

Allied Health Research News *JUNE*

**ALLIED HEALTH
RESEARCH NEWS**

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Allied Health Research Forum 12th May 2016

A Research Newsletter for Allied Health Clinicians

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A enthusiastic group of clinicians attended the Allied Health Research Forum at Wantirna Health in May. Guest speaker Dr Catherine Itsiopoulos, Associate Professor and Head of the School of Allied Health at La Trobe University presented her research exploring the Mediterranean diet as a model of intervention with studies into diabetes, cardiovascular disease and the metabolic syndrome. Her research findings may have explained why the olives and fresh fruit disappeared so quickly at the afternoon tea following the presentations, with the sugary foods left behind!

Congratulations to all the presenters who did a fantastic job keeping to their strict three minute time slot while managing to provide insightful and engaging presentations.

The judges' winner for the day was Jo Brady, Speech Pathology Manager. Jo presented on "Prioritisation tools—to use or not to use". The People's Choice Award was awarded to Anna Gillman, for her presentation "The Free Water Protocol: How Refreshing!"



Congratulations to both Jo and Anna and the Speech Pathology Department!

Professor of the Allied Health Research office, Nick Taylor, commented that the standard of presentations was extremely high this year and in fact six of the presentations were strong contenders for the Judges' prize.



Grant Writing for Allied Health Clinicians

Do you have a fantastic project idea?

Are you considering submitting an application for an allied health project to the Eastern Health Foundation Research Grant Scheme?

The Allied Health Clinical Research Office invites you to attend a workshop to help you on your way. Come along to learn some basics of grant writing and how to effectively develop and pitch your idea.

Monday 15th August 3-5pm

Seminar Room 1, Level 3, 5 Arnold Street Box Hill.

A follow up session will be conducted in November for those who intend to submit an application for an Eastern Health Foundation Grant in 2016 and would like an opportunity to receive some feedback on their work and polish their application prior to submission.



Fantastic work from the Eastern Health Dietitians at 33rd Dietitians Association of Australia conference held in Melbourne in May!

Workshops

Murphy K, Crawford R, McPhee M, Itsiopoulus C, Davis C, Pipingas A. Dietary patterns (including the Mediterranean diet) and its relationship to cognitive function

Collins J, Wilton A, Hewat C, Kellett E, Nixon C, Wai J, Graham V. Leading as a manager: Lessons from the top

Yates L, McGrice M, Cardwell G, Litchenstein T, Stirling E, Crowe T, Kingham, Senior N. Brilliant hacks.... is back

Young A, Huxtable S, Porter J, Conchin S. Implementing complex healthcare interventions into practice: Protected mealtimes as a case study

Palermo C, Porter J, Gibson S, Dart J. Using national competency standards for dietitians to design assessment of entry-level practice.

Collins J, Segal L, Porter J, Dalziel K. Incorporating health economics into nutrition research.

Posters

Corken M, Desai A, Bertino S, Stanley L. Assessment and personalised treatment of malnutrition in the haemodialysis population.

Mitchell H, Chuang R. Meal Rounds as a strategy to combat malnutrition in the clinical setting

Campbell J, Porter J. Use of dietary mobile apps in patients with chronic renal disease: what is the evidence?

Ottrey E, Porter J. Hospital menus: insights from a systematic literature review.

Lee P, Bennett C, Collins L, Lye A, Walker R, Porter J. Challenges, barriers and facilitators for quality foodservice at a Victorian volunteer-run campsite: a case study.

Seto D, Wong E, Porter J. Assessment of the nutrient content and portion size of selected meals provided by a meals-on-wheels program in Australia in comparison to recommendations for home-delivered meals: A descriptive study.

Tovey J, Tassone E, Paciepnik J, Keeton I, Khoo A, van Veenendaal N, Porter J. Hospital mealtime assistance programs: how do they effect patient intake and anthropometry? (PRIZE: Best Novice Researcher Poster)

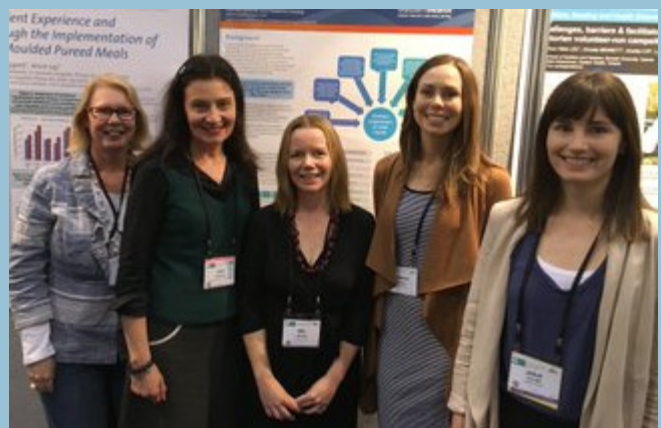
Presentations

Steer B, Cortinovis T, Green C, McEachern K, McPhee M, Nyulasi I, Porter J, Simmance N, Wai J. Gastrostomy tube management: an opportunity to advance dietetic practice.

Collins J, Porter J, Truby H, Catherine Huggins. Change in subacute patients' energy and protein intake during admission.

Publication

Porter J. (2016). Editorial, 33rd Dietitians Association of Australia conference. *Nutrition & Dietetics* Vol 73





Research Spider survey shows interested clinicians getting more involved in research

Over the last nine years, a suite of strategies have been used at Eastern Health to try to enhance the research culture amongst allied health clinicians and create opportunities for interested clinicians to participate in research. These include the appointment of Nick Taylor in a joint professorial role in partnership with La Trobe University, establishment of the allied health research committee, the Stepping into Research training program, and various activities to promote research.

The last few years have shown an increase in research outputs, including publications and presentations from allied health clinicians and higher degree enrolments. But has there been any change to the allied health workforce as a whole? In 2007 allied health staff were surveyed about their interest and experience in research. Last year we used the same measure of self-reported research interest and

experience to reassess research interest and experience among our current workforce. Results were compared to the 2007 cohort to see if there has been any change.

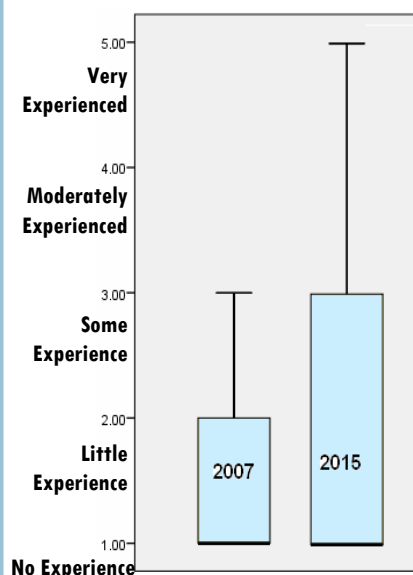
All allied health staff employed within the acute, sub-acute and ambulatory care programs were invited to complete the "Research Spider" tool. The tool asks respondents to rate their experience and interest in ten different areas, such as writing protocols, accessing literature, data analysis and grant writing.

A total of 246 allied health clinicians completed the survey. Results were similar to the 2007 cohort in almost all domains, suggesting there has not been change in research interest and experience in the overall allied health workforce.

However, the 60% of participants who identified as having at least a moderate interest in research were significantly more likely to report higher levels of experience in reviewing literature ($p=0.03$) and publishing research ($p<0.01$) when compared to 2007.

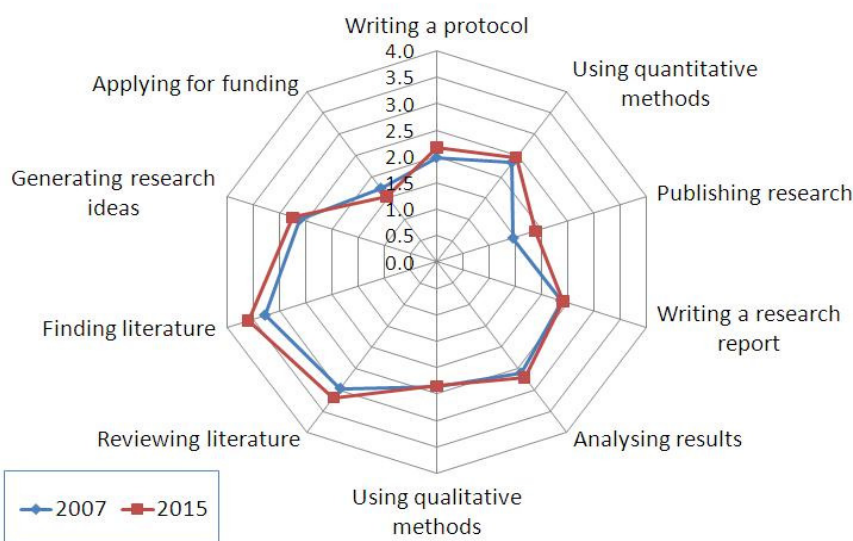
We know that not every clinician is interested in research, and the results of this project suggest that this underlying level of interest has not been influenced by the strategies in place over recent years. However these strategies are likely to have been successful in providing opportunities for interested allied health clinicians to get actively involved.

Self reported experience of publishing a research paper among those with at least moderate interest in this area



Median (1.00 for both groups), 75th percentile and range. This chart shows that the most experienced 25% of respondents reported little to moderate publication experience in 2009. In 2015 this same proportion of respondents reported being moderately experienced to very experienced.

Self reported research experience among allied health clinicians who report at least a moderate interest in research



PhD Results

Imogen Clark

Music Therapist

Imogen Clark undertook her PhD at Eastern Health, and is planning to submit her thesis this month. It's a timely opportunity for Imogen to share her findings with Allied Health!

The aim of Imogen's PhD was to examine the effects of music listening on achievement of physical activity levels recommended by guidelines, and other health and exercise-related outcomes.

Imogen initially undertook a pilot study (n=24) in slow stream rehabilitation, comparing the effects of group exercise sessions with and without music therapy. Exercise and mood outcomes were not shown to be significantly improved.

A psychometric study was then undertaken (n=20), in which a tool developed to facilitate selection of music for exercise was examined and found to have acceptable reliability and validity for older cardiac rehabilitation patients.

The randomised controlled trial that followed (n=56), investigated whether music listening while walking over 6 months increased

achievement of physical activity levels recommended in guidelines. Results found that music listening led to reduced waist circumference and observed effects suggested increased exercise intensity and improved exercise capacity, blood pressure and body mass index. No effect was found for increased activity levels.

The final project analysing participant experiences and characteristics of selected music found that older adults perceived psycho-emotional, physical and behavioural benefits from mainstream stimulating music.

Imogen stated: "Music listening did not improve older adults' compliance with physical activity levels recommended in guidelines. However, older adults with health conditions experienced psycho-emotional, physical, and behavioural benefits from music that assisted with management of barriers to physical activity and may have led to improved health outcomes and exercise capacity."

What a great achievement! It sounds like there is definitely scope for further research into this area. Maybe a post-doc Imogen?

(See details of Imogen's latest publication on p.6).

Need some advice on a research idea?

Research Advice and consultation for Allied Health Clinicians

Available any time for research related matters from Nick Taylor and Katherine Harding in the Allied Health Clinical Research Office

Please contact:

kathrine.harding@easternhealth.org.au

or phone 9091 8880.



Allied Health in the Searchlight

Allied Health Staff were well represented at the recent Searchlight Dinner, raising funds for the Vivian Bullwinkel Chair in Palliative Care Nursing. Head of Allied Health **Anita Wilton** and Podiatry manager **Katrina Richards** enjoyed meeting guests of honour Governor-General of the Commonwealth of Australia, His Excellency General the Honourable Sir Peter Cosgrove AK MC (Retd) and Lady Cosgrove.

Euan's Musings...



TEN SEMI-USEFUL TIPS FROM AN AVERAGE JOURNAL REVIEWER

From time to time mental health journals have looked underneath the bottom of the barrel

and sent me articles to re-view. Over the years I have read many, so felt I would burden others with the limited tips I have learned over the years on how to be kind to your reviewer:

Tip number 1: I am not a genius: Big words, long sentences, abbreviations, complicated graphs, a plethora of statistics. I will be just as lost as the drunk person you are trying to explain your research to at the local pub.

Tip number 2: Keep it clear. A relevant heading would be nice. An abstract that is straight to the point will not make me want to use my correction pen to stab my eyes out. Have a clear aim, have a research question that fits your aim, and have lots of headings and sub-headings. PS: Yew can also lern tew youse a spel chek.

Tip number 3: The discussion section is not your results section: Once you get to your discussion, don't be afraid to clearly say what you think. If it is backed up by the evidence, then I will cheer along with you.

Tip number 4: Referencing is your friend: If you want to make a reviewer go on some sort of rampage involving alcohol and Mario-Kart, make a lot of assumptions and statements without any referencing. By the way, a home web-page does not cut the mustard as a legitimate ref-

Tip number 5: It is nice when literature reviews make sense: The literature is your foundation. Make it clear flowing, keep it relevant to your research question, structure it with clear sub-headings, so that I can see your research question coming from 6 miles away with my eyes shut.

Tip number 6: Pick your journal wisely: When I am reviewing for a mental health journal, I am not interested in reading about the micro-economic influences on mortgage rebates in the inner west highlands of south-east Kazakhstan.

Tip number 7: Make a re-review easy: If you have made changes make them clear and show me where I can find them. If I want to look for something I will never find, I can buy a "Where's Wally", or try and find what happened to a good night's sleep since having two young children.

Tip number 8: Do what we ask: If the journal wants graphs at the end, do it. If they want APA referencing, do it. If we want you to send in a funny cat video, then do that too.

Tip number 9: It is OK to disagree with me: If you feel I have made a bum comment, that's OK. You may be actually right. If you do disagree, then prove it to me and don't feel pressured to change what you believe. Or take your research elsewhere to someone whom will appreciate your natural genius.

Tip number 10: We are your friends: Reviewers look forward to reading new and exciting research. Reviewers love to be a part of publishing. We would like to help.

Euan Donley works with the Psychiatric and Emergency Response Team and is a regularly published PhD candidate whom has no doubt caused much angst and grey hair for peer reviewers over the years. He has written this for the betterment of human-kind, and ranting here is saves him \$200 to see a psychologist.

Scholarship

Success:

Congratulations Jorja Collins and Ella Ottrey!

Eastern Health dietitians Jorja Collins and Ella Ottrey have both been awarded Fay McDonald scholarships, which provide financial support for further study into developing professional practice in Food Service Management.

Jorja will use her scholarship to fund a visit to HealthShare NSW, where she plans to observe the roll out of a new foodservice delivery model. This will contribute to her current study towards the Graduate Certificate of Health Professional Education at Monash University.

Ella will undertake an online Masters Certificate in Food Service Management from the School of Hotel Administration at Cornell University, which is designed to enable participants to develop a greater understanding of food service management and operations.

These talented dietitians received their awards at the DAA Annual General Meeting which was held in conjunction with the 33rd DAA National Conference in Melbourne in May.





Our next cohort to 'Step into Research'

2016 Allied Health Research Training Scheme

Congratulations to our group of successful applicants who have stepped forward for this year's "Stepping into Research" training scheme. Good luck to all our participants!

2016 Participants and their topic areas:

Alex Robinson (Physiotherapy) - Functional balance training after stroke

Ammy Marshal (Social Work) - The effectiveness of routine screening for elder abuse in hospital inpatients

Amy Rynsent (Speech Pathology) - The effectiveness of tongue tie procedures to improve feeding efficiency in infants

Emma Armstrong (Dietetics) - In adult patients post GI surgery does TPN after 5 days of fasting (or minimal oral nutrition intake) pose less risk to patients compared to the risks associated with >5 days of fasting or minimal nutrition intake?

Jennifer White (Occupational Therapy) - The effectiveness of remedial cognitive therapy compared with compensatory approaches after stroke

Katrina Richards (Podiatry) - The clinical reliability of lower limb vascular assessment using Absolute Toe Pressures compared to Angiogram for patients with compromised lower limb vascular flow

Sarah Brewer (Dietetics) - The effect of nutrition clinical pathways on malnutrition risk in patients undergoing high-risk chemotherapy

Sarah Draycott (Social Work) - Do patients from Chinese migrant backgrounds have poorer outcomes when treated in western mental health systems compared with the general non-migrant population?

Allied Health Research Achievements Publications

Clark I, Baker FA, Peiris CL, Shoebridge G, Taylor NF. Participant selected music and physical activity in older adults following cardiac rehabilitation: A Randomised controlled trial. *Clinical Rehabilitation* (in press).

Dennett A, Peiris C, Shields N, Prendergast L, Taylor N. Moderate intensity exercise reduces fatigue and improves mobility in adult cancer survivors: a systematic review and meta-regression. *Journal of Physiotherapy*. 2016: 62 (2) 68-82 <http://dx.doi.org/10.1016/j.jphys.2016.02.012>

Lockwood K, Harding K, Boyd J, Taylor N. Pre-discharge home visits completed by occupational therapists for patients following hip fracture. *Australian Occupational Therapy Journal*. (in press).

New P, Scroggie G, Williams C. The validity, reliability, responsiveness and minimal clinically important difference of the de Morton Mobility Index in rehabilitation. *Disability and Rehabilitation*. (in press).

Snowdon DA, Hau R, Leggat SG, Taylor NF. Does clinical supervision of health professionals improve patient safety? A systematic review and meta-analysis. *International Journal of Quality in Health Care* (in press).

Strength Training for young people with Prader-Willi Syndrome

Are you a physiotherapist and interested in some casual research assistant work? Nora Shields, Nick Taylor and Kim Bennell are doing a study to find out if community-based strength training can help young people with Prader-Willi Syndrome—a complex genetic disorder characterised by an unrelenting drive to eat and intellectual disability. We are looking for physios to help with supervised gym training, plus with assessments—timing is flexible and would typically be out of hours.

If you:

- Want to get involved in research
- Find out more about Prader-Willi Syndrome

Then contact:

Nick Taylor
nicholas.taylor@easternhealth.org.au
Nora Shields
n.shields@latrobe.edu.au

Do you have anything of interest to report in this newsletter? Please forward your articles and achievements to:

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katherine.harding@easternhealth.org.au

Allied Health Research Committee

Nick Taylor	Judi Porter (Dietetics)
Katherine Harding	Euan Donley (Mental Health)
Jason Wallis (PT)	Kyle Ball (SP)
Alison Wilby (Psych)	Anna Joy (OT)
Anne Thompson (ACS)	Glenda Kerridge (SW)
Michelle Kaminski (Pod)	

Don't forget....



@EH_Research



“He has single-handedly brought this project to completion.”