

# Allied Health Research Report 2020

## 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. The activities of AHCRO are guided by the Allied Health Research Committee, which has representatives from programs, allied health disciplines and research active clinicians.

2020 was certainly an unusual year in the AHCRO. The COVID-19 pandemic brought a huge amount of disruption across both the health and university sectors, and tested our ability to adapt to the challenges of the time. Despite a rapid transition to working remotely, it was still a highly productive year for allied health research with a record number of publications. As the pandemic hit, our research team adapted our work to assist with the cause, conducting two cross-sectional surveys of staff and consumers to gather information about **experiences of telehealth**. This work enabled the rapid collection and distribution information to inform ongoing transition to remote service delivery.

Our largest and most significant trial, **MIHip**, was able to continue with some minor amendments to protocol to enable all aspects of the trial to be delivered without face to face contact with participants. This randomised controlled trial, led by Nicholas Taylor, is funded over 4 years by the NH&MRC and is testing whether 10 sessions of telephone-based motivational interviewing can increase people's confidence in walking, and improve outcomes after hip fracture. As many other interventions and services available to people in the community were suspended or cancelled during Melbourne's extensive period of lockdowns, MIHip participants were appreciative of this telephone-based service that was able to provide social contact and support to people during this difficult time.

Nicholas Taylor is part of a research team that was awarded an NHMRC partnership grant to trial "**MyTherapy**", a consumer driven, self-management program that increases the amount of practice that patients do during an episode of rehabilitation. Eastern Health will be site in the trial Alfred Health, Healthscope and Cabrini Hospital, which commences in 2021.

Throughout 2020 work continued on an ongoing body of research led by **Dr Katherine Harding** on reducing waiting times for health services, using the Specific Timely Appointments for Triage (STAT) model. A trial testing the effectiveness of the model in six paediatric community health services was able to continue, with results expected in 2021. Six workshops were also held for clinicians and managers from around Australia (switching to an online format mid year) to support implementation of this research into practice.

**Dr Amy Dennett**, our inaugural Grade 4 Research and Translation Fellow, continues to be a rising star in Allied Health research, with multiple successful applications for funding and new publications over the year. The year closed with an announcement that Amy had been successful in receiving a Victorian Cancer Agency Research Fellowship. This highly deserved honour will enable Amy to continue her research based at Eastern Health for a further three years.

In 2020 we farewelled **Dr Judi Porter**, who departed after 12 years at Eastern Health to take up the position of Discipline lead and Professor for Dietetics at Deakin University. Judi made an enormous contribution to research at Eastern Health. She has led a high quality, internationally recognised program of research in dietetics, and inspired a new generation of researchers in this field. We will miss Judi in the corridors of Eastern Health, but look forward to continuing collaboration in her new role.

The annual **Allied Health Research Forum** had to be postponed as the COVID-19 pandemic took hold but was resurrected in October in an online format. While we strayed from our tradition of having a guest speaker, the 3-minute thesis competition was able to continue, giving our clinician researchers the opportunity to share their work in an interesting and entertaining afternoon.

In 2020 an **Allied Health Researcher of the Year Award** was introduced to recognise an Allied Health clinician for integration of research into clinical practice. Dietetics clinician researcher **Lina Breik** was the inaugural winner of this award, in recognition of the progress that she has made on research projects during this challenging year for research. She is leading a retrospective observational study examine micronutrient intake in enteral nutrition in critically ill adult patients in ICU, as well as investigating the perceptions of patients receiving a home enteral nutrition service. She is also leading work at Box Hill Hospital for a multi-centre randomised controlled trial. Lina has also been active in developing research skills in the dietetic workforce, and has been appointed as the chair of scientific and social programs committee for the Dietitians' Association of Australia Annual conference in 2021. Also **Dr Katherine Harding** received the inaugural **Allied Health Research paper of the year award** for her rigorous research demonstrating that STAT, a low cost data-driven approach to managing wait lists, can lead to sustained reductions in wait times for community and outpatient services.

Due to COVID-19 the Allied Health Research Training Program **Stepping into Research**, which introduces clinicians to research by completing a systematic review, did not proceed for the first time 10 years. However, we were able to continue our efforts to expand the program to make it accessible to other health services. The first Stepping into Research instructor training was run by Nicholas Taylor, Katherine Harding and Nora Shields in August 2020. We look forward to seeing the outcome of the program as it rolls out in multiple Victorian health services in 2021.

### **Katherine Harding and Nicholas Taylor**

### **Our team in 2020**

The Allied Health Research Committee:

Nicholas Taylor	Professor of Allied Health EH (Chair)
Katherine Harding	Senior Research Fellow
Amy Dennett	Research and Translation Fellow
Andrea Elliot	Dietetics
Glenda Kerridge	Social Work
Anne Thompson	Learning and Teaching
Sarah Dallimore	Podiatry
Alison Wilby	Psychology
Kate Morris	Speech Pathology
Rebecca Nicks	Occupational Therapy
Judy Bottrell	Physiotherapy
Peter Brann	Mental Health (CYMHS)

### **Research Office Staff 2020**

Nicholas Taylor	Professor of Allied Health
Katherine Harding	Senior Research Fellow & AHCRO Manager
Annie Lewis	Project Officer (multiple projects)/PhD student
Amy Dennett	Allied Health Research and Translation Fellow
Beccy Morris	MIHip Trial Coordinator
Daniel Kim	MIHIP Project Officer
Claire Longden	Project Officer (Metabolic Syndrome grant Eastern Health Foundation)
Germaine Tan	Project Officer (Oncology rehabilitation)
Jacoba Reimert	Project Officer (Oncology rehabilitation)

## Key Research Associates

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

## Awards achieved 2020

**Lina Breik:** Eastern Health Allied Health researcher of the year and Dietitians Australia 2020 Young Achiever Award.

**Bianca Summers:** Best presentation, Allied Health Research Forum

**Dale Miles:** People's Choice Award, Allied Health Research Forum

## Notable Funding 2020

Brann P. How do young people with serious mental health difficulties and their families perceive the relationship between Emergency Departments and their Mental Health treatment? EH Foundation, Pam and Alfred Lavey Research and Innovation Grant, \$9,220.

Brusco NK, Morris ME, Taylor NF, Hill KD, Lee AM, Somerville L, Lannin N, Abdelmotaleb R, Calloway L. NHMRC Partnership project Grant APP119881 Improving Rehabilitation Outcomes through Self-Management: My Therapy \$743,438. 2020-2023.

Carino S. Australian Government Research Training Program Scholarship recipient.

Carino S. King and Amy O'Malley Trust Scholarship recipient.

Clarke S. (principal investigator). The experience of pain and its relationship to dyspnoea in acute exacerbations of COPD. Eastern Health Foundation and Innovation Grant. \$2381.

Dennett A. Transdisciplinary Research in Energetics and Cancer (TREC) Fellowship (USA).

Dennett A, Taylor NF, Granger C, Barton C, Osadnik C, Tang C. (TORO) Taking Oncology Rehab Online Pat Cosh Trust Grant \$14,500.

Dennett A, Taylor NF, Porter J, Ting S. PIRATE - Prehabilitation for autologous stem cell transplant. Eastern Health Foundation \$30,000.

Dennett A, Kelly P. Reducing patient x-ray dose. Eastern Health Foundation \$8,878.

Dennett A, Taylor NF, Harding K, Morris R. Rapid implementation of telerehabilitation for cancer survivors: a process evaluation. Medibank/Optus/La Trobe University. Rapid Response COVID – 19 grant \$50,010.

Dennett A. Bridging the gap: Feasibility of embedding exercise therapy into an acute cancer treatment setting. Clinical Oncology Society of Australia Travel Award.

Lewis A. Eastern Health Foundation. Eastern Health Staff Development Scholarship 2020. \$2,500.

Taylor NF, Peiris C, Harding K, Shields N, Dennett A, Gilfillan C, O'Halloran P. Irene Mary Sammons Eastern Health Foundation Research and Innovation Grant. Motivational interviewing delivered via telehealth to improve patient and health service outcomes in metabolic syndrome: a randomised controlled trial. \$30,616.

## Research projects

### **LR20/042 Micronutrient intake from enteral nutrition in critically ill adult patients compared to the Australia and New Zealand Nutrient Reference Values (The MINT-E Study).**

Principal investigator: Breik L. Associate Investigators: Tatucu O, Ridley E, Hirth S, Duke G, Elliott A.

### **QA20-125 Getting it right: meals for mental health inpatients.**

Principal investigators: Collins J, Berlandier M. Associate Investigators: Woodward C, Myers M, Robertson E, Ostrognay R, Lee J, Shanmugaratnam T.

### **S20-045-61686 Exploring the roles and responsibilities of the Allied Health Assistant workforce.**

Principal Investigator: Dennett A. Associate Investigators: Snowdon D, Pinson J, King O, Williams C, Davis A.

### **S20-010-56349 Impact of Allied Health Research and Translation Lead (AHR&TL) positions on professional social networks in Victorian Allied Health Services.**

Principal Investigator: Dennett A. Associate Investigators: Snowdon D, Pinson J, King O, Klaić M, Schneider M, MacDonald E, Clapham R, Boyce R, Howlett O, Borschmann K, Graco M, Hitch D.

### **LR20-062 X-ray imaging of the shoulder: a survey of radiographers to understand current imaging practices and protocols.**

Principal Investigator: Dennett A, Kelly P, Katos C, Shakib Z.

### **LR20-102 Development of Plaster of Paris (plaster of Paris) imaging protocol.**

Principal Investigator: Dennett A. Associate Investigators: Kelly P.

### **LR20-020 Taking Oncology Rehabilitation Online**

Principal Investigator: Dennett A. Associate Investigators: Taylor N, Granger C, Barton C, Tang C, Osadnik C.

### **LR20-045 Rapid Implementation of a telerehabilitation model for cancer survivors: a process evaluation.**

Principal Investigator: Dennett A. Associate Investigators: Taylor N, Harding K, Morris R.

### **LR19-077 Research interest, experience and confidence of allied health clinicians (science) working in diagnostic imaging: A cross sectional survey.**

Principal Investigator: Dennett A. Associate Investigators: Taylor N, Harding K, Kelly P, Cauchi T, Ashby G.

### **LR19-031 Acute Cancer Rehabilitation: a feasibility study of oncology rehabilitation at Box Hill.**

Principal Investigator: Dennett A. Associate Investigators: Zappa B, Wong R, Williams K, Millard G, Peiris CL.

### **LR20/056: Supports and barriers to implementing screening tools in public hospital Emergency Departments.**

Principal Investigator: Donley E.

**QA20-126 Mapping foodservice provision in residential aged care and transition care at Eastern Health.**

Primary Investigator: Elliott A, Collins J. Associate investigators: Woodward C, Myers M, Van Veenendaal N, Thompson M, Robertson E, Chan WK, Wahid K, Kwan WC.

**QA20-123 Audit of nutrition risk status.**

Principal Investigators: Elliott A, Jamieson R.

**MUHREC 26547 Exploration of the experiences of dietitians and other health professionals caring for patients who co-present with overweight and obesity in the acute care setting.**

Principal Investigator: Gibson S. Associate Investigators: Elliott A, Flynn D, Truby H.

**LR20-027 Rapid transition to telehealth services: A survey of clinicians and service providers to synthesise and disseminate early learning experiences.**

Principal Investigator: Harding K. Associate Investigators: Taylor N, Lewis A, Dennett A.

**LR19-097 Translating evidence to improve access to therapy services for children using the STAT model.**

Principal Investigator: Harding K. Associate Investigators: Taylor N, Lewis A, Hughes K, Clark M.

**LR19-041 Satisfaction with home enteral nutrition program.**

Principal Investigator: Van Veenendaal N. Associate Investigator: Breik L.

**LR20-105 Diarrhoea in ICU; a retrospective audit.**

Principal investigators: Woodward C. Associate Investigators: Breik L, Murraylee P, Elliott A.

**E20-003-61055 PIRATE Prehabilitation to improve outcomes for people receiving autologous stem cell transplant.**

Principal Investigator: Dennett, A. Associate Investigators: Taylor N, Porter J, Ting S.

**LR20-043 Rapid transition to telehealth services: Early perceptions of consumer satisfaction.**

Principal Investigator: Harding KE. Associate Investigators: Taylor N, Lewis A, Williams K, Davies M, Dennett A, Hope J, Brann P.

**LR83-2018 An analysis of allied health quality and research projects.**

Principal Investigator: Harding KE. Associate Investigators: Taylor N, Porter J, Thompson A, Smith G, Lynch L, Bottrell J, Dallimore S, Dennett A.

**E20-004-60870 Feasibility and effectiveness of a technology-enabled remote occupational therapy how safety intervention.**

Principal investigator: Lockwood K. Associate Investigators: Taylor N, Harding K, Fong K, Boyd J.

**E19-023-58682 Improving patient safety for adults with communication disability after stroke; Focus on Falls in Hospital.**

Principal Investigator: Sullivan R. Associate Investigators: Hemsley B, Harding KE.

**E19-002-50261 Motivational interviewing to increase walking in community-dwelling older adults after hip fracture: a randomised controlled trial.**

Principal Investigator: Taylor N. Associate investigators: Shields N, O'Halloran P, Watts J, Porter J, Harding K, Peiris C, Morris R.

**E01-2018 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.**

Principal Investigator: Taylor N. Associate Investigators: Shields N, Harding K, Peiris C, Prendergast L, O'Halloran P, Hau R, Kennedy G, Brusco N, Thompson A.

**LR19/014 STAT Specific Timely Appointments for Triage: An innovative approach to reduce wait times. Can it work in acute specialist clinics?**

Principal Investigator: Harding K. Associate investigators: Lewis A, Taylor N, Carney P.

**LR19-046 Effectiveness of a research translation strategy to facilitate uptake of the STAT Model of Access and Triage in Victoria: A cross sectional survey.**

Principal Investigator: Harding K. Associate investigators: Lewis A, Taylor N.

**LR19-033 The feasibility of delivering first suspected seizure care using telehealth: a mixed methods study.**

Principal Investigator: Patrick Carney. Associate investigators: Annie Lewis, Katherine Harding, Nicholas Taylor

**LR19-025 Environmentally sustainable hospital foodservices: Drawing on staff perspectives to guide change.**

Principal Investigator: Carino S. Associate Investigators: Collins J, Porter J, Malekpour S.

**LR19-848 Sustainability and Let's Talk about Children.**

Principal Investigator: Goodyear M. Associate Investigators: Allchin R.

**HEC19-016 Program for oncology wellness and exercise rehabilitation (power): a feasibility study of oncology rehabilitation in the community.**

Principal Investigator: Tan G. Associate Investigators: Dennett A, Nagarajan D, Freeman J, Peiris C.

**LR19-100 Barriers and enablers to management of hip and knee osteoarthritis following attending an OsteoArthritis Hip and Knee Service (OAHKS) appointment.**

Principal Investigators: Gibbs A; Barton C. Associate Investigators: Kemp J, Crossley K, Dundules K, Wallis J.

**LR88-2017 Examining the neurocognitive profile in individuals with substance-related offending behaviour.**

Principal Investigators: Manning V. Associate Investigators: Curtis A; Gooden J, Petersen V, Cox C, Lubman D.

**LR19-108 The experience of pain and its relationship to dyspnoea in acute exacerbations of COPD.**

Principal Investigators: Clarke S. Associate Investigators: Lee A, Williams M, Johnstone K.

**E20-011-61248 R2C-M: A randomised controlled trial of a telephone-delivered intervention to reduce methamphetamine use.**

Principal Investigators: Lubman D. Associate Investigators: Manning V, Hall K, Arunogiri S, Grigg J, Reynolds J, Harris A, Tyler J.

**LR20-052 Provision of aphasia-friendly information in the healthcare setting: applying the theoretical domains framework to identify factors that influence speech pathologists' practice.**

Principal Investigators: Briffa C, van den Berg M. Associate Investigators: Sullivan R. (in progress)

**S19-036-32282 Group-based memory rehabilitation: A multi-centre, phased investigation.** Principal Investigators: Wong D. Associate Investigators: Schwind S.

**QA47-2018 Audit of the care received by patients with Borderline Personality Disorder (BPD) at the Eastern Health Child and Youth Mental Service (EH CYMHS).**

Principal Investigators: Selagea H. Associate Investigators: Brann P, Stewart B.

**LR19-040 The inter rater reliability of a new clinician completed routine outcome measure for 0-47 month olds in mental health services (Health of the Nation Outcome Scales for Infants [HoNOSI] Field Trial - Vic)**

Principal Investigators: Brann P. Associate Investigators: Culjak G, Dickson R.

**LR19-045 Increasing stroke survivor's opportunity to access evidence based upper limb intervention: Virtual Reality.**

Principal Investigators: Joy A, Devlin A. Associate Investigators: Toal A, Seneviratne Epa J, Abdelmotaleb R, Ellis M, Hansen R.

**LR20-083 Substance use clinical screening tools in Mental Health: The relationship between ASSIST and HoNOSCA.**

Principal Investigators: Brann P. Associate Investigators: Patel W, Wurf G.

**LR19-042 Integrated treatment for dual mental health and substance use disorders: A mixed methods evaluation of integrated care in the treatment of dual mental health and substance use disorders.**

Principal Investigators: Wurf G. Associate Investigators: Foster G, Robertson J, Brann P.

**S20-039-38973 The HOME trial - comparing the effectiveness of occupational therapy home visit discharge planning to in-hospital consultations to improve participation after stroke.**

Principal Investigator: Nicks R. Associate Investigator: Terrington N.

**LR20-049 The impact of an evidence based training package to improve fatigue management of people experiencing cancer related fatigue**

Principal Investigator: Judy Allen. Associate Investigator: Rebecca Nicks

**LR19-068 A new allied health model of care in general medicine: An observational study.**

Principal Investigators: Nicks R, Haley M. Associate Investigators: Boyd J, Done L, Derum M, Fergus C, Leong A, Pagram A, Farley A, Sloan C.

**LR19-28 A retrospective cohort audit of conservative management of proximal interphalangeal joint hyper-extension and dorsal dislocation injuries.**

Principal Investigators: Papatolicas K, Clingin J. Associate Investigator: Nicks R.

**LR20/056 Supports and Barriers to Implementing Screening Tools in Public Hospital Emergency Departments**

Principal Investigator: Donley E.

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

**Becca Allchin**, PhD. Monash University

**Deenika Benjamin**, PhD. La Trobe University

**Lina Breik**, MPH. Monash University

**Sarah Buchanan-Pascall**, PhD. Monash University\*

**Stefanie Carino**, PhD. Monash University

**Stephanie Clarke**, M Phil, Monash University

**Shae Cooke** PhD. University of Melbourne

**Andrea Elliott**, PhD. Monash University

**Kellie Emmerson**, PhD. La Trobe University\*

**Alison Gibbs**, PhD La Trobe University

**Lyndon Hawke**, PhD. La Trobe University

**Anna Joy**, PhD. La Trobe University

**Annie Lewis**, PhD. La Trobe University

**Rebecca Morris**, PhD. Monash University\*

**Dina Pogrebnoy** PhD. University of Newcastle

**Made Rimayanti**, PhD. La Trobe University

**Fleur Terrens**, PhD. Monash University

**Skye Schwind**, PhD. La Trobe University

**Hannah Silva**, PhD. Monash University

**Rebecca Sullivan**, PhD. University of Technology Sydney

**Sara Whittaker**, PhD. Monash University

## Paper of the year 2020

**Katherine Harding** has been awarded the inaugural Allied Health paper of the year award for her research demonstrating that reduction in waiting times in community and outpatient services across 8 services and more than 3000 patients were sustained at 1 year. The independent judge commented on the rigour of the research design and the impact that the findings will have on practice:

Harding K, et al. (2020). Sustainable waiting time reductions after introducing the STAT model for access and triage: 12-month follow up of a stepped wedge cluster randomised controlled trial. *BMC Health Services Research* 20(1): 968.

## Publications for 2020 (calendar year)

1. Allchin B, O'Hanlon B, Bente W, Goodyear M. (2020). Practitioners' application of Let's Talk about Children intervention in adult mental health services. *International Journal of Mental Health Nursing* 29(5): 899–911.
2. Allchin B. (2020). Leadership perspective on key elements influencing implementing a family focused intervention in mental health services. *Psychiatric and Mental Health Nursing*, 27(5): 616–627.
3. Allchin B, O'Hanlon B, Weimand BM, Boyer F, Cripps G, Paisley B, Pietsch S, Wynne B, Goodyear M. (2020). An explanatory model of factors enabling sustainability of let's talk in an adult mental health service: a participatory case study. *International Journal Mental Health Systems* 14:48.
4. Allchin B, Weimand BM, O'Hanlon B, Goodyear M. (2020). Continued capacity: Factors of importance for organizations to support continued Let's Talk practice – a mixed-methods study. *International Journal of Mental Health Nursing* 29(6): 1131–1143.



5. Anastasi P. (2020). Starting out: beginning practice as hospital social worker under COVID-19. *Australian Social Work* 73(4):516-7.
6. Benjamin D, Frawley H, Shields N, Georgiou C, Taylor N. (2020). Establishing measurement properties in the assessment of inter-recti distance of the abdominal muscles in postnatal women. *Musculoskeletal Science and Practice* 49: 102202.
7. Bhar S, Koder D, Davison T, Kelly J, Jayaram H, Silver M, Linossier J, Collins R. (2020). A clinician's quick guide of evidence-based approaches: Psychological treatments for depression and anxiety with older adults living in residential aged care facilities. *Clinical Psychologist* 24: 206–207.
8. Carragher M, Steel G, O'Halloran R, Torabi T, Johnson H, Taylor N, Rose M. (2020). Aphasia disrupts usual care: the stroke team's perceptions of delivering healthcare to patients with aphasia. *Disability and Rehabilitation* 1-12 [early online]
9. Chaovalit S, Taylor N, Dodd K. (2020). Sit-to-stand exercise programs improve sit-to-stand performance in people with physical impairments due to health conditions: a systematic review and meta-analysis. *Disability and Rehabilitation* 42(9): 1202-1211.
10. Chisholm J, Petrakis M. (2020). Peer worker perspectives on their potential role in the success of implementing recovery-oriented practice in a clinical mental health setting. *Journal of Evidence-Based Social Work* 17(3):1-17.
11. Cole T, Nicks R, Ferris S, Paul E, O'Brien L, Pritchard E. (2020). Outcomes after occupational therapy intervention for traumatic brachial plexus injury: A prospective longitudinal cohort study. *Journal of Hand Therapy* 33(4): 528-539.
12. Carino S, Porter J, Malekpour S, Collins J. (2020). Environmental sustainability of hospital food services across the food supply chain: a systematic review. *Journal of the Academy of Nutrition and Dietetics*. 120(5):825-73.
13. Collins M, Posenelli S, Cleak H, O'Brien M, Braddy L, Donley E, Joubert L. (2020). Elder abuse identification by an Australian health service: a five-year, social-work audit. *Australian Social Work*. 73(4):462-76.
14. Dallimore S, Puli N, Kim D, Kaminski M. (2020). Infrared dermal thermometry is highly reliable in the assessment of patients with Charcot neuroarthropathy. *Journal of Foot and Ankle Research* 13(1): 56.
15. De Kam M. (2020). Covid and telehealth in a child adolescent mental health clinic. *Australian Social Work*, 73(4): 511-512.
16. Dennett A, Cauchi T, Harding K, Kelly P, Ashby G, Taylor N. (2020). Research interest, experience and confidence of allied health professionals working in medical imaging: a cross-sectional survey. *Journal of Medical Radiation Sciences* [early online].
17. Dennett A, Elkins M. (2020). Cancer rehabilitation. *Journal of Physiotherapy* 66(2): 70-72.
18. Dennett A, Harding K, Reed M. (2020). The challenge of timing: a qualitative study on clinician and patient perspectives about implementing exercise-based rehabilitation in an acute cancer treatment setting. *Supportive Care in Cancer* 28(12): 6035-6043.
19. Dennett A, Peiris C, Shields N, Taylor N. (2020). From cancer rehabilitation to recreation: a coordinated approach to increasing physical activity. *Physical Therapy* 100(11): 2049-2059.

20. Gamble K, Chiu A, Peiris C. (2020). Core stability exercises in addition to usual care physiotherapy improve stability and balance after stroke: a systematic review and meta-analysis. *Archives of Physical Medicine and Rehabilitation* 102(4):762-775.
21. Garg M, Al-Ani A, Mitchell H, Hendy P, Christensen B. (2020). Editorial: low population mortality from COVID-19 in countries south of latitude 35 degrees North- supports vitamin D as a factor determining severity. Authors' reply. *Alimentary Pharmacology Ther.* 51 (12):1438
22. Gibbs A, Taylor N, Hau R, Barton C, Fong C, Roddy L, Durant K, deVos L, Wallis J. (2020). Osteoarthritis Hip and Knee Service (OAHKS) in a community health setting compared to the hospital setting: A feasibility study for a new care pathway. *Musculoskeletal Science and Practice* 49: 102167.
23. Gledhill K, Hanna L, Nicks R, Lannin N. (2020). Defining discharge-readiness from subacute care from all stakeholders' perspectives: a systematic review. *Disability and Rehabilitation* [early online]
24. Greenwood L, Hatzipishalis S. (2020). Going against the grain. *Australian Social Work.* 73(4): 509–510.
25. Harding K, Snowdon D, Prendergast L, Lewis A, Kent B, Leggat S, Taylor N. (2020). Sustainable waiting time reductions after introducing the STAT model for access and triage: 12-month follow up of a stepped wedge cluster randomised controlled trial. *BMC Health Services Research* 20(1): 968.
26. Harding KE, Dennett AM, Lewis AK, Taylor NF. (2020). Rising to the telehealth challenge: Clinician experiences during COVID-19. *Inspire: Research Australia Showcases Health and Medical Research* 17: 26-27
27. Harrison A, Taylor N, Frawley H, Shields N. (2020). A consumer co-created infographic improves short-term knowledge about physical activity and self-efficacy to exercise in women with gestational diabetes mellitus: a randomised trial. *Journal of Physiotherapy* 66(4): 243-248.
28. Hawke L, Shields N, Dowsey M, Choong P, Taylor N. (2020). Effectiveness of behavioural interventions on physical activity levels after hip or knee joint replacement: a systematic review. *Disability and Rehabilitation* 42(25): 3573-3580.
29. Kendrick M, Kendrick K, Morton P, Taylor N, Leggat S. (2020). Hospital staff report it's not burnout, but a normal stress reaction to an uncongenial work environment: findings from a qualitative study. *International Journal of Environmental Research in Public Health* 17(11):4107
30. Lewis A, Taylor N, Carney P, Harding K. (2020). Reducing the waitlist of referred patients in a medical specialist outpatient clinic: an observational study. *Journal of Health Organisation and Management* [early online]
31. Lockwood K, Harding K, Boyd J, Taylor N. (2020). Home visits by occupational therapists improve adherence to recommendations: Process evaluation of a randomised controlled trial. *Australian Occupational Therapy Journal* 67(4): 287-296.
32. McKenzie J, Joy A. (2020). Family intervention improves outcomes for patients with delirium: Systematic review and meta-analysis. *Australasian Journal of Ageing* 39(1): 21-30.
33. Mildred H, Hunter L, Goldsworthy B, Brann P. (2020). Embedding the "family oriented collaboration utilising strengths" (focus) clinic in a child and youth mental health service and university partnership, in a compendium ed. Hoyt, Young & Rycroft.
34. Moritz T, Snowdon D, Peiris C. (2020). Combining aquatic physiotherapy with usual care physiotherapy for people with neurological conditions: A systematic review. *Physiotherapy Research International* 25(1): e1813.

35. Ottrey E, Palermo C, Huggins C, Porter J. (2020). A longitudinal ethnographic study of hospital staff attitudes and experiences of change in nutrition care. *Journal of Human Nutrition and Dietetics* 33(4): 574-583.
36. Peiris C, Taylor N, Watts J, Shields N, Brusco N, Mortimer D. (2020). Mapping the Functional Independence Measure to a multi-attribute utility instrument for economic evaluations in rehabilitation: a secondary analysis of randomized controlled trial data. *Disability and Rehabilitation* 42(21): 3024-3032.
37. Pogrebnoy D, Dennett A. (2020). Exercise programs delivered according to guidelines improve mobility in people with stroke: A Systematic Review and Meta-analysis. *Archives of Physical Medicine and Rehabilitation* 101(1): 154-165.
38. Porter J, Wilton A. (2020). Professional identity of allied health staff associated with a major health network organizational restructuring. *Nursing and Health Sciences* 22(4): 1103-1110.
39. Porter J. (2020) Editorial: A time to change. *Nutrition & Dietetics*. 77.
40. Reimert J, Lockwood K, Hau R, Taylor N. (2020). Are hip movement precautions effective in preventing prosthesis dislocation post hip arthroplasty using a posterior surgical approach? A systematic review and meta-analysis. *Disability and Rehabilitation*: 1-7.
41. Rus G, Porter J, Brunton A, Crocker M, Kotsimbos Z, Percic J, Polzella L, Willet N, Huggins C. (2020). Nutrition interventions implemented in hospital to lower risk of sarcopenia in older adults: A systematic review of randomised controlled trials. *Nutrition and Dietetics* 77(1): 90-102.
42. Russer Y, Corteling N, George K. (2020). A nurse led mental health liaison project with general practitioners. *Journal of Current Trends in Nursing Health Care* 1(1): 105.
43. Senserrick C, Lawler K, Scroggie G, Williams K, Taylor N. (2020). Three short sessions of physiotherapy during rehabilitation after hip fracture were no more effective in improving mobility than a single longer session: a randomised controlled trial. *Physiotherapy*. [in press].
44. Shambrook P, Kingsley M, Taylor N, Wundersitz D, Wundersitz C, Gordon B. (2020). Multiple short bouts of exercise are better than a single continuous bout for cardiometabolic health: a randomised crossover trial. *European Journal of Applied Physiology* 120(11): 2361-2369.
45. Shambrook P, Kingsley M, Taylor N, Wundersitz D, Wundersitz C, Paton C, Gordon B. (2020). A comparison of acute glycaemic responses to accumulated or single bout walking exercise in apparently healthy, insufficiently active adults. *Journal of Science and Medicine in Sport* 23(10): 902-907.
46. Shields N, Bennell K, Radcliffe J, Taylor N. (2020). Is strength training feasible for young people with Prader-Willi syndrome? A phase I randomised controlled trial. *Physiotherapy* 106: 136-144.
47. Shields N, Westle A, Bennell K, Taylor N. (2020). Physiotherapists perceived developing positive rapport facilitates participation in exercise among people with Prader-Willi Syndrome: a qualitative study. *Disability and Rehabilitation* 42(24): 3475-3480.
48. Shields N, Willis C, Imms C, Prendergast L, Watts J, van Dorsselaer B, McKenzie G, Bruder A, Taylor N. (2020). FitSkills: protocol for a stepped wedge cluster randomised trial of a community-based exercise programme to increase participation among young people with disability. *BMJ Open* 10(7): e037153.

49. Snowdon D, Cooke S, Lawler K, Scroggie G, Williams K, Taylor N. (2020). Physiotherapists prefer clinical supervision to focus on professional skill development: a qualitative study. *Physiotherapy Canada* 72(3): 249-257.
50. Snowdon D, Leggat S, Harding K, Boyd J, Scroggie G, Taylor N. (2020). The association between effectiveness of clinical supervision of allied health professionals and improvement in patient function in an inpatient rehabilitation setting. *Disability and Rehabilitation* 42(8): 1173-1182.
51. Snowdon D, Leggat S, Harding K, Scroggie G, Hau R, Darzins P, Taylor N. (2020). Direct supervision of physiotherapists improves compliance with clinical practice guidelines for patients with hip fracture: a controlled before-and-after study. *Disability and Rehabilitation* 42(26): 3825-3832.
52. Snowdon D, Sounthakith V, Kolic J, Brooks S, Scanlon S, Taylor N. (2020). Many inpatients may not be physically prepared for community ambulation on discharge from a publicly funded rehabilitation centre: a cross-sectional cohort study. *Disability and Rehabilitation*: 1-8.
53. Snowdon D, Storr B, Davis A, Taylor N, Williams C. (2020). The effect of delegation of therapy to allied health assistants on patient and organisational outcomes: a systematic review and meta-analysis. *BMC Health Services Research* 20(1): 491.
54. Sossen L, Bonham M, Porter J. (2020). Does a high-energy high-protein diet reduce unintentional weight loss in residential aged care residents? *Journal of Nutrition and Gerontology and Geriatrics* 39(1): 56-68.
55. Sullivan R, Harding K, Skinner I, Hemsley B. (2020). Falls in hospital patients with acquired communication disability secondary to stroke: A systematic review and meta-analysis. *International Journal of Language and Communication Disorders* 55(6): 837-851.
56. Tan G, Dennett A, Nagarajan D, Freeman J, Peiris C. (2020). Program for oncology wellness and exercise rehabilitation (POWER) A Feasibility study of oncology rehabilitation in the community. *Journal of Cancer Rehabilitation* 3: 30-39.
57. Taylor NF, Wintle E, Longden C, van de Water A, Shields N. (2020). Rehabilitation outcomes after proximal humeral fracture: An observational study. *Physiotherapy Practice and Research*. 41(2):121-31.
58. Taylor N, Lawler K, Brusco N, Peiris C, Harding K, Scroggie G, Boyd J, Wilton A, Coker F, Ferraro J, Shields N. (2020). Saturday allied health services for geriatric evaluation and management: A controlled before-and-after trial. *Australasian Journal of Ageing* 39(1): 64-72.
59. Terrens AF, Soh SE, Morgan P. (2020). The safety and feasibility of a Halliwick style of aquatic physiotherapy for falls and balance dysfunction in people with Parkinson's Disease: A single blind pilot trial. *PloS one* 15(7):e0236391.
60. Ukovic B, Porter J. (2020). Nutrition interventions to improve the appetite of adults undergoing cancer treatment: a systematic review. *Supportive Care in Cancer* 28(10): 4575-4583.
61. Wenzel LA, White J, Sarkies MN, Morris ME, Carey L, Williams C, Taylor NF, Martin J, Bardeel A, Haines TP. (2020). How do health professionals prioritize clinical areas for implementation of evidence into practice? A cross-sectional qualitative study. *JBI Evidence Implementation*. 18(3):288-296.
62. Williamson P, Ennals P. (2020). Making sense of it together: Youth & families co-create sensory modulation assessment and intervention in community mental health settings to optimise daily life. *Australian Occupational Therapy Journal* 67(5):458-469.

63. Wundersitz C, Caelli A, Georgy J, Musovic A, Manning R, Prause M, Robertson J, Taylor N. (2020). Conducting community rehabilitation review sessions via videoconference: A feasibility study. *Australian Journal of Rural Health* 28(6):603-612.

## Conference presentations

1. Allchin B. Key Elements for Sustaining Let's Talk Summary of PhD findings. FaPMI Statewide Forum (Virtual) October 2020.
2. Allchin B, Goodyear M, O'Hanlon B, Weimand B. What we know about sustaining a family-focused practice, 'Let's Talk about Children', in Adult Mental Health Services. Eastern Health Mental Health Research Online Forum October 2020.
3. Brumley S, Lockwood K. Come one or come all? The treatment of childhood anxiety disorders using group cognitive behavioural therapy: A systematic review. *OT Exchange* (Virtual) September 2020.
4. Clayton-Chubb D, Toma T, Silva H, Xu W, Rodrigues B, Garg M. Recurrent iron deficiency is uncommon in patients treated in a modern Australian inflammatory bowel disease service. *Australian Gastroenterology Week Nov 2020* (*Journal of Gastroenterology and Hepatology*. 35(S1): 110-111).
5. Collins J. Discover, Grow, Evolve. Dietitians Australia National Conference. Plenary presentation (Virtual) 2020.
6. Deegan L, Brann P, Brumley S. A systematic literature review of adolescent day programs. EH Mental Health Program Research Forum (virtual) October 2020.
7. Dennett AM, Zappa B, Wong R, Ting SB, Williams K, Peiris CL. Bridging the gap: Feasibility of embedding exercise therapy into an acute cancer treatment setting. *Clinical Oncology Society of Australia Annual Scientific Meeting*. Oral Presentation (Virtual) November 2020.
8. Harding KE. Journee de mobilization des connaissances sur l'accès aux services de readaptation (Evidence Translation Day for Access to Rehabilitation). Quebec Canada (invited video presentation), December 2020.
9. Harding KE. Cross regional Occupational Therapy networking videoconference hosted by the Victorian Government Wellness and Reablement team. October 2020 (invited presentation).
10. Harding KE. What are we waiting for? An evidence-based approach to reducing waiting time for ambulatory and community services. HSRAANZ Webinar Series, November 2020. (invited presentation).
11. Lewis A, Harding K, Taylor N, O'Brien T, Carney P. The feasibility of delivering first suspected seizure care using telehealth: a mixed methods controlled study. *Epilepsy Symposium Australia*. Oral and poster presentation (Virtual) November 2020.
12. Lewis A, Harding K, Taylor N, Carney P. Reducing the waitlist of referred patients in a medical specialist outpatient clinic: an observational study. *Epilepsy Symposium Australia*. Oral and poster presentation (Virtual) November 2020. Special Commendation Award.
13. Nolan J, Gardinar I. ACT Telehealth group for older people - APMHS Initiative. Eastern Health Mental Health Research Forum (ACT Telehealth group for older people). Victoria October 2020.

14. Rubenis A, Baker A, Arunogiri S. Collaborative development of a clinician-administered checklist to facilitate retention and therapeutic engagement in substance use treatment. National Centre for Clinical Research on Emerging Drugs symposium (Virtual) November 2020.
15. Sanders B, Fraser E, Brogna J, Hegarty M, Allchin B, FaPMI Coordinators. Living through changing times – an overview of FaPMI family strengths, resilience and challenges during COVID-19. FaPMI Statewide Forum (Virtual) October 2020.
16. Schwind S, Vandenberg M. Feasibility of incorporating a motor priming intervention into an upper limb rehabilitation group for stroke patients using action observation therapy. 2020 Virtual OT Exchange October 2020.
17. Tan GA, Dennett AM, Nagarajan D, Freeman JE, Peiris CL. Program for Oncology Wellness and Exercise Rehabilitation (POWER): Enabling best-practice care for cancer survivors in a community-based setting. 3rd Victorian Cancer Survivorship Conference. Melbourne, Australia. March 2020.