

Allied Health Research News SEPTEMBER 2016

A Research Newsletter for Allied Health Clinicians

Inside this issue:

- Speech Pathology Week **2**
- Improving outcomes post joint replacement **2**
- Conference Season—Tips for presentations! **3**
- EH Foundation Grants **4**
- Experiencing care with a communication difficulty **5**
- Evan's Musings: So you're doing a conference Poster... **6**
- Allied Health Research Achievements **7**

2016 APAC Forum

The 2016 APAC Forum was held in Sydney from 12 – 14th September. APAC is the world's third largest health systems innovation and improvement conference, attracting delegates from over 30 different countries. Katherine Harding, Katrina Richards, Anne Thompson, Melinda Webb-St Mark, Cathryn Baldwin and Tim Brewster were among the allied health recipients successful in obtaining scholarships through Eastern Health to attend. All Eastern Health representatives attended a full day "Culture of Kindness" intensive, run by Mary Freer, Tim Keogh and Catherine Crock. This session focussed on building a culture of respect in the workplace, as well as strategies for connecting with colleagues and patients.

The forum had a strong focus on consumer involvement. A presentation by Dr Stephanie Archer from Imperial College London discussed the need to involve consumers in research and move away from inclusion only as "participants". This included encouraging consumers to drive the agenda for research that is relevant and useful for them, involving them in the design and ethics of a project, as well as greater involvement in outcomes and disseminating evidence based practice.

Quality Improvement and research are often perceived to be very different from one another, each with their own methods and often driven by different teams with different priorities. While many of the presentations as well as the delegates at APAC came from a quality improvement perspective, the forum was also an opportunity to bring these voices together for the common purpose of improving patient care. It was great to see these ideas shared not only between presenters and delegates, but also around our own Eastern Health tables.

This was a fantastic opportunity provided by Eastern Health, and we encourage allied health staff to apply for next year's scholarships to APAC which will be held on the Gold Coast in September 2017.





Speech Pathology Week

**CREATING
FUTURES**
SpeechPathologyWeek2016

The Eastern Health speech pathology department celebrated Speech Pathology week on August 7th-13th. The theme for Speech Pathology week this year is “Creating Futures” – this reinforces the vital role that speech pathologists play in the lives of patients with communication and swallowing difficulties. The speech pathology department has been busy with research and project activities this year; let’s take this opportunity to highlight some activities our speech pathologists have been working onto create better futures for patients with communication and swallowing difficulties.

Above: Chief Allied Health Officer Gayle Smith with patient Jeffrey and family

Below: Continuing Care Program Director John Ferraro and SP Anna Gillman with one of our patients



Improving physical function post total hip and knee replacement surgery

Lyndon Hawke, Senior Physiotherapist at the Anglis Community Rehabilitation Program recently led a project evaluating the outcomes of a group of patients attending a short-term outpatient orthopaedic exercise group, focussing on graduated functional exercise, improved function and self-reported physical activity post hip or knee joint replacement.



A case series study of 54 participants involved in a six-week out-patient orthopaedic exercise group post total hip or knee replacement were examined, using the Osteoarthritis Research Society International (OARSI) recommended performance-based tests and the International Physical Activity Questionnaire (IPAQ) short form as functional objective measures. Measures were assessed at admission, discharge and six weeks post group discharge. All functional measures improved significantly at both discharge from the program and six-week follow up. Self-reported activity levels improved significantly at discharge but not at the six-week follow up. Mean changes for all functional measures exceeded the minimal clinically important difference.

Lyndon has concluded that a group exercise program with a focus on functional rehabilitation may have improved performance in functional measures and self-reported activity levels post hip and knee joint replacement.

Lyndon was supported in this work by colleagues Aaron Bowes, Scott K Miller and Janet R Robertson, and researchers Nick Taylor, Katherine Harding and Jason Wallis.



Victorian Allied Health Research Conference

The Victorian Allied Health Research Conference will be held Friday 31st March 2017 at the Melbourne Convention and Exhibition Centre.

This one day event will unite over 350 allied health professionals from diverse care settings, to champion research, and share knowledge and experiences to guide future directions in Allied Health practice. Inspiring keynote and guest speakers (including our own **Kate Lawler** from Eastern Health) will impart the latest developments in allied health research, emphasising the translation of study outcomes into best clinical practice and innovative service development.

The call for abstracts is now open, closing on the 6th November 2016. For further details please visit

www.ahresearch.com.au

It's Conference Season!.....Tips for perfect presentations

It's conference season! Are you about to present your work for the first time? Don't worry, you're not alone. Here are some tips to help you blitz your presentation!

1. **Preparation & practice**—the key to all good presentations is preparation. Start early, and give yourself plenty of time to practise, get feedback from colleagues, and feel like you know exactly what you are going to say.
2. **Keep it simple**—one or two simple messages is all your audience is likely to remember. Focus on driving these home.
3. **Get the timing right**—the number one way to annoy your audience is to go over time. Know how long you've got, and plan to finish with a minute to spare.
4. **Know your audience**—don't baffle lay people with jargon or patronise experts in the field with a basic anatomy lesson. Find out who the likely audience is, and make your pitch appropriate.
5. **Beware of fancy power point features**—zooming text might seem cool at first but soon gets annoying. Fancy effects can also derail a presentation if the venue happens to have a different version of power point to you.
6. **Keep your slides simple** and uncluttered—“6 words per line, 6 lines per slide” is a good rule of thumb. “A picture tells a thousand words” might be a bit clichéd, but is also worth remembering.
7. **Connect with your audience.** Smile, make eye contact, look around the room. Make sure you are talking to the audience, and not to the screen on the wall behind you.
8. **Repeat your key message**—take a hint from the politicians and repeat your key message several times throughout your presentation. It works for them, it will work for you too.
9. **Don't forget to breathe** Everyone gets anxious speaking in public. A few deep breaths can go a long way in calming the nerves.
10. **Celebrate!** Speaking at a conference takes some courage and is an achievement worth celebrating. Reward yourself with something special and give yourself a pat on the back!

The experience of a first time presenter at a national conference

Nikhila Lamba is a Speech Pathologist currently based at Box Hill Hospital; working with patients in ICU, as well as the General Medicine and Specialty Medicine Caseloads. Nikhila was a first time presenter at the Speech Pathology Australia National Conference in Perth in May.

How did you feel about presenting?

I was excited to present at the Speech Pathology conference; as it is a great opportunity in terms of my career development and networking. At the same time, I was nervous as I had never presented at a national forum before. On the day, it was nice to see that my fellow presenters were also a bit nervous; but everything went well for all of us on the day.

What did you present about?

I presented about the development and implementation of the Post-Extubation Dysphagia Clinical Practice Guideline, which was developed by Senior Speech Pathologist, Susie Griffiths. This involved reviewing the current literature around Post-Extubation Dysphagia. I provided a flow-chart outlining the process of transitioning patients onto oral intake post-extubation in ICU at Eastern Health; and discussed referral indicators to Speech Pathology to facilitate a safer and more timely commencement onto diet and fluids. The education and roll-out methods of the guideline were also outlined, as well as the challenges and future directions of the project.

How did you prepare for the presentation?

Data was collected looking at the percentage of patients who required ongoing Speech Pathology follow up for swallowing or communication impairments. Following this, I scheduled regular meetings with Susie to analyse the data, prepare an outline for the presentation and fine-tune the key messages. Susie was fantastic in helping me to rehearse the presentation closer to the date to ensure it was within the time-limit; and also role-played through questions I was likely to be asked by the audience.

Eastern Health Foundation Research Awards



Eastern Health Foundation is thrilled to announce that grant application submissions will be accepted for the 2017 Eastern Health Foundation Research Awards from 9.00am Monday 3 October 2016. **Applications will close at 5.00pm on Friday 11 November 2016.**

The Foundation aims to encourage all staff to embed research in everyday clinical practice. The grants are open to all disciplines.

Applications are via the Eastern Health Foundation automated on-line application system. Please click [here](#) to preview the eligibility criteria.

for further information please contact:
Carolyn.Schuwalow@easternhealth.org.au

Need some help to prepare?

'Grant Writing for Allied Health Clinicians: Part 2'

Following on from our very successful introduction to Grant Writing Workshop in August, The Allied Health Clinical Research Office will be conducting a follow up workshop for those who are actively preparing presentations for this year's grant scheme.

Attendance at the first workshop is not a requirement to attend this follow up session, but please note that the session is specifically targeted to those who are working towards grant submissions. It aims to build on the information provided in Workshop 1, and provide an opportunity to receive feedback on your work to date and polish your application prior to submission.

When: Monday 17th October , 3.00-4.30pm

Where: Seminar Room 1, Level 3, 5 Arnold Street Box Hill.

Please rsvp to Katherine.harding@easternhealth.org.au.



La Trobe University
School of Allied Health heats

Four higher degree researchers who have been conducting their research at Eastern Health competed in the La Trobe University School of Allied Health heats for University Minute Thesis Competition in August. This national competition initiated by the University of Queensland challenges competitors to present their PhD thesis in 3 minutes, with only a single power point slide.

David Snowdon, Amy Dennett, Jason Wallis and Andrea Bruder all put in a great performance amongst a very strong field of presenters. Congratulation to David Snowdon who was runner up on the day.



A new bibliographic software option for Eastern Health Clinicians

RefWorks is a new web based bibliographic software option (alternative to Endnote) being made available at NO COST to clinicians through the Victorian Government. It can be used to create an online list of references from literature searches, insert or paste citations into a document, or insert or produce a bibliography in many different styles.

RefWorks is entirely cloud based, so that you can access your library from anywhere. An older version is currently linked to the Clinicians Health Channel website, but we recommend you use the much improved newer version currently available at <https://refworks.proquest.com>. We understand that the version linked to Clinicians Health Channel will change in due course.

To use RefWorks you need to set up an account

Go to: <https://refworks.proquest.com/> and click on "Create an Account". Make sure you use your eastern health email to register, and RefWorks will recognise the IP and create an account in the Eastern Health group.

How to Use RefWorks:

There are many resources on the ProQuest RefWorks website to help you to learn to use the software, including fact sheets, as well as live and recorded webinars. Note that there are also YouTube tutorials available, although most relate to the older version with significant differences to the NEW Refworks.

For additional information, please contact Eastern Health Library Service at EHLS@easternhealth.org.au or phone 9895-3200.

In Our Own Words: Do consumers with communication difficulties have a different experience of care than other patients?



The continuing care Speech Pathology Team were recent recipients of the EH A2i award for consumer participation for their work in giving a voice to consumers with communication disorders.

Communication is a basic human right. Yet it is estimated that more than 5% of all Australians have a communication difficulty and that this number is likely to be higher in health care settings.

Research tells us this group are three times more likely to experience an avoidable adverse event, and may be denied the opportunity to participate in their own healthcare decision making to their fullest ability.

Whilst it is highly likely these consumers have a poorer experience of care than others, we do not have good data to confirm this or to guide service improvements. Although Eastern Health routinely collects consumer feedback and uses this data to improve care, consumers with communication difficulties are typically excluded. They literally have less of a voice than others.

Over the past two years the Speech Pathology department and the Centre for Patient Experience have collaborated to identify and embed systems which enable consumers with communication difficulties to participate in EH feedback mechanisms.

“Speech pathologists now routinely conduct monthly patient experience surveys with consumers with known communication difficulties” explains speech pathology manager Chris Stone. “This data is included in the EH dataset, better reflecting the diversity of our patient population.” The feedback from consumers with communication difficulties is also analysed separately, allowing direct comparison of the experience of consumers with communication disorders compared with the broader population. Preliminary analysis indicates this group indeed have a significantly poorer experience of care than other Eastern Health consumers. Ongoing data collection and analysis of

trends over time can now inform targeted service improvements and is the subject of a recent research proposal.

Speech pathologists have also partnered with many members of the senior leadership team to assist them to conduct ‘leadership walk-arounds’ with consumers with communication difficulties. Our patients have been honoured to have the opportunity to speak directly with our senior influencers and decision makers. Even patients dependent on augmentative communication devices have been able to ‘have their say’.

By empowering our patients to tell us ‘in their own words’ about their experience of care and how it can be improved we hope to enable them to participate more fully in their own healthcare decision making, to reduce risk and to improve equity.

Welcome!

Among our new staff, we are delighted to welcome three allied health clinicians with strong research interest and experience to Eastern Health this month:

- Physiotherapists **Kate Lawler** and **Melanie Hayley** who will be taking on the Grade 4 physiotherapy role in aged and complex care. Kate is currently in the final stages of her PhD looking at carer involvement in rehabilitation, and will be a guest speaker at next year’s Victorian Allied Health Research Conference. Melanie has undertaken a Masters of Gerontology and published research completed as part of her honours at La Trobe University.
- Social worker **Connie Schneider**, who will be taking up a case management role in the Transition Care Program. Connie is a recent graduate of the Stepping into Research Project at Northern Health and has a strong interest in evidence based practice.



SO YOU'RE DOING A CONFERENCE POSTER....

Euan's Musings



Euan Donley works with the Psychiatric and Emergency Response Team. He is also a PhD candidate and regularly uses posters as a good excuse to go to conferences in interesting places.

Congratulations on finishing your research! A conference has accepted your abstract for a poster at the Fourth International Brain Fade convention in Morwell. You're pretty happy. That is, until, you realise all your fellow colleagues will be doing 30 minute oral presentations and one is running a focus group. Suddenly they are looking at you with a mixed expression of pity and feeble congratulations while quickly changing the topic to football and Bonsai trees. Welcome to the world of the in-between; so much more important than mere conference attendees, but destined to have "POSTER" plastered above your delegate ID for the conference so all the oral presenters know to walk on the other side of the room / avoid eye contact / wear gloves when they see you. They can walk off and have drinks, while you are standing next to your poster, on show next to the 25 year old part-time model and student who is getting everyone's attention and praise.

Fear not, for the poster presentation is the under-rated performer and your ticket to real and genuine expressions of interest in your research at the conference. Please allow me to indulge:

1/ People will always be polite when they see your poster. No shuffling in seats, no looking at watches, no one walks out, no failing IT equipment, and no over-anxious moderator telling you to wind up when you have only mentioned your name.

2/ Your poster is up for the whole entire conference. So people can come back to it, tell others, take down further details, they can actually read and spell your e-mail address, and if they source your study, there is a chance they will actually get your name and credentials correct.

3/ You get to talk to people as much as you like. People will have in-depth conversations with you. All the people that are too scared to ask decent questions at an oral presentation, will come to you.

4/ No smarmy semi-academic taking up valuable oral presentation question time spruiking their completely unrelated credentials and shoddy research in Brain Fade-ology trying to upstart you just after your oral talk.

5/ If you like to share your research, people can actually take photos of your poster and post them online. Most people doing an oral presentation tend to find photos of them being taken, a little creepy.

6/ You might win money or something. There are often multiple prizes for best posters, but jack squat for your oral counterparts. So screw them when you show up next week to work wearing your new Jay Z Hoodie from your winnings.

7/ Free pens. The bottom of the conference food chain is the exhibitors. They will be dazzled by your delegate ID and give you heaps of free stuff.

Finally, here are a couple of brief tips, if I may conclude, to ensure people actually remember your poster.

1/ Not too wordy. I would say more but I would be at risk of being too wordy.

2/ Not too many graphs. It is not a football match.

3/ Have your e-mail and affiliation clear and so that people can follow up with you, or stalk you.

4/ Don't make the poster too big or too small. Frankly I am less inclined to read the really large ones because I assume the author is a narcissist.

5/ Stick to the basics. Don't include too much information or wander off. You will lose people. Do as I say here, not as I do.

The Eastern Health intranet has useful poster tips and templates, and your conference will too. So stick to the guidelines. If you are travelling further than Morwell, you can get posters made of light material to ensure you have room for the hotel towels you pilfered.

Rant over.



Allied Health Research Achievements Publications

Bruder AM, Shields N, Dodd K, Hau R, Taylor NF. 2016. A supervised progressive exercise program does not improve activity more than structured advice following a distal radial fracture: A multi-centre phase I/II randomised controlled trial. *Journal of Physiotherapy* 62(3):145-152.

Clark IN, Baker FA, Taylor NF. (in press). Older adults' music listening preferences to support physical activity following cardiac rehabilitation. *Journal of Music Therapy* (accepted July 26, 2016, impact factor 1.185).

English C, Shields N, Brusco NK, Taylor N, Watts JJ, Peiris C, Bernhardt J, Crotty M, Esterman A, Segal L, Hillier S. (in press). Additional weekend therapy may reduce length of rehabilitation stay after stroke: An individual patient data meta-analysis. *Journal of Physiotherapy*.

Harding KE, Watts JJ, Karimi L, O'Reilly M, Kent B, Kotis M, Leggat SG, Kearney J, Taylor NF. 2016. Improving access for community health and sub-acute outpatient services: protocol for a stepped wedge cluster randomised controlled trial. *BMC Health Services Research* 16:364.

Lockwood, K. J., Taylor, N. F., Boyd, J. N. and Harding, K. E. (2016), Pre-discharge home visits by occupational therapists completed for patients following hip fracture. *Aust Occup Ther J.* doi:10.1111/1440-1630.12311

Ottrey E, Porter J. A qualitative exploration of patients' experiences with three different menu ordering systems in hospital: Implications for practice. *Nursing Standard* in Press.

Porter J, Adderley M, Bonham M, Costa RJS, Dart J, McCaffrey T, Ryan L, Davidson ZE. (2016). The effect of dietary interventions and nutritional supplementation on bone mineral density in otherwise healthy adults with osteopenia: a systematic review. *Nutrition Bulletin* 41: 108-121. DOI: 10.1111/nbu. 12199.

Do you have anything of interest to report in this newsletter? Please forward your articles and achievements to:

Allied Health Clinical Research Office
Telephone: 9091 8880 or 9091 8874
nicholas.taylor@easternhealth.org.au
katherine.harding@easternhealth.org.au

Allied Health Research Committee

Nick Taylor	Glenda Kerridge (SW)
Katherine Harding	Judi Porter (Dietetics)
Kyle Ball (SP)	Nichola Terrington (OT)
Judy Bottrell (PT)	Anne Thompson (ACS)
Euan Donley (Mental Health)	Jason Wallis (PT)
Michelle Kaminski (Pod)	Alison Wilby (Psych)

Need some advice on
a research idea?

Research Advice and consultation for Allied Health Clinicians

Available any time for
research related matters
from Nick Taylor and
Katherine Harding in the
Allied Health Clinical
Research Office

Please contact:

katherine.harding@easternhealth.org.au

or phone 9091 8880.

Don't forget....



@EH_Research

