagnosed or suspected developmental disorder, offering assessment, intervention and play-based therapy sessions. After a successful pilot clinic run in November 2017, IPL clinics will run in five-week blocks from March to December 2018 at both the City West and Magill clinic sites. Each clinic involves three to four third-year physiotherapy students and one to two final-year podiatry student/s and will be overseen by Dr. Sophie Lefmann and members of the physiotherapy teaching team. Podiatry lecturers Hayley Uden and Dr. Helen Banwell will offer podiatry tutor support in person, or via telelink. The students will be supervised by highly experienced clinicians, supporting student-to-student learning through shared and variable knowledge and skills.

“It was a wonderful well-rounded experience to become a part of the IPL team at the City West clinic. I enjoyed working with the physiotherapy students and tutor. This participation helped me improve my team player skills as well as my understanding of multidisciplinary care approach for paediatric patient management.”

(Sindhrani Dars, final year podiatry student)

IPL services are very affordable to meet the community’s need, with a total cost to the client of $50 for five weekly 1-hour sessions ($10/session). Orthoses and other interventions are charged separately at a cost recovery level. No referral is required. Sessions are available between 11 am and 6.30 pm; Mondays, Tuesdays, Thursdays and Fridays at City West (phone: 8302 0986) or Magill (phone: 8302 4013).

Helen Banwell and Sophie Lefmann
RESEARCH DIRECTOR REPORTS

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

Associate Professor Steve Milanese
Director
International Centre for Allied Health Evidence (iCARE)

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

Professor Lorimer Moseley
Director
Body in Mind (BIM)
Appointments

ARENA’s Dr Ashleigh Smith has been selected for the Australian EMCR Brain Science Network Steering committee. The EMCR Brain Science Network will consist of emerging brain science researchers from a range of disciplines that will provide an avenue for these researchers to influence decisions about brain science in Australia and the careers of EMCRs working in the field, whether they be working in academia, industry, government, health or elsewhere. The aim of the EMCR Brain Science Network is to engage early- and mid-career researchers in achieving the mission of the ABA to establish an Australian Brain Initiative (ABI), and to ensure that the ABI strategic plan provides opportunities for brain science researchers early in their careers. The network will enable crosstalk between brain science disciplines to allow EMCRs in the brain sciences to overcome the barriers that create silos within research, impeding progress and making it difficult for researchers and practitioners, particularly EMCRs, to work across disciplines. The long-term goal is to build cross-disciplinary linkages in the brain sciences within Australia and to provide a forum for partnerships with the neuro-technology industry.

Associate Professor Alison Coates was elected as President-Elect of the Nutrition Society of Australia. This is a 2 year term that is followed by 2 years as President of the society and 2 years as Immediate Past President.

Conferences

ARENA’s Dr Dannielle Post and Associate Professor Gaynor Parfitt, with colleagues from Helping Hand (SA) and Brightwater (WA) gave a Symposium at the Australian Association of Gerontology Annual Conference in November 2017. Following the presentation they were invited to be part of the Cognitive Decline Partnership Centre’s (CDPC) concurrent session at the 2018 International Dementia Conference in Sydney 7-8 June 2018, in their theme of “Innovation in care and support”. Gaynor has also been invited to present (and represent CDPC researchers) in a Symposium “The Cognitive Decline Partnership Centre: a national research partnership model enabling improved care for people with dementia in Australia”, at the International Federation of Ageing, to be held in Toronto in August.

There were a number of presentations from ARENA at the 10th Asia Pacific Conference on Clinical Nutrition in Adelaide in November 2017.

- **Alison Coates** (with Tracy Fitzsimmons (Adelaide Uni), Brian Chee (Adelaide Uni), Boram Park (Adelaide Uni), Suzanne Edwards (Adelaide Uni), Kostas Kapellas (Adelaide Uni), Peter Howe (Uni Newcastle), Mark Bartold (Adelaide Uni)) gave an oral presentation on “A 13 month pilot RCT to assess supplementation with LCn-3 PUFA as an adjunct therapy for non-surgical periodontal treatment.”

- **Emma Tregoweth** (with Alison Coates, Danielle Greaves and Ashleigh Smith) presented a poster and 2 minute oral on “Consumption of long chain omega 3 polyunsaturated fatty acids and contribution of diet sources and supplements in middle aged to older adults”.

How to tie the strongest knot ever.

1. **Step 1: Put headphones in pocket.**
2. **Step 2: Wait one minute.**

@jacked_upSUPs
Emily Watson (with Siobhan Banks (EASS), Mark Kohler (EASS) and Alison Coates) gave an oral presentation on "Associations with diet and daytime sleepiness in Australian children aged 8-12 years".

Jayne Barbour (with Alison Coates and Kacie Dickinson (Flinders Uni)) presented a poster on “Energy intake from snacking in Australian adults from the Australian National Nutrition and Physical Activity Survey 2011-13”.

Victoria Polvere (hons EASS) with (Siobhan Banks (EASS), Emily Watson, Alison Coates) gave an oral presentation on "The relationship between caffeine and sleep quality in middle aged to older Australian adults”.

Narelle Berry (with Alison Coates, Tracy Air (Adelaide Uni), Jon Buckley, John Beltrade (Adelaide Uni), Saioxin Cai (past hons student), Lisa Burres (Adelaide Uni), Peter Howe (Newcastle Uni)), Geoff Schrader (Adelaide Uni) gave an oral presentation on “No effect of consuming eicosapentaenoic acid rich fish oil for 6 months on depression severity in patients with heart disease”.

Karma Pearce (PMB), Michael Coates (ITEE), John Fielke (ITEE), Michelle Wirthensohn (Adelaide Uni), and Alison Coates presented a poster on the nutrient profiles of early harvest almonds work from an RTIS grant at the VII International Symposium on Almonds and Pistachios in Adelaide in November 2017.


Media

In September 2017 John West sponsored a Podcast newsletter on the latest on omega-3 research through Dietitian Connection using the American Oil Chemist Society (AOSC) speakers. Recorded at the American Oil Chemist Society (AOSC) Australasian Chapter’s 10th Biennial Meeting in the Barossa Valley, Adelaide, the podcast features Dr. Penny Kris Etherton (Pennsylvania State University), Adam Ismail (President, Global Organisation for EPA and DHA Omega-3’s), Peter Howe (University of Newcastle), and ARENA’s Dr Karen Murphy (University of South Australia). You can listen to these prominent international and Australian nutrition experts in this short, three-part podcast series that can be found at this link: https://soundcloud.com/omega3update/sets/learn-about-omega-3s/s-EkuHZ

ARENA’s Dr Tasha Schranz was interviewed on 9 News Adelaide in January about the state of the nation’s children’s’ physical activity levels and the importance of active travel to and from school. The interview was linked with the release of the policy paper, Active Travel: pathways to a healthy future for which Tasha was a part of the leadership group, led by the Australian Health Policy Collaboration, who finalised the paper.

Watch the interview on 9 News Adelaide here: https://www.facebook.com/9NewsAdelaide/videos/1808853709418590/

Dr Janette Young - Four ways having a pet increases your lifespan, published in The Conversation in January 2018.

Pet owners will often swear their beloved pooch or moggie does wonders for their wellbeing, and now we have empirical proof. A new study has found dog ownership is linked to improved heart health for humans. This is an important finding given heart disease is the leading cause of death globally. Read the full article here:

https://theconversation.com/four-ways-having-a-pet-increases-your-lifespan-88640
Awards

Dr Gisela van Kessel is part of a team that has been awarded a Melbourne School of Population and Global Health 2017 Knowledge Transfer Awards in the category of “Open award for excellence in knowledge transfer achievements”. The award recognises the translation and impact of the work resulting from the ARC funded Beyond Bushfires: Community Resilience and Recovery study that examined the impacts of the Black Saturday and related bushfires of February 2009 on community members’ physical and mental health and wellbeing. The findings have informed the work of Red Cross, government service planning and recovery plans for disaster and terrorist activities across Australia and internationally.

Presentations

Russell Chan gave an oral presentation on the topic of “Enhancing sequential action through single session meditation and training: Behavioural and neural correlates of meditation-facilitated motor sequence learning” at the 27th Annual Meeting for the Australasian Society for Psychophysiology (ASP2017). The presentation was centred on the results of his final longitudinal electroencephalography (EEG) experiment completed during his PhD, which was well-received by the attendees. Russell also won a Travel Award that was presented on the last day of the conference. The research was funded under the Australian Government Research Training Program Scholarship. The abstract of the presentation is freely available in Frontiers in Human Neuroscience, https://www.frontiersin.org/10.3389/conf.fnhum.2017.224.00014/event_abstract.
New Virtual Classroom PD program for clinicians

This year, iCAHE will offer 30-45 minute professional development (PD) courses monthly (EBP series) and quarterly (Research Methodology series) commencing in March 2018 for clinicians. The Evidence Based Practice professional development courses are aimed at improving allied health professionals’ knowledge, skills and attitudes in implementing best evidence to guide clinical practice using practical and local-context-relevant strategies. The Research Methodology professional development courses are aimed at assisting health professionals in developing their own local research projects to create local evidence. These courses are informed by best practice strategies in teaching Evidence Based Practice (EBP) and iCAHE’s experience in teaching EBP nationally and internationally.

The PD courses are of varying levels and each topic builds on knowledge from previous topics. Level I is basic level however, participants need to have some background on EBP concepts and research designs. Level II is intermediate level as it covers application of basic knowledge. Level III is advanced level as it covers evaluation of applied knowledge.

iCAHE knows how busy clinicians are and thus have designed these PD courses to be delivered virtually. All lectures will be delivered live at the session times but also recorded so that clinicians can access them later at a more convenient time.

EBP series

The EBP series requires basic EBP knowledge and skills as it is focused on the application of the EBP in practice. A short EBP presentation will be provided in case the participants need a refresher on EBP.

Research Methodology series

This series requires basic knowledge of primary research designs (quantitative (i.e., experimental, observational), qualitative, mixed methods). Study design presentations will be provided in case the participants need a refresher course on research designs. The aim of these workshops is to encourage clinicians to start generating evidence in their own practice.

These workshops have been developed due to the demand from clinicians for clinically-relevant evidence based practice teaching in the workplace. All UniSA staff are welcome to register and log onto the virtual classrooms if you need an EBP primer. To register and for more information, please contact iCAHE@unisa.edu.au. The full list of workshops is available at http://www.unisa.edu.au/Research/Sansom-Institute-for-Health-Research/Research/Allied-Health-Evidence/Services/Professional-Development-and-Training/Online-Registration-Form/

iCAHE Webpage Update

The iCAHE website has over 1000 hits a week, from all around the world which I think reflects the usefulness of the material that is presented in this website and iCAHEs strong position in the area of Evidence Implementation. Our most popular site is the Critical Appraisal tool resource page where we have collated a list of relevant Critical
Appraisal tools (CATs) for people to access. We have therefore commenced an update of this site and staff are busily collating the many different CATs that have appeared over the past few years. If you have any preferred CATs that you use feel free to send us a link so that we can make sure we have a collection of all the relevant CATs.

And a big congratulations to Holly Bowen who has successfully scored a PhD scholarship to examine the effectiveness of Art Therapy as an adjunct therapy for Post-Traumatic Stress (PTS), funded by The Road Home. It was pleasing to see Holly getting the recognition for the amazing work she recently did in a commissioned systematic review into PTS treatment approaches through this scholarship offer. Whilst we will miss her in the Centre, Holly’s work will spearhead a PTS research stream within the Centre. Holly’s success reflects the new focus in the Centre to support iCAHE members to use our secondary evidence syntheses as a springboard for primary research projects to facilitate their research careers.


Holly Bowen and Kobie Boshoff

Associate Professor Steve Milanese
Director

Choose Health

BETTER HEALTH AND WELLBEING FOR ALL, THROUGH EVIDENCE-BASED ALLIED HEALTH CARE

The International Centre for Allied Health Evidence (iCAHE) works with researchers, clinicians, educators, policy makers, government, industry, professional and consumer groups, and the broader community to contribute to better health and wellbeing for all through evidence-based allied health care.
We were delighted to welcome Dr Beben Benyamin who is a Senior Lecturer in Biostatistics and a NHMRC Career Development Fellow. Beben uses statistics applied to large-scale ‘omics’ data to dissect the genetic mechanism underlying human complex traits and diseases, especially neuropsychiatric diseases. He joined us from the University of Queensland where he worked as a Research Fellow at the Program in Complex Trait Genomics.

This has been a great period for the Nutritional and Genetic Epidemiology Group, with several new appointments, two baby girls (pictured) and even some publications. Dr Hong Lee, who joined us in September has worked hard to extend his statistical genetics team with two new members joining us earlier in the year, and a further appointment to come in March. Dr Guiyan Ni joined us in January, taking on an appointment as an Adjunct Research Fellow in statistical genetics here in UniSA. Guiyan has a PhD in Animal Genetics (Univ. Goettingen, Germany, 2016), and she is currently working on estimating the genetic relationship between human height and schizophrenia. Dr Xuan Zhou joined us in November as a research Associate working on genotype–environment (G–E) interaction between various complex traits and telomere length using Health and Retirement Study GWAS data. Xuan is a UniSA graduate, he obtained his Ph.D. in Psychology in 2012, followed by a Graduate Diploma of Mathematics from Charles Sturt University (2016), and a Masters degree in Applied Statistics from Colorado State University (2018). In March, the team will further be strengthened by the arrival of Dr Chenglong Yu, who has a Masters (2006, Zhejiang University) and a PhD (2010, Chinese University of Hong Kong) in mathematics, and who will join us from the University of Adelaide. He will develop advanced statistical tools to estimate genomic relationships using a novel mathematical theory that can be applicable to genomic risk prediction. The team has extensive experience in developing advanced statistical methods to estimate genetic variance and individual genetic effects based on phenotype-genotype association analyses. Currently, the team is focusing on understanding the genetic architecture of complex traits by tackling G–E interaction using advanced statistical models. The developed models and methods from the team have been also widely used across multidisciplinary fields including human genetics, animal and plant breeding, evolutionary genetics and social and behaviour science.

We continued publication success this period, with a personal highlight being the update on our vitamin D GWAs which was published in Nature Communications in January. This was a large joint effort which I co-lead with colleagues from Harvard University, and which identified two new variants and some signal enrichment in immune and hematopoietic tissues. Aside of the findings, these data have clearly been useful for the broader scientific community, and related summary statistics which we made open access upon publication, have been downloaded by several research groups from around the world.

Congratulations

Please join us in congratulating Dr Deborah van Gaans, our Research Fellow in Spatial Epidemiology who won the highest accolade in the spatial industry for her work. The Geospatial World Excellence Award for Application of Geospatial Technology in Health Services for The Development of a Spatial Model of Accessibility to Phase 2 Cardiac Rehabilitation Programs, was presented to Deborah at the Geospatial World Forum 15-19 January 2018 in Hyderabad, India. Initiated in 2007, Geospatial World Awards is an internationally-acclaimed private award recognizing exemplary innovations and practices in the global geospatial industry.

Prof David Roder from our Cancer Epidemiology Group was a co-applicant in a successful Beat Cancer Project grant led by Prof Ian Olver, with funding awarded for a...
pilot study which will aim to support primary care to increase participation in bowel cancer screening. Indeed, David will continue as the Cancer Council SA Beat Cancer Project Research Chair, and he would like to thank funders, Cancer Council SA and the SA Government, for their continued support for cancer research in South Australia.

Staff Movements

As seen from the above, the turn of the year has been a period of staff changes for us in CPHR, with the most visible relating to the recruitment of the new centre administrator, when Ms Philippa Squire took on the role from Tanya Hardy as the first line of contact. We were delighted to welcome Philippa, who in addition to having a wealth of administrative experience, also holds a Masters of Criminology and Criminal Justice surely keeping us safe and secure under any eventuality.

Tanya Hardy, our Administrative Assistant left CPHR on 31 January to take on a position as a Senior Administrative Officer at the University of Adelaide, Elder Conservatorium for Music. Tanya did a great job in keeping us organised during the past couple of years, and we are all delighted on her behalf on this great career move. We also farewelled Gloria Mejia Delgado who was working as Senior Research Fellow with Leonie Segal’s team. While we are sad to see her go, Gloria is not moving far… she will continue working at SAHMRI in her new role as Senior Public Health Officer coordinating the monitoring and evaluation activities of the South Australian Aboriginal Chronic Disease Consortium focusing on diabetes, cancer control and heart disease and stroke. The Consortium sits within the SA Academic Health Science and Translation Centre.

Professor Elina Hypponen
Director
Anwar Mulugeta Gebremichael

Degree: Ph.D. (Nutritional and Genetic Epidemiology)

Project: Obesity and Depression: Gene-Environment Interaction and Mendelian Randomisation Studies

My professional career started ten years ago after graduating in a Bachelor of Pharmacy and then by Master degree in Pharmacology. Over those years I have worked as academic staff, research assistant and clinical trial coordinator at the prestigious University and Research Institute in Ethiopia. The interest to be a researcher and work in research facility has always been in my heart. Especially when I was doing a systematic review during my Master degree, I became obsessed with the contribution of genetics in the personalization of treatment. This interest grew over time and led me to join one of the prominent genetic research teams (Nutritional and Genetic Epidemiology) for my Ph.D. study.

My Ph.D. project focused on the two globally most common public health problems – obesity and depression. Environmental factors and genetics have a role in the etiology of these diseases or disorders. My study included environmental and genetic information to firstly, understand the causal relationship between obesity and depression using a Mendelian randomization approach; secondly, to explore whether the genetic contribution to be depressed could be different among individuals with and without obesity using a gene-environment approach; and thirdly, to screen new genetic variants associated with depression using a gene-environment interaction-based genome-wide association.

So far, we together with our collaborators at the University of Exeter, UK, found a genetic evidence in the causal association between obesity and depression. Some may ask what makes our study more unique than previous observational studies? Well, observational epidemiology suffered from unmeasured confounding and reverse causality that limits the ability to make causal inferences. However, our genetic-based approach used genetic information as a proxy for obesity to understand the causal association between obesity and depression. Due to the genetic variants of the individuals allocated during conception, there is less likelihood of unmeasured confounding and reverse causality. These reasons make our genetic-based approach (Mendelian Randomization) comparable with a randomized controlled trial and hence, sometimes this study approach is referred to as a “natural randomized controlled trial”.

I have been enjoying every moment of my two years Ph.D. path, albeit with some hiccups. I have been familiarising myself with recent genetic study methodologies and skills with huge support from my supervisors and collaborating researchers. During this time, the two most important things in my life also happened: I got married to my beautiful wife, Rahimush and was then blessed with my little queen, Amal. Nothing makes me happier than being around these two wonderful people.

Supervisors: Professor Elina Hypponen 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
e: tracy_jones@unisa.edu.au
t: +61 8302 2454

Body in Mind is gearing up for another fun year. We were thrilled to announce major sponsorship of the Pain Revolution from AIA Australia - they are really getting behind our efforts to revolutionise pain management in The Bush and we are excited about working with them to this end. We were also very pleased to see Gallagher Bassett get on board again. Planning is going well and it is sure to be a massive week - you can check it out here. Excitement is also building for the return of the PainAdelaide annual scientific meeting - possibly the best little pain meeting in the world - with speakers from Stanford, Toronto, Sydney, Melbourne and of course, from the rich pool of pain scientists here in Adelaide.

The BIM team have of course been focussing on grant applications, with NHMRC and ARC submissions due in the coming week or so. Nonetheless, Prof Moseley has spoken for the Norwegian and Icelandic Physiotherapy Associations and delivered two plenary talks, including the Vince Higgins Lecture (with Vince himself in the front row!) at the Annual Scientific Meeting of the Australian College of Sports & Exercise Physicians (ACSEP). ACSEP also announced its official endorsement of the IOC Consensus Paper on management of pain in elite athletes, co-authored by Prof Moseley and three Body in Mind papers were cited in the recently released European Core Curriculum for Pain Physiotherapists document. Changing the world one organisation at a time…..

Emma Karran is polishing up her PhD for submission having got all five studies published in solid journals and Dr Kerwin Talbot got her reports back with absolutely nothing to do! As superstars finish, potential superstars commence and we are looking forward to welcoming Hayley Leake & Caitlin Howlett to start their PhD, Brian Pulling and Brendan Mouatt doing a Master’s and Naomi Shafnoon, Kim Szeto, Gavin Bell, Jessica Mariner, Anna Stankevicius & James Brown their Honours, in the coming weeks/months.

Dr Brenton Hordacre spoke at the World Congress for NeuroRehabilitation in Mumbai. The conference was attended by leading neuro-rehabilitation researchers from across the world and was a great opportunity to gain advice and feedback on his current research projects. "Loved the Indian food and culture, it was a great place to visit"
Staff and Student Publications

First Publications


Abstract
Impact Factor=1.894; 5 Year IF=2.409; Ranking 9/24 (Emergency Medicine), 30/76 (Orthopedics), 93/197 (Surgery), 25/33 (Critical Care Medicine)

Recent Staff and HDR Publications


Abstract
Impact Factor=5.340; 5 Year IF=5.689; Ranking 46/290 (Biochemistry & Molecular Biology), 23/167 (Genetics & Heredity)


Abstract
Impact Factor=5.076; 5 Year IF=4.74; Ranking 42/259 (Neurosciences)


Abstract
Impact Factor=6.200; 5 Year IF=4.82; Ranking 32/76 (Medicine, General & Internal)


Abstract
Impact Factor=1.874; 5 Year IF=2.312; Ranking 31/76 (Orthopedics), 31/81 (Sport Sciences), 43/77 (Engineering, Biomedical)


Abstract
Impact Factor=2.820; 5 Year IF=3.029; Ranking 32/155 (Medicine, General & Internal)


Abstract
Impact Factor=1.914; 5 Year IF=2.069; Ranking 10/24 (Physical Education & Sport Science)


Abstract
Impact Factor=2.806; 5 Year IF=3.394; Ranking 15/64 (Multidisciplinary Sciences)

Abstract
Impact Factor=1.394; 5 Year IF=1.393; Ranking 40/49 (Geriatrics & Gerontology)


Abstract
Impact Factor=2.685; 5 Year IF = 3.244; Ranking 2/16 (Ergonomics), 19/157 (Public, Environmental & Occupational Health), 3/96 (Social Sciences, Interdisciplinary), 5/33 (Transportation)


Abstract


Abstract


Abstract
Impact Factor=12.124; 5 Year IF=13.092; Ranking 3/64 (Multidisciplinary Sciences)


Abstract
Impact factor=2.563; 5 Year IF=2.937; Ranking 91/194 (Orthopedics), 19/157 (Public, Environmental & Occupational Health), 3/96 (Social Sciences, Interdisciplinary)


Abstract
Impact factor=2.177; 5 Year IF=2.354; Ranking 20/64 (Multidisciplinary Sciences)


Abstract
Impact factor=2.177; 5 Year IF=2.354; Ranking 20/64 (Multidisciplinary Sciences)


Abstract
Impact Factor=2.806; 5 Year IF=3.394; Ranking 15/64 (Multidisciplinary Sciences)


The Conversation
January 18, 2018
Four ways having a pet increases your lifespan
Janette Young, University of South Australia
Pet owners will often swear their beloved pooch or moggie does wonders for their wellbeing, and now we have empirical proof.
Library Report

How the Library can support you

There is a range of support and services available for you through the Library.

Your Academic Library Services Team are able to help you with services such as:

- Finding suitable resources, either purchased or open education, for example ebooks, digital / streaming video, eReadings or other resources
- Creating or modifying existing Subject guides to meet the needs of your students
- Create new video content or locate suitable digital content for teaching
- Provide and/or deliver training in using databases and other resources
- Creating Assignment Help resources providing examples on how to best find information to help answer particular assignment topics

If you would like to discuss the above or have further questions please contact us on asklibrary@unisa.edu.au and we will be happy to make an appointment.

IT Help Desk and Ask the Library - extended hours of operation

We have recently extended the hours of operation of both the IT Help Desk and the Ask the Library service.

The IT Help Desk is now operating 24 hours a day, 7 days a week. Calls are answered by our own staff up until midnight through the week and between 10am and 6pm on the weekend. During other times the calls are answered by one of our industry partners – this is a very cost effective model for what we expect to be a relatively quiet period of operation compared to the rest of the day. We are just the 4th University in Australia to go to 24x7 coverage for IT help.

The Ask the Library service is now operating from 8.30am until midnight on week days and between 10am and 6pm on weekends. This places us 3rd in the Australian Higher Education sector with respect to total hours of operation for Library support services.

We expect that having extended hours of operation for our IT and Library support will be of significant value to our students and staff and especially to our new and growing UniSAonline cohort.

Key changes to Copyright

There have been significant amendments to the Copyright Act that impact on Australian universities and affect our day to day business.

1. Access to content for individuals with a disability
The Act introduces a new definition of ‘person with a disability’ to accommodate a wider range of learning difficulties, including difficulty reading, hearing or comprehending. Copyright material can be converted into the best format available and with appropriate features for persons with a disability and by anyone assisting them. This includes enlarging text and graphics and changing the format.

2. Reproducing material for examinations
Any kind of copyright material can be used in exams conducted online (including broadcasts, sound recordings and films). This previously only applied to face to face exams.

3. New copyright notice
The copyright warning notice which the University is required to add to e-readings and PowerPoint presentations has been replaced with a new notice which must be used from now on. The new notice is consistent with the principle of Safe Harbours, giving educational and cultural institutions the same legal certainty and protection that currently applies to commercial internet service providers. A copy of the new notice is available for download from Copyright Notice for Presentations.

4. New equipment notices
The University now has a more flexible way to display copyright warning notices near photocopiers and in computer pools. Notices can now be any size over A4 (but not smaller) and can be placed anywhere in the vicinity of these machines. For further questions, please contact the Copyright team (Link: LBY-Copyright@unisa.edu.au)

The Copyright web site is being updated to reflect these changes.

Emcare
The Emcare Database includes nearly 5 million records of the scholarly and peer-reviewed literature in nursing and allied health dating back to 1995. 70% of records contain online abstracts. Subject coverage in Clinical Medicine, Health Professions, Nursing, Pharmacology, and Public Health.

Content highlights:
- Over 3,700 international journals indexed and with no embargoes—more than any other nursing database!
- Access to over 1,800 journals not available on other leading nursing databases
- Nearly 5 million records dating back to 1995
- Up to 250,000 record citations added each year
- Comprehensive scope of international content: 50% of journals from North America, 40% from Europe; 10% from other regions; 9% of records reference non-English articles, though most have English-language abstracts
- 70% of records contain online abstracts

Subject coverage includes:
- Nursing
- Nursing Administration & Management
- Medical & Nursing Education
- Critical & Intensive Care
- Emergency Services
- Family Practice, Community & Home Care
- Geriatrics & Palliative Care
- Anaesthesiology & Pain Medicine
- Behavioural Science & Psychology
- Complementary Medicine
- Dermatology & Wound Care
- Healthcare Information & Management
- Medical & Laboratory Technology
- Nutrition & Dietetics
- Obstetrics & Gynaecology
- Oncology & Cancer Care
- Paediatrics
- Physiotherapy & Rehabilitation
- Public & Occupational Health
- Social Medicine
- Simple exporting, filtering, and de-duping functionality
- Easily link to non-embargoed full-text journal content from a record or citation
- Complete integration with EMTREE thesaurus, which features more than 70,000 preferred terms (all terms mapped to MeSH terms)
- Use natural language searching and quickly retrieve accurate, relevancy-ranked results (advanced searching functionality also available)
- Apply search limits to precisely search systematic reviews, clinical trials, and more

Library Subject guides

Library Subject guides have a new look. Access our Health Subject guides through the Library website.

Subject guides are compiled by your librarians to help your students to find the most useful resources for their assignments.

The guide links can be located in the program and course homepages menu.

New on Lynda

Lynda.com is an online library of high-quality instructional videos on latest software tools and skills, with more than 5,000 courses covering time management and study skills, health and wellbeing, communication and presentation skills, photography, computing and mobile apps, video, animation, web technologies and soft skills such as communication, group work, time management and more.

Have a look at Lynda new releases https://www.library.unisa.edu.au/teaching/lyndacom/
Want to find out how you can get yourself a scholarship or grant?

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

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.
**SARRAH National Conference**
for Rural and Remote Allied Health Professionals

'13 – 15 SEPTEMBER 2018
DARWIN CONVENTION CENTRE, DARWIN

**Changing Landscapes, Changing Lives**

The modern healthcare landscape is undergoing massive and rapid changes that impact on both health professionals and the people who use the health system. Changes are driven by people’s needs, technological development, research outcomes, workforce availability, political stances, policy frameworks and fiscal priorities. At the same time, health services in rural and remote areas are situated in ancient geographical landscapes that are ever changing as a result of human influence and natural events. The delivery of services by allied health professionals is underpinned by the drive to improve quality of life and quality of services.

The SARRAH conference theme invites abstracts that relate to the theme of change. The context for change might be:

- Workforce
- Training and professional development
- Needs of specific consumer or consumer groups
- Service delivery models
- Policy development, implementation and impact
- Clinical practices and service delivery
- Health economics and financing
- Community engagement
- Rural generation
- Interprofessional practice, training, education
- Cross-cultural service provision
- Aboriginal health
- Technology and digital health systems

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**School of Health Sciences**

**Graduation Dates**

- **Tuesday**
  - 17 April 2018
  - 10.30am and 3.00pm

- **Thursday**
  - 20 September 2018
  - 10.30am

- **Thursday**
  - 20 December 2018
  - 3.00pm

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Save the date: The 2018 ASAHP Annual Conference will be held October 10-12 at the Vinoy Renaissance in St. Petersburg, Florida. More details to come in 2018.
On behalf of the conference planning committee, we invite you to join us for the 41st annual conference of the Higher Education Research and Development Society of Australasia (HERDSA), to be held 2-5 July 2018 (with pre-conference workshops on 2 July) at the Adelaide Convention Centre, Adelaide.

The theme for the conference is (Re)Valuing Higher Education. Higher education has undergone dramatic change in the last decade with an international agenda to open universities to a broader range of individuals while requiring researchers to focus on priorities set by government.

The sector is forced to continue to grapple with restrained budgets, increased student numbers, greater student diversity and government agendas requiring preparation of students for work and lifelong learning. It also faces an increasingly under resourced and corporatized and complex research environment.

Within this context we wish to consider what the value of higher education has become. By (Re)Valuing Higher Education we are revisiting the purpose and scope of what being a ‘university’ means as well as considering what differentiates ‘higher’ learning from other forms of post-secondary education.

We have identified areas and points of interest relevant to (Re)Valuing Higher Education as captured within our sub-themes. The points beneath these sub-themes are intended to help guide thinking and potential areas of interest for research. You are however, encouraged to interpret the themes as it best suits your own institutional or national context.
BACKGROUND
In line with the purpose of the AAG Research Trust, the focus of the RM Gibson Research Fund relates to research for furthering the knowledge and understanding of gerontology. The RM Gibson Research Fund is structured as a sub-fund of the AAG Research Trust.

The RM Gibson Scientific Research Fund is based on the surplus of the 1997 World Congress of Gerontology Inc (International Association of Gerontology). The Fund was named in honour of Richard ‘Dick’ Gibson who died in early 1980 as he was preparing to host the first International Association of Gerontology Asia Oceania Regional Congress in Melbourne. Dick was the inaugural Chairman of the IAG Asia Oceania Region.

AIM
The aim of the RM Gibson Research Fund is to support early researchers further their careers in gerontological research. The RM Gibson Research Fund will distribute three grants of up to $5000* for cutting edge research projects in 2018 (*based on the interest of the RM Gibson capital base).

ELIGIBILITY TO APPLY
The grants support new researchers who are post graduate students or in the first five years of their careers (early career). There is no age limit. Undergraduates are not eligible.

Applicants must be members of the Australian Association of Gerontology (AAG) at the time of applying for a grant. Intending applicants who are not AAG members can sign up for membership at the discounted membership rate offered to students and early career researchers/practitioners.

Applicants must be Australian Citizens or Permanent Residents. Awards are made for research conducted in Australia only. The grant may contribute to a larger project on which the applicant is working as a member of a research team. Funding may be in the form of “grant-in-aid” rather than the full amount applied for.

The grant can only be provided to a deductible gift recipient organisation, such as a university or institute, grants will not be made to individuals. The grant is provided on the basis that the university or institution will not take an administrative or other fee from the grant.

LODGING OF APPLICATIONS:

Please note applications must not exceed twelve pages in total, made up of:
The six pages in the form
Attachment 1: CV, of up to two pages
Attachment 2: responses to items 11 to 14, of up to four pages
Please note this does not include the application cover sheet
Ethics Committee documentation is not included in these twelve pages and is the only exception allowed. Pages in excess of twelve will be removed.

Opening date: 1 February 2018. Closing date: 30 April 2018. Submissions will not be accepted after this date.

Combine all documents (cover sheet, application form, attachments 1 and 2) into one pdf file and name it in the format “Year_First name_Last name_title of project”.

For more information, please contact AAG Research Trust/ AAG National Office: Telephone: +61 3 8506 0525 Email: enquiries@aag.asn.au
How to apply

We employ a 2-stage application process.

The first stage is the Expression of Interest (EOI). The EOI form must be downloaded from this website (see Downloads). The EOI requires interested researchers to submit a high-level summary of your project. You will have approx. 6 weeks to do this. We will review all EOIs in order to select those that are of the most interest and then invite those applicants to submit a full grant application. EOI applicants who are not selected will be advised promptly of our decision.

In the second stage, successful EOI applicants will be emailed a grant application form. Applicants will have 6 weeks in which to submit their application.

Timetable 2018 - TBC

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>17 March</td>
<td>Expressions of interest (EOI) for Defence Health Foundation Research Grants opened</td>
</tr>
<tr>
<td>28 April</td>
<td>EOIs closed</td>
</tr>
<tr>
<td>W/C 22 May</td>
<td>Results of EOIs advised</td>
</tr>
<tr>
<td>W/C 22 May</td>
<td>Applications for grants from successful EOI applicants opened</td>
</tr>
<tr>
<td>7 July</td>
<td>Applications for grants closed</td>
</tr>
<tr>
<td>Jul-Sep</td>
<td>Grant applications reviewed and assessed</td>
</tr>
<tr>
<td>October</td>
<td>Foundation Board reviews and approved grants to be awarded</td>
</tr>
<tr>
<td>November</td>
<td>All applicants notified of outcome</td>
</tr>
<tr>
<td>1st Qtr 2018</td>
<td>Grant funding distribution commences</td>
</tr>
</tbody>
</table>

Types of grants available

The Foundation awards establishment grants and booster grants.

An establishment grant is used to assist an investigator progress a new area of research to the proof of principle stage in order to be more competitive in obtaining larger external grant funding the following year. These grants are awarded for 12 months only for amounts between $25,000 minimum and $50,000 maximum.

A booster grant is to assist an established research project expand its scope or duration in order to pursue new lines of investigation or to be able to bring forward the publication of results. A booster grant may be for one, two or three years funding, to a maximum of $100,000 p.a.

Please refer to the current year's Grants Program Guidelines (see Downloads) as these specifications may change from year to year.

Priority research areas

Priority research areas can be found in the Grants Program Guidelines (see Downloads).

Typically we look for medical research that:

- is designed to directly benefit contemporary serving or ex-serving ADF members and their families;
- targets physical and mental health issues that lead to behaviours that adversely affect the lives of these family members; and
- focuses on prevention, treatment, rehabilitation or intervention.

The Grants Program Guidelines contains details of what we will fund and what we won't fund so it is important that you are clear about inclusions and exclusions before you apply.
Active Healthy Kids Australia, the University of South Australia and the Active Healthy Kids Global Alliance are proud to present...

Featuring the Global Matrix 3.0: Report Cards on Physical Activity for Children and Youth from 50+ countries.

REGISTRATIONS NOW OPEN

Visit the Website

EVENT PURPOSE:

To establish pathways for the development of creative, sustainable approaches to getting children around the globe moving more every day.

- Hear from thought leaders about how we can tackle a worldwide shift in the status quo
- Take part in discussions, workshops and think tanks

KEY THEMES:

- Responsibilities and accountabilities for instigating, attaining and sustaining physical activity targets across society (family, community, education, government)
- Capitalising on technology
- Harnessing the power of peer & social networks
- Getting the marketing and messaging right
- Data collection methods, sharing and collaboration Abstracts Invited for Poster Presentations.

Please refer to the website for submission dates & guidelines
Domestic Animals, Humans, and Leisure

Rights, Welfare, and Wellbeing

Edited by Janette Young, Adelaide SA University of South Australia, Australia and Neil Carr, University of Otago, New Zealand

Series: Routledge Research in the Ethics of Tourism Series

This edited volume provides an analysis of the rights, welfare, and wellbeing of humans and domestic animals as the two relate to one another within the sphere of leisure studies. In doing so it moves the debate about animals in leisure beyond the current limits which have seen research mainly confined to the exotic ‘other’ rather than more mundane, everyday domestic animals, and narrowly focused within tourism studies. Themes are explored through a wide array of leisure settings and countries, including Canada, the USA, Poland, Australia, and Israel, amongst others. Geography, Leisure Studies, Human-Animal Studies, Tourism, Environmental Studies and Veterinary Studies.

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For more details, or to request a copy for review, please contact:

For more information visit:
www.routledge.com/9781138209275
Want to eat more veggies? There’s an app for that.

Using a gamified approach, CSIRO’s new VegEze app aims to motivate Australians to add extra vegetables to their daily diets and form long-term, healthier habits through a 21-day ‘Do 3 at Dinner’ challenge.

"After just a few weeks using the app every day, users should feel more confident in adding more vegetables to their menu and notice some positive changes to their health and wellbeing."

To try the 21-day Do 3 at Dinner challenge and participate in the research study, download the free VegEze app via the Apple App Store.
Supporting students with disabilities

Inclusive teaching practice is a combination of a positive attitude to diversity as well as a preparedness to take practical steps toward inclusion. Practical steps include such things as the use of microphones, facing the class when speaking, providing comprehensive written notes in an accessible format and a variety of assessment tasks. Class processes such as group work, field trips, practicals and assessment tasks should also be conducted with disability access in mind.

At times, individual adjustments will be required to provide equitable access for a student with disabilities. The Disability Hub and disability services can help teaching staff with service provision and advice. Students can make an appointment here with a disability advisor on campus or by calling 1300 301 703 to ensure they have an access plan in place.

When should I report a hazard or incident?

- If you identify a hazard and you cannot fix it safely or control it quickly, you must report it to your supervisor/manager and complete the online hazard report.
- If an incident occurs, you must report it to your supervisor/manager and complete the relevant online report (refer to link - 'Which report form do I complete?') within 12 hours of the occurrence.
- If you experience persistent, reoccurring pain or discomfort, early reporting can prevent the problem from developing and becoming more serious (e.g. performing repetitive tasks, computer use, manual handling tasks or work-related anxiety).

Q: What do you call having your grandma on speed dial?
A: Instagram

Q: Why did the banana go to the Doctor?
A: Because it was not peeling well

Q: What belongs to you but others use more?
A: Your name

Q: Why do fish live in salt water?
A: Because pepper makes them sneeze!

Q: Why did the man put his money in the freezer?
A: He wanted cold hard cash!
Contributions to the HLS Newsletter

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

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

UniSA Community Clinics

Dietetic Clinic
UniSA City East Campus
Level 2, Centenary Building
Cnr North Tce and Frome Rd, Adelaide
T: +61 8 8302 2078

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

UniSA Magill Campus
E Building (Room E1-22)
Enter from Bundey Street, Magill
T: +61 8 8302 4013
E: magillhealthclinics@unisa.edu.au

Sport Centres and Pool
UniSA City East Campus
Weights and cardio gym
Centenary Building
Level 2 (C2-14)
Cnr North Tce and Frome Rd, Adelaide
T: +61 8 8302 1496

UniSA Magill Campus
Weights and cardio gym
25m heated outdoor swimming pool
Single indoor multi-sport stadium
Soccer field
Sports Centre (E Building)
Bundey Street, Magill
Gym T: +61 8 8302 2560
Swimming Pool T: +61 8 8302 4570
E: magillpool@unisa.edu.au

UniSA Mawson Lakes Campus
Weights and cardio gym
3 squash courts
3 outdoor multi-sport stadium
Soccer field
Building B
Mawson Lakes Boulevard, Mawson Lakes
T: +61 8 8302 3257

Health and Medical Clinic
UniSA City East Campus
Level 2, Centenary Building (Room C2-08)
Cnr North Tce and Frome Rd, Adelaide
T: 1300 172 996
E: health.admin@unisa.edu.au

UniSA City West Campus
27-29 North Terrace, Adelaide
T: 1300 172 996
E: citywesthealth@unisa.edu.au

Legal Advice Clinic
UniSA City West Campus
Level 1 (Ground Floor), Law Building
Cnr George ST and Hindley St, Adelaide
T: +61 8 302 7436

Magill Allied Health Clinic
UniSA Magill Campus
E Building (Room E1-22)
Enter from Bundey Street, Magill
T: +61 8 8302 4013
E: magillhealthclinics@unisa.edu.au

Mammography Clinic
UniSA City East Campus
Level 1, Bonython Jubilee Building (Room BJ1-56)
Cnr North Tce and Frome Rd, Adelaide
T: 13 20 50 (BreastScreen SA)
E: BSSAenquiries@health.sa.gov.au

Marketing Clinic
UniSA City West Campus
Level 4, Yungondi Building
70-72 North Terrace, Adelaide
T: +61 8 8302 2085
E: marketingclinic@unisa.edu.au

Midwifery Clinic
UniSA City East Campus
Level 1 (Ground Floor), Bonython Jubilee Building
Cnr North Tce and Frome Rd, Adelaide
T: +61 8 8302 2097
E: midwiferyclinic@unisa.edu.au

Mobile Allied Health Clinic
The MAHC is currently unavailable.

Open Door Health Clinic
The Salvation Army Building
277 Pirie Street, Adelaide
T: 1800 316 790 (Free call)

Physiotherapy Clinic
UniSA City East Campus
Level 8, Centenary Building (Room C8-40)
Cnr North Tce and Frome Rd, Adelaide
T: +61 8 8302 2541
E: physiotherapy.clinic@unisa.edu.au

UniSA Magill Campus
E Building (Room E1-22)
Enter from Bundey Street, Magill
T: +61 8 8302 4013
E: magillhealthclinic@unisa.edu.au

Podiatry Clinic
UniSA City East Campus
Level 3 (Ground Floor), Centenary Building (Room C3-33)
Cnr North Tce and Frome Rd, Adelaide
T: +61 8 8302 2269
E: podiatryclinic@unisa.edu.au

UniSA Magill Campus
E Building (Room E1-22)
Enter from Bundey Street, Magill
T: +61 8 8302 4013
E: magillhealthclinic@unisa.edu.au

Psychology Clinic
UniSA Magill Campus
N Building
Cnr of St. Bernards Rd and Brougham St
Magill
T: +61 8 8302 4875
E: psychologyclinic@unisa.edu.au