A person who feels appreciated will always do more than is expected.

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

- Australia’s only Professional Certificate of Conservative Management of Pelvic Organ Prolapse
- UniSA Online Nutrition and Exercise Science—top of the charts!
- Exercise and Sport Science—the only Accredited program in SA
- Global Voices—Student attends WHO Annual Assembly
- Invited International Clinical Guideline Workshops
- Sonographer of the year!
- International engagement
- Routledge Books (1st and 4th Editions)

“A great introduction the work of health sciences, giving me the basic knowledge to help set me up for the rest of the course. The teaching staff were always very approachable and happy to help.”

“It was extremely clear and well set out. It was informative and interesting and very easy to follow. The mix of video, text, links, questionnaires and discussion forum helped easily understand the materials.”

Anonymous student feedback examples for one of the courses in the UniSA Online Nutrition and Exercise Science program.

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Head of School Report

Welcome staff and students to our second edition of the School of Health Sciences newsletter for 2018. There have been some significant developments over the last few months as we hurtle toward SP5! The activities and successes described within the following pages show the amazing array of program initiatives, awards, recognition and extent of international reach by HLS staff and students, in teaching, research and community engagement. I am immensely proud and continue to be inspired by the energy and dynamic ‘can do’ nature of staff and students across the disciplines in this great School of ours. My report captures some of the activities and successes.

Some highlights on HLS programs and initiatives

UniSA Online Nutrition and Exercise Science Degree

The Bachelor of Health Science (Nutrition and Exercise Science) is going amazingly well with over 200 students registered already and over 300 approved applications! The program is the highest recruiting UniSA Online program and all the signs seem to indicate it will continue its steep growth. Particularly noteworthy is the excellent feedback with course and teacher evaluation scores in the high 70s (check out the front cover and Scott Adams’ PD report). Well done to all involved in writing the various courses, the online facilitator team and Scott Adams (Program Director). Great stuff!

Short Courses

UniSA will lead the nation with our first graduates from the Professional Certificate in Conservative management of Pelvic Organ Prolapse. The initiative has proved to be one of the School’s most successful short courses with 26 health professionals completing the qualification, providing them with the skills to conservatively manage this prevalent condition. More details within the newsletter.

The fame of our Pain Sciences courses is spreading. Dr Mark Catley now has a dedicated class from staff at Kaiser Permanente, California for the on-line Professional Certificate in Pain Sciences.

Bachelor of Exercise and Sport Science - Accredited

UniSA can now proudly state we are the ONLY University in South Australia to offer an accredited exercise science program! Congratulations and thanks to Dr Alyson Crozier (Program Director) and her team for this achievement. Sing it loud and proud indeed Alyson! Thanks too to UniSA ‘powers that be’ for having faith and backing this degree! Watch this space!

Pain Revolution

Congratulations to Professor Lorimer Moseley on the overwhelming success of the Pain Revolution Rural Outreach Tour – details within.

Invictus Pathways Program - stellar example of inter professional team work

The Invictus Pathways Program (in partnership with The Road Home) and our related support for the Australian Invictus Cycling Squad - provide great opportunities for physiotherapists, exercise physiologists, sports scientists, podiatrists and nutrition experts to work together, making real the concept of inter professional practice with excellent training experiences for students. To date, the Invictus Pathways Program (IPP) has provided support to 27 veterans as well as individual support to members of the Invictus Games Cycling Squad. From the moment of referral to the IPP via the Road Home, the athlete undergoes a comprehensive and sport-specific musculo-skeletal and lower limb screening by 4th year physiotherapy and podiatry students (supervised by registered practitioners) before being passed on for further exercise physiology screening either by a 4th year clinical exercise physiology student or a 3rd year exercise
science student, depending on the results of the screening process. After the three initial appointments (podiatry, physiotherapy, exercise physiology), participants commence a program of high-performance testing and training sessions, conducted by an Accredited Exercise Scientist staff member with support from exercise science or AEP students. Ongoing allied health support is provided through the podiatry and physiotherapy clinics where needed. The Invictus Pathways Program has caught the attention of several Australian Universities who are keen to meet and work with us to increase reach by adopting the UniSA model.

Thanks especially to Dr Katia Ferrar, Dr Max Nelson, Dr Maureen McEvoy and Dr Ryan Causby for their help in delivering this program.


Members of the Australian Defence Force Adaptive Sports Program were recently invited to the US Department of Defence Warrior Games at Colorado Springs along with the UK and Canada to compete with US Marine Corp, US Navy, US Air Force, US Special Operations in an adaptive sports games https://dodwarriorgames.com. The Invictus Cycling Squad used the opportunity as part of the preparation for the Invictus Games, which included four Invictus Pathway Cyclists. Tim Grover, Jason McNulty, Ben Morgan and Emilea Mysko. All were successful medalists in the Warrior Games, which is part testament to the quality and success of the Invictus Pathways Program of support provided by UniSA and The Road Home. The team was accompanied by Associate Professor Steve Milanese and Suzana Freegard (HDR student) who is funded by The Road Home.

Well done to Tim, Jason, Ben and Emilea at the Warrior Games!
Road Home Anzac Commemorative Cocktail Evening
On Friday, 27 April I was privileged to support and attend one of the most important events in The Repat Foundation – The Road Home’s calendar - the Anzac Commemorative Cocktail Evening to commemorate and acknowledge the sacrifices made by veterans and their families in times of war. The event was attended by South Australian Governor His Excellency The Honourable Hieu Van Le AO and South Australian Premier The Honourable Steven Marshall. Holly Bowen (HDR student funded by The Road Home) also presented her research on the impact of art therapy on post-traumatic stress.

A round of congratulations...
Commonwealth Games – three gold and two bronze medals!
Congratulations to Pole vaulter Kurtis Marschall and track cyclist Matthew Glaetzer, who are both studying Human Movement, for their success at the Commonwealth Games. Matt won both the 1000m time trial with the fastest time ever ridden at sea level (59.34s), and a Commonwealth Games record and the Keirin event. He also took bronze in the team sprint! Congratulations also to physiotherapy graduate Jessica Trengrove who won bronze in the women’s marathon.

Lifetime Achievement Award: Lung Foundation
Congratulations to Professor Alan Crockett who was recognised and honoured with a Lifetime Achievement Award from the Lung Foundation for his contribution to the management of chronic lung disease through his leadership of the Chronic Obstructive Pulmonary Disease (COPD) coordinating committee, COPD-X guideline writing committee, COPD checklist development and the development of a General Practice (GP) Toolkit.

This prestigious award was presented to Professor Crockett at the Lung Foundation Dinner during the Thoracic Society of Australia & New Zealand and Australia & New Zealand Society of Respiratory Science conference on Sunday, 25 March 2018.

Commonwealth Scholarship Program
Congratulations to Holly Bowen and Xiomara Skrabal Ross who have been awarded Scholarship under the Commonwealth Scholarship Program for South Australia to help fund their PhD studies.

Sonographer of the Year
Congratulations to Kate Lamb awarded the prestigious ‘Sonographer of the Year: South Australia’.

PhD Conferral
Congratulations to Dr Priya Martin, who had her PhD conferred at the April University Council meeting for thesis entitled ‘Factors that contribute to high quality clinical supervision of allied health professionals’ (supervisors – Dr Saravana Kumar, Dr Katherine Baldock, Dr Lucyllyn Lizarondo).
Welcome to Higher Degree by Research (HDR) Candidates who have joined us over the last couple of months:

- **Brendan Mouatt** (Masters by Research candidate): Using virtual reality (VR) to overcome aversion to exercise (supervisors: Dr Tasha Stanton, Dr Ashleigh Smith, Dr Ross Smith)
- **Brian Pulling** (Masters by Research candidate): Suggestions in Hypnosis to Aid Pain Education (SHAPE): a pilot randomised controlled trial (supervisors: Dr Natasha Stanton, Prof Lorimer Moseley)
- **Anthony Snow** (Masters by Research candidate): Exploring the association between use of time and cognition in middle aged and older adults at risk of dementia (supervisors: A/Prof Alison Coates, Dr Ashleigh Smith, Dr Gavin Tempest)
- **Brett Tarca** (Masters by Research candidate): Physical activity and chronic kidney disease (supervisors: Dr Katrina Li, Dr Tom Wycherley)
- **Yasamin Veziani** (PhD candidate): Barriers to the conduct and application of research among complementary and alternative medicine professions; a multi method study (supervisors: Dr Saravana Kumar, Dr Matthew Leach)

**SA Police Harmony Day Soccer Game**

On Sunday, 25 March SAPOL played against an African select team at the FFSA ground at Angle Park as part of harmony day celebrations.

It was great to see the UniSA Physiotherapy team in attendance with 4th year students providing sports related physiotherapy advice, education, assessment and treatment (e.g. strapping, stretching etc) for this match.

**School of Health Science Culture Survey**

The 2014 and 2017 ‘culture surveys’ measured the degree of staff satisfaction across the School with considerably improved scores during this three year period, particularly in the capability development area.

The School has provided feedback for actions taking place in response to the culture survey, which include the following:

1. Working with Division to develop guideline workload principles.
2. Maintenance of transparent, communicative culture - one of our most valued assets- as a driver of accountability.
3. Updating processes to support administrative and technical staff to undertake roles with greater autonomy and confidence.
4. Research leadership – the School has created an Assoc. Professor post to replace SL vacancy in the Occupational Therapy team.
5. Program leadership – the School has adopted a swift appointment process for
Program Directors, supported initiatives and advocated successfully to create and fully recognise the UniSA online PD role.

6. The School is highly supportive and proactive in staff development opportunities.

7. Ensuring Gender representation on committees and recruitment panels is ensured.

8. Opportunities for ECRs to co-supervise HDRs to grow future capacity to supervise is encouraged wherever possible.

9. Core Values – when poor behaviour presents it is tackled.

10. Embraced PVC Initiatives – e.g., staff recognition awards, professorial lunches, etc.

In a few months, the School will hold workshops for professional staff and academic staff, to explore reasons for the various culture survey responses across the School.

**Industry Liaison Officer**

The School has exceptional health research links and educational partnerships with industry and external agencies including defence, aged care providers, elite and sub-elite sport organisations, equipment manufacturers, local government, patient care, food producers, etc. I am delighted to announce we will soon be appointing an Industry Liaison Officer to continue to enhance and lead this important area of activity.

**Spiced**

City East campus hosted another successful Spiced in March. The Plaza looked fabulous, the weather was beautiful and the food was amazing, with cooking demonstrations led by students from the Indian and Vietnamese student clubs, with assistance from Bachelor of Nutrition students.

It showed how great things can happen if you provide an opportunity and space for talented students to do their thing! They created a really special event that provided enjoyment and engagement for 200 students on campus.

It is so important for UniSA to engage international students - to provide them with an opportunity to present their food and culture to their new friends in their new home, and to meet new people, and Spiced does this. Spiced was funded from a Student Experience Grant.

**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](http://www.unisa.edu.au/Health-Sciences/Schools/Health-Sciences/Student)
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

If opportunity doesn't knock, build a door.
Milton Berle

Professor Roger Eston
Head of School
- The leaves are falling
- You can wander down to the South Australian Art Gallery and see the paintbox used by a famous French Impressionist and some inspiring pictures to go with it
- And we have smart new spaces to have coffee, grab a bite to eat, or meet up
I have been lucky enough to receive some phenomenal media attention surrounding my PhD investigating the impact of Art Therapy for Defence and Emergency Services Personnel with Post-Traumatic Stress. I was given the opportunity to present at the Road Home's annual ANZAC commemorative cocktail evening in April, which was attended by South Australian Governor, His Excellency Hieu Van Le, and SA Premier Steven Marshall. I was also interviewed by the ABC regarding the goals of this research which can be seen in the link below. More recently, I was invited to the University of Canberra's Industry Stakeholder dinner to hear US Department of Defence Art Therapist Melissa Walker speak about their research. I attended this event with Head of School, Roger Eston. I met with Melissa while in Canberra to discuss potential collaborations between our research in Australia and her research with the US Department of Defence.

I'm incredibly thankful to the School of Health Sciences, the Road Home, and iCAHE for their support so far on this journey. I'm also very thankful to the Commonwealth Program for South Australia Scholarship Program, through whom I was recently awarded $17,500 to support this PhD further, which allows for the opportunities for travel that I have taken so far.

I look forward to seeing where this study takes us in the future!

Links:

Supervisors: Dr Kobie Boshoff, Dr Jocelyn Kernot, Dr Amy Baker and Karen May
Bachelor of Health Science (Nutrition and Exercise)
UniSA Online

The XBNE: Bachelor of Health Science (Nutrition and Exercise) program continues to grow strongly, currently with 306 approved applications and is the most popular offering among UniSA Online’s 12 inaugural programs that commenced this year. UniSA Online’s ambition is to extend UniSA’s reach to new, non-traditional cohorts of students and it is pleasing to report that the XBNE program comprises 90% of students over the age of 22 and 56% from interstate – a significantly different makeup compared to many of UniSA’s undergraduate programs which embrace mostly school-leavers from South Australia.

In late-March UniSA Online’s Bachelor of Health Science (Nutrition and Exercise) program combined with UniSA’s Bachelor of Human Movement program to conduct its maiden Industry Advisory Group meeting. This was a great opportunity to share our vision with external stakeholders, clarify graduate capabilities in relation to prospective careers and receive valuable insight back about industry needs and targets relevant to the respective programs. The advice received provided valuable assistance for the continual development and evolution of the XBNE program to ensure ongoing currency with industry. It has already guided the next round of marketing material being developed to promote the XBNE program and I hope to report on further program advancements stemming from industry advise in future reports.

XBNE is a three year undergraduate program in its first year and we are approaching the significant milestone of having developed the first two years of courses in their totality. The completed courses all represent high quality online offerings which incorporate a range of advanced technologies to support student learning. One such example from current courses is the use of Online Video Annotation for Learning (OVAL) software which enables students to annotate the videos, and multiple choice questions ‘pop up’ throughout the videos to link learning and keep students engaged and interacting with the content.

UniSA Online courses are taught across 4 terms per calendar year and some courses are offered in multiple terms each year. We are approaching the end of Term 2 and the current XBNE courses being taught are:

- Foundations of Human Biology 1 (BIOL 1052) – Course Coordinator Dr Andrea Stringer (School of Pharmacy and Medical Sciences)
- Health and Society (HLTH 1054) – Course Coordinator Dr Agnes Vitry (School of Pharmacy and Medical Sciences)
- Foundations of Nutrition and Health (BIOL 1054) – Course Coordinator Dr Giordana Cross (School of Pharmacy and Medical Sciences)

The Online Course Facilitator (OCF) for each of these courses is Dr Ysabella Van Sebille. Courses are thoroughly reviewed and includes mid-course and end-course student evaluations of each course and its teaching. In addition to formal reviews there is no shortage of unprompted feedback from students via emails and live messages and it is with great satisfaction that I report that the student feedback from all sources continues to be glowing. Below are some recent examples of typical student comments that are regularly received:

- “I'm really enjoying the course, the content and the virtual classes are excellent.”
- “I enjoyed your online videos…. They are very helpful in recapping the weeks information and you explain things well. I'm loving the course and the online platform suits me. Keep up the good work.”
- The course content is so great. Your lectures are thorough and easy to understand.”
- “I just wanted to say I'm really enjoying the course so far. It's quite intense, because I haven't done any science classes in 15 years, but it's so fascinating that I'm pushing through.”
“I am really enjoying this subject, I am finding it so interesting!”
“I have studied online with another university and I think I have learnt more in the two weeks from your videos (and using OVAL) than I did in two years.”
“Many thanks to you and your staff for your hard work in supplying great notes, online classrooms and an easy set up.”
“The online course delivery is tremendous. Specifically, the flexibility of access to the content, the delivery format itself, and the accompanying support of staff are the real standouts.”

Similar statements could be gathered from any sample of student feedback received to date and it is great validation for the program, its courses and testament to all staff involved, including the dedicated teaching efforts of Bella and the team of course tutors who support student learning, as well as the quality of the courses written by our Course Coordinators from within the School of Health Sciences and School of Pharmacy and Medical Sciences and developed by the Academic Development team consisting of staff from the Teaching Innovation Unit and Library.

UniSA Online’s Academic Development team will continue to work with Course Coordinators to develop all remaining courses by the end of 2018. I would like to acknowledge the expertise and hours of hard work invested by the following Course Coordinators who are at various stages of the course development process for the final courses within the program:

- **Professor Jon Buckley** and **Henry Blake** – Body in Motion 2 (HLTH 2033)
- **Professor Kevin Norton** and **Michael Hartland** – Theory of Exercise Testing and Prescription 2 (HLTH 2038)
- **Dr Alison Hill** and **Jill Burnett** – Lifespan Nutrition (HLTH 2060)
- **Dr Melissa Hewett** – Food Safety, Quality and Security (HLTH 3063)
- **Douglas Pierre** – Psychology of Exercise, Sport and Health (HLTH 3066)
- **Dr Richard McGrath** – Project Management for Health and Wellness (HLTH 3065)
- **Dr Permal Deo** – Food as Medicine (FOSC 3017)
- **Dr Evangeline Mantziolis** – Nutrition for Exercise and Performance (HLTH 3064)
- **Dr Carmel Nottle** – Applications in Nutrition and Exercise (HLTH 3067)

We look forward to finalising development of these courses and rolling out for the first time a further suite of courses that we are very proud of across Terms 3 and 4 this year.

Looking ahead, on 28-29 June 2018, UniSA Online is holding their ‘Virtual Open Event’ – the online equivalent to Open Day. The event is fully online, where visitors can log into a virtual event area, view content by degree, download useful documents, watch videos and presentations, participate in live networking and chat sessions. It is another first for the university and will again showcase the signature team approach adopted by UniSA Online as representatives from UO marketing, domestic marketing, degree advisors, corporate, academics and online course facilitators join together in showcasing UniSA Online degrees.

It is a truly exciting time for the program.

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

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The master has failed more times than the beginner has even tried.
Sing it loud…and proud!! We are an accredited program!!

The Bachelor of Exercise and Sport Science is proud to finally announce that it has received Provisional Accreditation status from Exercise and Sport Science Australia (ESSA). 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. Students who graduate with the Bachelor of Exercise and Sport Science will now be eligible to apply for membership with ESSA as an accredited Exercise Scientist! As this program grows in popularity, we are excited for what this new accreditation will provide to our graduates in terms of increased career opportunities. For students who graduated in 2017 with a Bachelor of Human Movement (Exercise & Sport Science), this accreditation applies to you. From 2018 graduates onward, the accreditation applies to the Bachelor of Exercise and Sport Science students only.

As part of this accredited program, students are required to complete 19 core courses, with 5 available electives in their final year. One of these core courses is the Professional Practice in Exercise Science course, which includes 140+ hours of placement in an exercise or sport industry in students’ final year of study. Specifically, students engage in at least 40 hours of exercise prescription and delivery at UniSA Sport gym facilities, with their remaining hours being conducted with at least one external industry organisation. Many of these external placement sites are elite sporting organisations, including (but not limited to): the Adelaide Football Club, Port Adelaide Football Club, Cycling SA, and the South Australian Sport Institute. In these placements, our students gain industry-relevant experience and are supervised by experts in the exercise and sport science field. We are thankful to the course co-ordinator of these placements, Dr. Tom Wycherley, for his support for the students and placement supervisors. He is continually working to improve the course and explore additional opportunities for student placement sites.

One of the elective courses that students can take in third year, and which has been redeveloped this year by Dr. Carmel Nottle, is the Sport Injury, Prevention and Rehabilitation course. Within this course, students complete 30 hours of placement at a sport organisation, under the guidance of an accredited sports trainer. For its first year up and running, I must say the course has been quite a success so far! We have received positive feedback from organisations about how professional the students are, and how impressed they are with the students’ abilities to perform under pressure. If you are a second-year student, I would definitely recommend taking this course in 2019 to upskill and expand your network with sporting organisations!

As most of our students are from within Australia (we currently only have 3 international students), there is a great demand to promote the program internationally. I had the pleasure of travelling to China in April to promote the program to recruitment agencies in Beijing, Shanghai, and Guangzhou. The program was well-received by the agents, and we look forward to welcoming more international students to the program in future years!
I’ll close on this final thought: as the weather turns colder, it is more important than ever to be physically active, especially students. Physical activity has been shown to increase a person’s ability to focus and retain information — so as exams loom in the near future, I highly encourage you to go for that run, walk, or gym session as a ‘break’ from studying. You will thank me for it later!

To the students, best of luck on exams — and enjoy your winter break.

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

As alluded to in our previous newsletter we are now able to announce that under the direction of Professor Roger Eston we have formalised a significant partnership with the Norwood Football Club. This is major outcome for our school and includes three fully funded PhD’s and 15 professional practice student placements. The PhD’s will cover topics on mindfulness with Dr Maarten Immink, athlete recovery protocols with Dr Clint Bellinger and men’s health with Professor Kevin Norton. The Norwood football club are also about to commence construction on a $10 million expansion at the Parade Norwood which will include a health clinic presenting significant ongoing placement opportunities for our allied health students.

This month ten sport science students will depart for the Philippines for a ten night stay in Manila supervised by Kevin Norton and Mike Hartland where students and staff will conduct sport skill sessions in local schools, run an AFL draft combine in conjunction with the AFC and visit areas of cultural significance.

Planning is now also well underway for a sports tour of India later in the year, the response from students to participate in this tour has been overwhelming and we envisage taking 16 students on this ten day tour to Mumbai and New Delhi.

Our engagement with the South Australian Jockey Club apprentice academy is also progressing very well, with representatives from the Hong Kong Jockey Club (the largest racing organisation in the world), visiting our high performance clinic later this month to view our training and testing facilities.

Later this month we will also commence testing, in collaboration with Baseball SA, the elite junior baseball academy. The protocols we will employ follow those used in the Unites States such as the 60 yard run and time from home base to first base so that US talent scouts will be able to compare and track aspiring South Australian junior baseballers.

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.

Cheers
Mike Hartland
High Performance Sport Centre Coordinator
Bachelor of Clinical Exercise Physiology

What a great couple of months in the Clinical Exercise Physiology program.

Things started to get very busy towards the end of March with staff and several 3rd, 4th year CEP students and some Higher Degree Research students attending the 2018 ESSA Research to Practice conference held in Brisbane 27-29th March.

Two noteworthy congratulations are in order, firstly to Kade on commencing his new esteemed position as president of ESSA national, this is a great asset to the program and University and to UniSA PhD candidate Stuart Gollan for taking home 2nd place in the Young Investigator Award for Sports Science at the 2018 ESSA Research to Practice conference.
Exposure to this event has certainly helped 4th year conference committee members, Alison Burford and Laura Johns, with commencing planning and organising the 2018 annual end of year UniSA Clinical Exercise Physiology Conference, to be held on Saturday the 8th December, at our City East Campus.

Just before the Easter long weekend Professor Steve Selig from Deakin University held a two day ‘Approaches to exercise assessment for cardiovascular clientele’ workshop for our 4th year students, where students had the opportunity to observe and assist with clientele undertaking cardiac related Exercise Physiology consultations which included subjective interviewing, clinical reasoning, problems solving, conducting objective tests and client report writing.

And last but not least 3rd year students recently presented their preliminary honours research proposals to their peers as part of their Applied Exercise and Sport Science course. This is one of the first milestone these student will take as the first cohort of student undertaking the new Bachelor of Clinical Exercise Physiology (Honours) program at UniSA.

Dr Danielle Girard
Acting Program Director: Clinical Exercise Physiology
 Bachelor of Health Sciences  
Practice-Based Learning and Career Development Planning  

It’s now five months since I started in the Program Director role for the Health Science program, and I’ve really enjoyed getting to know our Health Science students, both commencing and those of you that have been around for a while. At the time of writing this report, we’re coming close to the end of the first major semester of teaching and leading into the exam period. This can be a very stressful time of year for both students and staff, so to pause for a moment to acknowledge the positive things happening within our program and our School has been refreshing for me and I hope will be for you too!

This semester our third year students are starting (and some have already started) their Health and Wellbeing Industry Placement, which is an experiential field placement relevant to health and wellbeing across a diversity of organisations. Students are undertaking placements in health promotion, health education, project management, and research roles with academic, not-for-profit and other community-based organisations. The majority of these students will present on their placement experience at the end of year Health Science Student Conference. Last year I was so impressed with not only the students’ placement experiences, but also their presentation style – I can’t wait to hear from this years’ placement students later this year!

We have a strong commitment to practice-based learning within the Health Science program, and this starts from the very first semester with the course Health Concepts, Services and Trends, coordinated by Dr Caroline Adams. Within this course, students learn about how our health system works here in Australia, including the policy making process, key organisations and levels of government. As part of this course, students undertake a role play activity to simulate working in a policy environment. In teams, students report on specific Health Workforce Industry Reforms and present to a simulated Council of Australian Governments (COAG) panel. Not only does this allow students to learn about the regulations and regulatory bodies surrounding the different health professions but it also gives them opportunities to work as a team and present their finding to an audience. ‘Eminent’ panel members this year included Assoc Prof Shylie Mackintosh, Emma Milanese, Dr Sheila Scutter and Sam Walton. To add to the simulation, students are also required to attend the simulation activity in business attire – as you can see from the photos they look fantastic!

To add to our first year students’ initial experience and introduction to their future careers, students begin the process of career development planning in Health Concepts, Services and Trends through structured online activities developed by UniSA Career Services. This is the first year we have introduced any kind of formal career development planning activities, and feedback from students indicates that they value the opportunity to spend some time thinking about their own strengths, potential career opportunities, and to start developing their CV.
As part of this career development planning, Health Science graduates are invited to come and address students to share their career pathway(s) since graduation in a section of the lectures called Career Corner. Professional pathways of graduates presenting this year have included research, project management and policy development. These speakers give the opportunity for students to further develop their understanding of the wide range of opportunities available to them, as well as sharing strategies that they have found useful in their career pathways. Graduate speakers have included Kristen Stevens, PhD candidate and research assistant, Emma Milanese CEO of SportsUnited and Clare Rowley, Policy Officer, Business Improvement, Housing SA. Students report finding these presentations enjoyable and it is great to see our grads making their mark.

To round out this program report, I’d also like to acknowledge a few of our students who have been accepted for international learning opportunities. These opportunities are an incredible way for students to appreciate global health issues, apply their knowledge in a new environment, make international connections, and gain a wealth of personal and professional experiences:

- **Jaslyn Ahern** (1st Year IBHL): ACICIS Indonesian Public Health Study Tour, July 2018
- **Rebecca Rees** (2nd Year IBHL): Semester exchange at the University of Essex, second semester 2018
- **Zaher Azar** (3rd Year IBHL): Viva Tanzania Widows Encouragement and HIV/AIDS Foundation volunteering project, Tanzania November 2018

Finally, I want to take this opportunity to wish our students all the best in completing your final assignments and preparing for the exam period.

**Dr Katherine Baldock**

**Program Director: Health Sciences**

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**Scholarship of Teaching and Learning**


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**SA Medical Heritage Society – Medical Heritage Display**

Dr Caroline Adams was asked by the South Australian Medical Heritage Society to curate an exhibition as part of SA History month. The exhibition held at the old Z Ward facility at Glenside the exhibition attracted over 150 people in one day! Focussing mainly on the history of anaesthesia the included multimedia presentations and displays of instruments and equipment.
Bachelor of Human Movement

Looking back, looking forward for Human Movement

In 1996 when a decision was made to amalgamate 2 degrees – Exercise and Sport Science and Health and Physical Education – the administrators at the time wondered what to call their new 3-year degree but settled on ‘Human Movement’. Whilst many were saddened at the loss of two well established Programs the new degree was instantly successful, particularly for those that knew they wanted a career doing something in the physical activity area, but not quite sure what. The numbers continued to increase as the University developed graduate options in Teaching, Occupational Therapy, Physiotherapy, Sonography and other fields.

Twenty-two years later and the University has recommenced a distinct Exercise and Sport Science program 2018 in response to an increasing demand for Exercise Science specialists. The establishment of the new program provides a good opportunity to review the role and place of the Human Movement Program, the destination of graduates and the careers they might pursue. The University conducts a graduate survey to enable graduands to report their employment or study the following year after their degree. However, the response rate to this survey is relatively low and does not give a longer term picture of graduate careers, particularly with a large cohort that continue immediately into post graduate study.

To get a stronger picture of graduate destinations emails are being sent to selected ex-students to determine the graduate employment for graduates from 2012 to 2017, all of whom are at least 12 months after completion of their studies. This approach has provided the professional roles of 40% of graduates and has given a snapshot the broad range of graduate careers. In this time there have been 734 graduates from the Program with numbers increasing each year (2018 was the largest graduating cohort with 173 students at the April graduations and mid-year graduate numbers to add to this). Most graduates stay within the broad fields of health, education and fitness with a few others in other sectors.

Graduate employment

Graduate roles reported so far (we are still gathering data) include Teacher, Exercise Physiologist, High Performance Manager, High Performance analyst, Physiotherapist, Occupational Therapist, Strength and Conditioning Coach, Outdoor Education Program Manager, Outdoor Education Practitioner, Strength and Conditioning Coach, Pilates Instructor, Sonographer, PhD student, Research Assistant, Tertiary Lecturer, Remedial Masseur, Dietician, Retail Sales Person, Sports Commentator, Gym Manager, Community Strength and Conditioning Professional, Personal Trainer, Disc Jockey, Community Project Manager, Health Worker, Professional Athlete, Administration Officer, Student Engagement Officer and Emergency Services Officer (SAPOL, MFS, SA Amb).

It is expected that a large majority of Human Movement graduands will continue to undertake post-graduate studies, but what are the career destinations and options for those that choose to become professionals immediately after completing their first degree? The Human Movement Industry Advisory Group (HMIAG), chaired by Dr Graham Dodd, met recently to grapple with this question. It is expected that in the future a number of the roles listed above will be taken by Exercise Science graduates, particularly those associated with fitness and high performance sport.

The HMIAG is developing the notion of Human Movement graduands being General Movement Practitioners (GMP) whose professional mantra is to motivate, engage, facilitate, inform and inspire people at all stages of the lifespan to move in ways that enhance their functioning and development for optimal health and living.

It is expected that opportunities are expected to continue to be available in health, community sport, physical activity and services. However, new opportunities are beginning to emerge in areas that were not foreseen a number of years ago. For example professional roles associated with the NDIS roll out – graduates are well placed to enhance the capacity and capabilities of those with a physical, mental and/or intellectual disability. Healthy Active Aging and Community Health, Sport and Physical Activity are also areas that are likely to develop further. No doubt the Industry Advisory group will provide further advice on future graduate roles and how the Program can continue to evolve to enhance capabilities to meet the demands of the future.

Scott Polley
Program Director: Human Movement
Lawn bowls is a low impact, precision sport related to bocce and pétanque that is played for the challenge and competition, personal enjoyment, activity, the pleasure of spending time outdoors and for social interaction (Better Health Victoria, 2017) and may well have been played by the Egyptians in 3200 BC (ABC, 2017) as well as the Romans and Greeks in 2000BC (Health Fitness Revolution, 2017). It is claimed to be America’s largest participation sport (Health Fitness Revolution, 2017).

It may interest the reader that regular participation in physical activity in adults appears to have increased in South Australia 2001-2010 (Recreation and Sport, 2010) from 32.6% to 48.5%, with women more likely to be regularly active (3x week or more). Despite this, participation in organised sport in Australians 14+ has declined slightly and participation in lawn bowls in South Australia has declined about 25% in the last 25 years (Office for Recreation and Sport, no date). Despite this decline Lawn Bowls is in the top 20 adult participation sports in Australia with total participation across Australia of 671,316 approx. 41,500 participants in South Australia (Bowls Australia, 2017) - although lawn bowls does not rank in the top 20 for youth.

The reasons people play Lawn Bowls are varied more likely to be sense of camaraderie (53%) and social connection (40%), followed by skills (36%), mental health (35%) and playing competitive sport (35%). Bowlers can be categorized as consumers, bowlers, socializers, clubbers and identifiers with players reporting higher physical and mental health status (Bowls Australia, 2016).

With this background, retired Program Director of Human Movement Dr Graham Dodd invited the School of Health Science and families for a social bowls night, hosted by Graham and other club members on Wednesday April 18th at the Hawthorn Bowling Club, where Graham has been the Chairman of Selectors for Wednesday and Saturday pennants for the past 8 years. The evening started with a BBQ prepared by volunteer club members, followed by an introduction to club stalwarts, an outline of the health impacts of bowls, a bit about the greens and a basic coaching session to get the uninitiated started. Graham gave some terrific background on bowls, including how a game of involves around 3km of walking from end to end. Teams were sorted and away we went with scores kept for prosperity and prizes. Bowls is simple, technical and challenging at the same time. The night produced lots of laughing, walking and talking – with a lot of social banter and connection.

The sport may not be in the top 20 for youth however all State and National players are all in the 16-40 years age bracket and it was certainly popular among the kids that attended that night. The evening was a good advertisement for a great social and competitive sport where the School of Health Science ‘walked the talk’ by taking part in a lifelong physical activity for all ages where young and old could participate together. With many thanks to Graham and the other members of the Hawthorn bowling club for a fun and memorable experience.

Travelling to Fiji on a volunteering trip was a great opportunity to broaden our understanding of healthcare in a cultural setting and appreciate the education regarding health we have in Australia. As physiotherapy students we undertook this travel as part of the course *Cultural Experience in Health Science* and took on a role in promoting healthy lifestyles.

We partook in a volunteering experience, run by Involvement Volunteers International, who organised our volunteering, accommodation, transfers and food. We stayed in homestays for the majority of the 2 weeks we were in Fiji, where we lived with typical Fijian families. This was an incredible experience and truly a great way to immerse ourselves in Fijian culture whilst developing our awareness of their lifestyles.

We were part of a group of 8, made up of a range of allied health and nursing students, and were lead by a nutritionist. Over the course of the 2 weeks we spent 8 days conducting basic health checks on staff members at Fijian hotels and 2 days in a poor housing community providing general healthcare. Our health checks included measurement of height, weight, waist and hip circumference, blood pressure, heart rate and blood glucose. We were surprised to find a high incidence of high blood pressure and blood glucose levels in the Fijians that we saw, many of whom also had other symptoms of diabetes (such as peripheral neuropathy) but hadn’t yet thought their symptoms were serious enough to be treated.

Part of the program was also to give basic health education, primarily around exercise and diet, and in some circumstances recommendations to see a doctor at the earliest convenience. We were part of a short presentation given to the staff members, which educated them about the implications of having high blood pressure and blood sugar, ways to ensure they have a healthy diet, and the importance of exercise. We found the staff to be engaged and interested in the presentation, especially upon realisation of how much sugar was in products such as juice!

Overall, it was an incredible experience, and we returned home with a newfound appreciation for the health education and health system we have in Australia.

**Emily Crawford and Estelle Webb**  
4th year Physiotherapy students
UniSA has a partnership with Global Voices, a not-for-profit group that provides tertiary students an opportunity to attend high level diplomatic meetings. This year PhD Candidate, Hayley Leake was one of four students in Australia to win a scholarship to attend the World Health Organization’s annual assembly in Geneva, Switzerland. The scholarship involved pre-departure briefings in which Hayley flew to Canberra to meet with health ministers and advisors to learn about Australia’s foreign and domestic health priorities. These included advisors to ministers for health at Parliament House, members of the Department of Foreign Affairs and Trade, and the Chief Medical Officer and Chief Nursing and Midwifery Officer – many of which make up Australia’s delegation at the 71st World Health Assembly.

Hayley attended the World Health Assembly from 20-26 May in Geneva. As part of the scholarship she is also required to complete a research fellowship which includes developing a policy paper. Hayley’s policy paper is focused on implementing solutions to tackle opioid misuse in Australia.

Hayley is in the first year of her PhD candidature studying paediatric chronic pain with the Body in Mind research group.
UniSA Connect
School of Health Sciences Senior High School Exercise Science Study Day

The first ‘Connect to Exercise and Sport Science student conference’ was recently conducted at the City East campus. It involved over 60 year 12 students from 4 schools. This conference has been offered for the past several years with close cooperation between UniSA Connect and the School of Health Sciences staff.

The feedback was extremely positive from both the teachers and students alike who really enjoyed the opportunity to come on campus and engage with a range of staff, researchers, academics and facilities. 100% of the students reported they would recommend the conference to other students.

There were a number of exercise science themes covered in laboratories including: motor control and how we move, training in altered environments, what is biomechanics, objective measures of exercise training loads, and human energy systems. There were also key presentations on sport psychology and technological advances in sport science.

Another study day is scheduled for June.

Professor Kevin Norton
Professor of Exercise Science
Bachelor of Medical Radiation Science

As usual it has been a busy time for both students and staff during the last three months.

March saw a group of staff and students at the annual conference in Canberra for the Australian Society for Medical Imaging and Radiation Therapy (ASMIRT). Two of our graduates, Wendy Geng and Mikaela Dell’Oro presented at the main conference with Wendy also presenting at the student conference. These graduates were well supported by the students and staff who attended the conference and all found it informative and interesting.

In April the Congress of the World Federation of Nuclear Medicine and Biology was held in Melbourne with a staff member and a group of students attending. This is reported elsewhere in this newsletter however it is worth noting that one of the honour’s students Ashleigh Hull presented a poster at this prestigious event for which she is to be congratulated. Read more about this event in the newsletter as all who attended found it very interesting and arrived back even more enthusiastic about Nuclear Medicine and the possibilities.

Well after all that excitement we were looking forward to a quieter May but of course that did not happen as the annual ASMIRT SA Student Quiz night was on in May. What a great night for all who attended. Over 80 people put their brains to the test with many members of the professions supporting this popular annual student event. The eventual winners were a group of students however it was not until after much talking, catching up with colleagues and friends, laughter, brain testing and of course eating and drinking had occurred. This year the CEO of ASMIRT, Sally Kincaid, and the communications officer, Jo Hitchin from the Melbourne secretariat of ASMIRT attended to support and encourage our future members of the profession.

Thank you all for your continued support of the students and the Medical Radiation Programs. Your input and time is very much appreciated by students and staff of the programs.

The Medical Radiation Team,

Eva Bezak, Cristina Blefari, Eileen Giles, Denise Ogilvie, Kathy Guerrero, Nadine Ellis, Donna Matthews, Michala Short, Joanne Oldfield, Greg Brown, Tim Sawyer, Amber Bidner and Jane Shepherdson.
Graduate Diploma and Masters of Medical Sonography

Welcome…
To Angela Farley, Mark Matheson, and Dr Bec Perry who have joined the team. Full credit to you all for slotting in as well as possible to the sometimes isolating, often frantic, and usually rewarding world of teaching purely online courses! We will have a more detailed introduction to all our staff in the next newsletter. In the meantime, I’d like to acknowledge again the work and usually good humour from all the staff as we’ve adjusted to teaching new courses and other changes in the programs.

Australasian Sonographers Association Conference
Three of our team are fresh off the plane from the 25th International Annual Australasian Sonographers Association Conference.

A recent senate inquiry acknowledged a severe shortage of qualified sonographers in Australia, and recommended that more training opportunities be created to increase the number of sonography graduates – likely a lot more easily said than done, of course.

This was the trigger for a “future directions forum” which reflected on the history of the profession, and how we can all work together to advance the recognition of ultrasound as a vital tool for health diagnosis and treatment, whilst ensuring that scans are performed by suitably qualified health practitioners. Brooke Osborne represented UniSA as an expert panel member for Sonographer Education Pathways. There are likely to be some changes required in regard to how student competence is obtained and evaluated, so we will be busy in the near future working to identify how the Medical Sonography programs may need to be structured to reflect this.

Sandy Maranna presented a proffered paper titled “Challenges in the estimation of gestational age for women at risk of preterm birth in low resource countries: Initial experiences from WHO-ISUOG collaboration”.

Awards
Kate Lamb was awarded the prestigious “Sonographer of the Year: South Australia”. It is great to see Kate recognised for all her hard work and commitment to the profession – all performed with humility and no expectation of recognition.
Dr Nayana Parange was peer-nominated and finalist for the second time in a row for “Best Educator award”.

Dr Jessie Childs, Dr Nayana Parange and Sandy Maranna were awarded the inaugural Fellowships of the ASA recognising their outstanding individual contributions to the advancement of sonography profession in Australasia.

The fellows were inducted in a special ceremony at the Gala Dinner at the Sydney Convention Centre on 26th May 2018. Sandy with Dr Jennifer Alphonse, ASA president.

Mid-semester on campus workshops
We were happy to see so many students arrive on campus from around the country to spend some hands-on scanning time with staff supervision. The use of our phantoms and simulators allowed for improvement of psychomotor skills and identification of anatomical landmarks in sonographic orthogonal planes.

Under Sandy’s guidance, students in our capstone Clinical Sonography Portfolio course presented interesting cases and the work that they have done on student-initiated protocol reviews. This enabled peer sharing and mentoring of work. Students were encouraged to use this opportunity to practice public speaking and to showcase their work.

Med Sonography students (pictured) on-campus Marina Jarron, final year student, presenting to peers.

Student achievements
It was great to see Mona Savani present a paper at the aforementioned sonography conference, titled “Metastatic melanoma in the breast”. Whilst we don’t intend to claim any credit for this work from our teaching team, it is exciting to see our postgraduate students already being willing and able to disseminate their professional knowledge.

Congratulations to Scott Carroll for his publication stemming from his Master’s project (Carroll, S & Parange, N 2017, ‘Nuchal translucency scans complicated by nuchal cord: are we measuring correctly?’, Sonography, vol. 4, no. 1, pp. 13-22.) becoming one of the top 20 most downloaded recent papers in Sonography. This journal is one of the most referenced by sonographers in Australia, so the impact of the paper being so highly accessed should see some tangible translation into practice and protocol improvements.

Brooke Osborne
Program Director: Medical Sonography
Focus on practice experience education

Did you know that all World Federation Occupational Therapy Accredited University programs are required to offer 1000 hours of practice experience to each student? When we consider that approximately 450 students are currently enrolled with our two programs, we know that across the period of that cohort’s time with us we will administer the equivalent of 450,000 hours of practice experience. That is a sterling effort and one worth acknowledging and communicating. Practice experience occurs from the concerted efforts of a great number of people and teams.

Our practice experience begins in 1st year. In the undergraduate program, students begin with a short ten-hour placement with a community organisation. In that ten hours they participate in programs as diverse as sports for disadvantaged communities, Op Shops and social connection cafés, the city west clinic, residential care activity programs or rehab in the home. Student use journaling and other reflective practice modes to consider their experience through the lens of one of three practice models (PEO, OPPM or ICF) and the occupational therapy competencies. The graduate entry students begin with a simulated placement experience with simulated clients that then build to a one day a week placement with OTs in a wide range of settings.

In 2nd year of both programs we progress to a guided weekly group placement. In this model, students partner with an agency in the aged care sector to offer a 10-week cognitive stimulation therapy group to people with dementia (Spector et al) or with a kindergarten / children’s centre to offer a 10 week play based developmental program to 4-year old children (the SMILE program). Each week, the students also spend 3 hours in class with tutor support to focus on session planning, grading, clinical reasoning, activity design, targeted outcomes and evaluation. They are supported on site by visiting OT tutors and are assessed via observation, portfolio and a written evaluation report.

In 3rd year we advance to a community focus linking the core concepts of occupation and health, health promotion, primary health care and needs based capacity building into the participatory community practice courses. In phase one of this placement model, our students work with a community agency to scope a project that is feasible and has the potential to produce sustainable and meaningful outcomes and contribute to a longer-term strategy or aim. Students work in pairs with an agency supervisor who may or may not be an occupational therapist and are co-supervised by occupational therapy staff from our program. The second phase is the provision of the project over a period of 9 weeks full time in 4th year (undergrads) or a part time option for the graduate entry students. The placement delivers a 5-step program of needs analysis, prioritisation and action planning, implementation, evaluation of impact and outcomes and dissemination to and with communities, offered through an occupational therapy lens.

To round off their practice experience learning, the graduate entry students complete a full time 13-week placement with an occupational therapy department. The undergraduate students complete 2 x 9-week blocks. Placements occur in the disability, child focussed, adult rehabilitation or mental health, aged care sectors in acute, sub-acute and ambulatory or community services and may be metropolitan, regional or rural. Further, some students may apply to be placed with our partner organisation, the Komar Pikar Foundation in Cambodia. Every placement is evaluated through a standardised performance evaluation tool, linked to core occupational therapy competencies.

On conclusion of their 1000 hours, our students graduate with skills and attributes and evidence thereof in professional practice behaviours, self-management, communication, documentation, information gathering, assessment, intervention and the occupational therapy process, service provision and evaluation. The entire program of placements is situated within a reflective practice framework and works towards graduating self-aware and values-based therapists.

As stated in the introduction – this is a monumental effort sustained year in and year out by our program and we sincerely thank ALL our community partners and support networks, who in partnership with us continue to support our graduates to undertake high quality experiences and achieve transferable core attributes to practice and employment.
Bachelor of Physiotherapy

I am delighted to welcome a number of new staff to the program. To begin with we welcome Dr Jeric Uy who has moved from a clinical education role into a lecturing position and will lead our Rehabilitation teaching. Jeric’s research interests are in the area of stroke rehabilitation, aged care and evidence translation in clinical neuroscience. The physiotherapy team is also fortunate to secure Dr Michelle Guerin who has moved from a casual position to fulltime lecturer. Michelle has many capabilities and is providing support across the program as well as leading advanced evidenced based practice and professionalisation teaching. Finally, I am pleased to announce the appointment of Ms Katrina Li who joins the Acute Care teaching team. Katrina has submitted her PhD which explores intergenerational influences on respiratory health in adult children of people with chronic obstructive pulmonary disease (COPD) and she will take up her Endeavour Research Fellowship in the second part of the year.

This year is the first year we have not held a joint award ceremony with the APA so I would like to take this opportunity to warmly congratulate the 2017 IHBZ and IMPE physiotherapy student award winners.

Dr Gisela Van Kessel
Program Director: Physiotherapy (Undergraduate)
Overseas and interstate visits

In early May, Dr Saravana Kumar was invited by Australia & New Zealand cystic fibrosis dietitians to facilitate a workshop on implementation of the 2017 Nutrition Guidelines for Cystic Fibrosis in Australia and New Zealand. This workshop, conducted at the Sydney Children’s Hospital Randwick, was attended by dietitians from all around Australia and New Zealand. Participants were introduced to the theory and the practice of evidence implementation and practical strategies for implementing clinical practice guideline recommendations were developed. The outcomes from this workshop will assist in closing important evidence-practice gaps in cystic fibrosis and promote best practice for those impacted by cystic fibrosis.

In May, Dr Saravana Kumar was invited by the Centre for Healthy Ageing and Wellness and the Office of Deputy Dean at Universiti Kebangsaan Malaysia (UKM) to be a speaker and trainer for a systematic review workshop for staff and students at UKM. The three-day workshop was attended by more than 60 participants from all around Malaysia. The participants had diverse discipline backgrounds including doctors, nurses and allied and scientific health professionals. Given this to be the case, participants developed unique and interesting topics for their systematic reviews. Despite resource limitations (such as not have accessing to databases such as Medline or The Cochrane Library), participants enthusiasm and can-do attitude was inspiring. Saravana has ongoing links with staff and students from UKM and this workshop helped participants gain valuable knowledge and skills in systematic reviewing which they will use as part of ongoing research activities. Saravana will continue to mentor and support these participants during the conduct of their systematic reviews.
Advanced Physiotherapy Practice Placement in India

As I prepare to leave India after 4 weeks on Advanced Physiotherapy Practice placement with 8 final year physio students (Ben Tomlinson, Jarred Spry, Blake Marshall, Francesca Mansfield, Estelle Webb, Emily Crawford, Kelly Roberts and Jessica Schmidt) I wanted it on record that they have been an amazing group-great ambassadors for the University, for Health Sciences and for Physiotherapy.

From Palumpur, a 12 hour bus ride north of Delhi, the students have rotated in pairs through four different clinics; many patients have orthopaedic problems - fractures from motor bike accidents-fractures tibias, elbows, fingers; lot of OA and knee replacements and shoulder impairments. Of particular interest and challenge were two patients with quadriplegia - a 21 year old lad and a 60 year old nurse. A school for children with disabilities has also been on the rotation list. The students have been challenged by a very different medical system and approach to physiotherapy management, by language, communication and resources, space and time availability barriers, and they have really excelled in the environment. They have been dedicated to achieving the best outcomes for patients with their daily planning and handovers on changes of location, been respectful and professional in their liaisons with the physiotherapy staff and physiotherapy assistants in the clinics, listened and learned from the staff in India, while maintaining and reflecting on their own practice and the modifications needed.

In addition it’s no small feat to live together 24/7 in basic accommodation, hot climate, different food and to comply with regulations of the host organisation relating to movements and activities. The students have been totally respectful of this and of each other, given each other space but supported each other through times of inevitable sickness and been respectful of my time with them; they have engaged in the small community in the area where we lived-meeting the locals, playing with the children, and all in all had a great time and amazing experience.

On our final day I asked them to put together a short piece for the school newsletter which you will see in the next edition. Most of the students are now having a couple of weeks of holiday travel before coming back to Australia.

Dr Maureen McEvoy
Dr Katia Ferrar and Dr Saravana Kumar were successful in securing a Student Experiences Grant in 2017 to host an event titled “Pizza on the Plaza – a place to meet and mingle”. This event, held on 30th April 2018 at the City East Campus, brought together students from across University of South Australia in a social meet and mingle format. This event provided a fun, social environment to enable the students to mix, chat and mingle, promoted student connectedness and engagement with each other and staff and enhanced the vibrancy of city east campus by bringing together students and staff in a fun, relaxed and social atmosphere. This event also helped students to engage with staff and students, put “faces to names” and engage in an informal non-academic social atmosphere. Finally, this event enabled student volunteers with opportunities to co-develop and co-host an event which provided them with knowledge and skills in terms of organisation, budgeting and delivery. More than 300 students and staff from a range of disciplines including but not limited to physiotherapy, occupational therapy, podiatry, medical radiation, health science, human movement, exercise science, clinical exercise physiology, nursing, midwifery, pharmacy, construction and built environments participated in this event, which made it a grand success. Saravana and Katia would like to thank the members of the Physiotherapy Student Society, Indian Students Assembly Of South Australia, first year representatives from a number of programs and staff from the School of Health Sciences for helping out and making this such an enjoyable and successful event!
Guidelines International Network conference is coming to Adelaide in 2019!

In 2016, Dr Saravana Kumar, in partnership with Prof Susan Hillier, Dr Kylie Johnston, Dr Julie Luker and Dr Liz Lynch, was awarded an Adelaide Convention Grant Award, which enabled Saravana and the team to bid for a Guidelines International Network (G-I-N) conference to be hosted in Adelaide. After a lot of hard work and a great deal of support from Adelaide Convention Bureau, we have been notified that our bid has been successful, and the 2019 G-I-N conference will be held in Adelaide!

And, the good news doesn’t stop there. For the 2019 G-I-N conference, G-I-N is partnering with the Joanna Briggs Institute (JBI) at the University of Adelaide to present a joint conference. This is a wonderful opportunity to bring together the individual expertise from each organisation and showcase our collective strengths. This is particularly exciting as this conference will have a focus on all health care stakeholders, and anyone else with a vested interest in addressing evidence-practice gaps by promoting best practice and improving quality and safety of health care.

This is only the second time that a G-I-N conference will be coming to Australia and the first time it will be a joint conference with JBI, with University of South Australia being the local host. Therefore, this is a unique opportunity to participate in a truly world-class international conference, listen and learn, and share experiences and perspectives from around the world.

The Conference will be held in Adelaide, Australia 30th October – 2nd November next year at the Adelaide Convention Centre. So, for now save the date and stay tuned for updates!
UniSA final year physiotherapy students in Brunei Darussalam as part of the 2018 Mobility Program. New Colombo Plan
Dr Saravana Kumar

Brunei Darussalam is a sovereign state located on the north coast of the island of Borneo in Southeast Asia. Since its independence from United Kingdom in 1984, Brunei has continued to transform into a newly industrialised country with extensive petroleum and natural gas fields. Brunei has a population of just over 400,000 and its capital is Bandar Seri Begawan. During 2014, I was invited by the Interim Committee for Brunei Allied Health Professions Council as the keynote speaker for the Advancing Allied Health in Evidence Based Practice Seminar. Since this time, I have had ongoing collaboration with allied health professionals in Brunei. As means of cementing this collaboration and expanding this partnership to other areas, I was successful in obtaining funding as part of the Mobility Program from the Australian Government’s New Colombo Plan (NCP) in 2017. Due to the immense success of the 2017 NCP tour, I was once again successful in obtaining funding from the Australian Government in 2018. The funding enabled final year physiotherapy students, who were enrolled in Evidence-Based Practice 3 (EBP 3) course, to undertake a short-term physiotherapy practicum/ study tour of Brunei Darussalam. As part of EBP 3, the students undertake a systematic review of the literature, the topic for which was developed in collaboration with allied health professionals in Brunei.

The physiotherapy practicum/ study tour of Brunei was operationalised through collaboration between University of South Australia and Brunei Darussalam’s Ministry of Health and Universiti of Brunei Darussalam. During the stay (12th – 23rd March), the physiotherapy students engaged in local cultural activities and communities through participation in numerous cultural events (visit to Kuala Belalong Field Studies Centre, Nelayan Tour, Prawn Crackers and Traditional Kite Making Demo at Sungai Bunga Village, Gulintangan (Traditional Music) Workshop, visit to Malay Technology Museum, Maritime Museum & Sultan Omar Ali Saifuddien Mosque and visit to Jame’ Asr Mosque, Royal Regalia & Lapau). Over the course of the two weeks, students also attended public hospitals in Brunei including RIPAS and KB Hospitals, where they had the opportunity to liaise and partner with local physiotherapists and allied health professionals, as well as a physiotherapy private practice (one of only a handful in Brunei Darussalam). The students also had the opportunity to attend the Pantai Jerudong Specialist Centre, a world class facility to tackle the two of the most common health issues in Brunei – cancer and stroke. Students also attended Pusat Ehsan which is a non-government, charity organization committed to providing quality education, rehabilitation and training programmes for individuals with special needs.

UniSA students and staff with staff at the RIPAS hospital, Brunei Darussalam

UniSA students participating in exercise classes at Pusat Ehsan, a non-government, charity organization committed to providing quality education, rehabilitation and training programmes for individuals with special needs.

Kite Making Demo at Sungai Bunga Village, Gulintangan (Traditional Music) Workshop, visit to Malay Technology Museum, Maritime Museum & Sultan Omar Ali Saifuddien Mosque and visit to Jame’ Asr Mosque, Royal Regalia & Lapau). Over the course of the two weeks, students also attended public hospitals in Brunei including RIPAS and KB Hospitals, where they had the opportunity to liaise and partner with local physiotherapists and allied health professionals, as well as a physiotherapy private practice (one of only a handful in Brunei Darussalam). The students also had the opportunity to attend the Pantai Jerudong Specialist Centre, a world class facility to tackle the two of the most common health issues in Brunei – cancer and stroke. Students also attended Pusat Ehsan which is a non-government, charity organization committed to providing quality education, rehabilitation and training programmes for individuals with special needs.
The trip to Brunei provided the students with several learning opportunities. Being embedded in a different cultural context provided the students with unique insights into how cultural and social values and belief systems play an important, and often decisive, role in health care service delivery. They also experienced the rich diversity of clinical presentations and how health care professionals must be innovative and adaptive to overcome barriers (such as workforce and resource limitations). During the stay in Brunei, the students had the wonderful opportunity to interact with student ambassadors of Universiti of Brunei Darussalam as part of the Global Discovery Program (GDP). The student ambassadors were with the students right from day one (they welcomed us at the airport) till the day of departure (sending us off at the airport). This unique experience enabled the students to get first-hand account of the rich and vibrant history and culture of Brunei.

The huge and ongoing success of these trips would not have been possible without the generous support of the Australian Government’s funding of New Colombo Plan Mobility Grants; the allied health professionals from the public and private hospitals and other health care stakeholders at the Ministry of Health; and the staff and students of Universiti of Brunei Darussalam, and those were part of the Global Discovery Program. Our thanks also to the staff from UniSA International and International Business Development for the organisational assistance provided towards this initiative.
Practitioners about to graduate with expertise in managing women who present with pelvic organ prolapse

Twenty six students enrolled in the first delivery of the new short course Professional Certificate of Conservative Management of Pelvic Organ Prolapse will complete in June. The students are all health practitioners, with extensive experience in the management of pelvic health. They will graduate from the programme with focussed skill in assessment of pelvic organ prolapse, and conservative management approaches including specific pelvic floor exercise and the safe fitting of pessaries.

Focus on the need for skill in the safe delivery of a conservative approach to this prevalent problem has been sharpened by recommendations presented in the recently released Senate Committee Report into transvaginal mesh implants for the management of pelvic organ prolapse. In light of complications that women have experienced with this surgical intervention, one of the recommendations from the enquiry is that mesh implantation should only be undertaken as last resort. It is reasonable, then, to expect that the number of women seeking a conservative approach may soon increase.

Recognised internationally, UniSA is the only university in Australian that delivers a course that addresses advanced assessment of pelvic organ prolapse, and training in pessary fitting. While most of the course is delivered online, two weekend workshops provide opportunity for students to be supported to increase practical skill. This occurs under the supervision of a committed multi profession team, including physiotherapists, ultrasonographers and gynaecologists. The networking opportunity that the workshops provide (not only for learners, but for the wider community of practitioners who are working in this area) has been highlighted as one of the strengths of the short course, and a platform for onward learning.

The 2018/2019 offering of this course is almost fully subscribed. Australian registered physiotherapists, nurses and medical practitioners are eligible to apply for entry.

Enquiries regarding the short course can be made via:

healthstudy@unisa.edu.au

or by contacting

Alison Bell (Course Coordinator)
alison.bell@unisa.edu.au
Bachelor of Podiatry

Well, we have flown through the first six months of the year. The Podiatry Program has been busy ensuring the delivery of diverse, high quality, experiential content. So, this month I would like to highlight just some of the broader industry experiences which are provided within the program and make the UniSA program unique.

In the final year of our program, students undertake some specialised clinics. Specifically, these are the ‘biomechanics’, ‘paediatric’ and ‘surgical’ podiatry clinics. In these settings students are exposed to a range of foot and leg conditions, often related to chronic or acute sports injuries, the mechanics of the way people walk, or conditions relating to a child’s growth and development. The surgical clinics look to manage painful nail pathologies, such as ingrown toenails that need to be removed (or partially removed) using local anaesthetic. We rely on these clinics to provide the necessary experience for our graduates to be able to manage these conditions as fully-fledged practitioners. So, if you or someone you know needs such a service please pay us a visit (City East, Magill, or City West campuses).
Our student also require an in-depth knowledge of footwear, including the range available, the necessary features for accommodating foot pathology/deformity and how to fit them appropriately. An enriched experience is provided through industry links with Ollie Ashenden's store for children's shoes, and the Athlete's Foot stores. Students undertake a one to two-day placement learning off the staff in these stores who dedicate time to providing these opportunities.

Another area of patient management which podiatrists, and therefore podiatry students, are involved with is the screening and education of patients with diabetes to prevent the onset of foot complications. Foot complications are a common sequela of people suffering diabetes. Once again, students within the program work within clinics to service such needs. To broaden this, however, students work closely with Diabetes Australia (South Australia) providing a screening and education program to people newly diagnosed, or already living with diabetes. The most recent Cochrane Review for the education of people with diabetes found that educating people with diabetes about the need to look after their feet seems to improve people's foot care knowledge and behaviour in the short term.¹ This alone may not translate into decreased rates of amputation, but the students’ involvement is sure to have an impact and certain to consolidate their own knowledge.


Cheers
Dr Ryan Causby
Program Director: Podiatry
RESEARCH DIRECTOR REPORTS

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

Associate Professor Steve Milianese
Director
International Centre for Allied Health Evidence (ICAHE)

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

Professor Lorimer Moseley
Director
Body in Mind (BIM)
Media

On the 6th of April ARENA’s Dr Natasha Schranz, co-Chair of Active Healthy Kids Australia was interviewed on ABC RN Talkback: Why don’t Aussie school kids walk to school anymore? about the school commute as a key way to encourage kids and parents to prioritise walking or riding to school.

Childhood obesity plays a significant risk in a child's short and long-term health. Engaging in physical activity not only contributes to a child's physical wellbeing, but also benefits them mentally and socially.

Download the full audio of the interview [here](#).

CityMag report on the benefits of having pets in professional environments in Office Dogs: The benefits of canine colleagues, 10 May 2018, with comments from Dr Janette Young about different scenarios in which they may or may not be useful.

Read the full article [here](#).

Nine News Adelaide spoke to ARENA’s Dr Ashleigh Smith the Forget Me Not program where Primary school students are being paired with people living with dementia in the community to raise awareness about the condition and to potentially aid the cognitive development of participants. This is a UniSA partnership with the City of Unley, Unley Primary School and aged-care provider, ECH, to develop a new intergenerational dementia education program. Lead UniSA researcher, Dr Ashleigh Smith, says the immersive program will help build a dementia-friendly community.

“Dementia is a national health priority, with one in 10 people aged over 65, and three in 10 aged over 85 living with dementia,” Dr Smith says.

“The Forget me not program provides many opportunities for social interaction, and enables primary school students to learn from older people living with dementia, while the older people are able to take on a role as teachers and mentors through positive interactions.”

Listen to the full interview on 9 News Adelaide [here](#).

On the 26th of February, Dr Dannielle Post presented research examining activity thresholds in adults aged 70 years and above. Current activity thresholds are specific to younger adults, and we know that more energy is required relative to capacity by older adults to complete the same activity as a younger adult, and it is likely at a slower pace. As such, accelerometers such as the GENEActiv may be registering the slower pace of older adults as sedentary time, when in fact they are being quite active to complete a task. Because of this, it is necessary to establish suitable activity thresholds that are reflective of older adults’ activity levels.

We were very appreciative of the opportunity to present on COAST FM, and recruited some new participants as a result. We still require participants, so if you are 70 or above and keen to be involved, please contact Dannielle: dannielle.post@unisa.edu.au, or 8302 1831.
Invited presentations

**Associate Professor Carol Maher** gave the invited keynote presentation: “Digital programs for health – targeting programs to reach those who need them most” at the Real Big Things Seminar Series, Hardhat Consultancy, in Melbourne on 25th May.

She also gave the following talks at SA forums during the last month:

- Maher, C., 2018, The National Heart Foundation Heart Week Health Professional Forum, “Friend of foe: can technology be used to increase physical activity?” May 5, Adelaide.

In April **Associate Professor Carol Maher** and team hosted **Dr Ann DeSmet**, a visiting scholar from the University of Ghent. Dr DeSmet from the Department of Movement and Sports Sciences, presented her research around using media psychology principles in novel approaches to e&m Health interventions (i.e. EMI, chatbots).

Awards

**Professor Jon Buckley** has been awarded an International Nut & Dried Fruit Council (INC) grant for the project, *An almond, dried grape and dried cranberry (AGC) mix for improving endurance exercise performance in athletes (clinical study)*. This project was one of only two research projects funded worldwide. INC is the international organisation of reference regarding health, nutrition, statistics, food safety and international standards and regulations relating to nuts and dried fruit, bringing together nearly 700 nut and dried fruit companies from over 70 countries.

International Travel Grants

Congratulations to ARENA's PhD candidate **Sarah Edney**, supervised by **Associate Professor Carol Maher** for being awarded a Research Degree International Travel Grants. In July Sarah will visit researchers at the University of South Carolina who develop and evaluate health promotion programs which encourage healthy lifestyles and reduce risk of disease by incorporating technology.

Research

**ParticipACTION’s Make Room For Play**

Research Campaigns promoting physical activity have become more widespread, with one form to disseminate messages about physical activity through commercial advertisements. ARENA's **Dr. Alyson Crozier**, was interested in exploring the effects of parents emotions after watching a commercial about children’s outdoor play. Specifically, **ParticipACTION** (a Canadian not-for-profit organisation) released the *Mr. Lonely* commercial in 2016 (click [here](#) to see the full commercial), which showed a variety of empty playing fields with...
negative emoticons (e.g., sad, angry) superimposed on associated playing equipment. Parents who found the commercial made them feel motivated or guilty were more likely to want to increase their children’s physical activity levels. This preliminary and exploratory study suggests that emotions may be an important consideration when developing future physical activity campaigns, and we should continue to explore how emotions evoked from a mass media campaign can affect future engagement in behaviour. This research has just been published in the Journal of Health Communication and can be found at https://www.tandfonline.com/doi/full/10.1080/10810730.2018.1470206, or contact Dr. Alyson Crozier for a copy.

Nuts and brain health

ARENA’s Associate Professor Alison Coates has worked with Nuts for Life to create a fact sheet on Nuts and Brain Health and the link can be found here.

Tree nuts, such as almonds, Brazil nuts, cashews, chestnuts, hazelnuts, macadamias, pecans, pine nuts, pistachios and walnuts are rich in a wide range of nutrients that are important for brain health and optimal cognitive performance. These include healthy fats (monounsaturated and polyunsaturated fats) and proteins plus antioxidant compounds (flavonoids and resveratrol). Nuts also contain essential vitamins including several B group vitamins (for example folate), vitamin E and minerals such as calcium, iron, zinc, potassium and magnesium, selenium, manganese and copper.

Ali presented on this topic at a free seminar “Nuts and Brain Health – What’s the latest evidence?” at UniSA on Thurs 31st May.

How does your fitness compare with an elite athlete?

ARENA’s Professor Kevin Norton, is the lead researcher in the development of the Exercise Science toolkit which allows users to test their fitness levels and match their body shape to 100 different sports depending on their profile. Professor Norton says almost 30,000 profiles have been analysed since the toolkit’s release earlier this year.

“The software program is being used by high school students through to professional sports people, who can test their anaerobic power, strength and aerobic fitness, blood biomarkers, and compare themselves with world-class athletes across about 100 different sports,” Prof Norton says. “If they don’t know their own fitness levels then users can create a virtual athlete and investigate what sports they might be involved in. A ‘Sport Match’ module is also available to predict the best sport match based on fitness and body shape.”

To test your fitness levels and find the perfect sport for your body shape, go to exercisesciencetoolkit.com.

Led by Associate Professor Carol Maher, ARENA’s Dr Jillian Ryan and HDR candidate’s Sarah Edney and Ilea Sanders, along with Kerstin Holata from UniSA Ventures, and Brett Kokegei, from Portal Software Development are completing the CSIRO OnPrime Innovation program, which aims to help translate research at scale in the real-world.
Events

ARENA would like to welcome Lalita Sarala Daniell, born on Wednesday, 2 May at 4:14am, weighing a teeny 2.7kg to the family. Congratulations to Nato and Annabel on their finest achievement.
It has been a busy start of the year for our international collaborations with iCAHE senior staff involved in collaborative work in Hong Kong, Malaysia, India, Philippines and Poland. A number of these projects are steering us into new and exciting opportunities with our international collaborators, from developing virtual classroom journal clubs, with an international government department to allow iCAHE to offer our unique Journal club program to our partners overseas, through to developing clinical audit templates for clinicians to use to report their audits.

Internationally we’ve been living up to our name, teaching around the world to build skills in Health Economics and the development of end-user guidance documents in the Philippines, Hong Kong, India, Malaysia. iCAHE has also developed a White Paper for the state of play for Allied Health research and practice internationally with contributions from more than nine countries, which grew from our 2017 Allied Health Conference in November last year.

iCAHE On-line

The iCAHE website remains a popular suite in the School of Health Sciences with over 1000 hits a week, from all over the world. It is great to see the range of countries where the hits are coming from including UK, India, USA, Japan to name a few, which reinforces the international focus of the Centre. As the flagship of the centre we are gradually updating the website to ensure that the resources provided remain up to date – stay tuned.

Supporting this international on-line presence a series of on-line research workshops kicked off in March and are an important tool in the Centre’s quest to be at the forefront of evidence implementation. These virtual classrooms are held once or twice a month and are recorded so if you can’t get to it you can look at them later.

Teaching and Training

iCAHE Director Steve Milanese and iCAHE Training Arm Lead Dr Janine Dizon travelled to the Philippines to run workshops for doctors and allied health professionals and then in Hong Kong to run professional development courses for allied health professionals. Steve also presented in Poland, Malaysia and India.

2 day workshop on Clinical Audits, Value of Care (Health Economics perspective) and Clinical Practice Guidelines training for the members of the Philippine Neurological Association in preparation for adapting and contextualising guidelines for neurologic conditions in the Philippines.
Just for a smile...

Q: What did the green grape say to the purple grape?
A: OMG!!!! BREATHH!! BREATHEEEEEEEE!!

I’m good friends with 25 letters of the alphabet. I don’t know Y.

Q: What do Alexander the Great and Winnie the Pooh have in common?
A: Same middle name.

I took part in the sun tanning Olympics…. But I only got bronze.

Q: What’s the best thing about Switzerland?
A: I don’t know, but the flag is a big plus.

Apparently you can’t use “beef stew” as a password. It’s not stroganoff!

2 day workshop on Clinical Audits, Value of Care (Health Economics perspective), Clinical Practice Guidelines and Assessment/Development of End-user Guidance Documents for doctors and health services staff at St Luke’s Medical Center in preparation for re-accreditation with the Joint Commission International (JOURNAL CLUB).

2 day workshop on Clinical Practice Guidelines and Assessment/Development of End-user Guidance Documents for academics and health professionals at University of Santo Tomas to facilitate the translation of evidence into practice.

1 day workshop on Issues of Integrating Evidence in Clinical Practice among allied health professionals and nurses.
India
We are super excited to announce we are linking in with Sri Ramachandra Medical College and Research institute (deemed to be a University) in Chennai, India. This will see a branch of iCAHE established in India under the care of Professor Narasimman Swaminathan, a long time collaborator and colleague of iCAHEs.

Steve travelled to Chennai, India to run a series of professional development courses at Sri Ramachandra Medical Research College and work with the current Masters student cohort. 2018 will see the development of a series of professional certificate courses to run in India in collaboration with Sri Ramachandra Medical Research College which will see iCAHE cement their role in India, opening up a new frontier for research and evidence implementation on an international scale.

Malaysia
In April Steve attended INTI University in Malaysia and presented a series of workshops on Manual Therapy to local physiotherapists.
In May Steve was invited as a keynote speaker at the inaugural international conference on Manual Therapy at MAHSA University in Kuala Lumpur. This was a prestigious invitation with a range of overseas presenters invited to the conference. This will also see the development of an ongoing collaboration between MAHSA University and iCAHE.

Poland

24th International day of the Disabled Peoples day conference, Poland, 15-17 March

Steve Milanese was invited by Professor Sliwinski to present at the 24th International day of the Disabled Peoples day conference in Zgorzelec, Poland in March. This is the second year Steve was asked to present at this conference which attracts speakers from all around the world, with speakers from United Kingdom, South Africa, Germany, India, Qatar, Algeria, Chili, Egypt, Lebanon, Ukraine and Russia. The conference attracts Senators and Ministers of the Republic of Poland and Mayors from the surrounding areas and is an ideal venue to promote iCAHE’s work. Steve presented lectures on the Australian Model of autonomic – independent Physiotherapy, the tendon recovery post-exercise and a workshop on manual therapy. This conference has evolved into a developing research collaboration between Professor Sliwinski, Vice chairman of the Polish society of Physiotherapy and Director of the institute of Physiotherapy at Jan Kochanowski university and iCAHE, with 2 papers submitted for publication in the past 12 months.

Culture House, Zgorzelec, the venue of the conference

iCAHE Professional Development Courses

This year, iCAHE will offer 30-45 minute professional development (PD) courses monthly (EBP series) and quarterly (Research Methodology series) commencing in March 2018. The Evidence Based Practice professional development courses are aimed at improving allied health professionals’ knowledge, skills and attitudes in implementing best evidence to guide clinical practice using practical and local-context-relevant strategies. The Research Methodology professional development courses are aimed at assisting health professionals in developing their own local research projects to create local evidence. These courses are informed by best practice strategies in teaching Evidence Based Practice (EBP) and iCAHE’s experience in teaching EBP nationally and internationally.
The PD courses are of varying levels and each topic builds on knowledge from previous topics. Level I is basic level however, participants need to have some background on EBP concepts and research designs. Level II is intermediate level as it covers application of basic knowledge. Level III is advanced level as it covers evaluation of applied knowledge.

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

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

The Research Methodology series requires basic knowledge of primary research designs (quantitative (i.e., experimental, observational), qualitative, mixed methods). Study design presentations will be provided in case the participants need a refresher course on research designs.

We’ve already held two Evidence Based Practice courses so far this year (Focusing the clinical question and searching for the best evidence; and Reading a paper: Critical appraisal and validity of the evidence) and one Research Methodology course (Collecting data on current practice as a foundation for a research project). These were well received by those who attended the live session and those who accessed the session recordings. See the feedback below!

- ‘Interesting and informative’
- ‘A good overview of the process of focusing the question and searching for evidence’
- ‘Well-structured and logical presentation, resource charts - hierarchy of evidence’
- ‘Informative’
- ‘Virtual classroom worked well Virtual classroom a good idea’
- ‘Love the virtual classroom- flexible and accessible’
- ‘The webinar format is accessible even if you miss the session, and you can watch from where you are’
- ‘Statistics have never been my strong point so it was great to have the ins and outs of the best ways to collect useful information explained’
- ‘It was a clear and extremely valuable explanation and guide for critical appraisal’

STILL TO COME:

EBP
- 13th June: Interpreting and assessing applicability of the evidence in clinical practice
- 11th July: Adopting and implementing the evidence in clinical practice
- 8th August: Contextualising and implementing the evidence in clinical practice
- 12th September: Adapting and implementing the evidence in clinical practice
- 10th October: Developing practical implementation strategies
- 14th November: Assessing the impact of the evidence in clinical practice
- 19th December: Assessing the value of care: health economics in a nutshell

Research Methodology:
- 27th June: Applied statistics
- 26th September: Developing a local site research project
- 12th December: Reporting your research studies

If you would like to register for the iCAHE Professional Development Courses, please visit the iCAHE website and complete the registration form by following the link here: http://www.unisa.edu.au/Research/Sansom-Institute-for-Health-Research/Research/Allied-Health-Evidence/Services/Professional-Development-and-Training/Online-Registration-Form/

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

iCAHE is very proud of all our students, and it’s important to celebrate their achievements! This quarter iCAHE honours and PhD students have achieved amazing things.

Scott Weeks
iCAHE PhD student Scott Weeks has been working incredibly hard over the last four years and will be looking at submitting his thesis in June. His thesis is titled “Developing foundations for robust occupational-therapy-based intervention studies to address the sensory needs of children with Autism Spectrum Disorder in Australia” and will help reinforce the role of Occupational Therapy as one of the principal supports for the management of sensory difficulties in children with Autism Spectrum Disorder (ASD). His supervisors are Assoc. Prof. Steve Milanese, Professor Karen Grimmer. Dr. Kobie Boshoff and Dr. Hugh Stewart.

Alvin Atlas
Alvin Atlas, iCAHE research associate/biostatistician and PhD candidate, attended the 10th Asia Pacific Global Summit on Healthcare in Singapore last 12 – 14 March 2018. He was awarded as one of the best poster presentation for his paper ‘Sources of information used by patients prior to orthopaedic elective surgery: A scoping review”. His supervisors are Assoc. Prof. Steve Milanese, Professor Karen Grimmer. Dr. Sarah Barras and Dr. Jacqueline Stephens. We are very proud of Alvin and his achievements.

Nancy McPharlin
iCAHE is also very proud of the work produced by our Honours students! We’re excited to feature the work of iCAHE Honours Student, Nancy McParlin, who graduated this week! Her thesis title was “The Role of Occupational Therapy in Neonatal Intensive Care Units in Australia: A survey”.

Associate Professor Steve Milanese
Director

“Greatness is not in where we stand, but in what direction we are moving. We must sail sometimes with the wind and sometimes against it -- but sail we must and not drift, nor lie at anchor.

– Oliver Wendell Holmes
We were delighted to welcome two strong additions to our team. Firstly, **Associate Research Professor Kristin Carson-Chahhoud**, who has worked for SA Health for the past 15 years joined us to work closely with **Professor William Runciman** and the **Australian Patient Safety Group**. Kristin holds a NHMRC ECR fellowship, she has an impressive track record of personal awards and acquisition of research funding, and she has contributed extensively to policy and national committees. Her particular interest is in using innovative technologies such as augmented reality, holographic technology and virtual reality, as a mechanism to deliver evidence-based medicine. Additional research interests include: translational health research, respiratory medicine, health services research, Aboriginal health, mental health, cardiovascular diseases and tobacco avoidance. Her passion is to encourage the next generation of researchers and make a real-world impact through her work.

We also welcomed **Dr Jason Armfield** who has been appointed as a Senior Research Fellow to work with **Professor Leonie Segal** on an NHMRC-funded project investigating the health and educational consequences of child involvement in South Australia’s child protection system. Jason joined us from the University of Adelaide (UofA), where he was an Associate Professor in the Australian Research Centre for Population Oral Health. Jason has previously been awarded an NHMRC Public Health Early Career Fellowship (2009-13) and a NHMRC Career Development Fellowship (2013-17). Between 2009 and 2011 he was a Visiting Scholar at the University of Washington in Seattle. Jason has a background in Psychology and was engaged in health psychology and population oral health research in the School of Dentistry at the UofA between 1997 and 2017. He was continuously involved in teaching and the supervision of several higher degree students during that time.

One of the research highlights for this period were the papers from **Dr Sang Hong Lee**, our **Statistical Genetics** lead. It is not easy to explain in simple terms the importance of the methods which he has developed, but perhaps it helps to say, that these statistical genomics tools allow us to obtain insights into biology in a way which has not been previously possible even with experimental design. Ultimately, this work will enable us to gain insights into an individual’s health and strategies for early prevention using their whole genome (“genome-wide”) and not just one or two single genetic markers as is currently done. A clear testament of the relevance of his work in the eyes of the scientific community, comes from the over 4300 citations to just his top five papers over the past few years (4 first- and 1 second-authored). This month Hong’s team used the advanced statistical methods to demonstrate genetic evidence for association between schizophrenia with body mass index (BMI—as an index of over or under nutrition). Their study suggests that BMI can predict schizophrenia risk, and something in the genetically driven mechanisms which lead to differences in BMI are also contributing to development of abnormalities leading to schizophrenia. An important aspect of his work is that these tools, which can be applied to other complex traits and diseases, are now publicly available for other researchers to access ([https://sites.google.com/site/honglee0707/mtg2](https://sites.google.com/site/honglee0707/mtg2)).

**Associate Professor Kristin Carson-Chahhoud** recently attended the CSIRO OnLaunch Camp at TechInSA Conference Centre. OnLaunch Camp is a high intensity, fast paced two-day experience designed to stimulate a new way of thinking and working on translating ideas into impact. The program is designed to equip participating teams with the skills and mindsets to discover and validate the massive potential of their research or early stage ideas. According to Kristin the OnLaunch Camp is an absolute must for anyone trying to make a real-world impact with their research. It was only two days but she felt it really helped with identifying unexplored...
areas to translate and disseminate the outcomes of her research. At the end of the workshop teams pitched their research ideas incorporating everything they had learnt to a panel of experts and their peers. Kristin presented a pitch about augmented reality interface designed to reduce asthma-related health service utilisation and improve patient quality of life, receiving both the expert panel’s ‘best presentation’ and People’s Choice Award. Many Congratulations to Kristin and the whole team! The members in this team include: Dr Ross Smith, Professor William Runciman, Professor Adrian Esterman and Kelsey Sharrad and mentors Simon Daws and Megan Rebuli.

Professor Elina Hypponen
Director
Well it has been a pretty hectic couple of months for the Body in Mind research group. The PainAdelaide annual scientific meeting lived up to its name of possibly the best little pain meeting in the world - another full house and a programme including presenters from Stanford, Toronto, Melbourne, Newcastle, Sydney and of course our home grown superstars. We learnt about using apps to engage adolescents in behavioural therapy; we learnt about the analgesics in our sewage; we learnt about consciousness. It was by many reports the best PainAdelaide yet.

PainAdelaide was followed up with the inaugural Mt Lofty Summit on adolescent pain education - 12 researchers, clinicians, educators and creative folk nutting out what we can do to better disseminate contemporary pain science to teenagers and their parents.

The second Pain Revolution Rural Outreach Tour was an overwhelming success. Our group of 22 cyclists and 27 educators, clinicians and support staff made our way from Sydney to Wollongong, Nowra, Canberra, Cooma, Corryong and Albury-Wodonga. The cyclists rode 750km, climbed the equivalent to 1.5 Mt Everests and raised over $75,000 for the Local Pain Educator Programme. Dr Tash Stanton led the Brain Bus to each town, welcoming school groups and passers by and engaging them in the groovy experiments we are doing in the BiM group. We delivered 10 outreach events en route and held our first meeting of all the Local Pain Educators and their mentors, on a rainy evening in Canberra. We now have 13 Local Pain Educators studying away and we are already preparing next year’s events. Check out a brief glimpse of the Pain Revolution Ride on YouTube [https://www.youtube.com/watch?v=9NLScQpVX4M&t=21s](https://www.youtube.com/watch?v=9NLScQpVX4M&t=21s)

We have had some excellent outcomes - Emma Karran submitted her thesis and had a whole 1/2 page of corrections to do (and ran a superb workshop on reinterpretation of spinal imaging reporting at the Australian Pain Society meeting in Sydney), and Jane Chalmers submitted hers with not a whole lot more. Both were examined by Top of Field Researchers - a testament to the poignance of the issues they covered; Felicity Braithwaite submitted her thesis; Hayley Leake gained a scholarship within two months of starting her PhD to attend a World Health Organisation summit in Geneva and Lorimer was White Hatted by the City of Calgary.

Di Wilson accompanied the president and CEO of the APA to the AGM of Pain Australia in Canberra on Thursday 25th May. This was done in her capacity as national chair of the APA Pain Group.
Tasha Stanton was a keynote speaker in Oslo, Norway at the PainCloud conference that ran from April 21-22nd. This conference was attended by ~100 allied health clinicians from around the world and critically, also included presentations from patients that have suffered from chronic pain and who have recovered. It was an excellent meeting with a lot of discussion and debate regarding the changes we need to make in the clinical setting to incorporate new research knowledge and to empower the patient.

Lorimer was part of an interesting plenary session, alongside UniSA’s A Prof Marie Williams, at the combined meeting of the Australian Thoracic Society and the Australia New Zealand Society of Respiratory Science, on the commonalities between pain and breathlessness. He was on Faculty at the Asian Pain School in Singapore, targeting medical specialists from neurology, rheumatology and anaesthesics and then embarked on another one of his whirlwind overseas trips, this time on the west coast of the USA and Canada. In 12 days door-to-door, he delivered two public lectures, three conference plenaries, two Grand Rounds, one breakfast workshop, two fundraising dinner talks, and met with 22 researchers, politicians and lobbyists in Seattle, Calgary and Los Angeles.
Additional Grants and Awards

HDR candidates Sandra Lucas and Verity Booth were recently selected to each receive one of four BUPA Health Research Grants. This grant is available to UniSA HDR candidates whose research relates to human health and improved health outcomes for society.

Dr Saravana Kumar and Ms Esther Tian have been successful in securing funding from Lifetime Support Authority to investigate the perspectives of participants, their families and/or carers about Lifetime Support Scheme using multi-methods evaluation.

Dr Saravana Kumar, Dr Maureen McEvoy and Dr Julie Walters have partnered with Sooraj Venugopalan and Matthew Beard from the Royal Adelaide Hospital in securing funding through the Alison Kinsman AM Physiotherapy Research Grant (2018-2019) to investigate the impact of physiotherapy-led Spinal Telehealth Clinic for the South Australian Prison Health Services. This project is phase two of a larger research project (phase one was successful in securing funding earlier this year);

Congratulations to HDR candidates Holly Bowen and Xiomara Skrabal Ross, who were awarded Scholarships under the Commonwealth Scholarship Program for South Australia in the most recent round. This program aims to improve skills and job opportunities linked to priority industries in South Australia, including health services and medical research.

Dr Priya Martin, a past PhD student who was recently awarded her PhD by UniSA, has been selected as a Fresh Science Finalist by Fresh Science Queensland. Priya will get a day of media training and the chance to share her important research work with the media, general public and school students. Priya’s supervisors were Dr Saravana Kumar, Dr Lucylynn Lizarondo and Dr Katherine Baldock.

In the News

HDR Candidate Katharine McBride was featured in an article in The Advertiser during the Heart Foundation Heart Week 2018 (29 Apr – 6 May). Katharine’s PhD topic is Characterising cardiovascular disease biopsychosocial risk in Aboriginal women to inform health service and system responses. The full story can be found here.
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Staff and Student Publications

First Publications


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


Abstract
Impact Factor=2.288; 5 year IF=2.644; Ranking 6/26 (Integrative and Complementary Medicine)

Recent Staff and HDR Publications


Abstract
Impact Factor=2.101; 5 Year IF=2.540; Ranking 70/176 (Public, Environmental & Occupational Health), 101/229 (Environmental Sciences)


Abstract
Impact factor=4.739


Abstract
Impact Factor=2.539; 5 year IF = 3.043; Ranking 17/81 (Sports Sciences)


Abstract
Impact Factor=1.614; 5 year IF=2.440; Ranking 21/79 (Communication), 29/85 (Information Science & Library Science)


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


Abstract
Impact Factor=4.141; 5 year IF=5.222; Ranking 6/81 (Sports Sciences)


Abstract
Impact Factor=2.654; 5 year IF=3.024; Ranking 32/64 (Physiology), 16/81 (Sports Science)

Abstract
Impact Factor = 3.029; 5 year IF = 3.961; Ranking 107/259 (Neurosciences), 17/77 (Psychology)


Abstract
Impact Factor = 4.530; 5 year IF = 5.090; Ranking 57/259 (Neurosciences), 2/14 (Neuroimaging)


Abstract
Impact Factor = 9.476; 5 Year IF = 13.294; Ranking: 7/194 (Clinical Neurology)


Abstract
Impact Factor = 5.445; 5 year IF = 6.458; Ranking 3/31 (Anaesthesiology), 20/194 (Clinical Neurology)


Abstract
Impact Factor = 2.013; 5 year IF = 2.342; Ranking 8/26 (Integrative & Complementary Medicine)


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


Abstract
Impact Factor = 5.133; 5 year IF = 4.743; Ranking 7/127 (Radiology, Nuclear Medicine & Medical Imaging)


Abstract
Impact Factor = 4.370; 5 Year IF = 3.937; Ranking: 14/81 (Sports Sciences)


Abstract
Impact Factor = 3.857; 5 year IF = 4.244; Ranking 7/81 (Sports Sciences)

Abstract
Impact Factor = 9.025; 5 year IF = 10.362; Ranking 8/167 (Genetics and Heredity)


Abstract
Impact Factor = 4.141; 5 Year IF = 5.222; Ranking: 6/81 (Sports Sciences)


Abstract
Impact Factor = 1.990; 5 year IF = 2.148; Ranking 63/127 (Radiology, Nuclear Medicine and Nuclear Imaging)


Abstract
Impact Factor = 1.309; 5 Year IF = 1.241; Ranking: 62/129 (Psychology, Multidisciplinary)


Abstract
Impact Factor = 1.630; 5 year IF = 2.133; Ranking 38/169 (Physical Therapy, Sport Therapy and Rehabilitation)


Abstract
Impact Factor = 4.259; 5 year IF = 4.847; Ranking 6/81 (Sports Sciences)


Abstract
Impact Factor = 4.396; 5 year IF = 5.813; Ranking 4/169 (Physical Therapy, Sport Therapy and Rehabilitation)


Abstract
Impact Factor = 1.386; 5 year IF = 2.087; Ranking 16/32 (Gerontology)


Abstract
Impact Factor = 5.445; 5 year IF = 6.458; Ranking 3/31 (Anaesthesiology), 20/194 (Clinical Neurology)


Abstract

**Abstract**

Impact factor = 4.730; 5 Year IF = 5.601; Ranking 22/142 (Psychiatry)


**Abstract**

Impact Factor = 4.259; 5 Year IF = 4.847; Ranking: 10/64 (Multidisciplinary Sciences)

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**Books and Book Chapter**


This book is a printed edition of the Special Issue *The Impact of Altered Timing of Eating, Sleep and Work Patterns on Human Health* that was published in *Nutrients*.

[Link](#)


[Link](#)
April 12th 2018
What goes into breaking records at the Commonwealth Games?
Professor Jon Buckley, University of South Australia

The Commonwealth Games has seen many new records set in the pool, on the cycling track and elsewhere. Most experts agree that there is a limit to human performance, so there is a point beyond which records will no longer be broken. But nobody can be sure when that will be.

The continual breaking of world records is the result of complex interactions between many different factors. These include an increase in athletes with the right genetics or talents for a particular sport, advances in equipment design, and improved training and recovery practices, including nutrition.

There are no studies to show us which factors have provided the greatest contributions to breaking records. Nor is it possible to determine which factors might now be reaching the point of declining returns. But at present, new innovations are occurring in all of these areas.

April 23rd 2018
We asked five experts: Is walking enough exercise?
Associate Professor Carol Maher, University of South Australia

We humans need to exercise in order to stay healthy. Exercise protects against disease and early death, and keeps us mobile and able to perform daily tasks.

Walking is an easy, free and enjoyable form of exercise. But is a nice stroll enough to confer the life-saving benefits we know come from exercise? The Conversation posed this question to five specialists in the field including ARENA’s Professor Tim Olds and Associate Professor Carol Maher.

May 2nd 2018
I go to the gym every day. Why can’t I lose weight?
Professor Tim Olds, University of South Australia

Liz is a typical 50-something woman, fit, 70 kg, 30% body fat. She goes to the gym every day, and runs for 35 minutes on the treadmill at 10km/h. But, as she tells me rather often, she can’t lose weight. So what’s going on here: is it Liz, or is it the universe conspiring against her?
IMAGES OF RESEARCH: PHOTOGRAPHY COMPETITION
Engaged Research, Enterprising Researchers

This is a great opportunity to tell your research story by showcasing compelling images that demonstrate the research we do and the people who make it happen. We are seeking quality photographs that cause people to stop, pause, and ask questions - the image does not need to explain the research being conducted, but rather entice and captivate one’s attention to raise awareness about our research.

This competition is open to all staff and students.

Enter now for the opportunity to win the following prizes:

1st prize - $5,000
2nd prize - $2,000
People’s Choice Prize - $2,000

The competition closes Wednesday, 27th June.

For more information and to enter, visit unisa.edu.au/Research/photocomp/
Library Report

**Primal Pictures: Additional modules**

The Library has subscribed to additional modules from Primal Pictures, these include:

- Two new medical ‘Imaging modules’ on:
  - ultrasounds of both the upper and lower limbs and CT and
  - MRI’s of the thorax, abdomen and pelvis

- Three ‘Sports Injury Functional Anatomy’ modules:
  - Knees
  - shoulder and foot
  - resistance training and exercise

**Primal Anatomy PALMS**

We have also subscribed to PALMS (Perceptual and Adaptive Learning Modules) offers smart anatomical learning and assessment modules that adapt to the individual learner. Academic staff can monitor classes to see how the students are performing through dashboard analytics. Students can also measure their success and monitor how well they know the content.

**Systematic review guide**

The search page on the Systematic Review research guide has been reviewed and updated to offer researchers a scaffolded learning path. The new page guides researchers through the process of developing and applying a search strategy and includes interactive tutorials on mapping the search to MeSH (Medical Subject Headings) and remapping to Emtree (Embase thesaurus).

**Lynda.com: Performance management and professional development support**

The Library provides access to a comprehensive collection of resources to support performance management and professional development. This includes Lynda.com self-directed learning videos that can be accessed anytime, anywhere on any device enabling staff to learn and upskill on demand. People, Culture & Talent have mapped and linked Lynda.com resources to the UniSA Core Attributes here by classification level from HEO1-10 through to senior staff, making it easy to identify suitable videos. Topics include communication, problem solving, leadership, initiative and trust.
Capstone Editing is happy to announce that they are launching six new annual academic grants of between $3,000 and $5,000 each—two for female academics and four for students.

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

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

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

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

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

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

Tuesday
17 April 2018
10.30am and 3.00pm

Thursday
20 September 2018
10.30am

Thursday
20 December 2018
3.00pm

EMCR Brain Science Network SA Showcase

22 June, 2:30-4:30pm, SAHMRI Auditorium

The EMCR Brain Science Network is hosting a showcase of SA brain science research. We welcome all to attend, whether you are an EMCR, or more senior, and work in the field of brain sciences. Speakers are:

Dr Jorge Fernandez, University of Adelaide | The ownership of minds.
Dr Nicole Lovato, Flinders University | Novel approaches for understanding and treating insomnia
Dr Ross Smith, University of South Australia | Mixed realities in health applications
Dr Clare van Eyk, University of Adelaide | Investigating a genetic basis for Cerebral Palsy

The Australian EMCR Brain Science Network was established in 2017. Its vision is to shape the future of Australian brain science by empowering the next generation of leaders. Its mission is to support emerging brain scientists in Australia and foster interdisciplinary research from discovery to development and translation.

Chairs: A/Prof Simon Conn, Dr Sarah Cohen-Woods, Dr Hannah Keage and Dr Ashleigh Smith (all members of the EMCR Brain Science Network Steering Committee)


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.

50
ASAHP
ANNUAL CONFERENCE

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

University of South Australia
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
2018 HERDSA Conference: (Re)Valuing Higher Education

2-5 July 2018, Adelaide Convention Centre

On behalf of the conference planning committee, we invite you to join us for the 41st annual conference of the Higher Education Research and Development Society of Australasia (HERDSA), to be held 2-5 July 2018 (with pre-conference workshops on 2 July) at the Adelaide Convention Centre, Adelaide.

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

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

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

We have identified areas and points of interest relevant to (Re)Valuing Higher Education as captured within our sub-themes. The points beneath these sub-themes are intended to help guide thinking and potential areas of interest for research. You are however, encouraged to interpret the themes as it best suits your own institutional or national context.
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
Active Healthy Kids Australia, the University of South Australia and the Active Healthy Kids Global Alliance are proud to present...

MONDAY, 26 NOVEMBER TO THURSDAY, 29 NOVEMBER 2018
Featuring the Global Matrix 3.0: Report Cards on Physical Activity for Children and Youth from 50+ countries.

REGISTRATIONS NOW OPEN
Visit our website.....

http://www.movementtomove.com.au

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

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

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

Abstracts Invited for Poster Presentations.
Please refer to the website for submission dates & guidelines
Cyclists and triathletes WANTED

Study evaluating effects of dried fruits and nuts on exercise performance and recovery.

You may be eligible to participate if you are:
- Male
- 18 - 50 years of age
- A cyclist or triathlete
- Not currently taking any medication that may alter heart rate or physical performance
- Not allergic to almonds or dried fruits

Participation in the study will involve:
- 5 weeks of prescribed cycling training
- 8 hours total exercise testing at the University of South Australia City East campus, North Terrace.

What will you get?
- All foods will be provided
- You will receive a $200 honorarium at completion
- Free VO₂ max testing
- The training program has been shown to improve endurance performance, even in elite athletes

If you are interested in participating or would like more information about the study please contact Ph: 8302 1365 or email: sansom.researchvolunteers@unisa.edu.au

Recruitment for this study will be open until at least March 2019, so please contact us if you are interested in participating now or at a later date.

This project has been approved by the Human Research Ethics Committee of the University of South Australia.
Free Health Assessments - UniSA Health & Medical Clinic

UniSA Health Medical Clinic – book your appointment now!

UniSA is committed to supporting staff wellbeing and we want you to take advantage of the UniSA Health & Medical Clinic health services available:

• Free executive health assessment
• Free 45 – 49 year old comprehensive health assessment
• Free skin cancer specialist check
• Free staff travel vaccinations
• Free flu vaccination – last chance (call 1300 172 996)

Your wellbeing is important and essential to optimise your personal functionality and also to your family, your work colleagues and the University. The free executive health assessment will include examinations and investigations as clinically required and appropriate immunisations as necessary for overseas travel for work or leisure.

Free 45 – 49 year old comprehensive ½ hour preventative health check that focuses on early detection of risk factors for common health problems, to enable effective treatment or lifestyle changes to achieve optimal health.

Free skin cancer specialist check with specially qualified doctors with many years’ experience in identifying, and where necessary removing, potentially harmful freckles, moles and spots - did you know that the sooner a skin cancer is identified and treated, the better your chance of avoiding surgery or, in the case of a serious melanoma or other skin cancer, potential spreading of the cancer to other parts of the body?

If you missed out on one of our flu clinics, it’s not too late to book a flu vaccination at the City West or City East Medical Clinic.

To book an appointment please phone 1300 172 996 or visit the website for online bookings www.unisamedical.com.au

Managing Well workshops for Managers and Supervisors

Managing Well workshop, presented by Samantha Young, Managing Director, Human Psychology, provides an understanding of mental health issues, difficult personality traits and behaviours, as well as individual emotional reactions to challenging workplace behaviours. Managers are given the skills to deal with difficult employee behaviours that meet legal, ethical and professional obligations. Content also includes discussion of best-practice performance management principles including coaching skills, self-audit and identification for areas of development.

All sessions are held at 101 Currie Street, Level 2, AU2-02 and run from 9am to 1pm.

• Tuesday, 5th June
• Wednesday, 4th July
• Wednesday, 8th August
• Thursday, 6th September
• Wednesday, 26th September

Click here for more information on the workshop and to register online. Need help registering? Visit the Online workshop registration guide
UniSA Student Insurance - Ambulance Cover

There have been recent concerns around students refusing an ambulance based on cost. Some of you may be aware but for those who are not, the University maintains a Personal Accident insurance policy for All Students which can include cover for emergency transportation (eg ambulance) in the event of either injury or illness.

Students
The purpose of the University obtaining this cover is to ensure that students are receiving appropriate care in the event of injury or illness whilst on University approved activity. This activity may include attending on-campus lectures to placements with an external organization.

Our duty of care to our students should be a priority and the correct first aid procedures followed at all times. If Security or UniSA staff deem it appropriate, an ambulance should be called, regardless of how the costs will be met. Obviously, ambulances should only be called in a medical emergency, where other means of transportation (eg, Hughes car, friend or staff assist etc.) are not suitable.

The University’s insurance is not a replacement for students obtaining their own appropriate health cover (including ambulance) and will only be utilised in the event that the ambulance fee was incurred by the student whilst on University activity and is not recoverable from other sources (eg, private cover, Overseas Student Health Cover).

The insurance policy has an excess of $50 which students would still be responsible to cover in the event of a claim being made. So, in the event of an ambulance being called for a student who was on university-approved activity at the time, the most they would be out of pocket would be $50.

Staff / Volunteers (inc Adjuncts)
Staff and unpaid volunteer workers (including adjunct staff) are covered by different policies which have tighter restrictions in relation to ambulance cover.

- Staff suffering a work-related injury will have ambulance expenses covered by WorkCover if a claim is made and accepted. Ambulance cover for illness is not provided unless the illness is directly work-related. Queries on this should be directed to the Safety & Wellbeing Team in People, Talent & Culture (previously HR);
- Staff injured whilst travelling directly to and from work (and on authorised meal breaks) are covered by our Journey insurance, but this is not able to cover ambulance expenses or medical expenses.
- Volunteer (including adjunct) staff can claim ambulance expenses incurred following an injury while on University business. This does not apply to illness.

Where an insurance claim can be made, all other means of recovery (ie, private health cover, Medicare etc.) must be exhausted in the first instance.

As you’re aware, an incident report should always be completed (https://my.unisa.edu.au/Staff/OHS/). It should be noted on this that an ambulance was called and when we receive the report (for students) we would then contact the student directly. But the student can contact us at any time if they wish to make a claim.

2 cows are grazing in a field. 1 cow says to the other, “You ever worry about that mad cow disease?”. The other cow says, “Why would I care? I’m a helicopter!”. 
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

Contact Us

School of Health Sciences
City East Campus
North Terrace, Adelaide
T: +61 8 8302 2425
E: health.admin@unisa.edu.au
W: www.unisa.edu.au/hls

Postal Address:
University of South Australia
School of Health Sciences
Internal Post Code CEA-14
GPO Box 2471
Adelaide SA 5001

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

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

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

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

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

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

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

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

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

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

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

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

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

Marketing Clinic
UniSA City West Campus
Level 4, Yungondi Building
70-72 North Terrace, Adelaide
T: +61 8 8302 0285
E: marketingclinic@unisa.edu.au

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

Mobile Allied Health Clinic
The MAHC is currently unavailable.

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

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

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

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

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

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