

Allied Health Research Newsletter

Allied Health Research News

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Next edition: November 2023

Welcome to Issue #2 **from our Associate Professor** **of Allied Health, Dr Adam Semciw**



Welcome to the second issue of our Allied Health Research newsletter. It's a real pleasure to be able to highlight the wonderful research being conducted across Allied Health. In this edition, we introduce our newly appointed Allied Health Research Officer, Emily Farrugia; as well as our 2023 applicants for Stepping into Research. Emily Herbert outlines her post-graduate studies and how she juggles this with her role in Community Therapy Services. You can also catch a glimpse of the 15 publications that Allied Health Staff have authored in 2024 so far!

I'm also aware that some of you are not familiar with me or my background. So, by way of introduction, I am lucky enough to have a joint research leadership role with Northern Health and La Trobe University. I am a physiotherapist by background (graduated way back in 2001) from Sydney. I completed my PhD in 2014 and then spent 4 years in Brisbane, supporting clinicians to embed research within a busy metropolitan health service. I completed a Graduate Certificate in Epidemiology in 2017 and am about to finish a Graduate Diploma in Biostatistics (2024 hopefully...). My role here at Northern Health is all about supporting clinicians with their research. I have a particular interest in supporting clinicians to make sense of large datasets; assess the impact of new models of care and promoting opportunities to build research capacity. I am really privileged to work alongside the brilliant staff here at Northern Health.

Northern Health acknowledges Victoria's Aboriginal communities and their rich culture and pays respect to their Elders past, present and emerging. We acknowledge Aboriginal people as Australia's first peoples and as the Traditional Owners and custodians of the land (the Wurundjeri people) on which Northern Health's campuses are built.

We recognise and value the ongoing contribution of Aboriginal people and communities to our lives and we embrace the spirit of reconciliation, working towards the equality of outcomes and ensuring an equal voice.

Northern Health celebrates, values, and includes people of all backgrounds, genders, sexualities, cultures, bodies and abilities.



safekind**together**

Allied Health Research Clinic:

Do you:

- ✓ Have a burning research question?
- ✓ Need help with an ethics submission?
- ✓ Want to interpret statistics or a survey?

Contact our team for further advice 😊



Introducing our Senior Allied Health Research Officer: Emily Farrugia (Northern Health and La Trobe University)

Emily has worked at Northern Health since 2017 across various roles and services. She participated in the Stepping into Research program in 2021, producing a systematic review titled '*Proportion of unplanned tube replacements and complications following gastrostomy: A Systematic Review and Meta-analysis*', recently published in the Nutrition & Dietetics Journal. Amongst other projects and conference presentations, she is also currently in the process of completing a clinician research fellowship with the goal of publication for a retrospective audit completed in 2020.



How Emily's role can help you?

- ✓ Discussion around moving research ideas or questions into an actual project
- ✓ Expansion of ways to integrate research into practice
- ✓ Assistance in building a research skillset with knowledge of data collection, survey design and quality improvement strategies
- ✓ Awareness of various Northern Health research initiatives to be involved in through a quarterly research newsletter

How to get in touch with Emily?

Call Emily on (03) 8468 0726 or email emily.farrugia@nh.org.au.

Emily works every Wednesday and alternate Thursdays and Fridays in NCHER.

Your Allied Health Research Committee Representatives

- ☆ Emily Farrugia (Dietetics)
- ☆ Jeff Khoshaba (Pharmacy)
- ☆ Belinda Baines (Podiatry)
- ☆ Rebecca Turnbull (Exercise Physiology)
- ☆ Adrienne Munro (Occupational Therapy)
- ☆ Luckshica De Silva (Physiotherapy)
- ☆ Brooke Froud Cummins (Psychology)
- ☆ Miyuki Watanabe (Speech Pathology)
- ☆ Yue Hu (TALS)

If your discipline is not currently represented, please get in touch.

HOT OFF THE PRESS!

- ☆ **Research Week** announced: 27-28th October 2023. Get in touch to **submit an abstract** (due 5pm Friday 1 Sep 2023)
- ☆ **Inaugural SAHSS Oration:** 30th August 5.30pm with guest speaker Professor Nicholas Taylor (Professor of Allied Health) on *Embedding allied health research into health services*: [register your attendance via Eventbrite](#)
- ☆ **Approved Allied Health research projects (May-June)**
 - ✓ Malnutrition point prevalence study 2023 (Nadia Obeid)
 - ✓ Medication errors in VVED (Alexandra Brown)
 - ✓ Retrospective comparison of prescription rates for nirmatrelvir/ritonavir under the VVED care model against general population data (Alexandra Brown)
 - ✓ Evaluating the impact of the pre-admission clinic pharmacist on perioperative medication management in elective surgery patients (Sarah Lo)
 - ✓ Advanced Practice Pelvic Health Clinic (Claire Schofield)
 - ✓ Continuous improvement of real-time physiological results implementation (Rebecca Jessup)

Stepping into Research Program (SIR)

What is the SIR program?

The SIR program introduces clinicians to the process of conducting and writing a systematic review of the literature on a clinical question. Often, it is the first step to a change in clinical practice. Applicants will be appointed as Adjunct Research Fellows at La Trobe University, and be mentored through 1:1 and group based workshops.

Congratulations to the following candidates

2023 Candidates

We welcome the following allied health clinicians to the program this year (short titles):



Vanessa Von Berg (Mental Health): Intensive/assertive community health intervention for people with severe mental illness



Laura Mancini (Dietetics): Association between eating disorders and diabetes.



Hue Chau (PT): Implementing best practice interventions for vulnerable populations (e.g. CALD) with osteoarthritis.



Rebecca Turnbull (EP)
The effect of cardiac rehabilitation delivery mode on uptake and participation rates of adults cardiac disease



Suchona Reza Paul (Psych): Eye-Movement Desensitisation Reprocessing therapy for patients with chronic physical and mental health comorbidities



Shalini Jayasekera (PT): Telehealth/digital based vestibular rehabilitation



Miki Maruyama (PT): Symptom management plan for acute patients with functional neurological disorder

2023 Mentors

Candidates will be supported by Adam, Hazel, and Emily from Allied Health research (see below).



Image (from left to right):
Maddie Francis
Lin Tong
Hazel Heng
Adam Semciw
Emily Farrugia
Milly Bell

Upcoming research opportunities and project updates

Get paid to do your PhD: EOI now open

- Become a leader in implementation science/ health services research
- Implement and evaluate a previous / new model of care
- Answer a clinical research question important to you and Northern Health

****You do not have to have completed an Honours Degree prior****

Successful applicant will receive \$58.5K/year tax-free (equal to ~\$85-90K) for offline time to obtain PhD (Doctorate).

Interested?

Contact Adam Semciw:
adam.semciw@nh.org.au

Research Grand Rounds

A big thank you to **Alexandra Brown** (pharmacist) for her presentation at the grand round in July on **“An Audit of Psychotropic Prescribing Practices at Northern Health”**.

We look forward to the next grand round in September, where previous Stepping Into Research Program participants will have the opportunity to showcase their research in front of an audience. Participants will also be presenting in a practice session soon.

We encourage staff to attend if able – lunch is provided.

The BACKTrAC project

Making ground these past couple of months

Milly has interviewed 6 patients so far. Staff interviews commence early August. Phase 2 will begin soon, with enrolment anticipated from early August.

Planning is underway for the digital care pathway, using patient interview data to determine what is feasible and resources patients may prefer. The next few months include finishing phase 1 interviews, ongoing data analysis *and collection and systematically adding to the digital care pathway*. Further information located [here](#). -Milly Bell

Cartoon Of The Quarter



Careers in research

Emily Herbert – Clinical Coordinator in Community Therapy Services

1. What is your clinical background?

Physiotherapy - I previously worked at Bundoora Centre in the Commonwealth Home Support Program (CHSP) for older adults. I have since commenced working as a Clinical Coordinator in Community Therapy Services (CTS) at Broadmeadows and Craigieburn alongside the Bundoora GEM wards on weekends as a Physio.



2. What is your experience in research/quality projects?

I have some experience in quality projects, predominantly looking at ways to improve day-to-day processes in order to improve patient outcomes. However, I am looking forward to expanding my experience in my new role to include the wider CTS program.

3. Why did you decide to do post graduate study?

I had been thinking about commencing some form of post-grad study well before I started, mainly because I was curious in expanding my knowledge and understanding of the public health system we work within. I was initially reluctant to start, as I wasn't sure I was making the right decision in regard to course to study etc. Since coming out of COVID-19 restrictions, I had a renewed enthusiasm to explore new skills and knowledge avenues, which lead me to committing to start my post-grad.

4. What degree are you undertaking/have you completed? What sparked your interest?

I have completed a Graduate Certificate in Public Health and enjoyed it so much that I chose to continue my studies, now on my way to completing my Masters of Public Health. I have always had a keen interest in learning about the bigger picture in public health and how this affects systems, staff and patient outcomes. The course I am undertaking provides the opportunity to complete diverse subjects while also interacting with people from other health and non-health backgrounds, which has been great in challenging my knowledge, communication and ways of thinking.

5. How have you found the process of post-graduate study?

Before commencing the course, I was expecting that completing post-grad studies alongside my usual working hours to be an immense challenge and was something I was worried about before I enrolled in the course. However, I have found taking one subject at a time to be something I am taking within my stride (so far) and have actually found the process of learning to be very enjoyable (shocking!!).

6. How has this study aided your career progression?

I would say additional study has ultimately aided my career progression into my current CTS Clinical Coordinator role. I think one factor behind this is that further study gave me the confidence and skills to explore career options outside of my current clinical stream.

7. Do you have any advice for those considering post-graduate research?

Reaching out to others to discuss their experience was very helpful to understand if the course I was thinking about commencing was what I wanted to get out of post graduate degree. Additionally, commencing a Grad Cert before committing to a Masters was also a great way for me to see if I was ready and willing to take on studying again. I would say that if you're thinking about further study then you're probably ready to give it a go!

Conference news

Spiritual Care Australia (SCA) national conference

Workshop: A 10-step sustainable integration model of spiritual care into the multidisciplinary patient trajectory

“I was honoured to present a workshop at this year’s Spiritual Care Australia national conference. My presentation was entitled on ‘*A 10-step sustainable model of spiritual care integration into the healthcare system: 10 strategic ways you can integrate and embed your spiritual care practice*’. The workshop was based on my 19 years of spiritual care in acute healthcare settings, particularly my past 17 years at Northern Health! Another great honour and surprise was receiving an award at the Spiritual Care Australia conference awards dinner. I was awarded the national ‘*Best of Care award for an outstanding spiritual care individual*.’ I am humbled and honoured to receive this recognition from my spiritual care peers of the care I love to offer to the vulnerable in our Northern Health community.”



Have you attended a conference recently or presenting in future?

Northern Health recommends staff who attend conferences share relevant knowledge and resources to their relevant teams when taking conference leave. If you have news to share, please use this platform and get in touch with Emily.farrugia@nh.org.au for the next edition.

Allied health research achievements

Publications (January to July)

1. **Sayed, M.S.I.**, Oakman, J., Stuckey, R. (2023). Rehabilitation professionals' perspectives of factors influencing return to occupation for people with lower limb amputation in East, South, and Southeast Asian developing countries: A qualitative study. *Frontiers in Public Health*, 11.
2. Shaw, L., Kiegaldie, D., **Heng, H.**, Morris, M.E. (2023). Interprofessional education to implement patient falls education in hospitals: Lessons learned. *Nursing Open*, 10(1);36-47.
3. **Sayed, M.S.I.**, Oakman, J., Stuckey, R. (2023). Factors influencing access to and participation in rehabilitation for people with lower limb amputation in East, South, and Southeast Asian developing countries: the perspective of rehabilitation professionals—a qualitative study. *Disability and Rehabilitation*.
4. Donovan, J., **De Silva, L.**, Cox, H., Palmer, G., **Semciw, A.I.** (2023). Vestibular dysfunction in people who fall: A systematic review and meta-analysis of prevalence and associated factors. *Clinical Rehabilitation*.
5. Rostron, Z.P.J., Zacharias, A., **Semciw, A.I.**, Kingsley, M., Pizzari, T., Woodley, S.J., Green, R. (2023). Comparison between a targeted exercise program and a sham intervention on gluteal muscle activity in people with hip osteoarthritis: Analysis of secondary outcomes from a randomised clinical trial. *Gait and Posture*, 10033-40.
6. Talevski, J., Kulnik, S.T., **Jessup, R.L.**, Falls, R., Cvetanovska, N., Beauchamp, A. (2023). Use of co-design methodology in the development of cardiovascular disease secondary prevention interventions: A scoping review. *Health Expectations*, 26(1):16-29.
7. Hislop, A., Collins, N.J., Tucker, K., **Semciw, A.I.** (2023). The association between hip strength, physical function and dynamic balance in people with unilateral knee osteoarthritis: A cross-sectional study. *Musculoskeletal Science and Practice*, 63.
8. Conilione, P., **Jessup, R.**, Gust, A. (2023). Novel machine learning model for predicting multiple unplanned hospitalisations. *BMJ Health and Care Informatics*, 30(1)
9. Morris, M.E., Brusco, N.K., Jones, J. Taylor, N.F., East, C.E., **Semciw, A.I.**, Edvardsson, K., Thwaites, C., Bourke, S.L., Raza Khan, U., Fowler-Davis, S., Oldenburg, B. (2023). The Widening Gap between the Digital Capability of the Care Workforce and Technology-Enabled Healthcare Delivery: A Nursing and Allied Health Analysis. *Healthcare (Switzerland)*, 11(7).
10. Ryan, R., **Jessup, R.**, Hill, S., Walsh, L., Oldenburg, B. (2023). People at heightened risk of deterioration from COVID-19: living 'with' or living 'despite' public health communications?. *Australian and New Zealand Journal of Public Health*, 47(2).
11. Ebrahimi-Madiseh, A., Nickbakht, M., Eikelboom, R.H., Bennett, R.J., Friedland, P.L., Atlas, M.D., **Jessup, R.L.** (2023). Models of service delivery in adult cochlear implantation and evaluation of outcomes: A scoping review of delivery arrangements. *PLoS ONE*, 18(5).
12. Tønning, L.U., O'Brien, M., **Semciw, A.**, Stewart, C., Kemp, J.L., Mechlenburg, I. (2023). Periacetabular osteotomy to treat hip dysplasia: a systematic review of harms and benefits. *Archives of Orthopaedic and Trauma Surgery*, 143(6);3637-3648.
13. Suppiah, S.D., Malhotra, R., Tan, Y.W., **Jessup, R.L.**, Chew, L.S.T., Tang, W.-E., Beauchamp, A. (2023). Prevalence of health literacy and its correlates from a national survey of older adults. *Research in Social and Administrative Pharmacy*, 19(6); 906-912.
14. Cvetanovska, N., **Jessup, R.L.**, Wong Shee, A. Rogers, S., Beauchamp, A. (2023). Patients' perspectives of factors influencing active participation in healthcare interactions: A qualitative study. *Patient Education and Counseling*, 114.
15. **Jessup, R.L.**, **Bramston, C.**, Putrik, P. Haywood, C., Tacey, M., Copnell, B., **Cvetanovska, N.**, Cao, Y., Gust, A., Campbell, D., Oldenburg, B., Mehdi, H., Kirk, M., Zucchi, E., **Semciw, A.I.**, Beauchamp, A. (2023). Frequent hospital presenters' use of health information during COVID-19: results of a cross-sectional survey. *BMC Health Services Research*, 23(1).

Have you published recently but don't see your name here? Get in touch with our team:

AH.Research@nh.org.au