Blood, sweat and respect. The first two you give, the last one you earn.

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

- New leaders in HLS
- Program and Research Director Reports
- First preferences go through the roof!
- Program Conferences
- Who has just published his 300th paper?
- BiM Gangsters—watch out!

“I have mostly loved seeing how supportive the University is of its HDR students which was apparent to me in yesterday’s meeting and during the presentations last week.

I’m proud to be a part of this community and am looking forward to the coming months.

Kindest regards,
Ilea Sanders
Masters by Research Candidate”
Head of School Report

Welcome to the last edition of the School of Health Sciences newsletter for 2017.

‘Stepping up to the Plate’

It’s good to note the number of staff prepared to take on new leadership roles within the School (and those who were also prepared to put up their hand to do so) in the last few months. It further attests to the initiative of staff to work for the University and characterises how well everyone works as a team in the School of Health Sciences to continue to achieve great things.

The success of the School is underpinned by the outstanding involvement and connection of our Professional staff who provide above and beyond support to each of us and I thank you very much in how you strengthen, integrate and develop our School.

Special thanks to:

- **Brooke Osborne**: Program Director for Medical Sonography – as **Nayana Parange** steps up as the Associate Dean for UniSA Online.
- **Ryan Causby**: Program Director for Podiatry – as **Sara Jones** steps up as Associate Professor in the Department of Rural Health to create further rural placement opportunities across the clinical programs.
- **Alyson Crozier**: Program Director for Exercise and Sports Science, our latest entry level program, which is attracting a high number of first preferences already.
- **Katherine Baldock**: Program Director for Health Sciences, who is leading on exciting new developments proposed within the program.
- **Gisela van Kessel**: Program Director for Physiotherapy, as **Shylie Mackintosh** steps up as Associate Head of School: Academic.
- **Katia Ferrar**: Lecturer in Physiotherapy who has accepted my invitation to lead the way for interprofessional support on the Invictus Pathways program, to specifically ensure there is coherent support from sports science, podiatry, occupational therapy and physiotherapy support for the athletes on the program.

We’ll soon be announcing the new Program Director for Occupational Therapy, as **Hugh Stewart** completes a very successful term of office, and the new Program Director for UniSA Online Bachelor of Health Sciences (Nutrition and Exercise) degree.

Academic Promotions

Congratulations to the following staff who have been successful in the most recent round of academic promotions. I am so pleased to note the high success rate for the School this year, across the various academic levels and delighted for each of you on this well deserved recognition for your contributions in teaching, research and engagement.

- **Teaching Academic**
  - Level B: **Sophie Lefmann; Sandy Maranna**;
  - Level C: **Scott Polley**

- **Teaching and Research academic**
  - Level B: **Carolyn Murray; Jocelyn Kemot**
  - Level C: **Gisela Van Kessel**
  - Level D: **Steven Milanese**

- **Research Academic**
  - Level C: **Ashleigh Smith**
V PVC’s Staff Recognition Awards
The Division recently celebrated and acknowledged the range of achievements including those who have completed 10 years of service, submission of Category 1 grants, receipt of Teaching and Learning awards, competitive external awards and our superb staff who have been nominated for a Staff Recognition Award. Congratulations particularly to Emma Jonnek and Scott Polley for their respective professional and academic staff recognition awards.

The PVC’s Staff Recognition award recognises everyone who has contributed to the ongoing success of the Division across 2017 through research, teaching and cultural initiatives. HLS nominees of the Staff Recognition Award in the School of Health Sciences were:

Angela Berndt
Gillian Carr
Ryan Causby
Carol Derolette
Candie Grubb
Tracy Jones
Emma Jonnek
Sally Nimmo
Scott Polley
Jane Shepherdson
Mandy Stanley
Kerry Thoirs
Emily Vaughton
Elspeth Edwards
Kristin Clark
Kade Davison
Sue Gilbert-Hunt
Narelle Korotkov
Simon Mulvihill
Ben Sellar
Raewyn Todd

Graduate Diploma in Education Studies (Digital Learning)
The Provost (Professor Allan Evans) has funded tuition-fee sponsorship for a second cohort of competitively selected UniSA academic staff to participate in the program on a part-time basis for up to two years. Congratulations to:

Scott Adams (Human Movement), Alison Bell (Physiotherapy) and Cristina Blefari (Nuclear Medicine)

First Preferences – high demand YTD
Each year, the total number of first preferences (FP) for the School’s undergraduate therapy and sport and exercise sciences programs increases. At the current time, the number of first preferences is significantly up with over 140 FPs in comparison to the same date in 2016 (YTD). There are particularly notable increases in demand (as judged by FPs) for the Human Movement and Exercise Science portfolio of programs (up 75 YTD), Occupational Therapy (up 76 YTD), and the three streams in the Medical Radiation Sciences (up 36 YTD), with very healthy FPs for all programs, the overall first preference demand is currently at 1773 – the highest across the University and accounting for over 20% of first preferences.

The increase in FPs further attests to the reputation and excellence of our staff and programs.
Culture Survey

The 2017 UniSA Culture Survey showed a marked improvement compared to 2014. The results for the University, Division and School of Health Sciences (shown below) are well above industry standard. As can be seen below, there are marked improvements in most areas, which underline the overall highly positive culture within the School.

![Culture Survey Chart]

Program Conferences – educational and enjoyable experience

In the last two months it’s been great to note five externally sponsored and well attended program conferences taking place within the School – Medical Radiation Sciences, Occupational Therapy, Clinical Exercise Physiology, Health Sciences and the inaugural Physiotherapy Program conference. Student and staff feedback on the conference experience is so positive. The experience provides great opportunity for students to come together for what is most likely the last time, to share their work, listen to invited external speakers, celebrate their success and have a bit of fun together with program staff. The quality of the program conferences in the School of Health Sciences gets better each year, and I am grateful to the various student committees and staff who have done such a great job in organising these events. I understand that the Human Movement Program will hold its inaugural conference in 2018.

Photo: UniSA’s Clinical Exercise Physiology Program Conference: Having fun at the great debate between 3rd years and 4th years (with guest Max Nelson chaired by Program Director Kade Davison. Topic: Does HIIT (High Intensity Interval Training) elicit better outcomes than steady state exercise’ 3rd years (HIIT, Alison Burford, Grace Lane, Christian Cirocco + Max Nelson) v 4th years (Steady State, Erin Coutts, Karlee Naumann, Michael Ceccarelli + Jazvir Bahl).
2017 Invictus Pathways Program, Toronto Games and Symposium

I was fortunate to have been invited to attend the 2017 Toronto Invictus Games and symposium on care of injured veterans attended by Prince Harry. The whole experience was deeply moving and inspiring and emphasized the importance of UniSA’s ongoing commitment to the Invictus concept. [http://w3.unisa.edu.au/unisanews/2017/June/story11.asp](http://w3.unisa.edu.au/unisanews/2017/June/story11.asp).

UniSA is a proud sponsor of the Australian Invictus Cycling Team (pictured below). The UniSA-Road Home Invictus Pathways program delivers placement opportunity for students from physiotherapy, podiatry, sports sciences, exercise physiology and occupational therapy. This provides interprofessional support to the athletes which was positively received and noted by those close to Prince Harry and others in Toronto. Pictures below reflect inspirational memories and new found friends.

Staff Appointments
Welcome to all our new staff members

Angie Clerc-Hawke
Project Officer: Pain Revolution

Dr Claire Hutchinson
Research Fellow

Dr Hong Lee
Senior Lecturer in Statistical Genetics

Dr Terry Boyle
Senior Lecturer in Cancer Epidemiology

Dr Beben Benyamin
Senior Lecturer in Biostatistics

Congratulations to staff appointed to new positions

Associate Professor
Sara Jones
Rural Health Education and Training

Dr Ryan Causby
Program Director: Podiatry

Dr Nayana Parange
Associate Dean: Online Education for the Division of Health Sciences

Brooke Osborne
Program Director: Medical Sonography

Farewell and all the best to...

Grant Tomkinson
Amy Brewis
Gail Gibson
Sandy Reid
Jan Kooymans
Kerry Thoirs
Jodie Quilliam
Claire Baldwin

Keep your staff page up to date
The Road Home Remembrance Business Breakfast

I was delighted to attend the The Road Home Remembrance Business Breakfast, which UniSA was pleased to sponsor. This year the breakfast had an Invictus Theme, which included a panel discussion involving Invictus Pathways athlete (Brendan Hardman) and a formal announcement of the award of the Road Home Invictus Pathways Scholarship to Suzana Freegard (see Marie Williams report for more).

Research Themes Investment Scheme (RTIS) - Seed Funding Outcome

The RTIS scheme is designed to promote interdisciplinary collaboration and end user engagement in the context of the University's research themes.

Age-Friendly World, Cancer, Healthy Futures, Scarce Resources, Transforming Industries, Transforming Societies

This year's round attracted a total of 78 applications with only 28 of the Seed Funding applications being approved for funding (36%). I am very pleased to note and congratulate our staff who were successful in their applications:

Ashleigh Smith (ARENA); Tasha Stanton (BiM); Brenton Hordacre; Katia Ferrar (ARENA); Gaynor Parfitt (ARENA); Alison Coates (ARENA) and Jim Dollman (ARENA).

HLS Research Week

2017 HLS Research Week yet again was another huge success. Thank you to all those who made attending a priority. We had excellent presentations along with enjoying the opportunity to network and build relationships. The debate as ever is always a stand out and I will never look at Jon Buckley the same way again…

South Australian Police (SAPOL) Soccer

I am pleased to announce the School has entered into a partnership with SAPOL's men and women soccer teams which will include placement/internship opportunity and UniSA logo, kit and presence in social media for national and international competition.

Christmas Break

Well done to students and staff for a busy time of year and I say farewell to those that have completed their studies and wish you well for the future.

The School of Health Sciences will be closed from Friday, 22 December 2017 and will reopen on Tuesday, 2 January 2018.

I look forward to seeing you all in the New Year!
Newsletter Contributions

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

Any feedback and suggestions for further improvements would be most appreciated. The HLS Newsletter is available on the School of Health Sciences website http://www.unisa.edu.au/Health-Sciences/Schools/Health-Sciences/Student-Resources/Newsletters/. 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 and a Happy New Year to all.
Roger

THE MORE YOU CELEBRATE
YOUR LIFE,
THE MORE THERE
IS IN LIFE TO
CELEBRATE.

Oprah Winfrey

Reset.
Readjust.
Restart.
Refocus.
As many times as YOU need to.

www.jadeleeonline.com

Merry Christmas
2017 End of Year Celebration @ the Historian Hotel
Associate Head of School (Academic) Report

Teaching is drawing to a close for the year with just a few assessments to mark.

So for staff and students alike…

2017 Citation for Outstanding Contributions to Student Learning

Dr Emily Ward, Lecturer in Physiotherapy (Paediatrics), School of Health Sciences (HLS);
Dr Margarita Tsiros, Senior Lecturer in Physiotherapy, HLS;
Dr Sophie Lefmann, Lecturer in Physiotherapy, HLS - For development of physiotherapy graduates who provide paediatric care within the changing clinical landscape of the NDIS through development of a UniSA paediatric clinical service

Associate Professor Shylie Mackintosh
In 2017 our school has run 14 undergraduate with 151 courses, and 11 postgraduate programs with 65 courses. We have delivered a highly successful first course in the Professional Certificate in Conservative Management of Pelvic Organ Prolapse.

New ventures that have been developed for delivery in 2018 include: Bachelor of Health Science (Exs & Nutrition) with UniSA online; all Honours programs for the Bachelor of Physiotherapy and Bachelor of Clinical Exercise Physiology; Master of Health Service Management; and an offshore option for the Master and Graduate Certificate of Medical Sonography with Kaplan University in Singapore.

Thanks you everyone, it only happens with great team by both academics and professional staff.

No wonder we are looking forward to Christmas break.

Clinical Teaching Resources

Thinking of revamping your courses for next year ... check this out from the teaching and learning site

Aboriginal and Torres Strait Islander Health Curriculum Framework: Key Areas.

The Framework is underpinned by eight principles. These principles guide the conceptual design and model of implementation, and provide the context for successful curriculum delivery.

**PRINCIPLE 1** Leadership at all levels is key to supporting effective implementation of Aboriginal and Torres Strait Islander health curricula

**PRINCIPLE 2** Respectful partnerships and collaboration with shared responsibility between Aboriginal and Torres Strait Islander and non-Indigenous people are required in curriculum design and implementation

**PRINCIPLE 3** The process of learning is equally as important as content

**PRINCIPLE 4** Self-reflexivity and humility develop respectful health care practice

**PRINCIPLE 5** Holistic health service delivery is essential

**PRINCIPLE 6** Local context and diversity must be recognised

**PRINCIPLE 7** Development of intercultural capabilities is a lifelong learning journey

**PRINCIPLE 8** Ongoing professional development and professional support for Aboriginal and Torres Strait Islander and non-Indigenous educators is essential
Conferences, seminars and workshops

**SARRAH National Conference**
for Rural and Remote Allied Health Professionals
13 - 15 September 2018
DARWIN CONVENTION CENTRE, DARWIN

*Changing Landscapes, Changing Lives*

**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.

**Join us in Adelaide for**
HERDSA 2018
2 – 5 July 2018
Adelaide Convention Centre

Register your interest now at herdsa2018.aomevents.com.au

**The word**
PHONETICALLY

**DOESN'T EVEN START WITH AN "F"**

AND WE WONDER WHY ALIENS FLY RIGHT PAST US?
The last couple of months have certainly been a busy time in the Research space in the School! From funding successes in a number of grant schemes (see information throughout this newsletter), Research Higher Degree (HDR) completions (and new starters), to presentations by Honours students completing their degrees, the activities seemed to never end!

As we start to think about winding down for the end of the year (so much to do, so little time!), I’d like to say **THANK YOU** to all staff (academic, research and professional), students (undergraduate, postgraduate and honours) and HDR candidates for the endless hours spent thinking, discussing and writing which led to successful outcomes (and the not so successful outcomes) and milestones you’ve achieved this year. Once again, the School has performed well in the Research space, and that’s due to your hard work and dedication – so take a minute to give yourselves and your colleagues a high five! – or whatever it is that the kids do these days.

The highlight of September was undoubtedly the annual School of Health Sciences Research Week (25-29th Sept). This was once again a highly successful event, with oral and poster presentations from our HDR candidates, and Invited Presentations from a number of our Early Career Researchers. We also heard an update on the SAGE Athena SWAN Pilot from Ann Moran, then rounded off the week with a lively debate on unconscious gender bias. As many who filled in the feedback survey commented, it was great to not only hear about the research that is happening across the School, but also to network with our colleagues in the tea breaks during the week. Congratulations go to **Flynn Slattery**, who took out the award for Best Poster.

During Research Week we announced that **Dr Joel Fuller** was awarded the inaugural School HDR Inspire Award. The intent of this award is to recognise significant achievements in research impact from Higher Degree by Research (HDR) candidates within the School of Health Sciences. Applications were assessed by a selection panel from outside the School (chaired by **A/Prof Susan Hillier**, Dean: Research Operations, Division of Health Sciences), based on two areas of impact: Research and Engagement. In accepting the award, Joel gave a great presentation at School Board, and you’ll see a report from him later in this newsletter. I’d like to take this opportunity to once again congratulate Joel on this latest achievement!
The October University Council meeting saw three more of our HDR candidates have their degrees conferred. Congratulations to the following candidates:

- **Dr Dannielle Post** (Dr Matt Haren, Dr Catherine Paquet, Prof Gary Misan): Reshaping antecedents of health behaviour: Planning, implementing, and evaluating a theoretically-based health promotion program in a remotely-located, predominantly male workplace

- **Dr Agustina Gancia** (A/ Prof Margaret Cargo, Prof Mark Daniel, Dr Michelle Jones): Assessing the evolution of partnership strength within a South Australian community-based childhood obesity prevention initiative

- **Mr Paul Reid** (Masters by Research) (Prof Eva Bezak, Dr Puthenparampil Wilson, Dr Judy Li): Experimental investigation of in-vitro cancer stem cells: in head and neck cancer cell lines following X-ray irradiation

Paul may have officially finished his Masters in October, but he’s now joined us for his PhD – so welcome back Paul, and welcome also to new Masters by Research candidate Alison Barret. Also joining us is PhD candidate Suzana Freegard, who’ll be working with the Road Home Invictus Pathways project investigating the effect of participation in the Invictus Games program.

- **Paul Reid** (Prof Eva Bezak, Prof Ian Olver, Prof Loredana Marcu, Dr Leyla Moghaddasi): Clonogenic Stem Cells in Head and Neck Cancer and Their Impact on Novel Treatment Approaches Based on Patient Stratification and Outcome Optimisation: Experimental and Modelling Investigation

- **Alison Barret** (Prof Ian Olver, Dr Kate Fennell): The psychological, social and emotional impacts of being a living organ donor from rural Australia

- **Suzana Freegard** (A/Prof Gaynor Parfitt, Dr Steve Milanese, Dr Amy Baker): Exploring the effects of participation in the Invictus Pathways Program and Invictus Games on injured servicemen and women’s health and well-being

HDR candidates **Hayley Lewthwaite** and **Katrina Li** have both been successful in the latest Endeavour Research Fellowship Scheme. Hayley and Katrina will be heading to Canada after completing their PhD’s next year. Hayley will be working with Assoc Professor Dennis Jensen, Canada Research Chair in Clinical Exercise & Respiratory Physiology, Department of Kinesiology & Physical Education, McGill University and Katrina will be working with Professor Dina Brooks, University of Toronto (based at the West Park Healthcare Centre).

Hot on the heels of her successful Endeavour application, **Hayley Lewthwaite** was also named as the joint winner of the SA/ NT TSANZ (Thoracic Society of Australia & New Zealand) Young Investigator Award. Our HDR candidates had a strong showing in the field, with the six finalists including **Hayley, Katrina Li and Flynn Slattery**. Congratulations to Hayley on a great presentation which clearly impressed a tough crowd of respiratory physicians and scientists!
Congratulations also go to HDR candidate Summer Finlay, who was awarded a Public Health Association of Australia President’s Award in October. This award recognises significant contributions to achieving important public health outcomes.

Is your research visible?
The importance of Open Access was highlighted during October, with the 10th Annual International Open Access Week. Open access aims to “enable the free flow of information to benefit researchers, institutions and society as a whole” (UniSA website). It’s important for staff to make sure they are complying with the UniSA Open Access Policy. To quickly check if your publications are compliant, simply go to your staff home page, select Research-Outputs, and look for the orange padlock – if you can see it, a version of your research is publicly available. If not, please visit the Library website at http://guides.library.unisa.edu.au/oa for details of how to make sure your publication is included in the repository.

Enjoy the summer break.
It was an honour to be awarded the 2017 School Inspire Award. My PhD experiences at UniSA exceeded my expectations in every way; it was an incredible place to complete my research degree and I’m very grateful for all the opportunities that were provided to me. I completed multiple research projects during my PhD candidature and had the pleasure of working with many amazing people, including my supervisors Prof Jon Buckley, Dr Dom Thewlis and Dr Marg Tsiros, and my lab mates from the Alliance for Research in Exercise, Nutrition and Activity (ARENA).

For the primary component of my PhD I designed and completed a randomised controlled trial that investigated the effect of different shoe types on running injury risk, running performance and biomechanics. The trial demonstrated that the best pair of running shoes depended on a runner’s body mass. The resulting body mass guidelines for running shoe selection have been integrated into the way that shoe companies market their running shoes to runners and should lead to improved outcomes for Australia’s large population of runners. The guidelines have also been featured in multiple radio and newspaper segments, as well as online feature articles. The project is one of only a few clinical trials in this area of research and has led to multiple publications in high ranking sports science journals and has been presented at multiple international conferences and the national 3-Minute Thesis Competition.

The novel biomechanical analysis techniques that I used during my footwear trial formed the basis of a successful Fulbright Postgraduate Scholarship, which allowed me to work with leading biomechanics researchers from the University of Massachusetts. During my Fulbright Scholarship, I completed research that was the foundation for developing wearable biomechanical technology that can be used by athletes to monitor fatigue and injury risk. This research has received $45,000 of external funding and attracted considerable interest from within the sports industry. The findings of this research have been presented nationally and internationally.

During my PhD candidature, I also collaborated with Dr Sam Chalmers to establish an injury prevention service in the junior South Australian National Football League. I coordinated the involvement of physiotherapists and strength coaches from throughout Adelaide in order to complete this project and identify risk factors for injury in junior footballers. The project resulted in multiple peer-reviewed publications and has been translated into a sustainable injury risk screening service. The service is now in its third year and benefits 300-400 junior South Australian footballers each year. The injury screening service also formed the basis of a successful UniSA honours project.

I’m proud of the impact that my PhD research had in the sports medicine field and I’m very excited to see what future opportunities the research will generate. For every success that occurred during my PhD journey, there were multiple rejections from journals and funding bodies, so I’m very grateful for all the support and encouragement that I received from everyone at UniSA, which helped me overcome these disappointments and achieve more than I ever imagined would be possible.

Dr Joel Fuller
Respiratory health in adult offspring of people with Chronic Obstructive Pulmonary Disease

Katrina Li, PhD Candidate, School of Health Sciences

The overall aim of my PhD is to explore intergenerational influences on respiratory health in adult children of people with a common lung condition – chronic obstructive pulmonary disease (COPD). COPD is a common, progressive condition where it’s difficult to breathe out and people experience persistent coughing and shortness of breath. One in seven Australians over the age of 40 has some form of COPD. Currently there is no cure for COPD, so it is important to try to prevent the disease or recognise the disease early to allow appropriate treatment and slow disease progression. My research focuses on the lung health of adult children of people with diagnosed COPD.

Familial associations with COPD are acknowledged, but with the exception of specific genetic forms of COPD, this association is rarely capitalised upon in terms of opportunities for early identification and intervention. Limited research on offspring of people with COPD has been conducted, yet this group are more likely to be exposed to both genetic and life course risk factors that could impact on their lung health thus predisposing them to respiratory impairment. We reviewed the literature on the prevalence of co-occurrence of COPD in adult offspring with one or both parents having COPD independent of specific genetic variations. Results indicated that offspring of people with COPD had 1.57 times greater odds of having COPD compared to people without a parental history of the disease. (This was published in the International Journal of Chronic Obstructive Pulmonary Disease and is openly available https://www.dovepress.com/what-are-my-chances-of-developing-copd-if-one-of-my-parents-has-t-peer-reviewed-article-COPD). This increased risk may be through genetic susceptibilities, socio-economic factors and/or exposure to the chemical and behavioural influences of parental smoking, with complex inter-relationships between these factors.

Building on the results from the systematic review, we have examined whether any life course factors (e.g. born with low birth weight, exposure to passive smoking) contributed to the association between parental respiratory disease history and reduce adulthood lung health using the 1958 British Birth Cohort data. We obtained funding from the Physiotherapy Research Foundation to conduct a feasibility study recruiting adult offspring of people with COPD through their parents and to analyse any associations between the offspring’s lung health and their life course history. In preparation for the feasibility study, a pilot study was conducted to assess the acceptability of a life history data collection instrument “Story Of My Life calendar” designed by the research team. I presented the results of the pilot study in September this year at the European Respiratory Society International Congress in Milan.

By investigating which combinations of factors contribute to increasing the risk of COPD in offspring of COPD patients, it may be possible to more effectively identify and intervene with those most at risk as early as possible in the trajectory of declining lung health.

Supervisors: Associate Professor Marie Williams, Dr Kylie Johnston, Dr Catherine Paquet and Professor Peter Frith
Clinical Operations Report

As the 2017 year draws to a close a huge thank you to the awesome supervisory, academic and professional staff and students from the various programs that come together to successfully deliver allied health services across all of our onsite clinics.

City East – Physiotherapy, Podiatry, Exercise Physiology and High Performance (data includes the OT schools satellite programs and Dietetics)
Magill – Physiotherapy, Podiatry and Exercise Physiology
City West – the inaugural activities from Post Grad Physiotherapy

Review of the current data (with EP still concluding their 2017 clinics) shows occasions of service across all sites will exceed 18.5k this year. This reflects the clinics increasing activities by a further 15% on our 2016 volume and reflects over 400 clients seen across our services every week! That’s an incredible contribution to the community!!

The launch of post grad. physio services with only 2x ½ day sessions a week (over 15 weeks) resulted in almost 260 client services, most of which were brand new clients so a very successful entry into the west end market. I believe having a long awaited street level facility that is well branded and accessible will result in more of the community having an awareness of and accessing our very competitively priced services. There is a lot of external interest in the facility and the collaborative and interdisciplinary opportunities such a space brings so, bring on 2018 and let’s see where this can go!

Merry Christmas everyone

Jodie Quilliam
Manager: Clinical Operations
The Division of Health Sciences offers Honours programs in seven areas, across a range of specialisations in health science, laboratory medicine, medical radiation science, occupational therapy, pharmacy, physiotherapy and podiatry.

Honours Programs

The Degrees with Honours aim to encourage and develop skills in the principles and practice of research. The following Honours programs are available to qualifying high-achieving students:

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

Do you want to do Honours? Here’s how

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

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

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

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

Dr Steve Milanese
Program Director
T: +61 8 8302 1053
E: Steve.Milanese@unisa.edu.au
Wow, what a great couple of days! This year’s CEP conference built on last year’s event and expanded in both volume and value. The engagement from students and industry was outstanding and very successfully met our desired brief of a celebration of the profession and of our graduating cohort, as well as to welcome them to the profession and their new world of lifelong learning. Thanks to all of the organising committee particularly Dr Danielle Girard on behalf of the staff and student members Nathan Hambleton and Lauren McDougall who carried their insights from the 2016 committee to this year. Thanks must also go to the sponsors who helped make the event so professional and of course the invited speakers who made the time to come from far and wide to provide national and world class presentations for our interest and education. Comments from invited guests were glowing on the quality of the event and the quality and professionalism of the speakers. This included the participants of the great debate and those students that submitted abstracts to present a range of case studies, clinical updates and research that they were involved with. In tune with the theme of exercise and mental health the ESSA SA chapter sponsored best student presentation was awarded to Dominik Nalecz who told of his initial challenges and
later successes working with a patient in an acute mental health facility. This also earned Dom a commitment from keynote speaker Dr Simon Rosenbaum to help him secure some employment in this space. Ben Edwards was recognised for top academic achievement across the degree and Karlee Naumann as the 2017 CEP MVP, taking account of overall engagement and contribution and success across the degree. The 3rd year debate team again pipped the 4th years so congratulations to Christian Ciocco, Alison Burford and Grace Lane but also congratulations to 4th years Karlee Naumann, Erin Coutts and Michael Ceccarelli for making us all hurt from laughing. The image of Bob sprinting up a hill limited by only possessing two femurs will bring a smile to our faces for a long time to come. Thanks also to Max Nelson and Jasvir Bahl for mentoring the two teams and entertaining us greatly at each other’s expense. Next year’s committee have a job ahead of them to maintain the standards but I am already looking forward to seeing what they can do.

Dr Kade Davison
Program Director: Clinical Exercise Physiology

Placement at Murray Bridge School Disability Unit

Going to the Murray Bridge High School disability unit for placement was a journey, and not just in the distance travelled each week. As an Exercise Physiologist we are not typically seen working in a school setting and so I was interested to find out what I could do for the students and how my role could work in that setting. To tell the truth, the EP role does not fit very well into the school setting and it was very challenging trying to fit my agenda around the curriculum, however, I learnt so many valuable skills from the experience and I am so grateful for the experience.

The clientele group ranged from 14-19 years old, and had varying degrees of disability, some with high or low functioning autism, and others with Down syndrome or intellectual/physical conditions. Due to my previous experience working with clients with disability, I knew what to expect, nonetheless, at times I was overwhelmed. Overwhelmed with excitement mostly, the days went very fast and I wanted to achieve so much in my time. Lucky enough, I had another wonderful student to share the load with and also celebrate all the achievements over the time. As no one had been to this placement site before us, we had to set everything up from scratch. After watching the students in class for a few lessons, we jumped into the chance to start initial assessments, objective testing, goal setting and exercise prescription. This client group can be particularly challenging to work with as some students are non-verbal and others have barriers which may limit their ability to participate in some aspects. Over the six weeks in the unit, my communication skills, versatility, resilience and patience grew dramatically. This placement site was a wonderful experience to grow as a clinician and as a person. I am very thankful that I was provided with such a well-rounded placement experience over this year and am excited to see where these skills take me in the future.

Karlee Naumann
Final year CEP student

Completing placement at Murray Bridge High School Disability Unit has been the most inspiring, and life-changing experience. It is also likely be the most influential factor on the path I pursue as a graduating Exercise Physiologist.

I had no idea what to expect or what it would mean for me. I had never worked with disability, never worked with a teenager, and did not know anything specific about Autism.

The underlying reason EP students were requested was due to the lack of physical education in their modified curriculum, and the observation of considerable weight gain in some students over the last couple of years. However, it turns out our role wasn’t just increasing energy expenditure. With our interventions we were able to increase students’ confidence, their ability (strength, coordination, fitness etc), instill in them enjoyment about exercise, and give them an opportunity.
It was definitely not without its challenges. Being a health professional in a classroom, or school setting is quite uncomfortable at times. Your freedom limited by the curriculum, timetable and the short days. Your hands tied at times when your clinical reasoning says one thing, but school rules say you can’t do that. Of course too, the students had their challenges. They had their good days and their bad days, their really good days and their really bad days, and you just had to adjust, be patient and try plans A-Z and then some.

I leave there (for the second time) in roughly a week, and I am leaving with a purpose. The students have ignited a passion for working with children and adolescents with disability, particularly those on the Autism Spectrum, and they have inspired further study next year too.

Lauren McDougall
Final year CEP student
Health Science Program Report

Project Management training and learning

As part of the 2nd year Project Management course, students in the program undertake real world projects as employees of ‘Cutting Edge Consultants’. Staff take on the roles of CEO, Business Manager and Operations Manager in Cutting Edge and student teams work with community partners to develop project proposals and outlines that meet the community partners’ needs. For many students it is their first opportunity to work with ‘real clients’ and the team format allows individuals to work in a collegial environment on their project. Staff monitor the teams’ progress through team postings and meetings. The project management teams can book the simulation space in P4-15 for team meeting to develop their project. Community partners are invited to attend the Health Science Student Conference in November where the final proposals are presented. Here are some photos of some of our diligent (although slightly stressed) students working very professionally on final compilation and completion of their proposals.

Bachelor of Health Sciences Student Conference

On the 8th of November, the Bachelor of Health Sciences Student Conference was held at Mawson Lakes campus. With good food, major presentations from all students within the cohort and valuable insight passed down from multiple guest speakers, the day was a resounding success. Following the conference, students, staff and graduates of IBHL celebrated the 10th Year of the program and farewelled our program director, Janette Young. Over 50 people attending, the evening was also used to farewell our graduating third years. We sang, we let our hair down and we ate lots of good food and cake. It’s been a wonderful 10 years for the program, here’s to the next decade!

Special mention to the IBHL Student Society, who provided photography services for the night.
Human: Animal Intersections happenings!

One of the arms of research that members of the Bachelor of Health Sciences team have a focus on the intersections of human and animal lives – particularly the animals we live with most closely. We are part of the Humans and Animals Research Group (HARG) with members from all the SA universities and many animal focussed services too. In October we had one of our semi-regular catch ups and represented several of the presentations that had been given at the Animal Studies Conference earlier in 2017. It was great to hear presentations that we had missed as most of us were super busy chairing sessions and trouble shooting at the conference.

Below is a synopsis of the four presentations and some lovely photos of Carmel’s Assistance dog Bunji – the star of one of the presentations (guess which one???)

Contact Kristen Stevens (Kristen.stevens@unisa.edu.au) if you would like to be added to the HARG email list!

CAROLINE ADAMS—My Cat is on Facebook
Caroline’s presentation of research explored the phenomena of domestic cat postings on Facebook and discussed the need to consider what drives these phenomena and to what extent do such postings objectify cats. The growth of Facebook has seen a large number of cat memes, photographs and cat Facebook pages. Some are brag photographs with owners showing off their companion cats, some are exploitative while others are concerned with cat welfare and seek publicity and funding for the rescue, treatment and rehoming of cats. Still others celebrate the beauty of kittens and cats. These postings often attract thousands of likes. Caroline’s research aims to understand the social complexities surrounding this topic and what this can mean for both human and non-human health and wellbeing.

CARMEL NOTTLE—I Wasn’t Disabled Until I Got an Assistance Dog
There is a wealth of research highlighting the positive impact that Assistance Dogs can have on the lives of people with disabilities, in particular reducing the stigma and negative attitudes that exist towards such individuals. Traditionally Assistance Dogs were used to assist people with visible disabilities such as the visually impaired; however they are increasingly being used to assist individuals with so called invisible disabilities such as mental illness and diabetes and seizure alert. This "unmasking" creates complications and complexities that may not have previously existed in the life of the person with a disability. This presentation explored the self-reported experiences of a hearing impaired individual who uses an owner trained Assistance Dog, highlighting the positive and negative aspects encountered since adopting this adaptive strategy.
JANETTE YOUNG—Disability Support Animals: Human Pathologisation meets Animal Reconfiguration

Humans and animals have had intersecting relationships both socially and functionally for most of human history. Modern western societies have removed many roles from animals and the closest relationships these humans now have with animals has devolved to being predominately as companions. Within the spaces of disablement, the human: animal relationship may once again gain functional legitimacy. But this can only occur as a human is pathologised, overtly labelled disabled and a non-human animal is reconceived as a disability aid. Animal ears, eyes and physical presence are reconceived as devices deemed necessary to normalise a pathologised human. It is this complex picture of pathologisation, desentiencing, privileging and trivialising that this presentation sought to explore and unravel.

JOSH TRIGG (CQU) - Archetyping relationships with companion animals to understand disaster risk-taking propensity

Pets factor into the daily decision making of many people. Importantly, various characteristics of these human-animal relationships are known to strongly influence pet owners’ risk behavior and, consequently, their animals’ welfare during disasters. Results from the study suggest that relational archetypes are an effective means of examining pet-owner risk propensity, to better understand owners’ risk-taking to protect their animals from harm during a disaster.

Popular Publications

Pets are a popular topic - you might also like to read a couple of articles that include content from a couple of recent interviews with Dr Janette Young on the topic:


Janette Young
Program Director (Bachelor of Health Sciences)
Human Movement Program Report

First Years – get out and stay out!

A compulsory component of the Human Movement Program is the course ‘Introduction to Group and Team Psychology’ taught by Scott Adams.

Working collaboratively, managing change and resolving conflict are key skills for any graduate, and this course develops skills and knowledge to be both positive influences within groups as well as leaders of groups and teams. The practical experiences of Group Adventure Initiative Tasks, self-managed teams and a 4-day Field Trip provide the opportunities to study how groups form and grow, how to develop effective teams and how to work collaboratively, manage change and resolve conflict.

In addition the group and team skills, students develop important life skills as they develop understandings of the impact of individual values orientation and paradigms, the role of personal choice and responsibility, personal habits and goal setting and the role of emotional intelligence in being effective as an individual and group member.

Throughout the practical activities students begin to see the role of relationships in fostering growth within groups. In the 4-day field trip, many students establish life-long professional and personal connections that can sustain them through the challenges of University life.

The 4-day Field trip at Kuitpo Forest is a substantial commitment by students who have busy lives, assignment demands and quite possibly have never been camping before. In addition to focussing on group development, the field trip also focuses on personal development, well-being, environmental learning, sustainability and social justice. The activities used to support these aims are rock-climbing and environmental service in Morialta National Park, group self-catering, mindfulness, group orienteering, Indigenous perspectives with Permangk and Kaurna elders, a bushwalking expedition and fun games night. Students do not have access to showers or power for the 4-days as they are immersed in fresh air and natural spaces.

Importantly, the camp is led completely by second and third year Human Movement students, primarily those studying the outdoor leadership stream, supported by...
trained and qualified staff that provide the infrastructure, ensure safety and quality of student experience is maintained.

There are 2 camps that run in each of the mid-semester breaks, and in all there 217 first year students attending the experience, and 24 student leaders (most of them did both camps) who were either volunteers or completing the role as part of ‘Field Study’. This represents 10,000 hours of outdoor physical activity and a chance to focus on their well-being through time in nature.

For many students it is the first time they have slept in a tent, and whilst for some the only time (!), students appreciate the benefits of having time in green space to promote health and wellness. Students go home tired but energised, with even more tools to face the challenges of 21st century study, careers and living.

The Scott Polley
Program Director: Human Movement

Students spend time reflecting on their learning in their journals

Students Tamae Ninos (obscured) and Brad Cummings discuss their leadership with staff member Kristi Mulvhill.
Health Study Trial
During the mid-semester break, **Associate Professor Jim Dollman** and 5 Health and Wellbeing Industry Placement students visited the Riverland region to trial the HealthPro software developed by **Prof Kevin Norton** and **Dr Lynda Norton**. HealthPro uses a series of health and performance variables to estimate a ‘health age’ and a ‘performance age’, that can be compared with actual age. Importantly, the program includes a ‘what if’ function that allows participants to model the impact of a change in exercise behaviours on health and performance age. The forty residents of Barmera and neighbouring towns who participated in the trial strongly endorsed this approach to risk factor assessment as highly engaging and likely to prompt consideration of positive lifestyle change. Our visit received good media coverage, with two articles in the local newspaper, The Murray Pioneer, and two local radio interviews.

This trial is the first step in a program of research aimed at increasing physical activity participation in rural South Australians, and in 2018 Jim Dollman and his team will scale the process up to include need-supportive physical activity coaching as part of the consultation process. Jim would like to acknowledge the great contribution made by the students to the success of the trial.

**Meg Gillespie, Jemima Gauthier, Alex Steinert, Wanida Raksakaew and Carley Gaden** performed their roles of data collection and project management with professionalism and efficiency. As one participant wrote in a follow-up email: ‘A big thank you for enabling Riverland residents to participate in this trial, and to the students. It was a delight to talk to them and to witness their passion for their work. I found it very beneficial, if only to confirm what I already knew, that is my weight. To see how my weight affected my Health Age was a ‘wake up call’ for me and I have already started to address it. Just need the mental ‘steel’ to keep it up. That will be the challenge.’

Adelaide Crows Placements
This week five new sport science students commenced their placements at the Adelaide Crows. **Maddy Van Kleef, Nicole Dilena and Sarah Orman** will be aligned to the AFC community development program run by **Mr. Jason Lehmann**. Sarah will be working exclusively within the very successful women’s AFL team whilst Maddy and Nicole will be positioned in the schools engagement program. All three students are from the Sport Coaching and Community Development course. **Alex Hoskin** and **Hugh Haysman** from the Professional Practice in Exercise Science course have been given amazing opportunities to work in the Crows Next Generation Academy. A program targeting up and coming AFL players from 14 years old, formulated along similar lines to the youth academies in the English premier league.

In the next few weeks a further seven students from Professional Practice will commence 140 hour placements in the Crows high performance team under the guidance of **Mr Jarryd Wallace** a UniSA sport science graduate. Their placements will be with the AFL team in strength and conditioning, GPS and video analysis, a wonderful opportunity for our students. In the last few years our undergraduate placements at the Crows have now steadily grown to 12 students giving us a strong presence in the market place as a program of choice for those considering undertaking a sport science degree in this competitive environment.

**Mike Hartland**
Course Coordinator
I was selected to represent Australia in Dubai for the indoor cricket world cup from 10-25 September. It was an experience of a lifetime.

Due to the team coming from all different states, and being the only South Australian, I didn't really know anyone in the team apart from versing them at nationals. We spent the first week training as a squad and getting to know each other and then the second week is when the tournament occurred. Australia was extremely successful, winning all four divisions (21&U Men and Women and Open Men and Women). My team (21&U Women) went undefeated throughout the tournament, winning all 9 of the round games and the grand final. The grand final got very close and came down to the last 4 overs of the game, but luckily we came out on top.

Personally, I was happy with my tournament as I played fairly consistent throughout the week and it showed at the end of the tournament as I was named in the World Top 8 side. The experience away from cricket is also something I will remember forever as we got to see some amazing sights such as a desert safari which we went quad biking and four-wheel driving in the sand dunes, went to the top of the world's tallest building (Burj Khalifa) and visited the local malls and mosque.

Ainslee Knight
3rd Year Human Movement Student
From May 20 through July 5, 2017, I was fortunate enough to spend time in my homeland of Canada for (mostly!) research purposes. With funding from the Early Career Researcher International Travel Grant, I collaborated with Dr. Guy Faulkner, a Professor and Chair in Applied Public Health at the University of British Columbia (UBC). Dr. Faulkner’s research is expansive, and ranges from examining how exercise can enhance mental health, to the relationship between active transportation and childhood physical activity and health, as well as assessing the effectiveness of social marketing campaigns on behaviour change. With over 260 publications, Dr. Faulkner is world-renown in these areas, and it was an honour to be able to work alongside him for a few weeks.

My particular journey on how I came to work with Dr. Faulkner starts in early 2016 when I first arrived at the University of South Australia. I was preparing lectures for my course (Health, Exercise and Sport Psychology), and was searching for social media campaigns promoting healthy behaviour. Since I can remember, one organisation in Canada has been pivotal at promoting physical activity - ParticipACTION. In particular, ParticipACTION is a not-for-profit national organisation whose aim is to improve Canadian’s health through promotion healthy living.

When looking on ParticipACTION’s website for specific campaigns, I came across a campaign that had been launched in early 2016 that peaked my interest (see https://www.youtube.com/watch?v=Rrl8ktR9zBw for full campaign). In particular, the commercial panned a variety of empty outdoor playing fields (basketball and tennis courts), with negative emoji’s (sad face, angry face) superimposed on their associated playing equipment (basketball, tennis ball). The message being portrayed is that kids are NOT outdoors being active (empty fields) but that this is NOT approved of (emoji’s). As this type of message aligns with my area of research, I contacted ParticipACTION to see whether the campaign had been evaluated.

To make a long story short, not much evaluation had been done on the campaign, so I contacted Dr. Guy Faulkner who is a member of the Research Advisory Board for ParticipACTION. He was interested in collaborating, and so I submitted a grant application for travel funds, and eventually headed to beautiful British Columbia to conduct two separate studies. Over the six weeks, I worked with Dr. Faulkner and his lab members (master’s and PhD students), attended and presented at an international conference in Victoria, BC, presented at both UBC and the University of Toronto, and met with the marketing team at ParticipACTION in Toronto to present my findings and discuss future collaborations and social marketing campaigns.

While the trip was mainly for work purposes, it was also lovely to spend time with family during evenings and weekends, and to be in Canada for their 150th birthday celebrations. While I had never worked with Dr. Faulkner before, it was great to spend time working under him during what I am calling my ‘mini post-doc.’ I highly encourage any Early Career Researchers to apply for this funding, as it is a great opportunity to extend your network, and to have dedicated time to do research. In the six weeks away, I was able to write two journal articles. That NEVER would have happened had I been here at UniSA (interruptions, focus on teaching, etc.) instead of in Canada, completely focussed on the projects I was there to complete.

- Dr Alyson Crozier
Lecturer in Human Movement: Sport and Exercise Psychology
It was a great day on Friday, 20 October as the School of Health Sciences team Andy Te, Zac Gniadek, Ryan Higgins, Luke Cantley, Melissa Czabania, Katy Phan, Seth Westhead, Natasha Howard fizbee’d their way into 6th place with Natural Built Environment winning the Frisbee event.

Out of 13 teams the overall winner for the 2017 VC Cup went to Psychology, Social Work & Social Policy. The School of Health Sciences came 5th overall in the competition.

Thank you to all that participated, had fun and met new people in the 2017 VC Cup.
Largest cohort of students completing with a Bachelor of Medical Radiation Science with Honours

This year Medical Radiation Sciences has seen nine students complete with honours, the largest cohort since the first intake of Honours students in 2011. Congratulations to all nine on their recent thesis submissions and final presentations held on 22 September. Thank you to everyone who was able to attend the presentations, in particular to the supervisors who provided students with guidance and support over the past 18 months. There was a great sense of accomplishment (and relief!) among the students after the presentations. We wish you all the best in your future careers.

Dr Michala Short
Medical Radiation Honours Coordinator

As the academic year draws to a close we would like to thank you all for your continued support of the students within the Bachelor of Medical Radiation Science. Your input into the student’s clinical experience is very much appreciated. It is a time to farewell another cohort of students and wish them all the best for their future careers.

Ms Jane Shepherdson
Program Director
November included two important events from the program perspective.

The first event is the **Fourth Year Student Conference** which was held at the University of South Australia on the morning of Friday, 24 November. It was great to see all the fourth year students together for the final time as well as students from across the program. One of the pleasing aspects of the conference is that it is often attended by members of the profession and this occurred this year as well which is so supportive for the students. The peer selected presentations this year again included a variety of topics and it was great to see the future members of the profession stepping into a different role and further developing their presentation skills to supplement their clinical skills.

On Thursday, 30 November we hosted the Clinical Supervisor’s Meeting. This meeting was open to anyone involved in supervising or mentoring the students in any of the disciplines. Given the success of the previous meetings hosted within Adobe Connect it was a virtual meeting so that distance and travel time was not an issue. Questions were raised and responded to in real time which allowed interaction from all participants. It was great to interact with both those on site at the university as well as the online participants.

Though these two events were close together they were very different and both provided interesting insights into the students and the program so we thank all of you who attended these events.

Our next clinical supervisor and mentor meeting will be held early in 2018, during February so keep an eye out for the invitation and information related to this as there will be much to discuss as a new academic year begins.

Congratulations to **Professor Eva Bezak** who was awarded one of five Conventions Adelaide Grant Awards 2017 (value $7,500).

The Medical Radiation Team
First year HLT1026 (Medical Radiations Clinical Human Anatomy) students were consolidating their theoretical knowledge by reconstructing the skeletal bones of the foot from two dimensional images, with plasticine.

First Proton Irradiation of Cancer Cells using GE PETtrace cyclotron

In an Australian first, protons were used in a pre-clinical radiotherapy experiment. This has been made possible by a research project undertaken by MSc student Johan Asp together with supervisors Prof Eva Bezak (School of Health Sciences), A/Prof Shahraam Afshar (School of Engineering) and Dr Alexandre Santos (Department of Medical Physics, Royal Adelaide Hospital). They have developed a new beam port on the radioisotope production cyclotron located at the South Australian Health and Medical Research Institute (SAHMRI). This beam port is designed for radiobiological experiments to be performed in a proton beam. It is the first of its kind in Australia and one of very few internationally.

The first radiobiological irradiation with the new beam port was conducted on the 16th of October. The irradiation was undertaken as a part in one experiment lead by A/Prof Ivan Kempson (Future Industries) investigating radio-sensitisation properties of nanoparticles in PC3 prostate cancer cells.

The development and fabrication stages of the beam port is completed, with the final verifications of the beam parameters under way. To finalise the project a real time fibre optical dosimetry system will be developed to give the user delivered dose and dose rate information during the irradiation. The team will also develop a beam shutter to be able to regulate the beam quicker than the cyclotron currently allows.

This project has been a successful collaboration between SAHMRI and UniSA (School of Health Sciences, School of Engineering and FII).
International Day of Medical Physics

7th of November was the International day of Medical Physics. On that day in 1867, Marie Sklodowska-Curie was born in Poland. She is known for her pioneering research on radioactivity which still contributes to the fight against cancer today.

This year we celebrate the 150th birthday of Marie Sklodowska-Curie. Women working in medical physics from around the world were asked to send their photo to produce this poster marking this event. There was a fantastic response and the poster includes women from over 25 countries (including E Bezak from UniSA).
Dr Jessie Childs and A/Prof Sarah Thompson from the RAH secured a $13,200 RAH Research Committee Clinical Project Grant for 2018. From “Can bedside ultrasonography accurately predict liver volume in patients following a very low calorie diet (VLCD) prior to laparoscopic anti-reflux surgery?”.

Sandy Maranna has been merit chosen by the International Society of Ultrasound in Obstetrics and Gynaecology to collaborate with the World Health Organisation as a trainer for a multi-country, multi-centre ACTION trial in developing countries to help improve fetal and maternal outcomes.

For the initial commitment, Sandy will be collaborating on behalf of the WHO with tertiary referral and teaching hospitals in Southern India.

ASA 2017 Annual Special Interest Group (SIG)

The ASA’s annual Special Interest Group (SIG) Symposium had expert presenters providing a comprehensive approach on select ultrasound streams to small audiences. The Symposium program was developed by a committee of specialist sonographers committed to developing a high-quality program within their discipline. SIGS2017 Adelaide offered presentations and live scanning workshops by expert presenters on Musculoskeletal (MSK), Paediatric and Vascular ultrasound. The symposium was fully booked and was a huge success.

Brooke Osborne
Program Director

Sandy with the Renal transplant team rom RAH, Dr Santosh Olakkengil and Julie Bakuits
Sandy Maranna and Dr Jessie Childs were the co-convenors of the vascular steam of the SIG.

Sandy Maranna gave a plenary presentation on sonographer perspective of vascular research. Special thanks to Dr Kade Davison for his mentoring on this topic.

Kate Lamb facilitated an engaging workshop on varicose veins.

A special thanks to sonography student volunteers Kiara Price, Hong Uyen & Dang Le. Huge thanks to Zac Gniadek who helped us with patient volunteers.
Occupational Therapy Program Report

OT Student Conference

Our fourth year OT students had a very successful end of year conference under the catchy heading "To InfinOT and Beyond". All were welcome.

OT Student Conference
WEDNESDAY 29TH & THURSDAY 30TH NOVEMBER 2017
City East Campus
H2-02 (Basil Hetzel Building)

Chancellors Award presentation

At the recent awards, Dr Kobie Boshoff, Dr Angela Berndt and Dr Carolyn Murray, were presented with a Chancellor's Community Award for "Best practice collaborations in building human potential across the community through intergenerational approaches"; $10,000.

OT Week Student Breakfast

Our OT Student Committee (seen in the picture hard at work) organised a breakfast event for students to celebrate OT week here at UniSA. The event was a great success with over 35 students enjoying breakfast and presentations from OTs in the field.

Grant win

Dr Shelley Wright was part of an interdisciplinary application headed by Assoc Prof Nicole Moulding (Discipline Head, Social Work and Human Services) for URIIPA funding (University Research Investment – Performance Allocation funding). The funding was successful!

The Alliance is called 'Alliance for Research into Domestic Violence and Trauma’, and the funding amount is $30,000. The research aim is to strengthen relationships between women and children after domestic violence, so very much fits with my research interest in the area and child and family trauma. It involves across university collaborations (with many team members in EASS), as well as quite a number of industry partnerships.

Congratulations

Brad Stenner, recently participated in the Australian Mid-Amateur Golf Championship held at Lady Bay Golf Club, Normanville in November. This event is the national championship for male and female golfers aged 35 – 54, and is held at a different course each year. Brad shot rounds of 81, 78 and 72, for a total 231, finishing in 7th position in the national championship, out of a field of 71 male golfers. Brad also won the 'nett' event for the week, which is the overall trophy for the best score after a players handicap has been taken off their score.

Well done Brad.
2nd Year Occupational Therapy Student  
Simulated Placement @ UniSA Health Medical Clinic

During the two-week September non-teaching period 2nd Year Occupational Therapy Students undertook a simulated mental health placement at the new UniSA Health Medical Clinic. With around 40 students participating each week the Clinic was a hive of activity. The students really appreciated the new space and felt it afforded an appropriate environmental press that required professional behaviour.

There were 5 simulated patients (actors) each with a different mental illness and presentation. The students worked with the simulated patients (actors) to undertake a range of activities including an initial assessment and 3 additional tasks that facilitated knowledge and skill development prior to undertaking their Objective Structured Clinical Examination (OSCE), which accounted for 15% of their marks in the course Occupational Therapy Practice and Mental Health.

Feedback from the students was very positive with seventy six students completing the Evaluation Form. Students were asked to rate the various learning activities on a scale of 1-5, where 1 = little learning opportunity and 5 = excellent learning opportunity. The table below provides details of how each activity was ranked as well as comments on the connection with the actors.

<table>
<thead>
<tr>
<th>Learning activity</th>
<th>Ranking</th>
<th>Average</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tasks with client</td>
<td>1</td>
<td>4.61</td>
<td>Direct work with actors</td>
</tr>
<tr>
<td>Client interview</td>
<td>2</td>
<td>4.59</td>
<td>Direct working with actors</td>
</tr>
<tr>
<td>OSCE</td>
<td>3</td>
<td>4.49</td>
<td>Direct working with actors #Assessed</td>
</tr>
<tr>
<td>Client Presentations</td>
<td>4</td>
<td>4</td>
<td>Indirect work with actors</td>
</tr>
<tr>
<td>Reviewing example interview (video)</td>
<td>5</td>
<td>3.9</td>
<td>Preparing for work with actor</td>
</tr>
<tr>
<td>Clinical documentation</td>
<td>6</td>
<td>3.75</td>
<td>Writing clinical reports</td>
</tr>
<tr>
<td>Case Conference</td>
<td>7</td>
<td>3.71</td>
<td>Not related to work with actors</td>
</tr>
<tr>
<td>Preparing for 1st client interview</td>
<td>8</td>
<td>3.67</td>
<td>Preparing for work with actors</td>
</tr>
<tr>
<td>2nd client referral &amp; case conference prep</td>
<td>9</td>
<td>3.45</td>
<td>Not related to work with actors</td>
</tr>
<tr>
<td>Orientation</td>
<td>10</td>
<td>2.82</td>
<td>Held in lecture theatre not clinic – no actor involvement.</td>
</tr>
</tbody>
</table>

As can be seen from the ranking the students found activities directly related to working with the simulated patient (actor) offered greater learning opportunity. Interestingly they found the activities leading to the OSCE slightly more valuable than the OSCE itself.

In terms of how useful a clinical experience the students found the overall simulation experience the average score was 7.85 on a scale of 1 – 10; with a range of 5 to 10 with a median of 8.

Student feedback also indicated they would like to have more opportunity to engage with high quality simulated patients across the curriculum, for example in workshops or tutorials to facilitate their skill development.
Physiotherapy Program Report

The Bachelor and Masters of Physiotherapy programs continue to provide successful work integrated learning experiences that support almost 300 third year, fourth year and graduate entry students each year to develop their competency in the outpatient setting. We have been successful in negotiating a number of new clinics recently at Open Door (Salvation Army), Modbury GP Plus, The Pines (Southern Cross Care) as well as a new clinic that will commence in 2018 at the UniSA Heath & Medical Centre. These will supplement our existing clinics at Flinders Medical Centre, Southern Community Health (Belair), Magill (UniSA Campus), and Queen Elizabeth Hospital. The clinics represent long term strong and effective partnerships with industry, and a commitment to community engagement lasting decades with some partners. Each student spends 85 hours over 5 weeks treating patients under supervision of a registered physiotherapist employed as a clinical educator. These student experiences occur in clinics which operate over 15 continuous weeks in SP 2 and another 15 weeks in SP 5 providing an uninterrupted service to the community. Consequently, physiotherapy students provide over 17,000 occasions of physiotherapy service annually supporting equitable access for the community. None of this would be possible without the ongoing support of both academics and the administration team that support these activities.

Dr Saravana Kumar was part of a team of allied health professionals from Country Health SA Local Health Networks who were awarded a 2017 SA Health Award within the Building and Strengthening Partnerships category for “iREWARDS – Streamlining Clinical Responsiveness”. iREWARDS was a collaboration between Country Health SA and UniSA to develop an initial service response conversation tool and streamlined clinical intake process for children. The iREWARDS acronym guides the clinician’s conversation to identify the child’s developmental needs and enables an immediate clinical response. The standardised clinician-led, child-focussed process, implemented across all ten Child Health and
Development teams, resulted in a 57% reduction in waiting times for early intervention services. This award was presented by Hon Minister Peter Malinauskas (Minister for Health Minister for Mental Health and Substance Abuse).

PhD candidate Priya Martin, supervised by Saravana Kumar, Lucyllynn Lizarondo and Katherine Baldock won the Health Services Research Association Australia New Zealand Best PhD Paper Award. This Award was presented at the recent 10th Health Services and Policy Research Conference held in Gold Coast from the 1st-3rd November 2017.

Saravana Kumar and Katia Ferrar have won a Student Experience Grant ($1000) to hold the following event in 2018 – “Pizza on the plaza – a place to meet and mingle”. As Saravana’s and Katia’s courses will be delivered in mostly through online in 2018, this event aims to provide first year students an opportunity to meet and mingle with other people they are likely to encounter during their studies at University of South Australia (such as academic and professional staff). This event will be held twice next year, once in SP 2 and SP 5, and so keep a look out for the event details as we would love for you to drop by and say hi to our students!

Congratulations to UniSA Physiotherapy Graduate long-distance runner Jessica Trengove as The Advertiser/Channel 7 Sport Star of the Year for 2017.

Dr Gisela Van Kessel
Program Director: Physiotherapy (Undergraduate)
Churchill Fellowship: Dr Kylie Johnston

Dr Kylie Johnston has just landed back in Adelaide from travel supported by a Churchill Fellowship to learn new ways to manage chronic breathlessness using non-drug methods. During her 6-week Fellowship Kylie spent time at internationally renowned Breathlessness Intervention Services in Cambridge UK, Cecily Saunders Institute Kings College and St Christopher’s Hospice, London and the INSPIRED COPD program in Canada (Halifax and Ottawa). She established connections with clinicians, artists and researchers dedicated to improving life for people with chronic breathlessness in rehabilitation and palliative care; from Singing for Breathing programs in the UK, yoga therapy in Oxford, to research and rehabilitation programs at the University of Toronto, Canada.

Top 5 findings from Kylie’s Churchill Fellowship travel:

1. Non-drug breathlessness intervention services enable people to cope better, reduce distress due to breathlessness and reduce hospital admissions in the year after commencement compared with the year before.

2. Non-drug breathlessness management should be provided as part of, or integrated with a multidisciplinary, rehabilitative palliative care approach for people with this troubling symptom regardless of their disease condition: be that advanced COPD, interstitial lung disease; heart failure; cancer.

3. A clinical model focused around Breathing, Thinking and Functioning (authored by Anna Spathis and colleagues from the Cambridge BIS) was used by several services to explain and choose interventions in the non-drug management of breathlessness.

4. A brief intervention with home visit and telephone follow-up to deliver non-drug breathlessness interventions appears potentially feasible in the Australian health care environment.

5. Creative practices of singing and yoga for people focus on generating well-being, purpose, social role rather than on reducing symptoms and have promise for people with breathlessness.

The next phase of this Fellowship involves communication of, planning for and implementing recommendations based on these findings in collaboration with existing and new local networks and services. For information, ideas and discussion and action
Final Rehab student clinic at the Repat

Physiotherapy has been taught at the University of South Australia and its precursor institution, the SA institute of Technology, since 1970. This period of almost 5 decades likely coincides with the duration of the relationship between Rehab Physiotherapy education and the Repatriation General Hospital at Daw Park. Friday, 27th Oct saw the last group of students treat patients at the Repat, with the closure of the student clinic due to the move of the Repat to Flinders Medical Centre.

Tony Hewitt, the Director of the Repat Physiotherapy department was in attendance to say a few words to thank the clients for their attendance over the years. Over 30 clients and carers were present, keen to share stories of their progress made thanks to the student physiotherapy service. While we are hopeful that some clients will be able to attend UniSA services at City West or Day Rehabilitation services at the new FMC service, many were sad that the distance and limited transport options would mean that this local community service would no longer be available to them.

We wish to thank the clients for their substantial contribution to student learning, the staff at the Repat for allowing us to use their facilities and assisting with administration, and the physiotherapy students and educators who have contributed to make this service such a success.

Dr Michelle McDonnell

Wesley Huxtable, Clinical Educator Jeric Uy, Neal Fiston, Declan Osborne and Matthew Bradley

Clients sharing happy memories

Tony Hewitt addresses clients and carers of the Student Physiotherapy service
Final Presentations for Physiotherapy Honours

Shylie Mackintosh (Physiotherapy Honours Coordinator)

Physical activity and chronic disease: A role for lutein to increase physical activity behavior in adults?
Student: Madeline Cooke
Supervisors: Prof Jon Buckley, A/Prof Alison Coates, Dr Liz Buckley

This narrative review evaluated literature related to the role of physical activity in chronic disease prevention, building on a previous review published a decade ago. The previous review reported a convincing association between physical activity and a reduced risk of developing type II diabetes, and osteoporosis. Findings from the current review consolidate those from the previous review, where recent evidence supports the benefits of moderate intensity exercise in the prevention of cardiovascular disease and cancer. There was minimal evidence published in the past 10 years evaluating the association between physical activity and type II diabetes. However, the studies published during this time did support previous findings. No additional studies were published in the past 10 years evaluating the benefits of physical activity and the development of osteoporosis; however previous evidence suggests moderate physical activity protects against osteoporosis development. The association of physical activity with cognitive impairment, dementia and Alzheimer’s disease were unique to this review. Where there was preliminary evidence to suggest an association between increased physical activity and a reduced risk of mild cognitive impairment and Alzheimer’s disease, but not dementia. Based on current evidence, moderate physical activity is associated with a reduced risk of cancer, cardiovascular disease, type II diabetes, cognitive impairment, Alzheimer’s disease and osteoporosis.

Key words: Cancer, cardiovascular disease, diabetes, osteoporosis, dementia, Alzheimer’s disease, exercise

The effect of using the OrbIT Gaming System to increase corticomotoneuronal excitability in healthy adults: A pilot study
Student: Emily Hang
Supervisors: A/Prof Susan Hillier, Dr Michelle McDonnell, David Hobbs

Objective: To investigate the effect of the OrbIT Gaming System (OGS) on corticomotoneuronal excitability in healthy adults and provide data for proof of concept for future trials in clinical populations.
Design: Experimental study.
Setting: University laboratory.
Subjects: Twenty five healthy right handed adults. Mean age of 27.32 (standard deviation 12.51) years.
Interventions: Participants were subjected to the same three experimental conditions (rest, active, active with haptics) and engaged in 30 minutes of game play with the OGS.

Main Measures: Non-invasive brain stimulation was used to elicit motor evoked potentials (MEP) in target hand and forearm muscles during the three experimental conditions and pre and post game play. The amplitude of the MEP was measured, the slope of the stimulus response curves and the cortical silent period were recorded pre and post game play. Results: Game play with the OGS was associated with increased MEP amplitude in all muscles, but only significantly greater in Extensor Carpi Radialis. The experimental conditions showed significant change between rest and the two active conditions only. Non-significant changes were found in the stimulus response curves and cortical silent period. Conclusions: The OGS may have modulatory influences on corticomotoneuronal excitability in healthy young adults. Further research in a larger sample size is recommended to refine the protocol and further evaluate efficacy before trials on a clinical population.

Key Words: Video-gaming, corticomotoneuronal excitability, hand musclesp
Diagnostic accuracy of two clinical tests for Posterior Tibial Tendon Dysfunction for people with presenting symptoms: A diagnostic study

Student: Stephanie Lubcke

Supervisors: Dr Ryan Causby, Ian Fulton, Sandy Maranna

Background: Posterior Tibial Tendon Dysfunction is a progressive foot condition caused by overuse or degeneration of the Posterior Tibial Tendon. The condition is seen in orthopaedic, podiatry and physiotherapy clinics and diagnosis is attained primarily through clinical tests and occasionally confirmed with MRI or Ultrasound.

Objectives: To determine the diagnostic accuracy of clinical tests for detecting Posterior Tibial Tendon Dysfunction in people with medial foot pain and associated symptoms. Where appropriate this review will also seek to determine the concurrent validity of these clinical tests in detecting the condition. Study Design: Systematic review of diagnostic accuracy. Methods: A search of AMED, Medline, Embase, CINAHL, PubMed and Scopus was conducted in November 2016. Two independent reviewers were involved in study selection and quality appraisal. Results: This review found that all five of the included studies which have investigated the diagnostic accuracy of clinical tests for Posterior Tibial Tendon Dysfunction were at risk of bias and had concerns regarding their applicability. Nine clinical tests were investigated with the most common measure reported being the Single Leg Heel Raise. Conclusion: This review finds that there is limited research into the diagnostic accuracy of clinical tests for Posterior Tibial Tendon Dysfunction. Future research should be conducted into this area.

Key Words: Tibialis Posterior, Diagnosis, Single Leg Heel Raise, Foot Posture, Index, balance

Does hypnotic suggestion alter the state of the motor cortex in healthy, older adults?

Student: Claudia Neubauer

Supervisors: Dr Tasha Stanton, Dr Michelle McDonnell, Dr Allan Cyna

Background: The application of a task-motivating hypnotic suggestion has demonstrated, in a younger population, facilitation of motor cortex activity and increase of voluntary grip strength; findings indicative of cortical changes via neuroplasticity. This holds promising rehabilitative implications for certain clinical populations with motor dysfunction in which the induction of neuroplasticity via active movement is not possible (e.g. stroke). In these populations, a passive adjunct may be an important intermediate step in regaining function. However, previous work evaluating non-invasive brain stimulation (NIBS) studies has found that the brain’s capacity to undergo neuroplastic change may decline as we age. Given that many clinical populations that suffer from motor dysfunction are often older this may impact the effectiveness of interventions such as hypnosis. Therefore, the aim of this thesis was two-fold: first, to systematically evaluate the literature for the effect of age on NIBS-induced plasticity (Study 1); and second, to evaluate whether similar effects on motor cortex excitability and voluntary contraction with hypnotic suggestion (seen in a young population) occur in an older population (Study 2).

Methods - Study 1: A systematic review of the literature for the effect of age on NIBS-induced plasticity of the motor cortex was completed following established review methodology guidelines. This included: a sensitive search of numerous databases; study screening, inclusion, quality assessment and data extraction by two independent reviewers; meta-analytical techniques when two or more studies evaluated the same NIBS paradigm. All studies that evaluated NIBS-induced plasticity (evaluating motor evoked potentials (MEPs) in the small muscles of the hand) and that compared between a young and older population were included.

Study 2: 27 healthy participants over the age of 55 years old were recruited. Transcranial Magnetic Stimulation (TMS) was used to measure corticomotoneuronal excitability (CME) (i.e. MEP amplitude) and short-interval intracortical inhibition. A load cell and handheld dynamometer were used to measure pinch and grip strength, respectively. Participants were randomly allocated to one of three experimental conditions; Task-motivating hypnotic suggestion (THS), Hypnosis only (HO) and Suggestion only (SO). CME and hand strength were measured three times: at baseline, immediately following exposure to the experimental condition (while still under hypnotic trance in conditions THS & HO) and 20 minutes after the resolution of the condition exposure (i.e. out of hypnotic trance). Differences between groups over time were compared using a mixed model analysis.
Results - Study 1: The systematic review included 13 studies, the majority with moderate to high quality. Overall, the included studies suggested that there is impaired NIBS-induced plasticity in the older adult compared with younger adults. The paradigms used in included studies were repetitive transcranial magnetic stimulation (rTMS), intermittent and continuous theta burst stimulation (iTBS & cTBS), and paired associative stimulation (PAS). All paradigms except iTBS, unless primed, demonstrating significant age differences.

Study 2: The mixed model analysis showed no condition x time interaction, nor any effect of condition or time for any of the outcomes. All effect sizes were very small suggesting no trend towards an effect on excitability or SICI.

Conclusion: Overall, the results of this thesis support the idea that plasticity is reduced in older adults. The systematic review found that older adults have impaired NIBS-induced plasticity of the motor cortex compared with younger adults; findings that were consistent with our main study evaluating hypnotic suggestion and its effect on CME. While the results of this main study were not consistent with those of the previous study investigating the effect of hypnotic suggestion in young participants, they support the idea that as individuals age, their capacity to undergo neuroplasticity adaptation to intervention is reduced. Future research is warranted to explore whether an individualised, more in-depth hypnotic protocol (versus brief, standardised as used here) has enhanced effects – this would be necessary to determine the prospects for hypnotic suggestion in an older population.

Simple circuit based assessment to assess fundamental movement skills in pre-school aged children: validation and feasibility study

Student: Brooke Klinberg
Supervisors: Dr Katia Ferrar, Dr Natasha Schranz, Dr Lisa Barnett

Aim: The purpose of this thesis was to validate and investigate the feasibility of a fundamental movement skill assessment in pre-school settings. Methods: A systematic review sought to examine the feasibility of current available fundamental movement skill assessments, followed by a validation and feasibility study. Validation study: A comparative study between the Athletic skills track (administered by pre-school staff), and the reference standard, the Test of Gross Motor Development 2 (administered by the student researcher) was undertaken. The participants were 65 three to six year old children sampled from five pre-schools across South Australia representing each socioeconomic quartile. A Pearson correlation coefficient and Bland-Altman plot were used to assess association between both fundamental movement skill assessments.

Feasibility study: A cross sectional observational design was carried out. Each pre-school staff member who administered the Athletic skills track at their pre-school site then completed a semi-structured interview regarding their experience and the use of the Athletic skills track in the future. The outcome was feasibility data regarding the Athletic skills track. Results: Validation study: Results suggest a moderate negative correlation (r = -0.633, p<0.01) between scores of the Athletic skills track and the Test of Gross Motor Development 2. Feasibility study: All five staff reported strengths of the Athletic skills track to be its short administration time, obstacle course setup, appropriateness for the children’s skill level and accessibility for staff. Three out of five staff thought the training provided could be improved but overall all staff commented they would use it again. Children also rated their enjoyment of the Athletic skills track using the Smileyometer with an average score of 4.5/5. Conclusion: Theses results suggest the Athletic skills track may be appropriate and feasible for use as a fundamental movement skill assessment in Australian pre-schools.

Surface electromyography of upper trapezius muscles during flexion and abduction movements of the shoulder in healthy participants — a consistency, reliability and clinical utility study

Student: Lucy Thomas
Supervisors: Dr Maureen McEvoy, Dr Julie Walters, Dr Steve Milanese

Background: Patients presenting with scapular dyskinesia (SD), are often provided with exercises focusing decreasing over-activity in the upper trapezius (UT) and increasing activity in the lower trapezius (LT). Effectiveness of such retraining is hampered by two factors: the lack of normative data relating to the activation ratio of
UT and LT; and the lack of clinical measures accessible to the clinician. Therefore, the primary aim of this study was to generate normative surface electromyography (sEMG) data on the activation ratio of UT and LT muscles during shoulder flexion and abduction in healthy adults. Secondary aims were to evaluate the protocol’s intra-rater reliability and clinical utility.

Methods: A systematic review was conducted to determine whether healthy adults with SD are more likely to develop atraumatic shoulder injuries. The main study was conducted in two parts, the first explored the intra-rater reliability of the protocol and the second determined the consistency of UT:LT activation ratios. The primary outcome measure was sEMG as an indirect measure of muscle activity. The secondary outcome measure was a customised Participant Clinical Utility questionnaire and clinical utility field notes.

Results: Systematic review: findings from two of four prospective cohort studies suggested there was some evidence to support that healthy adults with SD were more likely to develop atraumatic shoulder injuries. There was insufficient clinical homogeneity across the studies to justify conducting a meta-analysis. Main study: a total of 22 participants were recruited using convenience sampling (intra-rater reliability n=5, main study n=22). Intra-rater reliability indicated overall variable reliability (r=0.41 to 1.00), There was limited consistency of UT:LT activation ratios across the population. Some consistency was seen in separate UT and LT normalised activation patterns. Clinical utility data was excellent (Comfort 4.8/5 (4-5, SD 0.39) and timeliness 4.7/5 (4-5, SD0.48)).

Discussion: Systematic review: findings suggest that an association does exist, but whether SD is a cause or an effect of atraumatic shoulder injury remains unknown. Main study: the lack of consistent UT:LT activation ratios within the population may be attributable to variance within the population’s motor recruitment patterns, protocol error, as well as study limitations.

Conclusion: Systematic review: more research is required to determine the direction of the relationship between SD and atraumatic shoulder injuries due to shortage and methodological deficiencies in current available research. Main study: every client should be assessed and managed individually, disputing the routine of decreasing over activity in the UT and increasing activity in the LT. This reliable and clinical applicable protocol for trapezius activation will provide clinicians with greater confidence in client’s assessment and reassessment. Further testing of the protocol is required to confidently accept the results with confidence and provide normative data against which clinicians can compare client’s results.
Podiatry Program Report

For my first written ‘Pod-cast’ for the Health Sciences newsletter it is important that I recognise the outgoing Program Director, ‘Associate Professor Sara Jones’. Sara has led the Podiatry program for over 20 years now. During this period, the program has gone from a 3 year program to a 4 year program, seen a significant increase in student numbers, and achieved consistently good feedback from our stakeholders within the podiatry profession and from the graduates themselves. She has left quite large shoes to fill (pun intended). Sara of course will not be a stranger to the Podiatry Program and will continue to be involved in the rural components of our program and other aspects of teaching, but for the meantime we wish you well in your position as Associate Professor of Rural Health.

As always, this is a busy time of year. The podiatry program has been involved in a number of activities. We had our first couple of Podiatry students (Patrick Blenkinsop and Jessica Ngo) travel to Cambodia to be involved in ‘interprofessional learning (IPL)’ clinics together with other physiotherapy and occupational therapy students. This involved working with the ‘Komar Pikar Foundation’ as part of a long-established link with the Occupational Therapy Program here at the University, and new links with the national paediatric hospital based in Phnom Penh.

Also, our final adventure involved the annual ‘practice management’ seminar, held this year in Robe, SA. Despite a bus break-down, 95% of the staff and students made it down there in order to receive presentations, teaching and discussions about the real-life requirements and responsibilities they will face in the very near future as practising podiatrists. This is a good chance for frank discussion about how to manage difficult situations and avoid getting into them into the first place. The students were also challenged with a coastal walk... just to get the feet moving, and the evening barbecue provided ample opportunity for students to chat about their transition into a fully-fledged health professional...

So that's it from our 'pod'
Merry Christmas and all the best for the New Year.

Cheers

Dr Ryan Causby
Program Director: Podiatry
Title: *Footprint characteristics in forensic analysis: a comparison of barefoot and in-shoe impressions in young healthy adults*
Honours Student: Arnold Hu
Supervisors: Sara Jones, John Arnold, Ryan Causby

Abstract

Background: Barefoot and in-shoe impressions are examples of evidence that may be used during forensic analysis to place suspects at crime scenes. Barefoot impressions are unique to an individual due to morphological differences arising from genetic and environmental factors. In-shoe impressions are formed when insoles retain the impression from weight bearing areas of the foot. In some cases, the comparison of these two types of impressions has been used in evidence to convict suspects. However, it is not known how accurately in-shoe impressions reflect the barefoot and there is a paucity of evidence regarding the accuracy of comparison of these impressions. Therefore, this study aimed to determine if there were differences in morphological measurements between barefoot and in-shoe impressions and if differences existed in measurements of impressions formed on insoles in two different styles of footwear.

Methods: A within-subjects, repeated measures design was used. Eight young, healthy participants were recruited. Each possessed a pair of lace-up and a pair of slip-on shoes, and did not wear foot orthotics. Static and dynamic barefoot impressions were collected from all participants. Two pairs of insoles were fabricated for each participant and worn in each style of footwear for a minimum total duration of 10 hours to collect lace-up and slip-on in-shoe impressions. The Reel method, which has high intra- and inter-rater reliability, was used to obtain morphological measurements from all foot impressions. Seven measurements were obtained from each foot impression, including five length (base of heel to apices of the toes) and two width (heel and forefoot) measurements. Comparisons were made between the measurements from the four different foot impressions: (static barefoot, dynamic barefoot, lace-up in-shoe and slip-on in-shoe).

Results: Length (base of heel to apices of hallux and second toe) measurements were shorter in the static barefoot impressions compared to in-shoe impressions from both the lace-up and slip-on shoes. The length from base of heel to apex of third toe measurements were also found to be shorter in static barefoot impressions compared to lace-up shoe impressions. Metatarsophalangeal joint (forefoot) width measurements of in-shoe impressions from lace-up shoes were narrower than both static and dynamic barefoot impressions. The heel width measurements from both styles of shoes were narrower than both static and dynamic barefoot impressions. There were no significant differences in the morphological measurements obtained from both styles of footwear.

Conclusion: The findings of this study suggest that the morphological measurements taken from barefoot and in-shoe impressions are not comparable. Differences between measurements of static barefoot and in-shoe impressions were identified. Dynamic barefoot impressions may better reflect in-shoe impressions than static. Further research involving larger numbers of participants and addressing confounding variables is warranted.
Title: Footwear and insoles for people with knee osteoarthritis: effects on knee muscle activity during walking
Honours Student: Jessica Ngo
Supervisors: John Arnold, Dominic Thewlis

Abstract

Background: Knee osteoarthritis is a common condition responsible for significant pain and disability. Although the cause of knee osteoarthritis is multifactorial, mechanical factors such as joint loading play an important role in the progression of the disease. Footwear and lateral wedge insoles have been reported amongst the literature to modify knee joint loading by reducing the external knee adduction moment, a surrogate measure of medial knee joint loading. However, no studies have examined the effects of footwear and insoles on knee muscle activity, a factor which also further contributes to knee joint loading. In addition, assessment of footwear comfort and knee pain levels is important to patients as it will determine the acceptability of these interventions and their potential for longer term use. Therefore, the aim of this pilot study was to determine the effect of footwear and lateral wedge insoles on knee muscle activity, footwear comfort and knee pain in individuals with medial knee osteoarthritis during walking.

Methods. This study incorporated a within-participants repeated measures design. Participants with medial knee osteoarthritis underwent three-dimensional gait analysis in four conditions: (1) barefoot walking, (2) flexible thin-soled shoes, (3) neutral athletic walking shoes and (4) neutral athletic walking shoes with lateral wedge insoles. Surface electromyography data of the biceps femoris, semitendinosus, vastus lateralis and vastus medialis muscles were recorded and used to calculate the corresponding time to peak amplitude of the muscles during stance phase. The kinetic and kinematic variables of interest included first peak external knee adduction moment, first peak knee flexion moment and peak sagittal plane knee angle during the first 50% of stance. Self-report surveys were also completed by participants to determine the comfort levels of the footwear and insoles and their effect on knee pain levels during walking.

Results. Four participants were recruited. Minimal differences in time to peak amplitude during early stance was observed for the biceps femoris, semitendinosus, vastus lateralis and vastus medialis muscles across the different conditions. The mean first peak external knee adduction moment did not differ between the different walking conditions. Barefoot walking resulted in the lowest first peak knee flexion moment and flexible, thin-soled shoes were associated with highest first peak knee flexion moment compared to the other footwear. However, the greatest reduction in the peak sagittal plane knee angle during early stance was observed in the flexible, thin-soled walking shoe. The neutral athletic walking shoes with lateral wedge insoles showed the lowest knee pain levels reported by participants during walking and higher comfort scores. Increased comfort appeared to be related to increased shoe to foot contact and enhanced stability.

Interpretation. The findings of this pilot study suggest minimal effects of footwear and lateral wedge insoles on knee muscle activity in people with knee osteoarthritis during walking, with large variations in individual response. The flexible shoes were rated as the least comfortable for two participants, with no clear trends regarding changes in knee pain. Specific features of footwear design and comfort relating to foot contact and shoe stability may be important considerations in future studies. Due to the small sample size, the findings of this study cannot be generalised to the wider population with knee osteoarthritis. However, this study provides a foundation and preliminary data to guide future research.
TITLE: THE USE OF FOOT ORTHOSES FOR PAEDIATRIC FLEXIBLE PES PLANUS: AN INVESTIGATION OF EXPERT OPINION AND CURRENT LITERATURE.

Honours Student: Sindhrani Dars
Supervisors: Helen Banwell, Saravana Kumar, Hayley Uden

ABSTRACT

Background: Flexible pes planus (flat feet) in children is a common presenting condition in clinical practice due to concerns amongst parents and caregivers. There is no universal agreement on its diagnosis, or when and how foot orthoses should be prescribed. While Foot Orthoses (FOs) are a popular intervention, its effectiveness remains unclear. Thus, the aim of this study was to systematically review the current evidence base for the effectiveness of FOs for paediatric flexible pes planus and to garner consensus and agreement among podiatrists on the use of FOs for paediatric flexible pes planus.

Methods: All primary research designs were included for the systematic review which was conducted and reported in line with the Preferred Reporting Items for Systematic Reviews and Meta-Analyses (PRISMA) statement. Given the heterogeneity of the included studies, descriptive data synthesis was undertaken. Secondly, a three round Delphi consensus survey was undertaken with 15 podiatry experts from Australia, New Zealand and the United Kingdom. Round one gathered consensus on the diagnosis and intervention into paediatric pes planus with specific questions on types of FOs and prescription variables used. Round two and three were based on answers from Round one and gathered agreement (rationale for choices) on a five point Likert scale. 70% of respondents had to agree to a statement for it to be accepted as consensus or agreement.

Results: Summarised findings from the heterogeneous evidence base indicated that FOs may have a positive impact across a range of outcomes including pain, foot posture, gait, function and structural and kinetic measures. Despite these consistent positive outcomes reported, the current evidence base lacks clarity and uniformity in terms of diagnostic criteria, interventions delivered and outcomes measured for paediatric flexible pes planus. Moreover, consensus and agreement was achieved for 83 statements directing the diagnosis of pes planus (using FPI-6 and/or rearfoot measures), common signs and symptoms (e.g. pain, fatigue, abnormal gait and other functional concerns) that direct when to intervene into paediatric flexible pes planus. Prefabricated orthoses were the preferred intervention where adequate control is gained with their use. When customised orthoses are prescribed, a vertical [heel] cast pour, minimal arch fill, and a forefoot balanced to perpendicular are the prescription variables of choice, plus or minus additional variables (i.e. medial heel (Kirby) skive, the use of a University of California Biomechanical Laboratory device or a medial flange) dependent on level of disorder and plane of excessive motion.

Conclusions: This study, first of its kind on this topic, identified consensus and agreement on a series of diagnosis methods and interventions for the paediatric flexible pes planus. A clinical protocol was developed from the resultant consensus statements which provides clinicians with a series of evidenced-informed statements to better guide them on the when, how and why FOs are used specific to this population. The systematic review revealed that despite several methodological limitations, FOs shows potential as a treatment method for children with flexible pes planus.
‘Bongs’ in Cambodia

Dr Ryan Causby, Program Director: Podiatry

Despite what you think, ‘Bong’ is a term of respect in Khmer, usually reserved for someone older, but not always. This is an article by two ‘bongs’ from the School of Health Sciences who visited Cambodia with a group of students during August and September.

For the first time, combining Occupational Therapy, Physiotherapy and Podiatry as part of a first-ever health sciences international interprofessional learning (IPL) opportunity, Ryan Causby and Narelle Ryan joined students Madeleine Calderwood, Tanya Burton, Brooke Klingberg, Tiffany Gray, Patrick Blenkinsop and Jessica Ngo for a 4-week trip (longer for the Occupational Therapy students) to Cambodia.

Utilising a long-established relationship that Occupational therapy had with the Komar Pikar Foundation (http://komarpikar.org) and capitalising on a new relationship with the OT and Physical Therapy department at the National Pediatric Hospital, based in Phnom Penh (and supported by https://www.healthcarevolunteersinternational.org/). Further links were also made with Exceed (http://www.exceed-worldwide.org/) who provide prosthetic and orthotic services to those in need.

Each day the students were separated into two groups, each containing one from each profession, venturing out via Tuk Tuk. One group spent the day at the hospital, whilst the other undertook home visits and/or were based at a school.

The range of exposure of students was amazing, with children with Cerebral Palsy, Down Syndrome, respiratory and orthopaedic conditions (including torticollis, brachial plexus injury and clubfoot). In many cases, children may be undiagnosed due to financial reasons, lack of medical investigation or availability and cultural reasons associated with disability/disability diagnosis.

The students commented on how great it was to work interdisciplinary, with each having various focus and input. They also worked with a wide range of professionals including teachers, NGO workers and the medical fraternity.

Culturally the group were able to experience the home life of many of the families via home visits, providing education directly to the family via interpreters and recommendations to the staff for future development. All students/staff were involved in case discussions, education and presentations about clinical reasoning and therapy in play. Students worked in developing assessment tools with health staff and gained large insight to Cambodia’s lack of equipment resources and having to adopt everyday items into management. Students also learned different cultural skills, adapting these to activities of daily living, such as the need for young children to balance on the back of a motorbike or full squatting for toileting.

Credit needs to go to all the UniSA students who showed great adaptability and initiative, but in particular the Occupational therapy students who, having been there for 6 weeks prior, really helped with the coordination and provided leadership of the daily program. It was a great demonstration of the broader real-life skills we see our students developing through our university programs, which contributes to their future employability.

Apart from the health learning aspects, the insight provided to the Khmer culture and the traumatic period of the Khmer Rouge is something none of us will easily forget. Of course, the temples, the people we met and awesome food was the icing on the cake.

It was a privilege to be involved in such an educational and philanthropic venture, and in particular would like to thank the School of Health Sciences, Occupational Therapy program (Ms Sue Gilbert-Hunt and Ms Susie Owens) for making it happen. We hope that in the future this program, or something similar can continue… for the benefit of the Cambodian communities and our students.
RESEARCH DIRECTOR REPORTS

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

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

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

Professor Lorimer Moseley
Director
Body in Mind (BIM)
Media
Dr Ashleigh Smith was invited to give a media interview on 9 News Adelaide about her Virtual Reality and Dementia research. This study was funded by an ARENA small grant. The full interview can be found at this link.

Awards
Dr Ashleigh Smith won the best poster presentation in dementia prevention at the NHMRC National Institute for Dementia Research (NNIDR): Australian Dementia Forum. The Poster title was: Moderate-to-vigorous physical activity is associated with global EEG power in older adults. The authors were Ashleigh Smith, Francois Fraysse, Emma Tregoweth, Hannah Keage and Mitchell Goldsworthy.

News
ARENA is excited to announce that Dr Kristin Carson will be joining us in 2018 to take up an NHMRC Early Career Fellowship. Kristin completed her PhD at the University of Adelaide in 2015, and is rapidly building a research career in smoking cessation and disadvantaged populations, including Australian Aboriginals. She has previously been a recipient of an NHMRC TRIP Fellowship, and has received funding as a chief investigator from the NHMRC and Fay Fuller Foundation, amongst others. Kristin's new fellowship will focus on developing a technology-based health behaviour intervention for disadvantaged youth, and will be undertaken with ARENA's A/Prof Carol Maher as her supervisor. Welcome Kristin!

ARENA's Associate Professor Carol Maher has been on the scientific committee for the 2017 South Australian Cardiovascular Research Showcase that was held at SAHMRI on the 27th of October.

Dr Ashleigh Smith has been selected for the Australian EMCR Brain Science Network Steering Committee.

The EMCR Brain Science Network will consist of emerging brain science researchers from a range of disciplines that will provide an avenue for these researchers to influence decisions about brain science in Australia and the careers of EMCRs working in the field, whether they be working in academia, industry, government, health or elsewhere.

The aim of the EMCR Brain Science Network is to engage early- and mid-career researchers in achieving the mission of the ABA to establish an Australian Brain Initiative.
The network will enable crosstalk between brain science disciplines to allow EMCRs in the brain sciences to overcome the barriers that create silos within research, impeding progress and making it difficult for researchers and practitioners, particularly EMCRs, to work across disciplines.

Some examples of the types of issues that the network may work to address include:

1. how best to implement training of scientists in this new era of brain research
2. what infrastructure is required to support the training and indeed the research itself
3. what support is required to enhance industry linkages.

The long-term goal is to build cross-disciplinary linkages in the brain sciences within Australia and to provide a forum for partnerships with the neurotechnology industry.

As part of a team, Dr Gisela van Kessel was awarded a Melbourne School of Population and Global Health 2017 Knowledge Transfer Awards in the category of “Open award for excellence in knowledge transfer achievements”

The team includes: Lisa Gibbs, Karen Block, Robyn Molyneaux, Alana Pirrone, Colin MacDougall, Greg Irton, John Richardson, Kate Brady, Connie Kellett, Gisela Van Kessel, Marian Lok, Lauren Kosta (and Elizabeth Waters) along with academic partners: Richard Bryant, Louise Harms, David Forbes, H Colin Gallagher, Philippa Pattison, Dean Lusher, Elyse Baker, and organisational partners: Victorian Department of Health • Australian Red Cross • Australian Rotary Health • Australian Government Department of Human Services (Centrelink) • Phoenix Australia: Centre for Posttraumatic Mental Health • Central Hume Primary Care Partnership • Bendigo Loddon Primary Care Partnership • North East Primary Care Partnership • Outer East Primary Care Partnership • Central West Gippsland Primary Care Partnership • Lower Hume Primary Care Partnership.
The award recognises the translation and impact of the work resulting from the ARC funded Beyond Bushfires: Community Resilience and Recovery study that examined the impacts of the Black Saturday and related bushfires of February 2009 on community members’ physical and mental health and wellbeing. The findings have informed the work of Red Cross, government service planning and recovery plans for disaster and terrorist activities across Australia and internationally.

**Invited Presentations**

**Associate Professor Ali Coates** was an invited speaker at the 2017 South Australian Cardiovascular Research Showcase that was held at SAHMRI on the 27th of October. Her presentation was titled ‘The impact of bioactive nutrients on nutrition, health and cardiovascular outcomes’.

ARENA’s **Associate Professor Carol Maher** gave an invited mini keynote at the Australian Physiotherapy Association National Conference in Sydney (20th Sept) titled "The Australian Physical Activity Guidelines: Dose response curves", and sat on a discussion panel "Why physiotherapists should be prescribing physical activity."

**Associate Professor Carol Maher** gave an invited presentation to the Institute for Positive Psychology & Education, at Australian Catholic University, titled "Facebook, Fitbits and phones: novel technology-based approaches to physical activity interventions".
iCAHE’s Conference Great Success

The second annual iCAHE conference was held on 6th – 8th of November and it was a great success.

The first day of the conference was a full day writers workshop which was open to all HDR students (PhD and Masters) across the School of Health Sciences and run by two international speakers with over 400 peer reviewed publications between them – an impressive record and a fantastic opportunity for our HDR students. Professor Quinette Louwe was part of an international working group for a special series of articles for the Lancet on Low Back Pain so allowed our HDR students a unique opportunity to learn directly about publishing from an internationally recognized researcher.

On the second day we opened with a welcome lecture from Catherine Turnbull, Chief Allied & Scientific Health Officer in the Department for Health and Ageing, SA Health. This was followed by a day of presentations on a wide range of allied health related topics. Presenters came from South Africa, New Zealand, Philippines, Hong Kong, India, Malaysia, emphasizing the international focus of our Centre. There were also presentations from speakers from SA, Victoria, NSW and ACT.

The evening of the first day was put aside for a cocktail evening at the City West campus and was a great chance to mingle with our overseas visitors.

On the third day we heard from a range of plenary speakers covering a diverse range of topics. After lunch we ran an international Allied Health summit supported by the International Council of Allied Health Leaders. We were fortunate to have an opening presentation from Dr Jacqui Lunday Johnstone OBE, Convenor of ICHPO and Founder of ICAHL, who opened the summit and set the agenda. This summit has led to the development of a Discussion paper, the first of its kind, which brought together allied health leaders from a range of countries to explore common themes in allied health development across the countries. This white paper will be submitted to ICAHL for endorsement and distribution internationally putting iCAHE at the forefront of the international allied health movement.

iCAHE’s project with SAGE presented at Global Evidence Summit 2017

iCAHE’s work with the South African Guidelines Excellence (SAGE) project (partnership between the South African Cochrane Centre (SACC), South African Medical Research Council (SAMRC), the Centre for Evidence-Based Health Care (CEBHC) and Physiotherapy Division at the Faculty of Medicine and Health Sciences, Stellenbosch University and iCAHE, UniSA) on capacity building for allied health professionals on clinical practice guidelines (CPGs) was presented at the recent Global Evidence Summit (GES) 2017, held in Cape Town International Convention Centre, Cape Town, South Africa from the 13th-16th of September 2017. The work focuses on the need for training in CPGs in South Africa for allied health professionals and individuals involved in CPG work.
iCAHE’s project with SAGE on developing a guideline web resource now available online!

The SAGE Guideline Resource Toolkit which is a resource for anyone needing guidance on different clinical practice guideline (CPG) development approaches is now available via the Centre for Evidence Based Health Care website (https://guidelinetoolkit.org.za). The web resource was designed for anyone in need of information about CPGs, searching for CPGs and needing guidance on different CPG development approaches (de novo development, adoption, contextualisation, adaption and updating). It also has links to other CPG resources.

iCAHE’s Professional Certificate in Consumer Engagement and in Quality Improvement in Healthcare to be offered in 2018

Professional Certificate in Consumer Engagement (webpage being updated)

This two-part professional certificate introduces students to a diverse range of theories, frameworks, tools, and strategies for developing person-centred healthcare. It is particularly relevant for consumer advocates, consumer representatives, project officers, and healthcare providers who wish to advocate for individual and organisational change towards person-centred care.

The Professional Certificate consists of two 4.5 unit courses, commencing in February 2018 and concluding in November 2018, with participation via online lectures and virtual classrooms.


This professional certificate is designed to teach students to develop skills in evidence informed practice by learning how to assess their local practice, seek the best guidance to manage patients and facilitate quality improvement in healthcare. The professional certificate is composed of a selection of two 4.5 unit courses which are delivered across a 13 week study period selected from the following list:

- Clinical Practice Guidelines
- Performance Review and Health Economics
- Qualitative Health Research Methods for Quality Improvement in Healthcare

The Performance Review and Health Economics and Qualitative Health Research Methods for Quality Improvement in Healthcare courses will commence in February 2018 and conclude in May 2018.

iCAHE is hosting the next facilitator training – now with Virtual Classroom!

For the past decade, iCAHE has facilitated Journal Clubs (JC) in hospitals/healthcare centres in South Australia under the auspices of the Allied and Scientific Health Office (ASHO), Department of Health, SA. The iCAHE approach offers opportunities for health professionals to be trained in Evidence Based Practice (EBP) and apply research/ tested evidence into practice for clinical scenarios identified by clinicians themselves. The iCAHE JC approach has been well received and valued by several hundred participants over the years.

With the recent updates in EBP and implementing best evidence into practice, iCAHE has refreshed its JC approach by not only focusing on the steps in EBP but more importantly on ‘context’ and implementation of evidence. iCAHE recognises that context is very important in getting evidence into practice. However, there is limited guidance as to how to assess and address local context considerations in order to make the evidence applicable and useful in practice. This is what the refreshed iCAHE JC approach is all about.

We at iCAHE understand that clinicians are very busy, and so we have designed this...
facilitator training to fit within a reduced, 3-hour timeframe, perfect for both new facilitators and those who need a refresher. We’ve also elected to run this through Virtual Classroom – an online learning environment where facilitators can participate with the training from their home or office just as if they were physically present. Not sure about your internet connection? Don’t worry – we will be hosting the virtual classroom in a real classroom, and facilitators are welcome to attend in person.

For more information and to reserve your place, you may contact the iCAHE Journal Club team at iCAHEjournalclub@unisa.edu.au – there are limited spaces so get in fast!

The iCAHE website
To facilitate the implementation of evidence into practice iCAHE has developed a range of resources that are freely available to practitioners and students on our website.

Outcome Calculator
The iCAHE outcomes calculator continues to be a great success, being used by over 2000 clinicians in Australia. We have recently updated the format to allow it to be used by newer computer software platforms and are currently updating the content. We have are currently exploring interest from an interstate software developer to modify the Outcomes Calculator format for use in tablets and mobile devices as an App.

We have recently completed a review of the musculoskeletal outcome measures which will inform the new development of the calculator. This calculator is an excellent resource for students and researchers undertaking clinical research as it presents a collection of outcome measures with their psychometric properties. The paper copy of the calculator can be accessed at http://www.unisa.edu.au/Research/Sansom-Institute-for-Health-Research/Research/Allied-Health-Evidence/Resources/OC/.

Critical Appraisal Tools
As many allied health students are expected to undertake critical appraisals of the literature as part of their basic undergraduate studies accessing critical appraisal tools can be difficult. We have collated a range of critical appraisal tools for students and clinicians in one site with links to the tools (and supporting literature) and tutorials on how to do critical appraisal. This page should be bookmarked by students as a quick and easy way of accessing Critical Appraisal Tools (CATs).


Learning Hub
The iCAHE learning hub is the starting point for a range of self-directed, open access learning resources aimed to introduce the allied health clinician to, or expand their knowledge of, evidence-based practice (EBP). This section of the iCAHE website provides tutorials, podcasts, examples and booklets that the practitioner can work through at their own pace and in a manner best suited to their learning style.

**Assisting Implementation Starter Pack: Tools to assist in the implementation of Extended/Advanced Allied Health Roles**

This starter pack has been developed by ACT Health and iCAHE as a means of sharing learnings in introducing extended scope allied health roles. This partnership has been in place since 2007 and this online resource represents the culmination of this journey into extended scope practice. The underpinning principles of this work are evidence-based practice, change management principles, policy work, human resource principles, training, education, legislative/legal principles, research and evaluation. The intention of this resource is to act as a guide to healthcare providers and managers considering introducing allied health extended scope practice roles. Whilst the starter packs are based on our experiences in extended scope physiotherapy roles, the majority of this work is relevant across disciplines and in multiple clinical settings.


Collating these resources into one site is important for clinicians and students to facilitate implementation of evidence into practice by allowing them to easily access the resources required. We are currently developing an evidence summary resource which will summarise, in clinical terms, the recent evidence associated with areas of allied health care. The site will be easily searched and will present the evidence from a clinician’s perspective, not from a researcher’s point of view.

**iCAHE Membership**

It is great to see a gradual increase in membership in iCAHE. We are slowly recovering from our recent remodelling of iCAHE structure and more research – interested allied health staff are applying for membership. There are no criteria for membership – just an interest in developing your research career by working collaboratively with other like-minded staff. We have a number of opportunities for staff who want to develop their research experience, improve their grant application record or increase their publications, so I welcome any interest - even if you are a teaching only staff and just wanted to dip your toes into the research waters. Feel free to email me and we can meet to discuss how we might help you with your research career.

Associate Professor Steve Milanese
Director
This was a great period for us in CPHR, with the Centre getting the long awaited new enforcements in genetic and cancer epidemiology. The first of our new starters was Dr Hong Lee, who took on his position as a Senior Lecturer in Statistical Genetics on the 4 September. Hong is an ARC Future Fellow, with a background in statistical genetics. He has extensive experience in developing advanced statistical methods to estimate genetic variance and individual genetic effects based on phenotype-genotype association analyses. Very relevant for the other work in our Nutritional and Genetic Epidemiology Group, Hong is interested in risk prediction methods, targeting personalised precision medicine. His current ARC and NHMRC-funded projects focus on understanding the genetic architecture of complex traits by tackling G x E and G x G interactions. Hong is very interested in including paradigm-shifting concepts and advanced tools to dissect the genetic architecture of complex traits in his supervision and teaching, with plans to develop a course in the field of genetic epidemiology and biostatistics.

On 24 October we had another great addition when Dr Terry Boyle commenced as Senior Lecturer in Cancer Epidemiology. Terry is an NHMRC Early Career Fellow who has joined UniSA from the Curtin University in Perth, before which he spent two years at the BC Cancer Agency and UBC in Vancouver, Canada. Terry is an epidemiologist, and much of his work has focussed on the role that physical activity and sedentary behaviour play in cancer risk and survival. From early November he will be joined by Maike Sweegers, a PhD student from VU University Medical Center in Amsterdam. During the five weeks that Maike spends with us in CPHR, she will be working with Terry on a project which involves pooling data from several accelerometer-based studies of cancer survivors conducted in Australia, Canada and the Netherlands.

This time the congratulations of grant success go to Professor William (Bill) Runciman for the award of a 5 year NHMRC Centre for Research Excellence Grant. The CRE is on Digital Health (CREDiH) and it will target the major evidence gaps that exist in our understanding of how to successfully implement and monitor digital health. This project is led by Prof Enrico Coiera from Macquarie University with the other Chief Investigators, including Prof Paul Glasziou (Bond University), Dr David Hansen (CSIRO), Prof Siaw-Teng Liaw (University of NSW), A/Prof Farah Magrabi (Macquarie University), A/Prof Vitali Sintchenko (University of Sydney), A/Prof Karin Verspoor (University of Melbourne), Dr Blanca Gallego-Luxan (Macquarie University) and Dr Annie Lau (Macquarie University).

The Australian Patient Safety Group which is headed by Bill is already running several other exciting projects in the Centre. Among others, they are working on developing low back pain clinical indicators as part of the STANDING Collaboration. This is a new approach to develop up-to-date information about the healthcare people should receive. The project, funded by a National Health and Medical Research Council Program Grant, will focus on a range of common medical conditions, starting with low back pain (LBP). Several countries, such as the United Kingdom, USA and Denmark, have produced clinical practice guidelines (CPGs) to help guide the management of LBP. Australian guidelines also exist, although they are several years out of date and people often receive management for LBP that is not evidence-based.

The STANDING Collaboration will utilise a wiki based process that allows clinicians and consumers to review proposed indicators from Clinical Practice Guidelines, provide feedback, and make edits in real-time, with transparency on how users’ feedback has been incorporated into the final set of indicators. This process will ensure that the indicators guiding care are up-to-date, relevant to all stakeholders, easy to use and arranged in a clinical workflow sequence. The draft clinical indicators for low back pain have been developed and will be available on the STANDING Collaboration wiki for public
review soon (www.standingcollaboration.org). Bill and his team are also keen to hear from stakeholders relating to their experiences on the use of electronic health records, so please see the call for interests below.

Typically at the School we celebrate the first publications for our emerging researchers. However, this time we have a more advanced hallmark to celebrate, and are delighted to Congratulate Professor David Roder who has achieved his 300th publication! During his lengthy career David has become very well known for his contributions to policy development, with his extensive research covering cancer epidemiology, health-services evaluation, safety and quality monitoring, and data-infrastructure development. He'll be celebrating this triumph with the Cancer Epidemiology and Population Health Research Group with a lunch (on him!).

In other staff news, on 4 October we said goodbye to Catia Malvaso a Research Associate for the Health Economics and Social Policy Group. She leaves to continue her work for the Northern Territory Royal Commission into the Protection and Detention of Children and as a researcher in the School of Psychology at the University of Adelaide. The Australian Patient Safety Group has also said goodbye to Charli Molloy on 12 October. She was a Visiting Academic and now leaves to go on maternity leave and begin a new stage of life – motherhood.

Professor Elina Hypponen
Director

CPHR Student Insight of the Month
Jillian (Jill) Congedi
Masters by Research (Population Health Practice)
Project: Epidemiology of Helicobacter pylori

Since finishing my first degree around 30 years ago I have been working in diagnostic laboratories, most recently in Microbiology. The desire to learn some new skills and an interest in working in infectious disease surveillance brought me back to UniSA in 2015. I completed a Graduate Certificate in Population Health that year and last year I started my Masters.

*Helicobacter pylori* (*H. pylori*) is a bacterium that makes its home in the human stomach and causes – yes, actually causes, most peptic ulcers. It also has a role in the development of some types of gastric cancer. At Australian Clinical Labs where I work, *H. pylori* infection is diagnosed using serology, faecal antigen test or urea breath test. So, what’s the problem you might ask? Diagnose *H. pylori*, treat it with antibiotics, cure the ulcer and prevent cancer – sounds great. The problem is that around 20% of patients fail to eradicate the organism with a course of antibiotics. Some fail to eradicate the infection after several courses of antibiotics. My Masters project uses *H. pylori* diagnostic data and associated patient demographic information collected by Australian Clinical Labs between 2000 and 2015. The aim is to firstly determine trends in the numbers and types of tests ordered and in the numbers of positive results, and then to look for associations between patient factors and persistence of infection. I am also doing a Scoping Review to investigate the extent of epidemiological research on *H. pylori* in Australia.

Working and studying keeps me very busy, but I manage to find some time for some of my other interests including playing the viola in an amateur orchestra, ballroom and latin dancing and Orienteering.

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**Call for stakeholders to explore their experiences using electronic health records**

The STANDING Collaboration is inviting healthcare professionals to provide feedback on their experiences of electronic health records. The purpose of this study is to explore the experiences and perspectives of healthcare professionals, specifically medical practitioners and nurses who have used electronic health record systems in primary healthcare settings or tertiary teaching hospitals. This project is part of a NHMRC Program Grant and has been approved by The University of South Australia’s Human Research Ethics Committee.

We invite medical practitioners and nurses who use electronic health records during the course of their work to attend either a 90 minute focus group or participate in a 45 minute one-to-one interview. The focus groups will be conducted at the Centre for Population Health Research, Level 8, SAHMRI, North Terrace, Adelaide, South Australia, while interviews can be conducted via telephone.

All participants will receive a **$100 Coles-Myer gift card**

Furthermore, your participation in the study may be recognised through Continuing Professional Development (CPD) points, however you will need to check local requirements with your National Board or College.

If you wish to participate please contact Jacque Stephens on (08) 83021339 or via email at Jacqueline.Stephens@unisa.edu.au.

Please distribute this within your professional healthcare networks.
Body in Mind areas of research interest include:

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

Contact Us

e: tracy_jones@unisa.edu.au

We have had a fun couple of months – a couple of PhD submissions (well done Jane Chalmers and Kerwin Talbot!), a grant or two, some serious conference work, collaborative visits from Very Nice People, an uber successful community seminar, the launch of a new training programme for Local Pain Educators, major sponsorship for the 2018 Pain Revolution, welcoming A Prof Thais Chaves to the group, and a fun visit from the Ace of Taste Professor Charles Spence.

However, the most exciting event was clearly the engagement of Super Kerwin the Podiatry Pain Queen to her much adored medical student fella Jim. Kerwin submitted her PhD and promptly walked into a senior lecturing position in Sydney, just north of Jim’s Uni at Wollongong. We were all stoked to hear the news and look forward to officially welcoming Jim into the BiM thing. BiM Jim.

Onto things of much less import – but still very worthy of celebration. Dr Tasha Stanton has kept the rest of us feeling important by her continued grant success – an NHMRC Career Development Fellowship, COPS for Kids and Arthritis Australia Project Grants included. We had a good showing at the Australian Physiotherapy Association Congress – the Scientific Programme Committee, which included BiM’s Dr Mark Catley, put on a great programme including presentations from Jane Chalmers, Felicity Braithwaite, Dr Brenton Hordacre and Dr Tasha Stanton. Di Wilson chaired a couple of sessions and all BiMsters fully enjoyed what was reported to be an outstanding band at the conference dinner (see the BiM Gangster shot!)

Lorimer was also conferencing, but in the USA – presenting at the International Pelvic Pain Society Annual Conference and the 3rd World Congress on Abdominal and Pelvic Pain in Washington DC, the Kripalu Massachusetts Conference on Chronic Pain and Yoga, and visiting lectures at Boston University, Iowa University and Kaiser Permanente Residency Programme. He also spoke at the Australian Pain Society Nursing Pain Group annual meeting, and joined Tasha and Dr Valeria Bellan at the ‘Colour the World Orange’ CRPS meeting at SAHMRI. This was an outstanding evening – superbly organised by Valeria – right down to the very generous support of Andrea and Gigi and their wonderful gelato cart “u’carrett”, and some lovely pumpkin & feta pizza from Mercato. We had patient stories mingled with scientific and clinical accounts and there was a strong sense of purpose and hope in the room – not always felt at pain meetings!

We were also lucky enough to host, along with the CAIN lab at Magill, and the Ehrenberg Bass Institute, Oxford University’s Ace of Taste Professor Charles Spence. Our group collaborates with Charles on a few pain and sensory modulation studies and we were thrilled to host him and fellow Oxford Professor Mark Jenkinson to discuss the cutting edge of neuroimaging and clinical applications.
Finally, we have begun recruiting Local Pain Educators and Mentors as part of the Pain Revolution and Angie Hawke is busy lining up next year’s communities – Wollongong, Nowra, Canberra, Cooma and Albury-Wodonga for the 2018 version. A/Prof David Butler has taken on the role of Education Boss and we were well and truly over-prescribed for cyclists and helpers – the enthusiasm for the revolution has been remarkable and we just can’t wait to get out into the bush again next year.
Staff and Student Publications

Recent Staff and HDR Publications


Abstract
Impact Factor=2.243; 5 Year IF=2.243; Ranking 17/64 (Multidisciplinary Sciences)


Impact Factor=2.271; 5 Year IF=2.222; Ranking 20/77 (Health Policy & Services)

Abstract


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

Abstract


Impact Factor=0.559; 5 Year IF=0.801; Ranking 41/45 (Hospitality, Leisure, Sport & Tourism), 75/80 (Psychology, Applied)

Abstract


Impact Factor=1.496; 5 Year IF=1.320; Ranking 83/127 (Radiology, Nuclear Medicine & Medical Imaging)

Abstract


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

Abstract


Abstract


Ranking 124/469 (Health Professions)

Abstract


Impact Factor=1.731; 5 Year IF=1.931; Ranking 62/155 (Medical, General & Internal)

Abstract


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

Abstract

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

**Abstract**


doi:10.1038/s41598-017-09429-1

**Impact Factor=40.137; 5 Year IF=43.769; Ranking 1/64 (Multidisciplinary Sciences)**

**Abstract**


**Impact Factor=2.369; 5 Year IF=2.735; Ranking 38/155 (Medicine, General & Internal)**

**Abstract**


**Abstract**
Library Report

Altmetrics

Altmetrics, also known as alternative metrics, are indicators of reach and engagement that can be tracked over a variety of publication types. Altmetrics measure mentions from a variety of sources with a focus on social media, including Facebook, Twitter, blogs, and news outlets. Altmetric Explorer provides UniSA with an institutional profile for all UniSA staff with publications indexed in the UniSA Research Archive from 2008. In the future we will also be looking to capture altmetrics for non-traditional outputs e.g. creative works etc.

This month we feature the researcher Professor Leonie Segal’s Altmetrics for the article: Supporting insulin initiation in type 2 diabetes in primary care: results of the Stepping Up pragmatic cluster randomised controlled clinical trial. DOI: http://dx.doi.org/10.1136/bmj.j783

Copyright

Are you aware that UniSA students are using crowdsourced online learning sites such as StuDocu? These sites employ aggressive marketing strategies to encourage students to share study materials such PowerPoint slides, e-readings, exams, assignments, tutorial notes and student notes. The availability of this content on open websites puts the University at risk of:

1. Being in breach of its contractual obligations with the publishers who licence content to the University; and
2. Being in breach of its obligations under the educational licences the university is signatory to.

The Library is developing strategies to raise the awareness amongst students of their copyright rights and responsibilities.

For further information about various aspects refer to the Copyright Websites or contact Ask the Library https://www.library.unisa.edu.au/about-the-library/

High Demand Collection closure 2018

The University’s Digital Learning Strategy encourages a move away from textbooks and recommended readings in print. The Library supports this by purchasing ebooks and streaming media in preference to print. Book chapters and articles can be made available as eReadings.

Due to a reduction in the number of print titles and a significant decline in loans (see Table 1) the High Demand collection will no longer be offered after 2017. The Library will continue to purchase print if no digital resource is available, however, we will not be providing 4 hour and 4 day loans in 2018. All print items will be available to borrow in the general collection. Students are expected to purchase their own print textbooks.
All titles will be removed from High Demand prior to Christmas 2017 and returned to the general collection.

If you have any questions please email us on Library-Health-Team@unisa.edu.au or contact Ask the Library.

**Reminder: CINAHL Access ceases at end of year**

A reminder that the Library is replacing its subscription of CINAHL with Emcare at the end of the year. All access to the CINAHL database will cease as at the 31st December, so please be sure to run and export results from any searches you may have pending.

**Emcare** is a premium nursing and allied health database, ideal for practice, research, or education. It includes access to nearly 5 million records, and indexes over 3,700 international journals. EMCARE offers us a number of advantages over CINAHL.

Here are a few quick facts:

- Emcare is available via Ovid, rather than Ebsco, meaning that the majority of our health databases will now be available on the same interface (same look and feel, and capacity to quickly transfer the search between products)
- Emcare offers access to an additional 1500 journals not indexed on Medline, EMBASE, CINAHL or AMED
- All CINAHL journals are covered either by EMCARE or our other subscriptions, with two exceptions: both of which have now ceased publication. Our indexing of these through other databases is to the journals’ cessation dates
- While CINAHL does cover a number of trade publications for various regional Nursing Associations in the US, which we do not otherwise hold, these are freely available on the web

### Table 1. High Demand Loans 2014-2016

<table>
<thead>
<tr>
<th>Year</th>
<th>Total Loans</th>
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<tbody>
<tr>
<td>2014</td>
<td>12,125</td>
</tr>
<tr>
<td>2015</td>
<td>6,290</td>
</tr>
<tr>
<td>2016</td>
<td>1,132</td>
</tr>
<tr>
<td>2017</td>
<td>441 (as at October 31)</td>
</tr>
</tbody>
</table>
### Health ebooks acquired in October 2017

<table>
<thead>
<tr>
<th>Title</th>
<th>Author</th>
<th>Publisher</th>
<th>Year</th>
</tr>
</thead>
<tbody>
<tr>
<td>Emergency Nursing Made Incredibly Easy!</td>
<td>Wilkins, Lippincott Williams &amp;.</td>
<td>Wolters Kluwer Health</td>
<td>2015</td>
</tr>
<tr>
<td>Nursing Leadership, Management, and Professional Practice for the LPN/LVN, 6e.</td>
<td>Dahlkemper, Tamara.</td>
<td>FA Davis</td>
<td>2017</td>
</tr>
<tr>
<td>Parkinson's Disease : Molecular Mechanisms Underlying Pathology.</td>
<td>Verstreken, Patrik.</td>
<td>Elsevier Science</td>
<td>2017</td>
</tr>
<tr>
<td>The Language of Plants : Science, Philosophy, Literature.</td>
<td>Gagliano, Monica.</td>
<td>University of Minnesota Press</td>
<td>2017</td>
</tr>
<tr>
<td>Cognitive-Behavioral Therapy.</td>
<td>Craske, Michelle G.</td>
<td>American Psychological Association</td>
<td>2017</td>
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<tr>
<td>Women in Sports Coaching.</td>
<td>LaVoi, Nicole M.</td>
<td>Taylor and Francis</td>
<td>2016</td>
</tr>
<tr>
<td>A Practical Introduction to Mental Health Ethics.</td>
<td>Smith, Grahame.</td>
<td>Taylor and Francis</td>
<td>2016</td>
</tr>
<tr>
<td>Stepped Care for Borderline Personality Disorder : Making Treatment Brief, Effective, and Accessible.</td>
<td>Paris, Joel.</td>
<td>Elsevier Science</td>
<td>2017</td>
</tr>
</tbody>
</table>
Capstone Editing is happy to announce that they are launching six new annual academic grants of between $3,000 and $5,000 each—two for female academics and four for students.

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

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

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

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

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

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

13 – 15 SEPTEMBER 2018
DARWIN CONVENTION CENTRE, DARWIN

Changing Landscapes, Changing Lives

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

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

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

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.
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.
Emergency Procedures

Do you know the answers to the following questions?

1. Would you know what to do if one of your students or colleagues suddenly collapsed or became seriously unwell? If not, now is the time to get up to speed.
2. Did you know not to use a mobile phone or set off the fire alarm if you receive a bomb threat? – they may trigger an explosion.
3. Would you know how to deal with a personal threat – harassment, assault, suicide, robbery or armed holdups?
4. Do you know what extinguisher to use in the event of a fire? Make sure you know who the Building Evacuation Officer is for your building.
5. Found a suspect package? – Stop what you are doing and put the item down. Do not use mobile phones as they can trigger an explosion.
6. Do you know what to do if there is a natural disaster or an environmental emergency?

Further information on these topics can be found on the University’s Emergency Procedures website.

http://i.unisa.edu.au/staff/facilities/security/emergency/

Pedestrian Safety

Tips for pedestrians

1. Don’t be a phone zombie – put your phone away when walking and particularly when crossing roads. Your safety is more important than catching that rare pokemon on the other side of the road.
2. Use available pedestrian crossings.
3. Always look right, then left and right again
4. Never assume that an approaching driver can see you or will stop.
5. Check for turning vehicles before stepping off the kerb.
6. Don’t cross in front of buses, trucks or between parked cars – your vision will be restricted and drivers won’t see you until the very last moment.
Interesting Claims

1. Sshhhhh

SCoReS of Queensland teachers are fi1ing compensation claims for reasons such as overusing their voices, writing too much and suffering insect bites.

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2. Is unfriending on Facebook bullying?

The Fair Work Commission has found that a Tasmanian woman was bullied by a work colleague who unfriended her on Facebook after a confrontation in the workplace.

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3. Save money with safety

When someone gets injured at work the initial costs can just be the tip of an iceberg. Even if your worker is only away from work for a few days, the total cost can stack up to thousands of dollars.

Read More

4. Employee not entitled to compensation for injury sustained while working flexibly from home

Employees will not necessarily be entitled to compensation for injuries arising from private activities they engage in while working flexibly from home.

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5. Is training required to climb a ladder?

A recent decision of the Supreme Court of the Australian Capital Territory has provided guidance on the extent of an employer’s duty to employees performing ‘simple and commonplace’ tasks.

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

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

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

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

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

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

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