

# Allied Health Research Report 2019

## About Us

The **Allied Health Clinical Research Office (AHCRO)** at Eastern Health was established as a joint initiative between Eastern Health and La Trobe University, and is led by Professor Nicholas Taylor and Dr Katherine Harding. The Allied Health Clinical Research Office aims to promote, support and do clinical research. Senior Research Fellow Dr Judi Porter (Monash University) also works in conjunction with the AHCRO, based at the Angliss Hospital. The activities of AHCRO are guided by the Allied Health Research Committee, which has representatives from programs, allied health disciplines and research active clinicians.

The biggest new project for 2019 was the commencement of the **MIHip trial**. This randomised controlled trial is funded over 4 years by the NH&MRC and led by Nick Taylor. The trial is testing whether 10 sessions of telephone-based motivational interviewing can increase people's confidence in walking, and improve outcomes after hip fracture. We welcomed Dr Beccy Morris to the AHCRO team as coordinator of this trial, and enrolled the first 18 of 270 participants in the trial by the end of 2019.

In 2019 we also welcomed Dr Amy Dennett as our inaugural Grade 4 Research and Translation Fellow, as part of a new initiative funded by the Department of Health and Human Services. Amy is continuing to work on an important program of research in oncology rehabilitation, while also providing research support to our colleagues in medical imaging.

This year a strong collaboration was forged with Eastern Health neurologist **Dr Patrick Carney**, to undertake two projects funded by the Eastern Health Research Foundation in the epilepsy clinic at Eastern Health. These projects are applying research findings from patient flow research previously conducted in Allied Health services to try to improve access for patients seeking services the services of the epilepsy outpatient clinics. AHCRO project office Annie Lewis is undertaking a PhD as part of this program of research.

The annual **Allied Health Research Forum** was held at Wantirna in May 2019, with guest speaker Chief Allied Health Officer of Victoria, Donna Markham who provided an inspiring, big-picture view of allied health in the state. Donna spoke broadly about the importance of work force development, allied health representation at high level decision-making forums, as well as the attributes that she aspires to model and bring to her role. She fielded questions about research funding, communication and partnership with DHHS. This event gave our clinician researchers the opportunity to display their posters and to participate in the 3 Minute Presentations.

The Allied Health Research Training Program **Stepping into Research**, which introduces clinicians to research by completing a systematic review, continues to be a highly successful research training opportunity offered by the AHCRO for Allied Health clinicians. In an exciting new development, in 2019 we made progress towards expanding the program to make it accessible to other health services. The course materials have been developed into a professional package, which will be made available to people who attend an instructor training workshop to learn how to implement the program. The first Stepping into Research instructor training will be run by Nick Taylor and Katherine Harding at Eastern Health in 2020.

## Our team in 2019

The Allied Health Research Committee:

Nicholas Taylor	Professor of Allied Health EH (Chair)
Katherine Harding	Senior Research Fellow
Glenda Kerridge	Social Work
Anne Thompson	Acute and Aged Medicine Program
Sarah Dallimore	Podiatry
Alison Wilby	Psychology
Judi Porter	Dietetics
Lauren Lynch	Speech Pathology
Rebecca Nicks	Occupational Therapy
Judy Bottrell	Physiotherapy
Peter Brann	Mental Health (CYMHS)

## Research Office Staff 2019

Nicholas Taylor	Professor of Allied Health
Katherine Harding	Senior Research Fellow & AHCRO Manager
Judi Porter	Senior Research Fellow
Annie Lewis	Project Officer (multiple projects)/PhD student
Amy Dennett	Allied Health Research and Translation Fellow
Beccy Morris	MIHip Trial Coordinator
Anne Thompson	Project Officer (RFA program grant Eastern Health Foundation – La Trobe University)
Rebekah Beard	Project Officer (Metabolic Syndrome grant Eastern Health Foundation)
Claire Longden	Project Officer (Metabolic Syndrome grant Eastern Health Foundation)
Germaine Tan	Project Officer (Exercise for patients with cancer grant North Eastern Metropolitan Cancer Services grant)

## Key Research Associates

Patrick Carney	Deputy Director Neurosciences, Eastern Health and Monash University
Jessica Biesiekierski	Research Fellow, La Trobe University
Leeanne Carey	Professor, La Trobe University
Sandy Leggat	Professor, La Trobe University
Paul O'Halloran	Associate Professor, La Trobe University
Casey Peiris	Lecturer, La Trobe University
Luke Prendergast	Associate Professor, La Trobe University
Nora Shields	Professor, La Trobe University
Jenny Watts	Associate Professor, Deakin University

## Awards achieved 2019

**STAT Project Team:** Finalist, La Trobe University Excellence in Research Translation Awards

**Maria Van Namen:** Best presentation, Allied Health Research Forum, Wantirna Health

**Lina Breik:** People's Choice Award, Allied Health Research Forum, Wantirna Health

**Jorja Collins:** Recipient of the 2019 Young Achiever Award from the Dietetics Association of Australia, recipient of a Churchill Fellowship from the Winston Churchill Memorial Trust

**Stefanie Carino:** King and Amy O'Malley Trust scholarship

### Allied Health recipients of Eastern Health Foundation Staff Development Awards (\$2500)

- Sarah Osieurak (physiotherapy)
- Hayley Dell'oro (speech pathology)
- Jenny Anderson (physiotherapy)
- Lina Breik (dietetics)
- Ruth Ronalds (social work)
- Annie Lewis (occupational therapist/Allied Health Clinical Research Office).

**Katherine Harding, Annie Lewis and David Snowdon:** Recipients of Eastern Health Foundation Travel Awards (\$5000pp) towards international travel associated with a conference presentation for the project "Specific Timely Appointments to Triage (STAT) - An alternative model of access & triage to improve wait times"

**Lewis, A:** Open Access Publishing Award, School of Allied Health, Human Services and Sport, La Trobe University, (\$5,000)

## Notable Funding 2019

Chief Investigator: **Amy Dennett**. Getting the timing right: prehabilitation to improve outcomes after autologous stem cell transplantation (PIRATE). Eastern Health Foundation Grant.

Chief Investigator: **Amy Dennett**. Taking Oncology Rehabilitation Online. Pat Cosh Trust.

Chief Investigators: **Amy Dennett, Bernadette Zappa**. Implementation of an exercise-based therapy program for cancer patients at Box Hill Hospital. North Eastern Metropolitan Cancer Services.

Chief Investigator: **Hannah Mitchell**. Prevalence of sucrase-isomaltase genetic hypomorphic variants in patients with irritable bowel syndrome in Australia. 2020 Wandin Rustic Dinner Research and Innovation Grant (Eastern Health Foundation)

Chief Investigator: **Lynne Allison**. Infancy access project (IAP) – maximising the optimal social and emotional development of at risk infants, toddler and preschoolers through accessible mental health service assessment and intervention. 2020 William Alfred Gray Research and Innovation Grant (Eastern Health Foundation)

Chief Investigator: **Peter Brann**. How do young people with serious mental health difficulties perceive emergency departments and their mental health treatment? 2020 Pam and Alfred Lavey Research and Innovation Grant (Eastern Health Foundation)

Chief Investigator: **Stephanie Clarke**. The experience of pain and its relationship to breathlessness in people experiencing an acute exacerbation of chronic obstructive pulmonary disease. 2020 Research and Innovation Grant (Eastern Health Foundation )

Chief Investigator: **Kylee Lockwood**. The feasibility of using telehealth to conduct occupational therapy home assessments for patients hospitalised following hip fracture. La Trobe University Research Focus Area Grant

Chief Investigator: **Jorja Collins**. Testing the safety and feasibility of a waste diversion strategy for unopened packets of non perishable food. Department of Health and Human Services Building Authority Sustainability in Healthcare Innovation Grant.

Chief Investigator: **Jillian Broadbear**. How does long-term specialist treatment for Borderline Personality Disorder affect future emergency and mental health service use? Research and Innovation Grant (Eastern Health Foundation)

Chief Investigator: **Jillian Broadbear**. Recognising and treating men who experience borderline personality disorder. Research and Innovation Grant (Eastern Health Foundation)

## Research projects in progress in 2019

### **Sustainability and Let's Talk (Mental Health Services)**

Lead investigator: **Allchin B.** Eastern Health research partners: **Cripps G., Wynne B., Gill L., Paisley B., Boyer F., Pietsch S.**

This participatory study is exploring sustainability of a family-focused intervention in mental health (Let's Talk) that promotes child wellbeing through supporting parent agency. The project is now in its final stages. In 2019 a case study was used to explore factors that had enabled sustained practice and capacity in an Adult Mental Health Services and a codesign workshop was run to explore how the results of the studies can be applied to other adult mental health settings. The findings are being analyzed and will support the statewide implementation of the intervention.

### **Pilot study evaluating a brief screening tool for Borderline Personality Disorder in the aged (Psychiatry and Clinical Psychology)**

Lead Investigators: **Beatson J, Broadbear J, Moss F, George K, Jayaram H and Rao S.** In the absence of validated screening tools for the detection of Borderline Personality Disorder (BPD) in patients over 65 years, we have developed a screening tool that reflects the changing symptomology of BPD during aging. We intend to be able to reliably detect BPD in elderly patients as a prelude to a more comprehensive evaluation. The tool will enable early detection of BPD facilitating staff preparedness and patient care.

### **The Intensive Nutrition Therapy comparEd to usual care iN criTically ill adults - a randomised controlled trial (INTENT)**

Eastern Health Contact: **Breik, L.** Lead Investigator: Ridley, M (Monash University), INTENT is a multicentre, prospective, parallel, randomised controlled trial in 240 critically ill adults from 14 hospitals in Australia and New Zealand. The aim is to determine whether the use of a pre-tested supplemental parenteral nutrition (PN) strategy in the Intensive Care Unit (ICU) and an intensive nutrition intervention after discharge to the hospital ward, will deliver more total energy than standard nutrition care over the entire hospital stay. BHH ICU and the Nutrition Department has now been an INTENT study site for about 14 months.

### **Assessing the implications of differences in the subjective and objective measurement of coexisting depression in Borderline Personality Disorder (Spectrum)**

Investigators: Dr Lukas Cheney, A/Prof Jillian Broadbear, A/Prof Sathya Rao

Research findings and clinical experience suggest that patients with Borderline Personality Disorder (BPD) are more likely to report greater severity of depressive symptoms than is objectively measured by their clinician. Since depression is so frequently reported among BPD clients, a first step is to determine the extent of agreement between clinician- and client-rated depression scores and evaluate the effectiveness of BPD psychotherapy on depressive symptoms – with a particular focus on how disparities between the scores might predict treatment outcomes.

### **Conservative occupational therapy management for patients with proximal interphalangeal joint hyperextension and dorsal dislocations injuries: A retrospective cohort study (Occupational Therapy)**

Lead investigators: Clingin J, Papatolicas K, Nicks R. This study uses audit methodology to evaluate conservative management of people who present to the occupational therapy hand therapy service with upper limb proximal interphalangeal joint hyperextension and dorsal dislocation injuries. The outcome of this study will assist distribution of resources to appropriate interventions.

### **Eating green: Exploring environmental sustainability of hospital food service (Dietetics)**

Lead investigators: **Collins J, Porter J, Carino S.** This series of systems-level research projects aims to identify: how much food and food related waste is generated; how much does it cost; what are patients' perceptions of waste and; what are key stakeholders perceptions of the barriers and enablers to change. This comprehensive assessment of current practice will identify opportunities and strategies to improve the environmental sustainability of hospital foodservice. The expected outcome is the implementation of a change in policy and/or practice at a national/international level, which will benefit the environment and financial savings, allowing public funds to be redirected into patient care.

### **Testing the safety and feasibility of a waste diversion strategy for unopened packets of non perishable food**

**(Dietetics)** Lead investigators: **Collins J, Tarrant I, Howard A**. A substantial amount of food waste is generated and sent to landfill every day in healthcare facilities. The waste reduction hierarchy encourages reusing and donating as an alternative. However, barriers to collecting, reusing or donating unopened packets of non perishable food that has been plated or served but not eaten are include concerns about safety and logistics. The aim of this study is to test the microbiological safety of unopened packets of non perishable food against a control, and assess the feasibility of a collection strategy. The findings will provide preliminary data to inform further testing requirements, and potentially change in policy or practice to divert waste from landfill.

### **Implementation of an exercise-based therapy program for cancer patients at Box Hill Hospital (Physiotherapy/Cancer services).**

Lead Investigators: **Amy Dennett, Bernadette Zappa, Rachel Wong, Kimberley Williams**. This project aims to determine the feasibility of implementing an Acute Cancer Rehabilitation Program at Box Hill Hospital.

### **Research interest and confidence of clinicians working in diagnostic imaging (Medical Imaging).**

Lead investigators: **Amy Dennett, Georgie Ashby, Paul Kelly, Travis Cauchi**. This project will evaluate the research interest, confidence and experience of allied health clinicians working in diagnostic imaging and compare it to allied health therapy clinicians.

### **Impact of Allied Health Research and Translation Lead (AHR&TL) positions on professional social networks in Victorian Allied Health Services (Medical Imaging)**

Lead investigators: **Amy Dennett, Danielle Hitch, David Snowdon, Emma Macdonald, Jo-Anne Pinson, Marnie Graco, Olivia King, Rosalie Boyce, Renee Clapham, Owen Howlett, Marlena Klaic, Rita Kinsella, Michal Schneider**. This project will describe the professional social networks of AHR&TL positions within the Victorian Healthcare System.

### **Mental health triage: a benchmarking of timeframes for the telephone triage service (Mental Health Access)**

Lead Investigator: **Donley, E**. This study will analyse the profile of callers to a mental health telephone triage service at Eastern Health, and align this data with benchmarks for call time. This study will assist in understanding the length of time telephone triage staff spend on different types of crises and improve our understanding of consumer and staffing profiles.

### **Supports and Barriers to Implementing Screening Tools in Public Hospital Emergency Departments (Social work)**

Lead Investigator: **Donley, E**

Screening tools are used to assist clinicians to predict at-risk individuals in emergency departments. They can assist with triage, engagement, objective measurement, and provide clear and objective documentation. However, common barriers to implementing screening tools in the Emergency Department (ED) are time constraints, relevance, and not being sure of what to do should a screening tool have a positive result. This qualitative study aims to explore the attitudes of ED staff to screening tools, including enablers and barriers to implementation.

### **STAT – Specific Timely Appointments for Triage: An innovative approach to reduce wait times. Can it work in Acute Specialist Clinics?**

Lead Investigator: **Katherine Harding**. Associate Investigators: **Taylor N, Carney P, Lewis A**. This pre-post study with time series analysis aims to determine whether the STAT model can be applied in the Epilepsy Clinic to reduce the average wait time from referral to first appointment.

Delivery of first seizure care in the 21st century: A pilot study of an optimised first seizure service delivered to remote and rural areas using telemedicine. **Katherine Harding**. Associate Investigators: **Taylor N, Carney P, Lewis A**. This mixed methods study aims to test the feasibility of providing neurology assessment via telehealth, compared with usual care in a sample of 40 people referred to the First Seizure Clinic. Feasibility will be considered in relation to demand, acceptability, practicality and limited-efficacy.

### **An analysis of allied health quality and research projects.**

Lead Investigators: **Harding K, Dennett, A and Taylor, N**

Project work at Eastern Health is generally undertaken from one of two perspectives, broadly referred to as “Quality” and “Research”. Each approach has separate support structures, reporting requirements and governance. This project is exploring the nature of allied health projects approved through the recognised governance channels for both “quality” and “research”, including drivers behind the projects, the nature of the question/problem addressed, methods used, ethical considerations and project outcomes.

### **Physiotherapy integrated motivational interviewing and smartphone technology to increase physical activity in individuals with low back pain: A cluster randomised trial (Physiotherapy)**

Lead investigator: Holden J. Associate investigators: O’Halloran P, **Taylor N**. This cluster randomised control trial across 3 sites will find out if physiotherapists can embed motivational interviewing principles into their routine practice to improve the outcomes of people with low back pain. An innovative feature of this project has been the development of a smartphone app to assist physiotherapists with implementing motivational interviewing.

### **Increasing stroke survivor’s opportunity to access evidence based upper limb intervention: Virtual Reality**

Lead Investigators: **Joy, A., Devlin, A., Toal, A., McKenzie, J., Epa, J., Chen, M**. It is recognised that stroke rehabilitation services should be governed upon the best available evidence and there is emerging support, as cited in the National Stroke Foundation Clinical Guidelines for the use of Virtual Reality (VR) devices within upper limb therapy programs. This project will look at the feasibility and outcomes of supporting stroke survivors to access Virtual Reality equipment outside the traditional 1:1 therapist, patient model and support opportunities for either patient led or semi supervised family led sessions

### **Evaluation of occupational therapists’ clinical documentation of cognition in patients admitted to continuing care (Occupational Therapy)**

Lead Investigators: **McKenzie J, Devlin A, Terrington N, Joy A**. This project aims to ascertain the current practice of cognitive screening and assessments and the detail of documentation by occupational therapists in continuing care. This will assist in determining needs for future research in the development of clinical guidelines for cognition and documentation.

### **The occupational therapy role and practice with patients with delirium in the acute and sub-acute areas of Eastern Health**

Lead investigators: **McKenzie, T., Terrington, N., Joy, A**. This retrospective observational cohort study aims to analyse occupational therapy assessment and intervention provided to patients with delirium across the continuum of care at Eastern Health.

### **Effect of detector orientation on Exposure Index (Radiography)**

Lead Investigator: **Mojet C, Elks W, Trail T, Dennett A**

This project aims to evaluate the effect of x-ray detector orientation on exposure index.

### **Evaluating the effect of early therapy in acute general medicine on patient and hospital outcomes improves patient and hospital outcomes**

Lead investigators: Nicks R, Haley M, Done, L. Acute hospitals are constantly under pressure to increase throughput and reduce length of stay. Increased allied health input through early rehabilitation is thought to be a cost effective strategy to meet demands for increased throughput and inpatient services. This prospective cohort study investigates the effectiveness of early therapy for acute general medical inpatients on patient (mobility, functional autonomy) and hospital outcomes (length of hospital stay and discharge destination).

### **Plantar pressure changes following partial foot amputation in patients with diabetes and peripheral neuropathy**

Lead investigators: Puli N, Dallimore S. Associate investigators: Ko A, Tran M.

Increased plantar pressures have been shown to be a causative factor in diabetic foot ulcer development. The aim of this study is to assess changes in plantar pressures, as well as changes in gait characteristics and foot deformity following partial foot amputation in people with diabetes and peripheral neuropathy.

### **Assessing the efficacy of a brief intervention program based on ACT principles for clients experiencing the symptoms of Borderline Personality Disorder (Spectrum)**

Investigators: A/Prof Sathya Rao, Tania Wittleton, Clive Collins, **A/Prof Jillian Broadbear**

This project examines the efficacy of a brief ACT-based intervention program (of four sessions) in addressing the psychological needs of clients diagnosed with mild-moderate borderline personality disorder (BPD), who would normally not receive treatment from Spectrum or public mental health services.

### **Assessing the efficacy of two brief one-on-one intervention programs based on the common factors of treatment in Borderline Personality Disorder (Spectrum)**

Investigators: A/Prof Sathya Rao, Dr Alex Potter, **A/Prof Jillian Broadbear**

This study evaluates client outcomes following newly developed 10 and 20 week individual psychotherapy programs. We are evaluating outcomes such as mental health functioning, suicidal and self-harming behaviour, global functioning and quality of life. Data on specific patient factors (e.g. severity, chronicity of risk and level of functioning) will also be collated in order to assess their impact on treatment outcome.

### **Hospital Outreach Post-suicide attempt Engagement (HOPE) Initiative: A review of the first 12 months of the pilot service (Mental Health Services)**

**Lead investigators:** Segal J, **Williamson P, Trevorah B**, Orr M, Garbutt R, Hurter P, Gill L.

In 2018, 3128 people died by suicide in Australia and 593 in Victoria. The Victorian Suicide Prevention Framework seeks to halve the rate of suicide deaths by 2025. The HOPE initiative is piloting innovative outreach care for up to 90 days to individuals who present to an Emergency Department (ED) following a suicide attempt. A retrospective exploratory study will review the files of the first 12 months of HOPE service operations at Maroondah Hospital. Phase one of this study will review the demographic, psychosocial and health characteristics of people referred to HOPE service. Phase two will audit the interventions provided and outcome measures used (Session Rating Scale, Outcome Rating Scale, Family Rating Scale). Findings will guide the innovative model of care which is designed to support the recovery of those who have survived a suicide attempt, and prevent future death by suicide.

### **The use of Good Clinical Care guidelines on the treatment of young people with Borderline Personality Disorder.**

**Lead Investigator:** Selagea H, **Associate Investigators:** **Brann P.** Stewart B.

In an effort to improve treatment results for young people with Borderline Personality Disorder, guidelines derived from best practice were implemented across the Child Youth Mental Health Service. This study is exploring the impact of the release of the guidelines on clinician behaviour in a repeated measures design matching for clinicians.

### **Understanding metabolic syndrome in the community (Community Rehabilitation)**

**Lead investigators:** **Taylor N**, Peiris C, Shields N, **Gilfillan C, Porter J, Wilson E, Harding K**. Approximately one quarter of the world's adults have metabolic syndrome. This research is assessing the prevalence of metabolic syndrome in people attending community rehabilitation (n=200) and will compare health literacy and physical activity levels of those with and without metabolic syndrome. Results will impact the way interventions are designed and delivered.

### **The feasibility of prescribing a walking program to improve physical functioning of people living in the community after hip fracture: a phase II randomised controlled trial**

**Lead investigators:** **Taylor N**, Shields N, **Harding K**, Peiris C, Prendergast L, O'Halloran P, **Hau R, Kennedy G**, Brusco N, **Thompson A**. Hip fracture is a common and serious fracture affecting older Australians. After hip fracture many people have very low levels of physical activity. There is evidence that increasing physical activity has many health benefits, but is challenging for people after hip fracture due to pain, fatigue, psychological factors and comorbidities. This randomised controlled trial will determine whether actively prescribing 100 minutes of physical activity per week in addition to usual care is a feasible and effective intervention for improving health outcomes in this patient group.



### **Evaluating the enablers and barriers of family/caregiver participation in providing upper limb therapy outside structured therapy to improve upper limb outcomes for the patient. A mixed methods study.**

Lead Investigators: Toal A, McKenzie J, Joy A. This project aims to evaluate the advantages, disadvantages, enablers and barriers of including caregiver/family participation in providing upper limb therapy outside structured therapy with the aim to improve upper limb (UL) outcomes. An appreciation of how these variables impact specific needs of family/caregivers will enable clinicians to tailor programs not only to patient UL needs but also to family/caregiver needs thereby optimising quality of involvement and UL outcomes.

### **Bridging the gap between Allied Health and Nursing in rehabilitation through the use of equipment.**

Lead Investigators: Toal A, McKenzie J, Joy A. This study intends to investigate the effectiveness of the use of the swivel shower chair in the ward environment on reducing the time gap between occupational therapy and nursing staff facilitating patient independence with showering. Additionally, the study will investigate whether the provision of a swivel shower chair allows personal activities of daily living goals can be achieved in a shorter timeframe.

## **Research projects completed in 2019**

### **The reliability of assessing diastasis of the rectus abdominus muscles after pregnancy (Physiotherapy)**

Lead investigator: **Benjamin D**; Associate investigators: **Taylor N**, Shields N, Frawley H. The retest and inter-rater reliability of three clinical measures (finger-width, tape measure, calipers) of assessing separation (diastasis) of the abdominal muscles was assessed in 50 women after birth. Calipers were highly reliable and valid (compared to the gold standard of ultrasound) suggesting this is the preferred clinical method of assessing diastasis of the rectus abdominus muscles.

### **Feasibility of an acute oncology rehabilitation program (Integrated Services)**

Lead investigator: **Dennett A**; Associate investigators: **Harding KE, Williams P**. This project explored the feasibility of expand the existing oncology rehabilitation program to acute sites to reduce barriers to attending rehabilitation while people are undergoing active cancer treatment.

### **Building social work research capacity in a busy metropolitan hospital**

Lead investigator: **Donley, E**. Recently, public health networks in Australia have introduced clinical research specialists (research leads) within social work to drive research by helping social workers to engage in research and evidence-based practice. This study examined the benefits of a flexible research program for busy social work clinicians with a range of clinical and research experience. The program helped engage and support clinicians with research participation and provided management support, but clinical demands, a lack of designated time, and high staff turnover continues to impact the throughput of research and evidence-based practice for social workers in acute hospital settings.

### **Patient attitudes and perceptions about physical activity after knee joint replacement: a qualitative study (Community Rehabilitation Program/Physiotherapy)**

Lead investigator: **Hawke L**. Associate Investigators: **Taylor N**, Shields N, Dowsey M, Choong P. People with knee osteoarthritis fail to meet minimal physical activity guidelines. This study explored patients' beliefs and perceptions to identify barriers to the uptake of physical activity after knee joint replacement. Patients who have undergone a total knee reconstruction and attended outpatient rehabilitation exercise groups are in the dark regarding physical activity levels for health benefits. Communication regarding physical activity expectations to patients after knee joint replacement is poor. Carefully planned behavioural interventions are likely to be needed in order to bring about behaviour change in this patient group.

### **Up and Active (Physiotherapy)**

Lead investigators: **Haley M**, Lawler, K, Jasonides, A, Pendleton R, Pagram A, Albiston T, Parslow S, Sloan C. This observational study tested the feasibility and effectiveness of a model of care in general medicine incorporating exercise groups and a focus on reducing functional decline.

### **Reliability of performing infrared dermal thermometry in patients with Charcot neuroarthropathy (Podiatry)**

Lead investigators: Kaminski M, **Puli N**; Associate researchers: **Dallimore S, Richards K**. This study aimed to investigate the intra- and inter-rater reliability of performing infrared dermal thermometry in patients with Charcot neuroarthropathy. Overall dermal thermometry demonstrated good to excellent intra-rater and inter-rater reliability for the 'touch' technique, and excellent intra-rater and inter-rater reliability for the 'non-touch' technique across the 10 anatomical sites tested. The findings indicate dermal thermometry can be used with confidence in clinical and research settings to provide a reliable assessment of skin temperature in patients with Charcot neuroarthropathy.

### **Barriers to aquatic physiotherapy in an inpatient neurological rehabilitation population (Physiotherapy)**

Lead investigator: **Moritz T**; Associate Investigators: **Snowdon D, Harding K**. This project explored the barriers to the use of aquatic physiotherapy during inpatient rehabilitation for patients with a neurological diagnosis, and found barriers that existed at a patient, therapist and service level.

### **Study of doubly labelled water to develop international equations of total energy expenditure in the older elderly**

Lead investigator: **Porter J**. Associate investigators: Truby H, Nguo K.

This study is contributing to addressing a fundamental gap in our knowledge for older adults: their energy requirements. Our team is obtaining pilot data on total energy requirements in the older elderly (80 years and over) using the gold standard doubly-labelled water method in order to develop predictive energy equations.

### **Feasibility of incorporating a motor priming intervention into an upper limb rehabilitation group for stroke patients using action observation therapy.**

Lead investigator: **Schwind, S**. Associate Investigators: Van Den Berg, M., Barr, C.

Using AOT as a motor priming intervention in upper limb group stroke rehabilitation was feasible and well accepted by patients and staff. Future studies are required to determine clinical effectiveness of AOT on motor and functional outcomes when delivered in a group format.

### **What components of clinical supervision are effective for supporting physiotherapists in their professional role? (Physiotherapy)**

Lead investigators: **Snowdon D, Cooke S**. Associate investigators: **Scroggie G, Williams K, Lawler K, Taylor N**. This qualitative project explored physiotherapists' perceptions about clinical supervision. Physiotherapists wanted clinical supervision to help support and improve them in the performance of their role.

### **Home Enteral Nutrition (HEN) Service Satisfaction Survey**

Lead Investigators: **van Veenendaal, N and Breik, L**. Home Enteral Nutrition (HEN) is the administration of nutrition via a tube into the gastrointestinal tract at home for patients unable to meet their nutritional requirements orally. The Eastern Health (EH) HEN service provides dietetic phone consults 3-6 monthly, facilitates annual tube changes, and delivery of monthly nutrition formula and equipment to patient homes free of charge. This study showed that patients were satisfied with EH HEN service. However, there were opportunities for improvement in improving increased access to the service to support tube changes, and establishment of an EH HEN clinic.

### **Evaluating the impact of Collaborative Recovery Model (CRM) training on clinical, medical and peer staff knowledge, attitudes and skills (Mental Health Services)**

Lead investigators: **Williamson P**, Hope J, Dixon C. This study evaluated the effect of Collaborative Recovery Model training across Eastern Health Mental Health Program during initial roll out in 2017-2018. All clinical, medical and peer staff who attended 3 day training completed pre and post measures. Findings indicate that CRM training significantly increased the self-rating of staff in knowledge, attitudes and skill. The rating of importance and self-confidence improved, but did not achieve statistical significance, and confidence in the organization implementing CRM did not change. This CRM training model that included strong leadership, whole service commitment, co-production and co-facilitation was effective in changing mental health staff knowledge, attitudes, skill and self-confidence in applying CRM and recovery-oriented practice.

### **Rehabilitation outcomes after proximal humeral fracture: monitoring progress using the Shoulder Function Index (SFInX) (Physiotherapy)**

Lead investigators: **Wintle E, Taylor N, Martin E**, Shields N, van de Water A. This single group observational study found the Shoulder Function Index (SFInX) as a potentially useful tool used to assist in the decision-making process for physiotherapists when treating a client recovering from proximal humerus fracture. The project found many patients can have significant functional deficits and impairments up to 9 months after fracture

### **Conducting community rehabilitation review sessions via videoconference: a feasibility study (Community Rehabilitation)**

Lead investigator: **Wundersitz C**; Associate Investigators: **Robertson J, Gregory J, Caelli A, Prause M, Taylor N**. Outer-eastern (Yarra Ranges Health and Angliss) Rehabilitation provided via videoconference was a feasible alternative to providing face-to-face rehabilitation for review appointments without adversely affecting client outcomes, particularly for reviews that focused on education, advice and counselling.

## Research Training - Higher Degree Research Students (PhD or Masters by Research)

**Allchin B.** PhD (year 3). Sustainability and Let's Talk. Monash University. F/T.

**Benjamin D.** PhD (year 2). Diastasis of the rectus abdominus muscles (DRAM) during and after pregnancy. La Trobe University, P/T.

**Briffa, C.** Masters of Clinical Rehabilitation (year 1), Flinders University. P/T.

**Buchanan-Pascall, S.** PhD. Evaluation of the CAMHS and Schools Early Action (CASEA) Exploring Together Early Primary School Program. Monash University, P/T \*

**Carino S.** PhD (year 1). Exploring environmental sustainability of hospital foodservices. Monash University, F/T.

**Clarke S.** Master of Philosophy (year 1). The experience of pain and its relationship to dyspnoea in acute exacerbations of COPD. Monash University, P/T.

**Coker F.** PhD (year 1). Provision of additional allied health services for sub-acute across three health services. Monash University, F/T.

**Elliott A.** PhD (year 1) Engineering dietetic service to meet patient need and health care demand using design thinking, P/T.

**Emmerson K.** PhD (year 3). Using video based home exercise programs in rehabilitation. La Trobe University, P/T.

**Gardiner, I.** Clinical Doctorate. Clinical outcomes of self-harm in child and youth mental health services, Deakin University. F/T.

**Hawke L.** PhD (year 1). Increasing physical activity after lower limb joint replacement. La Trobe University, P/T.

**Joy A.** PhD (year 1) Use of technological resources to facilitate knowledge translation among Occupational Therapists working in stroke rehabilitation. La Trobe University, P/T

**Lawler K.** PhD (year 3). What is the best model of care for providing physiotherapy in Australia's Transition Care Program? La Trobe University, P/T.\*

**Lewis A.** PhD (year 2) STAT- Specific Timely Appointments for triage: An innovative approach to reduce wait times. Can it work in Acute Specialist Clinics? La Trobe University, F/T.

**Mitchell H.** PhD (year 1) The long-term outcomes of the FODMAP diet in patients with IBS. Monash University, F/T.

**Ottrey E.** PhD (year 3). Exploring mealtimes on subacute care wards using an ethnographic approach. Monash University, F/T.\*

**Schwind S.** Master of Clinical Rehabilitation, Neurological Occupational Therapy (year 3). Flinders University. P/T.\*

**Sekhon J.** PhD (year 2). Speech pathology counselling practice with people experiencing post stroke aphasia. La Trobe University. P/T

**Sullivan R.** PhD (year 1). Patient safety and the role of acquired communication disability in the falls or near-miss falls of hospital inpatients with stroke. University of Technology Sydney. F/T.

**Toal A.** Master of Clinical Rehabilitation (year 2). Flinders University. P/T.

**\*Completed during 2019**

## Publications for 2019 (calendar year)

1. Armstrong E, Jamieson R, Porter J. Food cooking methods contribute to the reduced vitamin C content of foods prepared in hospitals and care facilities: A systematic review. *International Journal of Food Science & Technology*. 2019; 54:291-9.
2. Beatson JA, Broadbear JH, Duncan C, Bourton D, Rao S. Avoiding misdiagnosis when auditory verbal hallucinations are present in Borderline Personality Disorder. *Journal of Nervous and Mental Disease*. 2019; 207:1048-55.
3. Benjamin DR, Frawley HC, Shields N, van de Water ATM, Taylor NF. Relationship between diastasis of the rectus abdominis muscle (DRAM) and musculoskeletal dysfunctions, pain and quality of life: A systematic review. *Physiotherapy*. 2019; 105:24-34.
4. Buchanan-Pascall S, Melvin GA, Gordon MS, Gray KM. Evaluating the role of parent-child interactive groups in a parent training program for children with externalizing and/or internalizing behavior problems. *Parenting*. 2019; 19:293-317.
5. Clarke S, Munro PE, Lee AL. The role of manual therapy in patients with COPD. *Healthcare*. 2019; 7:21.
6. Collins J. Generational change in nutrition and dietetics: The millennial dietitian. *Nutrition & dietetics: the journal of the Dietitians Association of Australia*. 2019; 76:369-72.
7. Dennett AM, Peiris CL, Taylor NF, Reed MS, Shields N. 'A good stepping stone to normality': a qualitative study of cancer survivors' experiences of an exercise-based rehabilitation program. *Support Care Cancer*. 2019; 27:1729-36.
8. Desai A. Nutritional Management of Uric Acid Stones. In: Han MN, editor. *Nutritional and Medical Management of Kidney Stones*: Springer; 2019. p. 121-31.
9. Donley E. Delays in admitting aged persons to the mental health ward from the emergency department. *Emergency Medicine and Health Care*. 2019; 6.
10. Emmerson K, Harding K, Taylor N. Providing exercise instructions using multimedia may improve adherence but not patient outcomes: A systematic review and meta-analysis. *Clinical Rehabilitation*. 2019; 33:607-18.
11. Emmerson KB, Harding KE, Fong C, Taylor NF. A resource analysis of the use of the video function of electronic devices for home exercise instruction in rehabilitation. *Disability and Rehabilitation*. 2019:1-5.
12. Fradgley EA, Karnon J, Roach D, Harding K, Wilkinson-Meyers L, Chojenta C, et al. Taking the pulse of the health services research community: a cross-sectional survey of research impact, barriers and support. *Australian Health Review*. 2019 [Epub ahead of print].
13. Goonan R, Nicks R, Jolliffe L, Pritchard E. Implementation of a Person-Centred Activity Program on a Sub-Acute Inpatient Dementia Ward. *Physical & Occupational Therapy In Geriatrics*. 2019:1-12.
14. Haley MN, Casey P, Kane RY, Darzins P, Lawler K. Delirium management: Let's get physical? A systematic review and meta-analysis. *Aust J Ageing*. 2019; 38:231-41.

15. Harding KE, Snowdon DA, Lewis AK, Leggat SG, Kent B, Watts JJ, et al. Staff perspectives of a model of access and triage for reducing waiting time in ambulatory services: a qualitative study. *BMC Health Services Research*. 2019; 19:283.
16. Hawke LJ, Shields N, Dowsey MM, Choong PFM, Taylor NF. Effectiveness of behavioural interventions on physical activity levels after hip or knee joint replacement: a systematic review. *Disability and Rehabilitation*. 2019:1-8.
17. Hawke LJ, Shields N, Dowsey MM, Choong PFM, Taylor NF. Physical activity levels after hip and knee joint replacement surgery: an observational study. *Clinical rheumatology*. 2019; 38:665-74.
18. Isobel S, Allchin B, Goodyear M, Gladstone BM. A Narrative Inquiry Into Global Systems Change to Support Families When a Parent Has a Mental Illness. *Frontiers in Psychiatry*. 2019; 10:310.
19. Lawler K, Shields N, Taylor NF. Training family to assist with physiotherapy for older people transitioning from hospital to the community: A pilot randomized controlled trial. *Clinical Rehabilitation*. 2019; [Epub ahead of print].
20. Lawler K, Taylor NF, Shields N. Family-assisted therapy empowered families of older people transitioning from hospital to the community: a qualitative study. *Journal of Physiotherapy*. 2019; 65:166-71.
21. Lewis AK, Taylor NF, Carney PW, Harding KE. Specific timely appointments for triage to reduce wait times in a medical outpatient clinic: protocol of a pre-post study with process evaluation. *BMC Health Services Research*. 2019; 19:831.
22. Lockwood KJ, Harding KE, Boyd JN, Taylor NF. Predischarge home visits after hip fracture: A randomized controlled trial. *Clinical Rehabilitation*. 2019; 33:681-92.
23. McKenzie J, Joy A. Family intervention improves outcomes for patients with delirium: Systematic review and meta-analysis. *Aust J Ageing*. 2019.
24. Mitchell H, Garg M. Editorial: a non-dietary treatment for coeliac disease-two steps forward, one step back? *Alimentary Pharmacology and Therapeutics*. 2019; 50:955-6.
25. Mitchell H, Porter J, Gibson P, Barrett J, Garg M. Letters: low FODMAP diet-directions for future research and the low FODMAP diet is not the only diet for IBS-authors' reply. *Alimentary Pharmacology and Therapeutics*. 2019; 49:1109-10.
26. Mitchell H, Porter J, Gibson PR, Barrett J, Garg M. Review article: Implementation of a diet low in FODMAPs for patients with irritable bowel syndrome-directions for future research. *Alimentary Pharmacology and Therapeutics*. 2019; 49:124-39.
27. Moritz TA, Snowdon DA, Peiris CL. Combining aquatic physiotherapy with usual care physiotherapy for people with neurological conditions: A systematic review. *Physiotherapy Research International*. 2019; [Epub ahead of print].
28. Pogrebnoy D, Dennett A. Exercise Programs Delivered According to Guidelines Improve Mobility in People with Stroke: A Systematic Review and Meta-analysis. *Archives of Physical Medicine and Rehabilitation*. 2019; [Epub ahead of print].
29. Porter J. Utilizing a Stepped Wedge Cluster Randomized Study Design in Nutrition Research: A Case Study describing a Clinical Trial of Protected Mealtimes. *SAGE Research Methods Cases*. [In press].

30. Porter J, Beck E, Gallegos D, Palermo C, Walton K, Yaxley A, et al. Moderation of a foodservice assessment artefact in nutrition and dietetics programs. *Nutrition and Dietetics*. 2019; 76:233-9.
31. Porter J, Bristow C, Charlton K, Tapsell L, Choi T. Changes in nutrition and dietetic research: A content analysis of the past decade of Dietitians Association of Australia conference abstracts. *Nutrition and Dietetics*. 2019; 76:634-41.
32. Porter J, Kellow N, Anderson A, Bryce A, Dart J, Palermo C, et al. Patient Involvement in Education of Nutrition and Dietetics Students: A Systematic Review. *Nutrients*. 2019; 11.
33. Porter J, Nguo K, Collins J, Kellow N, Huggins CE, Gibson S, et al. Total energy expenditure measured using doubly labeled water compared with estimated energy requirements in older adults (≥65 y): analysis of primary data. *The American Journal of Clinical Nutrition*. 2019; 110:1353-61.
34. Porter J, Wilton A. Professional Identity of Allied Health Staff. *Journal of Allied Health*. 2019; 48:11-7.
35. Rao S, Broadbear J. Borderline personality disorder and depressive disorder. *Australasian Psychiatry*. 2019; 27:573-7.
36. Robinson AG, Dennett AM, Snowdon DA. Treadmill training may be an effective form of task-specific training for improving mobility in people with Parkinson's disease and multiple sclerosis: a systematic review and meta-analysis. *Physiotherapy*. 2019; 105:174-86.
37. Sexton BP, Taylor NF. To sit or not to sit? A systematic review and meta-analysis of seated exercise for older adults. *Aust J Ageing*. 2019; 38:15-27.
38. Simmance N, Cortinovis T, Green C, Lunardi K, McPhee M, Steer B, et al. Introducing novel advanced practice roles into the health workforce: Dietitians leading in gastrostomy management. *Nutrition and Dietetics*. 2019; 76:14-20.
39. Snowdon D, Cooke S, Lawler K, Scroggie G, Williams K, Taylor N. Physiotherapists Prefer Clinical Supervision to Focus on Professional Skill Development: A Qualitative Study. *Physiotherapy Canada*. 2019; [Epub ahead of print].
40. Snowdon D, Leggat S, Harding K, Scroggie G, Taylor N. Direct supervision of physiotherapists improves compliance with clinical practice guidelines for patients with hip fracture: a controlled before-and-after study. *Disability and Rehabilitation*. 2019; 13:1-8.
41. Snowdon D, Leggat SG, Harding KE, Boyd J, Scroggie G, Taylor NF. The association between effectiveness of clinical supervision of allied health professionals and improvement in patient function in an inpatient rehabilitation setting AU - Snowdon, David A. *Disability and Rehabilitation*. 2019:1-10.
42. Snowdon DA, Sargent M, Williams CM, Maloney S, Caspers K, Taylor NF. Effective clinical supervision of allied health professionals: a mixed methods study. *BMC Health Services Research*. 2019; 20:2.
43. Sossen L, Bonham M, Porter J. Does a High-Energy High-Protein Diet Reduce Unintentional Weight Loss in Residential Aged Care Residents? *Journal of nutrition in gerontology and geriatrics*. 2019; [Epub ahead of print].
44. Stuiver MM, Stout NL, Dennett AM, Speksnijder CM, Campbell KL. An international perspective on integrating physiotherapists in oncology care. *Journal of Physiotherapy*. 2019; 65:186-8.

45. Sullivan R, Harding K. Do patients with severe post stroke communication difficulties have a higher incidence of falls during inpatient rehabilitation? A retrospective cohort study. *Topics in Stroke Rehabilitation*. 2019; [in press].
46. Taylor N, Harding K, Lynch L, Wallis J, Kerridge G, Wilby A, et al. Evaluating the introduction of an allied health clinical research office at a health service on research participation, interest and experience of allied health professionals. *Journal of Allied Health*. 2019; 48:46-53.
47. Taylor NF, Lawler K, Brusco NK, Peiris CL, Harding KE, Scroggie GD, et al. Saturday allied health services for geriatric evaluation and management: A controlled before-and-after trial. *Australasian Journal of Ageing*. 2019; [Epub ahead of print].
48. van Namen M, Prendergast L, Peiris C. Supervised lifestyle intervention for people with metabolic syndrome improves outcomes and reduces individual risk factors of metabolic syndrome: A systematic review and meta-analysis. *Metabolism: clinical and experimental*. 2019; 101:153988.
49. Wallis JA, Taylor NF, Bunzli S, Shields N. Experience of living with knee osteoarthritis: a systematic review of qualitative studies. *BMJ Open*. 2019; 9:e030060.
50. Wallis JA, Webster KE, Levinger P, Singh PJ, Fong C, Taylor NF. Perceptions about participation in a 12-week walking program for people with severe knee osteoarthritis: a qualitative analysis. *Disability and Rehabilitation*. 2019; 41:779-85.
51. Wilson E, Taylor NF. Clinical Supervision for Allied Health Professionals Working in Community Health Care Settings: Barriers to Participation. *Journal of Allied Health*. 2019; 48:270-6.



## Conference including proceedings, papers, poster

### International

1. Allchin,B., Understanding lived experience of psychosocial disability in rural Nepal and India using Photovoice, It Takes a Village COncference, Oslo, Norway, May 2019 (oral presentation)
2. Allchin B, Brown J, Gatsou L, Cuff R, Shrestha R, Mahat P. Including Family in Mental Health work in low and middle income countries, It Takes a Village COncference, Oslo, Norway, May 2019 (Round Table Discussion)
3. Englezos J, Desai AM, Russell E, Roberts M. Can administration of clinoleic 20% during haemodialysis assist in weight stabilisation and weight gain in malnourished patients? World Congress of Nephrology, Melbourne, April 2019.
4. Englezos J, Desai AM, Stanley L, Russell E, Roberts M. Intensive nutrition therapy in renal disease. World Congress of Nephrology, Melbourne, April 2019.
5. Fellner, Y. The evolution of hand therapy led clinics. International Federation of Societies for Hand Therapy Triennial Congress, Berlin, June 2019.
6. Goodyear M, Solantaus T, Nicholson J, Ueno R, Allchin B. Adapting and implementing family focused practice for parents with mental illness and their children: International perspectives. It Takes a Village COncference, Oslo, Norway, May 2019 (oral Symposium)
7. Harding K, Taylor N, Snowdon D, Lewis A. The STAT Model reduces waiting time for community outpatient services: A stepped wedge cluster randomised controlled trial. HSRAANZ Health Services Policy and Research Conference, Auckland, December 2019 (oral Symposium)
8. Lewis A, Harding K, Snowdon D. Taylor N. Translation of the findings of the STAT trial into policy and practice. HSRAANZ Health Services Policy and Research Conference, Auckland, December 2019 (oral Symposium)
9. Snowdon, D. Comparing clinical supervision models as a vehicle for behaviour change in health services. HSRAANZ Health Services Policy and Research Conference, Auckland, December 2019 (oral presentation)
10. Snowdon D, Harding K, Lewis A, Taylor N. Cost effectiveness of the STAT model in community outpatient services. HSRAANZ Health Services Policy and Research Conference, Auckland, 4-6th December 2019 (oral Symposium)
11. Taylor N, Snowdon D., Lewis A, Harding K. Staff perceptions of implementation of the STAT Model of access and triage. HSRAANZ Health Services Policy and Research Conference, Auckland, December 2019 (oral Symposium)

## Local/State/National

1. Allchin B, Fernandes H, Cantrill S. Partnering with people with psycho-social disabilities and their families to co-create community based programs in low and middle income countries. Occupational Therapy Australia 28th National Conference, Sydney, July 2019 (oral presentation)
2. Andrew NE, Barnden R, Cadilhac DA, Kneebone I, Elston A, Nicks RJ, Wheatcroft J, Lannin NA. Does standardising discharge planning goal setting using Goal Attainment Scaling improve goal quality and reliability? Smart strokes 2019 Conference, Hunter Valley, NSW (oral presentation)
3. Boniwell K. Bridging the knowledge gap - occupational therapists perceptions of their confidence and knowledge to use, prescribe and train others with standing aids and hoists. Occupational Therapy Australia 28th National Conference, Sydney, July 2019 (poster)
4. Breik L, Gannon T, McMahon B. A 20-hour feeding guideline in ICU. World Congress of Intensive Care, Melbourne, October 2019 (poster)
5. Breik L. Considerations in navigating a patient through critical care. Dietitians Association of Australia 36th National Conference, Gold Coast, August 2019 (Workshop)
6. Dennett A. Behaviour change consultations for physical activity promotion. Australian Physiotherapy Association Physiotherapy Research Conference, Adelaide, October 2019 (mini keynote - invited)
7. Dennett A. Exercise-based, multidisciplinary cancer rehabilitation programs: a systematic review and meta-analysis. Australian Physiotherapy Association Physiotherapy Research Conference, Adelaide, October 2019 (Oral presentation)
8. Dennett A. Feasibility of an Acute Oncology Rehabilitation Program. Victorian Integrated Services Conference. Melbourne, Australia, May 2019 (Oral presentation)
9. Dennett A. An adapted transformative exercise framework to support long-term physical activity for cancer survivors. Victorian Integrated Services Conference. Melbourne, Australia, May 2019 (Oral presentation)
10. Cleeve B, Breik L, Guille C. Evaluating a program designed to improve nutrition support knowledge. Dietitians Association of Australia 36th National Conference, Gold Coast, August 2019 (poster)
11. Collins J, Berlandier M, Pinsent B, Carion S, Malekpour S, Porter J. Eating green? A cross sectional study of waste, its cost and waste disposal practices in hospital foodservices Dietitians Association of Australia 36th National Conference, Gold Coast, August 2019 (oral presentation)
12. Collins J, Berlandier M, Pinsent B, Carion S, Malekpour S, Porter J. Eating green? The number and cost of wasted items on unused spare trays in hospitals. Dietitians Association of Australia 36th National Conference, Gold Coast, August 2019 (poster)
13. Collins J. Findings and recommendations from a foodservice waste audit. Institute of Hospitality in Healthcare update day, Melbourne, February 2019

14. Collins J. Findings and recommendations from a foodservice waste audit. How Sustainable is your Foodservice? Queensland Statewide Foodservice Workshop, Brisbane, July 2019
15. Farley A, Whittaker S, Allen J, Nicks R. The knowledge needs and perspective of consumers and prescribers – improving pressure care practice. Occupational Therapy Australia 28th National Conference, Sydney, July 2019 (poster)
16. Gledhill K, Hanna L, Nicks R, Lannin, N. (2019). Discharge readiness from rehabilitation: A systematic review. Occupational Therapy Australia 28th National Conference, Sydney, July 2019 (oral presentation)
17. Gokhale, S. Improving efficiency of referral triage for ambulatory pain management service for improved patient access and flow. Victorian Allied Health Research Conference, Melbourne, March 2019
18. Harding KE. Systematic Reviews: Evidence Summary and Appraisal for Better Care. Mastering Methods Research Intensive, Violet Marshman Rural health Initiative. La Trobe University, Bendigo Campus, May 2019. (workshop, invited presenter)
19. Harding K, Leggat S, Watts J, Kent B, Prendergast L, Kotis M, O'Reilly M, Karimi L, Lewis A, Snowdon D, Taylor N. The STAT model improves access to sub-acute ambulatory and community health services: A stepped wedge randomised controlled trial. Safer Care Victoria Giant Steps, Melbourne, November, 2019 (poster)
20. Harding K, Taylor N, Leggat S, Watts J, Kent B, Karimi L, Snowdon D, Lewis A, Prendergast L, Kotis M, O'Reilly M. The STAT model improves access to sub-acute ambulatory and community services: A stepped wedge cluster randomised controlled trial. National Allied Health Conference, Brisbane, August 2019 (oral presentation)
21. Harding K, Taylor N, Leggat S, Watts J, Kent B, Karimi L, Snowdon D, Lewis A, Prendergast L, Kotis M, O'Reilly M. The STAT model improves access to sub-acute ambulatory and community services: A stepped wedge cluster randomised controlled trial. Victorian Allied Health Research Conference, Melbourne, March 2019 (oral presentation)
22. Howlett O, Macdonald E, Boyce R, King O, Hitch D, Snowdon D, Pinson J, Kinsella R, Graco M, Dennett AM, Klaic M, Clapham R, Borschmann K, Schneider M. Safer Care Through Research Leadership: The Victorian Allied Health Research and Translation Fellowship. Safer Care Victoria 'Giant Steps' Conference, Melbourne, November 2019 (Poster)
23. Huynh T, Apostolov R, Mitchell H, O'Connor J, Low E, Niewiadomski O, Philpott H, Garg M. The costs and outcomes of eosinophilic esophagitis in Australia: Data from a metropolitan hospital. Australian Gastroenterology Week conference, Adelaide, September 2019
24. Joy A, Farley A, Terrington N, Carson M, D'Souza J. Clinical induction as a tool to enhance service delivery and confidence in hospital based occupational therapists: A qualitative study. Occupational Therapy Australia 28th National Conference, Sydney, July 2019 (poster)

25. Lewis A., Harding K., Taylor N., Carney P. Specific Timely Appointments for Triage to reduce wait times in outpatient epilepsy clinics: protocol and early phase results of a pre-post trial with process evaluation. Inaugural Monash Neuroscience Symposium, November 2019 (Poster)
26. Lewis A., Harding K., Taylor N., Carney P. Specific Timely Appointments for Triage to reduce wait times in outpatient epilepsy clinics: protocol and early phase results of a pre-post trial with process evaluation. ESA Epilepsy Symposium, November 2019 (Poster)
27. Lewis A., Harding K., Taylor N. Development and evaluation of a Community of Practice to reduce waiting time for community outpatient services Victorian Allied Health Research Conference, Melbourne, 2019 (Poster)
28. Lockwood K, Harding K, Boyd J, Taylor N. Adherence to occupational therapy home modifications: Process evaluation of a randomised controlled trial. Occupational Therapy Australia 28th National Conference, Sydney, July 2019 (oral)
29. Lockwood K, Harding K, Boyd J, Taylor N. Pre-discharge home visits by occupational therapists: A randomised controlled trial. Occupational Therapy Australia 28th National Conference, Sydney, July 2019 (oral)
30. Nicks R, Barnden R, Lannin N, Wheatcroft J, Farquhar M, Gleeson S, Gore C, Matanas M, Andrew N. Development, field testing and inter-rater reliability of a standardised goal setting package for patient-centred discharge planning in stroke. Occupational Therapy Australia 28th National Conference, Sydney, July 2019 (oral)
31. Ottrey E, Palermo C, Huggins CE, Porter J. Implementing protected mealtimes in hospital: staffs' attitudes and experiences of change in nutrition care. Dietetics Association of Australia 36th National Conference, Gold Coast, August 2019 (oral)
32. Ottrey E, Porter J, Huggins CE, Palermo C. Interprofessional collaboration at mealtimes in hospital: the need for cultural change. Victorian Allied Health Research Conference, Melbourne, March 2019 (poster)
33. Pogrebnoy D. Exercise programs that adhere to guidelines improve mobility after stroke: a systematic review and meta-analysis. Australian Physiotherapy Association, Physiotherapy Conference, Adelaide, October 2019
34. Pogrebnoy D. Exercise programs that adhere to guidelines improve mobility after stroke: a systematic review and meta-analysis. Smart Strokes Conference, Hunter Valley, August 2019 (oral)
35. Porter J, Nguo K, Gibson S, Huggins CE, Collins J, Kellow NJ, Truby H. Energy requirements in older adults: data sharing an issue of international concern. National Health and Medical Research Symposium, Melbourne, November 2019
36. Puli, N. Slipper casting: A novel offloading modality for the high risk foot. Wounds Australia Victorian State Conference, November 2019

37. Puli, N. Plantar fat grafting for the management of the diabetic foot in remission: Case Study. Wounds Australia Victorian State Conference, November 2019
38. Senserrick C. Does breaking up physiotherapy time into smaller blocks improve mobility outcomes after admission to rehabilitation following hip fracture surgery? Australian Physiotherapy Association, Physiotherapy Conference, Adelaide, October 2019
39. Snowdon, D. Clinical Supervision as an Evidence Translation Strategy. Victorian Allied Health Research Conference, Melbourne, March 2019 (oral presentation)
40. Sullivan, R. Post stroke communication disability: A risk factor for falls in inpatient rehabilitation. Victorian Allied Health Research Conference, Melbourne, 2019 (oral presentation)
41. Taylor, N. Evaluation of a ward-based risk assessment manual handling program on workplace practice. Victorian Allied Health Research Conference, Melbourne, March 2019 (oral presentation)
42. Terrens F. Strategies for treating Parkinson's disease in the aquatic environment. Australian Physiotherapy Association, Physiotherapy Conference, Adelaide, October 2019 (oral presentation)
43. Tuck J, Joy A, Nicks R. Family caregiver intervention improves outcomes for patients with delirium. Occupational Therapy Australia 28th National Conference, Sydney, July 2019 (poster)
44. Wheatcroft J, Nicks R, Jolliffe L, Sansonetti D, Lannin N. (2019). Understanding the barriers and enablers to evidence-based cognitive assessments in adults: a qualitative study using the theoretical domains framework. Occupational Therapy Australia 28th National Conference, Sydney, July 2019 (oral)

# Allied Health Research Report 2019

## Key developments

- The **MIHip trial commenced**: This 4 year, NHMRC funded, randomised controlled trial led by Nick Taylor is testing whether 10 sessions of telephone-based motivational interviewing can increase people's confidence in walking, and improve outcomes after hip fracture.
- Dr Amy Dennett was appointed as our inaugural **Grade 4 Research and Translation Fellow** in a new program funded by the Department of Health and Human services
- **A collaboration with Dr Patrick Carney** was established, expanding prior work of the Allied Health Clinical Research office in improving access to care in community settings into the epilepsy outpatient clinic at Eastern Health
- The annual **Allied Health Research Forum** was held at Wantirna in May 2019, with guest speaker Chief Allied Health Officer of Victoria, Donna Markham
- Progress was made towards expanding the highly successful **Stepping into Research training program** to make it accessible to other health services. The first Stepping into Research instructor training will be run by Nick Taylor and Katherine Harding at Eastern Health in 2020.

## Achievements in 2019

> **\$300,000**  
In research grant funding



**51** Publications

in peer reviewed journals

**20** staff enrolled in  
higher degrees by  
research, including:



- 15 enrolled in PhDs
- 3 PhD completions



**44** Projects in  
progress or completed

**11** Presentations

at international  
conferences



**44** presentations at state or  
national conferences