

ALLIED HEALTH
RESEARCH NEWS

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A Research Newsletter for Allied Health Clinicians

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The 2019 Eastern Health Research Forum and Foundation Grants

The 2019 Eastern Health Research Forum held on Thursday 5th December at Box Hill Institute. Forty one projects were presented at the annual forum and there are currently more than 800 research projects active across the health service.

Allied Health were represented in the oral presentations by Adrian Caelli, who presented on us of telehealth in Community Rehabilitation, and Pheobe Williamson from mental health who's presentation was titled "Sensory modulation optimises daily life when co-created by young people with mental ill health and their families". Dietitians flew the flag for Allied Health in the poster section, with several posters on display.

The best oral presentation awards were won by Serena Sze (Do we really need to check troponin in patients without chest pain? High Sensitivity Troponin T use for non-chest pain presentations in the Emergency Department) and Ruchira Nandurkar (Of Irrigation Fluid On Cell Counts From Catheter Effluent During Post-TURBT Bladder Washout).

Successful recipients of Eastern Health Foundation Grants were also announced at the forum. Several Allied Health researchers received funding. Further details about these projects are on p 2.



Benjamin Brewer, Nicholas Van Veenendaal, Hanna Mitchell, Lina Breik, Judi Porter

Eastern Health Foundation Grants awarded to Allied Health Staff

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Amy Dennett

Dr Amy Dennett from the Allied Health Clinical Research Office received the 2020 Eastern Health Foundation Research and Innovation Grant for the project 'Getting the timing right: prehabilitation to improve outcomes after autologous stem cell transplantation (PIRATE)'

Hannah Mitchell

Dietitian Hannah Mitchell from Gastroenterology received the 2020 Wandin Rustic Dinner Research and Innovation Grant for the project 'Prevalence of sucrase-isomaltase genetic hypomorphic variants in patients with irritable bowel syndrome in Australia.'

Lynne Allison

Ms Lynne Allison from the Child and Youth Mental Health Service received the 2020 William Alfred Gray Research and Innovation Grant for the project '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'

Peter Brann

Dr Peter Brann from the Child Youth Mental Health Service received the 2020 Pam and Alfred Lavey Research and Innovation Grant for the project 'How do young people with serious mental health difficulties perceive emergency departments and their mental health treatment?'

Stephanie Clarke

Stephanie Clarke from Physiotherapy received the 2020 Eastern Health Foundation Research and Innovation Grant for the project 'The experience of pain and its relationship to breathlessness in people experiencing an acute exacerbation of chronic obstructive pulmonary disease'.

Congratulations also to La Trobe University research and former Eastern Health Occupational Therapy manager **Kylee Lockwood**. Kylee has received a La Trobe University grant to conduct a study at Eastern Health investigating the feasibility of using telehealth to conduct occupational therapy home assessments for patients hospitalised following hip fracture.

We look forward to hearing more about all of these studies as they get underway in 2020.

Allied Health Clinicians receive Eastern Health Foundation Staff Development Awards

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The inaugural recipients of the Eastern Health Foundation staff Development Scholarships received their awards at a special event with donors at Box Hill this month.

These scholarships are generously supported by both business and private donors, and will assist recipients to undertake higher education.

Several Allied Health clinicians were among the recipients, including Sarah Osiurak (physiotherapy), Halley Dell'oro (Speech pathology), Jenny Andreson (physiotherapy) Line Breik (Dietetics), Ruth Randall (social work), Alison Khor (Pharmacy) and Annie Lewis (Occupational Therapist/Allied Health Clinical Research Office).



Recipients are pictured here with donors Nicholas Tserros (BankVic) and Neil Mazlam (Zouki).

Motivational Interviewing After Hip Fracture: MiHip Project Update

The MiHip project is an NHMRC funded randomised control trial investigating the benefits of motivational interviewing to increase physical activity after hip fracture.

The project is off to a great start, with the first participant recruited on 29th September 2019, and the project on track to recruit 18 participants by the end of 2019.

Thanks to all the MiHip participants, investigators, MI clinicians, dietitians, steering committee members, CRP clinicians, and partners involved in the project.



Congratulations to our Stepping into Research, Class of 2019!

Our Stepping into Research 2019 cohort completed the formal part of the program in October with their final presentation to their peers. All are on track to complete systematic reviews on their project topics.

Particular congratulations to Jacoba Reimert who has already submitted her review for consideration for publication!



Are you interested in casual research work opportunities?

From time to time the Allied Health Clinical Research Office has casual or temporary work available on funded research projects. This type of work can be a good opportunity for people interested in research to get some experience working on established projects with experienced researchers. They often suit part time clinicians who are available for additional hours over temporary periods.

If you would like to be informed of these opportunities, please let us know! Send a brief CV and a comment on your availability to either:

Nick Taylor: Nicholas.taylor@easternhealth.org.au (Ph: 9091 8874) or
Katherine Harding: Katherine.harding@easternhealth.org.au (Ph: 9091 8880)



Professional Identity of Allied Health Staff: Survey Invitation

Are you employed as a social worker, OT, physiotherapist, psychologist, speech pathologist, dietitian, podiatrist, interpreter, spiritual care practitioner, welfare worker, music therapist, community development worker, allied health assistant or in allied health administration?

If so, we need your help to understand the Professional Identity of Allied Health staff.

Eastern Health employs over 900 allied health staff across bed-based services, ambulatory and community services, and mental health services. In this study we aim to understand the professional identity of all allied health staff across Eastern Health. Please complete this

survey so that your opinions are heard, it will take less than 5 minutes! Please note, we are using the Qualtrics system available through Monash University to run this survey, the data will not be used for any Monash University purposes. There may be potential to identify your results however, the results will be treated confidentially and individual results will only be able to viewed by the Principal Investigator.

Results will be disseminated in an upcoming edition of the quarterly newsletter from the Allied Health Clinical Research Office.

Start the survey at the following link:

<https://monash.az1.qualtrics.com/jfe/form/>

If you have any questions relating to this research, please contact

Judi Porter: judi.porter@easternhealth.org.au

Judi Porter takes on a new challenge

What a privilege to have recently taken on the role of Editor in Chief of Nutrition & Dietetics. This is the journal of the Dietitians Association of Australia and is supported by the 7500 members of the association.

As with all scientific journals there are many interests to juggle: adhering to international publishing guidelines and publication schedules, considering the scientific quality and relevance of submissions for a broad international readership, journal metrics, and the interface between authors and readers, just to name just a few.

Thankfully, as I sit in a conjoint role between a health service and hospital, I am very experienced at juggling multiple issues, almost all of the time! Thank you to my colleagues at Eastern Health who have supported me on the journey so far.

Mental Health Research

Surveying the Lived Experience Workforce in Child Youth Mental Health Service – A focus on Family Carer consultants.

Evie Thomas (Coordinator Child Youth Family/Carer Participation),
Stacey Noble (Family Carer Consultant) , Eastern Health CYMHS

Victorian Mental Health Programs have been on an ongoing journey to increase the involvement of those with lived experience in shaping the delivery of services, with workforces expanding to include those with lived experience as consumers and as family carers, to shape a more respectful and responsive program. EH recently participated in a multisite service review involving five Child Youth Mental Health Services (CYMHS) to find out how these Family Carer Support services are functioning.

Eastern Health CYMHS provides mental health treatment and support to those aged 0-25 years with severe and complex difficulties. Our CYMHS family carer participation workforce consists of the Coordinator of the Child, Youth, Family/Carer (CYFAC) Participation team and a Family Carer Consultant. Family Carer Consultants provide direct peer support for family/carers of young

people accessing mental health services, as well as indirect support through leadership, advocacy, education and research.

Five Victorian CYMHS services (Monash Health; Orygen Youth Health; Royal Children's Hospital; Austin Health; and Alfred Health) participated in this qualitative evaluation of Family and Carer Support, which examined similarities and differences in workforce, roles, governance and funding.

The findings indicated that a significant investment by DHHS in the Adult Lived Experience workforce had not been matched in CYMHS. It appeared DHHS, while being supportive of the lived experience workforce has struggled with conceptualising, and funding, a lived experience workforce for 0-25 year olds. Public pathways for accessing Family and Carer Support were identified as a problem; no service could identify a clear contact point and numerous calls from the survey team were required to identify a key person.

The findings indicated little consistency in how Family and Carer support is offered across metropolitan CYMHS, although all participated in in quality and strategic leadership meetings. The workforce structure EH CYMHS was unique among the represented services, with other services indicating interest in replicating this design.

Participation in this investigation has the additional benefit of facilitating communication between Family and Carers Consultants state-wide and has resulted in establishing a bi-monthly workforce advisory meeting. This group will continue to explore CYMHS variability, identify future research questions, as well as advocate for dedicated resources to ensure a lived experience workforce is, at least, as viable in CYMHS as it is in adult services.

Conference News

Eastern Health have been well represented at the Australian Physiotherapy Association in Adelaide in October. Congratulations to all those who presented!

Australian Physiotherapy Association Transform2019 Physiotherapy Conference, Adelaide, 17-19 October



Oral Presentations by current Eastern Health clinicians/ researchers

- Cathy Senserrick: Does breaking up physiotherapy time into smaller blocks improve mobility outcomes after admission to rehabilitation following hip fracture surgery?
- Dina Pogrebnoy: Exercise programs that adhere to guidelines improve mobility after stroke: a systematic review and meta-analysis
- Amy Dennett:
 - * Mini keynote: Behaviour change consultations for physical activity promotion
 - * Oral Presentation: Exercise-based, multidisciplinary cancer rehabilitation programs: a systematic review and meta-analysis
- Fleur Terrens (Strategies for treating Parkinson’s disease in the aquatic environment + Treatment for people with a disability – panel discussion)

Presentations of work done at Eastern Health (PhD studies or clinicians formerly at EH):

- Jason Wallis:
 - * Engaging in an evidence-based osteoarthritis management program: patient and referrer perspectives
 - * The experience of living with knee osteoarthritis: a systematic review of qualitative studies)
- Dennika Benjamin: Validity and reliability of clinical palpatory methods to assess diastasis recti of the abdominal muscles in post-natal women
- Kate Lawler: From manpower to empower – family assisted therapy in transition care: a qualitative study
- Libby Proud: Effects of exercise on arm and hand function in people with Parkinson’s disease: a systematic review
- David Snowdon:
 - * What is “effective clinical supervision” of physiotherapists? A qualitative study
 - * Direct supervision of physiotherapists improves compliance with clinical practice guidelines and outcomes for patients with hip fracture)



Amy Dennett demonstrates motivational interviewing techniques on stage at the APA Conference

Allied Health Research Achievements

Publications

Judi Porter

Russo I, Camoes-Costa V, Gaskell SK, Porter J, Burke LM, Costa RJS. Systematic Literature Review: The role of dairy milk on markers of overall recovery from endurance exercise. *Int J Sports Science* 2019, 9(4): 69-85

Annie Lewis

Lewis AK, Taylor NF, Carney PW, Harding KE. (in press). 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*

Hannah Mitchell

Mitchell H, Garg M. Editorial: a non-dietary treatment for coeliac disease—two steps forward, one step back? *Alimentary Pharmacology & Therapeutics*. 2019, 50:955-956.

Judi Porter

Porter J, Kellow N, Anderson A, Bryce A, Dart J, Palermo C, Volders E, Gibson S. Patient involvement in education of nutrition and dietetics students: a systematic review. *Nutrients*, 2019,2798.

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*, in press. 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.

Presentations

Wounds Australia Vic state conference, 17th November.

- Nick Puli: Slipper casting: A novel offloading modality for the high risk foot.
- Nick Puli: Plantar fat grafting for the management of the diabetic foot in remission: Case Study

HSRAANZ Health Services Policy and Research Conference, Auckland, 4-6th December

- Katherine Harding, Nick Taylor, David Snowson and Annie Lewis: (Improving access and equity by reducing waiting time in community-based outpatient services: an evidence-based approach (Symposium)
- David Snowdon – Comparing clinical supervision models as a vehicle for behaviour change in health services.(oral presentation)

National Health and Medical Research Symposium, Melbourne, November 2019

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. .

Australian Gastroenterology Week conference, 8-10th September, Adelaide

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.

Eastern Health Allied Health Research Committee

Nick Taylor
Katherine Harding
Anne Thompson
Alison Wilby (Psych)
Sarah Dallimore (Pod)
Judi Porter (Dietetics)
Rebecca Nicks (OT)
Lauren Lynch (SP)
Glenda Kerridge (SW)
Judy Bottrell (PT)
Peter Brann (Mental Health)

Have a research question?



Do you have a question about
research?

Need some advice to get a
project underway?

Thinking about a higher
degree by research?

Come and have a chat to our
allied health clinical research
office team:

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