**ALLIED HEALTH RESEARCH NEWS: ISSUE 48 SEPTEMBER, 2019**

**The 2019 Eastern Health Research Forum is Coming!**

One of the ways Eastern Health celebrates the quality research undertaken by Eastern Health investigators is at the Annual Research Forum and the release of the Annual Research Report.

The highlight of the program will be a keynote presentation by Professor Martin Delatyki, Medical Director, Victorian Clinical Genetics Services, Director, Bruce Lefroy Centre for Genetic Health, Research Murdoch Children’s Research Institute who will present on “Translating Research – the Experience of a Clinician Researcher”.

**Abstract submissions now open**

Submit an abstract to be considered for presentation at the 2019 Eastern Health Research Forum. Your return submission must include the completed Registration for Abstract Submission Form and the completed Abstract Template, both available by contacting ethics@easternhealth.org.au. The closing date for the submission of Abstracts is 10 October 2019.

**Eastern Health Foundation Research Grants**

Launched in 2012, the Eastern Health Foundation Research and Innovation Grants program supports Eastern Health staff to investigate the most effective methods of care and treatment for our patients. Applications for the 2020 Grant Round are now open.

Applications are also open for travel grants for Early Career Researchers (ECRs) to present results from projects undertaken at Eastern Health at an International Conference.

Applications for both grant schemes are made online and close on 28th October 2019. For more information visit: http://ehweb02/eh%20intranet/foundation/research.shtml.

**Predicting energy expenditure in older adults**

Judi Porter

The number of people aged 60 years and over is forecast to double in number to over two billion by 2050. This rapid change in demographics presents challenges in the future delivery of healthcare across the spectrum of policy development, prevention and treatment to this growing population of older adults.

One of the key issues that will underpin nutrition policy and practice into the future is the amount of energy from food needed by this group to optimise their nutritional status. It is possible to directly measure energy expendi- ture, but the procedures are detailed and expensive. Instead, the development of policy, menus for hospitals/aged care homes, and individuals in clinical practice usually relies on the use of predictive equations, most of which have not been developed or tested in older adult populations.

I have been leading a large international team over the past few years to answer the question “How can we accurately predict the energy requirements of adults 65 years and over?” and our results have been reported this month in the American Journal of Clinical Nutrition.

Our team firstly conducted a systematic review and developed a database of all research involving free-living adults 65 years and over using gold standard measures (a technique known as ‘doubly labelled water’) to measure energy expenditure. Expert colleagues in the United States were able to obtain data from the large ABC study, and the Women’s Health Initiative, expanding the database to over 1000 participant data points from 31 studies.

The resting metabolic rate of all individuals in the database was compared using seventeen different predictive equations. Then, total energy expenditure was compared using the three equations with the best performance.

We found that the Ikeda, Livingston & Mifflin equations most closely predicts energy needs of adults 65 and over. Although all 3 of these equations still have limitations, they were more predictive of energy requirements in older adults than other methods.

One important finding from the systematic review was that no data were available from Australia to contribute to the international database. Supported by the Eastern Health Foundation, I am now conducting a study to measure energy expenditure using doubly labelled water with 20 older adults here in Melbourne. Data collection for this pilot study has been completed and results are currently being analysed; we look forward to seeing the similarities and differences with participants in the international database.

**La Trobe University runs Good Clinical Practice (GCP) training for Allied Health clinicians**

In September, La Trobe University’s Melanie Hurley delivered the Good Clinical Practice (GCP) training program for a group of Allied Health clinicians at Eastern Health.

GCP training is the international standard for running clinical research. The GCP guidelines have their origins in the World Medical Association’s Declaration of Helsinki, are designed to ensure the protection of participants in research trials. Some ethics committees are now making it a requirement of submission that all applicants/investigators have a GCP certification.

We are very grateful to Melanie and La Trobe University for their support in providing this training, tailored to the needs of allied health researchers and free of charge at Box Hill. We hope to be able to offer this training again in 2020 for allied health clinician researchers interested in GCP certification.

**Mental Health Program news**

Welcome to Judy Hope, Associate Professor of Psychiatry, Eastern Health

Dr. Judy Hope has recently been appointed as the inaugural chair of Eastern Health Psychiatry. She will be known to many from her role as a consultant psychiatrist in the adult Mental Health program, working at Koonung Clinic since 2007. Judy completed her PhD at Monash University in 2003, then went on to work away steadily in research and publications. She has taught medical students extensively for both Monash and Deakin Universities in psychiatry.

Judy’s role aims to bring together research activity across the mental health programs, foster a culture of research interest and activity and provide support for clinicians wanting to undertake research in the mental health programs.

**Unpacking Lived Experience Peer Support**

Gavin Foster (Manager, Eastern Health Dual Diagnosis and Service Development, Mental Health Program) and Dr Kitty Vivekananda (Monash University)

Lived Experience Peer Support is a social intervention that has been shown to promote recovery and is growing in clinical mental health settings worldwide.

However, there are still many questions about the exact processes underpinning the improvements associated with the intervention.

Eastern Health’s Lived Experience Peer Support Programs within Mental Health and Dual Diagnosis Services are collaborating with researchers at Monash University to investigate peer support. Fourth year psychology students Elina Makela and Serenah Alam are developing a tool for evaluation of consumer and carer peer support. The values and principles underpinning the tool have been developed from the research literature and focus group discussions. A Delphi Survey is being used to reach expert consensus, involving clinicians, peer support experts, researchers, consumers and carers. Essentially, everyone!

The growth of paid consumer lived experience workers in clinical settings has being identified as an important workforce development strategy by the Department of Human Services. This study is therefore a necessary next step in the investigation of the impact of Peer Support in Mental Health. It is anticipated some of the distinguishing dimensions of peer support, as compared to usual clinical services, may emerge as the research progresses.

In 2020, the research team will investigate the broader benefits and challenges of implementing a social intervention within a mental health clinical service. Further information about this research contact Dr Kitty Vivekananda at kitty.vivekananda@monash.edu.

**MiHIP Project: PhD Scholarship Opportunity**

A PhD scholarship opportunity is available for an outstanding candidate aimed at supporting the health and wellbeing of older adults recovering from hip fracture through increased participation in walking.

This prestigious scholarship, established by La Trobe University, will be awarded to an outstanding applicant interested in research using motivational interviewing to support improved rehabilitation outcomes of older community-dwelling adults recovering from hip fracture.

Applicants should have a high level of achievement, including a first class honours degree or equivalent. Applicants from a range of health backgrounds will be considered.

Applicants should have an interest in physical activity, rehabilitation and/or behaviour change. You will work as part of a research team completing a major study of motivational interviewing to increase walking in older adults after hip fracture funded by the National Health and Medical Research Committee.

Benefits of the scholarship include:

\* a La Trobe Research Scholarship for three and a half (3.5 years) years, with a value of $27,596 per annum [2019 rate]

\* $5000 towards travel and research costs, provided by the La Trobe University School of Allied Health, Human Service and Sport

\* opportunities to work with La Trobe’s outstanding researchers, and have access to our suite of professional development programs

Eligibility criteria

To be eligible, you need to have:

\* an Australian Master's degree at a minimum H1 standard, or approved international equivalent, OR

\* an Australian Bachelor's degree with an honours year at a minimum H1 standard, or approved international equivalent.

All acquired degrees must have included a significant research component, for example, completion of a minor research thesis.

How to apply

If you wish to apply for this Scholarship opportunity, follow these steps:

1. Review details on how to apply for candidature at: www.latrobe.edu.au/research/future

2. Select Professor Nicholas Taylor and Professor Nora Shields as your potential supervisors, indicating that you wish to be considered for the Motivational interviewing after hip fracture PhD Research Scholarship.

3. When you have received in-principle agreement for supervision, complete and submit your application to the La Trobe Graduate Research School (admissions.grs@latrobe.edu.au) for admission into La Trobe’s PhD program, indicating you wish to be considered for the Physical Activity PhD Scholarship.

The University will carefully review your application and consider you for the Motivational interviewing after hip fracture PhD Scholarship.

Closing date

Applications are open until a suitable candidate has been identified. It is a requirement that the candidate be enrolled by 31 December 2019.

Contact us

If you require further information, please contact: Professor Nicholas Taylor; n.taylor@latrobe.edu.au or 03 90918874.

**Conference News**

Our Occupational Therapists and Dietitians have been doing us proud at recent National Conferences. Here is a taste of work presented by our Eastern Health clinician researchers and/or research conducted in partnership with our patients and services.

Occupational Therapy Australia 28th National Conference, Sydney, July 2019

Oral Presentations

* 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.
* Lockwood K, Harding K, Boyd J, Taylor N. Pre-discharge home visits by occupational therapists: A randomised controlled trial.
* Lockwood K, Harding K, Boyd J, Taylor N. Adherence to occupational therapy home modifications: Process evaluation of a randomised controlled trial.
* 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

Posters

* 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.
* Farley A, Whittaker S, Allen J, Nicks R. The knowledge needs and perspective of consumers and prescribers – improving pressure care practice.
* 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
* Tuck J, Joy A, Nicks R. Family caregiver intervention.

Congratulations Kylee Lockwood on winning the best presentation award at the OT Australia Conference!

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Dietetics Association of Australia 36th National Conference, Gold Coast, August 2019

Oral Presentations

* Ottrey E, Palermo C, Huggins CE, Porter J.
* Implementing protected mealtimes in hospital: staffs’ attitudes and experiences of change in nutrition care.
* 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.

Poster presentations

* Ottrey E, Porter J, Huggins CE, Palermo C. Interprofessional collaboration at mealtimes in hospital: the need for cultural change.
* 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.
* Cleeve B, Breik L, Guille C. Evaluating a program designed to improve nutrition support knowledge.

Congratulations to Jorja Collins: Recipient of the 2019 Young Achiever Ward from the Dietetics Association of Australia!

**Allied Health Research Achievements**

Publications

* Porter J, Nguo K, Collins J, et al. Total energy expenditure measured using doubly-labelled water compared with estimated energy requirements in older adults (65 years and over): analysis of primary data. American Journal of Clinical Nutrition (in press, impact factor 6.6)
* McKenzie J and Joy A. 2019. Family intervention improves outcomes for patients with delirium: Systematic review and meta?analysis. Australasian journal on ageing. https://doi.org/10.1111/ajag.12688
* Goonan R, Nicks R Jolliffe L, Pritchard E. 2019. Implementation of a Person- Centred Activity Program on a Sub-Acute Inpatient Dementia Ward. Physical & Occupational Therapy In Geriatrics, 37:3, 171-182, DOI: 10.1080/02703181.2019.1622622
* Desai, A. Nutritional Management of Uric Acid Stones. In Nutritional and Medical Management of Kidney Stones. Ed. Han H., Mutter W., Nasser S. Springer 2019. pp 123-131 (Book Chapter)
* Emmerson KB, Harding K, Taylor N: A resource analysis of the use of the video function of electronic devices for home exercise instruction in rehabilitation. Disability and Rehabilitation 2019, in press
* Wallis JA, Taylor NF, Bunzli S, Shields N. (in press). The experience of living with knee osteoarthritis: A systematic review of qualitative studies. BMJ Open (accepted 3 September 2019, impact factor 2.376).
* Wilson E, Taylor NF. (in press). Clinical supervision for allied health professionals working in community health care settings: barriers to participation. Journal of Allied Health (accepted 5 August 2019, impact factor 0.53).

**Presentations**

International Federation of Societies for Hand Therapy Triennial Congress, Berlin:

* Fellner, Y. The evolution of hand therapy led clinics.

World Congress of Nephrology, Melbourne:

* Englezos J, Desai AM, Russell E, Roberts M. Can administration of clinoleic 20% during haemodialysis assis in weight stabilisaiton and weight gane in malnourished patients?
* Englezos J, Desai AM, Stanley L, Russell E, Roberts M. Intensive nutrition therapy in renal disease