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A Research Newsletter for Allied Health Clinicians

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Allied Health take the clean sweep of the 2023 EH Research Forum



This year, saw the return of the annual Eastern Health Research Forum which showcases research across the organisation from medical, nursing, allied health and non-clinical disciplines. The return of the forum came after a pause of almost four years due to ongoing COVID-19 restrictions which coincidentally seemed to change around forum time every year!

The forum was an opportunity to come together and celebrate the fantastic, impactful research being done by Eastern Health clinicians. Eastern Health research output continues to grow with over **2100 publications (equates to more than one publication from EH every day)** produced since the last forum! The audience was treated to a large breadth of research presented through posters, 3-minute short oral and 12-minute long oral presentations.

A highlight was the opportunity for cross-disciplinary networking with our medical and nursing colleagues to foster future grant opportunities and projects.

Allied Health was once again well represented with poster presentation from physiotherapists Swapna Gokahle, Ali Gibbs, social worker Euan Donley and Pharmacist Sam Maleki. Allied health also took centre stage

with the oral presentations, with Natasha Brusco presenting a short oral presentation, and Sam Maleki, Amy Dennett and Katherine Harding in competition to be the long oral presentation champion!

Our Allied Health representatives were judged to have presented the best presentations of the day. Physiotherapist and Victorian Cancer Agency Research Fellow **Amy Dennett** won the best long oral presentation for her research, *“Prehabilitation improves physical capacity before and after autologous stem cell transplant: a randomised controlled trial.”* **Natasha Brusco** (past Eastern health physiotherapist and manager who continues to lead major research projects at Eastern Health) won the best short oral for her presentation *“Cost-effectiveness of increasing the dosage of therapy participation during inpatient rehabilitation via self management “My Therapy””*.

Congratulations to all staff who presented on the day and the organisers from the Ethics office for hosting such a fantastic event. We hope to see you all at the next forum in 2024!

Contact us

Alliedhealth.research
@easternhealth.org.au

Follow us on Twitter!
@EH_Research



Missed out?

Recordings of the event are available [here](#)

Left: Amy 's winning presentation

Right: Amy and Natasha with their awards

Allied Health Research Forum 2023

2023 has been another successful year for research from our allied health clinicians which was showcased at the recent annual Allied Health Research Forum, delivered both in-person and online for the first time on October 25th.

Over 120 clinicians attended the hybrid event (>70 online, 50 F2F), which was a great opportunity to reflect on the fantastic achievements of our allied health clinicians and scientists over this past year. There was broad representation across the allied health disciplines, with a variety of presentations on display.

A special thanks to Director of Eastern Health Institute, Prof Leanne Boyd, for delivering the forum welcome message, Chief Allied Health Officer, Ged Millard

and forum guest speaker, Prof Nora Shields from La Trobe University who shared on the valuable topic of 'The Role of Health Professionals in Promoting Physical Activity among People with Disability'.

As in previous years, the presentations took the form of a **three minute presentation competition**. Presenters rose to the challenge of delivering their work to the audience in precisely **3 minutes** and a **single slide**.

Our judging panel, consisting of Eastern Health Professor of Allied Health/Implementation Science Prof Katherine Harding and our Eastern Health Director of Research Prof David Taylor, awarded the prize for **Best Presentation** to physiotherapist **Sarah Osieurak**. The **People's Choice** was awarded to physiotherapist, **Renita Manning**. Our thanks to the organisers, speakers, judges and audience for a wonderful celebration of Allied Health Research.

☆ Winner: Best Presentation

Sarah Osieurak: A training program to improve the effectiveness of clinical supervision of physiotherapists: A randomised controlled trial

☆ Winner: People's Choice Award

Renita Manning: Predictors of Functional Change in Stroke Patients Following Participation in the Early Supported Discharge (ESD) Program

Janice Chisolm: Recovery-Oriented Practice in Mental Health: Lived Experience Peer Worker and Multidisciplinary perspectives on its Implementation.

Ashlee Miller-Jenkins: Integrating Allied Health into Hospital in the Home (HITH) Cancer Services

Erina Zhang: Complex Pain and Simple Measures - A Need to Do Better for Labouring Women

Kate Morris: Safety Related Outcomes for Patients with a Tracheostomy and the Use of FEES for Assessment and Management of Swallowing: A Systematic Review

Anthony Chiodo: Risk Stratification with a Matched Treatment Pathway for Acute Back Pain in Adults: a Systematic Review and Meta-Analysis

Zhi Lin Guo: Evaluation of inpatient melatonin use as per National Guidelines and Hospital Formulary: A Retrospective Review

Megan Madonna: Treating Paediatric Feeding Disorder Using Caregiver Training - Is It Effective?

Hazel Erol: Evaluation of Inpatient Ferric Carboxymaltose Administration for Severe Anaemia and Documentation of Written Consent

Sarah Osieurak: A Training Program to Improve the Effectiveness of Clinical Supervision of Physiotherapists: A Randomised Controlled Trial

Katherine Pryde: Multi-Disciplinary Palliative Rehabilitation Improves Quality of Life for Adults with a Life-Limiting Illness and Reduces Time Spent in Hospital: A Systematic Review and Meta-Analysis

Renita Manning: Predictors of Functional Change in Stroke Patients Following Participation in the Early Supported Discharge (ESD) Program

Emma Chan: What the fall! Are Eastern Health Physiotherapists Assessing People with Parkinson's Disease As Per Current Falls Prevention Guidelines?

Alicia Devlin: Patients' and Carers' Perceptions of Participating in Self-Directed Activities Outside Supervised Occupational and Physiotherapy Sessions - A Qualitative Study



Missed out?

The recording of the event is available [here](#) using the password: **Eastern.**

Top: Prof Nora Shields
Bottom Right: our two winners Sarah Osieurak and Renita Manning



3 Minute Presentation

'Best Presentation' Winner:

A training program to improve the effectiveness of clinical supervision of physiotherapists: A randomised controlled trial by Sarah Osiurak

A transcription of the inspiring winning three minute presentation from the Allied Health Research Forum. Congratulations Sarah!

The clinical supervision of physiotherapists usually involves a more experienced supervisor supporting a less experienced supervisee through professional opportunities designed to target professional skill development and support for fulfillment of all aspects of their professional role.

Now how effective this clinical supervision is, is important because in health professionals it has been linked to the quality and the safety of care that our consumers receive, and the wellbeing of our staff.

Historically, in public healthcare settings, physiotherapist's clinical supervision is on average not effective. And this is in contrast to many of the other allied health professions.

These findings are even corroborated here at Eastern Health with multiple research investigations conducted in the context of our education package that you are likely familiar with – the mandatory, self-directed Allied Health Clinical Supervision Training Package found on iLearn.

So, we wanted to determine whether adding an interactive, profession-specific 3-part workshop series to the existing self-directed learning – compared with the self-directed training package alone would:

- Improve clinical supervision effectiveness
- Reduce staff burnout
- Increase how frequently our physiotherapists participated in clinical supervision activities



So, we conducted a randomized controlled trial with 58 fulltime or part-time physiotherapists here at Eastern Health. What we found were mean between group differences which were small, yet favored our intervention group for improvements in clinical supervision effectiveness and reduced staff burnout. In fact, at baseline our intervention group on average did not receive effective clinical supervision, and at our 4-month follow-up they did.

However, at our 4-month follow-up participation in clinical supervision activities across the board was poor, with only 10% of our entire cohort meeting the organisation's expectation for how frequently they are expected to participate in clinical supervision activities. And for our intervention group, this meant there were limitations to how often they were able to translate what they had learned in the workshops into practice.

So in the future, perhaps delivering targeted interventions to address participation barriers in addition to our intervention could yield more positive results.

But, if we want to increase clinical supervision effectiveness and reduce staff burnout, it is worth considering that interactive, profession-specific clinical supervision training for physiotherapists may out-perform self-directed education which lacks the professional-specificity.

PhD Spotlight Fleur Terrens

Fleur Terrens is a physiotherapist who has recently been seconded into a part time role as one of Eastern Health's allied health research knowledge translation leads. Fleur has spent most of her career working Movement Disorders Programs at Eastern and Peninsula Health, treating clients with Parkinson's Disease and similar conditions.

Fleur completed her PhD in 2022 at Monash University. Her thesis *Aquatic physiotherapy for people with Parkinson's Disease* included five publications. Her systematic review found that aquatic physiotherapy may have a positive effect on motor performance, balance and health related quality of life but data around safety in the pool environment was poorly documented. A pilot randomised controlled trial provided

preliminary evidence that aquatic programs focusing on rotation and core strength may improve balance and reduce fear of falling, paving the way for larger trials.

In an accompanying qualitative study, Fleur found that people with Parkinson's enjoyed exercising in the pool, particularly the social connections, but difficulty changing out of wet clothes was a barrier. In a survey of physiotherapists worldwide, Fleur found that aquatic physiotherapy isn't commonly used in this population and receives minimal attention in current clinical practice guidelines. Lastly, a social listening study showed that web-based

*"Completing my PhD was simultaneously one of the **hardest and the most rewarding** things that I have ever done. Everyone's journey has its hiccups, but the most important thing is to **keep going**. Also know that your small idea, with the right support around you can grow into something bigger than you ever imagined."*



information available on aquatic physiotherapy for people with Parkinson's was of poor quality and did not include contraindications.

Fleur is very passionate about implementing best practice for those with Parkinson's Disease and is excited that her new role will allow her to complete more research in this area.

How to write a winning conference abstract

Writing an effective academic abstract is crucial for conveying the essence of your research in a concise and compelling manner. Here are some tips to help you craft a masterpiece:

The guidelines are not optional!

Adhere to any specific guidelines provided by the conference or journal. Pay attention to word count limitations and formatting requirements.

Structure

Typically, an abstract includes the following elements: background or introduction, objectives, methods, results, and conclusion. Ensure each of these aspects is addressed in your abstract.

Background

Clearly state the problem or question your research addresses and why it is important. Provide enough context to help readers understand the significance of your work.

Objectives

Clearly articulate the objectives or research questions of your study. What are you trying to achieve with your research?

Methods

Describe key details of the methods you used to conduct your research such as study type, participants, outcome measures and analysis.

Results

Summarise the main findings of your study. Highlight the most important outcomes and any significant trends or patterns.

Conclusion

Clearly state the implications of your findings and how they contribute to the broader field of study.

Clarity and Conciseness

Every word (or even character) counts. Be clear, concise, and focused. Avoid unnecessary jargon and complex language. Aim for brevity while conveying the essential information.

Keywords

Incorporate relevant keywords that researchers in your field are likely to search for. This can enhance the discoverability of your work.

Extra Tips

- ✓ No Abbreviations or Acronyms

Spell out any abbreviations or acronyms even if you think everyone knows what it means - they don't!

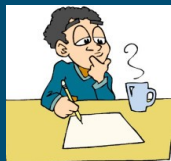
- ✓ Write in the Past Tense

Since the abstract is a summary of completed research, use the past tense to describe your methods and findings.

- ✓ Review and Revise

After drafting your abstract, review it for clarity, coherence, and completeness. Check that your grammar and spelling is perfect. Ask colleagues or mentors for feedback to ensure you haven't overlooked important details.

A brilliant abstract provides enough information for the reader to understand the study within the confines of a few hundred words. Take your time to perfect it so you get the gig at a conference or so that your article is found easily by future readers.



Euan's Musings

The editor says: What can we look forward to in your musings in 2024?

Euan says: I'll let you know the day before they are due.

Christmas musings – Euan says

'Euan says' is the beginning of a sentence not many people say out loud to inspire others.

Editor: As a special Christmas bonus we felt it would be an idea for Euan to answers readers' questions about some tough research topics.

Glenda asks: Euan, I took some time off and all my references are out of date. Should I just restart?

Euan says: No. Just add the word "historically" to each reference and find one or two new ones so it feels relevant.

Jess asks: Euan, I just discovered the research topic I am working on has been published by someone else. What should I do?

Euan says: Just localise your study (this

could be by country, city, region or street number) that either supports the current evidence or has a point of difference. You just made me co-author as part of the Christmas musing fine print.

The editor asks: Euan, how is this a special Christmas issue?

Euan says: Because I put Christmas in the title.

Karen asks: What tips do you have for balancing research over the Christmas period?

Euan says: Expect Myer to call security when you sit on the store Santa's lap asking for nice peer reviewers. Expect your significant other to pretend they don't know you. Again.

Keith asks: I am unsure about my ontological theory underpinning my

epistemology and how it intersects with my grounded research. Any tips?

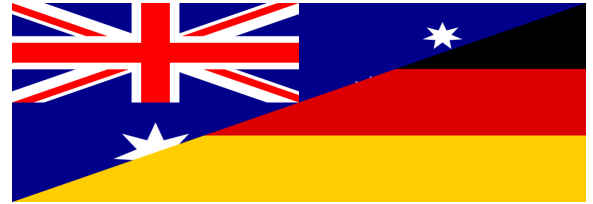
Euan says: I find the best way to respond to difficult problems is to encourage self-care rather than the issue itself. Take a mindfulness walk.

Happy Christmas or whatever to all.

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



Sabrina Liedtke: AHCRO Intern



In September, the Allied Health Clinical Research Office welcomed Sabrina Liedtke from Goethe University, Frankfurt am Main, Germany.

Sabrina has been an intern within AHCRO under the mentorship of Professors Nicholas Taylor as part of the Master's degree program in Sports Science, with a focus on exercise science and sports medicine. This link was made with the support of Professor Lutz Vogt to help Sabrina broaden her research skills and inquiry. We asked Sabrina to give us some reflections of her internship over the last 8 weeks.

What were your expectations coming to the internship here at AHCRO?

My expectations regarding the internship were to participate in research processes and learn new methodological approaches. The research projects on rehabilitation through physical activity in cancer patients, corresponded to my research interests in sports medicine examinations in internal diseases. In addition to optimizing quantitative techniques, I hoped to work on sports medicine issues using qualitative methods. Moreover, I was keen to improve my language skills within a scientific context.

What projects were you involved in while you were here?

When I arrived, I got involved in the CanFit-Study, which examines physical activity for patients receiving treatment for cancer. This was a great opportunity to learn about interviews and qualitative evaluation. I evaluated the trial experiences from nurses on the oncology ward. I also assisted qualitative evaluation of the TeleCare study. After Dr. Amy Dennett returned from holidays, I also was included in the research process of a systematic review, which was such a good experience. The research question: *"What is the availability of exercise-based cancer rehabilitation worldwide?"* was also very interesting for me and I contributed to screening, translation, data extraction and quality assessment.

How did you feel working alongside the rest of the AHCRO team?

Being part of this fantastic team was also a unique experience for me. Everyone put much effort in making this internship a very good experience for me. As I am also interested in research in Ballet Dance, Nicholas Taylor organised a few days in the Australian Ballet School in Melbourne with Ebonie Rio. There I could see the company during their rehearsals and could help with data collection of a Foot-Study. Furthermore, I was able to join a session of the Stepping into Research program led by Nicholas Taylor, where I learned a lot about scientific writing and had an opportunity to meet the other participants. I loved to hear and discuss about the different topics of the social workers in Eastern Health. This motivated me to finish my Master thesis during my stay here. I am also very thankful for the coordination from Annie Lewis. She was kind of an anchor for me during the internship and made sure that I didn't feel lost at all.

Any parting comments?

All together the internship exceeded my expectations. I could take part in very interesting research activities and I learned new methodological approaches. Importantly, I must not forget to mention the morning tea routine where we changed the environment to a little coffee place and talked about various work-related and personal topics.

Thanks to the whole team who welcomed me so warmly. I am sure the connections in both personal and research contexts will remain.



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Did you know?

Sabrina runs a podcast series on research in sport and health at Goethe University. She recently interviewed some of our AHCRO staff including Made Rimayanti and Amy Dennett. You can check out the podcast (in English!!) by scanning the QR Code

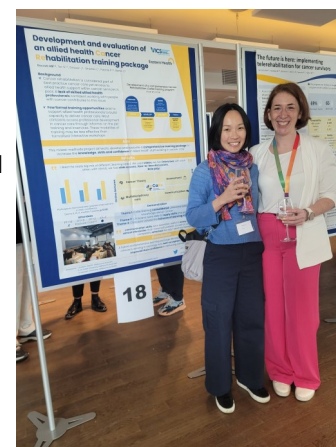
Conference News

Eastern Health Clinicians have been busy sharing their findings with the world at a number of recent conferences including the *International Conference for Physical Therapy in Oncology* in Amsterdam where Dr Amy Dennett and Germaine Tan mixed with some physical therapy giants (and ate too much kaas), *ESPEN Congress on Clinical Nutrition and Metabolism* where Lina Briek shared her systematic review findings in France, *Australian Physiotherapy Association Conference* where EH Physios were well represented with 2 invited presentations among a number of selected oral abstracts. Melbourne has also been playing host to other major conferences, with other conference appearances including the *Blood Conference*, *Clinical Oncology Society of Australia Annual Scientific Meeting* and *International Forum for Quality and Safety in Health Care*.

It has been fantastic to see so many EH allied health clinicians on the national and international stage of their respective areas!

September

- **Briek L.** 'Blended Tube Feeding Formula Compared to Conventional Formula in Adults on Enteral Nutrition: A Systematic Review' Lina Briek. 45th ESPEN Congress on Clinical Nutrition and Metabolism. France.
- **Dennett AM.** 'The future is here': Implementing Telerehabilitation for Cancer survivors. International Conference for Physical Therapy in Oncology. Amsterdam
- **Dennett AM, Tan G.** Development and evaluation of an allied health cancer rehabilitation training package. Amsterdam
- **Pryde K.** Effect of Multidisciplinary palliative rehabilitation on quality of life and health service outcome: A systematic review and meta-analysis. Oceanic Palliative Care Conference. Sydney



October: Australian Physiotherapy Conference

- **Dennett AM.** Implementing telerehabilitation in cancer care. Ignite (invited)
- **Gibbs A.** Recommendations for the management of hip and knee osteoarthritis: a systematic review of clinical practice guidelines.



- **Hayley M.** Translating the world guidelines for falls prevention and management for older adults into practice (invited)
- **Hyland S.** Benign paroxysmal positional vertigo is highly prevalent in patients presenting to falls clinics with and without dizziness: an observational study.
- **Tan G.** Do cancer survivors maintain health benefits after exercise based rehabilitation? A systematic review and meta-analysis.
- **Osiurak S.** An interactive clinical supervision training program may improve the effectiveness of clinical supervision of physiotherapists: a randomised controlled trial
- **Parsons E, Senserrick C, Taylor N,** Pilot of the Eastern Health physiotherapy triple s team - student support for stroke patients

October: Other presentations



- **Dennett AM, Tan G.** Development and evaluation of an allied health cancer rehabilitation training package. Clinical Oncology Society of Australia Annual Scientific Meeting, Melbourne
- **Dennett AM.** The future is here: implementing exercise-based telerehabilitation for cancer survivors. Exercise workshop for high risk and vulnerable populations. Clinical Oncology Society of Australia Annual Scientific Meeting, Melbourne (invited)
- **Dennett AM.** Prehabilitation to improve outcomes after autologous stem cell transplant: The PIRATE Trial. Blood. Melbourne (invited)
- **Harding KE.** Accelerating Research Translation: The ART of Evidence Based Care. Evidence Implementation Summit, Melbourne
- **Harding KE.** The ART of evidence-based care. International Forum on Quality and Safety in Healthcare. Melbourne

Allied Health Research Achievements

Publications

Wicks M, Dennett AM, Peiris CL. Physiotherapist-led, exercise-based telerehabilitation for older adults improves patient and health service outcomes: a systematic review and meta-analysis. *Age Ageing*. 2023. 2023 52(11):afad207.

Pogrebnoy D, **Dennett A**, Simpson D, MacDonald-Wicks L, Patterson A, English C. Effects of using websites on physical activity and diet quality for adults living with chronic health conditions: a systematic review and meta-analysis. *JMIR*. 2023.

Ezzat A...**Dennett AM** et al. (in press) Co-development and evaluation of the Musculoskeletal Telehealth Toolkit for physiotherapists. *Musculoskeletal Care*. 2023.

Stephen K, Campbell A. (in press) The experiences of older adults with cognitive impairment in using falls prevention alarms in hospital: A qualitative descriptive study. *Aust Occup Ther J*.

Goh S, **Harding KE, Lewis AK, Taylor NF**, Carney PW. Self-management strategies for people with epilepsy: An overview of reviews. *Epilepsy and Behaviour*. In press

Lewis A, Taylor NF, Carney P, Bryson A, Sethi M, Ooi S, Tse GT, **Harding KE**. (in press) Sustainability of an intervention to reduce waiting for access to an epilepsy outpatient clinic. *Heliyon*

Snowdon DA, Kent F, Farlie MK, **Taylor NF**, Howlett O, Downie S, Gardner M. (in press). Access to and effectiveness of clinical supervision for allied health workers: a cross-sectional survey. *Medical Teacher*

Osiurak S, Taylor NF, Albiston T, Williams K, Collyer TA, Snowdon DA. (in press). Interactive clinical supervision training added to self-education leads to small improvements in the effectiveness of clinical supervision of physiotherapists: a randomised trial. *Journal of Physiotherapy*

Morris K, Taylor NF, Freeman-Sanderson A. (in press) Safety-related outcomes for patients with a tracheostomy and the use of Flexible Endoscopic Evaluation of Swallowing (FEES) for assessment and management of swallowing: a systematic review. *International Journal of Speech-Language Pathology*

Trials now recruiting

AAT-APP trial: Recruiting individuals 55+ years looking to reduce their drinking. Participants will be randomly assigned to one of two different types of app-delivered brain training. The intervention involves downloading the app and completing training weekly for four weeks. Participants receive \$40. For further details email: Georgia.Bolt@monash.edu



Allied Health Clinical Research Office

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