Nothing in life is perfect, so don’t wait for the perfect moment, take the moment and make it perfect!

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

• HEA—Two more Senior Fellows!
• 2018 VC Cup Champions
• Invictus Experience
• Student Conferences
• Staff Recognition Awards
• Inspire Award Winner!
• Deputy Mayor on staff!
• Research funding and scholarship successes

Letter from PD Winter, AM, CSC
Brigadier
Director General
Invictus Games 2018

“Dear Roger,

I write to express my sincere thanks to you for the assistance you rendered the Australian Cycling Team in their recent preparation prior to competing at the 2018 Invictus Games in Sydney. Timely and appropriate training performance data provided by your organisation enabled the cycling team members to enhance and develop their own performance. In turn, this contributed to team members achieving their best results, in some cases exceeding their own expectations. It also contributed to building a strong cycling team, who were both physically and mentally prepared for the rigours and demands of international competition…”

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Head of School Report

Welcome staff and students to the fourth and final newsletter edition in 2018. It has been another year full of remarkable achievements as we start preparing for an exciting 2019 ahead. I would personally like to thank all the past and present staff (academic, research and professional), students (undergraduate, postgraduate and honours) for your tireless efforts throughout the year, your initiative and enthusiastic contributions to the School’s multiple successes, and the impact that you all have on Health Sciences at UniSA and across the community at large.

Farewell to our final year students as you enter into your professions. We hope that you have enjoyed your time at UniSA and continue to collaborate with us into the future.

Enjoy, refresh and recharge into the well deserved break and I look forward to the new year ahead.

Academic Promotions

Congratulations to the following staff who have been successful in the most recent round of academic promotions. I am very pleased to note another successful year for academic promotions. I am delighted for each of you on this well deserved recognition for your contributions in teaching, research and engagement.

Teaching Academic
Level D: Nayana Parange (Medical Sonography and Associate Dean: Online Education)

Teaching and Research academic
Level D: Saravana Kumar (Physiotherapy)
Level D: Hong Lee (Statistical Genetics)
Level D: Natasha Stanton (Physiotherapy)

Worthy of special mention is the notable promotion of Associate Professor Nayana Parange, UniSA’s first ever promotion of a Teaching Academic to the professoriate. Nayana’s promotion paves the way for aspiring teaching academics to note that recognition and promotion to professorial level is a very real career opportunity at UniSA.

Invictus Games—Sydney 2018

I was privileged to attend the Sydney 2018 Invictus Games. As at the Toronto Games last year, the whole experience was deeply moving and inspiring and emphasized the importance of UniSA’s ongoing commitment to the Invictus concept.

The UniSA-Road Home Invictus Pathways program delivers placement opportunites for students from physiotherapy, podiatry, sports sciences, exercise physiology and occupational therapy. More than 50 students across Physiotherapy, Podiatry, Exercise & Sport Science and Clinical Exercise Physiology experienced unique placement opportunities this year through the Invictus Games Pathway Program. UniSA was also a proud sponsor of the Australian Invictus Cycling Team. The interprofessional support to the participants has been positively received and noted by Prince Harry, Brigadier Phil Winter (Director General, Invictus Games) and others involved in the Invictus Games. The pictures below reflect inspirational memories and new found friends. We are especially proud that, through UniSA and The Road Home’s Invictus Pathways Program, nine SA participants were selected for the Sydney Invictus Games, in October 2018, pictured below at the SA Governor’s Invictus Farewell Reception and UniSA’s own Homecoming reception.
Invictus Homecoming Reception

Following on from the 2018 Invictus Games, UniSA hosted a homecoming reception to celebrate the achievements of our SA Invictus Games participants. I wasn’t the only one with a lump in my throat, moved and proud to note the remarkable gesture of appreciation in the form of a special VIDEO created by one of our own Clinical Exercise Physiology students (Brianna Farmer), of her own initiative, to acknowledge Mark Reidy The Road Home’s Health and Wellbeing Coordinator and the remarkable efforts of our students and staff in support of the participants. Invictus Video Appreciation Mark Reidy and the Invictus Pathways Program.

UniSA proudly joined forces with The Repat Foundation – The Road Home to support the physical, psychological and social wellbeing of returned service men and women through the program. Are you interested in joining The Road Home Invictus Pathways Program in South Australia? Expressions of interest are now open for ALL veterans and first responders. This is a world first research backed program. For more information go to https://www.theroadhome.com.au/events/invictus-pathways-program/

Invictus Games

This year, over 50 students across Physiotherapy, Podiatry, Exercise & Sport Science and Clinical Exercise Physiology experienced unique placement opportunities through the Invictus Games Pathway Program. Students supported wounded, injured and sick service personnel who aspired to compete in the Invictus Games.

FIND OUT MORE
Remembrance Day Breakfast
The School of Health Sciences was proud to be *Platinum* Sponsor for the Remembrance Day Breakfast high profile event, *(TRH Remembrance Day Breakfast)* for the second year and showcasing its connection and commitment to the Invictus Pathways Program, the ADF and the Invictus Games Sydney 2018. The 2018 Remembrance Day Breakfast commemorated the 100th Anniversary of the Armistice, marking the end of the First World War. This years event included an exciting panel of guest speakers, all of whom were Invictus Games competitors and supported through UniSA and The Road Home’s Invictus Pathways Program.

Hear their brave stories from the battlefield to recovery

Former Sergeant Peter Roodland
Former Sergeant Garry Robinson DSM
Former Able Seaman Emilia Mysko

UniSA partnership creates world first for SA racing and a visit from the Hon Corey Wingard MP
In October the School of Health Sciences, along with the Hon Corey Wingard MP, Minister for Recreation, Sport and Racing; Francis Nelson QC, Chair of Racing Australia and the Head of the Parole Board, Jim Watter, TRSA CEO, Briony Moore, Head of Jockey Apprentice Academy and the Office of Sport and Recreation representatives announced our innovative agreement with Thoroughbred Racing SA (TRSA) that will take the State’s apprentice jockeys through their paces in our *High Performance Sports Centre*. In this 3-year *UniSA and Thoroughbred Racing Partnership*, jockeys will be assessed by researchers and sport science students across key athletic indicators including aerobic capacity, strength, mechanical efficiency and anthropometric profiling. The goal is to develop tailored advanced training programs around these results for the apprentices.
New 2019 PhD Scholarships

We are delighted to announce a new fully funded PhD Scholarship. In partnership with the SA Metropolitan Fire Service (MFS) and the Bushfire and Natural Hazards CRC, we will spearhead new research designed to give firefighters the best chance to stay, safe, fit and effective on the job. The UniSA MFS Firefighter Fitness PhD Scholarship will support an industry-based PhD scholarship to investigate firefighters, as occupational athletes, monitor and evaluate fitness specific to firefighting tasks throughout their careers. We are also in the final stages of agreement for a second fully funded PhD Scholarship in partnership with Basketball SA and UniSA Sport. I am also delighted to note that offers have also been made to seven applicants for Research Training Program Scholarships (6 Domestic (RTPD) and 1 International (RTPI)) within the School of Health Sciences. These Scholarships are awarded to candidates with exceptional research potential, and are to work with Researchers in a variety of areas across the School.

Recent Cat 1 successes

As reported on the Media Centre - UniSA researchers win $11.95million for health projects, congratulations to HLS staff on your NHMRC grant successes:

- Prof Alex Brown ($2.5mil)
- Dr Tasha Stanton ($1.19mil)
- A/ Prof Carol Maher ($737,127)
- A/ Prof Alison Cates ($1.4mill with 50% to UniSA)
- Prof Elina Hypponen ($447,599)

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 Tracy Jones and Arjun Burlakoti for their wonderful staff recognition awards.

The PVC’s Staff Recognition award recognises everyone who has contributed to the ongoing success of the Division across 2018 through research, teaching and cultural initiatives. HLS nominees of the Staff Recognition Award in the School of Health Sciences were:

- Arjun Burlakoti
- Brendan Nettle
- Brooke Osborne
- Carol Deroulette
- Caroline Fryer
- Caz Ryan
- Deborah Williams
- Denise Matthews
- Gillian Carr
- Helen Creedon
- Jane Shepherdson
- Jessie Childs
- Kate Lamb
- Katherine Baldock
- Marie Williams
- Pak Chan
- Sandra Molloy
- Sharyn Martin
- Tracy Jones
- Zac Gniadek
- Ziggy Gniadek
Higher Education Academy Senior Fellows

Congratulations to Katherine Baldock and Nayana Parange on their most recent prestigious recognition as Senior Fellows of the Higher Education Academy.

HLS Research Week

The 2018 HLS Research Week was the best yet! Thank you to all those who made attending a priority. The standard of presentations has been excellent throughout and thank you to Deb Williams and Andy Te for the organisation and leadership in arranging research week this year—it has been impeccable! Congratulations to the joint-winners of the Research Week HDR Poster Competition, Katharine McBride and Alexandra Wade. The week was crowned by a brilliant and very well attended ‘quiz’, kindly created, organised and compèred by Tim Olds.

During Research Week we announced that Dr Dot Dumuid was awarded the 2018 School of Health Sciences Inspire Award. This award recognises significant achievements in research impact from Higher Degree by Research (HDR) candidates within the School of Health Sciences. We had a number of exceptional applications this year, which were reviewed by a panel of three judges external to the School, chaired by Professor Susan Hillier, Dean: Research, Division of Health Sciences. The panel commented that the field was incredibly competitive this year, and all applicants would be worthy winners and are to be strongly commended. In accepting the award, Dot gave a great presentation, and you will see a report from Dot later in this newsletter. I would like to take this opportunity to once again congratulate Dot on this latest achievement!

HLS Undergraduate Conferences

As part of the excellent experience for students, the School hosts a conference across each of the main undergraduate discipline programs. Notably, these conferences are organised by the students themselves and are a fantastic experience for all involved. The conferences provide a great opportunity for students to come together in their final year, to work with each other, to share research findings or case study experiences and invite external speakers to come and talk. This year, there were SIX undergraduate conferences - the most ever – taking place between November and December – namely Medical Radiation Sciences, Occupational Therapy, Clinical Exercise Physiology, Health Sciences, Physiotherapy and a combined Human Movement and Exercise and Sport Sciences conference. The conferences are an excellent window for external stakeholders to see the quality of UniSA students, an opportunity to listen to invited and keynote presentations and an opportunity to engage with key stakeholders from industry who act as sponsors of prizes and awards. Congratulations and well done especially to the various student organizing committees for each of the above.
A duck, a skunk and a deer went out for dinner at a restaurant one night. When it came time to pay, the skunk didn't have a scent, the deer didn't have a buck so they put the meal on the duck's bill.

Just for a smile...

Q: What do they sing at a snowman's birthday party?
A: Freeze jolly good fellow.

Q: What happened to the man who stole an Advent Calendar?
A: He got 25 days!

Q: What kind of motorbike does Santa ride?
A: A Holly Davidson!

Q: What is the best Christmas present in the world?
A: A broken drum, you just can't beat it!

The conferences are also an opportunity for staff and students to have some fun! Check out this YouTube clip.

Student satisfaction and retention 2018
The School recently had an informal Curriculum Innovation Process Review led by Professor Allan Evans, Provost and Chief Academic Officer. The CIP review generates really useful information on how the School is tracking across all dimensions and especially in the teaching and student experience space. Our overall teacher satisfaction, percentage of programs with teacher satisfaction above 80%, and retention scores remain high and around 90% - 100%. This is pretty good based on an average of ~3900 students. It is also notable that overall teacher satisfaction across the School is the highest ever, increasing each year for the last five years and the 'share of courses with teacher satisfaction less than 50%' at the lowest ever! Well done program directors, course coordinators and all who teach into HLS programs!
X-Ray Equipment
I am delighted to announce the replacement of the four x-ray machines to maintain the excellence of medical radiation facilities and a complete refurbishment of the four x-ray suites.

School of Health Sciences at the UniSA Teaching and Learning Symposium 2018—9th November
Welcome to the Higher Degree by Research (HDR) Candidates who have joined us over the last couple of months:

- **Caitlin Howlett** (PhD candidate): What a pain: investigating the impact of internal model updating on reconceptualising metaphoric language and descriptive word choice in chronic pain sufferers (supervisors: Prof Lorimer Moseley, Dr Valeria Bellan, Prof Ina Bomkessel-Schlesewsky, Tim Cocks)

- **Lindy Williams** (PhD candidate): Unilateral spatial neglect in adults post stroke (supervisors: Dr Tobias Loetscher, Prof Susan Hillier, Dr Jocelyn Kernot, Tracey Stuart)

- **Elisio Pereira Neto** (PhD candidate): Blood flow restriction with neuromuscular stimulation as a novel strategy to improve exercise capacity in people with COPD (supervisors: A/ Prof Marie Williams, Dr Kylie Johnston)

Congratulations: PhD conferred at the October University Council meeting:

- **Dr Felicity Braithwaite** (supervisors: Dr Maureen McEvoy, Dr Julie Walters, A/ Prof Marie Williams): Blinding in physical intervention research: a sham development process incorporating the art of deception

**2018 VC CUP CHAMPIONS**

The VC Cup is a competition that consists of schools/units and students/staff across the University battling it out on a Friday in four different sport events and all four metropolitan campuses having a chance to host an event. The competition has continued to grow since the inaugural competition in 2016, with a total of 20 schools/units participating in at least one event.

Event 1 was held at City East with teams battling it out in a game of ping pong, also known as Table Tennis. In an extremely tight competition, the Health Sciences team came second, narrowly losing to the School of IT and Mathematical Science. Event 2 saw all teams head over to the newly built Pridham Hall for a game of Badminton with Health Sciences taking out fourth place. Event 3 was an highly anticipated event for the Health Sciences team they were out to defend their 2017 Volleyball title. Unfortunately this time around, the Health Sciences team lost the Grand Final to ISTS. The final event of the year was Mixed Netball at Mawson lakes with the Health Sciences team succumbing to another loss in the Grand Final this time to rivals Student Engagement Unit.

At the conclusion of the competition, the School of Health Sciences was the most consistent team of the year and deemed the **2018 VC Cup Champions**! The trophy was presented at the UniSA Sport Awards night on 27 November 2018. Thanks to all students and staff who participated throughout the year. If you didn’t manage to get to an event this year, make sure to keep an eye out for an email in 2019!
Newsletter Contributions

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

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

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

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

Best wishes.
Roger

Life is an echo.
What you send out, comes back.
What you sow, you reap.
What you give, you get.
What you see in others, exists in you.
Remember, life is an echo.
It always gets back to you.
So give goodness.

— ED MILLS

Matt Schmidt (Chair UniSA Sport Advisory Board), Roger Eston, Chelsea Randall (Captain Adelaide Football Club) Adrian George (Manager UniSA Sport) and Brendan Hughes (Director: Student Engagement Unit)

Roger Eston, Brad Stenner, Zac Gniadek, Andy Te, Alyson Crozier and Pavlos Dimitropoulos

Professor Roger Eston
Head of School
Bachelor of Clinical Exercise Physiology

The CEP program hosted its 3rd annual UniSA Clinical Exercise Physiology conference across the 7th and 8th December with great engagement from students and industry. We had over 120 registrations on Friday and 140 on Saturday. We estimate this meant that over the 2 days we had about 30-40 1st, 2nd and 3rd years.
attend and around 50 industry delegates and presenters. With the final year cohort just days past their last academic commitment this event is a fantastic celebration of the end of being a student and the commencement of their career as allied health professionals. The program team and students greatly value this opportunity to be welcomed to the professional community by local industry so we are extremely grateful for their ongoing engagement in this event. The full action packed program is available here.

On behalf of all involved a big thanks must go to Dr Danielle Girard for coordinating the committee again and to the committee members themselves in: Alison Burford, Katie O’Brien, Maddy Halton, Harold Gathercole, Michael Tocchetti, Laura Johns, Chloe Blacket and Cathy Rowe. Also to the volunteers, Alexander Walker-Roberts, Aly Montgomery, Deepali Khanna, Todd Carr, Jenny Tran, Thanh Vy Pham, Geo Kapalungan, Eliza Gray, Lisa Rowley, Joseph Awwad, Georgia De Conno, Nicholas Moody, Hayley Williamson, Courtney Donaldson. And a huge thank you to all of our generous sponsors, without whom the event would not be possible, particularly this year’s gold sponsors Guild Insurance, iNform Health and Fitness Solutions and Minda Incorporated.

Hearing the graduating cohort’s stories about the tangible change they have made to people’s lives while on placement was most inspiring. We look forward to hearing more from them in the future.

Dr Kade Davison
Program Director: Clinical Exercise Physiology
Bachelor of Exercise and Sport Science

Happy first birthday to the Bachelor of Exercise & Sport Science!!

“Happy birthday to us, happy birthday to us, happy birthday exercise & sport science, happy birthday to us!”

In January, it will be one year since the Bachelor of Exercise and Sport Science branched off from Human Movement to become a stand-alone degree. Let’s take a moment to celebrate the many firsts that require some celebration:

- First intake of students, who will become the graduating class of 2020
- First (and only) Exercise Science program in South Australia to gain full-accreditation by Exercise and Sport Science Australia
- First Human Movement, Exercise & Sport Science student conference held November 9 2018 (conference report can be found elsewhere in this newsletter)
- First cohort of students finishing their final year, who will graduate in April of 2019 with a parchment paper reading “Bachelor of Exercise and Sport Science”

The last few months have been busy for both staff and students with second semester studies. Despite this, there isn’t much news to report about the program, as things seem to be ticking along nicely. Next year will see some changes with a new staff member starting in December, and some staff taking long service leave. As such, you may notice some courses are taught by different course coordinators in 2019. With the depth of staff experience and knowledge that we now have, we are very fortunate to be able to accommodate these yearly fluctuations. We are very much looking forward to a new year, and what 2019 has in store for the program.

Practicing What We Preach – Staff Members of the Bachelor of Exercise & Sport Science Being Role Models for their Students!

While students may only think of their lecturers and tutors as just that, we are all humans of course. As many theories in psychology highlight the human need for belongingness (e.g., Self-Determination Theory), we as a collective program have endeavoured over the past year to increase staff interactions outside of work. Below are a couple of recent examples of our group initiatives.

Wii Not Fit – Corporate Cup team

Between July and October, members of the Exercise and Sport Science and Clinical Exercise Physiology programs participated in the Corporate Cup, organised by Life. Be in it. The team entered the “most improved” category, with the aim of reducing the time it took to complete their designated distance each week. Participating team members included Dr. Max Nelson (4.5km), Dr. Clint Bellenger (2.2km), Dr. Tom Wycherley (4.5km), Dr. Danielle Girard (7.3km), Dr. Carmel Nottle (2.2km), Mr. Patrick Faulkner (4.5km) and Dr. Alyson Crozier (7.3km). Out of a total of 228 teams, we were 32nd in terms of most improved! Further, Clint achieved the fastest male award for the 2.25km distance. Well done team!
Rock Climbing

Another great well-being and physical activity event was organised by Mr. Scott Polley. One beautiful Tuesday evening, a few staff members went rock-climbing at Morialta Park. A few staff had never been climbing before, and it was a great way to de-stress and enjoy nature. Thank you to the three Outdoor Education students who volunteered their time to teach us, and to Mr. Scott Polley, Mr. Simon Mulvihill, and Mr. Nick Glover for supervising. It is hoped we will be able to run this event multiple times throughout the summer months with the warm weather and longer days.

Happy Holidays!

I want to finish this post wishing all students and staff a happy holiday season. To final year students graduating, I wish you all the best in your future endeavours. Be the best you and take any opportunity that comes your way. Not only will it add to your resume, you will continue to learn and grow through the experiences that you have (good and bad!). I would love to hear of your adventures and the opportunities you find yourself taking, so please stay in touch and feel free to contact me at any time.

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

Get to know our staff

Each newsletter, we will be providing one biography of a member of our staff—so that you can get to know them over time. This volume, I would like to introduce Dr. Clint Bellenger, who is our most recent hire, starting a full-time Lecturer role in July 2018.

Clint Bellenger is currently lecturing into our Human Movement and Exercise and Sport Science programs at the University of South Australia. Prior to this, Clint held positions as a sports physiologist at the South Australian Sports Institute and the Australian Institute of Sport (AIS), where he worked with a variety of sports including athletics, rowing, boxing, gymnastics, volleyball and basketball. As part of Clint’s role at the AIS, he provided performance recovery support to the Australian team at the Gold Coast Commonwealth Games in 2018.

Clint completed his PhD in 2016 investigating the effect of training-induced fatigue on autonomic heart rate regulation. He is a member of the Alliance for Research in Exercise, Nutrition and Activity (ARENA) at the University of South Australia, and his research interests include performance recovery and its periodization, athlete health and availability, training load monitoring in endurance sports and the quantification of match demands in team sports.

Clint’s teaching interests include exercise physiology and sport science, and he has taught into a variety of courses at the University of South Australia since 2012, including Exercise Physiology 1 & 2, Human Nutrition, Performance Analysis and Player Monitoring, Applied Exercise and Sport Science, Exercise Delivery and Exercise Prescription. Clint will bring experience in high performance practical sport and exercise science, and he hopes to contribute to University of South Australia graduates developing translation from theoretical exercise and sport science to practical exercise and sport science.

Not only does Clint teach about exercise and sport performance, he is also an avid runner. In the 2018 City-to-Bay, he posted a time of 39:46, as the 24th fastest male, and within the top 30 finishers. He also participated in the Corporate Cup Challenge, running 2.25km, winning the fastest male title with an average completion time of 7:20, with his fastest time being 6:51.
Bachelor of Health Science (Nutrition and Exercise) UniSA Online

What a year it has been for the XBNE: Bachelor of Health Science (Nutrition and Exercise) program! We continue to grow and with over 500 approved applications and 334 current student enrolments we have far exceeded student number expectations and are pleased to have remained the most popular UniSA Online degree offering – and significantly so – for the entirety of 2018. Maintaining our ambition of extending UniSA’s reach to new, non-traditional cohorts of students, 57% of XBNE students are over the age of 30 and 65% reside outside of South Australia. We have delivered nine courses this year, receiving consistently positive feedback from our first year students and exceptional MyCourseExperience results. This is a testament to the fantastic work of course coordinators, the academic development team, Online Course Facilitators (OCFs) and online tutors. Behind the scenes we have developed the remaining courses in the program, ready to roll out as second and third year offerings with the same high quality and digital innovation we are renowned for.

Due to the extent of UniSA Online’s growth in its inaugural year, our institution administered a revised academic delivery model in June 2018 to scale appropriately for student support and staff management. As part of this revised model, Dr Ysabella Van Sebille – who has shone with outstanding teaching and leadership as an OCF this year – was appointed as Program Facilitator for Health Sciences at UniSA Online, a new position that provides an additional layer of management, leadership and support in the delivery and ongoing development of UniSA Online’s Health Science programs. Following this appointment we advertised for two new OCF roles to succeed Bella and continue to deliver high quality online teaching to our growing number of students and as we expand into second and third year delivery. From a pool of outstanding candidates, we are very pleased to announce that Fletcher Clarke and Dr Romany Stansborough have been appointed to these OCF roles and are due to commence on 19 November. Fletcher comes to UniSA Online having taught within UniSA’s flagship Physical Education Teacher Education program for the past 5 years. He has a wealth of experience in education and human movement and possesses expertise with many contemporary teaching methodologies and in online education. Fletcher has a clear passion for education and his teaching leadership is a major coup for the program. We are thrilled to have him as part of our team. Romany has a PhD in Medicine and is an existing casual employee at UniSA Online and has proven to be an outstanding OCF within the Bachelor of Community Health program, demonstrating capable leadership and excellent teaching that has generated high student satisfaction. Romany will be the OCF for a range of courses across both Health Science programs: Bachelor of Health Science (Nutrition and Exercise) and Bachelor of Community Health. We are very excited for Romany to have commenced in her new role.

Term 4 commenced on 17 September and concluded on 23 November with further offerings of Foundations of Human Biology 1 (BIOL 1052), Foundations of Nutrition and Health (BIOL 1054) and Health and Society (HLTH 1054) to round off this highly successful first year of the program. Students have loved the courses in the degree – particularly the course resources developed – and feedback continues to be glowing:

- “The videos are a huge strength. I have done some open university courses which rely on text books. Having the videos allows us to see the processes plus hear the pronunciation of the terminology also”.
- “Present and helpful course lecturers and fun learning environment with constructive course material”.
- “All of the staff were very friendly, explained the topics in a way that I was able to understand as biology was like a foreign language to me. I like the way the course was delivered. All of the tools and resources are available to students such as crash course, oval videos, online books. Drop in sessions were very helpful as well as we get face to face time with teachers where we can ask questions and even if my question was very simple they explained it very well and they were very professional, approachable and friendly”.

With the advent of UniSA Online this year comes unique opportunities for staff to undertake research on various aspects of digital learning. This year staff have been using the Online Video Annotation for Learning (OVAL) software in the degree as well as OnTask software which delivers timely, personalised and actionable feedback to students. Dr Ysabella Van Sebille has recently undertaken research on fostering self-regulated learning – a key skill for an online student – using these software tools and in late November Bella presented a research paper titled “Extending video interactions to support self-regulated learning in an online course” at the Australasian Society for Computer in Learning in Tertiary Education (ASCILITE) 2018: 36th International Conference on Innovation, Practice and Research in the Use of Educational Technologies in Tertiary Education. Congratulations Bella!

As we approach 2019 and the second year of the program we are pleased to announce that all 22 core courses in the degree have been fully developed by UniSA Online’s academic development team and course coordinators within the School of Health Sciences and School of Pharmacy and Medical Sciences. This is a milestone achievement and I would like to acknowledge the expertise and dedication from the following course coordinators and academic development team involved:

Academic development and oversight
- Associate Professor Nayana Parange – Associate Dean: Online Education
- Dr Evangeline Mantzioris – Program Advisor, Nutrition
- Dr Nayia Cominos – Academic Developer, Teaching Innovation Unit
- Dr Negin Mirriahi – Academic Developer, Teaching Innovation Unit
This first year of the program has borne many landmark achievements and we are excited to continue our ongoing success with further high quality online teaching and digital course transformation throughout 2019 as we roll out the second year of the program: Term 1 courses commence on 14 January 2019.

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

Merry Christmas and a safe and happy new year to all.

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

The High Performance Sport Centre has enjoyed a successful first year with formal agreements with a number of high profile sporting organisations to manage their athlete testing programs. Some of the organisations include Thoroughbred Racing SA, Limestone Coast Sporting Academy, Baseball SA and the Roxby Downs Junior Sporting Academy. These engagements have provided a great experience for our final year Professional Practice in Exercise Science students who have accumulated over 2,500 placement hours. Our Norwood partnership is also progressing well with three PhD students due to commence their Norwood funded scholarships early in the new year. The PhD’s will cover topics on mindfulness with Dr Maarten Immink, athlete recovery protocols with Dr Clint Bellinger and men’s health with Professor Kevin Norton. The Norwood Football Club are well progressed on their 10million dollar expansion at the Parade Norwood which will provide additional space for our PhD’s.

In 2018 the HPSC also arranged through the New Colombo Plan (NCP) a fourteen day visit for ten students to Manila in the Philippines. Supervised by Kevin Norton and Mike Hartland the students conducted sport skill sessions in local schools, visited areas of cultural significance and attended a world cup basketball game between Australia and the Philippines. In 2019 we have received increased NCP funding allowing us to visit the Philippines with twenty students. This trip will be focussed around an engagement with the University of the Philippines, the leading university in the Philippines, where we will assist with their junior talent identification program.

Planning is now also well underway for a sports tour of India in July of 2019 year, where we will engage with IPL team the Rajasthan Royals and the Maharana Mewar Public School in Udaipur. The fourteen day tour will also include time in New Delhi to visit areas of cultural significance.

Our engagement with the apprentice academy is also progressing very well, with two more jockeys from Hong Kong joining our program in 2019.

Our collaboration with Baseball SA’s elite junior baseball academy has also advanced. The testing protocols we employed follow those used in the United States such as the 60 yard run and time from home base to first base. This information is forwarded to US talent scouts who will now be able to compare and track aspiring South Australian junior baseballers.

The HPSC is continuing to grow. We welcome suggestions for how HPSC might work for your teaching or research, or any organisations you believe would benefit from our expertise.

Mike Hartland
High Performance Sport Centre Coordinator
New Colombo Plan Philippines 2018 Review

In 2018 the HPSC arranged through the New Colombo Plan a fourteen day visit for ten students to Manila in the Philippines supervised by Kevin Norton and Mike Hartland. The base for our trip was the area of Makati, selected because of its location to places of interest, its low level of crime and access to what could only be described as shopping super malls with one stretching for over 2 kilometres. These malls are very significant in the Philippines culture containing a range of services even hosting church services on Sundays. Our first major engagement was an official welcome function by the Australian Ambassador Amanda Gorely at an Australian themed restaurant Bondi and Bourke where we had an array of food and drinks to choose from supplied by the embassy. As well as mingling with embassy staff we also had the good fortune to meet the Minister for Sport William Ramirez and the Head of the Philippines Institute of Sport Marc Velasco and Roberta Madrigal from the Sport Science Department at the University of the Philippines.

Our next five days were taken up with engagements with local High Schools including Makati High and Fort Bonifacio. These schools are stretched for facilities and equipment as they have in excess of 7,000 students and must run shifts with the first group of 3,500 students commencing at 6.00am and finishing at 12.00pm and the next commencing just after 12.30pm until 6.30 pm, a massive commitment by the teaching staff. In these schools we arrived early to beat the oppressive heat and held AFL skill sessions as well as playing serious basketball games with senior school students. The school engagements were enjoyed by our students and the Filipino staff and students as evidenced by the accompanying photos.

We also took time out to visit areas of cultural interest such as Intramuros, an historic walled area within the city of Manila constructed by the Spanish during their 400 year reign over the Philippines which came to end in 1898 at the time of the Spanish American war. We also undertook a day tour to the Taal Volcano, two hours south of Manila where we all successfully negotiated a walk to the top of the Volcano. As expected the students also encouraged us to visit a number of street markets where they purchased a vast array of discounted clothing and sports shoes. The success of the trip can be attributed to the fact that the whole group worked as one on the sport segments and then during down time we all enjoyed each other’s company across a range of organised activities and just simply sitting by the hotel pool.

In 2019 we have received increased NCP funding allowing us to visit the Philippines with twenty students. This trip supervised by Kevin Norton and Mike Hartland will be focussed on an engagement with the University of the Philippines the leading university in the Philippines where we will assist with their junior talent identification program.

Mike Hartland
High Performance Sport Centre Coordinator
Bachelor of Health Sciences
Open Day Thank You

Wow, what a year 2018 has been! As the end of my first year as Program Director comes around it’s a great opportunity to reflect on what we’ve achieved as a team this year. I want to thank the Program team, particularly Dr Janette Young, Dr Richard McGrath, Dr Caroline Adams for your support, and for supplying chocolates when needed! Narelle Korotkov has also been an amazing support for the team and for me particularly in helping navigate the many and varied administrative elements involved in the Program Director role.

The 2018 IBHL Student Conference was recently held on Thursday November 8th at Mawson Lakes campus, and the presentations by students, both individually and in teams, was really impressive and showcased the opportunities students have to develop skills across a range of areas and to work with industry partners in both 2nd and 3rd year around real-world issues and projects. The 1-day conference is constructed around presentations given by all students in the Program, including team-based multimedia presentations for 1st year Introduction to Sociology of Health and Physical Activity students, team-based presentations for 2nd Year Project Management for Health and Wellbeing students, and individual presentations given by students completing their Health and Wellbeing Industry Placement. Attendees were encouraged and inspired by the two keynote presentations, given by Dr Terry Boyle and Associate Professor Craig Williams, who spoke about their own personal career journeys – the challenges and the highlights – and provided insightful advice for the future both for continuing students and those graduating and heading out into the workforce. The conference each year is organised by a team as part of our 3rd Year Health and Wellbeing Industry placement course, and the team for 2018 included Kristian Carbone, Penny Kopsaftis, Nam Tran, and Mahgul Haidari. The team did a wonderful job in pulling it all together for a successful event, with a great program and plenty of food (very important!). The team should be congratulated on their efforts and for stepping out of their comfort zone at times to achieve what was a great conference, including managing to negotiate a substantial proportion of food donations that reduced the conference costs. Thanks to Shireen De Souza, 2nd Year Dr Katherine Baldock
Program Director
IBHL student and President of the IBHL Student Society, for taking photos of the event as well!

This year’s project management consultancies included three projects for the Animal Welfare League (AWL). Students developed project proposals involving stakeholder mapping, assessment of feasibility, resources, and risk, and development of timeframes for three potential projects identified by the AWL. The three projects included a youth volunteering program, short term pet foster care, and a High School student work experience program. Olga Vidoni (AWL Pet Education Specialist) said, “Thank you for the invitation to the IBHL Student Conference. I loved seeing what the groups produced and I look forward to getting a copy of the end product/reports.” We really appreciate industry partners making the time to attend the conference, but more importantly in working with our students to provide them with exposure to real-world issues and the opportunity to integrate that exposure with their academic learning.

To all of the IBHL students, it’s been fantastic to start getting to know you through the courses I’ve taught this year, but also through meeting many of you one-on-one and seeing what you’ve been up to this year at the recent IBHL Student Conference. It is a real privilege to be able to support you in your academic endeavours, and really exciting for me to see your journey unfold as you progress through the degree. To those of you who are completing your degree, I wish you all the best as you venture out into the next exciting chapter of life. I trust that the knowledge and skills that you’ve developed through this program will support you in your future work roles and careers. To our continuing students, I hope you all enjoy a well-earned break over the summer and come back refreshed and ready to go for the year ahead!

It’s been a great year and I’m very much looking forward to the opportunities ahead in 2019!

Dr Katherine Baldock  
Program Director: Health Sciences
Bachelor of Health Science student Zahar Azar undertook a cultural exchange to Thailand for three weeks as part of the elective Health Science course ‘Cultural Experience in Health Science’. Through this course students are able to seek out opportunities available around the world to broaden their cultural perspectives, contribute to the local community and explore their adventurous self. As part of the course students are required to present key learnings to a public audience and Zaher has chosen to do a report in the Health Science newsletter.

I undertook a cultural study experience in Thailand for three weeks at Thammasat University Hospital in Bangkok, Thailand. It was a significant opportunity for me as a future health professional to expand my knowledge about cultural factors and their link to health and well-being of people. The aims of the experience were understanding different cultures, beliefs and values, comparing Australia and Thailand healthcare systems and being culturally aware of diverse groups to be prepared for the future professions. Some of the activities included working with the hospital health professionals, attending different lectures and seminars, visiting local places and interacting with patients and local students.

This experience of working in a different cultural and physical environment with weather, food and limited resources allowed me to understand better how Thai people seek medical attention and how the Thai government manages the health and well-being of such a large population. From my experience it appeared that in Thailand the focus is more on providing curative health services rather than health promotion and disease prevention. I observed that physical activity is low, fried food consumption is quite high, food hygiene, preparation and storage is not the same as Australian standards. I also observed that the new generation is interested in academic education, better employment and achieving higher income to improve their quality of life. My experience allowed me to learn that friendliness, respect, following Buddhist rules and helping people in need are the strong characteristics of Thai people.

I experienced challenges such as language difficulties, food and the hot humid weather. However, after a few days I adjusted to the new environment and I was able to successfully achieve the course goals and enjoy the experience.

This course is highly recommended to future students. It will help them to challenge themselves to work, study and learn in a new and different environment. It is a great opportunity to learn and understand about other cultures and increase their skills and knowledge in providing the best possible health care and services. It is also a significant experience that will help students as the future health professionals to be culturally aware and be prepared for future professions.
The Inaugural Human Movement, Exercise & Sport Science student conference was hosted at City East Campus on Friday, 9 November from 12:30-5pm. The conference had two concurrent themes – Exercise and Sport Science and Outdoor Education.

Firstly, we would like to thank the organising committee for all their efforts into organising this event. Students enrolled into Professional Practice in Exercise Science volunteered their time at the end of their degree to help get this first conference off the ground. While we only had about two and a half months to put something together, they have now laid the groundwork for years to come. Thanks to Jarrod Gordon, Alexandra Miller, Shannon O’neill, Lachlan Hillier, Owain Manship, Ethan Busbridge, Cameron Matters, and Izac Clifton. Big thanks also go to Dr. Tom Wycherley and Dr. Max Nelson as organising staff members.

**Exercise & Sport Science stream**

The Exercise and Sport Science stream started with two keynote speakers. First, Dr. Pitre Bourdon, who has worked in sport science for over 30 years, locally at the South Australian Sports Institute (SASI), and most recently returning from a 9-year stint at Aspire Academy in Qatar. He provided students with sagely advice regarding lessons learned in the industry. Second, Dr. Clint Bellenger provided a more recent graduates advice to students and discussed his experience both at SASI and the Australian Institute for Sport.

The keynotes were followed by two PhD students describing their applied sport science research. Stuart Gollan discussed his research with Adelaide United around game analysis, followed by Fabian Garcia-Byrne who described his research plan to examine fatigue in cricketers in connection with the South Australian Cricket Association. We then had four 3rd year students, Claudia Caruso (Invictus Pathways Program), Joel Dunstan (Adelaide Football Club), Alex Renshaw (Basketball SA), and Danielle Guile (SASI) describe their practicum experiences within a 5-minute presentation. It was great to see the lessons that students learned in each of their practicums, and the wide variety of practicum experiences.

The highlight of the conference for many students was the Industry Panel Q&A session, lasting 1.5 hours, where students were able to ask questions to industry representatives. Industry panel members included Joel Perricone (Fitness Australia), Steve van Diepen (SASI), Michael Smith (Wheelchair Sports), Max Martin (iNform Health and Fitness Solutions), Pavlos Dimitropoulos (UniSA Sport), and Brie Salagaras (Adelaide Crows). The experts provided their views on the current and future job opportunities, and the reality of working in exercise and sport science.

**Outdoor Education Stream**

The Outdoor Education stream had guest speakers of Will Dobud from True North Adventures and Phil Noble from Prince Alfred College and SACE. Will is a social worker and adventure therapist who specialises in working with adolescents who are at-risk. He shared his review of practices world wide and the available evidence on the efficacy of such programs. Phil is one of the current writers of the revised SACE Stage 1 and 2 Outdoor Education program as well as a coordinator of Outdoor Education at Prince Alfred College. Phil shared his insights into the current progress writing this new study.
Final Year students followed this with 3-minute presentations on their recent placements in Outdoor Education programs around the state, with many of their supervisors attending. It was clear that these professional placements had a deep impact on these students. Industry advisory group members, supervisors and other professionals attending were impressed with the quality of these presentations. After a break Jed de Ruyter shared his experiences on a 6-month exchange to Norway with an amazing slide show to accompany his description of the highs and lows of learning about ‘Fruluiıftsliv’ – the Norwegian outdoor life at Agder University.

Finally, a 6-member industry panel from schools, private industry and community shared their insights into their career paths, passing on what they learned and advice for our current students. Industry Panel members included Luke Duncan (Wilderness Escape Adventures), Ben Taylor (Woodcroft College), Peter Vowles (Brighton High School), Cath Warnecke (ex Wilderness School), Micha Jensen (Prince Alfred College), Luke Jansons (Active Education).

The student conference follows in the footsteps of other program’s student conferences in the School of Health Sciences and it is hoped to further increase the engagement from other year levels as the Conference gains reputation among the student body. We look forward to the 2019 conference!

Alyson Crozier and Scott Polley
Program Directors
Bachelor of Human Movement

After advising I was no longer continuing as Program Director after February 2019, I have been convinced to continue the role for a little longer. Although I have enjoyed the role I had hoped to make way for others and to put more focus on my teaching and learning in Outdoor Education but it seems the time is not right for the School. With very talented new Program Directors in Exercise and Sport Science (Alyson Crozier) and Bachelor of Health Science (Nutrition and Exercise) and the depth of leadership in Clinical Exercise Physiology (Kade Davison) the role has changed considerably with a greater focus on collaboration with other leaders within the School and our respective teaching teams. There are both challenging and exciting times ahead for the School of Health Science, Division and the University and I feel fortunate to be part of the next stage.

Human Movement Industry Advisory Group – December 11

Each program at UniSA has an industry advisory group to provide advice to the University, School and teaching team to ensure that students graduate with relevant knowledge, experience and capabilities to assume professional roles in their future. Human Movement has had an Industry Advisory Group for some time but recently was reformed as most of the members transitioned to be members of the Exercise and Sport Science IAG. Most programs within Health Science have clear professional outcomes such as Medical Radiation, Podiatry and Occupational Therapy that have professional registration and professional recognition but Human Movement (and Health Science) has very diverse employment and study opportunities in Health, Education, Recreation. As a result, industry advisory group membership is also diverse.

A recent Human Movement Industry Advisory Group Meeting which included a number of graduates clearly demonstrated the potential of Human Movement to be a ‘degree of opportunity’. Four examples include Matt Julian attended as a guest and outlined his journey. After completing a Bachelor of Exercise and Sport Science in 1994 Matt worked his way up to manage gyms and clubs, establishing the Next Gen club at Memorial Drive and later the Next Gen club in Brisbane. After further years managing clubs in London he turned to Yoga becoming a yoga teacher working between London and Adelaide. Emily Ayles completed her Bachelor of Applied Science Human Movement after initially having an interest in elite sport, but through research and placement opportunities offered at the University developed an interest in adapted physical activity, working in Sport development and classification for para sport and now working at Novita as a Recreation Officer. Alison Hill completed her Bachelor of Applied Science (Human Movement) in 2000, her honours thesis in 2001, she went on to complete a PhD then a Postdoctoral Fellowship in the USA, a Masters of Dietetics in 2004 and now works at UniSA as an academic. Ryan Tripeny completed his Bachelor of Applied Science (Human Movement and Health Studies) in 2002 and after working as an Outdoor Education professional in private industry completed a Master of Teaching in 2006. After rising through the ranks at Norwood Morialta High School Ryan is currently year 11 coordinator at Reynella East College.

The industry panel also demonstrated the changing nature of careers with all panel members sharing stories of changed directions over their career span. The Bachelor of Human Movement has a history of a high number of students transferring to other programs or going on to post graduate study in areas such as Education, Physiotherapy, Occupational Therapy, Management, Social Work and other fields (60-70%). This left a relatively small number of students that sought employment directly from the Program. The employment statistics for Human Movement are below the School’s and national average, based on the Graduate Destination Survey where fewer than 20% of students respond. To get stronger data we have been tracking students using both anecdotal and direct data and a picture emerges of a period of initial lower levels of employment in the first 6 months (many by choice) but improving significantly within 12-24 months. The industry advisory group decided to continue to focus on graduate capabilities of all students that head into such a broad range of industries, but to particularly focus on the relatively small number of graduates that seek employment directly from the program.

There were many key outcomes from the most recent meeting on December 11 and many recommendations going forward. It was of note that for many employment outcomes, the Bachelor of Exercise and Sport Science provides the graduate requirements for those industries that require specific exercise delivery, prescription, evidence based practice, testing and measuring physiological performance and development. It was also noted that the employment landscape has changed over the last few years with new opportunities emerging in the area of disability, healthy active aging and wellness. It was concluded that most of the desirable capabilities of the Human Movement graduate were currently being addressed, particularly with changes that have occurred to the program over recent years. It was of note that most of the individual industry capabilities that were discussed were addressed depending on the student specialization choice (Health and Physical Education, Exercise Sci-
ence, Outdoor Education, Nutrition, Psychology, Coaching, Health Promotion, Rehabilitation Science).

The group were very keen to ensure that all graduates were more work-ready for these areas and strongly advised to ensure all graduates emerged with professional practice experience, greater professional capabilities, greater project management knowledge, greater knowledge of physical activity across the lifespan and for a broad range of populations including older Australians, those with disabilities and those that were at risk of experiencing mental health episodes. This, and other advice provided will now be taken back to the Program team to consider the content of current courses and the suite of courses themselves and consider how to apply this in the teaching and learning program.

Looking forward

The number of students undertaking the Human Movement programs has, as expected, reduced with the successful introduction of direct entry Exercise and Sport Science and the commencement of the online Bachelor of Health Science (Nutrition and Exercise). Although the sum total of students enrolled in these Human Movement sourced programs will continue to grow the challenge is now to consolidate the role and place of the program and to raise the bar further. Program teams are constantly looking for ways to evaluate the success of the program to identify areas that need attention. They are also constantly seeking ways to enhance student engagement, learning and capabilities. Over the last few years Human Movement has spawned 9 programs. The last few years have focussed on development of these programs and recently the accreditation of the Bachelor of Human Movement (Exercise and Sport Science) – now the Bachelor of Exercise and Sport Science. With our structures in place it was to consider the direction of these programs and how best to continue our path towards teaching and learning excellence, world class graduate capabilities and continued collaboration across Program teams. To this end the Human Movement, Exercise and Sport Science and Clinical Exercise Physiology teams all met on December 10 to consider the next steps for Human Movement – the base for both Exercise and Sport Science and Clinical Exercise Physiology and the online Bachelor of Health Science (Nutrition and Exercise). Getting together as a team has been a focus for 2018 to promote stronger collaboration between Program teams, the 4 Program Directors and to harness the talents of new staff to add to the strong existing staff pool.

After revisiting our 2017 planning resolutions and taking on board Industry Group advice from both Exercise and Sport Science and Human Movement Industry Advisory Groups the team then self-reflected on student and graduate capabilities. The team discussed ways of enhancing problem solving, critical thinking, mathematical applications, written expression and confidence in their knowledge in particular among other areas highlighted. A number of practical solutions were generated with many able to be implemented immediately and others requiring further development to implement over the coming year.

Kia Ora and Welcome to Graeme Carrick-Ranson

Dr Graham Carrick-Ranson joined the teaching team on 6 December. Graham joins us from the University of Auckland after completing post-doctoral studies at the University of Texas. We are very excited to welcome him to our group, with his background in cardiac exercise physiology, healthy active aging, diabetes prevention and treatment through exercise, physical activity in young adults and his leadership in post graduate studies. Graham will coordinate Foundations in Human Movement, Exercise and Sport Science in 2019 as well as contribute to a range of courses.

Thank you Carol

For the last 5 years Carol Deroulette has been the Program Support Officer for Human Movement but is now moving on to new challenges within the School. ‘Every program needs a Carol’ was a catch phrase at a recent Program Management Group meeting, recognising the fantastic contribution she has made to student support, wellbeing and development. Her humour, blunt appraisal and genuine concern for student welfare were hallmarks of her time in the role and was nominated for a Division service award. Carol moves on to support other programs in the school. We are very fortunate to have such amazing staff in the School of Health Science admin team and welcome Kristen Clark to the role for 2019.

Fair winds and a joyful Christmas to all staff, students and friends.

Scott Polley
Program Director
Master of Research Degrees

It has been a busy but exciting start in my new role of Research Degree Coordinator for all Masters students enrolled in the School and Program Director for the Masters and Graduate Certificate in Population Health Practice. I have already had the pleasure of meeting with most of the Masters Students and their supervisors and learning about their interesting research projects, during this round of reviews of progress. I also had the opportunity to meet a number of potential candidates looking to enrol next year, and it is great to see the increasing interest we seem to get for our Masters programs.

As you may be aware, we offer two options for our Masters students: a standard Masters by Research and the Masters of Population Health Practice. Both programs are 2-year (full time) or 4-year (part-time) Masters by Research programs, with the only difference being that the Masters of Population Health Practice has an additional coursework component. The coursework consists of four consecutive 6-week fully online courses designed to equip students with basic research training skills and knowledge (research methods and epidemiology, data collection methods and data management, biostatistics, and evaluation methods) while they develop their research proposals. In the new year, we will be reviewing the program and its courses to make sure they meet the needs of students across all disciplines within the School and will be consulting with staff and students involved in research training as part of that process.

If you know someone who might be interested in doing a Masters in the near future and is potentially eligible, please don’t hesitate to contact me or our research team. We are always happy to talk and assist with the application process.

Finally, I would like to say a big thank you to Associate Professor Marie Williams and our fabulous research team (Deb and Andy) for passing on their valuable knowledge over the last few weeks and welcoming me as part of their team.

Wishing you all a well-deserved end of year break!

Dr Catherine Paquet
Program Director: Master of Research Degrees
Bachelor of Medical Radiation Science

Much has happened since the last newsletter. The annual fourth year student conference has been held including interesting presentations. The conference committee worked hard ably assisted by the coordinators of the Professional Entry Practice 2 courses and Zac Gnaidek, our program Administration Officer. Congratulations to all the peer selected presenters and the prize winners:

- Ashleigh Hull (NM) – Academic prize
- Lilian Chung (MI) – Student prize
- Courtney Aird – MI ASMIRT prize
- Thomas (Min Sung) Park – RT ASMIRT prize
- Henry Nguyen – NM ANZSNM prize

Currently the second years students are out on their clinical experience and reports from them are very positive and they are enjoying putting into practice their knowledge. Thank you for supporting the least experienced of our students. It is appreciated by both the students and the program.

Since our last newsletter there have been some staff changes within the program. Tim Sawyer has retired and whilst we are sad to lose Tim’s experience, we wish him all the best for the next phase of his life as he spends time developing his farm. Denise Ogilvie has returned to her first love of working as a clinician. This will allow her to still have input into the student experience but in the clinical rather than the academic environment. We wish Denise all the best for her new challenge.

The medical imaging program will welcome a new staff member in 2019. Shayne Chau will be joining the team and we look forward to welcoming him and assisting him in his transition into the academic environment.

It is hoped we will attract 2 new honours candidates to the research in addition to the projects current honours student Mikaela Doig, along with other Medical Radiation and UniSA staff.

Congratulations are in order for the following staff members;

Professor Eva Bezak has successfully nominated for the 2019 Australian Research Council College of Experts. This is a very prestigious appointment for Eva and recognition for her research expertise.

Michala Short has been appointed to the NHMRC Proton Beam Therapy Working Committee. The committee aims to provide advice in relation to proton beam therapy (PBT), its application and options for PBT facilities within Australia, with particular regard to the following:

- the application of PBT, both clinically and in a research context.
- appropriate research methodologies and the capacity in Australia to undertake this research.
- modelling and analysis of baseline need for both clinical and research applications, including future demand and growth.

Breaking news relating to the Healthy Newborn Project team:

Despite a short turnaround time the team (Eva Bezak, Nayana Parange and Amber Bidner) have been successful in gaining funding for a further 18 months from The Hospital Research Fund (THRF).

THRF stated they were very impressed with how updated the project team have kept them and all the Public Relations assistance given (sending reports, contacts, testimonials etc) relating to the current project. The representative from the Foundation reported that they are looking forward to continuing to work with the University of South Australia. This funding will take the project to October 2020. It is hoped we will attract 2 honours students to the research and involving other Medical Radiation and University of South Australia staff (Katherine Guerrero - who has also been involved with the current project) over the next couple of years.

As 2018 draws to a close it is timely to thank you all for your input to the program over the past year. Your support of the students is greatly appreciated.

We would like to take this opportunity to wish you all the best for the festive season and 2019.

The medical radiation team:

Eva Bezak, Cristina Blefari, Michala Short, Joanne Oldfield, Eileen Giles, Kathy Guerrero, Greg Brown, Nadine Ellis, Donna Matthews, Amber Bidner and Jane Shepherdson
Healthy Newborn Project extended to 2020

A program aimed at improving antenatal care in rural communities has been extended until October 2020, empowering remote healthcare professionals and saving the lives of mothers and babies. The Hospital Research Foundation (THRF) and the University of South Australia’s (UniSA) Healthy Newborn Project gives remote doctors and midwives the opportunity to attend vital ultrasound training which can then be administered back in their communities – many of which have been without this important service.

Led by Associate Professor Nayana Parange, Professor Eva Bezak and Amber Bidner from UniSA’s School of Health Sciences, 25 doctors and midwives attended two workshops in Adelaide earlier this year. Thanks to THRF’s generous donors, an additional $160,000 will be provided to support the program for a further 18 months until October 2020 (original funding went to April 2019). Amongst other research initiatives, this additional funding will allow 12 more rural healthcare professionals to take part in an antenatal ultrasound workshop and 12 past participants to attend a follow-up session offered to “Ultrasound plays an integral part in antenatal care that can provide timely diagnosis of complications including ectopic pregnancies, which can be life-threatening” A/Prof Parange said.

“However research has shown that ultrasound access is limited, delayed or non-existent in many rural and remote communities in Australia.

“We are very grateful for THRF’s funding and support in order to make this vital training happen.”

Nurse Sophie Kieliszek, who works in a remote outreach community up to 800km from Alice Springs, said the course gave her invaluable skills to help expectant mothers and aid early diagnosis.

“I had no experience with ultrasounds beforehand,” Ms Kieliszek said. “We had a machine but I didn’t know how to use it so I jumped at the opportunity to do the course.

“It’s made a huge difference to the quality of care we can give to the community, and it’s also really lovely for the women to be able to see their babies.

“It’s bridging the gap between women in remote areas and women in the city.”

Dr Chris Clohesy, who works in the remote Aboriginal community of Maningrida, about 600km east of Darwin, said the workshop helped reinforce his skills to be able to deliver more informed advice.

“It’s a core skill to have for remote doctors and nurses and I feel more confident in my approach now,” Dr Clohesy said.

“It is especially helpful in an emergency situation where, for example if they’re in labour, I can do a quick scan and check where the head is or see the heartbeat.”

In addition to the invaluable training being offered by the Healthy Newborn Project, the team will be conducting an Australia wide needs analysis survey to provide data around access to antenatal ultrasound scans in rural and remote communities across Australia. Over the next 12 months the research will examine factors such as the impact of needing to travel, and determine how many lives could be saved through improved access to antenatal ultrasound.

The extension of the project will also enable the team to perform a systematic review and cost analysis of Point-of-Care Ultrasound (POCUS) in remote and rural Australia and to develop an educational augmented reality mobile application for pregnant women to improve lifestyle choices during pregnancy. It is hoped these proactive initiatives will address some of the barriers identified, providing data and a physical resource aimed at closing the gap and saving the lives of mothers and babies in our rural and remote communities.

Health professionals in regional and rural Australia who are interested in more information about the training, are asked to contact Amber Bidner (Amber.Bidner@unisa.edu.au) from the University of South Australia.

Written in collaboration by THRF and UniSA
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I am Daniel, a fourth-year occupational therapy student (with honours) who was lucky enough to present my research study at the Australian Association of Gerontology on the 23rd of November located at the Melbourne Convention Exhibition Centre. The title of the study was ‘Why do older adults ‘tee off?’: a cross sectional study exploring the role of experience’. This was the primary study from my honours thesis, that aimed to investigate why older adults play golf, and whether reasons differed according to years of golfing experience.

The theme of this conference was ‘Advancing not retiring: Active players, a fair future’, where researchers and representatives from aged care facilities, hospitals, and other agencies that involved older adults attended to learn and share their experiences. Skills I specifically developed during this conference experience were first and foremost, public speaking, as I had a 12-minute oral presentation. Being able to remain calm and share the study to the audience has helped develop overall communication skills that I can use in my professional career. I was further able to develop professionalism as a whole, as I was a representative from UniSA, and occupational therapy.

This experience also allowed me to network with other researchers, allied health, PhD students, and nursing staff. Talking to these people assisted me to develop professional networks outside of occupational therapy and even South Australia, which allowed us to discuss a bit about ourselves and our research, as well people being able to provide professional and academic advice I can apply in the future. As a future career goal of mine is to complete a PhD, it was very useful and informative to talk to other PhD students about their experiences with the process and this has helped plan out my future career path.

Being able to present at this conference also allowed me to disseminate my experience with my fellow occupational therapy cohort, and other students at the University of South Australia who have an interest in completing research honours. This positive experience hopefully shines light for other students, and encourages them to pursue this pathway as it was simultaneously both rewarding and enjoyable, as well as difficult at times.

I would like to thank my supervisors Dr. Katherine Baldock, Dr. Alyson Crozier and Brad Stenner for their contribution to the project, and helping prepare the presentation. Further, I would like to thank the University for the scholarship, as this experience would not have been possible without it.

Daniel Costalonga
4th year Occupational Therapy Student (Hons)
My name is Krystle Crouch and I am currently in my second year of Radiation Therapy at the University of South Australia. Myself and fellow 3rd year medical imaging colleague, Jenny Han were fortunate to receive scholarships from the university to attend the 2018 National SARRAH Allied Health Conference hosted in Darwin (12th-14th September). The Services for Australian Rural and Remote Allied Health (SARRAH) conference aims to bring together allied health students and professionals from around Australia who share a common interest for rural health.

The conference provided an opportunity to talk directly with rural health professionals and develop important connections. An interesting variety of session topics were offered such as wellbeing and avoiding burnout, caring for Indigenous patients, benefits and challenges of working rural, strategies for rural workforce retention, virtual reality therapy and the use of escape rooms to facilitate problem solving in health students. In addition to the conference, we had the opportunity to visit the Royal Flying Doctors Service (RFDS) facility and tour the Royal Darwin Hospital radiology department.

I was also able to visit the Alan Walker Cancer Centre which involved a tour of the facility and observation of pinnacle planning and patient treatment. This provided valuable insight of the profession in a rural setting.

Attending this conference provided beneficial skill development, networking with leaders in the industry and inspiration for future career pathways. I have also gained a deeper understanding and appreciation for the wide range of allied health professionals involved in the patient’s healthcare journey. Thank you to the UniSA School of Health Sciences for providing the scholarship.

Krystle Crouch
2nd Year Radiation Therapy Student
Inspiring high school girls in Port Pirie to pursue STEM subjects

In September 2018 I was invited to volunteer to run a STEM workshop in Port Pirie as part of the IEEE Women in Engineering group. The group regularly runs STEM workshops to mentor country high school girls on pathways that subjects in science, technology, engineering, and mathematics can lead too. The women running the workshop were from multidisciplinary backgrounds in engineering, but all shared the same passion for inspiring young women in science.

On the first day we visited John Pirie Secondary School where I got the opportunity to share with the girls my pathway from high school to UniSA to study medical radiation sciences and now to post graduate study (supported by an Australian Government Research Training Program Scholarship). I ran multiple workshops over the two days and was able to support the young girls learning and answer questions they had about opportunities at UniSA. The workshops were designed to encourage team building and problem solving and to show the girls that they could all excel in these subjects. We also visited St Mark’s College and spread the word about the opportunities for women in science.

The workshop was a fantastic opportunity to share our knowledge with both the students and teachers at the schools in a fun and relatable way. I personally learnt a lot from the other women in the group and hope to have further involvement in their great work.

Mikaela Dell’Oro
Graduate Diploma and Masters of Medical Sonography

It has been a relatively subdued period of time in Medical Sonography land, as new staff have settled in to the teaching-marking-reviewing-teaching-marking process. With our program accreditation documentation submission imminent, we are all enjoying the process of global reflection on the program structure and how best we can ensure our graduates continue to meet the high level of professional standards required by Australian Sonographers. There have certainly been many questions raised, and conversations started!!

It was great to see our students on campus recently, when they came from far and wide to sit their final assessment before becoming eligible to register as accredited Sonographers. Although I’m sure our non-local students would much prefer to visit Adelaide under slightly less stressful conditions, we do all enjoy the chance to speak face-to-face!

We wish these students all the best as they start their next steps. Please keep in touch with us - we love to hear how you are all going. Of course, we also look forward to seeing you again, should you start to consider some of our new and improved Masters study options down the track.

Brooke, Nayana, and Sandy travelled to Singapore recently to attend the International Society of Ultrasound in Obstetrics and Gynecology (ISUOG) World Congress. Here, Sandy enjoyed the chance to meet with her team members from the Global Taskforce Advisory Group, completed the current advanced first trimester certificate course, and presented an ePoster ‘Sonographic Assessment of Preterm Birth’.

Nayana has just returned from Papua New Guinea, where she worked with three other trainers in the running of a workshop of eight trainees at the University of PNG in Port Moresby.

A bit more locally, Sandy chaired an Australian Sonographers Association SA Branch Christmas meeting, which was kindly sponsored by Philips, and well attended by sonographers from the range of practices in South Australia. It was great to see the local collaboration, and attendance of people with various affiliations with our Medical Sonography programs.

We are all looking forward to a good break following a very busy year, and in preparation of what is looking to be an exciting 2019.

Merry Christmas, all!!

Brooke Osborne
Program Director: Medical Sonography
Bachelor of Occupational Therapy

It has been a very busy year for the Occupational Therapy programs and staff. The student led conference theme was *A World of OpportunOT*. The theme does seem to capture the essence of 2018. We farewelled Hugh Stewart and Mandy Stanley early in the year, as they moved to new adventures.

Our core teaching team has been working with a large pool of casual tutors this year to deliver our courses. We thank everyone for their dedication to delivering a quality education to our students. Similarly, we thank the many clinical and other agency supervisors who hosted and supported our students across the year.

Ten students completed occupational therapy research honours and presented their findings in the conference. Topics included intergenerational playgroups in residential care; playfulness and wellbeing in parents; nature play; apps for physical activity; experiences of rural women of being physically active; mental health and wellbeing promotion in rural football clubs; older adults and golf; assistance dog ownership and an exploration of the UK Biobank.

The Honours prep students developed proposals to explore topics as diverse as motivations of pet rescuers; assistance dogs retirement or work practices; intake practices for private practice; rehabilitation and stroke guidelines; international placement experiences and outcomes; sensory approaches in mental health practice; consumer involvement in OT education and Clinical reasoning and outcomes in OT driver rehabilitation intervention programs. We look forward to their findings next year.

In a new initiative we invited topics from CAHLN occupational therapy teams for the 3rd year undergraduate EBP 3 systematic reviews. Our masters entry students produce a systematic review with the agency host of their final placement, on a topic of need for that client group. In 2019 will continue to explore ways to integrate course work research with industry need.

The occupational therapy research profile is growing in scope each year with 2018 seeing many successes. The team was successful in several grants.
UniSA SA Health Industry Collaborative Funding

The SA Health/UniSA Allied Health Research Collaboration grants enable us to build our inter-d and cross sector collaborative research and our team was successful in the following applications.

**Demonstrating the impact of the Whyalla Community Mental Health Rehabilitation Service: A mixed methods study**. Jocelyn Kernot Susan Gilbert-Hunt Angela Berndt Amy Baker Adrian Leet (Health) Saravana Kumar ($20K)

**Facilitating manual wheelchair skills following lower limb amputation using a group process: A mixed methods evaluation of a new intervention**. Kimberly Charlton (Health) Georgie Ticker (health) Carolyn Murray Angela Berndt Rose Boucaut ($16K)

**Investigation of the broad scale impact of the frequency of clinic based early intervention services within the 0-4 age range with diagnosed/suspected developmental delay**. Varvounis, Stott, Nimmo, Ward, Kobie Boshoff, Boyle, Lefmann ($28K)

**The Road Home—Understanding the relationship between health behaviours and psychological wellbeing in carers of service men and women** Danielle Post, Gaynor Parfitt, x van Agterren, Jocelyn Kernot, Amy Baker ($48K)

**Awards and travel**

OT team members were nominated and shortlisted for the inaugural Pathway to Impact Interdisciplinary award for the study “Using Social return on Investment Analysis to value the Social Impact of Modified vehicles to people with Disability”. The study was funded from a 2017 to 18 LifeTime Support Authority Grant ($239,000). Angela Berndt, Claire Hutchison, Susan Gilbert-Hunt, Julie Ratcliffe, Stacey George.

Brad Stenner travelled to the United Kingdom to present at conferences and the House of Lords Westminster. He also completed the ground work for a collaborative study with Oxford University.

**Teaching**

The undergraduate participatory community practice proposal to projects are mid cycle. This cohort finds 1/3 of the students completing projects in a regional or rural area.

Our transition to the new Professional Honours program is completed with all new students from 2019 entering IHOC. However, we also successfully transitioned the 2018 cohort also.

2019 will see us implement a major program amendment by moving the Occupational Therapy practice education / Field practice 2 courses from third year to second (or equivalent for MOT). This is major undertaking with the courses to be taught twice each study period.

The post graduate driver assessment and rehabilitation advanced practice certificate course was run twice in 2018. Our program designed the competency-based curriculum in 2003, the first online / intensive blended course of its type. In 2016 we entered into a collaborative arrangement with Flinders University / Medical Centre (SAHLN) driving clinic to offer a new version. The collaboration blends the IP and resources of both institutions. In this arrangement we have completed six courses in three years, with an average of 15 students per course. Students are all registered or equivalent occupational therapists. Cohorts have included OTs from every state in Australia plus the UK, Hong Kong and New Zealand. Locally the trained OTs have then gone back to develop new driving clinics in NAHLN and Country Health as part of the parity in Transforming Health policy. We are very proud to have supported those initiatives!

It has been a very big year in the Occupational Therapy Programs and we thank all team members for their dedication to quality.

Dr Angela Berndt
Program Director: Occupational Therapy
Bachelor of Physiotherapy

The entry level physiotherapy program staff and students have finished off a very busy 2018 with the second annual Student physiotherapy conference which equalled the success of the inaugural conference last year. Our congratulations go to the presentation award winners: Peter Choi (best individual) Jayme Miller (best Honours) and the India group (best group). Our deep felt thanks go to the generous support of our sponsors, Sue Green, MedHealth (gold sponsor), Dr Chris Farmer, MatrixCare (silver sponsor), Tin, Melony and Matt from Positive Rehab and Tony Aitchison, Add-Life Technologies (both silver sponsors) for helping the conference to be such a success. We also thank Ms Annelise Morris, Dr Michael Shriripa, Professor Anthony Pohl, Mr Triton Tunis-Mitchell and the batyr presenters for their thought provoking contributions designed to help the students in their first year as graduates. The students also had the opportunity to ask questions from new graduates Ms Emma McCoomb, Ms Emily Shephard, Ms Elli Bills, and Mr Steven O’Donnell and industry experts Mr Peter Roberts, Mr Matthew Beard, Mr Peter Tziavragos and Dr Trish Newman.

The programs have introduced an additional clinic 7 time slot in Advanced Rehabilitation. This is serving the dual purpose of providing an extended service to patients as well as an opportunity for students who have experienced delays in their study plan to catch up some time. We will introduce an additional February clinic next year for the same reason and so the program will offer service to the public from January 28th – December 6th in 2019. Health Promotion in Physiotherapy also has an additional study period 7 offering with 20 students undertaking an international trip to Borneo under the leadership of Katia Ferrar.

December is the planning month for the program where we will review the implementation of the new Bachelor of Physiotherapy (Honours) program and further refine our focus on producing work ready graduates

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

Grants

Dr Saravana Kumar, in collaboration with Joseph Orlando and Matthew Beard from the Royal Adelaide Hospital, have been successful in securing funding through the Acraman Bequest Allied Health Research Grant 2018-2019 to investigate the impact of physiotherapy-led telehealth Spinal Assessment Clinics at the Royal Adelaide Hospital. This project is a follow-on from a previously successful project conducted in 2017.
Dr Kylie Johnston, Dr Anna Phillips and Dr Saravana Kumar, in collaboration with Jenne Farrant and Karen Sherwell from Flinders Medical Centre have been successful in securing funding through the SA Health· UniSA Allied Health Research Grants. This project titled ‘Closing the evidence-practice gap by promoting early mobilisation in admitted patients: a mixed-methods research study’ will aim to implement and evaluate best practice in the management of patients at the Flinders Medical Centre.

When you can’t breathe, nothing else matters…. Successful MRFF Rapid Applied Translation Impact Grant

Chronic breathlessness is a common symptom of people living with advanced disease such as chronic heart, lung and cancer conditions. Breathlessness is a distressing and often stigmatised symptom that severely limits physical capacity and has profound negative effects on the well-being of both the person living with or caring for someone with chronic breathlessness.

Despite its prevalence and severity, chronic breathlessness is often overlooked or under-treated.

A multidisciplinary team including Dr Kylie Johnston, A Prof Marie Williams (UniSA); Mrs Mary Young (Nurse Practitioner, RAH); Ms Debra Kay (SAHMRI Consumer Engagement Faculty Member) and Dr Sara Booth (Palliative Care Physician and founder, Cambridge Breathlessness Intervention Service, UK) received funding from the MRFF allocated by a recent Health Translations SA grant round to address this issue.

Their funded project, ‘Translating evidence-based chronic breathlessness intervention services to South Australia: personal, clinical and cost effectiveness’, includes two components. The first will adapt, deliver and evaluate a short home-based program that helps people to manage and cope better with breathlessness. The second will develop a training course delivered to health care professionals in the management of chronic breathlessness, building capacity and enabling clinicians to continue delivering such services across diverse settings, beyond the life of this project.

This successful application gratefully acknowledges essential previous work made possible by The Winston Churchill Memorial Trust award of a 2016 Churchill Fellowship to Dr Kylie Johnston and the prior work and ongoing collaboration with the Intermediate Care Services, Respiratory Stream of SALHN on the Breathlessness Intervention Service Program Pilot Study.
On the 20th and 21st of October, we were lucky enough to travel to Sydney with Dr Katia Ferrar and Professor Roger Eston to volunteer our time at the Invictus Games with the Australian cycling squad.

UniSA have played an active part in helping prepare the competitors for entry into the games and providing ongoing support and management through the UniSA Invictus Pathways Program. We had both volunteered at cycling training camps held throughout the year and it was nice to see their hard work pay off!

The competitors involved in the Invictus Games can include anyone who has obtained an injury or illness whilst serving their country as part of the defense force. 18 countries competed in the games this year. The athletes have had varied experiences, injuries and illnesses varying from post-traumatic stress disorder to triple amputations to spinal cord injury.

Over the two days, we provided treatment under the supervision of Dr Ferrar. It was interesting to observe the differences in pre-race day treatment compared to standard physiotherapy practice. We also observed the Australian Defense Force Physiotherapists in action and had lots of great opportunities to ask questions. And…we were part of the cheer squad on race day!

It was truly incredible and inspiring to see these competitors achievements and we feel very privileged to be given the opportunity to work alongside such an amazing group of people.

Francesca Mansfield and Emma Fletcher
4th Year Physiotherapy students
As avid readers of this newsletter would know, in 2019 University of South Australia will play host to the first ever joint Guidelines International Network (G-I-N) and Joanna Briggs Institute (JBI) conference. The conference theme is *trustworthy evidence for questions that matter* and will be relevant to all health care professionals and anyone with an interest in addressing evidence-practice gaps by promoting best practice and improving the quality and safety of health care.

In order to get first-hand experience of being part of a G-I-N conference and to personally invite delegates to the G-I-N & JBI 2019 conference, Dr Saravana Kumar and Professor Susan Hillier attended the G-I-N 2018 conference in Manchester, United Kingdom. The G-I-N 2018 conference was held from 12th-14th September 2018 and co-hosted by two founder members: NICE (The National Institute for Health and Care Excellence) and SIGN (Scottish Intercollegiate Guidelines Network). The theme of the conference was *Why we do what we do: the purpose and impact of guidelines*, and the program showcased the diverse and important impacts of guidelines. Delegates from all around the world attended the conference and shared their experiences about, and the impact from, developing and implementing guidelines within their local contexts.

As the 2019 hosts, University of South Australia was provided with a dedicated booth to showcase what Adelaide has to offer and invite delegates to the G-I-N & JBI 2019 conference. There was genuine excitement and anticipation about the G-I-N & JBI 2019 conference given its unique status (first-ever joint conference) and the location it will be held (first time in Adelaide). As part of the G-I-N 2018 conference, Prof Hillier was selected to showcase her project on implementation, which also provided the opportunity to highlight South Australia’s role in guideline implementation. Dr Kumar was then invited to present at the closing ceremony, during which he showcased Adelaide as the destination for work and pleasure, provided a taster of what to expect and finally extended a formal invitation to attend the G-I-N & JBI 2019 conference.

The invitation was warmly received, and we very much look forward to hosting the delegates at the G-I-N & JBI 2019 conference. Our thanks to all the G-I-N staff and local hosts for making our stay enjoyable and productive, and to ICSM Australia and the Adelaide Convention Bureau for their organisational support.

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

Dr Saravana Kumar  
*University of South Australia, Local Host*

Enquiries: office@g-i-n.net  
Website: [https://www.ginconference.net/](https://www.ginconference.net/)

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Master of Advanced Clinical Physiotherapy

The 2018 program has finished with 25 students graduating, including 8 Musculoskeletal graduates, 15 Sports graduates, 1 Cardiorespiratory graduate and 1 Paediatric graduate.

Move to mid-year intake

The Master of Advanced Clinical Physiotherapy will move from a single Study Period 1 intake to a single Study Period 4 intake from 2020. This change has been made to improve the timing of the program for international students and to optimise the coordination of clinical placements.

New stream of study

A new stream of study within the Master of Advanced Clinical Physiotherapy has been developed in the area of Physiotherapy Occupational Health and Safety. The following advert is being disseminated to promote this new stream of study:

Study Occupational Health physiotherapy at UniSA

Looking to expand your career in Occupational Health and Safety Physiotherapy, or know someone who might be? Learn to support the health and wellbeing of workers, prevent injury and assist injured workers effectively return to work.

You can choose this stream of study as part of our flexible Master of Advanced Clinical Physiotherapy, through a blend of online and on-campus learning. You will learn from occupational health and safety physiotherapy experts and can complete your qualification in just one year full-time (or part-time equivalent).

Coursework will cover contemporary Evidence-based Practice, Public Health Epidemiology, Diseases of Occupation, Applications of Human Factors, and Risk and Workplace Management. With workplace related injuries being so common, you’ll develop advanced competencies to play an integral role in their prevention.

Applications are now open with the first online course commencing on January 7, 2019.

For further information, contact Rose Boucaut at rose.boucaut@unisa.edu.au
New Program Director from 2019

Associate Professor Steve Milanese will take over as Program Director: Master of Advanced Clinical Physiotherapy from 1 January 2019. Steve brings a breadth of experience in postgraduate Physiotherapy scholarship and research as well strong national and international networks to this role. After graduating as a physiotherapist from the South Australian Institute of Technology in 1987, Steve completed postgraduate degrees in Sports Physiotherapy, Ergonomics, Manipulative Physiotherapy and a PhD. He undertook clinical roles as a Sports Physiotherapist, Ergonomist and Manual Therapist in Adelaide and London before becoming an academic in 2010. As an academic, Steve worked at James Cook University and returned to UniSA full time in 2012. Since then, Steve has been Program Director of the Division of Health Sciences Honours Program from 2013 to 2018, Director of the International Centre for Allied Health Evidence since 2017 and Associate Professor since 2018. Steve also holds adjunct roles at iNTI University, Malaysia, University of Santos Tomas, Philippines and Sri Ramachandran Medical Research Centre, India.

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

Once again, the end of the year is upon us. Amongst all the craziness that is completing placements, clinical exams (OSCE’s) and written exams there is a light. As usual we have been busy since the last newsletter. In early October we held a rural health workshop/roadshow in Pt Pirie, Port Augusta and Whyalla for our third-year students. Our intention is to cover a number of aspects in this roadshow. The first is to break down any barriers or reservations the students may have regarding future rural placements, or even the possibility of working rurally when they complete their degree. We show them the unique opportunities and experience on offer if they chose to go rural. We also find this a great introduction to the issues facing rural patients, rather than simply telling them, they have the opportunity to see things first-hand. Of course, we wouldn’t be able to provide this without the support of the University Department of Rural Health (UDRH) or Country Health SA and the individual practitioners which gave up their time to share their wealth of experience.

We also held a workshop off-site (in Robe) for our graduating students covering all aspects of real-life podiatry they need to know (but we hadn’t yet taught them!). We find teaching the content in this manner to be both more relevant and timelier. The teaching staff often comment that they see the switch, as the students make that step toward being a fully-qualified health professional. In this format it is often the informal conversations which are of most benefit to the graduates learning, however, the formal content we provide comprises registration, insurance, tax, working with health insurers, working with Medicare, setting up a private practice and much, much, more. This is also a time to relax and enjoy the last of their student days. Good luck to all our graduates, we hope it helps!

Through the provision of a small amount of funding from the division (thank you!) we are undertaking a project looking at the use of 3D foot models in teaching basic scalpel skills, ulcer debridement, and even casting of the paediatric foot. We are
currently testing some new flexible materials and hope to be able to report some exciting things in the near future. In the meantime, feel free to walk past Helen Banwell’s office and be suitably freaked out by a table full of feet and small legs.

Finally, at the end of November and start of December we undertook what is likely to be our final trip to Kiribati. The project in South Tarawa (the main island) has been a huge success. On this particular trip we were supported by the head of the Non-communicable diseases team to hold a diabetes and foot care workshop for just over 30 nurses, some of whom travelled in from the outer islands (in some cases up to 2 days travel by boat). This was a challenging undertaking (by the students) as they had to adapt their own knowledge to the local setting.

For example, in Australia, when someone gets a cut we tell them to apply an antiseptic... this is not possible in Kiribati, as it is not sold in stores, rather there is one private pharmacy which sells antiseptic (at a price not necessarily affordable to locals) and that is it. If we are able to visit again in 2019, the Secretary of Health is arranging for us to undertake radio segments (there is no television on the islands) to raise awareness and educate at a community level.
Finally, a big congratulations to our staff member Hayley Uden, who has recently had her third child, Louie David Hancock, welcome to the world little man!

Everyone here in the Podiatry Program would like to wish you all a fabulous Christmas and great New Year!

Dr Ryan Causby
Program Director: Podiatry
It is an honour to receive the 2018 Inspire Award. My PhD experience was a blast. My fantastic supervisors were Prof Tim Olds, A/Prof Carol Maher, Dr Lucy Lewis and Dr Ty Stanford. They were the perfect team, and I am extremely grateful to each of them for their valuable contributions to my PhD journey.

My PhD explored how the way we use our time influences our health. Measurement of time use has advanced rapidly in the last decade, with many people now wearing activity trackers such as Fitbits every day. This means we can get very good data about time spent in activities such as exercise, sleep or sitting. Studies have typically looked at how time spent doing one or two of these activities is linked with health. The problem with this approach is that it ignores the fact that these activities are parts of a fixed 24-hour period. You can’t increase time in one activity without having to decrease time in another activity. That is why we need to consider how the mix of all daily activities influences health. My research developed statistical methods to allow us to do this.

The first part of my PhD was spent learning about maths and epidemiology. I worked together with international experts in both fields, leading them to converge in the development of two new statistical methods. These statistical methods were published in two papers in a leading statistics journal. As a result of these publications, I received numerous invitations to present at international research groups, conferences and workshops. Thanks to generous funding from a UniSA student mobility grant, a couple of school conference scholarships and a Healthy Development Adelaide conference grant, I was able to make four overseas trips. These trips were invaluable in providing opportunity for new collaborations, strengthening existing connections and giving my work wider exposure.

The final part of my PhD involved publishing lots of papers using our novel statistical methods, applying for grants and working towards developing new statistical models that will allow us to optimise time use for overall health and wellbeing. Some of the papers were accepted, and some of the grants were successful. I was invited to join the scientific committee developing Australia’s new 24-hour Integrated Movement Guidelines for the Department of Health. These integrated guidelines will replace existing individual activity guidelines (i.e., physical activity, screen time and sleep). It is exciting to see my work be translated to population-level health promotion strategies.

I’m pleased that my PhD has impacted both epidemiology and biostatistics. I look forward to seeing how it will continue to impact time-use interventions, health promotion and public policy. I’m delighted to be able to stay on at UniSA post-PhD, as an NHMRC Early Career Fellow. All this would not have been possible without the support of my PhD supervisors, school staff and fellow students.
Invictus Games experience

More than 50 students across Physiotherapy, Podiatry, Exercise & Sport Science and Clinical Exercise Physiology experienced unique placement opportunities this year through the Invictus Games Pathway Program. Students supported wounded, injured and sick service personnel who aspired to compete in the 2018 Invictus Games, which were held in Sydney during October.

UniSA proudly joined forces with The Repat Foundation – The Road Home to support the physical, psychological and social wellbeing of returned service men and women through the program.

Travelling Researchers

International Travel Report - Brad Stenner, PhD Candidate, ARENA
October 2018

I travelled to the UK in October 2018, with the assistance of a GRC Student Mobility Grant. The trip had a number of parts, spread over 5 weeks.

I spent 2 weeks at University of Oxford, with the NDORM’s team at Nuffield Department of Orthopedics. We are working on a joint project, further investigating the relationship between golf and health, with a focus on OA and mental health and wellbeing. This will bring together researchers from both universities, as well as collaborators from La Trobe and University College London. The project has now been granted approval by HREC, and we will start data collection in late 2018/ early 2019, with the assistance of Golf Australia.

ARENA’s research focuses on:
1. Strategies to increase physical activity
2. Strategies to improve health-related use of time
3. Improving health outcomes in patient groups
4. Reducing disease risk
5. Quantifying physical fatigue in athletes
6. Improving physical recovery in athletes
7. Evaluating effects of bioactive nutrients
8. Web- and mobile device-based interventions
9. Development of wearable monitor technologies
I also presented some of the findings from my PhD studies at the ISPAH 2018 conference in London, UK. ISPAH 2018 was an international conference for researchers, clinicians, public health and others to share ideas and knowledge related to participating in physical activity and health. It is one of the largest physical activity and health conferences, with over 1000 delegates from around the world. I was an invited speaker (15 min) at the First International Congress on Golf and Health, which was run in conjunction with ISPAH 2018. This meeting was sponsored by the R&A, and as such, had representatives from all over the world. One of the projects ambassadors, Annika Sorenstam; the greatest female golfer of all time, was in attendance and provided a golf clinic and then photos for us all (see left!)

I was also an invited member of the Golf and Health Panel Meeting, which was held as a sport specific meeting during the conference proper and presented an e-poster oral, during an evening e-poster session, within the stream of “Interventions – Older Adults”. I also had the privilege of attending the House of Parliament, Westminster, where the International Consensus on Golf and Health was officially launched, with the support of Martin Slumbers, Chief Executive of the R&A, and Prof. Fiona Bull, Program Manager: Non-Communicable Disease Prevention, World Health Organisation.

Invited presentations
Associate Professor Carol Maher, 2018. The Magistrates Court of South Australia Conference. Creating your Goldilocks’s day – getting the balance of physical activity, sitting and sleep just right. 19 Oct, Adelaide.

Associate Professor Carol Maher, 2018. The SA Cardiovascular Research Showcase (co-hosted by Heart Foundation and South Australian Health & Medical Research Institute). Using technology to increase population level physical activity, Nov 2, Adelaide.

Workshop presentation

Other News
Dr Natasha Schranz, who has worked in ARENA and its predecessors of Health and Use of Time and the Centre for Applied Anthropometry, for the past 12 years - first as an Honours student and then PhD candidate and Research Associate, and has most recently been the lead operator on the infamous Active Healthy Kids Australia project will be leaving us shortly to take up a highly-coveted position at The National Heart Foundation. We are sorry to see Tasha go, but excited for the next stage in her career and wish her all the best!
Congratulations to our esteemed colleague Dr Nathan Daniell who has, in a landslide, been re-elected to serve as a councillor on the Adelaide Hills Council after his previous 4 year term.

Furthermore, we are delighted to add that he was elected as Deputy Mayor by his fellow Councillors at this week’s convening Council meeting.

**Australian Military Wives Choir**

The Australian Military Wives Choir is a network of women with connections to currently serving members of the Australian Defence Force.

The Choir has centres in 12 locations around Australia with 190 members and all sing the same repertoire so that when members are posted to a new location they find a supportive group ready to welcome them.

The Choir bid to perform at the opening ceremony of the Sydney 2018 Invictus games and were successful in sending a representative choir to perform at the Sydney Opera House on the Saturday, 20 October.

Kate Dyer, Clinical Trials Coordinator in ARENA is a member of the Australian Military Wives Choir who performed with Kate Cebrano, Ian Moss, Lee Kernaghan, Laura Wright and also lead the Australian National Anthem.
In June 2018, I was awarded the Early Career Researcher International Travel grant of which I had only become aware of through a previous version of this newsletter (Thanks, Alyson Crozier!).

I travelled to Europe to undertake industry collaboration with a workplace health management company in Germany. The close collaboration with Director Thorben Schütt from the workplace health management organization “BGM Betriebliches Gesundheitsmanagement” allowed me to step into another world of professional life. A few days into the collaboration, I became aware of core differences in working life between academia and industry. I provided academic guidance to the team and conceptualized and developed evidence-based promotional projects for the company. We discussed long-term opportunities to serve as academic advisor. This collaborative project culminated in the production of a video containing a panel discussion on workplace health now being used to promote the company and for recruitment purposes (http://bgm3.de/home.html).

Further to this industry experience, I attended a technical meeting at the World Health Organization in Geneva. This meeting led to the agreement that I will co-author a book on physical activity in low and middle income countries with WHO Team Leader Dr Temo Waganivalu—the first of its kind. Shortly before my visit I had been contacted by the publisher and this seemed an ideal time to involve WHO in my intentions. I was fortunate to also meet Dr Fiona Bull and Dr Regina Guthold - world leading experts in the space of physical activity policy and research. With the recent movements in the Sport for Development field, we discussed potential collaboration opportunities for future physical activity and sport for development projects.

In summary, the ECR International Travel Grant supported me in speaking to a wide audience of workplace senior management, in attending a WHO technical meeting with world leading experts and it helped me maintain and grow my network with international researchers that led to discussions about future research collaborations.

On a side note, I also enjoyed time back home. These weeks allowed me to reconnect with friends and family and to enjoy summer, sunshine and ice cream while winter kicked in in SA. And last but not least, I would like to applaud the UniSA research and development unit for their family-friendly approach in granting approval to my application. Thank you for making this possible!

Dr Katja Siefken
Lecturer in Sociology of Health, Sport and Physical Activity
Dr Russell W Chan completed his thesis, *From stillness to action: meditation-based enhancement of cognitive control processes underlying motor sequence learning*, and had his PhD conferred in August 2018. So far, Dr Chan has published two articles from his PhD project in the journals *Consciousness & Cognition* and *Acta Psychologica*. Dr Chan is now in a postdoctoral position in Cognitive Neuroscience in the International Centre for Cognition & Decision Making, National Research University Higher School of Economics (Moscow). He is completing research studies using magnetoencephalography (MEG) and electroencephalography (EEG) techniques to better understand brain and cognitive processes underlying human behaviour. Dr Chan was supervised by Maarten A Immink, Prof Kurt Lushington and Prof Ina Bornkessel-Schlesewsky.

Dr Maarten A Immink attended the 19th World Congress of Psychophysiology September 4-8, 2018 held at the IMT School for Advanced Studies in Lucca, Italy. Dr Immink delivered a presentation entitled *The effort of meditation: Cardiac pre-ejection period during first session of focused-attention and open-monitoring meditation*, which involved international research collaboration with researchers at Leiden University in the Netherlands. The conference abstract was published in the *International Journal of Psychophysiology*, Volume 131S.
The theme of ‘changing landscapes, changing lives’ was explored at the Services for Australian Rural and Remote Allied Health (SARRAH) 2018 conference. This theme acknowledged the rapid changes occurring to the Australian health care system and the impact this has on the health professionals and people who access the health care system. Attending and presenting at this conference provided a unique opportunity for me to network with health professionals and organisations within the rural and remote health sector.

The main themes I took away from the conference were: addressing workforce shortages with a focus on the rural generalist allied health pathway program, the need for allied health professionals to increase their interdisciplinary understanding of each other’s scope of practice, which also resonated with the importance of relationship building at both the organisation and community level. Several speakers highlighted the importance of working with communities to identify and prioritise need for services through relationship building and two-way communication. There was emphasis on the importance of identifying partnerships between stakeholders to collectively enhance our ability to take intersectional action to address health related issues and more broadly the social determinants of health. This resonated strongly with the recommendations from my honours research project and community partnerships the Occupational Therapy Department at the University of South Australia (UniSA) cultivates with organisations and service providers to provide valuable student placement experiences through the integration of community development projects within the curriculum.

Professor Susan Nancarrow (Southern Cross University) suggested increasing impact narrative research as a solution to increase both community and interdisciplinary knowledge of allied health professions. Susan discussed the opportunity to harness innovative skills and knowledge allied health professionals have to offer, considering 22-82% have worked in a previous career. This was particularly relevant within the context of considering ‘disruptive technologies’. Susan also described the tension between individual and collective marketing strategies and the need for more ‘team work’ rather than ‘inter-professional work’. I thought this was a particularly interesting point, in light of the strong interest to progress the rural generalist pathway program. I also discussed the potential occupational therapy student interest regarding the opportunities for this program in South Australia with Professor Esther May (UniSA) and Julianne O’Connor (Country Health SA).

Donna Murray (Indigenous Allied Health Australia) spoke about the need for increased place-based and specific cultural orientation for students undertaking clinical placements. This is an area I think could be explored further by UniSA. Whilst online modules are helpful to start thinking about what is means to be culturally safe and responsive in practice, it could be enhanced by students connecting with community members prior to placement to understand the specific context in which they will practice. Reflecting on my placement experience in Port Augusta, this could be a potential area for improvement through strengthening UniSA’s relationship with Aboriginal Health Services, to better prepare students in the pursuit of practicing and providing culturally safe and responsive care. I plan to increase my understanding of a ‘nation (re)building approach’ and think it could be an interesting way to consider strategies for governance. I found the research and working relationships between Rebecca Amery (Charles Darwin University) and Joanne Wirrinywirriny Gondarra (MJD Foundation), as well as Robyn Glynn (Torres and Cape Hospital and Health Service) and Miri Mau (Northern Peninsula Area Regional Council, Bamaga) inspirational and admire their respectful cross-cultural collaborative partnerships.

Reflecting on my honours research presentation entitled ‘South Australian rural women’s perspectives and experiences of being physically active – different landscapes, shared experiences?’, I’m thankful for the opportunity to practice communicating research to a multi-disciplinary audience and enjoyed the challenge of condensing the study into a five-minute presentation. I didn’t anticipate the additional practice I would gain from attending networking events in regards developing skills to succinctly communicate research as well as the opportunity to form inter-state connections with other occupational therapists and allied health professionals.

I would like to sincerely thank the University of South Australia and Department of Rural Health for supporting my learning experience. I would like to acknowledge the outstanding honours supervision I have received from: Associate Professor James Dollman, Dr Katja Siefken, Associate Professor Gaynor Parfitt and Dr Kobie Boshoff (Honours Course Coordinator). I have highly valued your support, expertise and encouragement this year and look forward to the possibility of continuing higher degree research.

I have returned from this conference with a kindled fire and strengthened passion to provide occupational therapy services to those living in rural and remote Australia. Completing an undergraduate degree with honours at the University of South Australia has enabled me to discover this passion and has equipped me with the skills, knowledge and confidence to commence my career as an occupational therapist.

Jessica Muller
Occupational Therapy (Honours) Student
The past few months have been busy for iCAHE staff as we have continued to plug away on a number of new initiatives.

**iCAHE webpage**

The project of updating the iCAHE website continues as we aim to increase the number of international hits on the website from its current 1300-1500 hits per week to our target of 2000 hits per week. The new updated Critical Appraisal page has over 50 different critical appraisal tools covering a range of methodologies from primary (both quantitative to qualitative) and secondary research approaches. ([http://www.unisa.edu.au/Research/Health-Research/Research/Allied-Health-Evidence/Resources/CAT/](http://www.unisa.edu.au/Research/Health-Research/Research/Allied-Health-Evidence/Resources/CAT/)). It is a valuable freely available resource for academics and students, both undergraduate and HDRs, and has already seen to an increase in hits to the iCAHE page internationally. By increasing traffic to the webpage we are increasing exposure of our work to our international colleagues.

The next stage of the update is well underway and we are currently finalizing the update to the outcomes calculator manual for lower limb outcome measures. This will provide a one-stop site for clinicians and policy makers to identify the best outcome measures for patients with lower limb conditions.

**International relationships**

**Sri Ramchandra Institute of Higher Education and Research (Deemed University)** – Recently iCAHE formalized a Memorandum of Understanding (MOU) between Sri Ramchandra Institute of Higher Education and Research (Deemed University) and UniSA. This will facilitate collaboration between the two organizations and will hopefully be the first step in an on-going relationship. Recently Professor Narasimman Swaminathan, Professor – Physiotherapy and Vice Principal of the Faculty of Allied Health Sciences from Sri Ramchandra Institute of Higher Education and Research attended UniSA for a week and met with Program Directors from all allied health disciplines and exciting student exchange/research opportunities are being discussed.

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

Making Strides, a new web-based entity hosted by iCAHE has launched!

Foot and/or leg development, posture and function concerns can be source of worry for parents/carers and are often frequent reasons for people to seek professional advice. As health professionals we understand there are lots of gaps within the existing evidence, particularly around when, why and how intervention is required for several common lower limb concerns (including flat feet, intoeing and balance/coordination issues amongst other concerns). As the brainchild of Helen Banwell and Hayley Uden, Making Strides, aims to bring together podiatrists and physiotherapists working in this field to i) encourage collaboration, ii) provide a platform for dissemination of research into the developing foot and leg, and iii) offer a supportive peer base for experienced and emerging researchers alike. Members of Making Strides can refer to this webpage to showcase their previous, current and future research outputs and collaboration opportunities for teaching and research purposes.

Making Strides membership is free and open to those that have an affiliation with UniSA or its staff (e.g. staff, students, adjuncts, co-authors etc.). Interested parties are encouraged to contact Helen Banwell or Hayley Uden directly.

Our people:

Other members (all UniSA people):
- Dr Cylie Williams (Adjunct)
- Dr Margarita Tsiros (Senior Lecturer)
- Dr Sophie Lefmann (lecturer)
- Dr Ryan Causby (lecturer)
- Dr Rolf Scharfbillig (lecturer)
- Nicole Marshall (tutor)
- Sindhrani Dars (honours student)

Janine Dizon conducts workshop and presents at Guidelines International Network (GIN) Conference 2018

ICAHE Research Fellow Janine Dizon was awarded a workshop grant by the Guidelines International Network (GIN) group to conduct a one-day pre-conference workshop at the GIN Conference this year, in Manchester, United Kingdom. Janine conducted a workshop entitled ‘It’s Time to Face and Breakdown the Barriers! A Course on Barrier Identification and Barrier Solution to Address Guideline Implementation Challenges’ at the GIN Conference last September 11, 2018. The workshop focused on assessing local context barriers and developing relevant and practical solutions to implement best practice clinical guidelines. Presentations from iCAHE collaborators from South Africa (Professors Karen Grimmer, Quinette Louw and Charles Wiysonge) and Cameroon (Dr Patrick Okwen) were also delivered during the workshop.

Just for a smile...

Q: What do you get if you eat Christmas decorations?
A: Tinsilitis!

Q: Why did no one bid for Rudolph and Blitzen on eBay?
A: Because they were two deer!

Q: Why is it getting harder to buy Advent Calendars?
A: Because their days are numbered!

I walked into a store to do some Christmas shopping, and I asked the clerk “where are the schwarzeneggar dolls? He said ‘Aisle B Back’!
Janine conducted a poster presentation about her work on alternative guideline development methods (Adopt-Contextualise-Adapt) and the decision-making process in applying evidence into practice. This ACA decision making process is an efficient guide in identifying tailored strategies to implement guidelines with the consideration of context and planning with policy makers. The GIN Lower Middle-Income Country (LMIC) group has decided to use this process and thus plans have been identified for capacity building in this area amongst the members of the group.

Janine Dizon attends Diagnostic Evidence workshops at the Oxford University

Janine Dizon attended a 3-day workshop on Diagnostic Evidence at the Oxford University last September 26-28, 2018. The workshop covered diagnostic care in the laboratory and point of care, the health economics of diagnostic care and stats for diagnostic evidence.

Q: What do you get if you cross a Christmas tree with an apple?  
A: A pineapple

Q: What goes “Oh, Oh, Oh”?  
A: Santa walking backwards

Two snowmen were standing in a field. One said, “Can you smell carrots?”

Q: What do you call an old snowman?  
A: Water

Rudolph the Viking

One night a Viking named Rudolph the Red was looking out the window when he said, “It’s going to rain.”

His wife asked, “How do you know?”

“Because Rudolph the Red knows rain, dear.”

Q: What do you call a kid who doesn’t believe in Santa?  
A: A rebel without a Claus

It is a hard life

Janine in Oxford on her way to the Diagnostic Evidence workshops at the Oxford University
Qatar – August, 2018

Steve Milanese was invited by the Indian Physiotherapy Forum Qatar (IPFQ) to present at the World Physiotherapy Day conference in Qatar. IPFQ is a professional body of physiotherapists from India Living and working in Qatar, and is affiliated to the Embassy of India, Qatar. This invitation reflected iCAHE’s strong relationship with Indian physiotherapists, both in India and abroad. Steve presented a one day post-conference workshop titled “Adjunct Therapies for Manual Therapy” and covered the increasing evidence for the use of electrophysical agents as an adjunct to manual therapy approaches. During the conference Steve gave a keynote talk on the biopsychosocial approach to manual therapy.

Japan – November 2018

Steve Milanese was invited by the Tokyo University of Technology (TUT) to present a series of lectures and a two day workshop in Tokyo. He presented two lectures to undergraduate students at TUT on topics “The history of manual therapy” and “Adjunct therapies for manual therapy”. The two day workshop presented the Maitland approach to manual therapy for the peripheral joints and included 30 local physiotherapists and academics.

New iCAHE structure

Reflecting the role of iCAHE as the key research concentration for Allied Health disciplines in UniSA the directorship of iCAHE is currently under restructure. More news of this exciting initiative in the next newsletter but the Directorship of iCAHE will be restructured to include representation from a range of Allied Health Disciplines, reflecting our current broad base of members.

Associate Professor Steve Milanese
Director
This has been a busy period in ACPreH and as a new Centre, much of the focus has been in getting the basics established and importantly, our webpage up so that we can be visible to the world! If you are interested in hearing more about who we are and what we do, I warmly encourage you to have a look at our webpage when you have a spare moment. Many thanks to all the members of the web-development and strategy planning group (Drs Beben Benyamin, Terry Boyle, Emmanuel Gnanamanickam, Ming Li, Vijay Suppiah, Jacqueline Stephens, Deborah Van Gaans, Chenglong Yu; A/Profs Kristin Carson-Chahhoud and Craig Williams) it was fun to work with you all to make this happen. Thank you also to Philippa Squire for supporting our work. http://unisa.edu.au/research/cri/our-research/australian-centre-for-precision-health/

Given the field of “Precision Health” is so new, one of the first messages which we have been interested in getting forward has been to define the term. As a grouping, we very much retain the focus on disease prevention and finding population level solutions to important health problems, and within the framework of our Precision Health Model (Figure), we do this by aiming to bring our genome (which is fixed) together with our modifiable external (behaviour, society etc.) and internal (`omics’) environments.

Dr Beben Benyamin represented our Centre in the Precision Public Health Asia two-day symposium in Freemantle, Western Australia on the 18th and 19th of October. The conference is the first of its kind to include the theme of population genomics and around 100 people from Asian countries participated, including government officials from Singapore. Topics for discussion ranged from public health policies to the role of artificial intelligence in health. Along with the usual forum where participants are invited to give presentations, attendees were also encouraged to propose a topic for open discussion. Consequently, Beben promoted our new Centre as one of the topics to be discussed and sought to develop collaborations with national and international governments and organisations.
In addition, HDR Candidate, Mr Anwar Mulugeta attended the Australian Functional Genomics Conference on the 14th and 15th September, and the American Society of Human Genetics from the 16th to 20th October where he presented his work entitled ‘Association between major depressive disorder and multiple disease outcomes: A phenome-wide Mendelian Randomization study in the U.K Biobank’. We also congratulate Anwar on receiving a School of Health Sciences Conference Scholarship.

We contributed actively to the SAHMRI Annual Scientific Meeting which was held on Friday 26th October 2018, with Mr Anwar Mulugeta (supervised by me and Dr Ang Zhou) giving a great presentation on his PhD project relating to “Obesity and Mental Health”. Two of our researchers presented posters, namely, Dr Jacqueline Stephens on ‘What do Australian nurses think of using eHealth Records?’, and Dr Deborah van Gaans on ‘Travel time to Breast Screen Services’.

A/Prof. Kristin Carson-Chahhoud did us proud by being awarded the top prize in the ‘Pitch Perfect’ session. The idea behind ‘Pitch Perfect’ is for researchers with an idea that may have commercial potential to present their work in front of a panel of entrepreneurs, business professionals and the ASM audience. Kristin presented her plans titled ‘Empowering patients to self-manage asthma through augmented reality (iHealth) technology’.

Kristin and her team have also been successful in receiving external funding for her work, with “Mixed reality and holographic technologies (iHealth) to deliver cognitive and behavioural therapy for treatment of anxiety among teenagers with asthma” supported by the Channel 7 Children’s Research Foundation grant, and “Evidence for smoking Quitlines” Sax Institute/Cancer Council Vic Rapid Evidence Review funding.

As staff news, we were delighted to welcome an addition to our research team, Ms Farhana Nabi who joined me as a research assistant working with myself and Ang Zhou on a project on “Phenome-wide analysis of the effects of common JAK2 haplotype with the risk of cancer and other diseases.”

ACPreH in the News

Dr Terry Boyle was interviewed by Norman Swan on the Health Report on ABC Radio National about a recently released paper by UniSA titled ‘Sitting is NOT the new smoking, contrary to popular myth’. To listen to Terry’s interview, please click on link below. In addition, the article was featured on the Australian and Daily Mail websites (links below) as well as on the television program The Project (Channel 10).

- https://www.dailymail.co.uk/health/article-6359287/Sitting-long-NOT-bad-smoking.html

Our paper “Using genetics to understand the causal influence of higher BMI on depression” received extensive media coverage, and I gave a live TV interview for ABC News Weekend Breakfast which was also broadcasted by 10 regional stations. This paper received also extensive coverage in other media, and as an old Londoner I was particularly happy to see it featured by the Metro given out for free to all London commuters (well, it was also covered by the somewhat more serious Guardian in addition to Sydney Morning Herald, Economic Times and others). For the press release see link below. https://www.eurekalert.org/pub_releases/2018-11/uosa-ey111118.php

This paper was an example of great collaborative work which I co-led with Prof Tim Frayling from University of Exeter, and which forms a part of the thesis by Anwar (Mulugeta) who as part of the early stages of his PhD did great work in mastering all the analyses, supported by Ang (Zhou). In this paper we showed genetic evidence that high BMI and obesity have a causal effect on depression, and that this effect appears to be mediated by the psychological or societal influences related to the experience of being obese. It highlighted the need to abolish negative stigma associated with obesity, and to show more empathy to people with obesity who in part carry the excess body weight due to their genetic predisposition and who will have to work that much harder to shake off those extra kilos.

Professor Elina Hypponen
Director
Maleshwane (Lettie) Pule  
**Degree:** PhD (Cancer Epidemiology & Population Health)  
**Project:** Development and validation of a comorbidity index for comparing cancer outcomes in an Australian population

Before joining the Cancer Epidemiology and Population Health Research group at UniSA, I have previously worked as a radiotherapy medical physicist at Johannesburg Academic Hospital in South Africa and gained extensive experience in the treatment and management of cancer. The desire to understand more factors that lead to differences in treatment responses and survival in our patient groups, and enhance my research skills, led me to enrol for a Masters degree in Epidemiology and Biostatistics. Keen to enter academic and research positions in population health related to chronic disease epidemiology and biostatistics, I decided to apply for a PhD, and I was thrilled to find a group with the same research interests, involved with research translation and highly published.

The focus of my PhD was to develop a customised comorbidity index for an Australian cancer population, based on the impact of comorbid conditions on the risk of mortality, and to compare its performance with internationally developed indices. Due to an aging Australian population, many cancer patients are living longer with comorbidities. Understanding how these may impact on their management and survival is essential. However, without routine collection of comorbidities at population level and no gold standard measure to use in the context of cancer, measurement and adjustment of comorbidity, for accurate survival predictions becomes difficult. Internationally developed and commonly used comorbidity indices were developed three decades ago, not for cancer population and without an Aboriginal cohort in mind. If existing international indices were to perform as well as our customised index, their utility would be validated in Australia for international comparisons.

To address this, we used linked population-based cancer registry data to determine the prevalence of comorbidity and the impact of individual comorbid conditions on mortality. Combined the individual comorbid conditions to form a new index and compared its performance with previously developed indices. Our index had a comparative performance with internationally developed indices in predicting the same outcome. Previous indices are still valid and can be used when policymakers and researchers wish to compare the role of comorbidity with that observed in international data that have used these indices. Regardless of an index used, there was an increase in the risk of all-cause and cancer mortality with increasing comorbidity score. Part of this PhD project has been published in BMC Health services research journal. I was also awarded a travel grant from Beat Cancer Project from the SA Cancer Council to present this work at the Australasian Epidemiology Association conference in Perth.

**Supervisors:** Professor David Roder, Dr Liz Buckley and Associate Professor Theo Niyonsenga
In April 2018, I attended the World Rural Health Conference in Delhi, India, with one of my supervisors, Kate Gunn (Research Fellow, Cancer Research Institute, University of South Australia). During the 4-day conference, I learned about current practices and research in rural health from around the world; and also presented my Masters research proposal to an international audience.

The main theme of the conference, ‘Healing the heart of healthcare: leaving no one behind,’ appealed to my interest in rural health research, reducing health inequities and developing approaches to enable healthier rural populations. This theme was very relevant to my current Masters research project where I am exploring the experiences and supportive care preferences of rural living organ donors.

Being accepted to present at my first conference, and to an international audience, was a privilege and valuable learning experience. I appreciated the opportunity to share my knowledge about the experiences of rural living organ donors and my proposed research plan. The question time and discussion after my presentation indicated that the audience found the topic interesting, which was further highlighted when my presentation was awarded the conference’s Best International Oral Paper award.

The presentation abstract was published in the conference souvenir and abstract book.

It was of great interest to me to learn from the many keynote and oral presentations, that while there are differences between rural healthcare practices around the world, many rural populations around the world face similar experiences to those in Australia, such as having limited access to appropriate health services and experiencing a high chronic disease burden.

During the conference, I was able to attend workshops about the use of video and social media to help engage and empower rural communities, as these types of media have the potential to provide a means to bridging the gap between general practitioners and their rural patients. I found these workshops very engaging and relevant to me as I begin to think about how I may translate my own research findings to help rural living organ donors in Australia navigate their donation journey.

In addition to these workshops, it was interesting to see many short films from across the globe as part of the FISFA Short Film and Arts Festival, which was running alongside the World Rural Health Conference. The films screened in the festival followed the same theme as the conference, ‘Leaving No one behind,’ and again highlighted the powerful impact that video can have in not only supporting healthcare, but documenting health issues around the world. It was also exciting to see my supervisors’ ‘Rural Cancer Stories’ video being screened as part of the festival.

The conference presented many opportunities to meet and network with people interested in rural health from around the world, including early career general practitioners in rural Brazil, medical students from India, and members of WONCA (World Organisation of Family Doctors). From these discussions, I learned more about rural health in the international and Australian context; and had the chance to join the WONCA Working Party on Rural Practice email group where I keep up-to-date on current international rural health issues and published papers, beneficial to building on knowledge and developing networks for potential future collaborations.

Attendance at this conference was an excellent and interesting experience and I appreciated the opportunity to develop my presentation and networking skills. I would like to thank UniSA for the conference scholarship to help support my attendance and my supervisors, Dr Kate Gunn and Professor Ian Olver for their guidance and help to present my research at the conference.
In October 2017, I had the opportunity to travel to Västerås, Sweden and Perth, Australia and attend two conferences. Medicinteknikdagarna is one of the most prestigious medical technology related conferences in Sweden at which important medical stakeholders, engineers, experts, engineers from healthcare sectors, medical device companies, the country's medical industries and trade associations gather together. In Medicinteknikdagarna 2017, I made an oral presentation on the topic titled ‘Identifying medical imaging patient safety issues during 2013-2016 by analysis of an Australian State-based incident reporting system’.

On the other hand, The Annual Scientific Meeting (ASM) by the Royal Australian and New Zealand College of Radiologists (RANZCR) is the largest gathering of radiology professionals from all around the world. The program reflects strong collaboration with clinical colleagues to the appropriate use of modern imaging and radiation therapy to address the best radiology practice and best patient outcomes. We believe that it was advantageous to make use of such an opportunity to present our findings aimed at current problems related to health information technology (HIT) in radiology. In RANZCR 2017, I made another oral presentation on the topic titled ‘Identifying radiology patient safety issues with health information technology by a retrospective analysis of 4,828 radiology safety incidents’.

Both of these programs included some of the brightest experts in the field of medical technology and clinical radiology respectively, with our international speakers travelling from the USA, Denmark, Norway, Finland, the Netherlands, Canada, and New Zealand which was complemented by sessions by highly regarded invited speakers from Sweden and Australia respectively. I made several valuable contacts related to my field of research i.e. patient safety and quality, radiology, health information technology. The conference in Sweden allowed me to network with experts based at Sahlgrenska University Hospital and working on risk management on IT-based medical devices and system; and at the Royal Institute of Technology and working in the field of ergonomics at public health domain. We are still looking further collaboration with the RANZCR, as we had previously managing their database called ‘Radiology Events Register’.

I strongly believe the overseas travel to Sweden provided me with an opportunity to gain knowledge and insight from international experts in my field of study. We are hopeful to make potential future collaboration that may facilitate my competitiveness in applying for post-doctoral positions. On the other hand, the conference at the Perth pave me the way of collecting information what goes wrong and how they go wrong in the radiology department with the focus of an international perspectives and experiences of international experts attending such event. It allowed me to collect medical incidents through interviewing delegates present at the conference as we did previously at the RANZCR ASM 2015. I collected a total of 43 incidents in this 3.5 days conferences with the focus of patient safety and quality, which is a part of PhD research.

Overall, these conferences were valuable opportunities for introducing some of our findings that would lead to highlight risks to patients locally, nationally and internationally. Our results were helpful in terms of increasing workflow safety, efficiency and patient throughput for any medical imaging departments. The abstracts for oral presentations were published in the Journals of Medicinska Bilder (Medical Imaging); and Medical Imaging and Radiation Oncology respectively.
Glimpse of my participation in the American Society of Human Genetics (ASHG) conference

To understand where the latest advancements in genetics will lead us in the future, and what it has already contributed to society, one should attend the American Society of Human Genetics (ASHG) conference. Thanks to the University of South Australia (UniSA), I had the chance to participate and present my work in this conference held on the 16th-20th October 2018 in San Diego, California, USA. ASHG is the leading conference in the field of genetic studies with nearly 9,000 researchers from disciplines including Statistics, Epidemiology, Medicine, Biology, Bioinformatics, and Anthropology in attendance. The conference also included exhibitors from a variety of companies with their latest technologies which promote public health and scientific advancement.

I presented my work entitled “Association between major depressive disorder and multiple disease outcomes: A phenotype-wide Mendelian Randomization study in the UK Biobank” which facilitated networking with renowned researchers in the field including our collaborator on previous work, Professor Tim Frayling. Furthermore, I met researchers from pharmaceutical companies that were interested in the methods I used in my study. I exchanged details with these contacts for the purpose of potential collaboration. As an example, I was able to cultivate interest in studying African populations with potential collaborators.

The diverse research work presented in the conference highlighted the importance of genetic data in addressing research questions, from various fields. For instance, one researcher presented their work on how genetic data helped them discover the biological component in the etiology of heart attack, and how this further led to discovery of therapeutic targets. In contrast, researchers showed how using large-scale genetic databases are important for law enforcement authorities to identify suspects through familial relationships. Some of the works presented were crucial for my Ph.D. For instance, attending “a methodological advancement, the challenge, and opportunities of the Mendelian randomization” presented by Professor George Davey Smith, the leading researcher in the field, has formed the basis for further analyses in my own work. The conference also helped my understanding of different platforms such as the use of algorithms for defining phenotypes or diseases (e.g. PhelKB [https://phekb.org/phenotypes?page=1]); tools for doing gene-based association testing (e.g. PrediXcan [http://predictdb.org/]); and technology that detects and re-aligns mixed-up samples for integrative analysis of –omics data.

Overall, my experience was most enjoyable and highly beneficial for my work and career. I would like to take this opportunity to offer my sincere thanks to UniSA for awarding me the conference scholarship, and also to my supervisors; Professor Elina Hypponen and Dr. Ang Zhou, for their continuous support and guidance. I also wish to thank my wife, Rahimush Jemal, for her unwavering support without which my work would not be possible.
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

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Update on the Pain Revolution

Things are moving quickly in preparation for Pain Revolution 2019. We will be heading to Tasmania next year with the ride going from Devonport to Hobart from the 17-23rd of March. There were 3 times the amount of applications than spots available, we have selected 26 very strong and dedicated riders who have now commenced training and fundraising. You can keep a track of how it is all going on our Facebook page at www.facebook.com/painrevolutionride/ and if you are interested in sponsoring one of our riders you can do it here https://pain-revolution.everydayhero.do/

LPEP

Local Pain Educator (LPE) pilot program has completed its first year by training and mentoring 13 regional/rural clinicians across South East NSW and Victoria, in pain science and education. This cross sectorial, multidisciplinary group form a network of higher trained clinicians delivering pain education interventions in their communities.

Off the back of the pilot program, Pain Revolution has been successful in obtaining funds totalling $171,000 from TazReach and HR+ to roll out the implementation project in Tasmania. This project culminates in a state-wide Local Pain Educator Network supported by a growing national network of higher trained clinicians. The program aims to take a whole-of-community approach to health promotion by bringing the latest in pain science and facilitated self-management to clinicians, community members and people in pain.

Pain Revolution was also successful in receiving a Foundation for Rural & Regional Renewal Enhancing Country Health Outcomes (ECHO) grant for $102,500. This grant will fund our implementation project, Local Pain Network project, being undertaken across 5 communities in rural NSW and VIC. In this project we are establishing a sustainable, community-led multidisciplinary network of rural and regional health professionals to promote best-practice pain services. The intervention itself involves pain education sessions, clinical support for knowledge to practice transfer, a facilitated platform for peer-to-peer learning and resource sharing.

Congratulations

The 2018 UniSA Research Prizes have been announced and can you all join me in congratulating Dr Brenton Hordacre for winning the ECR Award for Research Excellence. This is a University-wide prize and therefore a very competitive list. So, hearty congrats to Brenton for flying the BIM flag so high.

Brenton was also successful with receiving a UniSA ECR award, he received a small project grant from the Centre for Research Excellence in Stroke and Rehabilitation ($35,000), title: Predicting recovery in highly impaired stroke survivors.

Felicity Braithwaite became Dr Braithwaite

Professor Lorimer Moseley
Director
Staff/Student Movements
We had a group of students from BiM attend EP3 at the G in Melbourne from the 9-11 November 2018.

Lorimer and Emma are attending the NHMRC Symposium on Research Translation being held in Sydney from the 27-28th November. The theme for the 7th Annual NHMRC Symposium: partnering with The Reward Alliance is ‘Ensuring Value in Research.

Dr Brenton Hordacre
Currently in the UK – This trip is funded by the UniSA Early Career Researcher International Travel Grant. For me, the purpose of the trip is to meet other research groups at University College London, University of Westminster and Oxford to discuss my work and potential for future collaborations. At Oxford I will be spending several weeks with Professor Charlotte Stagg with the aim of developing a research project collaboratively that I will collect data for on my return to Australia. At Oxford, I will also meet with Professor Mark Jenkinson who will assist with the analysis of MRI data. The ability to collect MRI in Adelaide is relatively new, so the skills required to analyse the data locally aren’t well established. Hopefully this trip will also enable me to develop these skills and bring them back to SA.

So far the London part of my trip is just coming to an end (on the bus to Oxford right now actually). I’ve presented a seminar at UCL to Professor John Rothwell’s group, discussed current projects with Prof Rothwell, reviewed data and already discussed a collaborative project with researchers from UCL on post stroke fatigue

Q: How did Scrooge win the football game?
A: The ghost of Christmas passed!

Q: Who delivers presents to baby sharks at Christmas?
A: Santa Jaws

Q: Who is Santa’s favourite singer?
A: Elf-is Presley!

Q: What do snowmen wear on their heads?
A: Ice caps!

Q: Who hides in the bakery at Christmas?
A: A mince spy!

Q: What do you call a cat in the desert?
A: Sandy Claws!

Q: What did Adam say to his wife the day before Christmas?
A: It’s Christmas, Eve!
About me

University of South Australia is a long way from my home, 748km to be exact. Yes, I am a Melbournian who actually does enjoy the wonderful turmeric latte’s that Adelaide has to offer. As many would relate, undertaking a PhD is not just about the project it is also about the people who are part of it. So, that search lead me to UniSA, where I have been privileged to be partnered with three wonderful supervisors. Over the past two years, I have learnt and grown a lot, both from a personal and professional perspective, and have been incredibly grateful to have been awarded an Australian Government Research Training Program Scholarship and a BUPA Australian Health grant. As a late-comer to higher degrees research, I find this brings with it its own unique opportunities and challenges. The challenges are successfully managing my family life with the requirements of full-time PhD studies and keep ongoing when the going gets tough (especially as I am based in Melbourne by myself). However, I am a registered nurse and naturopath and therefore, I have first-hand real-world experience of issues that confront people who engage with Complementary and Alternative Medicine (CAM). Despite the increasing popularity of CAM, there continue to remain many knowledge gaps. It is important that these knowledge gaps are addressed as it will help to promote the quality of CAM practices in Australia. It is this passion that has led me to undertake my doctoral research.

About my PhD

My PhD topic is exploring what CAM remedies parents are utilising and why, what CAM remedies are prescribed by CAM practitioners, all with the primary focus of children and acute respiratory tract infections (ARTI).

My research includes four stages incorporating mixed methods.

Stage 1: Systematic review investigating the types of CAM used for the management of Acute Respiratory Tract Infections in children.

Stage 2: Interviews with parents who utilised CAM for the treatment of acute respiratory tract infection (ARTI) for their children in the last 12 months.

Stage 3: Interviews with CAM practitioners the have managed or treated ARTI in children aged 0-12 years old in the last 12 months.

Stage 4: National survey of parents that utilise CAM for treatment of ARTI in children aged 0-12 years old in the last 12 months.

To date, stages 1 and 2 have been completed and my PhD journey includes achievements (publications) and bumpy roads (writing, transcriptions, and coding) but overall, incredible and amazing opportunities. For example, the systematic review for the first time mapped the types of CAM used to treat ARTI in children. What I found was that there was a great deal of diversity in types of CAM used and interestingly these choices were possibly driven by local culture, context and access factors. Stage 2 further adds to this knowledge base and I am about to embark on my third followed by the final stage 4.

So, what started out originally as an intriguing clinical issue, with guidance, support and mentorship, I have been able to progress it to a unique, world-first PhD. For that I would like to thank my supervisors (Dr Saravana Kumar, Dr Matthew Leach and Dr Anna Phillips) and the School of Health Sciences for giving me this opportunity.

Publications


Supervisors: Dr Saravana Kumar, Dr Matthew Leach and Dr Anna Phillips
A recent study involving interviews with 31,270 women, aged 35–74 years in the USA examined occupational physical activity (OPA) history, health status, and lifestyle. The authors reported on physical activity effects on stroke and transient ischemic attack (TIA) among these working women.

The study showed that stroke and TIA risk increased with more standing and higher intensity work at current and longest held job. Compared with mostly sitting, high intensity work at the current job increased TIA risk by 57% [hazard ratio (HR) 1.57, 95% confidence interval (CI) 1.04–2.38]. High intensity OPA at the longest held job increased risk for stroke by 44% (HR 1.44; 95% CI 1.08–1.93). Among women with CVD, sitting and standing equally, especially at the current job, increased risks up to two-fold (TIA HR 1.98, 95% CI 1.10–3.55) compared with mostly sitting at work.

The authors concluded that higher intensity levels of OPA increased stroke and TIA risks, while leisure time physical activity decreased risks; results corroborate the physical activity health paradox for women and cerebrovascular disease. More standing at work increased cerebrovascular disease risks, especially for women with CVD.

Hall C et al, 2018
Staff and Student Publications

First Publications


Abstract Impact Factor = 8.122; 5 year IF = 7.898; Ranking 21/233 (Oncology)


Abstract Impact Factor = 1.843; 5 Year IF = 2.548; Ranking 53/94 (Health Care Sciences & Services)

Recent Staff and HDR Publications


Abstract Impact Factor = 0.473; 5 year IF = 0.654; Ranking 35/62 (History and Philosophy of Science)


Abstract Impact Factor = 2.857; 5 Year IF = N/A; Ranking 60/142 (Psychiatry)


Abstract Impact Factor = 2.686; 5 Year IF = 3.146; Ranking 36/127 (Psychology, Clinical), 7/35 (Substance Abuse)


Abstract Impact Factor = 3.929; 5 Year IF = 1.158; Ranking 8/81 (Sport Science)


Abstract Impact Factor = 2.268; 5 Year IF = 2.819; Ranking 39/78 (Psychology), 32/81 (Sports Sciences)


Abstract Impact Factor = 1.032; 5 year IF = 1.034; Ranking 67/78 (Engineering, Biomedical)


Abstract Impact Factor = 2.878; 5 year IF = 3.297; Ranking 20/78 (Psychology), 16/81 (Sports Sciences)


Abstract Impact Factor = 2.410; 5 year IF = 3.388; Ranking 32/78 (Psychology), 27/81 (Sports Science)


Abstract Impact Factor = 1.125; 5 year IF = 1.535; Ranking 112/157 (Public Health, Environmental and Occupational Health)


Abstract Impact Factor = 8.122; 5 Year IF = 7.898; Ranking 21/233 (Oncology)
**Abstract** Impact Factor = 1.843; 5 Year IF = 2.548; Ranking 53/94 (Health Care Sciences & Services)

**Abstract** Impact Factor = 2.334; 5 Year IF = 2.927; Ranking 31/82 (Obstetrics & Gynaecology)

**Abstract** Impact Factor = 4.196; 5 Year IF = 4.603; Ranking 18/83 (Nutrition & Dietetics)

**Abstract** Impact Factor = 4.671; 5 Year IF = 5.735; Ranking 8/94 (Health Care Sciences & Services), 1/25 (Health Informatics)

**Impact Factor** = 1.856; 5 Year IF = 1.801; Ranking 134/171 (Genetics & Heredity), 224/261 (Neurosciences)

**Abstract** Impact Factor = 5.159; 5 Year IF = 5.544; Ranking 23/142 (Endocrinology & Metabolism), 10/83 (Nutrition & Dietetics)

**Abstract** Impact Factor = 1.493; 5 Year IF = 1.551; Ranking 62/82 (Obstetrics & Gynaecology)

**Abstract** Impact Factor = 1.632; 5 Year IF = 1.651; Ranking 49/252 (Applied Mathematics)

**Abstract** Impact Factor = 0.200; 5 Year IF = 0.225; Ranking 196/197 (Clinical Neurology)

**Abstract** Impact Factor = 4.345; 5 Year IF = 5.363; Ranking 10/94 (Health Care Sciences & Services)

**Abstract** Impact Factor = 9.088; 5 Year IF = 9.410; Ranking 155 (Medicine, General and Internal)

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

**Abstract** Impact Factor = 5.788; 5 Year IF = 7.281; Ranking 6/83 (Nutrition & Dietetics)

Abstract Impact Factor = 6.754; 5 Year IF = 7.669; Ranking 13/155 (Medicine, General & Internal)


Abstract Impact Factor = 6.754; 5 Year IF = 7.669; Ranking 13/155 (Medicine, General and Internal)


Abstract Impact Factor=2.888; 5 Year IF=2.828; Ranking 12/223 (Oncology), 42/181 (Public, Environmental & Occupational Health)


Abstract Impact Factor=7.360; 5 Year IF=5.933; Ranking 23/223 (Oncology)


Abstract N/A Impact Factor=2.689; 5 Year IF=2.889; Ranking 50/181 (Public, Environmental & Occupational Health)


Abstract Impact Factor=2.686; 5 Year IF=3.199; Ranking 26/53 (Geriatrics & Gerontology), 38/83 (Nutrition & Dietetics)


Abstract Impact Factor N/A


Abstract Impact Factor N/A


Abstract Impact Factor = 2.179; 5 Year IF = 2.651; Ranking 25/79 (Health Policy & Services)

Maher, C., Kuszczakowski, K. Developmental trajectories and reference percentiles for the 6-minute walk test for children with cerebral palsy [Invited commentary]. Pediatric Physical Therapy [In press]

Abstract N/A Impact Factor = 0.897; 5 Year IF = 1.399; Ranking 107/124 (Pediatrics), 56/65 (Rehabilitation)


Abstract Impact Factor = 4.122; 5 Year IF = 4.609; Ranking 12/64 (Multidisciplinary sciences)


Abstract Impact Factor = 2.413; 5 Year IF = 2.801; Ranking 43/155 (Medicine, General & Internal)

Abstract: Impact Factor = 4.423; 5 Year IF = 4.126; Ranking 14/83 (Nutrition & Dietetics)


Abstract: Impact Factor N/A


Abstract: Impact Factor N/A


Abstract: Impact Factor = 4.528; 5 Year IF = N/A; Ranking 61/223 (Oncology)


Abstract: Impact Factor = 2.419; 5 Year IF = 3.148; Ranking 71/142 (Psychiatry)


Abstract: Impact Factor = 2.594; 5 Year IF = 3.130; Ranking 25/157 (Public, Environmental and Occupational Health)


Abstract: Impact Factor = 4.122; 5 Year IF = 4.609; Ranking 12/64 (Multidisciplinary Sciences)


Abstract *Note this journal doesn’t list impact factor: Cite score is 2.12, Source Normalized impact per paper is 1.308, SCImago journal rank is 1.099


Abstract: Impact Factor = 1.483; 5 Year IF = 1.701; Ranking 67/94 (Health Care Sciences & Services), 18/25 (Medical Informatics)


Abstract N/A Impact Factor = 2.420; 5 Year IF = 3.039; Ranking 63/181 (Public, Environmental & Occupational Health)


Abstract N/A Impact Factor N/A


Abstract: Impact Factor = 0.932; 5 Year IF = 1.382; Ranking 90/135 (Psychology, Multidisciplinary)


Abstract: Impact Factor N/A


Abstract: Impact Factor = 3.929; 5 Year IF = 4.158; Ranking: 8/81 (Sports Sciences)

**Abstract** Impact Factor: 3.516; 5 year IF = 3.509; Ranking 5/50 (Hospitality, Leisure, Sport & Tourism), 42/210 (Management)


**Abstract** Impact Factor N/A


**Abstract** Impact Factor = 5.084; 5 Year IF = 4.309; Ranking 14/142 (Psychiatry)


**Abstract** Impact Factor N/A


**Abstract** Impact Factor = 6.549; 5 Year IF = 7.685; Ranking 4/83 (Nutrition & Dietetics)


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


**Abstract** Impact Factor = 6.048; 5 Year IF = 6.076; Ranking 1/19 (Substance Abuse), 13/142 (Psychiatry)


**Abstract** Impact Factor = 0.935; 5 Year IF = 1.229; Ranking 68/79 (Health Policy & Services), 157/181 (Health Care Sciences & Services)


**Abstract** Impact Factor = 3.483; 5 Year IF = 3.754; Ranking 32/181 (Public, Environmental & Occupational Health), 25/155 (Medicine, General & Internal)


**Abstract** Impact Factor = 8.360; 5 Year IF = 10.177; Ranking 5/181 (Public, Environmental & Occupational Health)


**Abstract** Impact Factor N/A


**Abstract** Impact Factor = 4.380; 5-year IF = 5.403; Ranking 16/181 (Public, Environmental & Occupational Health)


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

**Abstract** Impact Factor = 2.420; 5 Year IF = 3.039; Ranking 63/180 (Public, Environmental & Occupational Health)


**Abstract** Impact Factor N/A


**Abstract** Impact Factor = 1.787; 5 Year IF = 2.262; Ranking 23/118 (Nursing)


**Abstract** Impact Factor = 4.122; 5 Year IF = 4.609; Ranking 12/64 (Multidisciplinary sciences)


Abstract N/A  Impact Factor = 19.989; 5 Year IF = 17.840; Ranking 5/155 (Medicine, General & Internal)

**Book**

Congratulations to Kevin Norton and Roger Eston, and all other contributors as they launch the 4th edition of ‘Kinanthropometry and Exercise Physiology’.


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**Letter from the Australian National University to Professor Eva Bezak**

Dear Professor Bezak,

I would like to take this opportunity to thank you for taking the time to present a truly fantastic Colloquium to our School recently. The feedback from staff and students about your presentation was excellent.

The presentation drew a large audience from both within Physics and across the campus. The interface between physics and medicine is clearly a space that has real, tangible impact on the lives of people. As you nicely explained, as new radiation sources become available for medicine the possibilities for treatment will expand, but it is crucial that we have a solid understanding of the physics and biology to make the systems safe and effective.

As you are probably aware, our Director’s Colloquium series aims to provide both staff and students with an opportunity to broaden and enhance their knowledge on topics of general interest to physicists. In addition, the colloquium serves a very important role in engendering a sense of community within both the ANU and more broadly in the local region, particularly amongst our younger staff and students. Thank you for contributing so well to these aims with such a top-quality presentation.
Library Report

Training for the new reading list management system
The Library is improving the way it delivers Reading Lists in LearnOnline. The new system called eReserve is now available in Beta and will go live on January 3rd.

To get the full benefit of its features and functionality, it is highly recommended that you register for a brief training session being delivered by the library. The 20-30 minute sessions will be delivered face-to-face across campuses during November and December 2018 and February 2019.

During the session you will discover how to:

- Take full control over the quality, content and timely distribution of your readings in LearnOnline
- See how well students are engaging with your readings through Learning Analytics
- Get complete assurance about the copyright compliance of your readings
- Utilise your preferred citation styles for readings
- Reuse reading content from a vast University-wide collection
- Streamline access for students

Register here for scheduled training sessions and select the 'register for training' tab.

New Research Data Storage solution
UniSA offers a Research Data Storage solution which enables researchers to manage, collaborate and share data with others. Hosted on both Mawson Lakes and City West data centres, the UniSA Research Data Storage solution provides high capacity storage, with data protected through daily backups and via data replication technologies.

Researchers using the UniSA Research Data Storage solution are initially provided with 50GB of storage space. Storage can also be allocated to research groups (including external partners). Access to a group storage allocation is managed by the requesting researcher and the total storage space available for individuals and groups is open to negotiation.

Researchers can easily access their files remotely and work with members of their research group and external collaborators through a web interface or from an app on a mobile device.

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

We welcome your feedback. If you have any questions or would like help please contact Ask The Library.
Scoping review guide
On September 25th, the UniSA library launched a new Scoping Review guide – the first of its kind worldwide.

The guide was developed with the assistance and expertise of Dr. Micah Peters, from the UniSA School of Nursing and Midwifery and the Rosemary Bryant AO Research Centre. Dr. Peters is a member of the Joanna Briggs Institute Scientific and Research committees, and is the Associate Editor of the JBI Database of Systematic Reviews and Implementation Reports.

The guide walks users through the process of undertaking a Scoping Review that is compliant with the JBI gold standard and the newly published PRISMA-ScR. It also features links to key resources, interactive tutorials and videos narrated by Dr. Peters.

The guide can be viewed [here](#) or on the library website.

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Researchers can easily access their files remotely and work with members of their research group and external collaborators through a web interface or from an app on a mobile device. Click [here](#) for more information.

Contacting your Academic Library Team
Library staff from the Health Sciences Academic Library Services team are available to assist with your teaching and research needs.

To make an appointment with a Librarian contact us via Ask the Library

Ask the Library contact details:
- Telephone:
  - 26231 (internal calls)
  - 1300 137 659 (local call within Australia)
  - +61 8 8302 6231 (international)
- Email: asklibrary@unisa.edu.au
The USASA Academic Advocacy service provides free & confidential advice on a wide range of academic troubles. Advocates help you to pursue your rights & can increase your chances of receiving a positive outcome to academic issues.

To book an appointment visit USASA.sa.edu.au/Advocacy
Want to find out how you can get yourself a scholarship or grant?

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

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.
Exercise Physiology Clinic

Hi Chris and team,

I recently had my last visit to your clinic, as I'm relocating overseas shortly, and just wanted to share with you some feedback of my experience in the student clinic.

I have been coming to the clinic regularly since early 2018 and have worked with around 7 different students during this time, and cannot say enough good things about my experience with your student clinics.

Firstly, all of the students are incredibly knowledgeable. The programs have been great. Each student has gauged my progress and helped me to improve my technique and up the anti, without over exerting myself. They are always looking for new ways to challenge me, and to keep the program interesting and diverse.

Secondly, they're incredibly professional. From being well presented, to the way they conduct themselves, they have all shown their maturity and passion for the field. They are also very friendly and approachable.

As someone who previously did very little exercise, and who's knowledge of gym equipment and exercise was incredibly limited, I was never made to feel stupid or uncomfortable when asking even the most basic of questions.

In particular I worked with Josh, Tom, and Anna, and thoroughly enjoyed my sessions with them. Also Shane, who I worked with on Wednesday, was fantastic at helping me put together a plan that I can continue to work on overseas.

Finally, the rest of the team, such as Sandra and yourself, are also incredibly friendly and welcoming. It definitely helps to set the tone for the whole clinic.

If there are any other areas I can provide you feedback on just let me know.

Cheers,
Shannon Lauchlan
Client of the Exercise Physiology Clinic
Get healthy?

In the midst of the craziness of the approaching holiday season, SA Health is running a free ‘Get Healthy’ telephone advice service:

**Get Healthy** is a telephone coaching service to help South Australian adults make changes to improve diet, be more active, manage weight and enhance overall well-being. Enjoying a healthy lifestyle decreases the risk of developing serious long-term illness such as type 2 diabetes and heart disease and also increases the opportunities for people to be active participants in their community.

**Get Healthy** is available to all adults across South Australia from 8:00am to 8:00pm, Monday to Friday. Interested people can register by calling 1300 806 258 or on-line at [www.gethealthy.sa.gov.au](http://www.gethealthy.sa.gov.au). All participants can receive up to 10 telephone sessions with their personal qualified health coach.

**December is DecemBeard**

Grow a beard for bowel cancer.  [https://www.decembeard.org.au/](https://www.decembeard.org.au/)

**Bowel cancer and men – the facts**

- 1 in 11 Australian men will develop bowel cancer in their lifetime.
- Bowel cancer affects men of all ages - and risk increases every year from age 50.
- Around 55% of all Australians diagnosed with bowel cancer are men.
- Choices you make related to diet, lifestyle, screening and surveillance can influence your bowel cancer risk.
- Because you can change or modify these risk factors, they are referred to as ‘modifiable’.
- Increased age, personal and family health history and hereditary conditions can also influence your bowel cancer risk.
- Because you cannot change these risk factors, they are referred to as ‘non-modifiable’.

**10 myths about sun protection**

1. Sun damage is not possible on windy, cloudy or cool days.
2. A fake tan darkens the skin, protecting the skin from the sun.
3. Sunscreen is not necessary when using cosmetics with SPF.
4. People with olive skin are not at risk of skin cancer.
5. You can stay out longer in the sun when you are wearing SPF50+ than you can with SPF30+.
6. Plenty of sun exposure is required to avoid vitamin D deficiency.
7. You don’t have to be concerned about skin cancer because if it happens you will see it, and it is easy to treat.
8. Only sun seekers get skin cancer.
9. If you tan but don’t burn, you don’t need to bother with sun protection.
10. You can’t get burnt in the car through a window.
Alcohol

What do I need to know about the health impacts of alcohol?
Factors such as gender, age, mental health, drug use, and existing medical conditions can change how alcohol affects you. Responsible drinking is about balancing your enjoyment of alcohol with the potential risks and harm that may arise from drinking - especially if you go beyond low risk drinking levels.

What do the guidelines recommend?
▪ For healthy men and women, drinking no more than two standard drinks on any day reduces your risk of harm from alcohol-related disease or injury over a lifetime.
▪ Drinking no more than four standard drinks on a single occasion reduces the risk of alcohol-related injury arising from that occasion.

What are the health risks?
The health risks that accumulate over a lifetime from alcohol increase progressively - this means that the more you drink, the greater the risk.

Drinking alcohol can affect your liver or cause brain damage, heart disease, high blood pressure and increases your risk of many cancers. It may also increase your risk of injury through road trauma, violence, falls and accidental death.

What is a standard drink?
A standard drink contains 10 grams of pure alcohol. It is important to note that drink serving sizes are often more than one standard drink. There are no common glass sizes used in Australia.

The label on an alcoholic drink container tells you the number of standard drinks in the container.

Tips to reduce the risk to your health when drinking
It is possible to drink at a level that is less risky, while still having fun. There are several things you can do to make sure you stay within low risk levels and don't get to a stage where you are no longer capable of controlling your drinking.

These include:
▪ Set limits for yourself and stick to them
▪ Start with non-alcoholic drinks and alternate with alcoholic drinks
▪ Drink slowly
▪ Try drinks with a lower alcohol content
▪ Eat before or while you are drinking
▪ If you participate in rounds of drinks, try to include some non-alcoholic drinks

Alcohol and mental health
There is growing evidence that alcohol increases the risk of some mental health problems, like depression and anxiety. Around 37% of people who report problems with alcohol also have a co-occurring anxiety and/or mood disorder. The risk of having a mental illness is around four times higher for people who drink alcohol heavily than for people who don’t. For more information on this important research visit the Better Health Channel.
HOLIDAY SAFETY TIPS

HOLIDAY THEFT
Thieves usually don’t approach homes that appear to be occupied. Leave on outside lights at night (or set them with a timer) and when you leave the house during the day; leave on some of the lights inside the home to give the appearance that someone is home.

LEAVE THE LIGHTS ON
Thieves usually don’t approach homes that appear to be occupied. Leave on outside lights at night (or set them with a timer) and when you leave the house during the day; leave on some of the lights inside the home to give the appearance that someone is home.

PACKAGE DELIVERY
More and more people are purchasing gifts online and having them shipped to their home. With this trend, more people are having packages stolen right off their front porch. If you’re expecting packages, request signature confirmation or have a trusted neighbor hold on to it for you.

COOKING HAZARDS
A fried turkey is delicious. A fried house due to a deep fryer accident is not. Make sure you read the instructions on how to prepare your turkey safely and please, use the deep fryer OUTSIDE of the house.

DECORATION HAZARDS
Speaking of fires, Christmas tree fires can be devastating for what is normally such a beacon of happiness. If you have a live tree, make sure that it has water every day, and ensure that any lights you use are checked for breaks or exposed wires.

CREATIVE DISPOSAL
Dispose of your presents boxes creatively - placing that 60" TV box outside on trash day after Christmas is just asking for trouble. Try and break down boxes and other packaging as to not give away the wonderful gifts your family received.

SOCIAL MEDIA
Social media is a great tool for keeping in touch with friends and family, but be aware of what you post and if you do decide to share your gifts, please make sure you don’t have your location tagged to the post.

TRAVEL
If you’re traveling to visit family or going on a holiday vacation, wait until after your trip to post about it. Have a good friend or neighbor check on your house every couple of days to give you an update.

DECORATIONS & LIGHTING
Make sure not to run extension cords through windows or garage doors. Just the littlest crack can expose a home to thieves.

WHO’S AT THE DOOR
Criminals can try and scope at your home posing as a delivery person or someone looking for charitable donations. Be cautious when talking to people you’re unfamiliar with and don’t let them in your home.
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