

ALLIED HEALTH
RESEARCH NEWS

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A Research Newsletter for Allied Health Clinicians

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Keep up to date with Allied Health Research news on Workplace!

Welcome to everyone who has joined our Allied Health Research News Group on Workplace. This is an open group for sharing all of our fantastic achievements in research, and keep you up to date on opportunities to learn about or get involved in research.

Anyone can post on the group, so hop on to:

- Share news of a project
- Show us your conference posters
- Disseminate your publications
- Ask a research question
- Give a shout out to your colleagues for their research achievements

Welcome to the Allied Health Research News Group. This page is for anyone interested in keeping up to date with the latest research news and opportunities happening in Allied Health at Eastern Health.
https://www.easternhealth.org.au/images/Allied_Health_Research_Newsletter_Issue_51_Jun_2020.pdf



A second group, **The Mental Health Research Network Group** is also available on Workplace for allied health working in mental health, or anyone at Eastern Health interested in mental health research.



Mental Health Research Network Group
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And don't forget that you can also keep up to date with Allied Health Research news by following us on Twitter. We'd appreciate your help us to make sure that we have more followers than our influential columnist, Euan Donley (see p. 6).



@EH_Research

2020 Allied Health Research Forum



easternhealth

Our 2020 Allied Health Research Forum due to be held on the 7th May had to be cancelled due to COVID-19, but the 3 Minute Presentation will be back in a new format in October!

Introducing our first ever Eastern Health

Virtual Allied Health 3 Minute Presentation Competition! Thursday 15th October, 1.00-2.30pm

What's involved in the 3 Minute Presentation competition?

3MP competition entrants are asked to present a project (proposed or completed) in strictly 3 minutes over Zoom, with a single PowerPoint slide. Allied Health clinicians at Eastern Health are eligible to enter the competition.

Our esteemed panel of judges will award a prize for the best presentation, and the audience will also vote for a "People's Choice" award.

Still not sure? Search for "3 minute thesis" on YouTube and you'll find plenty of examples of three minute presentations to get an idea of what the format looks like.



To present in the forum, submit your competition entry here:

https://latrobe.co1.qualtrics.com/jfe/form/SV_9Qqo3iSYRHodW4t

Entries Close 2nd October 2020

To join the audience:

<https://latrobe.zoom.us/j/96003932630>

Innovations in Cancer Telerehabilitation

COVID-19 has forced us to reshape the way we view and deliver cancer rehabilitation at Eastern Health. In response, the oncology rehabilitation service at Eastern Health has rapidly developed a novel telerehabilitation model.

Telerehabilitation has previously been shown to be effective for improving patient outcomes in a variety of populations including people with cancer, cardiac, pulmonary and musculo-skeletal conditions. Research has shown that for people with advanced cancer, telerehabilitation can lead to improved mobility, reduced pain and shorter hospital length of stay with hospital readmissions when compared to usual care without rehabilitation. Cancer survivors are also accepting of telehealth technology, describing it as convenient, reassuring and minimising treatment burden.

Despite evidence that telehealth can be an efficient and acceptable mode of service delivery, implementation of telerehabilitation was limited in clinical practice until the start of the COVID-19 pandemic. The introduction of social distancing meant that the team was unable to deliver traditional, group-based

chronic disease models, leading to the rapid development of a flexible, multi-disciplinary model of telerehabilitation to keep our most vulnerable patients safe.

The new model of care developed at Eastern Health is delivered by a physiotherapist and nurse and comprises the following elements:

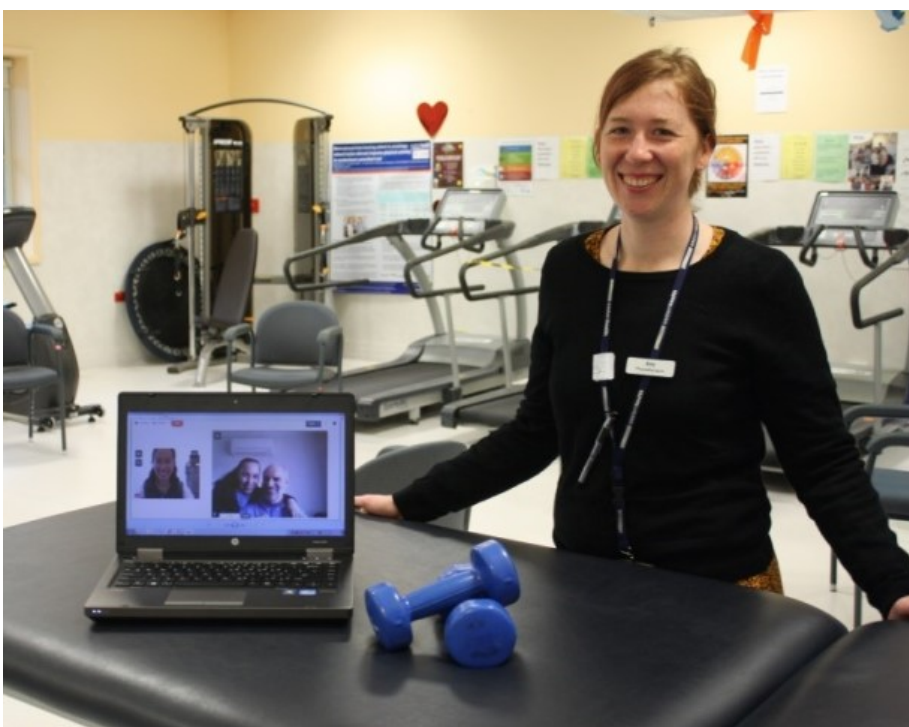
- Weekly 1:1 health coaching via phone or video conferencing
- Weekly online group exercise and multidisciplinary education delivered via WebEx
- Access to an interactive online portal comprising multidisciplinary cancer information resources and webinars
- Video or written home exercise program

In order to make decisions about the future of our cancer rehabilitation service beyond COVID-19, it is important to understand how well the telehealth service works.

Physiotherapist **Amy Dennett**, is currently conducting a process evaluation to assess feasibility, costs and patient satisfaction of the new model. The work is supported by a COVID-19 response grant from Medibank

Private and Optus, administered by La Trobe University. This funding will also extend support to the current program through provision of modern infrastructure including 5G technology and remote monitoring.

Amy and the research team anticipate that this program evaluation will inform the future of cancer rehabilitation well beyond the passing of the pandemic, ensuring access to best practice care for cancer survivors.



Lions Club support medical imaging research with funding for anthropomorphic phantom

Paul Kelly, Medical Imaging Tutor, Eastern Health

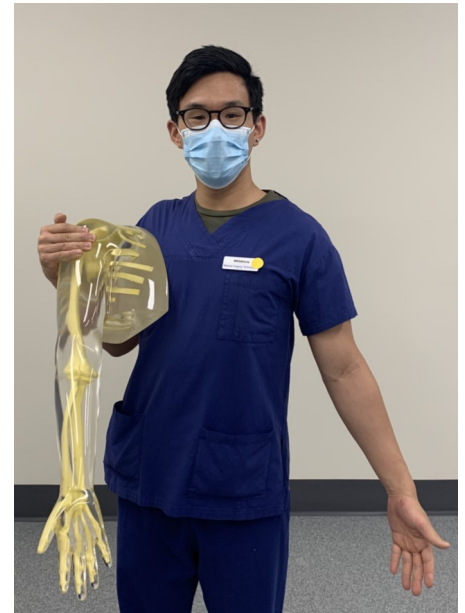
An exciting new research project can now commence in the medical imaging department thanks to the arrival of an anthropomorphic phantom kindly funded by the hard working members of the Lions Club of Blackburn.

Anthropomorphic phantoms are objects that can be used to simulate patients. They are designed to have similar tissue characteristics to normal biological organisms, and can therefore be used to develop different imaging techniques and test x-ray exposure doses. Anthropomorphic phantoms are invaluable for research as they provide true anatomical detail when x-rayed, but can be subjected to multiple exposures without risk.

In the 2018-2019 financial year, Eastern Health performed 134,205 general x-ray examinations across three major facilities. This equates to over 335,000 x-ray exposures which represents a significant radiation risk to the community.

Current standards and practices are based on the premise that any radiation dose, no matter how small, could result in detrimental health effects such as cancer or genetic damage. As registered users of x-ray (ionising) radiation, Medical Imaging Technologists are and are mandated to keep the x-ray radiation levels to a minimum using the principles of ALARA (As Low as Reasonably Allowable) whilst maintaining the diagnostic quality. The production of the x-ray image is based on the balance between the amount of radiation produced over time, and the degree of penetration required to effectively pass through the tissue and bone.

It is known that an increase in penetration reduces the amounts of radiation required, but has also an effect on the diagnostic quality of the x-ray image. With the advent of digital imaging and post processing enhancements, higher penetration values can be achieved requiring less radiation to produce the x-ray image.



This research project will follow a 2017 investigation on the theoretical possibility of reducing patient dose for extremity imaging. The aim is to establish the lowest possible threshold in radiation exposure that still maintains the diagnostic quality. We hope that the findings will lead to significant reductions in x-ray radiation exposure for consumers of medical imaging at Eastern Health and beyond. In future we hope to be able to extend the research to include all regions of the anatomy.

Claire Farrell becomes first Medical Imaging participant from Stepping into Research to have their systematic review accepted for publication



In 2019, the Stepping into Research training program included participants from Medical Imaging for the first time.

We are excited to announce that radiographer **Claire Farrell**, with the support of her mentors Amy Dennett and Joanne Pinson, has become the first medical imaging graduate of the program to publish her review.

Claire looked at the impact of CT-Attenuation correction (CT-AC) on quality of myocardial perfusion imaging in coronary artery disease. CT-AC is an image manipulation

procedure using CT aiming to reduce artefact in an image.

The review found unclear evidence from three studies about the benefit of CTAC for improving image quality. As there are potential radiation exposure risks with the addition of CTAC, patient and clinician factors should inform the decision to use of CTAC in this population.

Claire's review has been accepted for publication in the Asia Oceania Journal of Nuclear Medicine and Biology.

“It’s just like face-timing a family member”: Consumer experiences of telehealth during COVID-19

Effectiveness	Expectations	Technical Issues
<p>82% got what they wanted from the appointment</p> <p>14% partially got what they wanted</p> <p>3% didn’t get what they wanted</p>	<p>52% said their telehealth experience was better than expected</p> <p>45% as expected</p> <p>3% worse than expected</p>	<p>70% had no trouble with the technology</p> <p>23% reported some trouble</p> <p>7% reported a lot of trouble</p>

The COVID-19 epidemic has led to a rapid transition to telehealth across Eastern Health. We used a phone survey to ask patients who had recently received a telehealth consultation (using phone or video) about their experience. This is what they said.

The most positive aspects of telehealth were:

- Not having to travel
- Clinicians were capable, knowledgeable and reassuring
- Still able to make progress and have needs met

“I was able to get advice without leaving the house”

“It made me feel at least confident that I was on the right track and getting better.”

“I find it harder to express my thoughts over the telephone”

“They were unable to complete a physical examination via video”

“I would tell them to be very open, honest and don't have to have any fears or worries. They are easy to talk to and can help you work through everything.”

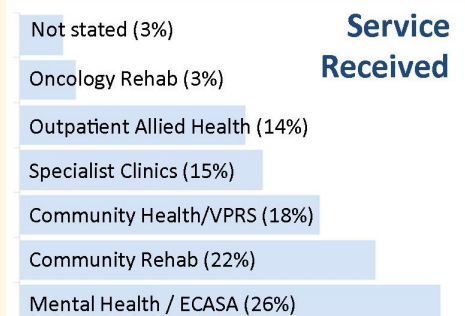
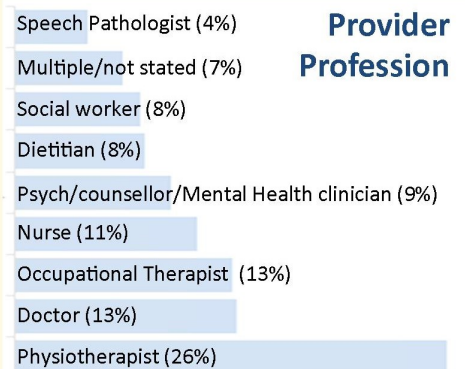
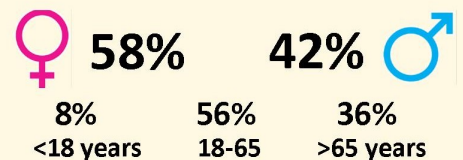
Most common challenges

- Technology/connectivity issues
- Harder to engage with the health worker
- Inability to do physical examination
- lack of access to clinic equipment and resources
- Confusion about the process

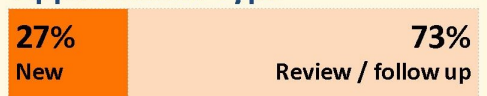
Tips respondents would give to others

- Reassurance that it will be OK
- Be prepared. Have questions ready and find a quiet space
- Be open, honest and relax!

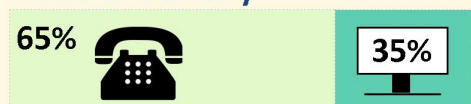
379 Participants



Appointment Type



Mode of delivery



How would you prefer to receive a similar service in the future?

49%
Face to face



29%
Telephone / telehealth



21%
Unsure



“If the option for face to face is there, I would prefer it but it is good to have telehealth rather than nothing or delay in service.”

“Initial consultation prefer face to face, review would be more convenient with telehealth”

“I prefer all appointments to be face to face because I feel more comfortable.”

“Any appointments that you don't need to show what's wrong with you are better via telehealth. No waiting, can just get what you need and go.”

“It's good to have a mix of telehealth and face to face”

“I would like to have a choice”

“I'd like to have most appointments with telehealth and just the occasional one face to face”

PhD Scholarship Opportunity

La Trobe University is offering up to three graduate research scholarships for students to undertake a joint PhD with Sheffield Hallam University, UK.

If successful, you will begin your studies at La Trobe University where you will spend the majority of your time, but you will also spend 12 months at Sheffield Hallam University (travel and accommodation allowances included).

Former EH physiotherapist Dr Casey Peiris is leading a project aimed at improving management of metabolic syndrome in primary care. This project would be suitable for a range of allied health clinicians including physiotherapists and dietitians.

Metabolic syndrome is a clustering of risk factors that put an individual at increased risk of developing chronic disease. The diagnosis of metabolic syndrome provides a key opportunity for primary care practitioners to intervene to prevent progression to chronic disease through lifestyle change.

The candidate will work closely with researchers in Melbourne and Sheffield to explore current perceptions and management of metabolic syndrome in primary care in both countries to improve the way metabolic syndrome is recognised and managed.

Applications for this scholarship are now open to Australian or New Zealand citizens or Australian permanent residents. Applications close on 31 October 2020. Please visit the website for more details:

<https://www.latrobe.edu.au/research/future/costs-scholarships/graduate-research-scholarships-available-projects/la-trobe-university-sheffield-hallam-university-joint-phd-program-scholarships>



Wanted: Dietitians for casual research work

We are currently looking for dietitians to join the MIHip study (motivational interviewing after hip fracture), on a casual basis. The role involves delivering individual telephone-based dietary advice to one arm of the MIHip randomised controlled trial. Other tasks include clinical record keeping and returning completed clinical records to the research team, as per the

study processes. Availability during week day office hours is preferable. Previous research experience is desirable but not essential as training will be provided. For more information or to submit an expression of interest please contact Beccy Morris (MIHip Trial Coordinator) via email: Rebecca.morris@easternhealth.org.au; or telephone: 0416 560 917. Closing date: 5pm 25th September 2020.



Euan's Musings

Being an influencer in research

So I have followers on twitter. I don't mean to brag or anything but that is two people who can't wait for me to tweet about my disappointment in The Rise of Skywalker or my delight with The Mandalorian. If I chose to upload a photo of the baked potato I made last night, I can be guaranteed of a thumbs up emoticon or smiling emoji. And that isn't even telling you about my 12 instagram (or as we in the biz like to call it, "Insta") followers.

Given I am officially an "influencer", this power comes a level of responsibility, and one that I take seriously. I therefore I thought I could share my thoughts on how to be an influencer in research.

Let's move away from my other life as an internet superstar and consider what you can do around your workplace. Before I lose interest in this topic, I'll present them in point form so I can get back to my outrage about the lack of Star Wars related face masks (#R2D2 too).

1/ If you are a manager, foster a research culture. Set time aside at staff meetings to discuss any research happening or new research that may inspire.

2/ If you are doing research, involve others where you can. Collaboration is likely to lead to future opportunities.

3/ Show people how easy it can be, or that it does not have to be Lancet-style hard.

4/ If you see some interesting research, tell people about it.

5/ Contribute to this newsletter (please note that irreverent light hearted articles on research related issues is well and truly spoken for).

6/ Support research you like on social media.

As you can see, it is pretty easy to be an influencer in research. Watch those around you flourish. I'm off now to start a 'tic toc' account in the sound knowledge all of my private information will remain just that forever.

Dr Euan works in mental health in the hope it will support him with his narcissist personality given his high social media profile.

Allied Health Research Achievements

Publications

Sullivan R, Harding KE, Skinner I, Hemsley B. Falls in hospital patients with acquired communication disability secondary to stroke: A systematic review and meta-analysis. *International Journal of Language & Communication Disorders* [in press]

Dennett A, Cauchi T, Harding KE, Kelly P, Ashby G, Taylor NF. Research interest, experience and confidence of allied health professionals working in medical imaging: a cross-sectional survey. *Journal of Medical Radiation Sciences* [in press]

Taylor NF, Peiris CL, Thompson AL, Prendergast LA, Harding KE, Hau R, Shields N. Association between physical activity and short-term physical function changes after hip fracture: an observational study. *Physiotherapy Research International* [early online].

Donley E. Elder abuse identification by an Australian health service: a five year social work audit. *Australian Social Work* [in press]

Chisholm J. Peer worker perspective on their potential role in the success of implementing recovery-oriented practice in a clinical mental health setting. *Journal of Evidence-Based Social Work* [early online]

Allchin B. Leadership perspective on key elements influencing implementing a family focused intervention in mental health services. *Psychiatric and Mental Health Nursing* [early online]

Allchin B, O'Hanlon B, Weimand BM, Boyer F, Cripps G, Paisley B, Pietsch S, Wynne B, and Goodyear M. (2020) An explanatory model of factors enabling sustainability of let's talk in an adult mental health service: a participatory case study. *Int J Ment Health Syst* [early online]

Allchin B, Weimand BM, O'Hanlon B and Goodyear M. Continued capacity: Factors of importance for organizations to support continued Let's Talk practice – a mixed-methods study. *Int J Mental Health Nurs*. [early online]

Mildred H, Hunter L, Goldsworthy B, Brann P. 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.

Williamson P & Ennals P. 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*. [early online]

Hemalatha J. Evidence based approaches for working with anxiety and depression in older adults in RACFs, *Clinical Psychologist* [in press]

Wundersitz C, Caelli A, Georgy J, Musovic A, Manning R, Prause M, Janet Robertson J, Taylor NF. Conducting community rehabilitation review sessions via videoconference: A feasibility study. *Australian Journal of Rural Health* [in press]

Dennett AM, Cauchi T, Harding KE, Kelly P, Ashby G, Taylor NF. Research interest, experience and confidence of allied health professionals working in medical imaging: a cross-sectional survey. *Journal of Medical Radiation Sciences* [in press]

Farrell C, Pinson J and Dennett A. CT-Attenuation correction and its impact on image quality of myocardial perfusion imaging in coronary artery disease: A systematic review. *Asia Oceania Journal of Nuclear Medicine and Biology* [in press]



Kellie Emmerson

(Occupational Therapy) has passed her PhD with her thesis titled "Video-based instructions for prescription of home exercise programs in rehabilitation". Congratulations Dr Emmerson!

Eastern Health Allied Health Research Committee

Nick Taylor	Rebecca Nicks
Katherine Harding	Lauren Lynch
Anne Thompson	Glenda Kerridge
Alison Wilby	Judy Bottrell
Sarah Dallimore	Peter Brann
Andrea Elliot	

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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Katherine Harding

(katherine.harding@easternhealth.org.au)

Amy Dennett

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