

ALLIED HEALTH  
RESEARCH NEWS

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## Mental Health research makes a splash

Eastern Health clinicians Peter Brann and Evie Thomas have been published in the leading journal *Lancet Psychiatry* through their international collaboration with The International Consortium for Health Outcomes Measurement

Patient reported outcomes are a major theme in improving of health care service delivery internationally. The systematic collection of outcomes and related information allows services to both monitor progress and improve health care guided by patient improvement. The International Consortium for Health Outcomes Measurement (ICHOM) aims to improve the collection of patient outcomes by developing standard consensus driven data sets.

From late 2018, two members of Eastern Health's Child and Youth Mental Health Service (CYMHS), Evie Thomas and Peter Brann, were invited to join a modified Delphi panel study.

The panel's task was to develop a consensus on standard set of outcome and related measures for use with child and youth anxiety and depressive disorders. Twenty-seven experts from 13 countries worked together in online meetings. Over 14 months, Peter and Evie contributed clinical, research and lived experience perspectives, often at unsociable hours to accommodate multiple international time zones.

The group worked systematically over 14 months though a structured process. First, rules were established for running the study including the extent and nature of the agreement required to establish consensus. The next steps were to identify the outcome domains, inclusion and exclusion criteria for presentations, determine the relevant demographic, understand contextual and treatment information, and finally develop a protocol for implementation. Literature reviews were conducted on every possible aspect along the way.

Issues were discussed at each meeting followed by anonymous votes for contentious issues. Once consensus was reached, there was no revisiting unless some major piece of evidence arrived.

*Continued p. 3*

## A Research Newsletter for Allied Health Clinicians

### Inside this issue:

- Allied Health Research Forum—Register now! **2**
- PhD Spotlight: Stehanie Carino **3**
- Allied Health Researcher of the Year Award — nominations now open **4**
- Pathways to Research— What we learned **4**
- Time Use by OTs in hospital settings **5**
- Evans's Musings: Synergy **5**
- Eastern Health Research Foundation Grants Open **6**
- Allied Health Research Achievements **7**



# 2021 Allied Health Research Forum

easternhealth



Our 2021 Allied Health Research Forum and 3 Minute Presentation will be returning in online format in October!

Please join us for Eastern Health's

## *Virtual* Allied Health 3 Minute Presentation Competition!

Wednesday 13th October, 3.15-4.45pm

### 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 enter the 3 MP, complete the entry form here:**

<https://www.questionpro.com/t/AR8qsZnzvc>

**Entries Close 29th September 2021**

**To join the audience:**

<https://latrobe.zoom.us/j/84063678292>

# Eastern Health Researchers in the Lancet

(From page 1)

Australian mental health services has had mandated routine outcome measures for almost two decades. Evie and Peter were pleased to be able to establish partial congruence between this new more comprehensive standard set of outcome measures and the existing Australian routine dataset. They also worked hard to ensure that patient reported outcomes included parent/family and clinician views without diminishing the importance of the views of children and young people. Too often young people's voices, and especially those of children are missing from health care. Evie and Peter were able to draw on the experience of CYMHS since the late 1990s to emphasise the importance of feasibility in integrating an outcome system into all clinical care.

Peter and Evie went on to contribute to publishing the standard set of outcome

measures on the ICHOM database, develop a process for the ongoing maintenance of the standard set and publish the study in the Lancet Psychiatry.

"I did not think we would ever be contributing at an international level from this modest pocket of suburban Australia!" Evie commented.

From Peter's world, there have been a number of international collaborations that have stemmed from initial small collaborations, good will and a thematic consistency over the years. "You can't always tell which collaboration will persist" he says. "You just focus on the potential for health system improvement."

## International consensus on a standard set of outcome measures for child and youth anxiety, depression, obsessive-compulsive disorder, and post-traumatic stress disorder

*Karolin R Krause, Sophie Chung, Abiodun O Aderoye, Anne Marie Albano, Rochelle Babins-Wagner, Laura Birkinstaw, Peter Brann, Cathy Creswell, Kathleen Delaney, Bruno Falissard, Christopher B Forrest, Jennifer L Hudson, Shin-ichi Ishikawa, Meghna Khatwani, Christian Kelling, Judi Krause, Kanika Malik, Yania Martinez, Faraz Mughal, Thomas H Ollendick, Soy How Ong, George C Patton, Ulrike Ravens-Sieberer, Peter Szatmari, Evie Thomas, Lucas Walters, Bryan Young, Yee Zhao, Miranda Wolpert*

**Lancet Psychiatry 2021; 8: 76-86**  
Evidence Based Practice Unit, Faculty of Brain Sciences, University College London, London, UK (R Krause PhD); Anna Freud National Centre for Children and Families, London, UK (R Krause); International Consortium for Health Outcomes Measurement (ICHOM), London, UK (S Chung BA); Department of Behavioral Medicine, Lagos State University College of Medicine, Lagos, Nigeria (Prof A O Adewoye PhD); Department of Psychiatry, New York State Psychiatric Institute, New York, NY, USA (Prof A M Albano PhD); Columbia University Vagelos College of Physicians and Surgeons, Columbia University, New York, NY, USA (Prof A M Albano); Calgary Counselling Centre, Calgary, AB, Canada (R Babins-Wagner PhD); Faculty of Social Work, University of Calgary, Calgary, AB, Canada (R Babins-Wagner); Child and Youth Mental Health Service, Eastern Health, Melbourne, VIC, Australia (P Brann PhD); E Thomas BA); School of Clinical Sciences, Monash University, Melbourne, VIC, Australia (P Brann); Young Minds, London, UK (L Birkinstaw PhD);

A major barrier to improving care effectiveness for mental health is a lack of consensus on outcomes measurement. The International Consortium for Health Outcomes Measurement (ICHOM) has already developed a consensus-based standard set of outcomes for anxiety and depression in adults (including the Patient Health Questionnaire-9, the Generalised Anxiety Disorder 7-item Scale, and the WHO Disability Schedule). This Position Paper reports on recommendations specifically for anxiety, depression, obsessive-compulsive disorder, and post-traumatic stress disorder in children and young people aged between 6 and 24 years. An international ICHOM working group of 27 clinical, research, and lived experience experts formed a consensus through teleconferences, an exercise using an adapted Delphi technique (a method for reaching group consensus), and iterative anonymous voting, supported by sequential research inputs. A systematic scoping review identified 70 possible outcomes and 107 relevant measurement instruments. Measures were appraised for their feasibility in routine practice (ie, brevity, free availability, validation in children and young people, and language translation) and psychometric performance (ie, validity, reliability, and sensitivity to change). The final standard set recommends tracking symptoms, suicidal thoughts and behaviour, and functioning as a minimum through seven primarily patient-reported outcome measures: the Revised Children's Anxiety and Depression Scale, the Obsessive Compulsive Inventory for Children, the Children's Revised Impact of Events Scale, the Columbia Suicide Severity Rating Scale, the KIDSCREEN-10, the Children's Global Assessment Scale, and the Child Anxiety Life Interference Scale. The set's recommendations were validated through a feedback survey involving 487 participants across 45 countries. The set should be used alongside the anxiety and depression standard set for adults with clinicians selecting age-appropriate measures.

### Introduction

Depression and anxiety affect an estimated 4-4% and 3-6% of the world's population, and rank as the first and sixth largest contributor to health-related disability, respectively.<sup>1</sup> These disorders frequently emerge in childhood and adolescence and, unless treated early and effectively, commonly adversely affect mental health and psychosocial outcomes across the life course.<sup>2-4</sup> Despite an increase in mental health-care provision, service systems have failed to reduce the prevalence of these disorders in children and young people. The global response to this problem requires holistic strengthening, not only in

outcomes, instruments, and assessment timepoints: a review published in 2019 recorded 15 different measures used to assess primary outcomes across 19 studies of routine treatment for anxiety and depression in young people.<sup>5</sup> Resulting data gaps and inconsistencies severely limit the potential for comparing different models of clinical care, identifying good practice, and informing quality improvement efforts.

This initiative aimed to address this challenge by devising a standard set, that is, a consensus-based standardised collection of treatment outcomes to be measured and reported as a minimum by all those

For further information, contact **Peter Brann**, Director of Research and Evaluation, or **Evie Thomas**, Coordinator CYMHS Lived Experience Workforce.

### Or read the publication:

*Krause et al, International consensus on a standard set of outcome measures for child and youth anxiety, depression, obsessive-compulsive disorder, and post-traumatic stress disorder, Lancet Psychiatry, 2021, 8, 76-86.*

## PhD Spotlight: Stefanie Carino, Dietetics

Stefanie is a final year PhD candidate in Monash's Department of Nutrition, Dietetics and Food. Her research explores the environmental sustainability of hospital foodservices. She is using qualitative research methods to understand the barriers and enablers both locally and in exemplar hospitals globally to achieving sustainable foodservices (think gardens on site, meals prepared from local and organic ingredients, patients order what they want when they want it, and the small amount of food waste produced is composted onsite!). This research seeks to influence practice and policy so that hospital

food services are able to operate within planetary boundaries. This also presents an opportunity for hospitals to recognise their position as an anchor institution in the community to contribute positively and lead by example for other institutions.

Stefanie has previously worked as a clinical dietitian at Eastern Health and has recently commenced a newly created role as a Sustainable Food Systems Dietitian. The purpose of this role is to embed environmental sustainability into foodservices using a systems approach and multi-dimensional strategies. It is an avenue to translate research into practice



and demonstrates Eastern Health's ongoing innovation and leadership in this area.

Stefanie is also the convenor of Dietitians Australia Food and Environment Interest Group, leading advocacy and educational activities to empower dietitians to take action to achieve sustainable food systems.

## Allied Health Researcher of the Year Award - Nominations open

**Has one of your colleagues made an outstanding contribution to research in allied health at Eastern Health?**

*"This is a way in which you can celebrate and appreciate the many and varied ways in which allied health staff care for patients. I look forward to seeing your nominations!"*

**Anita Wilton, Director of Allied Health**

On behalf of the Directors of Allied Health Professions and Gayle Smith, Chief Allied Health Officer, we are pleased to announce that nominations for the 2021

Allied Health Awards are now open!

**One of these awards is for the Allied Health Researcher of the Year.**

This award recognises the outstanding contribution of clinician researchers to the generation and application of research evidence in practice, educational programs, workforce and policy development.

Nominations forms have been distributed to all allied health staff—speak to your manager if you don't have one. Nominations close September 15 2021.

**Please think about the allied health clinicians in your team or program who are making outstanding contributions in research and consider putting in a nomination.** Winners will be announced at on Allied Health Professionals Day October 14, 2021 at the Award ceremony.

## Pathways to Research Information Session

Last month the Allied Health Clinical Research Office hosted our first "Pathways to Research" Information Session. This session provided budding clinician researchers with an opportunity to hear from Stepping Into Research Alumni Casey Peiris about her research journey as well find out about the potential pathways for getting involved in research. The forum was well received with 27 clinicians in attendance.

Discussions were wide ranging from the clinician to PhD transition and implications for income, to the challenges of juggling research, work and family life.

Professor Nick Taylor shared wisdom about the importance of health services research, the different ways people can become involved at Eastern Health as well as ingredients for success. Different options for higher degrees by research available from La Trobe University were also presented, including Masters by Research, Professional Doctorate and Doctor of Philosophy (PhD).

If you are not quite ready to embark on a higher degree just yet, other ways that you can get involved in research at Eastern Health include:

- Apply for the Stepping into Research allied health research training scheme
- Turning a project from QA to research and publication
- Apply for work as a project officer on existing projects

### 3 things that can make your candidature (or project) go well

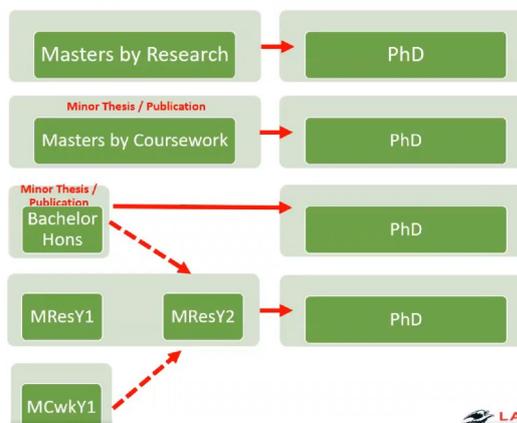


Having a clear vision

Relationships matter

Having good project management skills

### Pathways Options (PhD)



**Whatever pathway to research is the right one for you, don't delay! Take your first steps today!**

**If you were unable to attend the event and would like to view the recording, please contact [Katherine.harding@easternhealth.org.au](mailto:Katherine.harding@easternhealth.org.au).**

## Time use of Occupational Therapists in hospital settings

Occupational therapy, like other professions, is feeling the pinch from increasing demand and patient complexity. OT staff face challenges in juggling the management of the increased demand and complexity within existing resources.

Healthcare managers are working to develop workforce management models to respond to these challenges but there is limited evidence available to describe the factors that influence occupational therapists' time use in inpatient settings.

Eastern Health OTs Bec Summers and Bec Nicks, together with a team of researchers from several universities and health services aimed to address this gap by identifying which factors influence the amount of time occupational therapists spend with patients.

A regression analysis to consider a range of factors including patient characteristics (age, diagnosis, marital status, primary language, discharge destination, length of stay), function (FIM and SMAF scores) and healthcare setting (and their relationship with Occupational Therapist time use, measured both in total minutes of contact and number of occasions of service. A total of 4549 patient admissions were included in the analysis.

Results showed considerable variation among the different sites included in the study. However, there were consistent findings across all sites that patients admitted with a lower level of function (SMAF score) received significantly more occupational therapy time during their admission. We also found that patients with a shorter length of stay received significantly more

occupational therapy time per day than patients with longer length of stay.

Occupational therapy time use is complex and impacted by a range of factors. With the variables impacting occupational therapist time use differing between hospital services, patient diagnostic groups and function, this study suggests the impact of these variables should be taken into account when developing workforce planning models.



Bec Summers

Summers BE, Laver KE, Nicks RJ, et al. Patient functional independence and occupational therapist time-use in inpatient services: Patient demographic and clinical correlates. *Hong Kong Journal of Occupational Therapy*. June 2021.



### Euan's Musings

*Euan Donley works with the Psychiatric and Emergency Response Team and is a regular columnist for Allied Health Research News. His views are entirely his own and should not be considered high level evidence.*

#### Presenting in 3 Minutes

So synergy. This is quite the moment where the Musings have a brief window of relevance with the perfect cross over that is the Allied Health Research Forum, 13th October, 2021 (see what I did there?) 3 Minute Presentation Competition and this very column. You're welcome.

No doubt many of you who have perused these musings will have learned so much that you are ready to present your research at the Allied Health Research Forum. Acknowledgements appreciated.

Now I know what you're thinking; 1 why read this tripe, 2; not much can happen three minutes, and 3; Euan probably should have used a full colon rather than a semi-colon, I must troll him on twitter.

Just so you know, a lot can happen in three minutes. Some examples are listed below in dot point for your

reading convenience (not because I am lazy, rushed, or to make this column easier to write).

- I can read that 2021 Comicon and PAX have been cancelled.
- In the above scenario, I can go through all five stages of grief in under 3 minutes, 2 minutes and 57 seconds being anger.
- Victoria can go from donut days to lockdown.
- Obi Wan can lose to Darth Vader in a lightsaber battle (Star Wars reference, check).
- You can experience the torture of most Wiggles songs.
- You can forget this column entirely.
- You can read the flyer for the Allied Health Research Forum (see p2)

If I can attempt to be useful for a change, when you are doing a 3 minute presentation think about your take home messages. Don't spend too much time setting the scene or speaking about the program you work for. Tell a story. Provide some context, and let your listeners know why the research is important. Briefly describe what you did (or propose to), but most of all tell us what it means for your patients or service. Avoid too many stats, technicalities, and talking too fast (do as I say here people, not what I do).

May the force be with you.

*Euan has done a 3 Minute Presentation which he managed to complete in 95 seconds. It is also how long he spent planning this musings. See you at the research forum October 13th. Today's column is brought to you by the word, Synergy.*

# Eastern Health Foundation Grants Now Open!

Do you have a great idea for a research project?

Online applications to the 10th anniversary of the Eastern Health Foundation Research and Innovation Grants program will be accepted from 15 September 2021 until midnight on 19 October 2021.

Grants are open to all Eastern Health staff and disciplines.

The Eastern Health Foundation Research and Innovation Grants are generously funded by individuals, community groups and companies who wish to support research at Eastern Health to improve health outcomes in the community that Eastern Health serves and potentially elsewhere.

To preview the application form prior to 15 September 2021:

<https://easternhealth.smartygrants.com.au/EHFResearchGrants2022>

Please contact Prof David Taylor, Director of Research and University Relations via [david.taylor@easternhealth.org.au](mailto:david.taylor@easternhealth.org.au) should you have any questions.



### Top 5 tips on improving your application in collaboration with past recipients and Prof David Taylor, Director of Research and University Relations:

1. Identify the need to research an issue at Eastern Health and how the project may contribute to a novel solution to improve health outcomes.
2. Follow the guidelines and write clearly (no abbreviations, no jargon).
3. If appropriate collaborate with like-minded colleagues but at the very least get feedback on the application from a peer or expert.
4. Enthusiasm, expertise and ability to successfully complete the project are more important than track record.
5. Choose an achievable target with a clear outcome, timeline and realistic budget.

## Consumer perceptions of telehealth research accepted for publication

Last year many of our allied health clinicians in outpatient and community health services across a broad range of clinical programs were involved in a piece of research that aimed to find out how our consumers were responding to the rapid transition to telehealth services in response to COVID 19.

Outcomes were reported in [Issue 52 of this newsletter](#), but we are pleased to report that a paper led by Amy Dennett has now been accepted for publication in the journal *Health and*

*Social Care in the Community*.

The paper is currently in press and should be available on line soon.

Thanks to all of the allied health staff who assisted in collection of data to make this project possible.

*Dennett A, Taylor N, Williams K, Lewis A, Brann P, Hope J, Wilton A, Harding K. Consumer perspectives of telehealth in ambulatory care in an Australian health network Health and Social Care in the Community (in press)*

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

## Allied Health Research Achievements

### Publications

**Dennett AM**, Rowe A, Mortimer J, Gordon C, Glagovski S, Osadnik CR. Perceptions and work-readiness of Australian physiotherapists in cancer care: a national evaluation. *Physiotherapy*. 2021.113:1-7. (early online)

**Dennett AM**, Taylor NF, Williams K, Lewis AK, Brann P, Hope J, Wilton AM, Harding KE. Consumer perspectives of telehealth in ambulatory care in an Australian health network. *Health and Social Care in the Community* (In Press)

**Rimayanti MU**, O'Halloran PD, Shields N, Morris R, Taylor NF. Comparing process evaluations of motivational interviewing interventions for managing health conditions and health promotions: A scoping review. *Patient Education and Counselling* (in press)

**Lewis AK**, Taylor NF, Carney PW, Harding KE. What is the effect of delays in access to specialist epilepsy care on patient outcomes? A systematic review and meta-analysis. *Epilepsy & Behavior* (in press).

**Taylor NF**, Harding KE, Dennett AM, Febrey S, Warmoth K, Hall AJ, Prendergast LA, Goodwin VA. (in press). Behaviour change interventions to increase physical activity in hospitalized patients: A systematic review, meta-analysis and meta-regression. *Age and Ageing* (early online)

**Sadler P**, Nolan J, Gardiner I, WanM. Ageing Mindfully During COVID: Therapists Reflections from Delivering Acceptance and Commitment Therapy Groups via Tele-Health Within an Aged Persons Mental Health Service. *Juniper Online Journal of Public Health*. 2021: 6 (1)

**Summers BE**, Laver KE, Nicks RJ, Andrew N, Barr C, Joliffe L, Lannin N. Patient functional independence and occupational therapist time-use in inpatient services: Patient demographic and clinical correlates. *Hong Kong Journal of Occupational Therapy*. 2021(early online)

Fang J & Donley D. Intimate Partner Violence Screening Tools in Emergency Departments: A Scoping Review, *Practice* 2021 (early online)

### Allied Health Research Committee

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Katherine Harding  
Amy Dennett  
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Andrea Elliot/Lina Breik (Dietetics)  
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