Example of positive feedback to our clinics:

“I wish to put on record my appreciation of Sandra Molloy’s unswerving thorough, timely and accurate handling of all of my bookings over the years. It is about 7 years since I started attending the Exercise Physiology Clinic at UniSA. Sandra has been outstanding in her role. ... I describe Sandra as the absolute exemplar of the person needed in her role. I watch students, staff and other clients interact with her in happy supported ways. Sandra helps bring out positive responses and perspectives in me, and everyone.”

Judy Mack (aged 73 years)
Client of the Exercise Physiology Clinic
(Sandra Molloy—Administrative Assistant in the CEP Clinic)

Anything is possible if you’ve got enough nerve.

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

- Scott Polley: UniSA’s Inaugural Senior Fellow of the Higher Education Academy
- Bumper crop of PhD conferrals
- International Clinical Exercise Physiology student receives special accolade from Government House
- UniSA Online Nutrition and Exercise Sciences soars to new heights
- Nuts and Cognitive Ability
- Dr Eva Bezak appointed Vice President of Asia—Oceana Federation of Medical Physics
- New Australian Centre for Precision Health

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The Human Anatomy Lab was open to the public in August. Ross Hamilton (Anatomy) and Abbas Banaei (Podiatry 3rd year) painted these structures on Simon Adkins (Occupational Therapy), Lauren Godridge (Physiotherapy) and Harry Nguyen (Human Movement graduate).
Head of School Report

Welcome staff and students to the third edition in 2018 of the School of Health Sciences newsletter. Another very busy few months since the last newsletter, with so much going on across the School and its programs, staff, student and research activities. The following are some examples:

Open Day - Sunday, 12 August 2018

Thank you to all who participated and supported Open Day to showcase our programs on Sunday, 12 August. We were lucky with the forecasted rain staying away. The School had several presentations which had to be accommodated in the overflow lecture room – Health Sciences, Occupational Therapy, Human Movement and Exercise and Sports Science all overflowed – with other areas having a good attendance - Clinical Exercise Physiology, Physiotherapy, Med Rad, Podiatry.

I was absolutely delighted to note that the School was represented by over 100 students from various programs. The City East student helpers (see page 8) and staff were absolutely magnificent. Really well turned out and attentive and helpful throughout. Having the current or recently graduated students provide testament to the quality of courses during the presentations is also a real plus factor.

Congratulations

A warm congratulations to Scott Polley who has been awarded the prestigious and UniSA’s inaugural Senior Fellow of the Higher Education Academy. Scott and Dr Julie Reis (NRC, Mt Gambier), are the first two of the 2018 UniSA HEA Fellowship initiative to be awarded this fellowship.

UniSA Academic Merit Scholarship

I attended the UniSA Academic Merit Scholarship Celebration hosted by Professor Allan Evans, Provost and Chief Academic Officer, on Thursday, 26 July. The School of Health Sciences proudly supported 14 recipients who achieved some of the highest ATAR’s in South Australia.
Cancer Research Institute (CRI) Board

I am pleased to be a member of the Advisory Board of the newly created UniSA Cancer Research Institute (UniSACRI) with the inaugural meeting having taken place on Friday, 20 July. UniSACRI is aiming to bring together researchers dedicated to the cause of controlling cancer and its effects on quality of life.

Notably, the School of Health Sciences’, Centre for Population Health is now officially rebadged as the Australian Centre for Precision Health (ACPreH) and now forms part of UniSACRI. ACPreH is headed by Professor Elina Hypponen who reports in this School Newsletter.

Short Courses

The School has three highly successful short courses that are running this year which are worthy of special mention. These short courses are capturing interstate and international attention and are servicing a unique niche within a market that has demand and grossing over $260k income.

Prof Cert. Conservative Management of Pelvic Organ Prolapse
Coord: Alison Bell, Staff: Trish Neumann, Rebekah Das, Kerry Thoirs
Available to Australian registered medical practitioners, nurses and physiotherapists, only programme to address conservative management of pelvic organ prolapse. Online with workshops.
2017 – 30 students;
2018 – 56 students including New Zealand

Prof Cert. Pain Sciences
Coord: Mark Catley, Jeanie Burnett; Staff: Lorimer Moseley, David Butler, Tasha Stanton + University Adelaide staff
Available to medical practitioners, nurses and allied health practitioners. Covers pain models, mechanisms and contributors to pain, pain education, clinical assessment and management of pain, multidisciplinary and interdisciplinary approaches to pain management. Online.
2018 – 56 students (all interstate or overseas)

Rural and Remote X-Ray Operator Course
Staff: Denise Ogilvie, Jo Oldfield, Jane Shepherdson, Greg Brown
Available to qualified General Practitioners and Registered Nurses located in rural and remote areas seeking eligibility from Environmental Protection Agency (EPA) for a basic or intermediate X-ray operator’s license. Online with workshops.
2018 – 16 students

A special note of thanks to both Debro Thaw and Gill Carr who handle everything behind the scenes to make these short courses happen.
SA’s only Accredited Exercise and Sports Science Programs

Full accreditation was granted on 27 July 2018 for the three Exercise and Sport Science degrees:

- Bachelor of Exercise & Sport Science (IBXS)
- Bachelor of Exercise & Sport Science / Bachelor of Psychological Sciences (Counselling & Interpersonal Skills) (IBXP)
- Bachelor of Exercise & Sport Science / Bachelor of Food and Nutrition (IBXN)

UniSA is the only accredited Sport an Exercise programs within South Australia. I would like to thank Dr Alyson Crozier for successfully leading the accreditation on these programs.

2019 New Colombo Plan

The School of Health Sciences had three projects funded in the 2019 New Colombo Plan Application Round. Funding totalling $109,560 to support 34 student subsidies was awarded and this compares to three projects worth $76,450 supporting 24 student subsidies in the 2018 application round.

Below is a list of the successful 2019 Round projects:

<table>
<thead>
<tr>
<th>Country</th>
<th>Institution/Third Party Provider</th>
<th>Supported by</th>
<th>Activity</th>
<th>Project Type</th>
<th>Subsidies Awarded</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kiribati</td>
<td>Motivation Australia</td>
<td>Sara Jones and Ryan Causby</td>
<td>Practicum / Clinical Placements / Internships – 3 weeks</td>
<td>Single-year</td>
<td>8</td>
</tr>
<tr>
<td>Philippines</td>
<td>University of the Philippines/Philippines Institute of Sport</td>
<td>Michael Hartland and Kevin Norton</td>
<td>Practicum – 3 weeks</td>
<td>Single-year</td>
<td>20</td>
</tr>
<tr>
<td>Brunei</td>
<td>Ministry of Health/University of Brunei</td>
<td>Saravana Kumar</td>
<td>Study Tour – 2 weeks</td>
<td>Single-year</td>
<td>6</td>
</tr>
</tbody>
</table>

Invictus Pathways Program (IPP)

IPP is attracting attention as the Invictus Games are approaching. It is a good model for inter professional learning and student delivery within the sport science and allied health disciplines. There has been considerable interstate universities interested in applying a similar model of service. I am pleased to announce Dr Katia Ferrar as the new Clinical and Academic Director for the Invictus Pathways Program.

Invitation from His Excellency the Governor, The Honourable Hieu Van Le AC and Mrs Lan Le

I am thrilled to be among colleagues from the School of Health Sciences and The Road Home Invictus Pathways Program to receive an invitation to a special reception at Government House on Monday, 8 October, to acknowledge our South Australian Invictus Games Athletes. It is an honour and a privilege for UniSA to support these remarkable athletes.

The Road Home Remembrance Day Breakfast

We are delighted to be the platinum sponsors of The Road Home Remembrance Day Breakfast in which the remarkable journeys to recovery are shared by three of our IPP participants and enabled by the IPP.

Hear their brave stories from the battlefield to recovery

Former Sergeant Peter Rudland
Former Sergeant Garry Robinson DSM
Former Able Seaman Emilia Mysko
UniSA’s High Performance Sports Centre (HPSC) receives visit from the Hon Corey Wingard MP

The School has recently created the High Performance Sports Centre (HPSC). The role of the HPSC is to create opportunities for our students, to engage with community and gain experience.

In July we were delighted to receive a special visit from the Hon Corey Wingard MP, Minister for Recreation, Sport and Racing.

Thank you to Michael Hartland, High Performance Clinic Coordinator who has been kept very busy in this role in providing opportunities for our students.
Welcome to the Higher Degree by Research (HDR) Candidates who have joined us over the last couple of months:

- Harry Roesch (PhD candidate): The acute effects of loading programs and anti-inflammatory medication on the exercise response in the asymptomatic Achilles tendon. A study using diagnostic ultrasound measuring tendon dimensions and vascularity (supervisors: A/ Prof Steve Milanese, Dr Helen Banwell, Mark Jones, Dr Steve Saunders)

- Mikaela Dell’Oro (PhD candidate): Dosimetric comparison of intensity modulated/volumetric arc therapy radiation therapy (IMRT/VMAT) and proton therapy treatment plans - Which patients benefit? (supervisors: Prof Eva Bezak, Dr Michala Short, Dr Puthenparampil Wilson, Dr Leyla Moghaddasi)


- Alison Deslandes (Masters by Research candidate): An assessment of the accuracy and validity of songrapher-led ultrasound scanning for deep infiltrating endometriosis (supervisors: Prof Eva Bezak, A/ Prof Nayana Parange, Dr Jessie Childs, Catrina Panuccio)

Congratulations to the following new Drs who had their PhD conferred at the June or August University Council meetings:

- Dr Roger Byard (supervisors: Prof Robert Vink, A/ Prof Sara Jones, A/ Prof Declan Kennedy): Pathological investigations differentiating the causes and characteristics of sudden accidental and inflicted early childhood deaths from sudden infant death syndrome

- Dr Jane Chalmers (supervisors: Prof Lorimer Moseley, Dr Susan Evans, Prof Mark Hutchinson): Below the belt: Investigations into the assessment, treatment, and pathophysiology of pelvic pain in women

- Dr Dorothea Dumuid (supervisors: Prof Tim Olds, A/ Prof Carol Maher, Dr Lucy Lewis, Dr Tyman Stanford): Time use: a case for compositional data analysis

- Dr Stuart Graham (supervisors: Prof Roger Eston, A/ Prof Gaynor Parfitt): Application of a mathematical variable dose-response model to professional Australian football training and performance data

- Dr Emma Karran (supervisors: Prof Lorimer Moseley, A/ Prof Susan Hillier, Yun-Hom Yau, James McAuley): Can we do better? Optimising the clinical management of low back pain

- Dr Katrina Li (supervisors: A/ Prof Marie Williams, Dr Kylie Johnston, Dr Catherine Paquet, Prof Peter Frith): Offspring of people with chronic obstructive pulmonary disease (COPD): intergenerational and life course influence on respiratory impairment

- Dr Russell Chan (supervisors: Dr Maarten Immink, Prof Kurt Lushington, Prof Ina Bornkessel Schlesewsky): From stillness to action: meditation-based enhancement of cognitive control processes underlying motor sequence learning

- Dr Thomas Debenedictis (supervisors: Dr Dominic Thewlis, A/ Prof Steve Milanese, Dr Grant Tomkinson, Dr Daniel Billing, Alistair Furnell): The impact of the mechanical whole-body vibration experienced during motorised military land transit on the physical attributes that underpin dismounted combatant physical performance

- Dr Toby Hunt (supervisors: Prof Tim Olds, A/ Prof Marie Williams): Use of time in people with chronic obstructive pulmonary disease
Teaching and Learning Session: Resilience Training
A big thank you to Sandy Maranna, Scott Adams and Dr Caroline Fryer for presenting this interesting session on Resilience Training with our students.

Here is a web link to resources suggested in the session. This site has some excellent ready-made resources within this site and you may recognise some local identities. [https://www.enhancingresilience.com](https://www.enhancingresilience.com)

University-Wide Research Awards—nominations open!
You will have noticed an email sent from the DVCR&I regarding a range of University-wide Research Awards to recognise and celebrate our research. The award categories are Research Excellence; Research Training and Support; and Pathways to Impact. I encourage you all to browse the UniSA Research Awards, where you can access further information on the application process and prize allocations and either nominate a colleague, team or yourself!

VC Cup: Volleyball

Newsletter Contributions
Thanks again for all your contributions and special thanks to the Program and Research Directors.

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/](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

Professor Roger Eston
Head of School
Thank you to our student volunteers to make Open Day a great success

Simon Adkins
Craig Anderson
Sarah Andrews
Kimiya Asgari
Abbas Banaei
Alyssa Bell
Harriet Berman
Priyanka Bodhe
Georgia Bourlotos
Georgina Bradley
Jason Bryant
Brian Bui
Lucy Bunge
Liam Carfova
Kyra Charsley
Grace Chen
Elaine Cheng
Cheryl Cheuk Wai Yeung
Tanya Chludil
Caitlin Connell
Yundong Cui
Thomas Curtin
Ashleigh Davidson
Chloe Davidson
Gennaro D’Elia
Alex Dilena
Michaela Dolan
Noah D’Unienville
Shinae Dunlop
Adrienne Duran
Kristal Fiorentino
Atlanta Fliton
Ashraf Gerges
Ella Gosling
Aimen Haider
Sophie Hall
Lok Hanh Siu
Gina Hanna
Samantha Hannaford
Linda Harvey
Benita Helmore
Rachel Ho
Kam Hung
Sara Iskeirjeh
Madhuram Iyer
Ranai Jamal-Awar
Nicholas Jehu
Margaret Jing
Hayley Johns
Gabrielle Johnson
Marlon Joseph Ledesma
Yi Jun Tan
Apostoli Kikianis
Becky Kim
Gamin Kim
Jeonghyeon Kim
Lok Kio Lai
Nathan Kok
Shruti Kshirsagar
Matthew Lai
Henry Lambert
Kristina Laskowski
Hyunsoo Lee
Emma Marshall
James Martin
Elsa Matthias
Tayla McLean
Jayme Miller
Dimitri Mitsioulis
Mahjuba Mohsseni
Emily Moore
Jessica Muller
Kayla Nemeth
Oliver Newton
Janice Ng Sze
Kelly Nguyen
Raphael O’Connor
Thomas O’Malley
Alice O’Connell-Debais
Shannon Packer
Thomas Page
Alisha Paul
Sarah Penniment
Fiona Pham
Bernard Pienaar
Sachin Prakash Kumar
Caitlin Prentice
Alicia Redden
Themelina Roditis
Kate Romeo
Tegan Schuster Bailey
Yolanda Schwarzer
Madeleine Shriver
Caitlin Stone
Chelsea Talbot
Joana Thai
Elaine Tjia
Anlee Tran
Jenny Tran
Anna Vogelzang
Tamara Weiss
Joella Williams
Edith Wong
Do Yeon CHO
Shu Yi Pooh
Priscilla Yi Zin Hii
Jordan Zabolocki
Emilia Zygocki
This August, the new Human Anatomy lab on BJ3 was open to the public. Ross Hamilton (Anatomy) and Abbas Banaei (Podiatry 3rd year) painted these structures on Simon Adkins (Occupational Therapy), Lauren Godridge (Physiotherapy) and Harry Nguyen (Human Movement graduate).

Thank you to all of our artists, staff and models.

We've already used one of the images for teaching!
“It's Team, makes Human Anatomy 100, the world best Anatomy Course. Lead by the ultimate superwoman in Dr Nicola, the Anatomy Team is the most incredible and awesome group of individuals you will ever have the privilege of studying under. All have their unique super powers but together they are indestructible. As a student, what an incredible privilege it has been to learn human anatomy from such amazingly gifted individuals. It is literally impossible for any student who is willing to learn to not witness the incredible superpowers of these staff members. Each team member, has not only stayed back late to help me understand concepts or answer my questions, but I have witnessed each and every one of these incredible lecturers, tutors and lab technicians sit down with fellow students and help them to learn. For me, this course achieved what I thought at the beginning was impossible to simply love love Human Anatomy.

The Super Team includes:
Dr Nicola (Super Woman), Ross Hamilton (Champion)
Jason Placanica (Champion), Dr Arjun (Rockstar)
Dr Melvin (Legend), Candice (Awesome)
Andrew (Wisdom)

All of these incredible people made my first semester at UniSA an absolute life changer, this Anatomy staff truly believes in the potential of all of their students, they care so much about teaching and helping you to achieve your potential, it is simply overwhelming and humbling.

The Anatomy Resource Centre was a place where every staff member went the extra mile and then some to help me. I witnessed Jason P without hesitation sit down and help so many students, Ross would stay back to help anyone who was willing to learn, he is an absolute champion, Dr Nicola just never stopped to bring out the best in every student, an incredible teacher and an amazing leader, if I am half the person she is, I would be a superhero.”

Anatomy 100 Feedback
Dr Harsha Wechalekar had the opportunity to represent the Anatomy team in Science week held at Glen Osmond Primary School. Little ones aged 4-6 years were excited to see the full-length human bones (artificial), heart and brain models from our laboratory. They enjoyed holding the bones and the organs. Kids learned about foods rich in calcium to make their bones strong. The session concluded with a ‘skeleton dance’ which they enjoyed. Hope to see them at the University of South Australia as students, academicians or researchers in the near future.

The anatomy laboratory through Dr Frances Corrigan participated in Science Week this August, demonstrated some of our neuroanatomy models to the kids as part of two events: ‘Science is Child’s Play’ and ‘Brain Food’ targeting children aged 4-10. The kids had a great time taking apart the models of the brain, eye and ear and learning about the different structures. They were particularly interested in learning about how the eye and ear send signals to the brain. This was an excellent way to engage the community and hopefully we will see some of these kids at University of South Australia from 2030 onwards!
Importance of Athletic Movement Competency

Resistance training is a common training modality in professional Australian Rules football (ARF). Resistance training is especially critical for young players entering senior professional competition as they may possess lower levels of lean body mass, maximal strength and a greater risk for injury than their senior counterparts. Given this importance, it is critical that youth ARF players develop the foundational physical competencies necessary for effective participation in resistance training prior to entering a full-time professional program. One of these foundational competencies is the ability to undertake basic bodyweight movements such as the squat, hip-hinge and lunge through an acceptable range of motion, with correct joint alignment and integrity. The development of this skill, which has been termed athletic movement competency, lays the foundation upon which more complex strength training skills are developed.

Aim of the PhD

Unlike most measurement tools in sports science, the assessment of movement competency is a subjective process whereby whole-body movement patterns are visually rated based upon a set of predetermined qualitative criteria. Should practitioners decide to assess movement competency in their athletes, it is critical that the assessment tool used is both valid and reliable. The overarching aim of this PhD project is to explore the reliability and validity of a movement assessment protocol designed for use with ARF players – the Athletic Ability Assessment (AAA). Specifically, this project aims 1) to determine the reliability of the AAA 2) to determine whether the AAA is sensitive to changes in movement competency amongst professional ARF players 3) to compare movement competency levels in junior ARF players to those present in senior professional players and 4) determine the association between movement competency and physical performance in youth ARF players.

Studies and Results

A two-part study was conducted to determine the inter- and intra-rater reliability of the AAA. In part 1, it was found that the AAA possessed acceptable intra-rater agreement levels, but inter-rater agreement was poor. Further, it was found that between-subject variability in movement competency was lower than expected, potentially due to a lack of sensitivity in the AAA marking scale. This lack of sensitivity may limit the discriminative validity of the AAA and impact negatively on agreement levels. Part 2 of this study, which is currently underway aims to explore the agreement levels of the AAA using an expanded scoring scale. It is hypothesised that this altered scoring scale will improve rater reliability and provide an assessment which possesses greater discriminative validity. The next phase of this research project will seek to compare the discriminative validity of the AAA using the two separate marking scales analysed in the reliability study. This will be achieved by assessing within-subject changes in movement competency over time, as well as describing between-subject differences in a group of ARF players ranging in experience from under-15 to senior professional level. Following the above analyses, the final study in this PhD project will explore the association between movement competency and physical performance in a cohort of youth ARF players.

The ultimate goal of this research is to share information which may help to better prepare youth ARF players for the rigours of professional training. Additionally, a focus on developing fundamental movement competency will provide young athletes with the physical skills necessary for long term participation in resistance training, regardless of their future sporting progression.

Supervisors: Professor Roger Eston, Associate Professor Gaynor Parfitt, Dr Ian McKeown and Dr Darren Burgess

Daniel Rogers
Email: rogdk001@mymail.unisa.edu.au
We were delighted to publish our most recent study into the top ranked (1/83) journal in Sports Sciences—the *British Journal of Sports Medicine*.

Exercise training has been a cornerstone of cardiac rehabilitation programmes since the early 1950s. The most notable benefit of exercise-based cardiac rehabilitation in patients is an improvement in cardiorespiratory fitness (CRF), which remains the single strongest, independent predictor of all-cause and cardiovascular-related mortality and morbidity. Specifically, the VO₂peak, a measure of the highest oxygen uptake achieved during a symptom-limited cardiopulmonary exercise test, is strongly associated with future fatal and non-fatal cardiovascular events in both healthy and unhealthy men. Further, improvements in VO₂peak are demonstrated to underpin reductions in mortality risk.

Although a dose-response relationship between exercise training and improvements in VO₂peak is well-accepted, the optimal prescription for patients following a cardiac event or revascularisation surgery remains largely unclear. As duration and frequency of exercise training are predominately functions of patient behaviour and service access, exercise intensity is a key physiological element of exercise prescription that can be manipulated by the rehabilitation practitioner.

**Aims of the Systematic Review with Meta-Analysis**

We sought to investigate the role of exercise intensity on the change in cardiorespiratory fitness (CRF; as VO₂peak) in patients undergoing phase II cardiac rehabilitation. A systematic review with meta-analysis was performed on 128 studies of 13,220 patients. Each exercise rehabilitation program was classified as prescribing moderate, moderate-to-vigorous, or vigorous intensity exercise based on ACSM classification. Analyses of pooled effects demonstrated that moderate, moderate-to-vigorous and vigorous intensity programmes were associated with a \[\text{mean (95\%CI)}\] 4.1 (2.7, 5.4), 4.9 (4.0, 5.8) and 5.5 (4.3, 6.7) mL·kg⁻¹·min⁻¹ increase in VO₂peak, respectively. High and significant heterogeneity was observed in all analyses.

**Results of the Meta-Analysis**

Considering the varying methods used to establish the training intensity, we performed subgroup analyses where the intensity was derived from heart rate, VO₂ or perceived exertion. Although these subgroup analyses did not yield any consistent results, they highlighted a high between-study variability in responses associated with prescriptions based on indices of VO₂. Meta-regression analyses to further explore the sources of high heterogeneity consistently identified baseline CRF as a determining factor.

An unexpected finding of our review, however, was a global lack of reporting patient compliance with the exercise program. While most studies reported some indicator of programme attendance, very few quantified compliance with the prescribed exercise intensity, such as mean training heart rate or session RPE. This lack of reporting is concerning; leaving the reader to assume that the programme was delivered and completed by each of the patients and highlights the need for intervention studies to include methods for verifying compliance of the prescription.

Our review suggests that greater improvements in CRF may be conferred through prescription of more vigorous intensities. However, the additional improvements to CRF (≈1.5 mL·kg⁻¹·min⁻¹) over the course of a cardiac rehabilitation intervention were not statistically significant and could not be considered clinically meaningful. While the findings of this review may provide a case for higher-intensity training methods, such as high-intensity interval training, as part of a supervised cardiac rehabilitation intervention, these potential benefits should be considered in tandem with the potentially elevated risk of adverse events associated with higher intensities in this vulnerable population.

**Supervisors:** Professor Roger Eston, Associate Professor Gaynor Parfitt and Dr Kade Davison

As a PhD candidate in the School of Health sciences, I’m often reminded of the importance of developing a broad skillset, and UniSA’s EDGE program (Enhancement of Doctoral Graduate Employability) was designed to help this.

As I work toward the end of my PhD, which is focussed on the respiratory health of Adelaide’s professional firefighters, I’ve been thinking about my post-PhD career options.

I’ve always enjoyed communicating my work visually, and winning the 2017 Research Week Poster Competition, as well as having another poster selected as Best Poster from the Occupational & Environmental Lung Disease / Population Health Poster Session at the 2018 Australia/New Zealand Thoracic Society Conference made me think that that I could pursue this kind of work as a career. So, recently I’ve been undertaking an internship with a local Science Communication company, Animate Your Science.

Based in The University of Adelaide’s ThincLab, Animate Your Science help researchers to have an impact by communicating their work in an effective and accessible way. After all, over 7000 academic papers are published every day, with many going unread: so being noticed requires some creativity. Forget Publish or Perish, it’s Visible or Vanish!

Graphical abstracts and video abstracts are much more likely to be noticed by our peers, and especially by the general public. Above is an example of a recent graphical abstract I made to help disseminate the good work of the University of Limerick’s Cillian McDowell, who previously worked with ARENA. Altmetrics are an increasingly important part of academia that complement traditional citation-based metrics. Tweets with graphics like this are around 8 times more likely to be seen and retweeted, and increase article visits more than two-fold.

I was delighted by the positive response this work received on Twitter, and am excited by the future possibilities in communicating my PhD findings, as well as the research of others, to a broad and engaged audience.
PROGRAM DIRECTOR REPORTS

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

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

Dr Alyson Czazer
Program Director: Exercise and Sport Sciences

Dr Eddie Davey
Program Director: Clinical Exercise Physiology

Dr Katherine Dallock
Program Director: Health Sciences

Mr Scott Polley
Program Director: Human Movement

Ms Jane Shepherdson
Program Director: Medical Radiation

Dr Siobhan Osborne
Program Director: Medical Imaging (Postgraduate)

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

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

Mr Mark Jones
Program Director: Master of Advanced Clinical Physiotherapy

Dr Ryan Galway
Program Director: Radiography
SP5 was the last intake of students in the Division of Health Sciences Honors degree. So once the current students have completed their honors degree the program will come to an end. This is the 15th year of the Divisional Honors program but like many things in life it has lost its relevance as a research training program. Students who wish to pursue research based training following their undergraduate degree are encouraged to look at the Masters of Research (IMHC) or the Masters of Research (Population Health Practice) (IMPU) programs.

The standard of the research in our Health Sciences Honors program was exceptionally high, which is a tribute to the work of the academic staff in the Division who put forward the projects and supervised the students. Every semester during the panel defenses one or more of the external assessors would remark at how high the standard of our Health Sciences Honors research was. Having been involved in Honors degree curriculum reviews for a number of universities interstate I would also agree that the standard of the Honors program at UniSA was above average, which reflects the hard work of previous Program Directors.

Looking back over the last 10 years we have had over 160 graduates of the Health Sciences Honors Program of which a significant portion have gone on to undertake PhDs either here at UniSA or at another university.

On a personal note I would like to thank Andy Te, and Deb Williams for their invaluable assistance over the 5 years of my tenure as Program Director.

Dr Steven Milanese
Program Director: Bachelor of Health Science (Honours)
Bachelor of Health Science (Nutrition and Exercise)  
UniSA Online

We are thriving – and proud – and our reach continues to spread. The XBNE: Bachelor of Health Science (Nutrition and Exercise) program remains the most popular UniSA Online degree, with approximately 400 approved applications to date in our inaugural year, and masses of enquiries on a weekly basis. In line with an express intention of UniSA Online, we continue to reach new, non-traditional cohorts of students: currently 58% of XBNE students are older than 30, and 73% reside outside of South Australia.

On 28-29 June 2018, UniSA Online held an extremely successful ‘Virtual Open Event’, a fully online equivalent to Open Day where visitors logged into a virtual event area, viewed content by degree, watched videos and presentations and participated in live networking and chat sessions. I’d like to express a big thank you to the UniSA Online team including marketing, degree advisers, corporate, academics and online course facilitators for showcasing the UniSA Online degrees in this event, leading to many more leads, enquiries, and enrolments.

UniSA Online continued its marketing of degrees at UniSA’s recent Open Day event on Sunday 12 August. As an online study offering it was always an unknown regarding the number of face-to-face approaches we might receive at this event, however we did receive a number of enquiries at the UniSA Online booth at City East, and in the days following Open Day it was reported by our degree advisers that the number of online enquiries also increased – the word is spreading and this degree continues to appeal to a range of potential students from all corners of the country.

At the time of writing this newsletter piece we are approaching the end of Term 3 with current courses Foundations of Human Biology 2 (BIOL 1053) and Foundations of Health and Physical Activity (HLTH 1053) concluding on 31 August. Student feedback of our courses and teaching continues to be praiseworthy and it is testament to the dedication of the course development and teaching teams. A continued thank you is extended to Dr Ysabella Van Sebille for her capable leadership as Online Course Facilitator (OCF) for each of these courses, course tutors and course coordinators Dr Andrea Stringer (BIOL 1053) and Dr Katia Ferrar (HLTH 1053). Below are a couple of comments representative of all student feedback received in the mid-term evaluation of the current biology course:

- “I can’t say enough positive things about this course, especially about the teachers. They are so supportive and involved, they respond to questions so quickly, and always give the impression that they want me to succeed. The course content is also amazing, the videos are so well made. The major assignment was an excellent way to really dive into one aspect of the course, and I learned so much”.
- “The support given in this course is unparalleled. Things are explained really clearly, tutors care about how students are doing, I really love this course”.

Behind the scenes UniSA Online’s Academic Development team continue to work with course coordinators to develop all remaining courses in the program by the end of 2018. Since the last newsletter we have completed writing and development of all second year – and some third year – courses and we only have four third year courses to develop by year’s end to finalise the 22 courses in the XBNE program. I would like to acknowledge the expertise and dedication from the following course coordinators who are currently in the midst of course writing:

- **Douglas Pierre** – Psychology of Exercise, Sport and Health (HLTH 3066)
- **Dr Permal Deo, Dr Evangeline Mantzioris, Prof Cory Xian, Dr Karma Pearce** – 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)

We look forward to finalising development of the program with a further suite of high quality online course offerings to be proud of. Term 4 starts on 17 September where we will run Foundations of Human Biology 1 (BIOL 1052), Foundations of Nutrition and Health (BIOL 1054) and Health and Society (HLTH 1054) to see out this highly successful first year of the program.

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

Meet the Bachelor (of Exercise and Sport Science) – the ONLY accredited exercise science course in South Australia! What a catch!

As I’m sure you can tell, the title of my commentary is a little play on words with the popular television show “The Bachelor,” because both the show and UniSA’s Exercise and Sport Science program have a few similarities:

- We love sport/exercise as much as, if not more than, the current Bachelor (“the honey badger”);
- We are highly desired by potential suitors; and
- We had multiple suitors (approximately 100 students) accept a rose (i.e., enrol) into first-year for 2018, with that number expected to increase in 2019!

Enough kidding around. In more serious news…

Full Accreditation of Three Degrees

At the time of the last newsletter, we had received confirmation that the Bachelor of Exercise and Sport Science program had received provisional accreditation status from Exercise and Sport Science Australia (ESSA). As of 27 July 2018, that has updated to FULL accreditation status, with that status valid until 31 December 2022! That means that the School of Health Sciences and UniSA can proudly state that we are the ONLY University in South Australia to offer an accredited exercise science program to students. This accreditation applies to not only the single degree, but also the two double degrees, meaning students in these three degrees will be eligible to apply to become an Accredited Exercise Scientist from ESSA upon graduation from the program. I am definitely excited to travel to Melbourne in early December for the annual conference for the Council of Heads of Exercise, Sport and Movement Sciences, where ESSA will award us with our accreditation certificates.

Open Day

Open Day at UniSA on Sunday 12 August was a HUGE success for the Bachelor of Exercise and Sport Science. We had many potential students, even as young as year 9, coming to talk to our staff and students about what the program is all about. Thanks to the following staff who manned the Bachelor of Exercise and Sport Science booth: Dr. Tom Wycherley, Dr. Camel Nottle, Associate Prof Jim Dollman, and Dr. Clint Bellenger. Further thanks to the students who graciously volunteered their time as well: Noah D’Unienville and Jenny Tran.

We also had great attendance at our laboratories, with lots of individuals expressing interest in the demonstrations. I want to personally thank those who ran the demonstrations and manned the laboratories, including Prof Jon Buckley and Dr. Grant Van Der Ploeg (exercise testing in the Exercise Physiology lab), Dr. Robert Crowther (biomechanics lab), Mr. Ryan Higgins (environmental chamber), and Ms. Denise Matthews (High Performance Clinic). Also, thanks to the students who helped out in those laboratories.

For the main lecture, we had a nearly packed H2-02 lecture theatre, full of potential students and their parents attending for additional information. I was very fortunate to have an ideal graduate student, Mr. Steven van Diepen, able to present and discuss his experience in the program, and how the opportunities he was afforded led him to his current role as Strength and Conditioning coach at the South Australian Sports Institute. My sincerest thanks go out to Steven for taking time out of his weekend to promote the program to future students!

New Staff

I’d also like to welcome our newest staff member, Dr. Clint Bellenger, to the team who joined us in July. We are very excited to have Clint’s experience and expertise teaching and researching into the sport and exercise science field. We are already keeping him busy as he is teaching Exercise Prescription to our second-year cohort this semester!

Spring is in the air!

With the warmer weather starting, I encourage all staff and students to spend more time outdoors. We know the benefits of the outdoors for our health – go out for a walk at lunch, eat lunch outdoors, or change your meeting to a ‘walking’ meeting – I promise you’ll feel better!

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

The newly formed High Performance Sport Centre continues to expand. This month we have commenced engagements with the South Australian Aboriginal Sports Training Academy (SAASTA), the Andrew McLeod Indigenous sports program, the Roxby Downs Junior Sporting Academy and Athletics SA.

The SAASTA program this month involved over 300 Indigenous students visiting the City East campus over four days where selected students were given the opportunity to undergo either a V02 Max or underwater weighing to assess body composition. This full day program also included an AFL draft combine for the Indigenous students at the Adelaide Crows training facility. Here 10 students from Professional practice course in the Exercise Science Program put the students through their paces with such tests as vertical jump, 20 metre sprint and the Illinois agility test. The students then undertook an AFLX game on the West Lakes stadium under the guidance of Andrew McLeod.

The Roxby Downs Junior Sporting Academy is similar to our engagement with the Limestone Coast Sporting Academy where junior athletes are given the opportunity to experience high performance athlete testing in our facilities in C208 and P6. This engagement also enables 5 students from Professional Practice to gain valuable experience in running tests such as V02 max, lactate threshold and reaction time.

Our association with Athletics SA is only just beginning but will involve testing of their junior elite athletes in our Biomechanics lab under the guidance or Dr. Robert Crowther. The athletes will also undergo field testing at the Athletics SA Mile End arena where our sport science students will gain valuable field based experience.

In addition to the above, HPSC has agreements with sporting organisations across SA such as:

- Limestone Sports Academy (Mount Gambier)
- SA Jockey Club Apprentice Academy
- Hong Kong Jockey Club
- Baseball SA/Adelaide Bite
- Norwood Football Club
- Adelaide United
- Schools and other organisations in SA

The HPSC is continuing to grow and we always 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 and importantly provide valuable placement experience for our students.

Cheers
Mike Hartland
Bachelor of Clinical Exercise Physiology

Busy Times
Another busy few months in the CEP program for all staff and students with a hectic transition to the new (with honours) program structure. The program team are very appreciative of the individuals supporting us through this transition, particularly those taking on the challenge of course coordination as casual academics. Fiona Belton who is the head of Exercise Physiology for Goodlife Health Clubs has managed to find the time from her real job where she coordinates a team of AEPs across multiple sites to coordinate two complete courses for us this year. Pavlos Dimitropoulos, an exercise science practitioner who has pursued further learning and development in clinical education has covered our 3rd year practicum coursework and facilitated great educational workshops for supervisors as well and students. Brett Tarca has shown his versatility by juggling roles in clinical education, research assistant, Masters student, and snowboarder with part coordinating a number of diverse courses. And part-time PhD candidate Braden Mitchell who is juggling more things than I could list is the inaugural coordinator of a new course which has required significant content development. A big thanks and well done to all. The success and growth of the program has resulted in the creation of a new lecturer post to commence in 2019.

Open Day
Thanks to all staff and students who contributed to the success of the day. A special thanks to 4th year student Alison Burford who provided some personal reflections during the lecture which really resonated with the attendees. My 6 year old was particularly impressed with how fast Dr Clint Bellenger could run on the treadmill (I was equally impressed with the numbers that he generated!) and the fact that a grown up could fit completely under water in the hydrodensitometry tank.

CEP Conference update
Remember to save the dates of 7th & 8th Dec for our 3rd CEP conference. This year the Friday session will be only for students, placement supervisors and program staff and the Saturday will be the same great industry engaged professional development day we have run previously. For our key note we have secured Associate Professor Michael Baker from ACU Sydney to speak on the role of resistance exercise for aging and disease. Supporting this we have a number of expert and respected clinicians to speak on topics such as working models of interprofessional practice, working with children, managing pain, and exercise pre and post arthroplasty. And of course we will have the now famous 3rd year vs 4th year cohort great debate, this year tackling the question of whether or not the most important aspect of practice is the strength of the evidence that underpins it. It would be great to see more ESS and CEP staff there this year. Stay tuned for registration details in the coming weeks.
International student accolade

I was very privileged to be offered a seat at UniSA’s table for the recent Merdeka annual dinner of the Australia Malaysia Business Council SA to support 4th year CEP student Suliana Shahrin who was rated the 2nd top Malaysian student in SA this year (out of about 1300 I heard). The award was presented by His Excellency the Honourable Hieu Van Le AC, Governor of SA in the presence of state MPs and the Malaysian high commissioner to Australia. Suliana provided the audience with an excellent understanding of what a CEP does and her plans to hone her craft in Adelaide for a few years before starting the profession up at home. She also noted that at the end of this year she will be the first female Malaysian Accredited Exercise Physiologist. Congratulations Suliana on this amazing achievement.

Dr Kade Davison
Program Director: Clinical Exercise Physiology
Bachelor of Health Sciences

Open Day Thank You

Thanks goes to all those who participated in the recent Open Day, and particularly to the Health Science program staff and students that contributed to answering questions and providing information to prospective students and their families! I’d like to especially thank **Caitlin Stone** (3rd Year Health Sciences student) and **Shannon Packer** (2nd Year Health Science student) for their valuable contributions to the Bachelor of Health Science program presentation, where they shared their experiences of studying at UniSA and of the Bachelor of Health Science program specifically. Their genuine enthusiasm for the degree and the opportunities (including international experiences) they’ve gained during their studies was felt across the packed theatre. Attendees’ interest in the degree extended to the Health Science booth after the presentation, with many coming back for more information because of these two wonderful ambassadors for the program!

2018 IBHL Student Conference

We’ve had a cracking start to SP5 with preparations on all fronts ramping up for the IBHL Student Conference. Each year, a team of third year placement students takes on the role of the conference organising committee, and this year we have a fabulous team in **Alana Frith, Nam Quoc Tran, Penny Kopsaftis**, and **Mahgul Haidari**.

The 2018 IBHL student conference will be held on **Thursday, 8 November** at Mawson Lakes Campus, and the theme for this year is **“Endless Opportunity”**. Along with an invited keynote speaker, students from each year level will be presenting at the conference as part of their assessment requirements. First year student teams in the course **Introduction to Sociology of Health and Physical Activity** will develop and use a multimedia resource to communicate a sociological perspective on health and/or health behaviours. Second year **Project Management for Health Promotion** teams will give group presentations on the real-world project proposals they’ve developed for industry partner organisations. Finally, third year **Health and Wellbeing Industry Placement** participants will individually present on their placement experience, including a reflection on how the placement brought together their academic learning across the degree, and how they might apply what they’ve learnt to their future careers. The IBHL student conference promises to be an excellent showcase of student learning and teamwork, but also their fantastic presentation and communication skills. I’m very much looking forward to it!

**Dr Katherine Baldock**  
Program Director: Health Sciences

2018 National Suicide Prevention Conference

**Dr Janette Young** (and her co-author team – **Ms Holly Bowen, Dr Lisel O’Dwyer, Ms Kristen Stevens, Dr Carmel Nottle, Dr Amy Baker**) was awarded Best Academic poster at the 2018 National Suicide Prevention Conference for the poster entitled “Pets are Suicide Protection for some older Australians”.

The poster would not have been finished in time for the conference if one of our fabulous student RAs – **Ivy Jem** - had not worked incredibly hard on the initial layout and choice of content...all while at home in Malaysia (!) and over the semester break. A thousand thanks to Ivy. Below is a photo of Ivy and Janette in front of the poster.

Ivy is one of a small select group of final year IBHL students who spend their Industry placement learning research skills with the IBHL “Health in Communities” team.

**Janette Young, Lecturer: Health Science**

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**Dr Katherine Baldock**  
Program Director
Bachelor of Human Movement

Third Years getting ready to take the next step

At this time of the year our final year students are reflecting on what they have learned through their degree and considering their options for 2019. A majority of the students will undertake post graduate studies at UniSA. A large cohort of around 50 will commence the Masters of Teaching in Secondary Education, a few will undertake Teaching in Primary Education, 10 or so students are likely to start the Masters of Physiotherapy, another 3-5 Occupational Therapy, a number will commence a Master of Research, a few will do Social Work, Business, Marketing, Occupational Health and Safety and a few Medical Sonography. A smaller number will undertake graduate programs at other Universities including as Medicine, Paramedics, Business, Strength and Conditioning, Exercise Physiology and others. Each year a number of students seek employment either using their skills and knowledge gained in the program directly by working in sport, recreation, health, education. Many choose to use their knowledge and capability to work in other sectors such as government services, fire, police and correctional services and a broad range of other industries where organisation, team work, leadership, communication of a graduate are highly valued.

Graduates set to make a difference

Third year Human Movement and Exercise and Sport Science students take Sociology of Health and Physical Activity. This course asks deep questions about health and physical activity practice and leadership. Students consider how they can apply their skills, knowledge and capabilities to contribute and enhance society to be more active, healthy and socially just. Katja Siefken and her teaching team challenge students to ‘think globally and act locally’ as she considers a broad range of equity issues and challenges faced by physical activity practitioners and leaders and practices that can make a difference. The deeper consideration of the role and place of Physical Activity in Society concludes the Program discussion that started in their first year with the course ‘Physical Activity and Health’ and developed thematically throughout the whole program.

Open Day

Open day was again busy for Human Movement with 2 presentations and an overflow for one of the morning presentation. It was great to meet prospective students and their families and help them work through their options. The interest in courses remains strong The staff and student volunteers (Noah D’Unenville, Kam Hung, Thomas Curtin, Kristal Fiorentino) were outstanding – a few were captured on our media team’s YouTube clip https://youtu.be/8JCE0x7p8J4.
First Year Camp

The first year Human Movement, Exercise and Sport Science and a few Health Science students are gearing up for the ‘Introduction to Group and Team Psychology’ camp in the mid semester break. They have been busy with initiative tasks leadership, self-managed teams and working through the theories and practices of personal responsibility and group development in the lead up to this 4-day experience. During this workshop they will bushwalk, rockclimb, undertake landcare, learn from Aboriginal Elders about concepts of Country, orienteer, be introduced to mindfulness, create some bush art, take part in the amazing race, feed themselves and their group - all the while continuing their learning about leadership, facilitation, group functioning and the practical applications. The program supports resilience initiatives across the first year to enhance the capability of our graduates.

Student Exchange

A number of students have recently returned from one semester exchanges from Norway, the US and Canada. They return with that great sense of broadening and excitement about a new world of possibilities. It has been great to hear some of their stories and what they learned whilst away. They have all established international contacts and deep memories for life as a result of their experiences. Student exchanges broaden students tremendously and contribute to a stronger world view on graduation. Students also have the opportunity to undertake a short term (2 week) experience with a study abroad provider with the course ‘Cultural Experience in Health Science’. Locations visited so far include Fiji, Indonesia and in November a small group are visiting New Zealand / Aotearoa.

Moving on

My time as Program Director is coming to an end with my term finishing in February. During this time I have been able to build on the excellent work of my predecessors to continue to grow the program that has spawned a number of new initiatives, continued to develop student and teaching performance and enhance graduate opportunities and capabilities. It has been a great privilege to support our talented and inspiring staff, students and the Health Science team in continuing their success in teaching and research. I look forward to supporting the next PD who I have no doubt will further develop this exciting Program, and I’ll continue to support the School and taking on more face to face teaching in 2019.

Scott Polley
Program Director: Human Movement
On the weekend of July 14 and 15, over 150 mushers (sled dog drivers) and their dogs descended on Mt Crawford Forest in the Adelaide Hills for the South Australian Sled Dog Clubs annual Trophy Race which in 2018 was also the Australian Sleddog Sports Association National Championship Race. The forest came to life for 2 days of action packed, fast paced racing which saw nearly 400 dogs travel to the event with teams coming from the local Adelaide area as well as from all regions of Australia including Perth and Tasmania. In Australia the sport has been adapted to allow for the dryland conditions with mushers racing on 2-wheel scooters, or 3 and 4-wheel rigs, running anywhere from 1 to 8 dogs in a team. There are also classes completed on a bike (bikejoring) or on foot (canicross) with any medium or large size breed of dog able to race.

For this year’s event the School of Health Sciences was on hand to provide First Aid and Sports Trainers services to those competing following on from the success of the newly introduced course HLTH 3070 Sport Injury Prevention and Rehabilitation. Thank you to RockTape who donated 3 rolls of kinesio tape to be used across the weekend. Staff member Patrick Faulkner was on duty Saturday with third year Human Movement student Andy Chiem providing the service on the Sunday. Neither had ever seen the sport before so were keen to come and see what it was all about. Lucky for them near perfect racing conditions, and well prepared and dry tracks meant that most of the action stayed on the track with nothing more serious than a band aid required. For them this meant that there was plenty of time to soak up the sights and sounds of a National Event in a sport which can see teams reaching in excess of 40km/hr through the forest, with most of the place getters averaging well over 20km/hr for their courses. Staff member Dr Carmel Nottle was also at the event as a competitor racing 5 different dogs in 4 classes across the weekend. While there were no podium finishes, her dogs all raced well and showed how it is possible to combine a love of dogs, the outdoors and exercise all into one crazy sport.
No specific question or task is visible in the image. The content appears to be a newsletter page from the School of Health Sciences, featuring updates and information about the Medical Radiation Program. It includes a congratulatory note to Professor Eva Bezak, who will be installed as Vice-President of the Asia-Pacific Federation of Medical Physics (AFOMP) in November at the AOCMP-SEACOMP 2018 meeting. It also mentions the awarding of the Max and Bette Mendelson Scholarship to a fourth-year medical imaging student, Kenneth Do, and acknowledges the volunteering efforts of former Medical Radiations anatomy students returning as peer volunteer sectional anatomy tutors for the upcoming year. The newsletter concludes with a thank-you message to all contributors and program supporters.
Study period two for the 2nd year Medical Radiation Sectional Anatomy students involved a variety of anatomy workshop activities, whereby one week during the Neuroanatomy of the brain topic, students enjoyed replicating the brain stem and cranial nerves, via plasticine and various coloured wires; with the aim of providing a tangible understanding of these features, enabling them to relate to the same anatomical structures seen on Medical Radiation images.

Nadine Ellis (Nadine.Ellis@unisa.edu.au)
Thursday 2\textsuperscript{nd} August was our fourth successful year of interdisciplinary Manual Handling skills training for the 1\textsuperscript{st} year Medical Radiation students as part of their Medical Radiations Clinical Human Anatomy (HLTH1026) course. The two consecutive two-hour Pre-Clinical sessions were led by 4\textsuperscript{th} year Physiotherapy students as part of their ‘Work Health and Safety Practice’ – with physiotherapy lead Dr Rose Boucaut, and HLTH1026 course coordinator Nadine Ellis supervising the day’s activities. The Manual Tasks sessions are designed to enable the 1\textsuperscript{st} year students to maximise their Pre-Clinical theoretical learning – provided via a SA Health Manual Tasks online module completed in advance of the practical ‘hands-on’ sessions. Therefore, combining theory with practical knowledge in preparation for their forthcoming stream specific clinical placements in September.

The interdisciplinary peer-led sessions are valuable learning opportunities for both the beginning 1\textsuperscript{st} year and the final 4\textsuperscript{th} year students, for example, the occasion to inform and demonstrate correct techniques enables the Physiotherapy students to directly practice what they themselves will be doing when they enter the professional workforce. As for the 1\textsuperscript{st} year Medical Radiation students not only do they gain practical Manual Tasks experience in a safe environment, they too are practicing professional communication within the allied health fields.

Nadine Ellis (Nadine.Ellis@unisa.edu.au)
In May, Eileen Giles and Michala Short travelled to Dallas and Cincinnati in the US, to visit Proton Therapy centres, meet our academic counterparts and attend the 57th Conference of the Particle Therapy Co-Operative Group (PTCOG) to establish new academic and research links.

Protons are positively charged sub-atomic particles. Proton therapy is a type of external beam radiation therapy in which a beam of protons is used to deliver radiation dose to cure cancer instead of x-rays. The advantage of protons over x-rays is their mass. This gives them ‘stopping power’ (the Bragg Peak) and means that proton therapy can deliver high radiation doses to target volumes with healthy tissues behind the tumour receiving little to no radiation exposure. Last year the Australian Government announced that the first proton therapy centre in Australia will open here in Adelaide. Clinical outcome data on the effectiveness of proton therapy is increasing, with dose modelling and proton/x-ray comparison studies showing clear dosimetric advantages for selected patients, in particular for children.

There were many benefits to this trip. Since proton therapy is still several years from being clinically operational in Australia, this visit was unique and extremely valuable as it gave us the opportunity to see clinical proton therapy in action. We met with academics at UT Southwestern Medical Centre, visited the Texas Centre for Proton Therapy in Dallas and the Proton Therapy Centre at Cincinnati Children’s Hospital, met proton therapy University curriculum developers from the US and attended the educational and scientific sessions of PTCOG. We also had an opportunity to have one-on-one demonstrations with two vendors offering proton therapy dose-modelling software.

We would like to acknowledge the School of Health Sciences and the Ian Potter Foundation (Michala) for supporting this travel.

Michala Short and Eileen Giles
Medical Radiation
UniSA Students provided assistance at Adelaide Radiotherapy Centre for the Biggest Morning Tea. Visitors from the Cancer Council (Rob Thomas – CC Ambassador in the yellow shirt), pictured with Donald Plant (SA Consumer Representative for GenesisCare) & his wife Sonia + our staff. Pictured with Dr Borg and staff at STA is Russell Schrale (Cancer Council General Manager Marketing, Fundraising & Relationships).

Raised $1,701.35 for Cancer Council! Thank you to everyone involved.
In April, University of South Australia (UniSA) course coordinator/lecturer Amber Bidner and nuclear medicine students Kiara Parkinson, Kate Romeo, Melpomeni Rollis and myself (Ashleigh Hull) attended the 12th Congress of the World Federation of Nuclear Medicine and Biology (WFNMB) in Melbourne. The WFNMB Congress is the third largest nuclear medicine conference in the world and was last held in Australia in 1994. This year there were around 2000 attendees from over 75 countries including the United States of America, Brazil, Germany, Japan, China and Saudi Arabia. A broad range of topic areas were covered over the five days of the congress including oncology, neurology, cardiology, endocrinology, pulmonary, renal, musculoskeletal and infection. The morning and afternoon program offered the choice of 6 simultaneously running sessions covering these topics in the specialty areas of nuclear medicine and innovation, physics, neuroscience, radiopharmaceutical sciences, paediatrics and molecular imaging.

During the Congress, I presented two posters. My first poster was entitled “Validation of computer-aided diagnosis of diffuse Lewy body disease using cerebral blood flow studies” and presented the preliminary findings from my honours project. The Congress provided a great opportunity to discuss these findings with those who have similar research interests, and to also explore findings from other neuroscience studies. The second poster I presented was entitled “PRRT where no guidelines exist: a case study of metastatic myoepithelial carcinoma”. As an interesting case study, this poster attracted attention and sparked discussions from a range of people.

A greater majority of sessions presented at the Congress were focused on positron emission tomography compared to general nuclear medicine. Research into the neuroscience field, especially neurodegenerative dementias, was well detailed and featured in several of the large plenary sessions. These neuroscience sessions were relevant to my honours project, and allowed me to expand my knowledge of dementia subtypes and explore other biomarkers, which may improve the accuracy of dementia diagnoses. I was also fortunate to attend a session presented by Prof. Satoshi Minoshima, the principal researcher responsible for creating NEUROSTAT, the software I am currently investigating in my honours project.

The Congress presented an unprecedented networking opportunity for me where I was able to meet and interact with authors I have cited within my studies, discuss their research further and receive feedback on my own research. Additionally, I met a range of nuclear medicine clinicians from Australia and abroad who provided insight into the varying clinical practices employed within their departments. It was interesting to note how largely some departments differed from each other, particularly on an international scale.

Overall, the WFNMB Congress was an excellent experience. I would like to thank UniSA for the financial support to attend as well as Prof. Eva Bezak, Kevin Hickson, Dr. Rey Casse, Dr. Gabby Cehic and the Nuclear Medicine Staff at UniSA for their support and guidance to present at the Congress.

Ashleigh Hull
Bachelor of Medical Radiation Science (Honours) Student
Graduate Diploma and Masters of Medical Sonography

Welcome…

Earlier this year we welcomed Mark Matheson, Bec Perry, and Angela Farley into the team (pictured below – for easy recognition if you see them wandering around outside the BJ1 dungeons). We are excited to have them on board to add their varied specialised experiences to the Medical Sonography programs, as well as to open up further collaborations across other Health Science teaching and research groupings.

Bec Perry is the course co-ordinator for Ultrasound Physics and Instrumentation for Medical Sonography in the School of Health Sciences. She has been a cardiac sonographer since 1998 and has been involved in research and advanced cardiac ultrasound techniques since 2003. Her research interests include cardiac screening of elite athletes and using advanced cardiac ultrasound to predict sudden cardiac death. She enjoys being the shouting but supportive mum at her children's football and netball matches and eating chocolate!

Angela Farley has been working in Medical Imaging as a Radiographer and then as a Sonographer since graduating from UniSA in 2004 (the first tutorial she attended is now her office). She has been a Tutor Sonographer in the clinical setting for 5 years and has been a casual marker here at the university until recently taking a position in the Sonography unit. At work her passion is teaching and musculoskeletal sonography while out of work you will often find her cheering home a winner at the races, spending time with her family (3 kids makes it a busy household) or playing netball.

Mark Matheson is the Course Co-ordinator for Superficial Parts Sonography in the School of Health Sciences. He began his career at The Queen Elizabeth Hospital as a Radiographer in 2003 and completed a number of years as a Shift Radiographer and member of the Angiography/Cardiac Cath Team. He began training in Ultrasound in 2006 and completed his Graduate Diploma in Medical Sonography in 2007 and a Masters of Medical Sonography in 2011. In 2013 he performed some locum placements before beginning as a Tutor Sonographer for Benson Radiology where he is still currently employed. He enjoys spending time with his family and trying to stay fit whilst playing a number of sports.

Recent Master of Medical Sonography program amendments

We are excited to be able to announce recent changes to the Master of Medical Sonography program. In a nutshell, there is now a wider range of electives available for students and qualified Sonographers who are wanting to advance their academic studies beyond those core units required for professional accreditation. Our research pathway (which allows for application into a higher degree of research program) remains the same. The project pathway now includes a range of specialist sonography areas, as well as evidence translation, management, and ethics electives. This is aimed at allowing students to shape their studies according to what will best help apply their knowledge in the workplace. Further information can be found here: http://study.unisa.edu.au/degrees/master-of-medical-sonography

Research

The Australian Sonographers Accreditation Registry set the uniform minimum standards of sonographers training and education in Australia and are responsible for the accreditation of university programs. The medical sonography team recently submitted a proposal to put together a research team to re-write the competency standards for
Australian Sonographers and develop a framework of observable behaviours, attitudes and levels of knowledge that can be used to categorise sonographers and sonographer trainees through the levels of Novice, Advanced Beginner, Competent, Proficient and Expert. This proposal was met with $20783.40 funding and a primary research team has been successfully put together comprising of one representative from each institution across Australia that teaches General and Cardiac Sonography, along with one representative from each of the sonography associations in Australia. Dr Jessie Childs will head up the research with Associate Professor Kerry Thoirs being employed as the research assistant. Brooke Osborne will represent UniSA on the primary research team. This represents a very important piece of research that will enable a uniform approach across all institutions and clinics alike as to a consensus and understanding of the required attributes and observable behaviours required for each of the levels of clinical skills. It is exciting to have every institution in Australia that teaches ultrasound keen to be involved.

Professional Collaborations and Awards
Kate Lamb has been re-elected as the treasurer on the Board of Directors for the Australian Sonographer Accreditation Registry.

What’s a new item from the Medical Sonography team without the announcement of an award or two??

Congratulations to Dr Bec Perry on two counts: For receiving her Fellowship with the Australasian Sonographers Association, and for receiving the Heart Failure prize at the recent Annual Scientific Meeting of The Cardiac Society of Australia and New Zealand. Despite its title, I am assured that a prize for heart failure is a very positive thing…

Brooke Osborne
Program Director: Medical Sonography
OCCUPATIONAL THERAPY IN THE MEDIA

Our program has received great coverage in various forms of media this year. Some examples include:

- **ABC News** “PTSD treatment: Art therapy ‘changed my life’ after returning from Iraq, veteran says.”

UnISA PhD candidate **Holly Bowen** is exploring the impact of art therapy on PTSD with supervisor’s **Dr Kobie Boshoff**, **Dr Amy Baker** and **Dr Jocelyn Kernot**; the research was showcased on ABC news in June.

- **The Advertiser SA Weekend Magazine** “Can art help soothe anxieties and help people make sense of inner turmoil?”

This story explained the role of two Adelaide artists who paint in Glen'side's country mental health inpatient unit as artists in residence as part of the SALA festival, in a joint program from Country Health SA and the University of South Australia. The Mental Health and Suicide Prevention Research Group Including Amy Baker is researching the effects of such programs on inpatients and staff of mental health units.

- **The Whyalla News** “Uni students promote health”

Undergraduate students **Lara Tod, Oliver Renna and Ellen Preece** men's mental health initiative in Whyalla for participatory community project. Their community analysis findings indicated issues in town were financial problems, men's mental health, and drugs and alcohol, while the top four choices from participants for what could be done to address these issues were workshops, a family fun day, a health expo, and guest speakers.

- **The Advertiser** “Students digging in to help Gwen out”

Masters graduate entry first year student placements were featured in this story about the use of occupational adaptation to assist 93-year-old **Gwen** to re-engage with her loved occupation of gardening.
The Northern Argus “Investigating Clare’s transport Disadvantages”
This story featured Naomi Dewing and Cori Kelley project outcomes and their meetings with Geoff Brock, Member for Frome. Their project explored the social impacts of transport disadvantage and produced resources detailing accessible transport options.

The Recorder “Uni students boost ward amenities”
Jasmine Weiss and Melinda Alley participatory project in Port Pirie was featured in the local paper more than once and on local radio. Hosted by the Port Pirie Regional Health service, this project incorporated community development principles and occupational therapy environmental analysis to design and implement updated activity and rest spaces within the health service.

The Conversation “How craft is good for our health”
While this story by Professor Susan Luckman was not specifically about our program, it did feature a section titled Craft as Therapy, where she wrote:

“For over a century, arts and craft-based activity have been a core part of occupational therapy that emerged as a distinct health field around the end of the first world war in response to the needs of returned soldiers. This includes many suffering from what we now refer to as post-traumatic stress disorder, but then referred to as “shell shock”. Knitting, basket weaving, and other craft activities were commonplace in the repatriation support offered throughout much of the English-speaking world to the returned veterans of the two world wars. This was as both diversional therapy (taking your mind off pain and negative thoughts), as well as skills-development geared towards re-entering the civilian workforce”.

The Messenger “Adding new sense of relaxation at school”
Kim Guess and Jordan Liseno featured in the Messenger paper for their PCP project at Banksia Park School. Their project involved the development of two spaces - a sensory room and crash and tumble room.

Other news
The student led occupational therapy capstone conference planning is well under way. The theme this year is A World of opportuN3OT - keep an eye out for the promotional video that presents a few cameos of OT staff. Everyone is welcome, and the event occurs at the end of the academic year.

Lana Feichter, Emily Johns and Sarah Barr held a successful BBQ and Bake fundraiser on a wet and windy day to raise funds for the Komar Pikar Foundation (KPF). Our program has a partnership with KPF in Cambodia, where students travel each year for a placement. KPF supports children and young people with multiple and profound disability. Our yearly fundraiser activity is one way we give back to the community there.
The Research Honours program is underway again with the new cohort of third year students who recently presented their proposals. There is an interesting range of topics and methodologies with in the nine projects including (*working titles subject to change):

1. Exploring volunteers’ experiences of informal pet rescue in South Australia
2. Development and evaluation of a research tool for assessing work and leisure in Assistance Dogs
3. Sensory approaches used by Australian occupational therapists working in mental health settings
4. The experience of loss or potential loss of an autism assistance dog
5. Inclusion Professionals’ perceptions of useful strategies that they offer to staff in supporting children with disabilities in early childhood programs
6. A description of how the concept of quality rehabilitation is represented and promoted within stroke clinical guidelines
7. A description of consumer involvement in university-based education for occupational therapy students
8. Clinical reasoning and outcomes in Occupational Therapy driver rehabilitation intervention programs
9. The development of a parent intake questionnaire as foundation for consistent data collection in private practices in South Australia.

Several of the projects have industry partners in the advisory groups or research teams. The students who are currently completing their 4th year research thesis will present outcomes and results in the Capstone Conference at the end of the year.

The Occupational Therapy Program Advisory Group has experienced some retirements from membership. We wish to extend our heartfelt thanks to Marilyn Pattison (President of World Federation Occupational Therapists); Myriam Sandelance (Novita Services) and Anne Mussared (Consumer representative). We will be extending an invitation by expression of interest very soon for new members who through their roles can represent consumers, an international perspective and disability services.

Open Day saw a steady stream of families speaking with us about Occupational Therapy. Our lecture theatre (H2-02) was full and we used the overflow spaces. Thank you to all our staff and student volunteers who represented us so well on the day.

The 3rd year Country Road
trip and metropolitan schedule of agency visits for participatory community practice is completed for another year. It is a mighty effort pulling the timetable together and the student feedback has been very positive. At each visit the agency host pitches a concept for a project based on a need in their community. The students then elect a project focus they are excited to engage in. By mid-semester break, allocations into project partners and agencies will have occurred and scoping will begin for another year!

Our Graduate Entry (MOT) students started their final 13 week placement in August and we will watch their experiences and successes with great pride.

Dr Angela Berndt  
Program Director: Occupational Therapy
Bachelor of Physiotherapy

The Physiotherapy team welcomes Ms Tam Dandridge into the group. Tam is working as a clinical educator at Alwyndor teaching students enrolled in the Rehabilitation course. She comes with a commitment to providing an excellent learning environment and has already persuaded students they should work in the area of rehabilitation on graduation! Tam has an extensive clinical background and a particular interest in mental health services.

We have successfully implemented the first study period of the new Bachelor of Physiotherapy (Honours) program. Caroline Fryer has worked tirelessly to implement the renewed course, Physiotherapy Studies 100. As part of her efforts she has successfully introduced and led an iPad based practical skills assessment process. This enables assessor to provide better individual feedback in a timely manner to students and take photos through out the assessment for improved moderation and rigour of assessment. It has the added advantage of efficiency.

Physiotherapy students have also enjoyed learning in the new City West University clinic. Both patient and student feedback has indicated the majority have been highly satisfied with their experiences. If you have a problem that can be helped by Physiotherapy you might like to make an appointment and see them in action and view the excellent facilities.

Regards
Dr Gisela Van Kessel
Program Director: Physiotherapy (Undergraduate)

Interprofessional Learning between Nursing and Physiotherapy students

Tanya Simmonds, Catherine Miller and Dr Rose Boucaut coordinated and supervised a manual handling training session led by final year (4th year) physiotherapy students for first year nursing students. In clinical practice, allied health professionals work together, and nursing staff are often provided with Manual Handling training by Physiotherapy staff. Students were surveyed directly after the sessions, and anecdotally the nursing students provided feedback that they enjoyed the experience of being taught by their peers. From our academic perspective, all of the students (both physiotherapy and nursing) were highly engaged during the session, which was exciting to see. Nursing students will be surveyed again after their first clinical placement to determine whether the training provided was useful in the clinical setting. As part of this manual handling training, the students also enjoyed a morning tea together, to encourage interprofessional dialogue. This education and research project was made possible by support from both the Physiotherapy and Nursing and Midwifery Schools, and the Horizon Hospital and Health Service staff, who all wish to provide learning opportunities which reflect the health landscape in Australia.
Physiotherapists as educators: the use of peer-teaching and peer-feedback as a tool to develop this graduate competency

**Investigators:** D Dennis, AL Furness, J Owens, S Mackintosh, T Brosky

**Locations:** Curtin University, Bentley, Western Australia; Bellarmine University, Kentucky, USA; University of South Australia, Adelaide

On September the 3rd, final year physiotherapy students from Curtin University came to UniSA to deliver a simulated learning experience with our second year Physiotherapy students. Acting as “difficult patients” and peer educators the Curtin students worked with our students to facilitate their learning in communicating in difficult situations such as with patients who are disinterested or distressed or have English as a second language or even just very chatty. It was a great success for all concerned and we hope for further collaborations in the future. The project has been funded by a Curtin University internal grant.
Advanced Physiotherapy Practice Placement in India

As part of the Advanced Physiotherapy Practice course, eight 4th year Physiotherapy students and a clinical supervisor, Dr Maureen McEvoy made the journey to Northern India to complete their placement. Based in Palampur, the group worked in pairs across four different locations: three physiotherapy clinics, a home visit and a school for children with disabilities.

Surrounded by local farms and mountains the group were based in a volunteer house, located 1.2km's from the local village of Arla and 10kms from central Palampur. The local farmers harvest wheat, potatoes, rice, onions and root vegetables. Each family takes pride in owning a cow and can be seen daily moving their cow to the best grazing areas. Students often took walks through the local area, and enjoyed talking to the families and playing cricket with the children. The angry bulls, weren't so enjoyed by the group!

The volunteer house is staffed by a local cook, who prepared breakfast, lunch and dinner daily. Breakfast usually consisted of eggs (in many forms) and local breads. Lunch and dinner would consist typically of dahl, rice, chapati and a vegetable curry (carbs, carbs and more carbs). Group favourites were eggplant, naan, paneer (a cottage cheese curry) and vegie balls. The group also enjoyed how cheap and accessible mangoes were. It became a regular occurrence for a few students to head up the road and return with 10+ mangoes for the group to enjoy. The debate on how to best cut a mango was never solved! Spice manages to find its way into every food and drink, 7up with Masala was not amongst the group favourites!

We found physiotherapy in India very different to Australia, with standard prescription for each patient including a daily dose of at least 4 electrophysical agents (EPAS) (Ultrasound, TENS, Wax Baths, Short Wave Diathermy, IFT). The benefit of manual therapies and exercises are less well understood and accepted and are therefore less commonly used. There is an underlying culture that expects the administration of multiple EPAS and often these are delivered by physiotherapy assistants rather than a physiotherapist as there are very few physiotherapists. Thanks to the work done by previous groups, our presence was well accepted and respected, and we were provided the freedom to do our own assessments and treatments where possible between delivery of the EPAS by the very diligent and dedicated assistants.
At the clinics we saw a lot of orthopaedic presentations (fractured metacarpals, tibias, elbows—many post scooter accident), degenerative conditions (cervical, lumbar and knee) and shoulder pain presentations (capsulitis and many with tendinosis and impingements, mostly secondary to postural changes) as well as two spinal patients. The two spinal patients included a 20 year old IT worker with a C8-T1 quadriplegia and a 60 year old nurse with C5-6 Quadriplegia. Post-surgical medical management often resulted in more severe impairments than we would commonly see in Australia.

The school houses 35 children aged 4 – 25 with a variety of special needs including: CP, Down Syndrome and ASD. We were asked to work closely with two children with CP and conducted a daily group activity with all of the students.

In addition to placement the group also had the opportunity to go and explore India, with weekend trips away. The group faced their fears and went paragliding in Billing, saw the residence of the Dalai Lama McLeod Ganj, experienced the patriotic scenes (and the HEAT) at the crossing of the guards in Amritsar, and enjoyed the mountains in Manali.

What have we learnt? Throughout our time in India we came to reflect on the importance of quick application of clinical reasoning, of prioritising treatments based on limited time with patients and the need to compromise between cultural expectations and current best evidence. We gained experience working within a different health care system and communicating effectively through non-verbal means and/or with limited verbal cues. Throughout these challenges we became more aware of the difference in functional needs between cultures, and the large difference that education can make in empowering patients.

Emily Crawford, Francesca Mansfield, Blake Marshall, Kelly Roberts, Jessica Schmidt, Jarred Spry, Ben Tomlinson, Estelle Webb
An Endeavour Executive Fellowship enabled me to travel to Scandinavia and Thailand to learn from, and work with colleagues from May to July 2018. The focus of the eight-week fellowship was on occupational health physiotherapy. It involved four weeks in Sweden, one week in Denmark and three weeks in Thailand.

In Sweden, I was hosted initially by Dr Charlotte Wahlin, researcher and ergonomist at the Occupational and Environmental Medicine Unit, County Council Östergötland, Linköping. Together with Dr Kjerstin Stigmar, who subsequently hosted me at Lund University, we extended our work on developing the World Confederation of Physical Therapy (WCPT) Occupational Health and Ergonomics Network. We plan to progress from having a network to becoming a formal WCPT subgroup at the next WCPT Congress to be held in Geneva, Switzerland in May 2019. Our work involved discussion for group development and succession planning.

Charlotte furthered my understanding on the use of Social Media, which is how our network communicates. Charlotte had just conducted a NIVA course in Denmark on the use of social media to spread health messages. We discussed how best we might be able to get students and practising physios in our field more involved in understanding the reach of social media and them using it to help share knowledge and improve communication.

I visited Associate Professor Christian Stahl, from the Linkoping University to learn about Helix, the research group he leads there. I also met with colleagues working at the School of Physiotherapy and heard that they have students regularly conducting education sessions with the community under supervision. This may be a model we could incorporate in South Australia although a challenge is that we have a much larger number of students.

In Lund, Dr Kjerstin Stigmar organised visits for me with various occupational health physiotherapists. This was very informative, it included reviewing sit-stand computer workstations, attending an examination of a worker with hand-arm vibration syndrome, and visiting a dental technical laboratory.

Week five took me to Skodsborg, Denmark to Complete the NIVA Work Disability Prevention Level 3 course and renew friendships with course leaders and participants from previous years. The focus on the 2018 course was on socio-political systems and how they influence work injury management and subsequent return to work.

I was interested in discussions about sick leave where in some countries eg Scandinavia there seems to be a movement towards not requiring a medical certificate. Research has apparently shown that the majority of people do not abuse the sick leave system and so a doctors medical certificate may not be required unless the employer requests one.

The final weeks of the Fellowship were in Thailand, hosted by Dr Rungthip Puntumetakul, Khon Kaen University, an alumnus of UniSA. Whilst there I assisted PhD students with their writing of manuscripts for publication on physiotherapy related topics (eg discomfort from smart phone use, specific physiotherapy neck muscle training, variations in spinal creep).

Jointly with Thai colleagues we conducted a two day introductory workshop on Occupational Health Physiotherapy at the Khon Kaen University, School of Physical Therapy. This was attended by about 16 participants and about the same number of guests including staff, PhD students, and Master of Occupational Health students. Feedback was positive and the workshop generated considerable interest in developing this branch of physiotherapy.

Dr Rose Boucaut
Senior Lecturer
Master of Advanced Clinical Physiotherapy

At the halfway point of 2018 the Master of Advanced Clinical Physiotherapy staff and students have their heads down teaching and learning! There is no significant program news since the last newsletter, so I will just highlight a couple items:

- Our “Pain Mechanisms” core course for both musculoskeletal and sports students will now be named “Pain Theory and Science” to better reflect its content;
- Some of our postgrad students put their hands up to assist as simulated patients in undergraduate physiotherapy practical exams which they report was an excellent experience that stimulated their interest in combining academia with their already established interest in advanced clinical practice;
- Seven of our postgrad students (Priyanka Bodhe, Alex Bogumil, Madhuram Iyer, Shruti Kshirsagar, Sachin Kumar, Alisha Paul, Niyati Shah) also put their hands up to assist in the August School of Health Sciences Open Day, helping academic staff with demonstrations of musculoskeletal procedures and answering questions regarding postgraduate education and career pathways. All students reported it being a great experience as they enjoyed mixing with the school academics and attempting to inspire the prospective students.

Korean Academy of Maitland Orthopaedic Manipulative Physical Therapy Course and Conference

Mark Jones and Associate Professor Steve Milanese were invited to present the first physiotherapy advanced clinical course in South Korea this July. This was a 7-day professional development course tailored to the needs of a select group of South Korean professors from several different Universities. The professors are all part of the Korean Academy of Maitland Orthopaedic Manipulative Physical Therapy (KAMOMPT) responsible for teaching musculoskeletal physiotherapy within their respective universities and through professional development courses to the broader South Korean physiotherapy community. These professors had previously travelled to Europe to attend a series of established musculoskeletal education programs but found difficulty applying their knowledge and practical skills in clinical practice and consequently they struggled integrating their new learning into their own university teaching. With the recognition of the UniSA postgraduate physiotherapy program as a leader in postgraduate musculoskeletal education, Mark was asked to develop a course tailored to this group to assist their clinical application of what they had learned. A UniSA contract was secured to provide two 7-day advanced clinical courses, one this July and the second in 2019 ($22,000/course). The course focussed on supervised clinical practice with each professor receiving one to one supervision with at least one new patient and a follow-up of the same patient. In addition, key evidence-based practice and clinical reasoning theory was presented and revision practical sessions were provided to review and revise their prior learning. The supervised sessions with real patients were supplemented with case study sessions to practice clinical reasoning in a group format. The course finished with practical examinations and all professors receiving a grade for their clinical and practical performance (everyone passed!). The course was hugely successful based on participant feedback.

Mark and Steve also presented Keynote papers at the 2018 3rd International KAMPMPMT conference that immediately followed the professional development course.

Mark Jones
Program Director: Master of Advanced Clinical Physiotherapy
Bachelor of Podiatry

Wow, these newsletters come around quick. We are already three-quarters of the way through the academic year. All the students are now preparing themselves for the final run up to exams, and our fourth years have started applying for jobs – exciting and nerve-wracking times for all!

We’ve been particularly busy lately on the research front. Last month saw most of the staff and later student cohort attend the Podiatry state conference, held at the Adelaide Entertainment Centre. The University was well represented with two members of our continuing staff (Hayley Uden and Kristin Graham), and two of our casual staff (Carlie Altmann and Nikki Marshall) presenting. Furthermore, our third-year students were invited to present posters as part of the welcome drinks ceremony (coordinated by David Visockis). For many, this was their first conference experience, but they represented the University well, and I hope the experience will motivate them to be active in this area again in years to come. Kudos should also go to Harriet Berman, one of our final year students who chaired one of the conference sessions.

As a consequence of the conference, we hosted a number of people including four previous graduates, three of whom now work at Central Queensland University (Sydney campus) and Marabelle Heng who works at Singapore General Hospital and in the Ministry of Health in Singapore. Marabelle, who we are hoping to be accepted in an adjunct position (yet to be finalised) with UniSA, and I are currently investigating placement options and further research opportunities within the Podiatry profession in Singapore. We look forward to the collaborations that this may bring.

One of the activities coming up within the program next couple of months is a third-year Rural Health Workshop, based in Whyalla. This workshop is aimed to orient the students to issues and challenges working in rural and remote areas, and prepare them for their final year rural placements. This includes their visit to the newly opened Whyalla Podiatry Clinic (located at the campus on Nicolson Avenue).

Dr Helen Banwell has been appointed as an inaugural member of the national Podiatry Association of Australia’s (APodA) Advocacy Committee. The Advocacy Committee’s purpose is to develop a program of relevant advocacy initiatives as guided by the APodA’s Strategic Advocacy Framework with the aim of influencing legislative and regulatory environments in a positive way for the podiatry profession and the health sector more broadly. As a competitively appointed position, Helen
hopes this will allow an avenue to engage with policy makers, legislators and regulators to have more of voice for podiatry on relevant issues. Helen’s specific area of interest is around the availability of public funded podiatry services for children. Paediatric podiatry services are very limited within SA Health, with only one metropolitan service operating regularly from Noarlunga hospital. As a first step, the Committee are collecting data on the uptake of National Disability Insurance Scheme registration and use by podiatrists in the private sector. This will allow for a clearer understanding of where, and if, gaps in service may exist. This information can then be used to lobby the appropriate government agencies accordingly.

Finally, this month we say goodbye and good luck to Hayley Uden who will be taking leave to have her third child. In her 0.4FTE position, Hayley is quite a contributor to the program, teaching in the paediatrics area, producing a number of recently-published papers and appearing regularly on ABC radio, on ‘Afternoons with Sonya Feldhoff’. All the best Hayley.

Until next time…

Dr Ryan Causby
Program Director: Podiatry

Q: What do you call a chicken that calculates how long it will take to cross the road?
A: A mathemachicken

Q: What’s Forrest Gumps password?
A: 1forest1

Two fish are in a tank. One turns to the other and says, “how do you drive this thing?”

Q: Why can’t your nose be 12 inches long?
A: Because then it’d be a foot!

Q: Why does a chicken coop on have 2 doors?
A: Because if it had 4, it would be a chicken sedan.
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 (ICAH-E)

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

Professor Lorimer Moseley
Director
Body in Mind (BiM)
NHMRC Success

ARENA’s most recent PhD conferral Dr Dorothea Dumuid is the successful recipient of an NHMRC Early Career Fellowship of $327,192 to identify the healthiest daily activity patterns for adults and children. Her research explores how to optimise daily time use for best overall health and wellbeing.

Awards

Congratulations to ARENA’s PhD candidate Jasvir Bahl who was the recipient of the Royal Adelaide Hospital Medical Staff Society Research Prize - $1000 prize money. This was the Medical Grand Round for all medical disciplines with the top five selected from abstracts presented. Jas won the award for his presentation of “Minimal Changes in Physical Activity, Sedentary behaviour and Sleep efficiency after total hip arthroplasty: an accelerometer study”.

ARENA’s PhD candidate Stuart Gollan was recently selected as a finalist at the Exercise & Sports Science Australia Research to Practice conference in Brisbane. Presenting within the Young Investigator for Sports Science section, he was awarded 2nd place and $1,000 prize money for his presentation “What is the game style that has a 5000:1 team win the English Premier League?”

The presentation is part of his PhD research quantifying game style in soccer, supervised by Professor Kevin Norton. Stuart also recently presented at the European College of Sport Science 2018 conference in Dublin.

ARENA’s Scott Polley, Program Director of Human Movement has been announced as one of two of UniSA’s academic staff to be appointed Senior Fellows to the UK’s Higher Education Academy (HEA). The HEA is a UK based international recognition for high quality higher education teaching.

Scott commented to UniSA News “It feels pretty amazing to know that your teaching is recognised by an international benchmark and I hope my recognition helps other academics to have the confidence to pursue a fellowship with the academy.” ARENA are tremendously proud to contain and support teachers of such a calibre. Well done Scott!
The Almond Board of Australia has featured a story on ARENA’s new almond intake and cognitive performance study in children, led by Associate Professor Alison Coates in their In A Nutshell Autumn 2018 newsletter.

**STUDYING THE IMPACT OF EATING ALMONDS AND COGNITIVE FUNCTION IN CHILDREN**

The ABA has commissioned a pilot study to determine if children aged 8 to 14 years who eat almonds experience an improvement in their cognitive ability. This study will be conducted at the University of South Australia and will be lead by Associate Professor Alison Coates (pictured).

**BACKGROUND**

Tree nuts and peanuts are rich in monounsaturated fat, protein, fibre, essential vitamins and minerals and several bioactive compounds. Due to this nutrient dense profile, they are recognised as a healthy food according to the Australian Guide to Healthy Eating with people encouraged to consume 30g per day. Data from the US has demonstrated improvements in diet quality when nuts are part of the diet of both children and adults. Approximately one third of children and adolescents in the US consume nuts on a given day. However, Australian children are much less likely to be consumers of nuts and seeds with less than 10% reporting eating nuts or seeds in the Australian Health Survey in 2012. The 2007 Australian National Children’s Nutrition and Physical Activity Survey reported the average consumption for boys and girls aged 8-12 years was less than 3g per day. It is important to find strategies to increase nut consumption in Australian children.

We have recently hypothesized that nuts can improve vascular health and cognitive function through a range of mechanisms due to their nutrient and phytochemical profiles. There is growing evidence to support this hypothesis in adults, with studies using a range of tree nuts and peanuts reporting improvements in cognitive performance. Cross-sectional data from the 1988-1994 and 1999-2002 rounds of the National Health and Nutrition Examination Survey (NHANES) in adults aged 20-90 years, found that higher walnut consumption was associated with faster reaction times and greater ability to process information. Prospective studies have demonstrated a positive association between nut consumption and cognitive performance with a greater effect in those with the highest consumption of nuts. A recent paper reported that higher long-term total nut intake was associated with better average cognitive status. In addition, prospective cohort studies have reported improved cognitive performance and a reduced incidence of cognitive decline when the Mediterranean dietary pattern (with nuts as a key component) is consumed. Reduced cognitive decline has been associated with key nutrients, including monounsaturated fat and vitamin E, found in nuts and almonds in particular. However, there are very few trials looking at the health benefits of nuts with children.

**AIM**

The proposed study is a 16-week (2 x 8 week phases) randomized, controlled cross-over pilot study aiming to firstly investigate whether Australian children will consume 30g almonds on 5 days per week for 8 weeks and secondly to compare the effects of consuming almonds on cognitive function compared with a nut-free control phase.

This study has recruited an Honours student from the University of South Australia who will work on this project. Recruitment of the children to participate in the study will commence in late April 2018. This study will take two years to complete and report.
Presentations

Associate Professor Carol Maher gave an invited talk at the Australasian Diabetes Congress 22-24 August titled: *A double edged sword: using technology to increase physical activity*.

Associate Gaynor Parfitt was invited to present data from the Cognitive Decline Partnership Centre (CDPC) project (a project she is leading with Megan Corlis (Helping Hand) and which involves Dr Dannielle Post and Dr Kade Davison) at the *2018 International Dementia Conference: NHMRC Cognitive Decline Partnership Centre Symposium*. Title: *Exercise physiologist prescribed exercise for people with dementia living in residential aged care: who benefits;* and has just returned from Canada where she represented the CDPC Researchers’ voice in the *14th Global Conference on Ageing*, about the benefits and challenges for aged care partners, researchers, and consumer advocates collaborating across the 32 CDPC-funded research projects.

Grants

Dr Dannielle Post, with A/Prof Gaynor Parfitt, Dr Jocelyn Kernot, Dr Amy Baker and Joseph VanAgtaren (SAHMRI) has just been awarded $49,166 by The Road Home in their 2018 Grant Round. The Road Home is part of The Hospital Research Group. It funds world-leading research as well as research-backed wellbeing services to veterans and emergency services personnel and their families. The project aims to identify the needs, habitual activity and health behaviours of carers of service men and women; understand which of these behaviours related to carers’ physical and psychological wellbeing; and identify the barriers and enablers carers experience in attending to their own needs. Further details can be found at [www.theroadhome.com.au/2018-grant-recipients/](http://www.theroadhome.com.au/2018-grant-recipients/)

Travelling Researchers

ARENA’s Dr Margarita Tsiros was invited by Massey University in Wellington New Zealand to spend a month as a Visiting Researcher undertaking collaborative research activities. Margarita’s visit was supported by two grants (Massey University Visitor Research Fund, and a UniSA ECR International Travel Grant).

Pictured: Dr Margarita Tsiros (Senior Lecturer in Physiotherapy, left) and Dr Sarah Shultz (Dean of International Relations at Massey University, right)

ARENA’s PhD candidate Sarah Edney (supervised by Carol Maher, Tim Olds and Jillian Ryan) has gone to the University of South Carolina on a PhD mobility scholarship to work with A/Prof Brie Turner-McGrievy in the Arnold School of Public Health and learn about the socially networked health behaviour research they do.
Associate Professor Carol Maher is a panellist for the NHMRC Clinical Trials and Cohort Studies Project Grants, and will be heading to Canberra in September for the final panel meetings.

Other News

Jillian Ryan, who has been working in ARENA as a Research Associate for 4 years while she completed her Psychology PhD has won a highly-competitive Post-Doctoral Fellowship position at CSIRO. We are sorry to see Jillian go, but excited for the next stage in her career and wish her all the best!

ARENA would like to welcome the very happy Macey Ann Hage, born on Tuesday 12\textsuperscript{th} of June at 11:45pm. A huge congratulation to PhD candidate Verity Booth and her beautiful family.

On the 10\textsuperscript{th} of August ARENA’s Masters candidate Ilea Sanders gave birth to a gorgeous little girl, Maisie, weighing in at 3.45kg. Maisie arrived two weeks after Ilea submitted her thesis for examination - timed to perfection Ilea and Maisie!
The last few months has been a relatively quiet time in iCAHE which has allowed us to catch our breath and focus on some of our foundation services.

iCAHE Web site (1,300 views/week)

We recently updated the iCAHE Critical Appraisal Tool webpage and it has already shown good effect. Our webpage views have increased by an average of 200 views per week from the end of 2017, meaning we now have over 1300 webpage views per week. What is particularly great to see is the number of webpage views that we get from other countries. Whilst Australia is our chief source of viewers it only makes up just over half of our views with 13.9% from UK, nearly 8% from USA and 17.6% from a range of other countries.

Our Critical Appraisal tools site is our most popular page, but our pages on Evidence Translation is quickly increasing in popularity reflecting our increasing work internationally in the area of evidence translation/implementation.

We are currently updating our outcomes calculator manuals, with the initial focus on lower limb outcome measures. This site has always been a popular page for researchers or clinicians looking at undertaking research in their clinical practice as it provides a one stop shop on selecting outcome measures along with a guide to their psychometric properties (validity/reliability).

Stay tuned as we are aiming for 2000 webpage views a week, with at least 50% coming from other countries, increasing iCAHE’s footprint in international Allied Health.

New PhD students

Welcome to Harry Roesch, who has recently commenced his PhD at iCAHE. Harry will continue the work in a developing research stream in iCAHE on in-vivo responses in the human tendon to exercise. He is our fourth student (the second PhD student) working in our Musculoskeletal Health theme. Harry recently published his work in this area in the Journal of Science and Medicine in Sport (Roesch, H. J., Milanese, S., Osborne, B., Spurmer, D. J., & Thoirs, K. A. (2017). The Acute Effects of Exercise on
Tendon Dimensions and Vascularity. An Exploratory Study Using Diagnostic Ultrasound of the male Achilles Tendon). His PhD supervisor team includes Steve Milanese, Mark Jones, Dr. Steve Saunders, and Dr. Helen Banwell.

Third iCAHE Journal Club training done face-to-face and online via Virtual Classroom conducted last June 2018

iCAHE conducted its third Journal Club (JC) training last June 26, 2018, with an online (via Virtual Classroom) option which has been valued and well-received by the participants. The training was attended by a good mix of allied health (AH) professionals (physiotherapists, occupational therapists, speech pathologists, dieticians, podiatrist, social workers and allied health lead) both in person and via virtual classroom.

Overall, the participants found the training engaging, informative and practical. The training content, manner of delivering the training and the online format of delivery were very much appreciated by the participants. Some feedback we received were:

'Relevant, useful and comprehensive'

'Well-paced and well-balanced with regard to clinical scenario/discussion time and slideshow content. Presenters were lovely and spoke well'

'Lecture component was fantastic! Made it much easier to do this training not having to leave the office. However, the 'mock journal club' was challenging virtually'

'Systematic approach to introducing journal club'

The AH professionals have different goals in setting up and running their JCs such as ensuring AH professionals are up-to-date in practice, creating opportunities for professional development and group discussions and improving the uptake of evidence into practice. iCAHE values these goals and works together with the AH professionals to ensure the goals are met. iCAHE will continue to work on improving the JC training in response to the needs of the AH professionals.

New Affiliate Membership Criteria

Following on from the change to the membership criteria at the start of this year which allowed all UniSA staff to be full members we have now developed an Affiliate membership program for non-UniSA staff. Affiliate members will have access to a dedicated learn-on-line site, which is not publically available, where they can access EBP resources (including teaching material, updates, podcasts and interesting articles), discussion boards and collaborate with other affiliate members in evidence generation and implementation. The aim of this program is to provide Allied Health clinicians and researchers with resources and support through linking with like-minded people and breaking down some of the barriers we come across. Affiliate members will be invited to join and will come from our international partners and local SA Health contacts. Full members (UniSA staff iCAHE members) will also get access to this dedicated learn-on-line site to allow them to access the material as well as open opportunities to collaborate with Allied Health clinicians both locally and internationally.

Recent research

Three important research papers from iCAHE's international work have been accepted for publication this August 2018. Whilst these research papers have been undertaken in South Africa and the Philippines, the methods framework and the gaps they answer address international issues in clinical practice guideline methodology (particularly in combining multiple guidelines with varying evidence strength), capacity building in clinical practice guidelines (what is needed and how to address the gaps) and impact of non-adherence to evidence based standards (based on a large audit study).
Standardising evidence strength grading for recommendations from multiple clinical practice guidelines: A South African Case Study (accepted in Implementation Science)
Grimmer K, Louw Q, Dizon JM, van Niekerk S-M, Ernstzen D, Wiysonge C

Abstract

Building Capacity in Primary Care Rehabilitation Clinical Practice Guidelines: A South African Initiative (accepted in Health Research Policy and Systems)
Louw Q, Grimmer K, Dizon JM, Machingaidze S, Parker H, Ernstzen D

Predictors of medical complications in stroke patients confined in hospitals with rehabilitation facilities: A Filipino audit of practice (accepted Neurology Asia)
Consuelo B Gonzalez-Suarez MD PhD, Karen Grimmer PhD et al

Associate Professor Steve Milanese
Director

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.
After receiving a formal approval from the UniSA Cancer Research Institute Board, it is with great pleasure to officially announce that the Centre is now a member of UniSA CRI with a new title of Australian Centre for Precision Health. “Precision Health” as a term is relatively new, and indeed we are the first research centre with this particular focus in Australia. Our vision is to enhance the use of big data and novel technologies for health benefit, and under our main streams on “genetics – genomics” and “population health – translation”, we will be harnessing our potential not only for the purposes of research discovery but also with the perspective of contributing to the training of health professionals for the future. We also welcomed some new members to the team, namely, Professor Leanne Dibbens, Dr Michael Ricos, Dr Cobus Gerber, Dr Catherine King, Dr Vijay Suppiah and Ms Natasha Radcliffe. These new additions from the School of Pharmacy bring an important strengthening especially to our wet-lab capabilities and methodologies related to environmental health.

In July we held a Strategy Day in one of the lovely new meeting rooms of Pridham Hall, where we took stock of our research capabilities, discussed collaborative opportunities and the future directions for our Centre. Many thanks to Dr Rhys Williams from the Division for acting as the facilitator during the event! We had a very productive day and I was impressed by the breadth of capabilities and talent we had in the room. Informed by the meeting we have been organising our Centre structures and activities, and we are hoping to be launching our new web-site and seminar series under our two streams in the near future. It has already been great to see and hear more about the high quality work by our members during the past few weeks, with Dr Hong Lee making us proud with his talk describing novel methods for solving problems in complex traits and diseases during a recent SAHMRI seminar, while Leanne, Michael and Natasha all contributed by a giving an internal seminar on the ‘Genetics of Epilepsy’. I am very much looking forward to working with this great team, and I have the feeling that we are just on the way to bigger and better things.

In July, we also took actively part in the SAHMRI student recruitment evening, and indeed this was our first external event under the new Centre. Many of our groups are welcoming to new post-graduate students, and I would encourage anyone with an interest to furthering their training in genomics, novel health technologies, cancer epidemiology, or indeed, precision health to get in touch with me or one of our researchers.

In June I had the opportunity to attend the Annual UK Biobank meeting in London, and I have to say I found it to be one of the most relevant scientific meetings.
in my career. UK Biobank is one of the key data resources which is used by our team, and it was really interesting to hear about all the methodological developments by many of the groups using various aspects of the data, as well as all the amazing data additions which we can expect in the future. It also gave an opportunity to catch up with many of my long-term international collaborators, and even to put some new faces to the names of people with whom I have worked with virtually over the years. As part of the same trip I also attended a meeting on Longitudinal Cohort Studies in Oulu Finland, and again enjoyed both the scientific talks and the collaborator interaction. As a person from Finland I had a sense of pride and excitement when hearing about the Finnish initiative to undertake genome-wide genotyping in 10% of our population, and together with all the other large scale initiatives taking place around the world, it is humbling to be a researcher at a time of this type of data revolution. As a satellite meeting attached to the Conference in Oulu, we also took the opportunity to hold a half-day meeting for the collaborators in the Early Growth Genetics (EGG) Consortia, which has been an active platform for many of our large-scale gene discovery studies over the past ten years.

As typical, many of our members have not remembered to tell me about their comings and goings so that I could update you on those, but what I do know is that **Associate Professor Kristin Carson-Chahhoud** was one of four invited speakers at the Healthy Development Adelaide Career Development Forum on ‘How to secure an early career researcher (ECR) fellowship’. Her presentation was about ‘Designing successful research projects that standout from the crowd’. This event was attended by over 100 prospective early career researchers from across the state. For more information, please visit: [https://www.adelaide.edu.au/hda/events/HDA%20event%20ECR%20fellowships.pdf](https://www.adelaide.edu.au/hda/events/HDA%20event%20ECR%20fellowships.pdf). In addition, Kristin was also one of three speakers at the ‘Science for Big and Little Kids’ event as part of National Science Week, where she delivered a presentation on ‘Tech in Health’ at Unley Town Hall.

**Dr Beben Benyamin** was invited by the Indonesian Ministry of Research, Technology and Higher Education to contribute and participate in ‘2018 World Class Scholars Symposium Program’ in Jakarta (12-17 August, 2018).

Beben was specifically invited among 15 scientists of Indonesian descent from all over the world. The participants also include 36 scientists who applied and were selected to participate in this program.

This program is in its third year and the main aim is to advance collaboration between scientists in Indonesia and overseas. Among the agenda includes the planned meet and great with the Indonesian President, Mr Joko Widodo at the Presidential Palace to discuss science and research.

**Professor Elina Hypponen**

**Director**
Md Shafiqur Rahman Jabin

**Degree:** PhD (Public Health)

**Project:** Identifying patient safety issues in medical imaging and developing preventive corrective strategies

I am an International PhD candidate, awarded with a UniSA President’s Scholarship and Patient Safety Group Scholarship. I am based within the Patient Safety Group, Australian Centre for Precision Health at the South Australian Health Medical Research Institute (SAHMRI).

I hold a B.E. in Medical Electronics from India and M.Sc. in Medical Engineering specializing in Medical Imaging from Sweden. I am also an experienced academic teacher, currently teaching in the University of South Australia on a casual basis.

My research is aimed at improving patient safety and the quality of care in the field of medical imaging by analysing the things that have gone wrong. The analysis identifies patterns and common themes with respect to presentation, causation, and means of detection and how effects may be mitigated. This work will provide a basis for the development of preventive and corrective strategies in this rapidly evolving area.

I have analysed around 5000 medical imaging patient safety incident reports collected from interviews and two incident reporting systems, including a State-based reporting system. Under thematic analysis, fours clusters of incidents were identified that cause harm either to a large number of patients or serious harm, including death.

Special attention was drawn to the cluster related to health information technology related incidents (HIT), comprising 9% of the total incidents; for example, delays in report transmission and patient misidentification. Most contributing factors related to HIT incidents are equipment, staff, and documentation factors. These HIT related incidents are important because they can result in in considerable harm to multiple patients, including unnecessary or repeated radiation exposure, and delayed diagnoses.
Body in Mind areas of research interest include:

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

Contact Us
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 t: +61 8302 2454

The BIM family is expanding! Valeria & Davide welcomed their little baby boy on the 30th June, Gabriel Fernando Simoni Bellan. All are doing extremely well and we are enjoying the occasional Gabriel fix at Monday morning cuppa. A big congrats to Dr Brenton Hordacre who won the Brain Foundation’s Elizabeth Penfold Award for the best piece of original research - $20,000 prize - an outstanding acknowledgement of Brenton’s work - *'Neuroplasticity and network connectivity of the motor cortex following stroke: a transcranial direct current stimulation study*, which was published in Human Brain Mapping earlier this year. Brenton has also been featured in 9news and The Lead talking about his stroke research

https://twitter.com/UniSAnewsroom/status/10219691517270801

Emma Karran became Doctor Emma Karran and Felicity Braithwaite has resubmitted after a full page of minor corrections. We welcome new PhD student Caitlin Howlett who will be exploring links between mental flexibility, resting brain activity and pain.

Lorimer has started a crowdfunding campaign with Professor Ian Olver of the Cancer Research Institute, and Dr Lauren Heathcote from Stanford University, for developing an educational resource for cancer survivors dealing with persistent pain. This is a really tricky issue because we know it is a big problem but it has received almost no attention. Why is that? We are not completely sure but we suspect two factors are relevant:

1. Pain can be seen as relatively unimportant among cancer researchers (looking for the cure), cancer clinicians (looking for the cure) and cancer patients (looking for the cure!). People who survive cancer tend to feel very grateful for the care they have received and in many ways lucky to have made it out the other side. Even though up to 40% of survivors are left with persisting pain, some might feel guilty for bringing it up - *'well I survived and should be grateful'*. However, pain after cancer is a complex experience and triggers all sorts of questions (e.g. *'Is this the cancer returning?'*) and has massive implications broadly captured by social withdrawal, reduced return to work and meaningful activities. These are the same impacts that have put persistent back pain at the top of the league tables with respect to health care burden.

2. Persisting pain after cancer can be difficult to explain because there is no evidence that danger detectors in the tissues of the body are driving it (danger detectors are located in almost all of our body tissues; they respond to changes in the internal state of the body - changes in pressure, temperature of chemical balance - and they alert the spinal cord and brain of the shift; the brain considers that information alongside every other piece of information and sometimes produces pain). Some chemotherapies cause damage to nerves and this can be a contributor, but this doesn’t come close to explaining the whole thing. This situation - pain in the absence of a true need to protect the body - is ubiquitous with persistent pain and there are bucket loads of studies from other painful conditions that identify contributors. Many have turned out to be viable targets for treatment. One really exciting discovery in the wider pain field is that we can make a great impact by giving people an understanding of contemporary pain biology. Time to tailor our educational efforts to post cancer pain!
So, we need money and UniSA has facilitated our crowdfunding campaign - if we hit our target, they chip in. If you are reading this, thinking ‘Great idea Lauren, Lorimer and Ian’, then go here!

Of other news, Dr Tasha Stanton is preparing for her Endeavour funded Visiting Fellowship to Oxford University to work with Prof Charles Spence and then to Royal Holloway to work with Prof Manos Tsakiris. Tasha will be exploring crossmodal modulation (how one sense can change another, shaping what you experience) and interoceptive awareness (your perception of internal bodily signals) and will be reconnecting with BIM Alumni Hopin Lee, now at Oxford, and Abby Tabor, now at Bath.

We have a small but high impact contingent travelling to Boston for the World Congress on Pain. Hayley Leake and Dr Tory Madden have secured training scholarships with the Harvard University/IASP Pain Research Forum (PRF) and will participate in science communication training and then cover a couple of plenary lectures on their behalf, and pretty much fly the BIM flag among the movers and shakers at the biggest meeting in our field. Tory and Hayley will be correspondents for the PRF and will cover lectures, conduct interviews with plenary speakers and write daily blogs for PRF during the 17th World Congress on Pain in Boston. Meanwhile, Prof Lorimer Moseley is off to the UK and Europe for another whirlwind tour - plenary talks at meetings in London, Hamburg, Essen and Osnabruck and research meeting with collaborators at UCL and Kings College London.

Anyone who has ever heard of PainAdelaide - possibly the best little pain meeting in the world - should save the date in their diary NOW - TUESDAY March 12th. We have another stellar line up - Melanie Noel from Calgary, Lauren Heathcote from Stanford and a gaggle of Australian experts including a left fielder or two. We will again run the infamous PainAdelaide Q & A hosted by the irrepressible Dr Sam Whittle.
Staff and Student Publications

First Publications


Abstract
Impact Factor=4.495; 5 year IF=4.413, Ranking 62/222 (Oncology), 16/71 (Hematology)


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


Abstract
Impact Factor=2.331; 5 year IF=2.927, Ranking 31/82 (Obstetrics & Gynaecology)

Recent Staff and HDR Publications


Abstract
Impact Factor=2.118, 5 year IF=2.469, Ranking 19/64 (Multidisciplinary Sciences)


Abstract
Impact Factor=2.73; 5 year IF=3.003, Ranking 19/81 (Sport Sciences)


Abstract
Impact Factor=1.575; 5 year IF=1.904, Ranking 42/85 (Biologty)


Abstract
Impact Factor= 2.530; 5 year IF=2.824, Ranking 23/85 (Oncology), 46/128 (Radiology, Nuclear Medicine& Medical Imaging)


Abstract


Abstract
Impact Factor=7.074; Ranking 3/81 (Sport Sciences)


School of Health Sciences (Issue 3 — June | July | August 2018 Newsletter)

Abstract  
Impact Factor=2.502, 5 year IF=2.755, Ranking 167/261 (Neurosciences), 43/83 (Physiology)

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

Abstract  
Impact Factor=2.118, 5 year IF=2.469, Ranking 19/64 (Multidisciplinary Sciences)

Abstract  
Impact Factor=7.867; 5 year IF=7.462, Ranking 1/81 (Sport Sciences)

Abstract

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

July 25th 2018

Weighing kids at school has more pros than cons but the reasons may surprise you
Professor Tim Olds, ARENA, University of South Australia

A Deakin University proposal to measure the height and weight of all Australian school children has understandably generated controversy. Some commentators have labelled it misguided, fearing it could encourage kids to “pursue weight loss at any cost”. While there are benefits and downsides of measuring kids’ height and weight at school, the pros outweigh the cons.

Just for a smile…

Q: What do you call a camel with no humps?  
A: Humphrey

Q: How does an eskimo build his house?  
A: Igloos it together

As a doctor, I’m addicted to hitting my patients on the knees to test their reflexes. I really get a kick out of it.

THE CONVERSATION

AND I'M LIKE "HELLO?"  
Everyone's flipping over Adele's new song

ED SHEARIN'
Library Report

Reading List Management and Copyright system

A new Reading List Management and Copyright system (eReserve) will replace the existing Digital Reading Service in 2019. Academic staff will be able to easily create, edit, clone and maintain their lists and share them with students while compliance checking is run in the background vastly improving the quality and compliance of our shared resources.

The benefits of eReserve are:
- integration seamlessly with courses in Learn Online
- converts and adapts existing reading lists into a new, more embedded and usable teaching and learning environment
- students will have more timely access to their readings
- available 24 hours a day
- accessible from anywhere and on any device
- shows the impact of readings through analytics
- allows for automatic copyright checks of up to 70% of resources, with the remainder to be checked by library and copyright staff

Staff will have access to a wealth of online resources through the university library and can import citations through EndNote, Zotero, Mendeley and other citation management tools as well as create their own citation through web forms. Training and support materials will be available.

Children’s Dosing Companion

As a result of discussions with key staff in all Schools regarding essential drug resources The Library has recently subscribed to the 'Australian Medicines Handbook – Children’s Dosing Companion’.

The AMH Children’s Dosing Companion (CDC) provides dose information for the most commonly used medicines in children in both community and hospital practice in neonates born at term (>38 weeks) up to children aged 18 years and is intended to complement the Australian Medicines Handbook.

Anatomy TV - Resistance Training module

After recent trials of 3D Anatomy TV the Library has subscribed to a new module focusing on Resistance Training. This module includes rotating 3D models, text articles, views for all structures, as well as a wealth of animations and movies. The search function allows you to locate contents for any anatomical views, structures, and movies. To arrange a demonstration please contact the Health Academic Library Team.

How visible is your research?

Check the Open Access Research Guide for the 30 second test to see how visible your research outputs are via your staff homepage.
What makes the best Educator?

The Excellent Educator Awards invite Division of Health Sciences students to say thanks to a member of staff in the Division who has made an outstanding contribution to your learning, by nominating them for an Excellent Educator Award. You could win a $500 Coles Myer voucher just for nominating!

Here’s your chance to nominate a staff member in the Division of Health Sciences:

- Outstanding Undergraduate Teaching
- Outstanding Postgraduate Teaching
- Outstanding External Teaching
- Outstanding Teaching in a Simulated Practice or Laboratory for the Learning Experience of Students
- Outstanding Professional Services Support for the Learning Experience of Students

Nominations are now open and close 5.00pm Friday 5 October 2018.

If you have any questions regarding the awards, please direct these to hsctandl@unisa.edu.au

We look forward to receiving your nominations.
The USASA Academic Advocacy service provides free & confidential advice on a wide range of academic troubles. Advocates help you to pursue your rights & can increase your chances of receiving a positive outcome to academic issues.

To book an appointment visit USASA.sa.edu.au/Advocacy
Capstone Editing is happy to announce that they are launching six new annual academic grants of between $3,000 and $5,000 each—two for female academics and four for students.

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

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

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

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

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

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

Thursday
20 September 2018
10.30am

Thursday
20 December 2018
3.00pm

Tuesday
16 April 2019
10.30am

Wednesday
17 April 2019
3.00pm

ASAHP
ASSOCIATION OF SCHOOLS OF ALLIED HEALTH PROFESSIONS

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.

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 consumers or consumer groups
- Service delivery models
- Policy development, implementation and impact
- Clinical practices and service delivery
- Health economics and financing
- Community engagement
- Rural generalism
- Interprofessional practice, training, education
- Cross cultural service provision
- Aboriginal health
- Technology and digital health systems
School of Health Sciences

RESEARCH WEEK

24 to 28 September 2018

Enquiries: Health.Research@unisa.edu.au
CALL FOR ABSTRACTS:
Poster Presentations

The 2nd Heart Foundation/SAHMRI 2018 South Australian Cardiovascular Research Showcase will be held on Friday 2 November in the SAHMRI Auditorium.

We invite abstracts to be submitted for poster presentations. Abstracts will be selected by peer review, and posters will be displayed at lunchtime.

There will be prizes awarded in two categories; student (Honours/PhD) and early career researcher.

Closing date for abstracts - 5pm Friday 21 September

The following conditions must apply:
• Abstract submissions must be no longer than 300 words and should be structured as Background, Methods, Results and Conclusion with the option of either one table or figure
• Please record on your submission whether you wish to be considered for a prize
• Only one submission per person

To register: www.trybooking.com/366483

Submit abstracts to Dr Natasha Schranz, Heart Foundation SA Research & Translation Manager
08 8224 2838 or natasha.schranz@heartfoundation.org.au
Guidelines International Network conference is coming to Adelaide in 2019!

On behalf of the Organising Committee, we are delighted to invite you to experience a unique event - the 15th Guidelines International Network (G-I-N) and Joanna Briggs Institute (JBI) conference hosted by University of South Australia (UniSA). Held at the world class Adelaide Convention Centre, located a stone’s throw from the innovative Biomedical Precinct, this conference will provide opportunities to listen and learn, and share experiences and perspectives from around the world on the important role of guidelines in 21st century health care. With the theme focussed on trustworthy evidence for questions that matter, this conference will be relevant for all health care stakeholders and anyone else with a vested interest in addressing evidence-practice gaps by promoting best practice and improving the quality and safety of health care.

We look forward to seeing you in Adelaide in 2019 for this premiere event!

Dr Saravana Kumar
University of South Australia, Local Host

Enquiries: office@g-i-n.net
Website: https://www.ginconference.net/

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<th>Key Dates</th>
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<td>Registration Opens</td>
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<td>29th January</td>
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G-I-N & JBI 2019 Joint Conference
Adelaide, 30 October - 2 November 2019
MOVEMENT TO MOVE EVENT | MONDAY, 26 NOVEMBER TO THURSDAY, 29
NOVEMBER 2018 | ADELAIDE SOUTH AUSTRALIA

‘Movement to Move: Global Insights to Get our Kids Moving’ is proudly presented by Active Healthy Kids Australia (AHKA) and the University of South Australia (UniSA) in association with the Active Healthy Kids Global Alliance and supported by Sport Australia.

We are passionate about driving a movement that will see children and young people around the world moving more and sitting less every day. To achieve this goal, we know that a ‘whole of society’ approach is needed and the purpose of this inaugural Event is to provide a forum for international cross-sector knowledge sharing and collaboration that extends beyond the Event itself.

Our solutions-focused Event program will be informative, thought-provoking and relevant to delegates with a range of child and youth-centric interests including researchers, educators, urban architects, community planners, public health and health promotion professionals, technology developers, marketing and advertising professionals, and government representatives.

The inaugural ‘Movement to Move’ Event will also serve as the occasion for the joint launch of the 2018 AHKA Australian Report Card on Physical Activity for Children and Young People and the ‘Global Matrix 3.0’, featuring the Physical Activity Report Cards for Children and Youth from 49 countries belonging to the Active Healthy Kids Global Alliance.
DEFENCE HUMAN SCIENCES SYMPOSIUM 2018
"Minder, Mentor, Minion, Mate: Warfighter roles in Future Complex Systems"
Thu 29 Nov 2018 8:00am to Fri 30 Nov 2018 5:00pm
Curtin University WA


Abstract submissions
The DHSS Organising Committee is aiming for a diverse program. Abstract submissions are invited for presentations, as well as workshops in a wide range of topics including, but

Defence-focused themes
- Future technologies (including Biotechnology)
- Health and Wellbeing
- Resilience
- Support to operations
- Trusted Autonomous Systems

Human Performance themes
- Anthropometry
- Cognitive enhancement and augmentation
- Cognitive performance: From Perception to Decision Making
- Food and nutrition
- Physical augmentation (assistive technologies)
- Physiology

Human Systems Analysis themes
- Ergonomics and Human Systems Engineering
- Human Systems Integration
- Training and Education

Human Sciences in National Security themes
- Cyber security
- Evaluation of software tools and techniques
- Mathematical and statistical modelling of social processes
- Social and cultural analysis of groups
- Social media exploitation

Methodologies themes
- Ethics
- Measurements and Metrics
- Modelling and Simulation
- Multidisciplinary Research
- Tools and Techniques

Organisational Effectiveness themes
- Health and Safety
- Organisational Culture
- Personnel Selection and Retention

The above topics are indicative rather than all-inclusive. All submissions that directly relate to enhancing Human Sciences Capability will be considered.

Extended abstract submissions
- Extended Abstracts of no more than 500 words are to be submitted. Full papers are not required.
- Submission instructions and abstract template will be provided closer to the date.
- The review committee will accept submissions describing theoretical and applied research, as well as discussion papers, and papers describing work-in-progress.
- All submissions should be Unclassified.
2018 STATE POPULATION HEALTH CONFERENCE

EMBRACING OUR DIVERSITY:

WORKING TOGETHER TO IMPROVE POPULATION HEALTH

Saturday 1 December 2018 • 8:30am - 4:30pm
Education Development Centre, Hindmarsh

Submit an abstract and register at:
www.sapophealth.com
#SAPopHealth
Mental Health Seminar

“Back on track: Managing People with Mental health Issues” seminar guides participants on how to manage staff with mental health issues or a mental illness in a way that respects their rights, increases their chances of recovery and minimises risks to the organisation.

Participants can expect to gain from this session an ability to:
- Explore the differences between mental health and mental illness
- Identify some comfortable ways to talk about mental illness with people
- Explore the aspects of human rights surrounding mental health and illness
- Learn how to manage certain behaviours
- Learn how to create a supportive workplace culture.

Next seminar is scheduled for Wednesday 3rd October between 9.30am – 11.30am at Currie Street. Please click on link below to book your spot in this seminar.

Scheduled Health & Wellbeing Activities

Vegetarian Cooking Session
This session has been scheduled for Thursday 20th September from 12pm to 2pm in the Playford level 7 kitchens and will be led by Judith Lukas (School of Pharmacy). The session will include a short induction and will run through 4 vegetarian recipes.

If you are interested in and able to attend this session, please RSVP to Kelsey Sharrad by Friday 14th September. Please do not hesitate to contact her if you have any questions or concerns!

Pilates
This session has been booked for Thursday, 27 September at 12.30pm. We have engaged a Pilates Instructor Davide Simoni to instruct this session.

Please bring the following items on the day: Comfortable clothing, suitable for stretching and light movement (no skirts or dresses), mats will be available to borrow, but if you have your own please feel free to bring it along, drink bottle, a jumper or blanket is also recommended.

Please let Kelsey Sharrad know by Friday, September 21st if you can attend this event.
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

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Would you like to receive future copies of our newsletter and updates on our activities? Please join our mailing list by emailing health.admin@unisa.edu.au