

ALLIED HEALTH  
RESEARCH NEWS

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## Allied Health Research at Eastern Health / La Trobe University welcomes new professor

We are extremely pleased to announce the appointment of Katherine Harding as Professor of Allied Health / Implementation Science.

Eastern Health and La Trobe University continue to strengthen their research partnership by establishing this new role, supporting the conduct and implementation of allied health research. We congratulate Professor Harding in her new full time appointment where she will be focusing her attention on implementation science and continuing her world class work in demand management in non-admitted healthcare.

Prof Harding will be known to many of you through her role as the allied health research manager and senior research fellow here at Eastern Health. Commencing in the Allied Health Clinical Research Office in 2007 as a research assistant, Prof Harding has made a huge impact on promoting a strong research culture in Allied Health at Eastern Health.

Over the past 15 years, Prof Harding has established herself as a world leader in demand management through the development, evaluation and implementation of the STAT (Specific Timely Appointments for Triage) model with over 70 publications and \$2M grant funding to her name since completing her PhD in 2013. She has recently returned from Canada where she has been



presenting her research on the international stage, at the Canadian Association of Health Services and Policy Research Conference.

Katherine is not only passionate about improving access to healthcare services through her own research but is also dedicated to promoting the growth of up and coming researchers here at Eastern Health. She has supported and led a number of research promotion initiatives at Eastern Health including the annual Stepping Into Research program and Allied Health Research Forum.

Congratulations Katherine on this outstanding achievement and we look forward to seeing further exciting research from you and your students!

### A Research Newsletter for Allied Health Clinicians

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## Allied Health researchers taking the plunge

### “Stepping into Research” Allied Health Research Training Scheme

Congratulations to 2023’s class of Stepping into Research. Social workers have scooped the pool this year with five successful applicants taking on some important topics.

This program is a unique opportunity offered by the EH Allied Health Research Office where clinicians are provided with training and a mentor to write a systematic review. The program was developed at EH in 2009 and has seen 4 in 10 clinicians go on to publish their work, and 1 in 10 enrol in higher degrees. The program has been since developed as a “train the trainer” scheme with several Victorian health services now running the program. Welcome to following participants who are taking the plunge in this year’s program:

Participant	Topic of interest
Renee Burdeau	What brief interventions are effective for improving self-efficacy and wellbeing outcomes for victim/survivors who have experienced a recent sexual assault?
Samantha Dong	What is the impact of bottom-up psychotherapy on stress and anxiety for older adults with PTSD?
Sin-Ying Tan	What is the role of acute inpatient care in the management of people with borderline personality disorder (BPD)?
Stephen Herd	What is the impact of family violence interventions on AOD outcomes for people with family violence experiences who attend for AOD treatment?
Wayne Conron	Does single session family therapy make a useful addition to clients and families of people being treated by a psychiatric crisis team?

## Accelerating Research Translation: The ART of Evidence Based Care

**Accelerating Research Translation: The Art of Evidence Based Care (ART)** is a new Eastern Health study that seeks to improve the way clinicians implement high quality guidelines into practice. This cross-disciplinary study brings together continuous improvement with research, and unites medicine, nursing, allied health clinicians and allied health scientists.

The study, led by Professor Katherine Harding, is testing a framework that adapts the approach to continuous improvement used by clinicians at Eastern Health to evidence implementation projects. Fourteen clinicians who have been able to identify a gap between a clinical practice guideline and current practice at Eastern Health will lead local pilot projects to test the framework, supported by a series of workshops and a mentor.

The first cohort of project leads for these pilots has now been recruited and the first workshop will take place in July.



### ART participants and their project area:

**Amanda Tunstall** (nuclear medicine): Parathyroid scans

**Anu John & Lauren Fraser-McKelvie** (nursing and OT): Targeted falls education

**Ella Monaghan & Claire Woodward** (dietetics and support services): Menu images

**John Dyett (medical)**: mechanical circulatory support

**Matoula Wicks & Katherine Fox** (physio): balance assessment and intervention

**Kimberley Ang** (dietetics): Bariatric surgery

**Kiran Kalia** (medical): C-section guidelines

**Kylie English** (OT): Cognitive screening after stroke

**Lacey Strachan** (nursing): Oncology vascular access

**Sarah Chen** (physio): Circuit training in stroke rehab

**Sarah Dallimore** (podiatry): High risk foot management

## Speech Pathology outputs from Stepping into Research 2022

Two participants from the 2022 program share their experience of Stepping into Research.

### Megan Madonna

**Senior Paediatric Speech Pathologist,  
Community Health**

Participating in the Stepping into Research program was something that I had contemplated for a couple of years before actually putting my hand up. I'm so glad that I did eventually dive in! I have been well supported by the program, the other participants in the program and my mentor, Katherine Harding, to produce a systematic review. My review is titled "Caregiver training improves child feeding behaviours in children with Paediatric Feeding Disorder and may reduce caregiver stress: A systematic review and meta-analysis".

Throughout the Stepping into Research program, I learnt about the methods for forming a clinical question, searching the databases, evaluating the evidence and structuring a systematic review. The outcomes of my review showed that training caregivers improves their use of positive mealtime strategies and also improves the mealtime behaviours of children with Paediatric Feeding Disorder.

My day to day work is clinical so this project allowed me to use a different skill-set and add some variety to my working week. It also really helped that my clinical question was directly relevant to my current caseload and service delivery models utilised in Community Health. I've been able to share this research with my colleagues, furthering their evidence-based practice skills which is beneficial to our clients. The program has been more time intensive than I had originally anticipated, but seeing my systematic review come together has been a very satisfying process.

I'd encourage anyone interested to apply for future Stepping into Research programs.

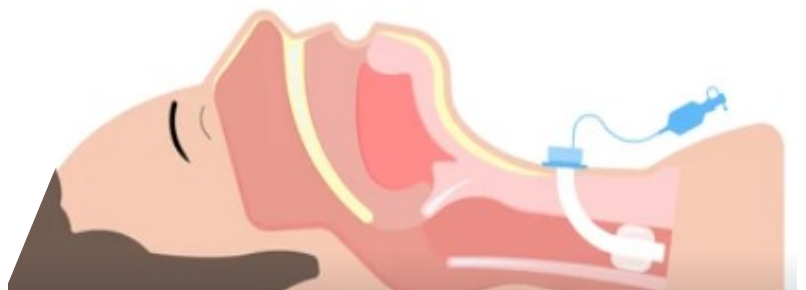
### Kate Morris

**Acute Clinical Lead Speech Pathologist**

Taking part in the well-established Stepping into Research program has been a wonderful learning opportunity and an enjoyable experience. The structured workshops allowed me to develop my knowledge and skills in undertaking a systematic review. My mentors, Professor Nicholas Taylor (La Trobe & Eastern Health) and Dr. Amy Freeman-Sanderson (University Technology Sydney) generously shared their time, wisdom and expertise, to enable me to complete my systematic review, titled "The use of Flexible Endoscopic Evaluation of Swallowing (FEES) for assessment and management of swallowing is likely associated with improved safety-related outcomes for patients with tracheostomy: A systematic review"

My systematic review found low to very low certainty evidence that assessing the swallow of tracheostomised individuals with FEES was associated with improvements across safety-related outcomes when compared to the use of other non-instrumental swallow assessments. This result sparked critical discussion about the topic and has also opened avenues for future research.

I have finalised my manuscript and I am currently in the process of preparing a submission to a journal for consideration for publication, which is a really exciting prospect. Stepping into Research has been very fulfilling and I would recommend it to any inquisitive clinician who is keen to develop their knowledge and skills in research.



## Doing research? The library is your friend!

**No matter what stage of the research process you are at the Library Service at Eastern Health can assist you.** As you might expect we have a range of [print](#) and [electronic books](#) that can provide insight and guidance on the research process. But beyond that you may not be aware of the range of resources and services the Library Service has tailored to assist and support research at Eastern Health.

If you are new to the steps involved in evidence-based practice, from developing a clinical question to critical appraisal, check out our guide to [Evidence-Based Practice](#).

If you are planning to undertake a literature review our [Systematic Reviews Guide](#) will introduce you to the different types of literature reviews that can be undertaken and will help guide you through the steps required.

If you are preparing a research grant proposal, library staff can compile research metrics on your published research to support your application.

If you are undertaking a literature review book a [research consultation](#) with a librarian for advice on database searching and a review of your search strategy. Evaluations of published search strategies for systematic reviews have shown [high rates of errors that may affect recall](#) and that consequently may introduce bias into the conclusions. But utilising the expertise of a librarian as a member of the research team has been found to [significantly increase the quality of systematic reviews](#).

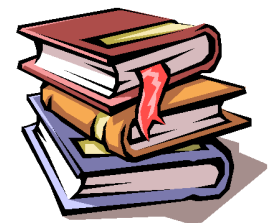
Not sure which bibliographic management software to use? Check out our guide [comparing EndNote, Mendeley and Zotero](#) and if you need help using these programs book a tailored [training session](#) with library staff.

The library website has a range of [tools](#) to help you in trying to locate full-text copies of articles needed for your study. Library staff can also track down the [full-text of articles](#), especially those not readily available

online, utilizing our extensive library network.

When you come to writing up your research you will find a number of [books](#) in our collection that can assist with the process. Librarians also have a lot of knowledge about different publishers and can assist in identifying appropriate publications for submission of your manuscript.

So whatever stage you are at in your research our expertise, knowledge and resources can help support your research project. If you want to discuss with a librarian in more depth how we can assist you contact the Library Service on **9895 3200** or [EHL@easternhealth.org.au](mailto:EHL@easternhealth.org.au).



## Allied Health Research Office receives funding to support implementation of Department of Health Demand Management Policy

Work led by Katherine Harding at Eastern Health's Allied Health Clinical Research Office into better ways to manage demand for community based health services has recently attracted the attention of the Department of Health.

A review of the demand management framework for community health has been conducted over the past two years, resulting in a new "[Demand Management Toolkit](#)" for these services. The new toolkit moves away from the use of triage systems and waiting lists to manage demand. Instead it places more emphasis on rapid access to initial assessment and strategies to improve patient flow, consistent with the principles of the STAT model developed by our allied health research team and

promotes the use of this model for community health

In order to support implementation of the new framework, researchers in our Allied Health Clinical Research Office have received \$200,000 to run a workshop series, develop resources and set up an online community of practice to support clinicians working on reducing health service waiting lists.

Two exciting opportunities are about to become available to be part of this work. If you are interested in finding out more about either of these opportunities, please contact Katherine Harding. Both opportunities will be formally advertised over coming weeks.

For more information:  
Katherine.harding@easternhealth.org.au  
Phone 0420 939 008

## Upcoming Opportunities

### Project officer

This role will involve delivery of workshops, assisting with development of resources, moderating a community of practice and some limited direct support to services in reducing waitlist backlogs. This is expected to be a full time role for a *minimum of 12 months*, commencing later this year. Job share arrangements will be considered.

### PhD Scholarship

There is an opportunity for a full time 3.5 year *PhD scholarship* (approx \$32k per annum, tax free) supported by La Trobe University to work with our team on the evaluation of the implementation of the Demand Management Toolkit, commencing January 2024. If you are ready to take on the challenge of a PhD and passionate about improving access to health services, we'd love to hear from you.

# Surviving an ethics audit

James Gooden, Turning Point

**So after years of working in research, submitting ethics applications and progress reports, you've just been requested to undergo a research audit by the Research Office. Cue anxious screaming "I've never been audited, why now!?"**

Audits have always been an ethics requirement and so the Eastern Health auditing program was created to satisfy these governance requirements of the Office of Research Ethics. The aim is to help ensure all Eastern Health researchers are compliant with the NHMRC National Statement of Ethical Conduct in Human Research (2007) (Updated 2018) and NHMRC Australian Code for Responsible Conduct of Research (2018), and all other relevant national and international guidelines and standards.

## How it works

Audits can be in-person or desk-top. For in-person audits, the auditor will offer a window of approximately one to two months' notice to arrange the audit, so there will be plenty of time to prepare. They will also provide a self-audit tool which highlights the key areas they will be looking into. This will allow you cross check your governance procedures and identify any areas you will likely need to action. On the day they will check over key documents and files, and want to see where this information is stored (electronically and/or hardcopy). They will also go through a set of questions to ascertain the progress of your project, not unlike an annual progress report (you're up to date with those right?!). Afterwards a report will be provided with any areas that needed actioning. For anything requiring your action you must advise the research office when these have been completed. Simple!

For a desktop audit, the auditor will request the research team provide information about a chosen topic or aspect of their project, following which an outcome email will be sent to the team.

**Contact the Office of Research and Ethics if you have any questions or require any guidance with your preparation or any other compliance matter. The Office of Research and Ethics is here to support your research and would love to help!**

## Some preparation tips from an auditor:

- If selected for an 'in-person' audit, complete the Eastern Health Self Audit tool. It will give you an idea of what the auditor will be looking for.
- Make sure your project progress reports are up to date.
- It is helpful to have all study personnel trained in Good Clinical Practice (GCP). This training is useful for all clinical research – not just for when you are working on a clinical trial.
- Make sure all currently approved and superseded project documents are filed and clearly labelled.
- Make sure all HREC and governance approvals are filed and clearly labelled.
- Ensure all project documents are stored either electronically, or in hard-copy, or a combination of both.
- Make sure all signed Participant Information and Consent forms are collated and available for review.
- Double check that all recruitment, data collection and data storage is being carried out as per your approved protocol.
- Should any compliance issues, or any other matters of concern arise from an audit, the Office of Research and Ethics is committed to working closely with the research team to help resolve these.

## Some helpful organisational tips from a recently audited researcher:

- Have folders and essential documents organised and a record of these folder/file locations, who has access and any security provisions. Go through the mental exercise of what would happen if you're not around to tell people where things are stored.
- Keep records of meetings & training sessions as you have them. It is much easier to keep logs prospectively than having to go back over your calendar and try remember who attended what meeting!
- Keep a project delegation log which highlights key roles and tasks of all research staff.
- Keep records of signed consent for all participants and a recent recommendation has been for this signed consent form to be uploaded into the client's electronic medical record.
- Above all, be a stickler for consent and your protocols.



## Allied Health Research Achievements

### Publications

**Carino S**, Misale G, Egan M, Collins J. The origins of hospital food: Where does it come from and what do staff, patients and suppliers think about local food? *Nutr Diet* (Epub ahead of print)

**Hatzipashalis S**. A social worker's reflections on responding to traumatic stress in palliative care. *J Soc Work in End-of-Life Care*: <https://doi.org/10.1080/15524256.2023.2198675>

**Sullivan R**, Skinner I, **Harding KE**, Hemsley B. Hospital Policies on Falls in Relation to Patients with Communication Disability: A Scoping Review and Content Analysis. *Australian Health Review* (in press)

**Sullivan R**, Skinner I, **Harding KE**, Hemsley B. "Patient unable to express why he was on the floor, he has aphasia." A content thematic analysis of medical records and incident reports on the falls of hospital patients with communication disability following stroke. *Int J Lang & Comm Dis* (early online)

**Gibbs AJ**, Gray B, Wallis JA, **Taylor NF**, Kemp JL, Hunter DJ, Barton CJ. Recommendations for the management of hip and knee osteoarthritis: a systematic review of clinical practice guidelines. *Osteoarthritis and Cartilage* (in press)

Brusco NK...**Devlin A**...**Taylor NF** et al. Barriers and facilitators to implementing self-directed therapy activities in inpatient rehabilitation settings. *Australian Occupational therapy Journal* (in press)

Rimayanti MU, **Taylor NF**, Shields N, Prendergast LA, O'Halloran PD. Health professionals can sustain proficiency in motivational interviewing with a moderate amount of training: An intervention fidelity study" *Journal of Continuing Education in the Health Professions* (in press)

Brusco N...**Taylor N** et al. In Australian hospitals how do we train nursing and direct care staff to assist patients and residents to move? A national survey. *Australian Health Review* (in press)

### Conference Presentations

**Gooden JR** Monash Addiction Research Centre Symposium, May 2023:

- Beyond the ice: Differences in biopsychosocial risk factors and neuropsychological profiles among individuals with histories of alcohol or methamphetamine-polysubstance use.
- Predictors of cognitive functioning in presentations to a community based addiction neuropsychology service. Monash Addiction Research Centre Symposium, May 2023.

**Watts M**: 9th International Symposium on the Diabetic Foot (ISDF) at The Hague, Netherlands:

- Eastern Health High Risk Foot Service Inaugural Database and Access to Service"
- What Cannot be Measured Cannot be Improved – Setting the Standard for Interdisciplinary High Risk Foot Care in Australia – NADC Standards.'

## Allied Health Research Committee

Nick Taylor  
Katherine Harding  
Amy Dennett  
Annie Lewis  
Anne Thompson (L&T)  
Danielle Griffiths (Pod)  
Jo McKinstry (Dietetics)  
Rebecca Nicks (OT)  
Kate Morris (SP)  
Sophie Hatzipashalis (SW)  
Sabrina Hernandez (PT)  
Peter Brann (Mental Health)  
James Gooden (Psych)



@EH\_Research



## Euan's Musings

*Euan has a doctorate but discovered saying this does not equate to free hot chocolates for life, or ever.*

So feedback is important and I shan't lecture you on the differing types. One important part of feedback is a survey (or a questionnaire for the pompous) and as researchers we have unique skills to bias our questions to get the responses we need. This may sound unethical but when you realise that further funding, employment, or free travel is on the line then it is for the greater good (the greater good\*).

I have been thinking about getting feedback for this very column of musings. Usually I take the general avoidance of eye contact by others who see me in the corridor as an accurate feedback gauge. The tone from the esteemed editor of this very publication can also be a great

source of feedback simply by looking at the e-mail subject heading. "Euan, we should talk about your latest Musings", "Do you actually put any effort into the musings?", and "Why do you make my life so hard and seemingly want to destroy the newsletter? Is it because you are a bad person or a bad researcher? I sense both. My blood pressure, what is this pain running up my arm?" are generally a close guide to reader feedback.

Of course, one must consider to have reader feedback one must actually have readers. So right there we have a reasonably significant limitation to our feedback design.

For the heck of it, and for those that have nothing better to do (if you are unsure of this then reading this

Musing's is generally a fair indicator you do not have anything better to do) then you are welcome to complete my feedback survey link below. I think you will find it a fair and balanced way of just slightly biasing the results that could potentially suit my needs to get paid or at the very least not have to pay to compensate people for the pain and suffering from reading this.

<https://www.surveymonkey.com/r/P55CZY9>

If you are interested in knowing more about how to design some actual good surveys, then do what any good researcher does and google it.

\*this gag was for the Cornetto trilogy fan reading