

ALLIED HEALTH RESEARCH NEWS

A Research Newsletter for Allied Health Clinicians

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Important Dates

14 October

Allied Health Professions Day

16 October

Allied Health Research Forum

30 October

EH Foundation Research and
Innovation Grants applications close

18 November

Innovations in Allied Health
Workforce National Conference

Did you know the EH Institute
currently has [more than 1,150](#)
[ongoing research projects](#)
underway?



L TO R: ANNIE LEWIS, NICHOLAS TAYLOR, KATHERINE HARDING, PATRICK CARNEY

INNOVATIVE RESEARCH FUNDED TO REDUCE WAIT TIMES FOR SPECIALIST CARE

Congratulations to our very own Prof. Katherine Harding for leading an application to successfully securing \$1.46 million in funding as part of the National Health and Medical Research Council (NHMRC) Partnership Project scheme!

Katherine Harding (Professor of Allied Health and Implementation Science) will work with the **Eastern Health Institute** to trial a new project — **WaitLESS** — to establish a process for reducing healthcare wait times that can be replicated across various medical outpatient clinics. The project will implement the **Specific Timely Assessment Triage (STAT) model** which has been previously used at various community health services.

The STAT model is a multi-pronged approach to reducing waiting lists, encompassing both short-term strategies to reduce backlogs, and ongoing changes to the way services are provided to achieve a better balance between supply and demand.

Find out more about the project [here](#).

"This will have a positive impact on people's lives. It is an opportunity to take the information and insights people have given us from their experience with the health system and find solutions that can make a difference."

This month, we shine the spotlight on the Eastern Health Institute

Curious about the EH Institute?

Acting Executive Director of the Eastern Health Institute Paul Buntine, gives insight into its multidisciplinary approach, and his hopes for the future.

The Eastern Health Institute came into being in 2023 as a mechanism to bring together research and education activities at Eastern Health. It's cross discipline, meaning that it's not tied only to medicine, nursing or allied health.

One of the strengths of Eastern Health is our strong university partnerships and they're all centralised within the institute.

So we have partnerships with La Trobe University, Deakin University and Monash University, and those partnerships exist across educational activities, with students, and also research activities. Eastern Health services are a large proportion of Melbourne, where they're

geographically, the largest healthcare network in Victoria. We're also a big healthcare employer with over 11,000 employees.

From research point of view or perspective, this gives us a real opportunity to not just do things at a small level, but to collaborate within our organization and also externally, with our university partnerships and also other research partnerships we have through organisations such as Monash Partners.

We always hope that the research we do will have benefit and relevance to the community outside our own catchment, and actually be something that other researchers, other organizations, can pick up on and pursue.



That's the way research works. It can't be just done in isolation, it needs to be collaborative. With only 12 months under its belt, the Institute is still clearly in its infancy, but I'm excited about what opportunities we'll have in the future.

Visit [EH Engage](#) for the full video interview.

Full steam ahead for Stepping into Research 2024

Stepping into Research 2024 is now well underway, with 11 clinicians across multidisciplinary allied health streams starting their learning journey about research and how to make a difference to clinical outcomes by taking the first step of conducting a systematic review.

Stepping into Research is now in its 16th year running since commencing in 2008 at Eastern Health and 135 allied health clinicians have completed the program since. No previous research experience is required, just demonstrated interest and enthusiasm as seen in our current group of participants at the second training workshop conducted by Prof Katherine Harding! This year, our Stepping into Research participants

include clinicians working across a wide range of disciplines: dietetics, occupational therapy, pharmacy, podiatry, physiotherapy, radiography, social work and speech pathology.



With 3 out of 4 training workshops completed, participants continue to meet with their mentors and work on synthesizing data

from the literature to answer their research question. If you know someone doing Stepping into Research, give them a thumbs up, and why not ask them about their research so far?

Did You Know?

Stepping into Research has led to....

57 Publications
17 Conference Presentations
7 Higher Degrees ... and counting!



2024 ALLIED HEALTH RESEARCH FORUM



Speaker

PROF LISA BROPHY

Professor and Discipline Lead
Social Work and Social Policy
La Trobe University

presents

'Unveiling New Insights into the
variation in the use of
Community Treatment Orders'



16 October 2024
1.30 PM - 4.30PM



Join us in person:
Wantirna Health
Lecture Theatre



Online via Zoom
Passcode: Eastern



Onsite parking available
Refreshments provided

The 2024 3MP Competition is now open for entries!

All EH allied health clinicians are invited
to present a project (proposed or
completed) in 3 minutes, with prizes
awarded for the 'Best Presentation' and
'People's Choice'.

Enter [here](#)



3MP entries close:
25 Sept 2024



Turning Point on the world stage of neuropsychology

The **value of neuropsychological assessments and support within Turning Point's clinical services was showcased on the world stage** recently with presentations from Senior Clinical Neuropsychologists Dr James Gooden and Georgia Bolt at the **Global Neuropsychology Congress** in Portugal.

The researchers presented early findings from their project examining the service outcomes and the lived experience of clients accessing Turning Point's statewide addiction neuropsychology services.

"The Global Neuropsychology Congress is a major international conference for neuropsychology," Dr Gooden said. "It's been an honour to present our latest research and represent the work of Turning Point as a leader in the field of addiction

treatment and research on a truly global stage."

Dr Gooden's presentation described the **outcomes and changes in quality of life for clients accessing the addiction neuropsychology service**, with clients reporting a significant improvement in overall quality of life and a high degree of satisfaction with the service.

Georgia Bolt's presentation highlighted **findings about client experiences of neuropsychological services in order to deepen understanding and optimise both neuropsychology service delivery and client outcomes**.



Senior Clinical Psychologists
Georgia Bolt and Dr James Gooden

Interested to find out more?

Access the poster presentations here.

[Outcomes from Neuropsychological Assessment in a Community-Based Addiction Service in Australia.](#)

["A Whole Different Ball Game": Exploring the Value of Neuropsychology in an Australian Community-Based Addiction Service.](#)



Researcher Spotlight: Julian Nesci

Julian is a senior clinical psychologist who works at the statewide service **Spectrum: Specialising in Personality**

Disorder and Complex Trauma.

Within his roles across the Mentalization-Based Treatment (MBT) clinic and Complex Care Service, Julian provides i) individual and group treatment for adults with personality disorders, clinical supervision, training, and service development work and ii) secondary consultation to systems, as well as primary treatment to consumers, often with an MBT-focus respectively.

Mentalizing is the ability to understand how our own and others' mental states influence behaviour. **Whilst MBT's effectiveness has been established, little is known about the participant experience of this intensive 18-month treatment.**

The local clinical observation is that reliance on quantitative measures seems to miss some of the experiential complexity of taking part in this treatment. Julian is leading a qualitative investigation of consumer experiences of MBT in order to understand the experience and impact of treatment, and improve it.

Individuals who have participated in at least 12-months of treatment have been recruited from the current MBT cohort. Participants are interviewed and asked to reflect upon their experience of the treatment. Interview transcripts are in the process of being analysed and themes will be developed to help explore the following research questions:

- **What (if any) psychological change (s) do participants experience as a result of mentalization based treatment?**
- **How do participants relate the psychological change to therapy processes within an MBT program?**

How do psychological changes observed by participants generalise to their lives outside the clinical space?

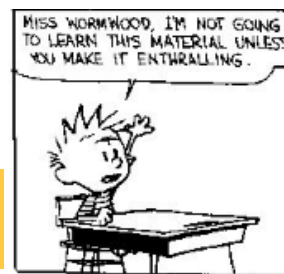
Data collection has almost been completed for this study. Preliminary reading of the data shows that the interviews have produced incredibly rich information coming from people's lived experience. For many, practicing the skill of mentalizing oneself and others has had a powerful impact, as has connecting with one's therapist, and other group members. For some, there were also various challenges in this journey.

Data from this study is expected to make an important contribution to improving engagement, reducing treatment attrition, and understanding both the mechanisms of change within treatment, and how treatment gains can be generalised.

It's Conference Season!

Ten Top Tips for Perfect Posters

Had a poster accepted for a conference? Congratulations!
Now the only problem is that you have to whip it up.



- Check the conference rules** on the space you are allowed and stick to it.
- Plan your content.** Include a title, introduction/background (why did you do it?), methods (what did you do?), results (what did you find?) and discussion/conclusion (what does it mean?).
- Use your space wisely.** Decide what is important and necessary. Consider your key messages and who you are telling.
- Less is more.** Keep it simple, be selective and concise in displaying results.
- Be consistent and clean** with your colour and fonts. Use colours sparingly. Check the [EH style guide](#) on the intranet for EH colour schemes. Use a maximum of two font types. Use bold or italics to highlight important words, rather than font changes.
- Use pictures and graphs well.** Make sure they are relevant, labelled and easy to read.
- Can you read your poster from 2m away?** Font that is too small is too hard and people will wander away.
- Check, check and check carefully!** Make drafts, review with colleagues, check your spelling and consistency of headings and fonts, everything!
- Make it easy for a conference attendee to contact you afterward.** Have your email and other relevant contact details clearly displayed. Follow up with people who come to the poster and talk to you about your research.
- The Eastern Health website has an easy-to-download **research poster template** which is a helpful place to start.

For tips on what NOT to do for poster presentations, check out [Mortal Sins in Poster Presentations](#) or [How to Give the Poster No One Remembers](#)



Euan's Musings: Sports

If you're like me (and if you're not, then you can chalk up something new to be thankful for) then September is the time of year that you feel like living again.

Granted there is the usual my-team-did-not-make-the-grand-final-again issues (MTDNMGF adjustment disorder, it's a thing) but beyond that there is much to love.

But as I tend to try and make tenuous links in this regular column, in this issue I pronounce that research is a lot like playing in a grand final. To arrive, there are lots of behind the scenes efforts you complete no one will ever really know about. There are a

number of milestones you need to achieve to get to the end. You're not allowed to bump anyone, and hot pies cost too much.

Being a researcher is a lot like being a footballer too. Except for; the conditioned body, the salary, the free everything, having adoring fans, the upgraded travel, and if you kick something as a researcher it is a 50-metre penalty straight to HR.

As football ends we move into the Spring racing carnival whereby horses go around in circles going nowhere, get strapped if they are not going fast enough, and someone else takes the credit for all the work they did simply by riding along. Nothing at all like

being a researcher, so I feel I've wasted your time more than usual.

So next time we communicate it will be cricket season where you stand or sit most of the day doing little, interspersed with a moment of action, before you go back and wait for the next exciting thing. Hey, like research.

I'm at my word limit which means I'm out.

Euan spends his time developing analogies. He took to it like a duck to water.

Presentations

Barbour L, Murray S, McCartan J, **Holden S**, Yip H, Gleeson J, Wu P, Tan W, Wong A (presenter). Pilot results from the PlanEATary Quest - an intervention designed by dietitians to promote planetary health, one bite at a time. Dietitians Australia Conference, 18th August 2024, Brisbane, Australia.

Briffa C. Clinicians' perspectives on Championing Change: Piloting an implementation toolkit to improve provision of aphasia-friendly information.' International Aphasia Rehabilitation Conference 1-4 July, Brisbane, Australia.

Mason K, Bauer J, **Collins J**, **Stringer G**. A retrospective audit of parenteral nutrition practices at a metropolitan hospital. Dietitians Australia Conference, 18th August 2024, Brisbane, Australia.

Tan SY, Hope J. Is brief admission effective for people with borderline personality disorder? A mixed method systematic review. 10th International Conference on Social Work in Health and Mental Health, 19-22 November 2024, Melbourne, Australia.

Starbuck R, Davies L. Making a strategic impact - Victorian Public Mental Health Occupational Therapy Leadership Network, progress three years on. OTA Mental Health National Forum, 28-29 November 2024, Melbourne, Australia.

Sanders B, **Allchin B** Integrating Family and Parenting Occupations into everyday practice. OTA Mental Health National Forum, 28-29 November 2024, Melbourne, Australia.

Adelle A, **Bedford K**, Dunn C, Starbuck R. A scoping review: The role of Occupational Therapists in acute mental health inpatient settings.

Forbes R, Dows-Bennett P, Chau S, **Starbuck R**. A scoping review: Alleviating behavioural and psychological symptoms of dementia (BPSD), the role of sensory gardens in improving outcomes for people in older adult mental health inpatient units. OTA Mental Health National Forum, 28-29 November 2024, Melbourne, Australia.

Chan S, **Crighton N**. Implementation of a stroke circuit group at PJC. Smart Strokes 2024 Conference. 29-30 August 2024, Gold Coast, Australia.

Manning R. **Factors** associated with improvements in functional outcomes in ESD patients. Smart Strokes 2024 Conference. 29-30 August 2024, Gold Coast, Australia.

Horne-Thompson A, Najm D. Monash University Student Nurses' and Supervisors' Experience of a Peer Assisted Learning (PAL) Clinical Placement Model in an Australian Acute Surgical Ward: A Pilot Study. Australia and New Zealand Association of Health Professional Educators (ANZAHPE) Conference. 1-4 July 2024, Adelaide, Australia.

Myers M. An innovative student placement model utilising mentoring circles and fostering feedback literacy. Australia and New Zealand Association of Health Professional Educators (ANZAHPE) Conference. 1-4 July 2024, Adelaide, Australia.

Ratnayake S. Digital transformation in pharmacy student placements: A strategic approach to orientation. Australia and New Zealand Association of Health Professional Educators (ANZAHPE) Conference. 1-4 July 2024, Adelaide, Australia.

Simpson J, Boniwell K. Cultivating connection and community among health profession educators in a metropolitan health service. Australia and New Zealand Association of Health Professional Educators (ANZAHPE) Conference. 1-4 July 2024, Adelaide, Australia.

Chen J. Interprofessional Collaboration in Medical Education: Integrating Pharmacist-Led Teaching to Enhance Prescribing Skills. Australia and New Zealand Association of Health Professional Educators (ANZAHPE) Conference. 1-4 July 2024, Adelaide, Australia.

Chen J. Enhancing Podiatry Education: Integrating Pharmacy-Led Initiatives for Endorsement in Scheduled Medications (ESM). Australia and New Zealand Association of Health Professional Educators (ANZAHPE) Conference. 1-4 July 2024, Adelaide, Australia.

Publications

Carney P, Brown H, Lewis AK, Taylor NF, Harding KE. (In press). Two thirds of patients may not need routine 12-month specialist review in an epilepsy clinic: A cross-sectional study of clinic appointments. *Epilepsy & Behavior* (accepted 22 August 2024).

Chiodo A, Haley M. (In press). Does risk stratification with a matched treatment pathway improve clinical outcomes for adults with acute back pain? A systematic review and meta-analysis. *Brazilian Journal of Physical Therapy*. (accepted July 2024).

Dennett AM, Shields N, Barton C, Ezzat A, Tan G, Taylor NF, Harding KE, Peiris CL. (In press). 'Making a connection': A qualitative study of experiences from a cancer telerehabilitation program. *Supportive Care in Cancer* (accepted 12 August 2024).

Lewis AK, Taylor NF, Carney PW, Harding KE (2024) An innovative model of access and triage to reduce waiting in an outpatient epilepsy clinic: a process evaluation. *Journal of Health Organization and Management*. Vol. ahead-of-print No. ahead-of-print. <https://doi.org/10.1108/JHOM-02-2023-0042>

Madonna M, Jeffrey E, Harding KE. Caregiver training improves child feeding behaviours in children with Paediatric Feeding Disorder and may reduce caregiver stress: A systematic review and meta-analysis. *International Journal Speech and Language Pathology* (accepted 15 July 2024).

Miller J, Nguyen E., Lam AYH, Brann P, Innes S, Buntine P, Broadbear J, Hope J (2024) Experiences of consumers, carers and clinicians during borderline personality disorder presentations to the emergency department—An integrative review. *Journal of Psychiatric and Mental Health Nursing*, 31, 572–582. <https://doi.org/10.1111/jpm.13009>

Papatolicas K, Clingin J, Nicks R. (In press). Dorsal blocking orthoses for proximal interphalangeal joint volar plate injuries: A retrospective cohort study investigating the impact of joint angle on patient outcomes. *Journal of Hand Therapy*.

Rimayanti MU, Shields N, O'Halloran PD, Taylor NF. (In press). Factors influencing the outcome, mechanism, and implementation of motivational interviewing after hip fracture: a qualitative analysis. *Journal of Geriatric Physical Therapy* (accepted 26 August 2024).

Scrivener K, Ada L, Pellegrini M, Nicks R, Kramer S, Christie LJ, Joliffe L, Dean C, Lannin NA. (In Press). Is there room for improvement? Stroke rehabilitation environments may not reflect home environments in terms of chair, toilet and bed heights. *Archives of Rehabilitation Research and Clinical Translation*. <https://doi.org/10.1016/j.arrct.2024.100352>

Taylor NF, Rimayanti MU, Peiris CL, Snowdon DA, Harding KE, Semciw A, O'Halloran P, Wintle E, Williams S, Shields N. (In press). Hip fracture has profound psychosocial impacts: A systematic review of qualitative studies. *Age and Ageing* (accepted 26 July 2024).

Curious about a PhD?

Allied Health at Alfred Health are hosting an online information session for clinicians who are interested in learning more about undertaking a PhD at La Trobe University.

Online information session
Monday 9th September 3.00-3.30pm

Representatives from the La Trobe University Graduate Research School will join Associate Professor Julia Gilmarton-Thomas and current PhD candidates, to provide information about PhD candidature and answer your questions.

Allied Health clinicians from other health services are welcome to attend. **Please contact Katherine Harding** (katherine.harding@easternhealth.org.au) for log in details.

Innovations in Allied Health Hospital Workforce National Conference

A La Trobe University School of Allied Health, Human Services & Sport Event, supported by the La Trobe University Embedded Allied Health Research Network (LEARN).

Date: Monday 18th November 2024

Location: Innovation and Education Hub Lecture Theatre (Alfred Hospital, 55 Commercial Road, Melbourne, VIC)

Time: 12.00pm - 4.30pm

Attendance information: Free to attend. Refreshments will be provided for attendees/presenters. Hybrid attendance (in person and zoom).

Vision: To optimise the Allied Health care of hospitalised Australians, and the health and wellbeing of the Allied Health hospital workforce, by bringing together all stakeholders with an interest in the Allied Health hospital workforce and better aligning research with stakeholder priorities.

Aim: To understand challenges associated with the Australian Allied Health hospital workforce, and strategies working towards addressing related practice, knowledge and research gaps.

Audience: Health care professionals, researchers, academics, health care students, Allied Health stakeholders, the public.

Registration link: <https://events.humanitix.com/innovations-in-allied-health-hospital-workforce-national-conference>

Allied Health Research Committee

Nick Taylor
Katherine Harding
Annie Lewis
Amy Dennett
Anne Thompson (L&T)
Benjamin Munt (Pod)
Sara Smilevska (Dietetics)
Rebecca Nicks (OT)
Kate Morris (SP)
Sofie Hatzipashalis (SW)
Sabrina Hernandez (PT)
Rachael Starbuck (Mental Health)
James Gooden (Psych)

Want to submit a request or enquiry to AHCRO?

Would you like to:

- ✓ Discuss an idea for a new project?
- ✓ Seek advice on an existing project?
- ✓ Seek advice on research training, higher degrees or career development?
- ✓ Request for an in-service or other training?

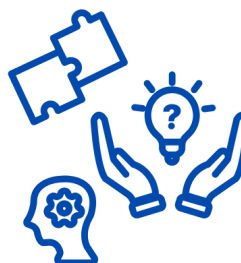
Requests and enquiries can be submitted [here](#)

Calling all Eastern Health allied health clinicians currently pursuing a higher degree by research!

Are you based at EH, juggling clinical work and study but also interested in connecting with other EH allied health staff who are along the same pathway?

The AHCRO Higher Degree by Research student group will be holding its ***first* coffee catch up/community of practice at Box Hill Hospital on Wednesday 11th Sept 2024, 1.30pm-2.30pm.**

Contact [Germaine Tan](#) for further details.



Visit: [AHCRO Intranet](#)

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