

Allied Health Research News DECEMBER 2016

Eastern Health Research Forum

A Research Newsletter for Allied Health Clinicians

Inside this issue:

Scholarship opportunities	2
Victorian Allied Health Research Conference	2
Anna Joy - Masters research	3
Research Publishing	3
Clinical Supervision of Health Professionals	4
Euan's Musings	4
Undergraduate student training	5
2016 Research Report	5
Allied Health research achievements	6

A capacity crowd attended the Eastern Health Research Forum on Thursday, 1st December at the Box Hill RSL. Allied Health were represented in all categories – the 15 minute presentations, 3-minute presentations and poster presentations.

Jason Wallis' (PT) presentation in the 15 minute category, *A dosed walking program for people with severe knee osteoarthritis was tolerated and may have benefits for cardiovascular health: a randomised control trial*, was very well received generating plenty of questions from the audience.

Kellie Emmerson (OT) presented her work on using video and reminders on ipads to support home exercise programs as an alternative to paper-based home exercise programs in patients with stroke as a 3 minute presentation. Kellie's presentation was also terrific and it was great to have allied health representation in this category.

A number of allied health staff had posters at the forum: Nick Taylor (allied health research office), Judi Porter (dietetics), Hannah Mitchell (dietetics), Kylee Lockwood (OT) and Lyndon Hawke

(PT). A huge congratulations to Hannah Mitchell for winning best poster presentation with her poster entitled: *"Dietitian meal rounds as a strategy to combat malnutrition in the clinical setting."*

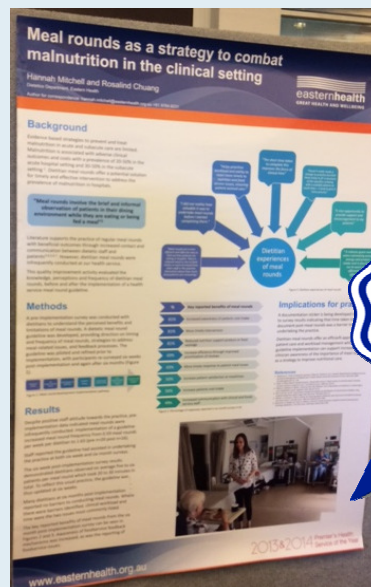
The forum included announcements of successful applicants for this year's Eastern Health Foundation Research Grant Scheme. Judi Porter (dietetics) was successful in securing a grant for her submission entitled: A pilot study of doubly-labelled water to develop international equations of total energy expenditure in the older elderly. This year there was a larger pool of money allocated to research grants than ever before, and our thanks to the many donors who make these awards possible.

The 2016 Eastern Health Research Report was launched by CEO David Plunkett, which this year features several allied health projects as well as the work of the Allied Health Clinical Research Office (details p. 5).

It is fantastic to see the breadth and depth of research carried out by Allied health clinicians within Eastern

Health.

Congratulations to everyone who participated in the forum.



Left: Judi Porter, EH Foundation Grant recipient

Scholarship opportunity for allied health research student

Commencing in 2017 the Eastern Health Foundation has generously donated a top-up scholarship of \$7,000 pa for 3 years for a higher degree research student from each of Eastern Health's partner universities.

For the Eastern Health/La Trobe scholarship you are eligible if you are:

- Enrolled in a PhD or Masters by Research at La Trobe University either part-time or full time
- Completing the projects in your research studies at Eastern Health

Preference will be given to applicants commencing their studies or in the first year of their studies in 2017, but all higher degree research students may apply. The scholarship may be awarded for a period of 1 up to 3 years.

To apply, please send an Expression of Interest to:

Professor Nick Taylor Nicholas.Taylor@easternhealth.org.au.

Your expression of interest should include: Degree enrolled in, supervisors, thesis title, project description and progress to date, and a description of how the scholarship will help you complete your thesis.

Applications close on Friday January 6, 2017



Please note:

- If you are an allied health clinician enrolled at Monash or Deakin University, please contact a representative of that university at Eastern Health for details of their Eastern health top-up scholarship
- If you are not already receiving a full-time tax free scholarship, your top-up scholarship will be subject to taxation.



The Victorian Allied Health Research Conference will be held Friday 31st March 2017 at the Melbourne Convention and Exhibition Centre.

This one day event will unite over 350 allied health professionals from diverse care settings, to champion research, and share knowledge and experiences to guide future directions in Allied Health practice. Inspiring keynote and guest speakers (including our own **Kate Lawler** from Eastern Health), will impart the latest developments in allied health research, emphasising the translation of study outcomes into best clinical

practice and innovative service development.

Several other speakers from Eastern Health have had presentations or posters accepted from abstracts, including Yvonne Fellner, Katherine Harding, Nick Taylor and Kylee Lockwood.

Registrations are now open. For further details please visit

Casual Research Assistant Needed



The Allied Health Clinical Research Office is seeking a casual research assistant to assist with data collection audit of patient files. This work would suit a part time employee available to work up to an additional 8 hours per week.

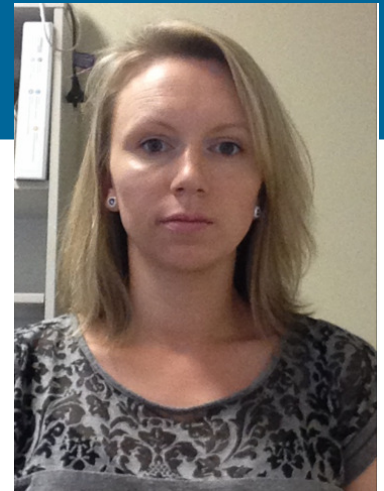
This work is for the SatGEM project, evaluating the effect of additional Saturday allied health services in Geriatric Evaluation and Management services and could continue for up to 6 months.

The work is available immediately and will be based at 5 Arnold Street Box Hill during normal business hours, under the direction of Nick Taylor and Katherine Harding in the Allied Health Clinical Research Office.

If you are interested, please email Katherine Harding by 30/12/16. katherine.harding@easternhealth.org.au

Clinical Supervision as a Platform for Knowledge Translation

Anna Joy is the Gr 4 Occupational Therapist for sub-acute services. She recently completed her Masters of Advanced Occupational Therapy with La Trobe University, whilst adjusting to life with a new baby! Here she gives us an insight into her research.



A number of strategies have been advocated to support knowledge translation in clinical practice settings. We aimed to identify whether clinical supervision was used as a strategy to support knowledge translation by supervisors, supervisees or both, in an Australian clinical setting. In addition, we explored clinicians' awareness of the latest evidence and utilisation of this evidence in practice.

A mixed methods study design was utilised incorporating a clinician survey and reflective journaling. The survey questions were based around the concepts of clinical supervision, evidence-based practice, neurological specific practice, evidence-based practice barriers and facilitators, and organisational readiness for change. In addition, four clinicians undertook the journaling task to provide experiential data. The data was analysed through descriptive statistics and qualitative iterative analysis.

Findings from the survey indicated that clinical supervision was used on some occasions to support knowledge translation, but this was variable. Competing demands and a lack of direction detracted

from the efficiency of clinical supervision as a knowledge translation strategy. One quarter of the respondents were unable to identify clinical practice guidelines to guide their day-to-day practice. Importantly, all clinician respondents identified that they were motivated to participate in evidence-based practice with a desire to elicit the best clinical outcomes for patients. Clinicians valued their participation in formal clinical supervision.

Four main themes emerged from the journaling task: finding supervision beneficial; competing demands of supervision; supporting professional development; and evidence-based practice. Overall clinicians valued their participation in formal clinical supervision.

The findings of this study address a gap into the relationship between clinical supervision and knowledge translation. Components of formal clinical supervision have similarities to known knowledge translation strategies. A link between clinical

supervision and knowledge translation has been identified. The potential to operationalise and test the use of clinical supervision as a knowledge translation strategy in future studies is indicated.

Anna Joy

(Supervisors: Leanne Carey and Kate D'Cruz)

Research Publishing in Australia

Judi Porter

Last month I attended the Wiley Executive Seminar, themed "Research Publishing in Australia". It was an enlightening meeting, with a diverse range of topics discussed. Presenters included Wiley's CEO, Mark Allin, and Kylie Emery, the Acting Executive GM at the Australian Research Council. What quickly became apparent across all presentations were the transformational changes in the publishing landscape that are underway. Several of these are important for researchers and clinicians.

There is a clear move to modernise the publishing process. The move to e-journals has moved the traditional "page" to html or pdf format, but there is much more that the internet can offer to engage users of the research (eg. how can research be more

interactive?). Through this process of engagement between researchers and research users, validation, verification and editorial oversight will be more important than ever!

Another focus was on discoverability, including open access and the role of social media in disseminating research. Open access is managed in two ways: gold (through payment of author open access fees) and green (where a final, but not the published version, is freely available in an institutional repository). This is important to enable access (and therefore uptake) of research findings, particularly for those not employed where there is good institutional access.

Social media was not overlooked, with the Altmetrics score (measured through social media discussion

Judi Porter has recently joined the Allied Health Clinical Research Office as a Research Fellow.

sharing her time between Eastern Health and Monash University. Judi will be based at the Angliss Hospital approximately 2 days per week in 2017, and will be available along with Nick Taylor and Katherine Harding to provide research consultation to allied health clinicians. She can be contacted at

judi.porter@easternhealth.org.au

about research findings: Twitter, Facebook, TV etc.) being viewed favourably and working alongside impact factor and citations as research metrics.

Please contact me if you are interested in any further information from this seminar, I look forward to attending next year.

Does clinical supervision of health professionals improve patient safety? A systematic review and meta-analysis

David Snowdon

Patient safety is a priority for healthcare systems as the incidence and cost of adverse events is high. To achieve safe patient care, emphasis is placed on ensuring a 'culture of safety' that involves establishing a supportive environment where health professionals can identify errors or near misses and analyse why and how these may have occurred. Within this environment patient safety practices, such as clinical supervision, can be implemented to address the problems identified and reduce the likelihood of injuries.

Australian safety and quality health service standards require that all allied health professionals participate in clinical supervision to ensure patient safety. However, very little is known about the impact of clinical supervision on patient safety. We conducted a systematic review with the aims of (1) determining the effect of clinical supervision on patient safety and (2) defining the model of clinical supervision that is most effective at reducing the risk of patient harm.

Key databases were searched for studies that investigated the effect of clinical supervision of health professionals (e.g. qualified nursing, allied health and medical professionals) on objective patient safety outcomes (e.g. adverse events, complications, morbidity and mortality). We found 32 studies that met the criteria, including 29 medical studies, two nursing studies and one study in paramedicine. No studies investigated clinical supervision of allied health professionals.

The results of the included studies indicated that clinical supervision of medical professionals was associated with a reduced risk of

mortality and complications in patients undergoing surgery or other invasive clinical procedures. The model of supervision used in these studies involved the clinical supervisor being present during the procedure, directly supervising the supervisee's clinical performance. There was a lack of evidence about the relationship between clinical supervision and safer patient care for non-medical health professionals.

The absence of studies that investigate clinical supervision of allied health professionals and its effect on patient safety outcomes may be explained by the fact that allied health professions generally perform less invasive interventions when compared to medical and nursing professionals. However, the findings of our review do have implications for all health professionals, as they indicate that inexperienced clinicians should be directly supervised when performing patient procedures that are associated with a high risk to patient safety.

Moving forward, it is important that the allied health professions identify the clinical areas and procedures that are associated with the greatest risk to patient safety. This will ensure that we can provide an appropriate level of supervision to inexperienced clinicians during such clinical procedures, until the point at which they are experienced and competent in performing the procedure.

David Snowdon is a Physiotherapist and Project Officer with the Allied Health Clinical Research Office. He is currently a PhD candidate at La Trobe University.

Euan's Musings



Euan Donley works with the Psychiatric and Emergency Response Team. He is also a PhD candidate and regularly uses posters as a good excuse to go to conferences in interesting places.

So You're Thinking About Doing Post Graduate Research....

Life's pretty good eh?

Secure job, decent income. Family life is pretty good, except for your brother in law who feels that 'Call of Duty' on playstation is entirely appropriate viewing for your 5 year old daughter, and loves seeing the consequences of giving her a full bottle of 10% water, 90% cordial.

You could not help but notice in the "Euan's Musing" section of the Allied Health research News, which naturally you read before anything else, that he mentioned a free trip to Los Angeles and London as part of his PhD. Perhaps, you think, it is time to consider some form of post-graduate research. Good. On. You. Here is the first thing you should do. Go up to a mirror, look deep into your eyes, search your inner soul, think long and hard. Still interested in post-graduate research? Awesome. Repeat the above instructions another two or three times. Still interested? Great.

Now walk over to the wall and repeat the same story 28 times. If you are able to do this without any ill effects you are ready to write an ethics application. The next step is to go over to the next wall, and bang your head on it for a good day or two. Done? Great! Now you have prepared yourself to deal with bureaucracy. Hey, you're doing great! Hang in there.

Next step. Look up the person in high school that used to always tell you how useless you are. Ask them to repeat 1,000 times that you are still no good at anything. Off you go. I'll wait. Done? Survived? Great. You are now prepared to deal with peer reviewed journals.

Now go and look at yourself in the mirror just one more time. There were obstacles, there was pain, there was paperwork, and there were tantrums. And you made it. You are resilient. You have persevered. You have helped people and learned a lot in the process. In the famous words of Dr Kelso in Scrubs, "Nothing in this world worth having comes easy". Now that you know that, go and make a difference.

Another Busy Year with Undergraduate Student Training

Cathryn Baldwin, Allied Health Manager
Workforce Development and Education

It's been a busy year across EH for allied health delivering clinical education. Training of undergraduate students is an important component of our relationship with our university partners. Training in clinical settings is essential in the development of our next generation of clinicians, but also provides an important opportunity for our own staff to develop supervision skills, and to be challenged in their practice.

In 2016 Allied health have had 263 students from 7 Universities. As a group we have provided a total of 10 989 days worth of student supervision which is approximately equal to having 30 students here at Eastern Health across all the programs every day of the year!

Students also make an important contribution to Eastern Health by initiating and completing a broad range of research and quality improvements projects. One such project in 2016 resulted in the Development of a Sensory Room at Murnong Clinic Adult Mental Health Service.

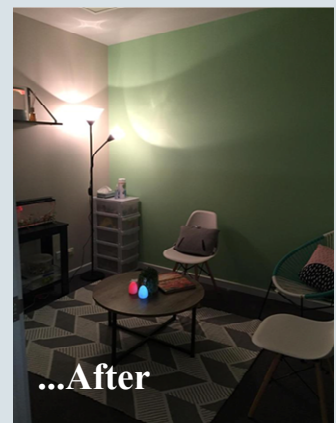
Thank you to all our staff that contributed in big and small ways to delivering education to the students.

Development of a Sensory Room at Murnong Clinic Adult Mental Health Service: An Occupational Therapy Student Project

Three OT students working with Jo Patrenko at the Adult Mental health Service at Murnong Clinic set out to create a calming, soothing environment for consumers to engage in sensory modulation strategies to assist with regulating emotions

The students undertook a literature review to find out which features were most effective for use in a sensory room, and then planned and implemented a project to convert an existing interview room at Murnong Clinic. Students sourced all necessary items within an allocated budget and were responsible for setting up the room.

The project resulted in a fully functional sensory room for use by the multidisciplinary team, as well as development of guidelines for use of the room, a consumer information pamphlet and inservice training for the teams on site. Anecdotal feedback from consumers has been positive to date, and referrals for sensory assessments have increased.



2016 Eastern Health Research Report now available

The 2016 Eastern Health Research report was launched at the Eastern health Research Forum on the 1st December, and is now available for download from the 'Publications' page of the Eastern Health website . Hard copies are also available from Communications.

The report showcases the breadth of research undertaken across the organisation, and this year highlights several allied health projects. The work of the Allied Health Clinical Research Office is featured as a research program, as well as several other projects led by allied health professionals including:

- Jason Wallis' research on osteoarthritis and associated cardiac risk factors.
- A pilot trial of constraint induced movement therapy in Community Rehabilitation, from the Occupational Therapists Cathryn Baldwin, Amy Wilkinson, Kat Pope, Lynda Johnson and Katherine Harding
- Physiotherapist Lyndon Hawke's study into Benign Proxysmal Positional Vertigo at the Angliss CRP
- A project by Katherine Maywood's (social work) investigating how health services can better respond to domestic violence
- A multi-disciplinary collaboration aiming to improve care for patients with cognitive impairment and delirium, involving occupational therapists Cathryn Baldwin and Melinda Webb-St Mart.



Early in the new year the Allied Health Clinical Research Office will collate specific Allied Health data to create the 2016 Allied Health Research Report. Templates will be circulated to Allied Health managers by email to collect the information on research projects and outputs. This is an important annual record of our achievements, so please participate in this process to ensure your work is included.

Allied Health Research Achievements

Publications

Mental Health

Bowman, Siann, Jones, Robyn, (2016). Sensory Interventions for Psychiatric Crisis in Emergency Departments-A New Paradigm. *International Journal of Psychiatry and Mental health*. Vol 1:1

Donley, E. (in press). National Emergency Access Targets and Psychiatric Risk Assessment in Emergency Departments: Implications for Involving Family or Carers, *International Journal of Psychiatry and Mental health*

Dietetics

Collins J, Porter J, Truby H, Huggins C. (in press). A foodservice approach to enhance energy intake of elderly subacute patients: A pilot study to assess impact on patient outcomes and cost. *Age and Ageing*

Porter J, Ottrey E, Huggins C. (in press). Protected mealtimes in hospitals and nutritional intake: systematic review and meta-analyses. *International Journal of Nursing Studies*

Physiotherapy

Dennett AM, Peiris CL, Shields N, Morgan D, Taylor NF. (in press). Exercise therapy in oncology rehabilitation in Australia: A mixed-methods study. *Asia-Pacific Journal of Clinical Oncology*

Dennett AM, Shields N, Peiris CL, Reed MS, O'Halloran PD, Taylor NF. (in press). Does psycho-education added to oncology rehabilitation improve physical activity and other health outcomes? A systematic review. *Rehabilitation Oncology*

Snowdon D, Hau R, Leggat SG, Taylor NF. 2016. Does clinical supervision of health professionals improve patient safety? A systematic review and meta-analysis. *International Journal for Quality in Health Care* 28(4): 447-455

Occupational Therapy

Emmerson K, Harding KE, Taylor NF (in press). Home exercise programs supported by video and automated reminders compared with standard paper-based home exercise programs in patients with stroke: a randomised controlled trial. *Clinical Rehabilitation*

Speech Pathology

Gillman A, Winkler, R, Taylor NF. (in press). Implementing the Free Water Protocol does not result in aspiration pneumonia in carefully selected patients with dysphagia: A Systematic Review. *Dysphagia*

Orthopaedics/Physiotherapy

Cheng TE, Wallis JA, Taylor NF, Holden CT, Marks P, Smith CL, Armstrong MS, Singh PJ. (in press). A prospective randomized clinical trial in total hip arthroplasty: comparing early results between the direct anterior approach and the posterior approach. *Journal of Arthroplasty*

Allied Health Clinical Research Office

Harding KE, Robertson N, Snowdon D, Watts JJ, O'Reilly M, Karimi L, Kotis M, and Taylor N. (in press) Are wait lists inevitable in sub-acute ambulatory and community health services? A qualitative analysis. *Australian Health Review*

Congratulations Dr Imogen Clark

Music therapist Imogen Clark graduated with a PhD from La Trobe University this month after completing her program of research at Eastern Health.

Imogen's thesis examined the effect of music to support achievement of physical activity by older adults with health conditions. Results demonstrated that listening to music during exercise offers psycho-emotional and physical benefits leading to improved health outcomes. Her findings suggest that interventions combining music and behaviour change strategies could increase older adults' adherence with physical activity recommendations.

Imogen's thesis also won a Nancy Millis Medal for excellence in research, awarded to the authors of outstanding doctoral theses. Congratulations Imogen!



Don't forget....



@EH_Research

Do you have anything of interest to report in this newsletter? Please forward your articles and achievements to:

Allied Health Clinical Research Office
Telephone: 9091 8880 or 9091 8874
nicholas.taylor@easternhealth.org.au
katherine.harding@easternhealth.org.au

Merry Christmas From the Allied Health Research Committee!

Nick Taylor

Katherine Harding

Lauren Lynch (SP)

Judy Bottrell (PT)

Euan Donley (Mental Health)

Michelle Kaminski (Pod)

Glenda Kerridge (SW)

Judi Porter (Dietetics)

Anna Joy (OT)

Anne Thompson (ACS)

Jason Wallis (PT)

Alison Wilby (Psych)

