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## Pathways to Research Evening

### A Research Newsletter for Allied Health Clinicians

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Last month, Prof Nick Taylor and Dr Casey Peiris presented a “Pathways to Research” information session to a group of budding allied health professionals curious to know how to get started in research. Participants heard from Stepping Into Research Alumnus Casey Peiris about her research journey and potential pathways for getting involved in research.

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 practical tips for success.

If you weren’t able to attend, the key messages were:

- There are many ways to engage in research at Eastern Health.
- There is a variety of support available.

Options for diving into research include enrolling in a higher degree by research – a Masters by Research or a PhD. Or, for those of you wanting to just dip a toe in as a clinician, you can apply for

Stepping into Research and do a systematic review, or identify a research question and hypothesis relevant to your work. To answer your question, consider using available data, conducting audits, or combining research methods with quality projects. If your findings are of interest beyond your local area and your methods are robust, consider publishing your results.

So, whether its formal study or a small project related to your clinical work, there are many ways you can engage in research. The Allied Health Clinical Research Office is here to support you in your journey!

**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 Annie Lewis  
annie.lewis@easternhealth.org.au

### Allied Health Research Committee

Nick Taylor  
Katherine Harding  
Annie Lewis  
Amy Dennett  
Anne Thompson  
Danielle Griffiths  
Jorja Collins  
Rebecca Nicks  
Kate Morris  
Euan Donnelly  
Peter Brann  
James Gooden

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@EH\_Research



## Allied Health Pathways to Research

Eastern Health

### Enrol in a PhD



3 years (FTE) 6 years (PTE)

#### Eligibility

- Master’s by Research or coursework
- Honours or Bachelor degree
- Peer reviewed publication as lead author (like a systematic review)
- Fees offset by Research Training Scholarships (RTP)
- RTP stipend (\$32,500/year), La Trobe scholarships, external scholarships

### Enrol in a Masters by Research

20 months full time

#### Eligibility

- Bachelor degree

### Getting Started

- Do you have a burning question?
- Do you already have research experience?
- How big of a step do you want to take?

### Stepping Into Research

complete a systematic review

### Become a project officer

Work on an existing project

### Quality Projects

Evidence-practice gap  
Audits  
Report/analyse data  
Consider publication



The Allied Health Clinical Research office is pleased to host the  
**2022 Allied Health Research Forum**

Please join us for Eastern Health's  
**Virtual Allied Health 3 Minute Presentation Competition!**

Thursday 10<sup>th</sup> November, 3.15-4.45pm

**3MP competition entrants** present a project (proposed, in progress or completed)

- in strictly **3 minutes**
- with **one** PowerPoint slide.

EH Allied Health clinicians and scientists are eligible to enter the competition.

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



If you're 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 3MP, complete the entry form here:

<https://latrobe.questionpro.com/3mp2022>

Entries Close 27th October 2022

To join the audience: <https://latrobe.zoom.us/j/85837321828>

Queries to [annie.lewis@easternhealth.org.au](mailto:annie.lewis@easternhealth.org.au)

## Amy Dennett heads Stateside on TREC fellowship

After a two year COVID delay, I headed stateside to the annual Transdisciplinary Research for Energetics in Cancer Fellowship program hosted by the Yale School of Public Health. This competitive fellowship program offers early career researchers specialising in energetics and cancer the opportunity to develop their research skills and network with key academics across all disciplines working in cancer research. This program involves a week-long workshop and year long mentorship with prominent cancer researchers to aid fellows in developing their track record.

Led by Professor Melinda Irwin from Yale, the week had a focus theme of 'bench to bedside' where TREC fellows and alumni presented their research in basic science, clinical oncology and dissemination and implementation. I had the opportunity to present on recent telerehabilitation research conducted at Eastern Health, where our international colleagues were impressed with the strong focus our Australian research has on translating research to practice. There were many stimulating topics and robust discussion across the week on all topics from mRNA changes, what's the best strength training model for rats (get them to hang off a bar apparently) to time restricted eating and using personalised exercise to impact cancer outcomes.

The most valuable part of the week was the networking opportunities. With a roomful of over 50 academics and post-docs, fresh, new ideas were plentiful and invaluable collaborations formed. The week was a fantastic experience and I look forward to successful research opportunities with my newfound peers in these coming years.



Dr Jess Gonzalez, Dr Melanie Potiaumpai, Dr Mary Kennedy, Dr Amy Dennett and A/Prof Ciaran Faiman in Westbrook Connecticut



**10th Fragility Fracture Network  
Global Congress 2022**

*Bouncing Back*

20-22 October 2022 • Melbourne, Australia

**FFN**  
Fragility Fracture Network



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  #FFNCongress2022  Melbourne Convention and Exhibition Centre, Melbourne, Australia

Liz Wintle and Nick Taylor are speaking at the Physiotherapy Special Interest Group meeting on **Wednesday 19<sup>th</sup> October**.

Registration for this day is **FREE**

<https://www.eventbrite.com.au/e/physio-special-interest-group-workshop-tickets-377122953907>

This workshop will be part of the Fragility Fracture Network Global Congress, 20th-22<sup>nd</sup> October.

At the wider conference (October 20 -22), Made Rimayanti, Paul O'Halloran and Nick Taylor will be presenting a workshop on motivational interviewing.

For details for the main conference click [here](#)



# Sustainable food services: A two year journey

Jorja Collins, Dietitian

I was awarded a Churchill Fellowship to travel to the US to explore strategies to improve the environmental sustainability of hospital foodservices. As a foodservice dietitian at Eastern Health and a university lecturer and researcher in food-service and sustainability, I am aware of how 'usual care' in food-service and healthcare is contributing to the planetary health crisis and am working towards creating change.

The Churchill Trust, in memory of Sir Winston Churchill, awards and funds these prestigious fellowships with the motto 'travel globally, inspire locally'. It was a great honour to be one of ~100 people selected from ~1000 applicants to be entrusted to be an agent for change.

Over eight weeks in Feb – Mar 2020, I visited 12 hospitals across the US who had won awards for environmental excellence. I learned about their sustainable foodservice practices, barriers and enablers to successful uptake, implementation and maintenance, and the features that make these hospitals leaders in sustainability.

I toured hospital kitchens, dish rooms, wards, waste areas in the loading docks, onsite food gardens, teaching kitchens, 'pantries' providing food relief and power plants. I saw the 'room service' model of foodservice where people order their food to be cooked on demand and delivered by robots. I saw food waste being donated, composted and dried out and learnt about methods for measuring food waste. I visited local farms and food companies that supplied food to hospitals and heard about how having a contract with a hospital provided secure and significant income to improve the livelihoods of these businesses.

Hospital values and leadership were critical for success. These hospitals believed they have a responsibility to the community to invest in public

health, health promotion and sustainable food systems and health care. In contrast to Australian hospitals, all had a full time employee devoted to hospital sustainability with clear policies, KPIs, governance structures and 'green champions'. Hospitals were members of 'Health Care Without Harm', an organisation that runs programs to support hospitals to be more sustainable. This gave hospitals access to case studies, toolkits, networks and an awards system to incentivise continuous improvement. I also observed cultural factors and legislation that were instrumental in shifting behaviours, such as bans on sending food waste to landfill in the state of Washington - composting is second nature and supported by infrastructure.

Waste management practices and food procurement approaches are priority areas for change due to their scale and impact. I documented over 20 case studies that include examples of how waste can be diverted from landfill and local food procurement can be increased. We can optimise cultures, practices and structures to support the implementation and maintenance of environmentally sustainable foodservice initiatives in Australian hospitals by:

1. **Having a sustainability committee in every hospital**, including foodservice and nutrition staff
2. Hospitals and healthcare organisations **signing up to Global Green and Healthy Hospitals**.
3. **Healthcare and foodservice standards** extending their scope to include environmental sustainability.
4. Beginning a **new narrative that values hospital food and foodservice** and gives public health nutrition a place in hospitals.
5. **Measuring and sharing information** about the outcomes and feasibility of environmentally sustainable hospital foodservice strategies



and foodservice models, to inform smarter decision making.

The impact I have been able to make in my work as a foodservice dietitian, a lecturer and a researcher has undoubtedly been influenced by the findings of this fellowship, and the status that comes from being a Churchill fellow. At Eastern Health we have installed a new waste machine at Box Hill hospital to turn food waste into energy, we have created a new position for a 'Sustainable food systems dietitian' which is the first of its kind in Australia and we are working towards signing up to be a member for Global Green and Healthy Hospitals. Our research is helping to understand what best practice looks like and how we can achieve it. We have explored staff and patient perspectives, the pillars of institutions that support change, developed an evidence based tool to measure food waste and audited where hospital food comes from. I have published 12 research papers with 6 more underway and have presented at conferences to dietitians, nurses and midwives and the Department of Health. The Victorian Government has cited our research to support recommendations for action on food waste and we are liaising with government departments to ensure our research findings are factored into new policy on local food procurement.

There is still plenty more work to do, but I am proud of our progress so far!

You can read a summary or full report about my fellowship [here](#).

## Conference News

### AADPA 5th Annual Conference, Sydney, 30-31 July 2022

**Vanessa Petersen** Increasing understanding using the hot and cold executive functioning framework

### Australasian Professional Society on Alcohol and other Drugs (APSAD), Brisbane, October 2022

**James Gooden** Beyond the ice: Differences in biopsychosocial risk factors and neuropsychological profiles among individuals with histories of alcohol or methamphetamine-polysubstance use. (poster)

### Dietitians Australia 2022 Conference, Adelaide, 14-16 August 2022

Ms Amanda Anderson, Ms Evelyn Volders, Dr Lisa Barker, **Ms Emily Roberston, Ms Melanie Myers.** A virtual placement day to improve preparedness in response to the COVID-19 pandemic. Oral presentation.

Miss Weijue Kang, **Ms Claire Woodward, Lina Breik,** Dr Lisa Barker. Does diarrhoea diagnosis cause an interruption in Enteral Nutrition Delivery in the ICU – Retrospective audit. Oral presentation.

Nathan Cook, Denise Goodwin, **Jorja Collins,** Judi Porter. People won't make choices unless they're forced to": Hospital food services, food waste, and COVID-19. Poster presentation.

### International Forum on Quality & Safety in Healthcare, Sydney 24-26 July 2022

**Katherine Harding, Nick Taylor, Annie Lewis** Reducing waiting times for community and outpatient services: A data driven approach (workshop)

### Australasian Diabetes Congress , Brisbane, 8-10 August 2022

**Michaela Watts,** Eastern Health High Risk Foot Service Inaugural Database Audit and Reflections (e poster)



**Registrations open!**  
**University of Sydney**  
 30<sup>th</sup> November to  
 2<sup>nd</sup> December 2022

## PhD Spotlight: Ali Gibbs Physiotherapy

Ali Gibbs is almost at the half way point of her PhD exploring how to assist people with hip and knee osteoarthritis access the appropriate care. She began her career as a physiotherapist working in various musculoskeletal roles, eventually becoming an Advanced Practice Physiotherapist working in the Osteoarthritis Hip and Knee Service (OAHKS). She continues to work part time in OAHKS as well as part time PhD at La Trobe University.

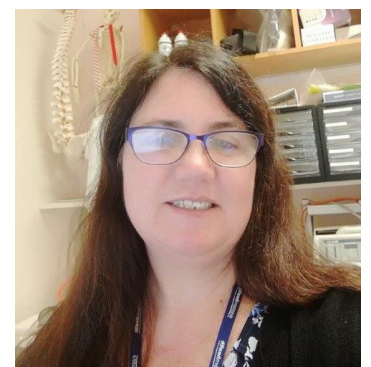
Guidelines internationally concur that exercise therapy is first line care for all people with hip and knee osteoarthritis. Yet, most people don't receive this care, including approximately a third of people having joint replacements. OAHKS clinics involve a screening assessment with an advanced practice physiotherapist in place of people seeing an orthopaedic surgeon. However, if non-operative management such as exercise therapy is recommended, people are referred

externally either to community health services or private physios.

Ali undertook a feasibility study of an OAHKS clinic in a community health service, with onsite access to physiotherapy and dietetics, and compared outcomes with the hospital OAHKS. Patients and GPs were highly satisfied, waiting times were less and referral rates to orthopaedic surgeons were significantly lower (3% compared to 33%) at the community health-based OAHKS. GPs expressed some confusion regarding referral pathways. However despite the advantages of the community-based OAHKS, referral rates from GPs have remained low.

A qualitative study of physiotherapists working in OAHKS and physiotherapy-led osteoarthritis services in other states identified similar issues with complex referral pathways and a perceived lack of GP knowledge of osteoarthritis guidelines and physiotherapy-led osteoarthritis services.

Ali is currently working on two projects, a systematic review of hip and knee osteoarthritis guidelines, and a qualitative study interviewing GPs. The GP interviews are seeking to gain GP perspectives on referring people with hip and knee osteoarthritis and what could help them with referring people to physiotherapy-led services. The findings of the interviews will be used to shape an intervention aiming to increase referrals, with feedback on possible options being sought via a large survey.



## 2023 Eastern Health Foundation Research and Innovation Grants \*NOW OPEN\*

One of Eastern Health's strategic initiatives is "leading in research and innovation", which is part of our aspiration to become an organisation that is renowned for research, striving for performance excellence and translates research evidence into the care we provide our community.

Application to the 2023 Eastern Health Foundation Research and Innovation Grants will be open until midnight on **27 October 2022**. Grants are open to all Eastern Health staff and disciplines.

A preview of the application form is now available via the SmartyGrants Eastern Health Foundation Research and Innovation Grants portal at:

<https://easternhealth.smartygrants.com.au/EHFResearchGrants2023>

"Thanks to the commitment of our philanthropic donors, Eastern Health is able to support ongoing research to help discover new treatments and cures to advance healthcare for generations to come," says Veronica Lyons, Director, Eastern Health Foundation.

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 with regards to your research or application process.

## Trials now recruiting

**TeleCaRe:** A randomised controlled trial of exercise based cancer rehabilitation for cancer survivors. Send referrals to [telecaretrial@easternhealth.org.au](mailto:telecaretrial@easternhealth.org.au)

**CanFit:** A randomised controlled trial of a behavioural intervention for hospitalised patients with cancer. Recruiting from ward 4.1 BHH. Send referrals to [canfittrial@easternhealth.org.au](mailto:canfittrial@easternhealth.org.au)

**AAT-APP trial:** Recruiting individuals 55+ years looking to reduce their drinking. Chance of being allocated to one of two different types of app-delivered brain training. Involves downloading the app and completing training weekly for four weeks. Participants receive \$40  
For further details email: [Georgia.Bolt@monash.edu](mailto:Georgia.Bolt@monash.edu)

## Recruitment finished

**PIRATE (Prehabilitation for autologous stem cell transplant) Trial** recruitment is complete! Thank you to our haematology staff for their involvement. We



## Euan's Musings

*Euan Donley works with the Psychiatric and Emergency Response Team and is a regular columnist for Allied Health Research News.*

Dear Eastern Health Foundation,  
My name is Euan. I am a doctor. Not a doctor that if you break your leg I can help. But a PhD. So if you break your leg and happen to need an emergency systematic review I am your man.

Anyway, as a PhD I am always interested in looking for grant applications to better Eastern Health. Because, as I said, I am a doctor. And I have an idea I think you can get behind that I have totally thought through because I have a PhD. So, naturally, you can assume I would never write anything without due consideration or just to pad out my word limit.

I write a column called "Euan's Musings". TBH (see how I proved I was not worried about padding for word limit?) at least 2 people have told me it is very popular. One of them is my wife. The other is the editor or the Research Newsletter who is totally not invested in just keeping me happy so she has enough topics in her newsletter.

In my Musings I write and tell people about research. The topic of this issue is to show reader(s) exactly how to write a good grant proposal to the Eastern Health Foundation. You're welcome.

I think this is probably suffice if I could request you kindly fund these

musings for the next 5 years.

My budget is modest; new laptop to write it up, access to the internet for a year, and a subscription to 'Star Wars Memes' because I am running out of ways to reference Star Wars in my musings. I imagine people would be quite distressed without these references.

If you approve this I am happy to provide you with the details my Cayman Islands account.

Yours in anticipation.

DOCTOR Euan Donley



## Allied Health Research Achievements

Hearty congratulations to Dr Annie Lewis, of the Allied health Clinical Research Office, on her PhD graduation from La Trobe University and winning the Nancy Millis medal for an outstanding thesis!

## Publications

**Rubenis AJ**, Nation JA, Katz EC, Arunogiri S. Increasing Attendance in Addiction Treatment With Limited Resources: A Narrative Review. *J Addict Med.* 2022 [Epub ahead of print]

**Briffa C, Sullivan R.** Providing aphasia-friendly information in the health-care setting: Applying the Theoretical Domains Framework to identify factors that influence speech pathologists' self-reported practice. *Aphasiology*

**Chisholm J**, Petrakis M. Peer Worker Perspectives on Barriers and Facilitators: Implementation of Recovery-Oriented Practice in a Public Mental Health Service. *Journal of Evidence-Based Social Work.* 2022 Sep 4:1-4.

Cook N, Goodwin D, Porter J, **Collins J.** Food and food-related waste management strategies in hospital food services: a systematic review. *Nutr Diet.* In press

Cook N, Goodwin D, **Collins J**, Porter J. 'It's a constant changing environment, and we're just playing catch up': Hospital food services, food waste, and COVID-19. *Nutrition & Dietetics.* 2022;1-10.

**Clarke SY**, Williams MT, Johnston KN, Lee AL. The prevalence and assessment of pain and dyspnoea in acute exacerbations of COPD: A systematic review. *Chronic respiratory disease.* 2022, Jan.

King OA, Pinson JA, **Dennett AM**, Williams C, Davis A, Snowdon DA. Allied health assistants' perspectives of their role in healthcare settings: A qualitative study. *Health Soc Care Community.* 2022 [Epub ahead of print]

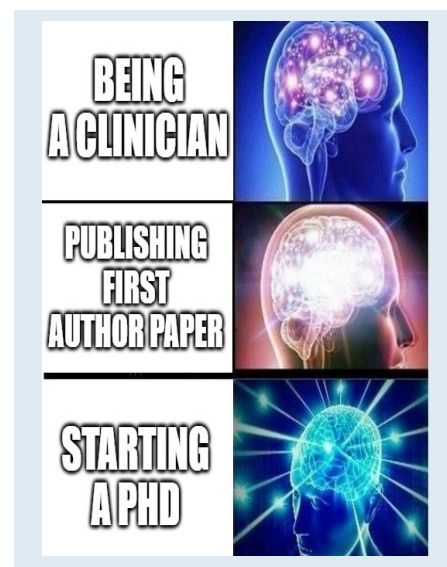
Pinson JA, King OA, **Dennett AM**, Williams C, Davis A, Snowdon DA. Exploring the role of medical imaging assistants in Australian medical imaging departments: a mixed-methods study. *J Med Rad Sci* 2022 [in press].

**Taylor NF**, Peiris CL **Harding KE Thompson A, Dennett AM**, Hau R, Shields N. A walking program for adults living in the community after hip fracture: a feasibility randomized controlled trial. *Clin Rehabil* 2022 [in press]

**Griffiths DA**, Kaminski MR. Duration of total contact casting for resolution of acute Charcot foot: a retrospective cohort study. *J Foot Ankle Res.* 2021 15;14(1):44.

Bhar S, Koder D, **Jayaram H**, Silver M, Davison T. Addressing Mental Health in Aged Care Residents: A Review of Evidence-Based Psychological Interventions and Emerging Practices. *Adv Psych Beh Health.* 2022, 2(1)

**Sadler** et al. Age with ACT: A pilot acceptance and commitment therapy group for older adults receiving a community mental health service » *Psych Couns J Aust*, 2022



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