

# Allied Health Research Report 2017

## About Us

**The Allied Health Clinical Research Office (AHCRO)** at Eastern Health was established as a joint initiative between Eastern Health and La Trobe University, and is led by Professor Nicholas Taylor and Dr Katherine Harding. The Allied Health Clinical Research Office Research aims to promote, support and do clinical research. Senior research fellow Dr Judi Porter also works in conjunction with the AHCRO, based at the Angliss Hospital to increase the capability and capacity of Allied Health staff across all programs and to undertake collaborative translation research. The activities of AHCRO are guided by the Allied Health Research Committee, which has representatives from programs, allied health disciplines and our research active clinicians.

One of the major projects led by the Allied Health Clinical Research office, titled **“Improving access for ambulatory and community services”**, completed data collection in 2017. This project is funded by the NHMRC and led by Katherine Harding, assisted by project officers David Snowdon and Annie Lewis. The project aims to test whether a new approach to access and triage, known as STAT (specific and timely assessments for triage) can reduce waiting time in a range of ambulatory and community services without adversely impacting on other aspects of patient care. Preliminary findings suggest that the STAT approach has reduced waiting times across 8 services at Eastern Health by an average of 34%. The final year of the project will focus on translation of findings into practice.

A major event on the 2017 calendar was the **Allied Health Research Forum** held at Wantirna in May 2017, with guest speaker Professor Christine Bigby, who spoke on her research on accessing health services for people with intellectual disability. At this year’s forum, allied health clinicians also presented their work in the format of a 3 minute project competition. The annual forum is the centre piece of research promotion activities undertaken by the AHCRO, supported throughout the year by a quarterly newsletter and Twitter feed used to promote allied health research both within and beyond the borders of Eastern Health.

The Allied Health Research Training Program called **Stepping into Research**, a program to introduce clinicians to research by completing a systematic review, continues to be a highly successful research training opportunity offered by the AHCRO for Allied Health Clinicians. Over the last 8 years, more than 60 allied health clinicians have completed the program resulting in about 25 academic publications, and 5 PhD enrolments. The Research Office provides individual advice and research consultation and support for allied health clinicians looking to undertake research as well as supervision to higher degree research students. In the last year, highlights included 41 publications and more than 60 conference presentations from allied health clinicians plus a number of higher degree completions including PhD completions for podiatrist Michelle Kaminski and social worker Euan Donley.

This year marked the 10<sup>th</sup> anniversary of the Allied Health Clinical Research Office. Over this time it has grown from a single professorial appointment, to a bustling centre of research activity involving multiple project officers and PhD students. We continue to foster collaborations between local and international universities and have demonstrated the ability to attract category 1 funding from the NHMRC. We look forward to continuing this success in 2018.

## Our team in 2017

The Allied Health Research Committee:

|                   |                                       |
|-------------------|---------------------------------------|
| Nicholas Taylor   | Professor of Allied Health EH (Chair) |
| Katherine Harding | Senior Research Fellow                |
| Glenda Kerridge   | Social Work                           |
| Anne Thompson     | Ambulatory and Community Services     |
| Jason Wallis      | Physiotherapy                         |
| Sarah Dallimore   | Podiatry                              |
| Alison Wilby      | Psychology                            |
| Judi Porter       | Dietetics                             |
| Euan Donley       | Mental Health                         |
| Lauren Lynch      | Speech Pathology                      |
| Anna Joy          | Occupational Therapy                  |
| Judy Bottrell     | Physiotherapy                         |

## Research Office Staff 2017

|                   |  |
|-------------------|--|
| Nicholas Taylor   | Professor of Allied Health             |
| Katherine Harding | Senior Research Fellow & AHCRO Manager |
| Judi Porter       | Senior Research Fellow                 |
| David Snowdon     | Project Officer (STAT Project)         |
| Annie Lewis       | Project Officer (STAT Project)         |
| Anne Thompson     | Project Officer (RFA program grant)    |
| Melissa Reed      | Project Officer (RFA program grant)    |
| Kate Young        | Project Officer (RFA program grant)    |

## Awards achieved 2017

**Judi Porter**- “Outstanding Contribution Award” *Dietetics Association of Australia*, 2017

**Lina Breik** – “Outstanding Contribution Award” *Better Care Victoria, Critical Care Clinicians Network* 2017

**Amy Dennett** – “Best poster” *Eastern Health Research Week*, December 2017

**Fellner Y, Leong A, Boyd J**-“Best ePoster” *27<sup>th</sup> National Conference and Exhibition of Occupational Therapy Australia* 2017

**Kylee Lockwood** – “Relevance to Allied Health Award” post graduate student category at the *Victorian Allied Health Research Conference in Melbourne*, March 2017

**Rebecca Sullivan** – “Best short presentation” *Eastern Health Research Week*, December 2017

**Jason Wallis** – “Best poster for Allied Health Research” *New Zealand Rheumatology Association and Australian Rheumatology Association Joint Annual Scientific Meeting*, Auckland May 2017

## Notable Funding 2017

**Amy Dennett**– Felice Rosemary Lloyd travel scholarship, Monash Comprehensive Cancer Consortium travel grant

**Lyndon Hawke** – PhD scholarship from the OPUS Centre for Research Excellence (University of Melbourne, La Trobe University)

**Ella Ottrey**- NHMRC post graduate support scholarship

**Judi Porter**- Eastern Health Foundation grant

**David Snowdon**- Felice Rosemary Lloyd travel scholarship

**David Snowdon**- Eastern Health Foundation Scholarship (La Trobe)

**Nick Taylor** – Eastern Health Foundation grant

## Research projects in progress in 2017

### **Social work interventions in cancer care: a quality assurance project (Social Work)**

Lead Investigators: **Adcock G**, Araullo R, Pockett R, Hobbs K.

This multi-site project involving hospitals in Victoria, NSW and Queensland, aims to improve understanding of the scope of oncology social work practice in hospital settings. The project is gathering data on the reason for referrals, type of interventions provided and their outcomes.

### **Sustainability and Let's Talk (Mental Health Services)**

Lead investigator: **Allchin B**. Eastern health research partner: **Cripps G**.

This participatory study follows up on Adult Mental Health Services involved in the Developing an Australian-first recovery model for parents in Victorian mental health and family services looking at sustainability of the Let's Talk intervention. Phase 2 follows up practitioners trained during the RCT trial and the organisation's capacity to support the practice. This study has local research partners in each Adult Mental Health Service involved.

### **Pilot Study Evaluating a Brief Screening Tool for Borderline Personality Disorder in the Aged (Psychiatry and Clinical Psychology)**

Lead Investigators: **Beaterson J, Broadbear J, Moss F, George K, Jayaram H and Roa S**. In the absence of validated screening tools for the detection of Borderline Personality Disorder (BPD) in patients over 65 years, we have developed a screening tool that reflects the changing symptomology of BPD during aging. We intend to be able to reliably detect BPD in elderly patients as a prelude to a more comprehensive evaluation. The tool will enable early detection of BPD facilitating staff preparedness and patient care.

### **Evaluation of Occupational Therapists' clinical documentation of cognition in patients admitted to continuing care (Occupational Therapy)**

Lead Investigators: **Curry S, Devlin A, Joy A, Farley A, Terrington N**. This project aims to ascertain the current practice of cognitive screening and assessments and the detail of documentation by occupational therapists in continuing care. This will assist in determining needs for future research in the development of clinical guidelines for cognition and documentation.

### **Motivational interviewing and oncology rehabilitation (Ambulatory and Community Services)**

Lead investigator: **Dennett A**; Associate investigators: **Taylor N**, Shields N, Peiris C, O'Halloran P. This randomised controlled trial aims to find out whether motivational interviewing provided in addition to oncology rehabilitation is more effective than standard oncology rehabilitation for improving physical activity as well as secondary outcomes including systemic inflammation, fatigue, mood, strength, walking capacity, self-efficacy and health related quality of life.

### **Feasibility of an acute oncology rehabilitation program (Oncology Rehabilitation)**

Lead investigator: **Dennett A**; Associate investigators: **Harding KE, Williams P**. This project aims to establish whether it is feasible to expand the existing oncology rehabilitation program to acute sites to reduce barriers to attending rehabilitation while people are undergoing active cancer treatment.

### **The patient, their children, and the mental health ward (Mental Health)**

Lead investigator: **Donley E**. Many patients treated on mental health wards are also parents. Little is known about how the parental role can continue or how patients feel during an inpatient stay. This qualitative study will explore the experiences of parents admitted for treatment of mental health conditions, and the strengths and weaknesses of the ward in providing support.

### **A resource analysis of the use of electronic tablets for home exercise prescription in rehabilitation (Occupational Therapy)**

Lead investigators: **Emmerson K, Taylor N, Harding KE, Fong C**. The aim of the study is to explore resources (time and physical) required to provide home exercise programs in either electronic format, or in standard, paper-based format. This study will consider resource implications from the clinician perspective to assist in determining the most efficient method of home exercise prescription.

### **Clinical outcomes of self-harm in child and youth mental health services (Child and Youth Mental Health Services)**

Lead investigator: Gardiner I. Associate investigators: **Mildred H, Brann P**. This project aims to explore themes in young people who self-harm compared to those who do not. Associations between diagnosis and treatment offered; treatment type and amount and other characteristics will be explored. Routine outcome measures will be used to examine if differential symptom change occurs prior to discharge.

### **Physiotherapy integrated motivational interviewing and smartphone technology to increase physical activity in individuals with low back pain: A cluster randomised trial (Physiotherapy)**

Lead investigator: Holden J. Associate investigators: O'Halloran P, **Taylor N**. This cluster randomised control trial across 3 sites will find out if physiotherapists can embed motivational interviewing principles into their routine practice to improve the outcomes of people with low back pain. An innovative feature of this project has been the development of a smartphone app to assist physiotherapists with implementing motivational interviewing.

### **Effective Clinical on-boarding as a tool to enhance service delivery and confidence in hospital-based occupational therapists (Occupational Therapy)**

Lead Investigators: **Joy A, Farley A**. This project aims to qualitatively evaluate the on-boarding process for occupational therapists who have recently been employed at Eastern Health. Perceptions of levels of departmental organisation, perceptions of feeling welcomed and ability to undertake standard duties will be measured through a survey. Results will guide the local on-boarding practices for Occupational Therapy.

### **Evaluation of adherence to a cognitive assessment clinical practice guideline: an exploratory study (Occupational Therapy)**

Lead investigators: **Joy A, Terrington N, Grindon-Ekins K**. This project aims to identify the cognitive assessment and screening tools used by occupational therapists in hospital settings, as well as identify the percentage of patients who underwent cognitive screening and assessment. This project will assist in informing clinical practice guidelines.

### **Evaluation of Occupational Therapy practices for continuity of care in rehabilitation from bed based service to ambulatory and community models of care (Occupational Therapy)**

Lead Investigators: **Joy A, Whittaker S, Farley A, Terrington N**. Identifying the needs for continuing Occupational Therapy care after discharge from a bed based service is important for optimising occupational performance and quality of life once patients return home. This project is evaluating the documentation of Occupational Therapy care during this important transition period using an audit of medical histories (n=244).

### **Reliability of performing infrared dermal thermometry in patients with Charcot neuroarthropathy (Podiatry)**

Lead investigators: **Kaminski M, Puli N**; Associate researchers: **Dallimore S, Richards K**. This study aims to investigate the intra- and inter-rater reliability of performing infrared dermal thermometry in patients with Charcot neuroarthropathy. The findings of this study will assist health care practitioners in providing a standardised approach to the assessment of dermal temperatures to ensure that clinical assessments are reliable and accurate in monitoring the progression of the Charcot foot.

### **Exploring the Influence of the Eastern Health Child and Youth Mental Health Service "My Recovery" Program on Young People's Participation in Life Activities (Mental Health Services)**

Lead investigators: Lentin P, Boyd M, Lucas J; Associate researchers: **Bourke C, McKenzie J**. This qualitative research aimed to explore the influence of the Child and Youth Mental Health Service Wellways 'My Recovery' Peer-led group program on young people's participation in life activities.

### **Helping older people move: the therapy with family project (Ambulatory And Community Services)**

Lead investigator: **Lawler K**; Associate researchers: **Taylor N**, Shields N. This pilot randomised controlled trial aims to find out if engaging caregivers to provide therapy with clinician supervision for patients from the Transition Care Program can improve outcomes such as levels of physical activity, falls-related self-efficacy, health-related quality of life and caregiver strain.

### **Home assessment visits prior to discharge for patients after hip fracture: A health economics analysis (Occupational Therapy)**

Lead Investigator: **Lockwood K**; Associate researchers: **Harding KE, Boyd J**, Brusco N, **Taylor N**. A randomised control trial evaluating the effectiveness of pre-discharge occupational therapy home visits for patients after hip fracture demonstrated that the intervention reduced falls and reduced hospital readmissions. An economic evaluation of this intervention is now being conducted to determine whether the intervention is cost effective.

### **Barriers to aquatic physiotherapy in an inpatient neurological rehabilitation population (Physiotherapy)**

Lead investigator: **Moritz T**; Associate Investigators: **Snowdon D, Harding K**. This project is exploring the barriers to the use of aquatic physiotherapy during inpatient rehabilitation for patients with a neurological diagnosis.

### **A new model of physiotherapy rehabilitation to improve outcomes after hip fracture (Physiotherapy)**

Lead Investigator: **Senserrick C**, Associate researchers: **Taylor N, Kennedy G, Scroggie G, Williams K, Lawler K**. This randomised controlled trial aims to determine if three shorter Physiotherapy sessions helps patients to recover faster than the traditional model of one long session per therapy day. Specifically, we aim to see if the distributed model helps patients to recover their mobility goals faster, achieve more walking per day, reduce their length of stay in rehabilitation and improve their chance of returning home.

### **Predicting rate of conversion from mild cognitive impairment to Alzheimer's disease dementia in a Cognitive, Dementia and Memory Service (Neuropsychology)**

Lead investigator: **Shay L**, Franks K, Jackman A. This study will look at models that predict conversion time from Amnesic Mild Cognitive Impairment to Alzheimer's disease dementia using measures that are easily accessible or readily used in memory clinics. We aim to develop a clinical decision making tool for optimal review time for clients based on individual factors.

### **The effects of direct supervision of physiotherapists on therapist compliance with hip fracture clinical practice guidelines and patient outcomes post hip fracture (Physiotherapy)**

Lead investigator: **Snowdon D**; Associate researchers: **Leggat S, Harding K, Scroggie G, Hau R, Darzins P, Taylor N**. This before-and-after observational study will investigate the effects of direct supervision of physiotherapists on therapist compliance with hip fracture clinical practice guidelines and patient outcomes following operative repair of hip fracture.

### **The optimal level of physical activity associated with improved physical functioning of people living in the community after hip fracture: an observational study (Allied Health)**

Lead Investigator: **Taylor N**; Associate researchers: **Thompson A, Harding KE, Hau R, Kennedy G, Prendergast L, Shields N, Peiris C**. This observational study will determine the optimum level of physical activity associated with improved function for people who have returned home after hip fracture.

### **The occupational therapy role and practice with patients with delirium in the acute and sub-acute areas of Eastern Health (Occupational Therapy)**

Lead investigators: **Tuck J, Terrington N, Farley A**. It is important that patients with delirium receive safe and high-quality care consistent with the National Safety and Quality Health Service Standards. Following completion of an initial project to identify and understand current occupational therapy knowledge, practice and role in assessing and managing patients with delirium, this project aims to improve the early recognition of delirium and appropriate response by Occupational Therapy staff.

### **Advanced Musculoskeletal Physiotherapist for the Osteoarthritis Hip and Knee Service (OAHKS) in community health setting compared to the hospital setting: a feasibility study (Physiotherapy)**

Lead Investigators: **Wallis J, Gibbs A.** An Advanced Musculoskeletal Physiotherapist determines people's eligibility for total hip and knee replacement in the osteoarthritis hip and knee service (OAHKS). The aim of this project is to determine if this service can be provided in a community setting, and to see whether patient satisfaction, clinician management decisions and patient waiting times are comparable to the usual OAHKS service provided at the acute hospital.

### **Improving timely, efficient and meaningful clinical handover for Occupational Therapy within a large health network (Occupational Therapy)**

Lead Investigators: **Whittaker S, Leong A, Farley A.** An electronic handover has been developed to improve consistency, timeliness and structure of clinical handover between occupational therapists. This project evaluates the effectiveness of the tool.

### **Evaluating the impact of Collaborative Recovery Model (CRM) training on clinical, medical and peer staff knowledge, attitudes and skills (Mental Health Services)**

Lead investigators: **Williamson P, Ong K, Dixon C, McIntosh M.** This study will evaluate the Collaborative Recovery Model training implementation across Eastern Health Mental Health. CRM Pre/Post measures will be used to evaluate the effectiveness of CRM Training in relation to staff knowledge, skills and attitudes, confidence and importance of implementing CRM and recovery-oriented practice.

### **Rehabilitation outcomes after proximal humeral fracture: monitoring progress using the Shoulder Function Index (SFInX) (Physiotherapy)**

Lead investigators: **Wintle E, Taylor N, Martin E, Shields N, van de Water A.** This single group observational study aims to establish if the Shoulder Function Index (SFInX) can be used to assist in the decision-making process for physiotherapists when treating a client post proximal humerus fracture.

## **Research projects completed in 2017**

### **Psychosocial risk factors associated with suicide crisis in older adults: an archival investigation (Clinical Psychology)**

Lead Investigators: **Birtles S, Jayaram H, Bhar S and George K.** This study investigates the psychosocial risk factors that are associated with suicidal ideation and attempts, in order to better understand the factors that may be targeted in post-discharge suicide prevention programs for older adults.

### **International cross-sectional nutrition audit: ESPEN's nutritionDAY at Eastern Health Hospitals (Dietetics)**

Lead investigator: **Breik L.** This audit in general medicine identified poor understanding among patients about the meaning of "adequate nutrition", lack of meal time assistance and absence of organisational policies around the promotion of positive eating environments compared to our European counterparts. These findings will be used to inform ongoing improvement work.

### **Physical activity of cancer survivors entering rehabilitation: An observational study (Physiotherapy)**

Lead investigator: **Dennett A.** This observational study aimed to measure the physical activity levels of patients attending the Oncology Rehabilitation Program at Eastern Health. The study highlighted that few cancer survivors awaiting rehabilitation meet recommended physical activity levels. Walking capacity was the strongest predictor of higher physical activity. Modifiable factors associated with low levels of physical activity are potentially important in oncology rehabilitation.

### **Implementation of tailored, multi-component knowledge translation intervention to increase the use of electrical stimulation to manage shoulder subluxation post stroke (Occupational Therapy)**

Lead investigators: **Devlin A, Barr C, Terrington N, Joy A.** People with severe weakness are at risk of developing shoulder subluxation after stroke, and electrical stimulation is an effective intervention recommended by the National Stroke Guidelines to help in the prevention of this condition. The aim of this knowledge translation study

was to determine if the implementation of active and multi-component knowledge translation strategies would increase the adherence to this guideline.

### **Home exercise programs supported by video and automated reminders compared with standard paper-based home exercise programmes in patients with stroke: a randomized controlled trial (Occupational Therapy).**

Lead investigators: **Emmerson K, Taylor N, Harding K**. There were no differences in adherence, upper limb function, or satisfaction when using an electronic tablet to support completion of home exercise compared with paper-based home exercise provision. The use of smart technology was not superior to standard paper-based home exercise programmes for patients recovering from stroke.

### **Home exercise programs supported by video and automated reminders for patients with stroke: A qualitative analysis (Occupational Therapy)**

Lead investigators: **Emmerson K, Taylor N, Harding KE, Lockwood K**. Stroke clients were interviewed to explore their experiences of using technology for their upper limb home exercise programs. There were three main themes: (1) exercises on the tablet helped patients' recovery in a variety of ways; (2) everyone could use the tablet for their home exercise program; but (3) not everyone liked using the tablet. This technology is not for everyone, but may be well suited to patients who already own and use these devices in daily life. Automated reminders were not viewed as a useful reminder tool.

### **Reducing waiting time for ambulatory and community services (Ambulatory and Community Services)**

Lead investigators: **Harding K, Taylor N**; Associate investigators: Leggat S, Karimi L, Kotis M, O'Reilly M, Kearney J. This NHMRC funded project aimed to find out if the STAT (specific and timely assessments for triage) approach can help to reduce patient waiting time in a range of ambulatory and community services. The model was successfully implemented at 8 Eastern Health sites and reduced waiting time by 34%.

### **Clinical feasibility and justification for robotic assisted therapy for neurological rehabilitation (Occupational Therapy)**

Lead investigator: **Joy A, Whittaker S**. This study comprised a literature review and benchmarking to determine the feasibility of introducing robot-assisted upper limb therapy into a public health rehabilitation setting. Perceived barriers were identified and recommendations from organisations using robot-assisted therapy included adequate staff training and selection of a robotic device capable of producing intuitive movement.

### **Home assessment visits prior to discharge for patients after hip fracture: A randomized controlled trial (Occupational Therapy)**

Lead Investigator: **Lockwood K**; Associate researchers: **Harding KE, Boyd J, Brusco N, Taylor N** This randomised controlled trial aimed to find out whether pre-discharge occupational therapy home visit are an effective intervention for older patients recovering from hip fracture. The home visit group had fewer readmissions than the group without home visits, and a lower rate of falls in 30 days following discharge suggesting that this population benefits from pre-discharge home visits.

### **Developing an Australian-first recovery model for parents in Victorian mental health and family services (Mental Health)**

Chief Investigator: Mayberry D, Cann W, **Allchin R, Wynne B**, Cauchi J, Obradovic A, Tobias G, Reupert A, Goodyear M, O'Hanlon B, Cuff R, Sheen J, Dalziel K, Graetz B, Heath J. This four-year government funded program of research sought to develop a parent recovery approach in AMHS, PDRSS/MHCSS and family service (including Child First and Integrated Family Services) sectors to provide optimal psycho-social recovery support to service users who are parents.

### **The use of surface electromyography biofeedback in the treatment of dysphagia following stroke: a randomised controlled trial (Speech Pathology)**

Lead investigator: **Paraskeva J**. This randomised control trial evaluated the use of biofeedback in addition to usual therapies in the treatment of swallowing disorders following stroke. During acute inpatient stroke rehabilitation, use of sEMG biofeedback was similarly as effective as traditional therapy alone.

### **The efficacy of protected mealtimes in hospitalised patients (Dietetics)**

Lead investigator: **Porter J**. This stepped wedge cluster randomised controlled trial aimed to determine the effect of implementing protected mealtimes on energy and protein intake of patients in subacute settings. Very few positive improvements to nutritional intake were identified as a result of Protected Mealtimes implementation. Instead of this intervention, approaches with a greater level of evidence for improving nutritional outcomes, such as mealtime assistance, other food-based approaches and the use of oral nutrition support products to supplement oral diet, should be considered in the quest to reduce hospital malnutrition.

### **Exploring mealtimes on the subacute ward using an ethnographic approach (Dietetics)**

Lead investigator: **Porter J**; Associate researchers: **Ottrey E**, Huggins CE, Palermo C. This series of three qualitative studies aimed to explore and understand mealtime culture, environment and social practice on the subacute hospital ward from the perspective of staff, volunteers and visitors. A key theme of the data was that the routine and structured nature of the meal and care systems was constantly in tension with providing patient care. These findings expose the challenges associated with maintaining patient-centredness at mealtimes in complex healthcare and foodservice systems.

### **The relationship between measured cognitive impairment and informant report of cognitive change in the context of informant affect, perceived burden, and personality traits (Neuropsychology)**

Lead investigator: **Shay L**, Associate investigators: **Lindsay E**, **Embuldeniya U**, **Harding K**. The study aimed to see whether carers' perception of cognitive change in their loved one is consistent with impairment on formal cognitive testing, and whether this correlation is influenced by other variables. Findings suggested that carers were reasonably observant and accurate in their estimation of memory change but not necessarily of other cognitive domains, such as executive function. However, findings also suggested that carer personality traits may impact the degree of accuracy. For instance, carers who scored low on the trait extraversion were significantly more accurate in their estimation of cognitive change than those who scored high on the extroversion trait.

### **The association between perceived effectiveness of clinical supervision in allied health and patient functional outcomes (Allied Health)**

Lead investigator: **Snowdon D**; Associate researchers: **Taylor N**, Leggat S. This observational study aimed to explore the association between effective clinical supervision and improved functional outcomes during rehabilitation. Physiotherapists' and occupational therapists' perception of the effectiveness of the clinical supervision they received was not associated with an improvement in their patients' mobility or personal care. While perceptions of effectiveness may provide a valid measure of the capacity of clinical supervision to support allied health professionals in their clinical professional role, it does not appear to be predictive of patient functional improvement.

### **Do patients with communication difficulties have a higher incidence of falls, when compared to those patients without communication difficulties? (Speech Pathology)**

Lead investigators: **Sullivan R**, **Harding K**. This project aimed to determine whether patients who experience severe communications disorders after a stroke that leave them unable to communicate their basic needs are more likely to fall during their hospital stay. A retrospective audit of patient files indicated that patients with communication disorders were almost twice as likely to have at least one fall than those who could communicate effectively, and the presence of a severe communication disorders was a stronger predictor of an increased rate of falls than any other variable.

### **An additional Saturday allied health service for Geriatric Evaluation and Management to reduce patient length of stay and increase functional independence (Continuing Care)**

Lead Investigator: **Taylor N**; Associate researchers: Darzins P, Shields N, **Wilton A**, **Boyd J**, Peiris C, Brusco N, **Harding KE**, **Raftis D**, Ferraro J, **Scroggie G**, **Lawler K**. This controlled before and after trial aimed to determine whether providing a full additional Saturday allied health service in a GEM ward reduces patient length of stay and leads to improvement in functional independence. Providing additional allied services on a Saturday was not associated with

a statistically significant reduction in length of stay but may have been associated with reduced readmissions.

#### **An integrated interdisciplinary approach to upper limb rehabilitation in stroke (Occupational Therapy)**

Lead investigators: **Toal A, Joy A, Terrington N**. This study evaluates the implementation of a structured, interdisciplinary, evidenced-based approach to upper limb therapy for clients post-stroke. An Upper Limb Framework was developed and implemented across subacute inpatient sites, which guides clinicians through the inter-disciplinary assessment and intervention as well as facilitates increased opportunities for therapy through clinician-led, patient/carer-led group programs.

#### **Youth and family experiences of Sensory Modulation assessment and intervention in community mental health settings (Occupational Therapy)**

Lead Investigator: **Williamson P**, Associate researchers: **Ennals P**. This qualitative study used semi-structured interviews with six young people aged 17-23 and three family members. Thematic analysis of the data revealed the impact of sensory modulation in the daily lives of the participants in the occupational domains of sleep, study, relationships, self-care, independent living, being in the world, and doing new things. Young people and their families' experiences of sensory modulation were underpinned by five processes 1) knowing yourself, 2) co-creating the 'why', 3) creating comfort, 4) creating connection, and 5) constantly reviewing and learning. Occupational engagement can be optimised by co-producing meaningful sensory interventions with young people and their families.

## Research Training - Higher Degree Research Students (PhD or Masters by Research)

**Allchin B.** PhD (year 2). Sustainability and Let's Talk. Monash University. F/T.

**Bruder A.** PhD (year 3). Exercise in the rehabilitation of fractures of the distal radius. La Trobe University, P/T, submitted.

**Dennett A.** PhD (year 3). Physical activity and rehabilitation for cancer survivors living in the community. La Trobe University, F/T.

**Donley E.** PhD (final year). Risk assessment and management in the emergency department of psychiatric patients following a mental health crisis. Monash University.\*

**Emmerson K.** PhD (year 2). Using video based home exercise programs for patients after stroke. La Trobe University, P/T.

**Hawke L.** PhD (year 1). Increasing physical activity after lower limb joint replacement. La Trobe University, P/T.

**Kaminski M.** PhD (final year). Risk factors of foot ulceration in people with end-stage renal disease on dialysis. La Trobe University, F/T (NHMRC Postgraduate Primary Health Care Scholarship).\*

**Lawler K.** PhD (year 3). What is the best model of care for providing physiotherapy in Australia's Transition Care Program? La Trobe University, P/T.

**Lockwood K.** PhD (year 3). Home assessment visits for people recovering from hip fracture. La Trobe University, P/T (La Trobe University Scholarship)

**Devlin, A.** Masters of Clinical Rehabilitation (Neurological Occupational Therapy) (final year). Flinders University.\*

**Power L.** Masters of Occupational Therapy Practice (final year). La Trobe University.\*

**Sekhon J.** PhD (year 1). Speech pathology counselling practice with people experiencing post stroke aphasia. La Trobe University. P/T

**Snowdon D.** PhD (year 2). Clinical supervision in allied health. La Trobe University, P/T.

**Toal A.** Master of Clinical Rehabilitation (year 1). Flinders University. P/T.

**Wallis J.** PhD (year 3). Osteoarthritis: exercise and physical activity. La Trobe University, P/T.

**Whittaker S.** Masters of Clinical Rehabilitation (final year). Flinders University.\*

**Williamson P.** Masters of Advanced Occupational Therapy (final year). Sensory modulation: youth and family experiences in community mental health settings. La Trobe University, P/T.

**\*Completed during 2017**

## Publications for 2017 (calendar year)

1. Bruder AM, McClelland JA, Shields N, Dodd KJ, Hau R, van de Water AT, et al. Validity and reliability of an activity monitor to quantify arm movements and activity in adults following distal radius fracture. *Disability and rehabilitation*. 2017;1-8.
2. Bruder AM, Shields N, Dodd KJ, Taylor NF. Prescribed exercise programs may not be effective in reducing impairments and improving activity during upper limb fracture rehabilitation: a systematic review. *Journal of physiotherapy*. 2017;63(4):205-20.
3. Cheng TE, Wallis JA, Taylor NF, Holden CT, Marks P, Smith CL, et al. A prospective randomized clinical trial in total hip arthroplasty—comparing early results between the direct anterior approach and the posterior approach. *The Journal of arthroplasty*. 2017;32(3):883-90.
4. Clark IN, Baker FA, Peiris CL, Shoebridge G, Taylor NF. Participant-selected music and physical activity in older adults following cardiac rehabilitation: a randomized controlled trial. *Clinical rehabilitation*. 2017;31(3):329-39.
5. Collins J, Adamski MM, Twohig C, Murgia C. Opportunities for training for nutritional professionals in nutritional genomics: What is out there? *Nutrition & dietetics: the journal of the Dietitians Association of Australia*. 2017.
6. Collins J, Huggins CE, Porter J, Palermo C. Factors influencing hospital foodservice staff's capacity to deliver a nutrition intervention. *Nutrition & dietetics: the journal of the Dietitians Association of Australia*. 2017;74(2):129-37.
7. Collins J, Porter J, Truby H, Huggins CE. A foodservice approach to enhance energy intake of elderly subacute patients: a pilot study to assess impact on patient outcomes and cost. *Age and ageing*. 2017;46(3):486-93.
8. Crook A, Kenny J, Johnson H, Davidson B. Perspectives of a mobile application for people with communication disabilities in the community. *Disability and Rehabilitation: Assistive Technology*. 2017;12(2):184-96.
9. Dennett A, Shields N, Peiris C, Reed M, O'Halloran P, Taylor N. Does psycho-education added to oncology rehabilitation improve physical activity and other health outcomes? A systematic review. *Rehabilitation Oncology*. (in press).
10. Dennett AM, Peiris CL, Shields N, Morgan D, Taylor NF. Exercise therapy in oncology rehabilitation in Australia: A mixed-methods study. *Asia-Pacific Journal of Clinical Oncology*. 2017;13(5).
11. Dewar S PJ. The effect of evidence-based nutrition clinical care pathways on nutrition outcomes in adult patients receiving non-surgical cancer treatment: A systematic review. . *Nutrition and Cancer: An International Journal*. in press.
12. Donley E, McClaren A, Jones R, Katz P, Goh J. Evaluation and Implementation of a Telepsychiatry Trial in the Emergency Department of a Metropolitan Public Hospital. *Journal of Technology in Human Services*. 2017:1-22.
13. Doyle E, Simmance N, Wilding H, Porter J. Systematic review and meta-analyses of foodservice interventions and their effect on nutritional outcomes and satisfaction of adult oncology patients. *Nutrition & Dietetics*. 2017;74(2):116-28.

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## Conference including proceedings, papers, poster

## International

1. **Allchin B.** Sustainability and Let's Talk 2017 COPMI/FaPMI International conference and research meeting; Parental and Family Mental Health Worldwide - Support through International Research May 29 – June 1 2017 Prato (Italy)
2. **Dennett A, Taylor N.** Cancer Survivors Awaiting Rehabilitation Rarely Achieve Recommended Physical Activity Guidelines. American Congress of Rehabilitation Conference, Atlanta, GA, USA October 23-28, 2017
3. **Dennett A, Morgan D, Taylor N.** Oncology Rehabilitation in Australia: Why isn't it standard practice? American Congress of Rehabilitation Conference, Atlanta, GA, USA October 23-28, 2017
4. **Liapsis J.** Meaningful Use of Computers in Dementia Care: Potential Therapeutic and Preventative Roles. *International Conference on Health, Wellness & Society*, Denver, October 2017.
5. **Ottrey E, Porter J,** Huggins CE, Palermo C. Understanding "meal realities" in hospital using an ethnographic approach. 20th *Qualitative Health Research Conference*, Canada, 2017.
6. **Wallis J,** Webster KE, Levinger P, **Fong C, Singh PJ, Taylor NF.** A walking program for people with severe knee osteoarthritis did not reduce pain but may have benefits for cardiovascular health: A phase II RCT. *Australian and NZ Rheumatology Associations Joint Annual Meeting, Auckland*, May 20-23. (Poster)
7. **Wallis J,** Webster KE, Levinger P, **Fong C, Singh PJ, Taylor NF.** Perceptions of people with severe knee osteoarthritis following a 12-week walking program: A qualitative analysis. *Australian and NZ Rheumatology Associations Joint Annual Meeting, Auckland*, May 20-23. (Poster)

## Local/State/National

1. **Allchin B, Bourke C, Sanders B,** Lentin P. Are family and carer roles as everyday occupations overlooked by mental health Occupational Therapists? *27th National Conference of Occupational Therapy Australia*, Perth, July 2017.
2. **Armstrong E.** What's the missing piece of our parenteral puzzle? *Australasian Society of Parenteral and Enteral Nutrition (AuSPEN)*, Gold Coast, 16-18th November 2017. (Poster)
3. **Arnold J, Doyle C, Watterson S, Harding K.** Improving access for community health and sub-acute outpatient services: The STAT Project. *27th National Conference of Occupational Therapy Australia*, Perth, July 2017.
4. **Baldwin C, Power L, Pope K, Harry A, Harding K.** The feasibility and effectiveness of constraint induced movement therapy in a community rehabilitation setting: A pilot randomized control trial. *27th National Conference of Occupational Therapy Australia*, Perth, July 2017.
5. **Bourke C.** Lentin P, Boyd M, **Urlic K,** McKenzie J, Hegarty, S. Do Occupational Therapists Facilitate Partnerships? Review of a Collaborative Partnership Involving Clinical, Non-Government and University Sectors in Enabling a Peer-Led Youth Mental Health Program. *27th National Conference of Occupational Therapy Australia*, Perth, July 2017. (Poster)
6. **Bourke C.** Lentin P, Higgins K, **Thiedeman-Brown M,** Boyd M, McKenzie J, **Thomas E, Buis S.** Allied health, non-government organisation (NGO) and university partnerships building an evidence base for a consumer peer-led education program in youth mental health. *Victorian Allied Health Research Conference*, Melbourne, March 31st 2017. (Poster)

7. **Brann P.** Turning policy into practice: the glossy brochure is more than the next batch of recycling. *6th Australasian Mental Health Outcomes and Information Conference*, Brisbane, 28 - 30 June 2017. [Workshop]
8. **Brann P, Culjak G.** Development of the Health of the Nation Outcome Scales for Infants (HoNOSI). *6th Australasian Mental Health Outcomes and Information Conference*, Brisbane, 28 - 30 June 2017. [Paper]
9. **Brann P.** Using our data to create a sustainable mental health service. *6th Australasian Mental Health Outcomes and Information Conference*, Brisbane, 28 - 30 June 2017. [Paper]
10. **Breik L.** Enteral nutrition – Evidently not! *27th National Conference of Occupational Therapy Australia*, Perth, July 2017. (Poster)
11. **Bruce C.** In our own words. What do consumers with communication difficulties say about their healthcare? *National Allied Health Conference*, Sydney, August 2017.
12. Bruder A, **Taylor N.** Activity monitors are valid and reliable tools to measure gross arm movement in Adults following distal radius fracture. *Momentum 2017 National Physiotherapy Conference*, Sydney, October 19th-21st 2017.
13. Bruder A, **Taylor N.** Exercise may not be effective in improving activity and reducing impairments during upper limb fracture rehabilitation. *Momentum 2017 National Physiotherapy Conference*, Sydney, October 19th-21st 2017.
14. **Dennett A.** A good stepping stone to normality...’ experiences of an oncology rehabilitation program. *Momentum 2017 National Physiotherapy Conference*, Sydney, 19th-21st 2017.
15. **Dennett A.** A good stepping stone to normality...’ experiences of an oncology rehabilitation program. *Eastern Health Research Forum*, Melbourne, 7<sup>th</sup> December 2017.
16. **Dennett A.** Cancer survivors awaiting rehabilitation rarely meet recommended physical activity levels: an observational study. *Momentum 2017 National Physiotherapy Conference*, Sydney, October 19-21 2017.
17. **Donley E.** Evaluation and Implementation of a tele-psychiatry Trial in the Emergency Department of a Metropolitan Public Hospital National Emergency Access Targets: Implications for involving family and carers in the Emergency Department during mental health risk assessment. *The MHS Conference*, Sydney, August 2017.
18. **Donley E.** The NEAT awakens: A Mental Health Social Work risk assessment regarding the Impact of National Emergency Access Targets on family work in ED. *Victorian Mental Health Social Work Conference*, Melbourne, October 2017. (Keynote Speaker)
19. Doyle E, Simmance N, Wilding H, **Porter J.** Hospital food service interventions for cancer patients: findings of a systematic review. *Dietitians Association of Australia Conference*, Hobart, May 2017.
20. **Emmerson K, Harding KE, Taylor N.** - Home exercise programs supported by electronic tablets compared with standard paper-based home exercise programs in patients with stroke. *27th National Conference of Occupational Therapy Australia*, Perth, July 2017.
21. **Farley A, Patterson M-** Using multimodal video education to support implementation of an Occupational Therapy Cognitive Assessment Clinical Practice Guideline. *27th National Conference of Occupational Therapy Australia*, Perth, July 2017.

22. **Fellner Y.** Hand therapy direct from emergency referrals. *Victorian Allied Health Research Conference*, Melbourne, March 31st 2017.
23. **Fellner Y, Leong A, Boyd J.** Less Can Be More: A Change in Management of Simple Hand Injuries. *27th National Conference of Occupational Therapy Australia*, Perth, July 2017. (ePoster)
24. **Harding K.** Improving access for community and subacute outpatient services *Victorian Allied Health Research Conference*, Melbourne, March 31st 2017.
25. **Harding K.** The organisational benefits of a strong research culture. *Victorian Allied Health Research Conference*, Melbourne, March 31st 2017. (Poster)
26. **Joy A, Carey L, D’Cruz K.** Clinical Supervision as a platform from knowledge translation. *27th National Conference of Occupational Therapy Australia*, Perth, July 2017.
27. **Kerridge G.** Leadership and career development: The international leadership program in the Department of Social Work Services at Mt Sinai Medical Centre, New York. *Victorian Allied Health Research Conference*, Melbourne, March 31st 2017. (Poster)
28. **Lawler K.** What lies beneath: The power of consumer collaboration. *Victorian Allied Health Research Conference*, Melbourne, March 31st 2017. (invited presentation)
29. **Leong A.** Leading the way for advanced practice in Occupational Therapy. *Victorian Allied Health Research Conference*, Melbourne, March 31st 2017. (Poster)
30. **Leong A, Boyd J, Giles S, Vale L, Mestroni K, Lunt A, Brown T, Lynch C, McKeever J.** Advancing scope of practice through innovation, inclusion and partnerships. *27th National Conference of Occupational Therapy Australia*, Perth, July 2017.
31. **Leong A, Fellner Y.** Less can be more. A change in management of simple hand injuries. *27th National Conference of Occupational Therapy Australia*, Perth, July 2017. (Poster).
32. **Leong A, Giles S.** Leading the way for advanced practice in occupational therapy: . *Victorian Allied Health Research Conference*, Melbourne, March 2017.
33. **Lockwood K.** Pre-discharge home visits following hip fracture: Do they reduce readmissions to hospital? *27th National Conference of Occupational Therapy Australia*, Perth, July 2017.
34. **Lockwood K.** The feasibility of conducting a randomised controlled trial on the effectiveness of home visits after hip fracture. *27th National Conference of Occupational Therapy Australia*, Perth, July 2017.
35. **Lockwood K.** The feasibility of conducting a randomised controlled trial on the effectiveness of a pre-discharge home visit by an occupational therapist for patients after hip fracture. *Eastern Health Annual Research Forum* Box Hill Institute, December 2017.
36. **Lockwood K.** Effect of pre-discharge home visits following hip fracture on readmissions. *Victorian Allied Health Research Conference*, Melbourne, March 31st 2017.
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38. **Lockwood K.** The feasibility of conducting a randomised controlled trial of the effectiveness of home visits by occupational therapists after hip fracture. *Victorian Allied Health Research Conference*, Melbourne, March 31 2017. (Poster)
39. McGrice M, **Porter J, Ottrey E.** The effect of low carbohydrate diets on fertility in overweight and obese women: a systematic review. *Dietitians Association of Australia Conference*, Hobart, May 2017.
40. **Morris A.** Implementation of tailored, multi-component knowledge translation interventions to increase the use of functional electrical stimulation in sub-acute rehabilitation to manage shoulder subluxation, post stroke. *27th National Conference of Occupational Therapy Australia*, Perth, July 2017.
41. **Ottrey E.** Understanding "meal realities" in hospital using an ethnographic approach. *Eastern Health Research Forum*, Melbourne, 7<sup>th</sup> December 2017.
42. **Ottrey E, Porter J,** Huggins CE, Palermo C. Ethnography: a useful methodology to examine mealtime culture, environment and social practice on the subacute ward. *Dietitians Association of Australia Conference*, Hobart, May 2017.
43. **Parslow S.** Our graduate workforce - promoting adaptability, confidence and responsiveness to clinical demand. *Momentum 2017 National Physiotherapy Conference*, Sydney, October 19th-21st 2017.
44. Peiris C, **Taylor N.** The maximum tolerated amount of walking for community-dwelling adults after hip fracture. *Momentum 2017 National Physiotherapy Conference*, Sydney, October 19th-21st 2017.
45. **Porter J.** The efficacy of Protected Mealtimes in hospitalised patients. *Eastern Health Annual Research Forum* Box Hill Institute, December 2017.
46. **Porter J.** To protect, or not to protect mealtimes, that is the question. *Monash Health Translational Precinct Research Week*, November 2017.
47. **Porter J,** Huggins CE, Truby H, **Collins J.** Does recording dietary intake using mobile technology-based methods improve diabetes control? A systematic review. *Dietitians Association of Australia Conference*, Hobart, May 2017.
48. **Reed R, Tuck J.** Occupational Therapy leading the way in delirium assessment and intervention - An evaluation of a newly implemented Occupational Therapy clinical practice guideline. *27th National Conference of Occupational Therapy Australia*, Perth, July 2017. (Poster)
49. **Griffiths D, Kaminski M.** Duration of Total Contact Casting in Patients with Acute Charcot Foot: A Retrospective Cohort Study. *Australasian Podiatry Conference*, Melbourne, May 2017. (Poster)
50. Ross B, **Kerridge G.** The 7 Steps to Residential Care: Raising visibility across the organisation *Victorian Health Service Social Workers Symposium*, October 2017. (Presentation)
51. **Schneider C.** Evaluation of the management of behavioural symptoms of dementia in Transition Care. *Australian Association of Gerontology Conference*, Perth, November 2017. (Presentation)
52. **Snowdon D.** Does clinical supervision improve quality of care? *Victorian Allied Health Research Conference*, Melbourne, March 31st 2017. (Poster)

53. **Snowdon D.** Perceived effectiveness of clinical supervision of allied health professionals is not associated with patient functional improvement: a prospective longitudinal study. *Eastern Health Research Forum*, Melbourne, 7<sup>th</sup> December 2017. (Poster)
54. **Sullivan R.** Falls in patients with post stroke communication difficulties: A retrospective audit. *Eastern Health Research Forum*, December 2017. (Presentation)
55. **Taylor NF.** Motivational interviewing can increase physical activity through increasing self-efficacy in community-dwelling people after hip fracture. *Momentum 2017 National Physiotherapy Conference*, Sydney, October 19th-21st 2017. (Presentation)
56. **Taylor NF.** Research interest and experience of allied health clinicians. *Victorian Allied Health Research Conference*, Melbourne, March 31st 2017. (Presentation)
57. **Taylor NF.** 2017. Strength training and cerebral palsy: what is it good for? *Sensorimotor control meeting of the Australasian Neuroscience Society*, Sydney, 2<sup>nd</sup> December, 2017 (Presentation)
58. **Toal A.** Implementing a standardised approach in the assessment and management of the stroke affected upper limb through competency based learning and practice guidelines. *27th National Conference of Occupational Therapy Australia*, Perth, July 2017. (Poster)
59. **Wallis J.** "My knee is bugged and needs replacing:" the perceptions of people with severe knee osteoarthritis following a walking program. *Momentum 2017 National Physiotherapy Conference*, Sydney, October 19th-21st 2017. (Presentation)
60. **Wallis J.** A walking program for people with severe knee osteoarthritis did not reduce pain but may have benefits for cardiovascular health. *Momentum 2017 National Physiotherapy Conference*, Sydney, October 19th-21st 2017. (Presentation)
61. **Welsh D.** Enteral Nutrition: Evidently Not. *Eastern Health Research Forum*, Melbourne, 7<sup>th</sup> December 2017. (Poster)
62. **Whittaker S.** Does upper limb therapy through an Early Supported Discharge Program, compared to Inpatient Rehabilitation, improve functional upper limb outcomes for stroke clients? An observational study. *27th National Conference of Occupational Therapy Australia*, Perth, July 2017.
63. **Williamson P.** Youth and family experiences of sensory modulation in community mental health settings. *27th National Conference of Occupational Therapy Australia*, Perth, July 2017.
64. **Wilton A, Porter J, Sharp M, Smith G.** Study protocol: professional identity amongst allied health staff in three workforce structures. *National Allied Health Conference*, Sydney, August 2017.

## Concluding statement

The research outputs from Allied Health staff in 2017 once again reflect the continued growth in quality and quantity of research activity. The increase substantial increase in staff working for the Allied Health Clinical Research Office represents a noticeable shift in the nature of research being undertaken, from small, locally funded projects to the delivery of more substantial projects with external funding. Our research themes of community integration, health service delivery and expanded roles for allied health continued to be a focus of research activity in 2017, although the diversity of research across the health service beyond these focus areas is also of note. We will also continue to build on our current research base through active promotion of research, provision of training and support for clinicians, and continue to pursue opportunities for external funding to support future projects.