



# ALLIED HEALTH 2011 RESEARCH REPORT



# ALLIED HEALTH

THE ALLIED HEALTH CLINICAL RESEARCH OFFICE AT EASTERN HEALTH WAS ESTABLISHED ALMOST FIVE YEARS AGO AS A JOINT INITIATIVE BETWEEN EASTERN HEALTH AND LA TROBE UNIVERSITY.

Many of the research activities receive direction through the Allied Health Research Committee, a committee with representatives from allied health disciplines and our research-active clinicians. The committee aims to strengthen the evidence base of allied health practice by undertaking, mentoring and facilitating collaborative and multidisciplinary clinical research projects across Eastern Health.

The key research themes in allied health are:

- Community reintegration after health-related events
- Expanded and/or non-traditional roles for allied health
- Systems for delivery of allied health services

As well as conducting research, the Allied Health Clinical Research Office has an important role in research promotion and research training. The *Allied Health Research Newsletter* is published quarterly. Research training opportunities in allied health include the Allied Health Research Training Program (Stepping Into Research), a program to introduce clinicians to research by completing a systematic review.

In 2010/2011, disciplines within allied health have continued to develop research profiles. For example: Dietetics, under the leadership of Dr Judi Porter and Anita Wilton, has developed an active research program conducting projects which consider practice-initiated questions in order to enhance care delivery for patients. In the past year, dietetics research has occurred across the continuum of care including: an Eastern Health wide malnutrition prevalence study; a national dietetics triage benchmarking project; the Department of Health funded transdisciplinary screening project; the extension of the food service project for CALD groups; and several systematic reviews in other key areas of practice.

**OUR TEAM**

The Allied Health Research Committee:

Professor of Physiotherapy (Chair)	Prof Nick Taylor
Research Officer	Katherine Harding
Dietetics	Mel Flett Judi Porter
Music therapy	Imogen Clark Anne Thompson (LSL)
Occupation therapy/ambulatory services	Anna Joy
Occupational therapy/Manager	
Research and education Angliss Hospital	Camilla Radia-George
Physiotherapy	Kevin Mulrain
Podiatry	Michelle Kaminski
Psychology (Angliss)	Alison Wilby
Social Work	Euan Donley
Speech therapy	Lauren Speed

**PROJECTS IN PROGRESS**

Best practice for maximising upper limb function after stroke (occupational therapy)

Lead researcher: **Adams M.** Associate researchers: **Joy A, Haines B, Booth B, Emmerson K.** Developing guidelines resulting from a literature review for maximising function in upper limb post stroke based on best available evidence.

Activity of inpatients after hip fracture (physiotherapy)

Lead researcher: **Arnold M.** Associate researchers: **Hua C, Belachandran S, Pagram A et al.** Monitoring the activity levels of inpatients in the acute setting after surgery for hip fracture and identifying if there is a difference in activity level between weekdays when therapy is provided and weekends when therapy is minimal.

The importance of people with a mental illness having a separate identity to their illness (social work)

Lead researcher: **Avramidis M.** Investigating the importance of people with mental illnesses having informal and formal supports

and having a link to the community; including work and studies; to improve people's sense of hope and recovery.

Health status and quality of life outcome measures in an adult community rehabilitation service (ambulatory care/multidisciplinary)

Lead researcher: **Barker L.** Associate researchers: **Parks C, Grant M, Robinson D, Harding K.** This study will review three different quality of life and three different function outcome measures within the adult community rehabilitation service at the Angliss Hospital to determine which is most externally responsive, and to recommend which outcome measure or suite of measures should be used.

Improving outcomes for the upper limb in severe stroke: the efficacy of rehabilitation interventions based on the Bobath Concept – a pilot study (multidisciplinary)

Lead researcher: Brock K. Associate researchers: **Luke C, Galea M, Miller K, Kennedy G, Taylor N, Mulrain K.** Evaluating the effect of the Bobath method in improving upper limb function after stroke.

Medium and long-term effect of Angliss/Yarra Ranges pain management program  
Lead researcher: **Chu E.** Evaluating the medium-term and long-term effectiveness of an interdisciplinary chronic pain management program at Angliss Hospital and Yarra Ranges Health.

Who benefits from pain management programs? Lead researcher: **Chu E.** Comparing outcomes of patients who improved and patients who had not improved after attending the pain management program, and to explore factors associated with outcome, including anxiety/depression, self-efficacy, diagnosis, age, sex and compensation status.

Satisfaction and outcomes of psychiatric triage assessment in a public hospital emergency department following a suicide attempt (social work)  
Lead researcher: **Donley E.** Reviewing models of suicide risk assessment literature, comparing this with current suicide risk assessment practice, assessing outcomes following assessment and assessing patient satisfaction following assessment.

Evaluation of a new model of triage for community rehabilitation services (multidisciplinary)  
Lead researcher: **Harding K.** Associate researchers: **Bowers B, Taylor N, Stafford M, Leggat S.** This study will trial an alternative model of triage within the orthopaedic team in community rehabilitation and determine whether the new model improves waiting times without negatively impacting on the quality of service received, patient outcomes or staff and patient satisfaction.

An investigation of the efficacy of flexible models of service delivery for cardiac rehabilitation patients outside of regular business hours across the allied health team (psychology)

Lead researcher: **Higgins R**. Associate researchers: **Wilby A, Barker L**. This program will review the outcomes of an alternate model of cardiac rehabilitation, an out of business hours telephone self management program to be serviced by a transdisciplinary allied health team, delivered in conjunction with a self lead manual, to replace the traditional service provision consisting of a group program that is attended bi-weekly for five weeks.

Project experiences of volunteer graduate dietitians involved in the Eastern Health malnutrition screening project (dietetics)

Lead researcher: **Jamieson R**. Associate researcher: **Wilton A, Porter J**. Understanding the experiences of volunteers who assisted in a research project and whether participation in the project improved their performance against criteria used for the Dietitians Association of Australia National Competency Standards for entry level dietitians.

Impact of food choice, energy intake and regurgitation symptoms on weight loss and compliance with population-based dietary guidelines in post bariatric surgery patients (dietetics)

Lead researcher: **McGrice M**. Exploring food choices in post surgical patients and the relationship this has to total energy intake, macronutrient distribution and degree of weight loss in comparison with population-based dietary guidelines.

International nutrition survey (dietetics)

Lead researcher: **McPhee M**. Associate researchers: **Ganu P, Norman L, Sidhu J, Mercer I**. Comparing current nutrition practices in intensive care units within and across different countries, to illuminate differences, highlight strengths and weaknesses and to lead to practice improvements.

Transdisciplinary screening and intervention (dietetics and speech pathology)

Lead researcher: **Porter J**. Associate researchers: **Berryman M, Cooper V, Trevorrow C, Czapnik D**. Investigating the impact of early screening and intervention for nutritional, cognitive-communication and swallowing deficits in medical admissions to the Emergency Department and the Rapid Assessment Medical Unit at Box Hill Hospital.

Malnutrition prevalence in mental health and residential care (dietetics)

Lead researcher: **Porter J**, Associate researchers: **Jamieson R, Wilton A**. This project is an extension of the Eastern Health malnutrition screening project, to audit point prevalence of malnutrition in Eastern Health clients.

Reliability of the PC-PART outcome measure for occupational therapy (occupational therapy)

Lead researcher: **Radia-George C**, Associate researchers: **Imms C, Taylor N**. Investigating the inter-rater reliability and feasibility of using the PC-PART outcome measure to evaluate participation restriction in patients admitted to inpatient rehabilitation.

The impact of a leisure activity area on patients' physical activity and leisure participation levels in an inpatient rehabilitation unit (occupational therapy/multidisciplinary)

Lead researcher: **Rice K**. Associate researchers: **Kennedy G, Taylor N, Mulrain K, Ware C, Jamieson R, Pearce C, Bradford K**. Investigating the effect of the set-up of a leisure activity area in the rehabilitation unit on patients' activity levels during their inpatient rehabilitation stay.

Do additional allied health services for rehabilitation patients reduce length of stay without compromising patient outcomes? (physiotherapy/occupational therapy/rehabilitation medicine)

Lead researchers: **Taylor N**, Associate researchers: **Brusco N, Watts J, Shields N, Sullivan N, Kennedy G, Teo K, Farley A, Peiris C, Lockwood K, Radia-George C**. Establishing the cost-effectiveness of providing additional Saturday allied health services to rehabilitation inpatients.

Get fit for hip and knee joint replacement surgery: a pre-operative program of education, self-management and exercise for people waiting for hip and knee joint replacement surgery (physiotherapy)

Lead researcher: **Wallis J**. Associate researchers: **Fong C, Parslow S, Moorcroft B, Lundberg K, Man V, Levinger P, Taylor N**. Evaluating the effectiveness of a pre-operative exercise and self-management program in improving the self efficacy and post-operative progress of patients waiting for joint replacement surgery for hip or knee osteoarthritis.

Improving the information provided to patients and residents about their food (dietetics)

Lead researcher: **Wilton A**. Associate researcher: **Brennan E**. Developing a visual catalogue of food offered to Eastern Health inpatients along with the nutritional content and ingredients presented in a format that will be easily accessible by patients and staff.

## PROJECTS COMPLETED

Malnutrition detection and management at Eastern Health (dietetics)

Lead researcher: **Berryman M**. Associate researchers: **Brennan E, Jamieson R, Porter J, Wilton A**. This project aimed to identify the prevalence of malnutrition of Eastern Health patients; identifying gaps in service when compared to evidence-based, best-practice guidelines; and developing plans and recommendations to reduce the

malnutrition prevalence. The outcome of this study identified that the prevalence of inpatient malnutrition at Eastern Health was 33 per cent, with 39 per cent of inpatients at risk of malnutrition. Results found a significant gap in practice in screening and assessing for malnutrition in Eastern Health, with significant implications for health outcomes and expenditure due to the malnutrition prevalence.

#### Evaluation of the DEMMI in transition care (physiotherapy)

Lead researcher: **Brusco N**, Associate researchers: **de Morton N, Taylor N** et al. Evaluating the usefulness of a mobility instrument (The DEMMI) in assessing mobility in patients in transition care programs. The DEMMI was evaluated at admission and discharge for 696 patients in 11 transition care programs across Victoria and Tasmania. The DEMMI and Modified Barthel Index were both valid measures of activity limitation for transition care program patients. The DEMMI has a broader scale width, provides interval level measurement and is significantly more responsive to change than the Modified Barthel Index for measuring the mobility of transition care program patients.

#### Short-term and medium-term effectiveness of a multidisciplinary pain management program in a public health service (multidisciplinary)

Lead researcher: **Chu E**. Associate researcher: **Yeomanson A**. Evaluating the short-term and medium-term effectiveness of an interdisciplinary chronic pain management program at Angliss Hospital and Yarra Ranges Health utilising the biopsychosocial approach, cognitive behavioural therapy, self-management strategies and education on neurophysiology of pain. Significant improvements in pre- and post-program clinical outcome were observed in pain reduction, increasing self-efficacy, positive attitude towards pain, improving mood and reducing interference. There were no

significant differences in scores between post program and three months post program follow-up except patients' belief in solicitude score.

#### Music therapy to augment exercise therapy

Lead researcher: **Clark I**, Associate researchers: **Baker F, Taylor N**. Investigating if a music therapy intervention, patterned sensory enhancement led to greater exercise performance and adherence, and improved mood during exercise classes for geriatric evaluation and management patients. There were no differences between interventions for any of the objective outcome measures, despite strong qualitative support indicating that patients and clinicians perceived benefits during sessions with music therapy.

#### Community ambulation after hip fracture (physiotherapy)

Lead researcher: **Dennett A**. Associate researchers: **Mulrain K, Taylor N**. Investigating if patients discharge back home after hip fracture can complete walking tasks necessary for community ambulation. The study identified that patients living in the community after hip fracture can generally complete walking distance, speed and stepping tasks necessary to walk in the community but they lacked confidence suggesting that confidence rather than physical capability may limit their community ambulation after discharge home.

#### The effect of triage on waiting time for community rehabilitation: a prospective observational cohort study (multidisciplinary)

Lead researcher: **Harding K**. Associate researchers: **Taylor N, Leggat S, Stafford M**. Investigating how the allocation of referrals to triage categories for the community rehabilitation service at the Peter James Centre and Wantirna Health affected waiting time from referral to first appointment, and whether other factors

also contribute to variance in waiting time. The outcome of this study found that allocating triage categories to community rehabilitation patients made only a modest difference to waiting time.

#### Triage in dietetics: a national benchmarking project (dietetics)

Lead researcher: **Porter J**. Associate researcher: **Jamieson R**. A survey of dietetics departments at 10 hospitals in Australia providing information about their triage tool. Ten hospitals participated and all used triage systems to prioritise their inpatients. Consensus was evident in the inpatient triage categories across services. The reported strengths and weaknesses of triage tools were consistent with published strengths and weaknesses of triage tools in other healthcare settings. Further research should be undertaken to define triage within dietetics to optimise service and patient care. The issues of validity and reliability of triage documents also need to be addressed further.

#### Survey of EBP uptake by physiotherapy clinicians (physiotherapy)

Lead researcher: **Roche E**, Associate researchers: **Cusworth A, Taylor N**. This study involved a survey to identify the uptake of evidence-based practice principles by physiotherapists at Eastern Health. The survey of 87 physiotherapists found that physiotherapists have positive attitudes and knowledge about evidence-based practice but implementation into practice is limited.

#### SMS reminders for patients attending physiotherapy outpatient clinics (physiotherapy)

Lead researcher: **Taylor N**, Associate researchers: **Lawler K, Bottrell J, Benjamin D**. Investigating the effectiveness of sending SMS reminders on non-attendance rates at physiotherapy outpatient clinics. In this randomised controlled trial sending SMS reminders reduced the non-attendance rate in physiotherapy outpatient clinics from

16 per cent to 11 per cent, with non-attendance of one patient avoided for every 19 SMS reminders sent.

**COPD management of inpatients: phase I trial** Lead researcher: **Tang C**. Associate researcher: Blackstock F, **Clarence M, Taylor N**. Investigating the safety and feasibility of starting the exercise component of pulmonary rehabilitation during inpatient admission for an exacerbation of chronic obstructive pulmonary disease (COPD). This randomised controlled trial found preliminary evidence that it was safe and feasible to start aerobic and strengthening exercise during an inpatient admission for COPD, with estimates of effect suggesting that exercising at moderate intensity may be more effective than exercising at moderate to high intensity.

#### Health coaching for recovery of low back pain

Lead researcher: Illes R. Associate researchers: Davidson M, O'Halloran P, **Taylor N**. Investigating if adding five sessions of telephone health coaching to usual physiotherapy care was more effective than usual physiotherapy care alone in improving activity after an episode of low back pain. This randomised controlled trial provided evidence that the group receiving health coaching demonstrated greater levels of functional activity and higher levels of recovery expectation than the control group after 12 weeks.

#### FUTURE DIRECTION

Allied health research has produced excellent research outputs in 2010/2011. The future direction is to continue to focus our research into our identified themes of community integration, health service delivery and expanded roles for allied health clinicians. We will also focus further on strategically pursuing opportunities for external funding to support our research.

#### PUBLICATIONS

##### Journals

**Arnold ME, Taylor NF**. The effect of exercise on cancer related fatigue in hospitalised oncology patients: a systematic review. *Onkologie*. 2010;33: 625-630.

**Arnold ME, Taylor NF**. Exercise for patients with cancer: reducing disease-related fatigue. *Future Oncol*. 2011;7(2):165-167.

**Bruder A, Taylor NF, Dodd KJ, Shields N**. Exercise reduces impairment and improves activity in people after some upper limb fractures: a systematic review. *J Physiother*. 2011;57(2):71-82.

**Davenport SJ, de Morton NA**. Clinimetric properties of the de Morton Mobility Index in healthy, community-dwelling older adults. *Arch Phys Med Rehabil*. 2011;92(1): 51-58.

**de Morton NA, Brusco NK, Wood L, Lawler K, Taylor NF**. The de Morton Mobility Index (DEMMI) provides a valid method for measuring and monitoring the mobility of patients making the transition from hospital to the community: an observational study. *J Physiother*. 2011;57(2):109-116.

**Harding KE, Stephens D, Taylor NF, Chu E, Wilby A**. Development and evaluation of an allied health research training scheme. *J Allied Health*. 2010 Winter; 39(4): e143.

**Harding K, Taylor N, Leggat S, Wise V**. Prioritising patients for community rehabilitation services: Do clinicians agree on triage decisions? *Clin Rehabil*. 2010;24(10):928-934.

**Harding K, Taylor N, Leggat S, Wise V**. A training program did not increase agreement between allied health clinicians prioritising patients for community rehabilitation. *Clin Rehabil*. 2011;25(7): 599-606.

**Horne-Thompson A, Bolger, K**. An investigation comparing the effectiveness of a live music therapy session and recorded music in reducing anxiety for patients with amyotrophic lateral sclerosis/ motor neurone disease. *Aust J Music Ther*. 2010;21:23-38.

**Tang CY, Taylor NF, Clarence M, Blackstock FC**. Chest physiotherapy for patients admitted to hospital with an acute exacerbation of chronic obstructive pulmonary disease (COPD): a systematic review. *Physiother*. 2010;96:1-13.

**Taylor NF, Brusco NK, Watts JW, Shields N, Peiris C, Sullivan N, Kennedy G, Teo CK, Farley A**. A study protocol of a randomised controlled trial incorporating a health economic analysis to investigate if additional allied health services for rehabilitation reduce length of stay without compromising patient outcomes. *BMC Health Serv Res*. 2010;10(1):308.

**Taylor N, Norman E, Roddy L, Tang C, Pagram A, Hearn K**. Primary contact physiotherapy in emergency department can reduce length of stay for patients with peripheral musculoskeletal injuries compared with secondary contact physiotherapy: a prospective non-randomised trial. *Physiother*. 2010; 97(2):107-114.

**van de Water A, Shields N, Taylor NF**. Outcome measures in the management of proximal humeral fractures: a systematic review of their use and psychometric properties. *J Shoulder Elbow Surg*. 2011;20(2):333-343.

##### In press

**Baldwin C, Brusco N**. The effect of vocational rehabilitation on return to work rates post stroke: a systematic review. *Top Stroke Rehabil*; (in press).

**Clark I, Harding KE.** Psychosocial outcomes of active singing for therapeutic purposes: a systematic review of the literature. *Nordic J Music Ther*; (in press).

**Corken M, Porter J.** Is vitamin B6 deficiency an under recognised risk in the haemodialysis population? A systematic review. *Nephrology*; (in press).

**Donley E.** Emergency department frequent presenters: alcohol dependency and autonomy. *J Subst*; (in press).

**Donley E.** Social work in the emergency department psychiatric triage team. *Psych Rev*; (in press).

**Harding K, Taylor N, Leggat S.** Do triage systems in healthcare improve patient flow? A systematic review of the literature. *Aust Health Rev*; (in press).

**Moore H, Boltong A.** Don't fall for weight: a systematic review of weight status and falls. *Nutr Diet*; (in press).

**Peiris CL, Taylor NF, Shields N.** Extra physical therapy reduces patient length of stay and improves functional outcomes and quality of life in people with acute or sub-acute conditions: a systematic review. *Arch Phys Med Rehabil*; (in press).

**Taylor NF, Bottrell J, Lawler K, Benjamin D.** Mobile phone short message service (SMS) reminders can reduce non-attendance in physical therapy outpatient clinics: a randomised controlled trial. *Arch Phys Med Rehabil*; (in press).

### Abstracts

**Colaci L.** Pressure ulcer practices of dietitians: is the evidence in practice? *Nutr Diet*. 2011;68(Supp1):12.

**Corken M, Cleave B.** Prevalence of malnutrition in the Eastern Health haemodialysis population. *Ren Soc Aust J*. 2011;7( Suppl 1):39.

**Corken C, Porter J.** Is vitamin B6 deficiency an under recognised risk in the haemodialysis population? A systematic review. *Ren Soc Aust J*. 2011; 7(supp 1):39.

**Donley E.** Standard mood changes for the post-graduate student. When is it depression? *Compass Online Spring* 2011. Monash University.

**McPhee M, Subramaniam A, Nagappan R.** Predicting energy requirements in sepsis – Harris-Benedict and Schofield nomograms versus WEIR equation. *Nutr Diet*. 2011 68(Supp1):41.

**Mitchell S, Flett M.** Provision of point of service menu delivery to paediatric inpatients results in improved patient satisfaction: a systematic review. *Nutr Diet*. 2011;68(Supp1):43.

**Venn E, Murphy A, Mitchell S, Colaci L.** Red alert: food and drink offered for sale in public hospitals is not always black and white. *Nutr Diet*. 2011 68(Supp1):12.

### Books

**Dodd KJ, Imms C, Taylor NF (Eds).** 2010. *Physiotherapy and occupational therapy for people with cerebral palsy: a problem-based approach to assessment and management*. MacKeith Press, London, 2010.

### PRESENTATIONS

#### International

**Bruder A, Taylor N, Dodd K, Shields N.** Physiotherapy for rehabilitation of upper limb fractures in adults: a systematic review. 16<sup>th</sup> World Congress of Physical Therapy. Amsterdam, Netherlands, June 2011.

**van de Water A, Shields N, Taylor N.** The use and psychometric properties of outcome measures in proximal humeral fractures: a systematic review. 16<sup>th</sup> World Congress of Physical Therapy. Amsterdam, Netherlands, June 2011.

#### National

**Aldridge K.** Evaluation of speech pathologists' experience and confidence in the management of paediatric feeding clients. Speech Pathology Australia National Conference. Darwin, June 2011.

**Aldridge K.** Dysphagia is a common and serious problem for adults with mental illness: a systematic review. Speech Pathology Australia National Conference. Darwin, June 2011.

**Barker L.** Community rehabilitation – "Home vs Centre", guidelines for optimal treatment location. Rehabilitation 2010 – The Best of Both Worlds Conference. Melbourne, October 2010.

**Barker L.** Feedback forums – learning and improving from patient's experiences. In the Spotlight – Patient Centred Care Conference. Brisbane, September 2010.

**Birkenfelds A, Arnold M.** Introduction of a multidisciplinary discharge planning meeting in the inpatient oncology unit at Maroondah hospital (poster). Clinical Oncology Society of Australia Annual Scientific Meeting. Melbourne, November 2010.

**Boyd J.** Occupational Therapy in an interdisciplinary ambulatory setting. OT Australia National Conference. Gold Coast, July 2011.

**Briffa C, Adrianakis J.** Development and implementation of an allied health clinical prioritisation protocol. Speech Pathology Australia National Conference. Darwin, June 2011.

**Chin R.** Leisure participating patterns of children in Victoria. OT Australia National Conference, Gold Coast. July 2011.

**Chu E, Yeomanson A, Yencken S.** Short-term and medium-term effectiveness of a multidisciplinary pain management program in a public health service. The Australian Pain Society 31<sup>st</sup> Annual Scientific Meeting. Darwin, June 2011.

**Clark I.** What do we know about singing interventions and psychosocial outcomes for people in therapeutic programs? Australian Music Therapy Association National Conference. Melbourne, September 2010.

**Clark I.** Instrument playing to facilitate the relearning of functional upper-limb movements in older adults. 2010: Australian Music Therapy Association National Conference. Melbourne, September 2010.

**Clark I.** Exercise with music is happier: a music therapy and physiotherapy rehabilitation exercise group for older adult inpatients. 9<sup>th</sup> Asia/Oceania Regional Congress of Gerontology and Geriatrics. Melbourne, October 2011.

**Clark I.** Exercise with music makes everyone join in: an interdisciplinary exercise group for older adults. Australian Music Therapy Association National Conference. Brisbane, September 2011.

**Clark I, Tamplin J.** Music therapy facilitates connection between mind and body following spinal cord injury. Best of Both Worlds Mind and Body Rehabilitation Conference. Melbourne, October 2010.

**Cooper V.** Raising awareness of aphasia in acute stroke. Speech Pathology Australia National Conference. Darwin, June 2011.

**Corkhill C.** Patient satisfaction survey of a newly established footwear bank in a rehabilitation hospital. Australasian Podiatry Conference. Melbourne, April 2011.

**Dallimore S.** Paging podiatry! An audit of acute inpatient podiatry referrals. Australasian Podiatry Conference. Melbourne, April 2011.

**Donley E.** Removing liberties of a person with alcohol dependency presenting frequently to a hospital emergency department. Anex, Australian Drugs Conference. Melbourne, October 2010.

**Gray J, Shoebridge G, Wong E, Barker L.** Next step beyond rehabilitation – improving the journey for the cardiac client. Australian Cardiac Rehabilitation Association Conference. Canberra, September 2010.

**Higgins R, Luxford C, Barker L, Hawke L.** Integrating interdisciplinary relaxation training into a pulmonary rehabilitation program: a case study for consumer involvement. ADMA Conference. Melbourne, August 2010.

**Horne-Thompson A.** Keeping music in the minds of decision-makers: growing music therapy programs in a competitive marketplace. 36<sup>th</sup> National Professional Development Seminar, Australian Music Therapy Association. Melbourne, September 2010.

**Kaminski M.** Investigating risk factors for foot ulceration in patients with end stage renal disease on haemodialysis. Australasian Podiatry Conference. Melbourne, April 2011.

**Porter J.** Nutritional challenges for older patients. National Hospital Nutrition and Hydration Summit. Melbourne, December 2010.

**Radia-George C, Boyd J.** Effectiveness of EBP initiatives on research interest and experience in OTs. OT Australia National Conference. Gold Coast, July 2011.

**Richards K.** Learning as you go! An audit of continuing professional development opportunities in the workplace. Australasian Podiatry Conference. Melbourne, April 2011.

**Richards K.** Good cop, bad cop: challenging patients to make hard decisions about aggressive treatment. Australasian Podiatry Conference. Melbourne, April 2011.

**Sveller C, Way A.** Shower song: case study of MMT in the rehabilitation of a basal ganglia stroke. 36<sup>th</sup> National Conference for the Australian Music Therapy Association. Melbourne, September 2010.

**Tang C, Balckstock F, Taylor N.** Early commencement of exercise rehabilitation for inpatients with an acute exacerbation of COPD is safe and feasible. Thoracic Society of Australia and New Zealand Annual Scientific Conference. Perth, April 2011.

**Wilton A, Halloran H.** What do people with newly diagnosed type 2 diabetes want to know: improving the journey with consumer-led information. Redesigning Care Conference. Melbourne, July 2010.

**Wiseman F.** Occupation-based therapy improves functional outcomes for older people participating in rehabilitation. OT Australia National Conference. Gold Coast, July 2011.

**Wyatt S.** Defining professional behaviours for speech pathologists. Speech Pathology Australia National Conference. Darwin, June 2011.

**Wyatt S.** Does supervision develop speech pathologists as professionals? Speech Pathology Australia National Conference. Darwin, June 2011.

### Local

**Allen J.** Developing an evidence-based approach to the management of cancer related fatigue – a resource for occupational therapists working in oncology and palliative care in inpatient and community settings. OT Australia Conference (VIC). Melbourne, November 2010.

**Boyd J, Radia-George C.** Developing occupational therapy clinical expertise within a large health network – embedding evidence into practice. OT Australia Conference (VIC). Melbourne, November 2010.

**Chu E.** Stepping into research: development and evaluation of an allied health research training scheme. OT Australia Conference (VIC). Melbourne, November 2010.

**Donley E.** Acute stress disorder following a minor motor vehicle accident. 70th Anniversary Social Work Colloquium. Melbourne, February 2011.

**George P, Innes M.** Occupational therapists use of therapeutic relaxation as an intervention for oncology and palliative care patients. OT Australia Conference (VIC). Melbourne, November 2010.

**Stephen K.** Wheelchair use in the inpatient stroke population is in desperate need of review. OT Australia Conference (VIC). Melbourne, November 2010.

**Terrington N.** Relationship of cognitive assessments, used by occupational therapists in an acute hospital setting, to functional performance: a systematic review. OT Australia Conference (VIC). Melbourne, November 2010.

**Way A.** Song writing in music therapy: extending the reach in both life and death. Palliative Care Victoria 7<sup>th</sup> Biennial State Conference. Melbourne, July 2010.

### GRANTS

**Do additional allied health services for rehabilitation reduce length of stay without compromising patient outcomes?** NHMRC Partnership Project Grant **Taylor N, Brusco N, Watts J, Shields N, Sullivan N.** \$233,079.

**Allied health transdisciplinary screening and intervention in an emergency department outside of regular business hours for nutritional, cognitive, communication, swallowing and psychosocial presentations** Department of Health. **Goding M, Wilton A.** \$20,000.

**An investigation of transdisciplinary models of care for psychosocial presentations to an emergency department outside of regular business hours** Department of Health. **Wilby A.** \$20,000.

**An investigation of the efficacy of flexible models of service delivery for cardiac rehabilitation patients outside of regular business hours across the Allied Health team** Department of Health. **Wilby A, Higgins R.** \$18,100.

### RESEARCH TRAINING

#### Higher degree research students

**Avramidis M,** PhD (year 1), The importance of people with a mental illness having a separate identity to their illness, La Trobe University, P/T

**Bruder A,** PhD (year 2), Exercise in the rehabilitation of fractures of the distal radius. La Trobe University, P/T

**Brusco N,** PhD (year 2), A health economic analysis of providing extra rehabilitation. La Trobe University, P/T

**Clark I,** PhD (year 1), Effects of music therapy on physical activity levels of older adult inpatients in rehabilitation. La Trobe University, P/T

**Donley E,** PhD (year 1), Satisfaction and outcomes of psychiatric triage assessment in a public hospital emergency department following a suicide attempt. Monash University, P/T

**Harding K,** PhD (year 3), Triage and prioritisation in allied health. La Trobe University, F/T

**Iles R,** PhD (year 3), Health coaching for people with low back pain. La Trobe University, P/T

**Mulrain K,** PhD (year 3), Gait variability in community ambulation. University of Queensland, P/T

**Peiris C,** PhD (year 2), The effect of providing extra rehabilitation on functional outcomes. La Trobe University, F/T

**Radia-George C,** Master of Occupational Therapy by Research (year 1), Interrater reliability and clinical utility of the PC-PART. La Trobe University, P/T

**Tang C,** Doctor of Physiotherapy (year 2), Exercise during hospital admission with exacerbation of COPD. La Trobe University, P/T

**Van de Water A,** PhD (year 2), Development of a new activity outcome measure for people with a fracture of the proximal humerus. La Trobe University, F/T

#### Honours students

**Dennett A,** Physiotherapy, Community ambulation after hip fracture, La Trobe University, P/T

**Shaw K,** Physiotherapy, Provision of out of hours services in physiotherapy: an Australia-wide survey, La Trobe University, P/T



5 Arnold Street,  
Box Hill, Victoria, 3128, Australia  
Tel: (03) 9895 3281 Fax: (03) 9895 4896  
Website: [www.easternhealth.org.au](http://www.easternhealth.org.au)

**EASTERN HEALTH IS COMMITTED TO BUILDING A CULTURE OF RESEARCH AND ENSURING SUCH RESEARCH IS EMBEDDED IN EVERYDAY CLINICAL PRACTICE.**

Eastern Health contributes to local, national and international research activity. Where projects are collaborative with our respective research partners, Eastern Health staff names are in bold.

This clinical speciality report forms part of the broader fourth annual Eastern Health Research Report reflecting the high calibre research, commitment and strength of research programs across Eastern Health. The complete Eastern Health 2011 Research Report overview document is available in hard copy by contacting The Office of Research & Ethics on **9895 9551** or via download from [www.easternhealth.org.au](http://www.easternhealth.org.au)

Further clinical specialty reports are also available via [www.easternhealth.org.au](http://www.easternhealth.org.au)

**Specialty reports include:**

- › Eastern Health Clinical School (EHCS)
  - Medical Student Programs
  - Research Division
  - Eastern Clinical Research Unit
  - Turning Point
- › Allied Health
- › Breast oncology
- › Cardiology
- › Community Health
- › ECRU Translational Division Unit
- › Endocrinology and diabetes
- › Gastroenterology and hepatology
- › Geriatric medicine
- › Haematology
- › Intensive care medicine
- › Medical education unit
- › Mental Health and Turning Point
- › Alcohol and Drug
- › Neurosciences
- › Nursing and midwifery
- › Palliative care
- › Pharmacy
- › Rehabilitation
- › Renal medicine (Nephrology)
- › Respiratory and sleep medicine
- › Rheumatology
- › Surgical Research Group