

ALLIED HEALTH RESEARCH NEWS



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Congratulations to Director Eastern Health Academic and Research Collaborative in Health, Professor Nicholas Taylor, on his appointment as a Distinguished Professor at La Trobe University.

Nick's research focuses on improving rehabilitation outcomes both in the way services are delivered and in investigating interventions that increase physical activity.

He has authored more than 400 peer-reviewed publications and supervised more than 40 higher degree research students to completion, including 11 Eastern Health clinicians.

He has been leading the allied health clinical research office for over 15 years, and raising the profile, capacity and research outputs of allied health clinicians during that time.

"This appointment is a meaningful recognition of my joint role between La Trobe University and Eastern Health.



It also reflects the incredible efforts of the dedicated team I'm fortunate to work alongside, who strive tirelessly to advance research that directly informs and improves clinical practice," he said.

A well-deserved recognition of our friend and colleague.

31st National Conference Occupational Therapy Australia Adelaide, 25-27 June 2025

Presentations

Meeting consumer demand for cancer-specific occupational therapy services in the home
Ashlee Miller Jenkins

Process evaluation of a home-based occupational therapy service for people with cancer
Ashlee Miller Jenkins

Practice tools for integrating parenting and family occupations into everyday practice.
Becca Allchin & Bronwyn Sanders

Supporting patients with funding related barriers to discharge from hospital
Bianca Summers

Occupational Therapy Scope of Practice – an update to reflect service evolution
Carrie McCallum

Innovative ways of fostering professional relationships within early career mental health learners
Jamie Jenkinson & Jess Sudholz

Defining occupational therapy in emergency mental health:
A quality improvement project
Jane Brincat

Using data strategically at multiple levels... development of public mental health occupational therapy
Rachael Starbuck & Hilarie Kohn

Evaluation of a novel Hospital in the Home (HITH) Allied Health service
April Friend, Ashlee Miller-Jenkins, Andrea Totney, Kara Nowak & Bianca Summers

Promoting Best Practices in Cognitive Assessment for Stroke Patients
Kylie English, Alicia Devlin, Carrie McCallum & Rebecca Nicks

Consistent assessment, prevention and management of pressure injuries, in line with current evidence by Occupational Therapy services across Eastern Health
Bianca Furnmston & Alicia Devlin

A reimagined workforce: Developing an employee value proposition to address workforce challenges
Janice McKeever

Holding an occupational lens for graduates in a Community of Practice. Occupational identity in mental health occupational therapy graduates via Community of Practice
Jamie Jenkinson & Jess Sudholz

Building monitoring and evaluation frameworks using Occupational Therapy student projects
Becca Allchin, Bronwyn Sanders, Michelle Hegarty, Michael Qi Zeng, Yue Li, Olivia Jones & Caitlin Hartley

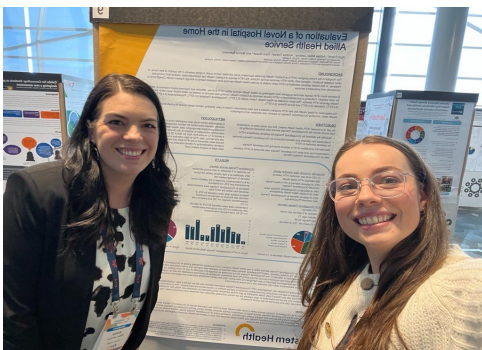
People, we have a problem. Applying evidence to solve a demand-capacity crisis.
Katherine Harding & Annie Lewis

In June 2025, Eastern Health occupational therapists proudly participated in the 31st National Conference and Exhibition hosted by Occupational Therapy Australia in Adelaide. With the theme *Collaborate and Connect*, the event brought together over 1,400 delegates from across the country, fostering rich dialogue and knowledge exchange.

Eastern Health was strongly represented by occupational therapists from both physical health and the mental health and wellbeing program. Across the three-day event, our team contributed to:

- 7 oral presentations
- 6 poster presentations
- Facilitating a workshop
- Session chairing roles

This national platform provided an invaluable opportunity to showcase Eastern Health's diverse and innovative quality improvement initiatives and research, while strengthening professional networks and collaborative partnerships.



ANZAHPE 2025

The annual ANZAHPE (Australian and New Zealand Association of Health Professionals Educators) Conference was held in Perth between 30th June—4 July.

Eastern Health was well represented with members of AHCRO and the Learning and Teaching team presenting findings from a number of initiatives including Allied Health Learning Consults, results from the Allied Health Learning Needs Analysis and the upcoming co-designed PhysioSteps Transition to Specialty Practice pathway.



PhysioCaRe goes west

This year, our team at La Trobe-EH ARCH developed the **PhysioCaRe Cancer Rehab Training program** for physiotherapists wanting to upskill in cancer care.

This 2-day hybrid course covers the fundamentals of cancer care and how to apply core physiotherapy skills such as musculoskeletal, neurological, pelvic health, lymphoedema physiotherapy and exercise prescription to a cancer setting.

PhysioCaRe Team members **Dr Amy Dennett** and **Made Rimayanti** were very excited to travel to Western Australia in July to deliver the training to physiotherapists at Hollywood Hospital in Perth.

We welcomed 13 physiotherapists from as far as the Kimberley to Kalgoorlie who were keen to learn the latest research in physiotherapy and cancer.

The program was well received and will now be integrated as part of care for the WA Country Health Service.

Our local physiotherapists will have the chance to participate in this course as part of the upcoming PhysioSteps Transition to Specialty Practice Program this month.

If you are interested in participating in the training in future, dates for next year's training will be published later this year. For more information, check out <https://cancerexercise-toolkit.treeducation.org/professional-development-and-training/> or contact Amy via email amy.dennett@easternhealth.org.au



Speech Pathology Australia Conference Tartanya, Adelaide, South Australia 13-15th June 2025

The annual SPA 2025 Conference was held in Tartanya, Adelaide, South Australia in June and provided a valuable opportunity for professionals in the field of speech pathology to connect. The theme for 2025, 'Communicate your way', focussed on the many ways people communicate—whether spoken, signed, written or digital—and highlights the important role speech pathologists play in supporting effective communication for all. Congratulations to our EH presenters!

Presentations

Mc Hugh K, Kulkarni P. The Beginning—Feeding outcome measures in neonates.

Kulkarni P, Jeffers E. Reimagining the role of speech pathology within neonatal neurodevelopmental follow up care: Perspectives from a secondary level newborn service.



Germaine is an APA (Australian Physiotherapy Association) Titled Cancer Physiotherapist, full-time PhD candidate, and research officer at the Allied Health Clinical Research Office at Eastern Health, with expertise in cancer rehabilitation.

In 2024, she was awarded the inaugural Eastern Health and La Trobe University Joint Clinician PhD Scholarship to explore the optimal timing of exercise rehabilitation for people with cancer to achieve the best health outcomes.

With over 15 years of clinical experience in major acute and community settings across Melbourne and Singapore, Germaine brings a patient-centered lens to her research. Her first ever dip into research was as a bright eyed undergradu-

ate student on placement performing a scoping review on idiopathic toe walking in children with developmental delay, learning how to conduct and publish systematic reviews via the Stepping into Research program, to her current PhD.

Over the last 5 years, she has also been involved as a project officer in many cancer rehabilitation trials at Eastern Health.

Supervised by Prof Nick Taylor, Prof Katherine Harding, A/Prof Casey Peiris, and Dr Amy Dennett, her research examines the timing of exercise in cancer care through three key angles:

1. How timing of exercise rehabilitation impacts health and service outcomes.
2. Patient engagement across treatment phases.
3. Oncology experts' perspectives on optimal timing.

Early systematic review findings suggest exercise is safe and effective across all treatment phases, with patients achieving comparable health improvements regardless of when exercise rehabilitation is initiated. Expert consensus through a

Delphi study has emphasised the importance of engaging patients with exercise as early as possible following diagnosis. However, optimal timing must be personalised, considering readiness, complexity of treatments, medical stability, and systemic factors like referral pathways and access.

Germaine's ongoing work includes evaluating patient engagement with exercise across treatment stages and co-designing a flexible, patient-centered model of care.

She is also a strong advocate for research capacity building, learning and knowledge translation at all levels: Germaine is the National Chair of the APA Cancer, Palliative Care and Lymphoedema Group, a Council Member of the Clinical Oncology Society of Australia, and started the Allied Health Higher Degree by Research Community of Practice at Eastern Health in 2024, connecting research students across allied health disciplines at Eastern Health.

Funding Achievement & Recent Awards

Congratulations!

Prof Nick Taylor, Helen Kugler and Dr Rania Abdelmotaleb for NHMRC 2024 Partnership Projects funding success for **Risk Assessment for moving Individuals Safely (RAISE)**.

The health and aged care workforce are at risk of workplace injuries during staff-assisted patient or resident movement, and manual handling training alone does not reduce the risk. The new Risk Assessment for moving Individuals Safely (RAISE) program is different, as RAISE also upskills staff in Dynamic Risk Assessment, which integrates with organisational systems to reduce or eliminate risks. Our work has shown RAISE-trained staff can effectively embed Dynamic Risk Assessment into clinical practice.

Funding: \$1,439,943.29 (2025 – 2029)

Becca Allchin who was recently awarded a STAR Fellowship.

Project: Co-developing routine monitoring tools and feedback loops for FaPMI programs

This initiative will enable children and families affected by parental mental ill health to actively shape the design and delivery of programs that support their wellbeing.

Rebecca Sullivan who was awarded "Best Oral Presentation" at the Speech Pathology Australia National Conference June 2025.

"Communication disability plays a massive role": A research synthesis on management of hospital falls in patients with communication disability after stroke.

Learning Opportunities



Three exciting opportunities for a 3.5 year scholarship to complete a PhD with La Trobe University and Eastern Health are currently being advertised for 2025!

Project 1: Connecting older people to cancer rehabilitation using the CaReR Framework

This project will investigate access to cancer rehabilitation services for older people with cancer and is linked to a broader NHMRC-funded project led by Dr Amy Dennett and her team, in collaboration with the Eastern Health Cancer Services Geriatric Oncology clinic.

For more information contact amy.dennett@easternhealth.org.au.

Project 2: Implementing evidence to reduce waiting time for specialist medical clinics

This project will form part of the NHMRC-funded project WaitLESS: Wait List Evidence to support Specialist clinics, a stepped wedge randomised controlled trial testing innovative, evidence-based approaches to tackle long waiting lists in hospital outpatient departments. The PhD candidate will work within the project team led by Professor Katherine Harding, leading a series of sub studies within the trial.

For more information contact katherine.harding@easternhealth.org.au.

Am I eligible for one of these opportunities?

You are likely to be eligible for direct entry into a PhD candidature at La Trobe University if you meet at least one of the following criteria:

- you have a Masters by research degree OR a Bachelors (Hons) degree or Masters by coursework which included a research thesis
- you are the lead author of a peer-reviewed research publication in the last 10 years

More info can be found [here](#)

Project 3: Towards building a sustainable, resilient and fit for purpose allied health care hospital system

This PhD project will work towards future-proofing the Allied Health workforce, ensuring it is fit for purpose via three streams:

1. Understand the current Allied Health public hospital workforce capacity;
2. Quantify the impact of current capacity on staff and patient outcomes; and
3. Explore the utility of innovative workforce design on current capacity limitations.

For more information, contact nicholas.taylor@easternhealth.org.au or J.Gilmartin-Thomas@latrobe.edu.au.

Successful applicants will receive a generous stipend of \$35,000 per annum (2025 full-time rate) for 3.5 years, a tuition fee scholarship for four years and allowances.

Keep your eye on the EH Careers page for the next two **WaitLESS Coordinator positions** which will be advertised mid October 2025.

This role plays a key part in the implementation phase of STAT, an evidence-based model designed to improve timely access to outpatient appointments by efficiently managing patient flow.

Upcoming Events

15th September 2-5pm

EH Research Precinct Symposium
(formerly known as EHCS ECR Showcase)

9th October 1:30pm-4:30pm

AH Research Forum

17th November

Innovations in Allied Health Hospital Workforce
National Conference

[register here](#)

ART 2025 Participant Announcement

Congratulations to our Accelerating Research Translation (ART) 2025 Participants!

This year we have 10 participants across Allied Health who will undertake training through four workshops delivered by Professor Katherine Harding and supported by their mentors to address an evidence-based practice gap in their clinical setting.

- **Stephanie Langton**- Offer carbohydrate drinks to ERAS colorectal patients with T2DM (Nick Taylor)
- **Fran Massarotti**- Biopsy by podiatrist for diabetic foot infection (Fleur Terrens)
- **Melissa Hebert**- Upper limb therapy group to align with guidelines (Mel Haley)
- **Suzanne Edelmair**- Align group programs/trauma therapy to guidelines (Katherine Harding)
- **Kate Driscoll**- Refeeding for malnourishment guideline to implemented (Penny Casey)
- **Melissa Pettinella**- Early detection and therapy for inpatients with delirium (Melinda Web St Mart)
- **Beth Oswin**- Cognitive rehab in stroke (Bec Nicks)
- **Rebecca Harrison**- cardiovascular exercise group for stroke survivors (Germaine Tan)
- **Eunice Leong**- Progressive resistance training for UP strength for stroke survivors (Amy Dennett)
- **Rebecca Morris**- Screening for frailty and resistance training (Annie Lewis)

Why Copyright Matters in Research: Protecting Ideas and Promoting Integrity

In the world of academic research, ideas are everything. Whether you're publishing a paper, or sharing findings online, your work represents hours—sometimes years—of effort, creativity, and intellectual investment. **That's where copyright comes in.**

Copyright isn't just a legal technicality; it's a **powerful tool that protects your work and ensures it's used ethically**. When you produce intellectual content, which could be as simple as creating an infographic or a slide-deck for an inservice, you usually retain the copyright.

That means you control how your work is used. Others can read it, but they can't reuse or republish it without your permission. This gives you the **freedom to decide how your research contributes to the wider academic community**.

To ensure copyright, a simple statement on your work and organisation such as ©[your name], Eastern Health is sufficient.

But copyright isn't just about protecting your own work—it's **also about respecting others'**. If you're using third-party content like images, graphs, or excerpts, you sometimes need to get permission. It's a key part of maintaining academic integrity and avoiding plagiarism.

And in today's open-access world, where research

is increasingly shared online for free, **copyright helps strike a balance between accessibility and protection**. It ensures that while knowledge is shared, creators still get credit and control over their work.

Being aware of **different types of licensing** can help determine whether you need express permission for use of copyright material in your work. It is also important to understand that attribution is not permission. So, even if you reference material you still may need to ask for permission.

1. Commercial Licenses

These licenses allow the use of copyrighted material for commercial purposes, often involving a fee. For example, if you want to include a copyrighted image in a presentation, you may need to purchase a commercial license from the copyright holder.

2. Non-Commercial Licenses

These are intended for educational or personal use where no profit is made. Many academic institutions and researchers use non-commercial licenses to share work freely while restricting commercial exploitation.

3. Open Access Licenses

Open access licenses allow research outputs to be freely available online. These licenses promote knowledge sharing while still protecting the



author's rights. Common open access licenses include Creative Commons (CC) range from very permissive (e.g., CC BY, which only requires attribution) to more restrictive (e.g., CC BY-NC-ND, which prohibits commercial use and modifications).

4. Institutional Licenses

Universities may have statutory licenses under national copyright laws (like Australia's Copyright Act 1968) that allow copying and communication of materials for educational purposes. These licenses are specific to educational institutions and apply under certain conditions.

Find out more at [La Trobe Copyright Hub](https://www.la-trobe.edu.au/copyright)

Coming soon! 2025 Allied Health Research Forum

The Eastern Health Allied Health Research Forum 2025 is coming up soon on 9th October.
This forum will be held in-person at Wantirna Health and online.

We are pleased to have our Forum key speaker Associate Professor Adam Culvenor present:
'Knee injuries and osteoarthritis across the lifespan – optimising health pathways and management'

Associate Professor Adam Culvenor is a physiotherapist and NHMRC Emerging Leadership Fellow at the La Trobe University Sport and Exercise Medicine Research Centre.

Adam's research focuses on knee injuries and osteoarthritis. He has secured \$12 million in research funding and published more than 120 manuscripts in these areas in the past decade.

He leads a number of large-scale cohort studies and clinical trials aimed at preventing post-traumatic knee osteoarthritis in young adults and reducing the burden of osteoarthritis in later life through lifestyle approaches (eg. exercise, diet).

Entries for the "3 minute Project" presentation competition are now open!

This is a great opportunity to showcase the research that has been happening at Eastern Health. There will be both a judges award and a people's choice award for the best presentations, and we are very keen to have broad representation from across all allied health disciplines and programs. Anyone interested can enter via this link <https://latrobe.questionpro.com/t/AWLteZ6kUF>. Entries close 11th September 2025.

Thanks for your support and we look forward to seeing you at the 2025 Allied Health Research Forum.
You are welcome to attend online via Zoom using this [link](#) and password: Eastern.



The poster features the Eastern Health and La Trobe University logos at the top. The main title 'EASTERN HEALTH PRESENTS ALLIED HEALTH RESEARCH FORUM 2025' is prominently displayed. Below the title, there are three main sections: a call to action for researchers, a QR code for registration, and a circular inset photo of a previous forum. At the bottom, a 'JOIN US' section provides details on the date, time, location, and amenities.

**RESEARCHERS!
3MP NOW OPEN
CALLING FOR ENTRIES**

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

**3MP entries close
11 Sept 2025**

JOIN US

**9 OCTOBER 2025
1.30–4.30PM**

In person
Wantirna Health
Lecture Theatre

OR Online via Zoom

Onsite parking available
• Refreshments provided



An Update About WaitLESS

The WaitLESS project aims to trial application of the STAT Model to eight specialist outpatient clinics to reduce waiting time and improve patient flow.

Clinic A and B have been randomly assigned and we are happy to announce that the two clinics kicking off our WaitLESS project are **Paediatrics and Movement Disorders!** The research team, led by Prof Katherine Harding is looking forward to collaborating with staff and patients from these clinics.

A number of pre-implementation milestones have occurred:

- Staff **focus groups** have been held for both clinics.
- WaitLESS team have begun conducting pre-implementation **consumer interviews** where new patients are asked to describe their Outpatient waitlist experience.
- **Clinic coordinators** are in the process of being appointed to support implementation activities for both clinics. The next two positions will be advertised in October.

Euan's Musings

Spring has arrived

You can smell Spring is in the air.

Along with car fumes, random bird droppings plummeting to earth, and the smell of tuna and garlic from an inconsiderate work colleague whom I shall address professionally by their name, but in my mind I will be calling them 'stinky stinky office serenity killer' for eternity. And if said colleague says, "sorry for the smell" it just reinforces the fact that you knew this would be an issue when you chose to combine the worst two things since Eminem and Ed Sheeran released 'River' to our tortured ears.

I do like this time of year. The light lasts longer (please note I did not refer to the days being longer because there is no empirical evidence the days are actually longer so everyone else please stop that. Also please cease saying 'RAT test' because you are actually calling it a 'Rapid Antigen Test Test' and I refuse to live in a world where that is a thing. Don't get me started on 'ATM Machines').

Where was I? Garlic, bird droppings, RAT, ah yes, Spring.

It is a time full of diversions for me as I see ahead times of beach, holidays, presents, cricket and family in that order. Even relaxing as square leg umpire at junior cricket for an afternoon whereby one can be in a standing coma only to occasionally be interrupted with, "That was totally out, why weren't you watching?" by some kid and later his angry parents. Good times.

With all this going on, it can be hard to keep up research motivation. Although in defence of winter, there is some solid soup and bed time that is also a distraction. But like all good researchers we might just ignore that because it will not support the predestined hypothesis I am making here.

Use the revitalising time of spring to be revitalised with your research. Tap into some energy that has been stored away getting through football season and another middling Western Bulldogs season. Enjoy a walk while researching and clear your head for some good ideas. Importantly, remember best you can to balance your life.

See you next musings when we reflect upon Christmas.

Publications

Adelle A, Bedford K, McMahon S, Dun C, **Starbuck R**, Doroud N. (2025). The role of occupational therapists in acute mental health inpatient settings: A systematic scoping review. *Australian Occupational Therapy Journal* 72(3).
<https://doi.org/10.1111/1440-1630.70032>

Dennett AM. Critically appraised paper: In adults following adjuvant chemotherapy for colon cancer, a three-year exercise program increased disease-free survival and overall survival compared with health education [commentary] *Journal of Physiotherapy* accepted 22.7.25.

Manderson K, **Taylor NF**, **Lewis A**, **Harding KE**. (2025). Service-level interventions to reduce waiting time in outpatient and community health settings may be sustained: a systematic review. *BMJ Open Quality* 14(1).
<https://doi.org/10.1136/bmjog-2024-003235>

Miller-Jenkins A, **Lewis AK**, **Pryde K**, **Dennett AM**. (2025). "The right people at the right time": process evaluation of a novel allied health hospital in the home service for people with cancer. *Support Care Cancer* 33(7):658.
<https://doi.org/10.1007/s00520-025-09694-1>

Presentations

Anderson A, Jenkinson J. Clinical supervision facilitates competency development in the novice and allied health mental health workforce learning program. ACSA Clinical Supervision Conference, Cairns, Australia, June 2025.

Davey I. From pillar to foundation, evolution of wellbeing within Allied Health Mental Health early career programs. ANZAHPE Australian and New Zealand Association for Health Professional Educators Conference, Perth, Australia, June 2025.

Davey I. Two years of medication - Key learnings from medication focused professional development for novice Allied Health Mental Health clinicians in public mental health. ANZAHPE Australian and New Zealand Association for Health Professional Educators Conference, Perth, Australia, June 2025.

Davey I, Johnstone D. Beyond the Horizon: A Practice Model for Orientation in an Allied Health Mental Health Graduate Program. ANZAHPE Australian and New Zealand Association for Health Professional Educators Conference, Perth, Australia, June 2025.

Dennett A. Co-design of an Eastern Health physiotherapy clinical education pathway: The PhysioSteps Program. ANZAHPE Australian and New Zealand Association for Health Professional Educators Conference, Perth, Australia, June 2025.

Jenkinson J, Anderson A. Interprofessional group supervision: Learner Reflections in the Allied Health Mental Health early career program. ACSA Clinical Supervision Conference, Cairns, Australia, June 2025.

Jenkinson J, Anderson A, Urlic K. From pillar to foundation, evolution of wellbeing within Allied Health Mental Health early career programs. ANZAHPE Australian and New Zealand Association for Health Professional Educators Conference, Perth, Australia, June 2025.

Jenkinson J, Sudholz J. Occupational identity in mental health occupational therapy graduates via Community of Practice. 31st National Conference, Occupational Therapy Australia, Adelaide, Australia, June 2025.

Johnstone D, Davey, I. Beyond the Horizon: A Practice model for Orientation in an Allied Health Mental Health Graduate Program. ANZAHPE Australian and New Zealand Association for Health Professional Educators Conference, Perth, Australia, June 2025.

Moyns C, Morris K, Weisberger, El-Khoury V, Whiteoak J, Thai J, Gochian T. Enriching Clinical Education: Expanding Student Experience Through Case-Based Tutorials Led by Clinical Experts. National Allied Health Conference, Adelaide, Australia, August 2025.

Nurse D. Education Consults: A scalable, grassroots approach to enhance clinician education capability in a dynamic workforce. ANZAHPE Australian and New Zealand Association for Health Professional Educators Conference, Perth, Australia, June 2025.

Rimayanti M. Kitsugi: the art of fixing broken pedagogy using artificial intelligence technology and Bloom's taxonomy. ANZAHPE Australian and New Zealand Association for Health Professional Educators Conference, Perth, Australia, June 2025.

Simpson J. Establishing the education needs of allied health professionals in a metropolitan health service. ANZAHPE Australian and New Zealand Association for Health Professional Educators Conference, Perth, Australia, June 2025.

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)
Charmaine Briffa (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](#)

Visit: [AHCRO Intranet](#)
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