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Next edition: December

Welcome to Issue #10 ***from Mary De Gori*** **Allied Health Director**

I am very excited to be introducing the Allied Health Research Newsletter, September 2025 edition.

For those that I haven't yet met, I commenced in the role of Director of Allied Health eight weeks ago, but this is my second stint at Northern Health. I started at Northern in 1999 as the Grade 2 aquatic Physiotherapist at BH. Since then, I have been a project officer for a number of clinical projects and teams, managed fundraising, complaints and admin teams, been a quality manager, the Director of Capital Development overseeing the development of many of the buildings at Northern. I moved to Western Health to Allied Health workforce, the Manager of Physiotherapy, Project Director for the COVID Vaccination program across the west metro region of Victoria and also a stint as Director of Operations for Aged Cancer and Continuing Care. And now I've come back home to Northern. I've completed a Master of Business Leadership and am a Fellow of the Australasian College of Health Service Management.

As I have moved through my different roles and different areas across the health system, I have developed a strong belief that research and evidence-based practice must underpin everything we do as Allied Health clinicians and health care providers.

What I have seen in my first weeks at Northern Health is that the research culture within Allied Health is being developed on strong foundations and that Allied Health research activity and publications are growing year on year -which is very exciting.

My vision for research for Allied Health at NH is for research at every level. It is important that research is embedded in every clinician's work in some way – either through the implementation of evidence-based practice, clinician researchers adding to the evidence base or translating it into practice. I hope to see increasing numbers of Allied Health clinicians undertaking research higher degrees, obtaining research grants and continuing to increase our research publications and presentations to demonstrate the great work we are doing at Northern Health.

I hope you enjoy this latest edition of the Allied Health Research Newsletter. In it you will read about the excellent Stepping into Research program and the Research Roadshows that have recently commenced, recipients of the NH Grants programs, as well conference presentations and contributions to guidelines by our expert clinicians at the local, state and national level. Congratulations to everyone that has contributed to our research effort!



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.



HOT OFF THE PRESS: Allied Health Research Roadshow continues

The AH Research Team, alongside the Ethics and Governance Team, continued their roadshow from June through to August. Nine sessions have been facilitated to date across Speech Pathology, Dietetics, Social Work, Occupational Therapy, Physiotherapy and Exercise Physiology! Sessions have been held across Broadmeadows Hospital, Bundoora Centre and The Northern Hospital alongside representatives from La Trobe University.

Thank you to leaders across all disciplines for encouraging attendance to these sessions, aimed at spreading awareness of supports available to clinicians from both the allied health research team, ethics team and La Trobe University. Together, we have brainstormed several key projects across allied health to prioritise with targeted ongoing support provided from the AH Research Team for LTU discipline representatives.

These sessions featured academics from La Trobe University, including Dr Gina Trakman, Dr Fiona Smith and Dr Tessa Zirnsak. Dr Trakman is a lecturer in Dietetics and Human Nutrition and holds interests in the development and validation of questionnaires for use in research studies and interventions to improve nutrition knowledge, as well as the role of diet in the prevention and treatment of Inflammatory Bowel Disease. Dr Smith is a social worker by background currently lecturing in Field Education, whilst Dr Zirnsak, also a social worker by background, is an interdisciplinary researcher and lived experience expert in Social Work and Social Policy, with her research focused on experiences of coercion and compulsion for people diagnosed with mental illness and intellectual disability. Thank you to all academics for contributing your expertise and ideas for allied health and student projects within these sessions.

Upcoming sessions are planned for Podiatry, Orthotics and Psychology.



Ramsay Foundation Grant awarded

Congratulations to both the Allied Health Research Team and Musculoskeletal Wellness team for securing a \$390K translational research grant from the Ramsay Foundation. The grant will see Northern Health partnering with Northern Private Hospital and La Trobe University to develop Victoria's first personalised digital education pathway for patients awaiting elective joint replacement surgery. This innovative project seeks to address the current challenge that less than half of eligible patients currently access pre-operative rehabilitation due to barriers such as travel and transportation. The digital platform will have the potential to be integrated into both private and public perioperative orthopaedic care, aiming to improve patient readiness, reduce post-surgical complications, and enhance recovery outcomes. Congratulations to everyone involved, and we look forward to seeing this project being completed in the coming years.



2025 Innovations in Allied Health Hospital Workforce National Conference

Explore how research, practice and policy can come together to improve care for hospitalised Australians and support the wellbeing of the Allied Health hospital workforce.

2025 Theme: After focusing on workforce challenges in 2024, this year's conference will explore strategies to address gaps in practice, knowledge and research. Thank you to all leaders who participated in both panel discussions, presentations and sessions across the day.

Date: Monday 17th November 2025

Location: Innovation and Education Hub Lecture Theatre (Alfred Hospital, 75 Commercial Road, Melbourne, VIC)

Time: 11.00am - 4.00pm

Audience: Health care professionals, researchers, academics, health care students, allied health stakeholders and all interested members of the public.

Program: Preliminary agenda is located [here](#).

Please see further information related to the conference via: [Summary - 2025 Innovations in Allied Health Hospital Workforce National Conference](#)

This conference is proudly supported by the La Trobe University Embedded Allied Health Research Network (LEARN). Please chat to your supervisor and/or manager prior to registering for the conference.

Northern Health 'Grant in Aid' awarded

A special congratulations to **Rebecca Galea-O'Neill (Physiotherapy)** who was successful in her application for a \$10,000 Northern Health Grant in Aid.

Rebecca Galea-O'Neill is co-Clinical Lead for the Musculoskeletal Wellness Program (MSK-Wellness). She would like to sincerely acknowledge the collective effort of the team in securing this grant.



Northern Health's Orthopaedic, Physiotherapy and Dietetic Departments identified the need to develop a new model of osteoarthritis (OA) service delivery – one that more effectively meets consumer needs, delivers evidence-informed care in a systematic way, and positions Northern Health to respond to the anticipated rise in demand.

MSK-Wellness launched in October 2022. The program is a multidisciplinary, clinician-supported, hybrid model of care. It combines education, targeted exercises, and diet and nutrition support, delivered via telehealth and multilingual resources, alongside face-to-face group options for those unable to access digital services. Emerging data indicates that the program is successfully reducing the orthopaedic wait list and that patients are reporting meaningful improvements in their symptoms and general wellbeing.

This grant will enable us, through semi-structured interviews, to formally collect and collate the lived-experiences of patients participating in MSK-Wellness. Specifically, we aim to understand the experience of patients who have taken part in terms of its impact on pain, function, and quality of life, informing iterations to improve our service. Importantly, this project will bring their stories to life through a patient video. By showcasing powerful patient testimonials, we hope to help patients, carers, healthcare professionals, and policymakers better understand the positive impacts of MSK-Wellness. It will support greater awareness, increase referrals, and encourage wider adoption of best-practice OA care for our community.

Best oral presentation awarded

Dr Swapna Gokhale was awarded best oral presentation at the Australasian Delirium Society's DECLARED conference, held in Cairns with over 240 delegates. Her presentation, titled 'Delirium risk prediction from routinely collected electronic health records', demonstrated the model's performance in predicting the risk of delirium within 48 hours of admission. The model was developed using a large sample size and provided a potential impact analysis of net interventions saved on implementation of this targeted delirium risk prediction. Swapna is currently a research fellow at La Trobe University/Northern Health working on the co-creation of the perioperative joint replacement digital care pathway to improve patient outcomes and evaluation of the virtual advanced practice physiotherapy model of care in VVED. She has also submitted her PhD thesis (Monash University), which focused on using AI to address extended hospital admissions, with a focus on implementation of data-driven risk prediction for delirium identification and prevention.



Recent professional development

Thank you to all allied health who shared interests and took part in the following sessions:

Interpreting clinical evidence

(12th June – Emily Farrugia & Stephen Quick)

This session focused on searching databases for key evidence, reading and evaluating articles effectively with practical strategies and tools to assist with critical appraisal and interpreting basic quantitative data, to assist with appraising and understanding the literature.



Getting Started in Quality Improvement and Research (8th July – Emily Farrugia & Rachel Ellis)

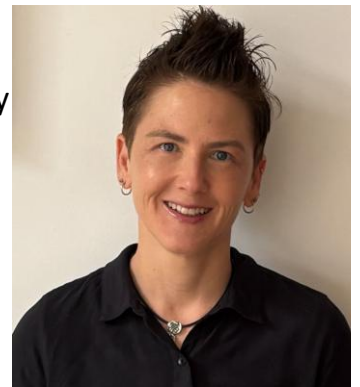
This session focused on understanding the differences and pathways for quality improvement and research at Northern Health, identifying the steps involved in rolling out projects and completing research project protocols, as well as supports and resources available.

Powerful presentations in research – Part 1 & 2

This session focuses on understanding the types of presentations and key differences, the key principles in developing presentation content and structure and posters using visual aids and relevant platforms, as well as identifying strategies to engage an audience, including at conference, department presentations and research week. **Stay tuned for future dates.**

Introducing falls champion Narelle Frazer

As a physiotherapist with many years of experience working with older adults across Community Therapy Services and Aged Care, Narelle Frazer has recently taken on an exciting new opportunity as a clinician researcher and is currently involved in the implementation of the Safe Recovery Program, a clinical trial funded by the Medical Research Future Fund (MRFF), at Northern Health. This evidence-based falls education initiative aims to assess whether targeted education can reduce falls and related injuries in hospitals.



The study will be rolled out sequentially across five hospital sites within three health services over a 70-week period. Northern Health participating wards include PCW at Bundoora Centre and Wards 4, 20, and 21 at The Northern Hospital. As the Safe Recovery Allied Health Falls Champion, Narelle will work closely with the Nursing Falls Champion to lead the implementation of the program at ward level. Together, Allied Health Assistants will be trained to deliver a brief falls education program and develop personalised patient plans, which will be reinforced by all ward staff, who will also receive training to support patients in adopting safe behaviours and reinforcing key educational messages.

This project offers a great opportunity to step into research, and Narelle is excited to contribute to improving patient safety and outcomes through this collaborative, evidence-based program.

Other recent events

Career Pathways Panel Session

Emily and Steve from the AH Research Team recently participated in a Career Pathways Panel Session as part of the New to Grade 2 program on Tuesday 5th August, talking to how opportunities at Northern Health have led them to careers in research. Thank you to the Education team for a well-rounded session alongside other NH leaders.

AAMRI VIC Workforce Project: Roundtable Outcomes

A roundtable discussion was held on the 3rd of July. Participants were invited from Victorian health and medical research sectors, including universities, health services, medical research institutes, industry, and government, to discuss key skills gaps and barriers to clinical staff participation in research and prioritise interventions to address workforce challenges. Members of the **AH Research Team** and **Miyuki Watanabe** attended to deliberate and vote throughout the process. Seven key areas and their resulting outcomes have been described [here](#).



Image L-R: Emily Farrugia, Simone Cariss, Kathryn McKinley, Stephen Quick, Julia Layer.

Library updates

Eunice Ang is a Medical Librarian at the Northern Health Library. She is passionate about helping NH staff to search for and locate evidence for research, clinical care and professional development. In her role, she is responsible for delivering training and education programs on evidence-based practice, systematic literature searching, critical appraisal and more. She recently conducted a session on literature searching using AI tools, so speak to her if you want to know more!

Eunice is available for personalised research consultations, individual/group training sessions and systematic literature searches. She currently supports participants in the Stepping into Research program. If you are embarking on a research project, know that Eunice completely empathises with you as she is currently procrastinating on her own research project. The best way to reach Eunice is to email the library at nhlibinfo@nh.org.au. Eunice can also be found in the library located near the Lecture Theatre and Specialist Clinic S (formerly Fit Testing Clinic).



Streamline Your Research with Covidence

Covidence is a web-based screening tool that is commonly used in systematic reviews for title/abstract/full text screening, data extraction and quality assessment. This easy-to-use, web-based tool helps you import references, screen abstracts and full text, extract data and resolve conflicts efficiently – all in one place. Designed to save time and improve collaboration, Covidence ensures your review process is accurate, consistent and transparent. All Northern Health staff have access to the Northern Health institutional licence. Visit the Library's [App & Tools](#) page for detailed instructions on how to join and use Covidence using the Northern Health institutional licence, or contact the Library on NHLibInfo@nh.org.au.

Stepping Into Research (SIR) update

The SIR program is a 12-week program run annually at Northern Health, designed to introduce allied health clinicians to the process of conducting and writing up a systematic review in a topic of their interest, relevant to their area of work. Participants are supported by senior peers, the allied health research team and more experienced researchers through collaboration with La Trobe University.

This year, we welcome **9 participants** to the program. We also wish to thank the library team, especially Eunice, for presenting during the first workshop on developing and refining a search strategy.

Danika Arney, Kate MacIvor and Renee Craig (Occupational Therapy): What are the staff perceptions of implementing virtual or family led interventions for inpatients? A qualitative systematic review.



Shiao-Hua Kwong (Mental Health Psychology): For adults with bipolar disorder, is the effect on relapse rates better when circadian-based psychological intervention is combined with medical treatment during acute admission, compared to treatment as usual?



Casey Kiss (Social Work): What is the reach, effectiveness, adoption, implementation, and maintenance of telehealth interventions for First Nations Australians?

Jessica Gillies (Speech Pathology): What interventions are effective in improving mood in patients who have aphasia post stroke?



Megan Bunting (Physiotherapy): The effect of brief pre operative education interventions compared to traditional prehabilitation on post operative outcomes in surgical patients.



Jessica Brain (Dietetics): What are the management protocols used in inpatient settings for preterm infants who are diagnosed with cow's milk protein allergy?

Stepping Into Research (SIR) update

Elise Moyle (Physiotherapy): Remote Patient Monitoring for Community-Based Care Following Hip and Knee Arthroplasty: A Systematic Review.



Alison Caldwell (Physiotherapy): What is the effect of digital health interventions for adults discharged home from emergency department post fall?



Annie Nguyen (Physiotherapy): Does skin to skin contact (Kangaroo care) in preterm babies improve developmental outcomes?



Workshop 1: Delivered by Adam Semciw (AH Research)

Congratulations again to all 2025 participants!

We continue to work with previous participants in the program, with some recent updates below for clinicians from previous years:

- **Simone LeBel (Physiotherapist)** published her systematic review in record time in *Musculoskeletal Care*. See link to article [here](#).
- **Rebecca Turnbull (Exercise Physiologist)** recently also published her systematic review in the *European Journal of Physiotherapy*. Details to follow.
- **Lauren Roberts (Dietitian)** has also recently submitted her review for publication and awaiting further feedback.
- **Lauren Mitchell (Physiotherapist)** will be presenting results of her review as a poster presentation at the 11th Biennial Australia and New Zealand Falls Prevention Conference in November
- **Shalini Jayasekera (Physiotherapist)** will also be presenting her review at the Australian Physiotherapy Association conference (APASC25)

Current Allied Health low risk research projects

- ✓ Falls and Body Schema Research Project (**Physiotherapy**)
- ✓ Relationship between back pain beliefs, health literacy and presentation to ED with low back pain (**Physiotherapy**)
- ✓ Understanding the feasibility of implementing an electronic Health Passport for people living with disability and/or complex needs accessing Victorian public healthcare organisations (**Physiotherapy**)
- ✓ Allied Health Research Clinic (**Physiotherapy and Orthopaedics**)
- ✓ Web based resource for people with osteoarthritis: a pragmatic feasibility study (**Physiotherapy and Orthopaedics**)
- ✓ HIPSTER: HIP fracture Supplemental Therapy to Enhance Recovery (**Physiotherapy and Orthopaedics**)
- ✓ The association between toe-brachial index results and haemodialysis in patients with End Stage Kidney Disease (**Podiatry**)
- ✓ Australian Diabetes High Risk Foot Service Database (**Podiatry**)
- ✓ Establishing if a bespoke focused rigidity cast containing an air gap reduces pressure at the posterior heel (**Podiatry and Orthotics**)
- ✓ Guardianship in Hospitals – A Health Services / OPA Hospital Pilot Program (**Social Work and Psychology**)
- ✓ Implementing cognitive intervention for older people in Memory Clinics: A pilot feasibility study (**Psychology**)
- ✓ Participation in the electronic Persistent Pain Outcomes Collaboration (ePPOC): An initiative to support continuous improvement in the quality and effectiveness of pain management in Australia (**Psychology**)
- ✓ An analysis of the Safer Care Victoria and Alfred Health collaboration to facilitate implementation of analgesics stewardship programs in Victorian Health Services (**Pharmacy**)
- ✓ Consumer led teach-back to improve recall and retention of health information: A mixed methods randomised controlled trial (**Pharmacy**)
- ✓ Medication transcription errors associated with electronic prescribing during internal hospital transfers of care: a multi-centre study (**Pharmacy**)
- ✓ Investigation of on-site food purchasing behaviour and attitudes at Northern Hospital (**Dietetics**)
- ✓ Victorian ICUs' Nutrition Practices Survey (**Dietetics**)
- ✓ Investigating Malnutrition Australian Diabetes High Risk in Victorian Cancer Services: Malnutrition Prevalence Study 2018 (**Dietetics**)
- ✓ Digital Remote Patient Monitoring for the Progressive Neurological Disorders Clinic at Northern Health (**Speech Pathology, Occupational Therapy & Community Therapy Services**)
- ✓ Measuring occupational therapy practice in acute and sub-acute inpatient healthcare settings (**Occupational Therapy and Hand Therapy**)
- ✓ Stroke survivors' experience of feedback about their cognitive performance (**Occupational Therapy**)
- ✓ Factors associated with research interest, confidence and experience in allied health clinicians (**Allied Health**)
- ✓ Staff attitudes to using technology to support evidence based medicine and virtual care delivery (**Allied Health**)
- ✓ Setting health service research priorities: a three-step participatory study (**Allied Health**)
- ✓ Understanding the driving support perspectives of community dwelling people living with a mental health condition (**Allied Health Mental Health**)
- ✓ Sleep, Wellbeing & Psychosis: Investigating Transdiagnostic Processes with Consumers Accessing Community Mental Health Services (**Allied Health Mental Health**)
- ✓ ACT in Workplace (**Allied Health Mental Health**)

Approved allied health research projects (non-HREC)

- ✓ Evaluating time efficiencies following the introduction of an Automated Dispensing Cabinet within a mental health ward **(Pharmacy)**
- ✓ Assessing the impact on Pharmacist involvement in clinical transition during an organisation wide electronic medical record implementation **(Pharmacy)**
- ✓ An analysis on the degree of variation in dosing carboplatin using creatinine clearance, CKD-EPI and CamGFR v2 **(Pharmacy)**
- ✓ Partnered Pharmacist Medication Charting (PPMC) during Hospital in the Home (HITH) inpatient stay **(Pharmacy)**
- ✓ The impact of Pentrox® as an effective patient control analgesia alternative and its cost-saving benefits **(Pharmacy)**
- ✓ Prescriptions, Practices, and Patient Paths – A post-surgical analysis of oxycodone prescription **(Pharmacy)**
- ✓ Evaluation post-stroke communication and swallowing care: is it feasible? **(Speech Pathology)**
- ✓ MRFF Safe Recovery Reducing Falls Injuries by Older People (Phase 1) **(Physiotherapy)**
- ✓ Factors associated with research interest, confidence and experience in allied health clinicians **(Allied Health)**
- ✓ Determining care outcomes of patients seen by podiatry during an admission after peripheral arterial disease is identified **(Podiatry & Orthotics)**
- ✓ Musculoskeletal Wellness Program Evaluation **(Orthopaedics, Physiotherapy & Staying Well)**
- ✓ A Retrospective Cross-sectional Study on the Outcomes and Associated Factors of Bodily Restraints in the Emergency Department for patients with Mental Health Disorders at The Northern Hospital **(Mental Health)**
- ✓ Mental Health Outlier Program (MHOP) evaluation **(Mental Health)**
- ✓ Community follow up of mental health consumers discharged from forensic services **(Mental Health)**
- ✓ Review of Mental Health Clinicians perceptions of NWAMHS Dietitian service and Weight Bias **(Mental Health)**
- ✓ Innovate & Integrate: Research Training Series for Mental Health Nursing Evaluation **(Mental Health)**
- ✓ Medtasker and Allied Health **(Allied Health, Informatics)**
- ✓ Advanced Practice Paediatric Dietitian (Nasogastric Tube Insertion and Management) Evaluation **(Dietetics)**
- ✓ Northern Health Spasticity Clinic Review and Recommendation for Redesign **(Community Therapy Service)**

Your Allied Health Research Committee Representatives

- Jeff Khoshaba/ Samantha Botta (Pharmacy)
- Jaspreet Kaur (Podiatry)
- Rebecca Turnbull (Exercise Physiology)
- Miyuki Watanabe (Speech Pathology)
- Emily Farrugia (Dietetics)
- Adrienne Munro (Occupational Therapy)
- Elaine Dos Santos (Physiotherapy)
- Brooke Froud Cummins (Psychology)
- Alycea Formosa (Social Work)
- Carolyn Dun (Mental Health)
- Jack Yeung (Prosthetics and Orthotics)
- Yue Hu (TALS)
- Justine Slattery (AH Education)

Allied Health Research Clinic:

Are you:

- ✓ Thinking of starting a research project or have a burning question you're not sure how to answer?
- ✓ Seeking help on an ethics application, whether that be non-HREC, HREC or a QA?
- ✓ Data collecting and wanting extra assistance with interpreting statistics?

The Allied Health Research Clinic is jointly funded by Northern Health and La Trobe University and aims to promote and support research at Northern Health by providing clinicians with the necessary information, education and often the starting point to commence or plan their research projects or ideas.



How to book?

Allied health clinicians can book an appointment via the QR code below. Registration is online and involves providing information about your (i) general and professional demographics; (ii) current research skill/capacity; (iii) specific research question or project (takes approximately 15 minutes).

What happens next?

Once completing your registration, the Allied Health Research Team will contact you via email to schedule an appointment which is approximately 50 minutes, in NCHER or via Teams. The appointment is with at least two experienced allied health researchers, including Associate Professor Adam Semciw. Additional members may include a biostatistician, allied health research lead and/or an ethics representative, depending on your research project requirements and phase.

Contact our team if you would like any further information prior to scheduling an appointment 😊

<https://redcap.nh.org.au/surveys/?s=JN4RRT8MA4>



Q&A: Ed Leahy - Senior Physiotherapist**1. What does working as a physiotherapist completing your PhD look like?**

Extremely challenging. Most of my research work has been completed outside work hours, so there have been many late nights and busy weekends focusing on my project. It was nice to round off the PhD journey earlier this year with a presentation to the senior physiotherapy team outlining how my research could be used to inform how we support the physiotherapist team to deliver quality healthcare to the community we serve.

**2. What led you to enrolling into a PhD?**

I work at La Trobe University 2 days/week alongside my physiotherapist position at Northern Health. I wanted to continue working as an academic at a university and had been teaching evidence-based practice to post-professional physiotherapists for 6 or 7 years at that point, so learning to conduct my own research seemed to be a natural progression. I had a strong interest in professional development and mentoring of junior physiotherapists at Northern Health, and wanted to explore how best to support them to enhance their clinical practice. I was fortunate to find two researchers who shared this interest, listened to my research ideas and were prepared to supervise my candidature. This gave me the confidence to enrol in a PhD.

3. Can you please provide a little more detail on your PhD and your journey?

The topic of my PhD is “What is effective practice for physiotherapy professional development.” To explore this topic, I completed a four-step process, which consisted of (1) a two-part systematic review (2) the development of a clinical mentoring framework (3) a feasibility study and (4) a mixed-methods randomised controlled trial (RCT).

The systematic review took ~3 years (to publication) and synthesises the results from 24 RCTs and 43 qualitative methods studies. This provided valuable insights into how qualified physiotherapists learn and indicated that clinical mentoring was an educational intervention that ticked the boxes of all the requirements for an impactful learning experience.

I explored clinical mentoring in more depth and developed a clinical mentoring framework, then tested whether an online version of clinical mentoring was feasible in an Australian context. Fortunately, it was found to be feasible which gave me the confidence to conduct a RCT to test whether online clinical mentoring was effective at enhancing the clinical practice of physiotherapists.

Unfortunately, Covid-19 occurred after this, which slowed down my research progress dramatically, though I kept working through with the guidance and support of my supervisors and family. I managed to finish the RCT involving efforts from with 5 clinical mentors, 23 private practice physiotherapists, and 274 patients across 6 Australian states and territories of Australia. The RCT found that 6 sessions of online clinical mentoring were not sufficient to enhance physiotherapy practice as measured by patient outcomes. See details [here](#). These results can assist in the implementation of online clinical mentoring and future research.

I am still awaiting the final results from the examiners of my thesis, which I hope to complete by the end of 2025. I commenced in 2016, so overall this will have been a 9-year journey.

Q&A: Ed Leahy - Senior Physiotherapist

4. Do you think your career will change after completing a PhD?

I am not sure that my career will change that much in the short term following completion of my PhD. I really enjoy working as a clinician, and do not want to give up my three-day senior physiotherapist position at Northern Health. I may transition to more of a research focused academic within my position at La Trobe University, and hopefully assist with future collaborative research projects between Northern Health and La Trobe.

Hopefully, I will continue doing what I'm doing, while being a little more research active.

5. Do you have any advice for someone considering a PhD?

I'd suggest, dipping your toe in with the 'Stepping Into Research program'. If you have any research ideas, then discuss them with the research team at Northern Health. You might be able to start with a small research project, that then builds into a PhD candidature.

Conference news

Please see recent and upcoming conferences below – **if you would like advice on an abstract** or are curious about ethics approvals required prior to presenting, reach out to the AH Research Team.

September-October	- PACTALS Congress 2025 in conjunction with the 12th MND Australia Care Forum (Allied Health) – September; https://www.pactalscongress.com/ - APASC25 – Lead the physiotherapy evolution (Physiotherapy) – October; https://australian.physio/pd/conferences
November Onwards	- Australian Association of Gerontology/AAG Conference (Allied Health) – November; https://www.aagconference.asn.au/ - Medicines Management 2025 (Pharmacy) – November; https://mm2025.adpha.au/ 2025 Innovations in Allied Health Hospital Workforce National Conference (Allied Health) – November; https://www.latrobe.edu.au/events/all/innovations-in-allied-health-hospital-workforce-conference 11th Biennial Australia and New Zealand Falls Prevention Conference (Allied Health) – November; https://anzfpconference.com.au/

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 publications (June-September)

1. Said, S., Cvetanovska, N., Whicker, S.D. Stockman, K., Nguyen, D., Campbell, D., Brooks, P., **Jessup, R.L.** (2025). Attributes, skills and resources required for peer health navigator roles: A qualitative study of the perspective of patients, healthcare professionals and health navigators. *Patient Education and Counseling*, 138.
2. **Quick, S. M.**, & Lawler, K. (2025). Effective Physiotherapy Practice for Dementia. *Australian Journal of Dementia Care*, 14(3).
3. **Silva, H.**, Porter, J., Barrett, J., Gibson, P.R., Garg, M. (2025). Dietary Intake, Symptom Control and Quality of Life After Dietitian-Delivered Education on a FODMAP Diet for Irritable Bowel Syndrome: A 7-Year Follow Up. *Neurogastroenterology & Motility*.
4. Tse, T., Jardine, A.G.M., Taylor, L., Miller, S.M., Talevski, J., **Semciw, A.**, **Heng, H.**, Hutton, J.E., Sher, L. (2025). A Virtual Emergency Department Reduces Unnecessary Transfers to Hospital of Residential Aged Care Residents Who Fall With Headstrike. *Emergency Medicine Australasia*, 37(3).
5. Adelle, A., Bedford, K., McMahon, S., **Dun, C.**, Starbuck, R., Doroud, N. (2025). The role of occupational therapists in acute mental health inpatient settings: A systematic scoping review. *Australian Occupational Therapy Journal*, 72(3).
6. **LeBel, S.**, King, M.G., **Semciw, A.I.**, Snowdon, D.A. (2025). The Effect of Early Post-Operative Outpatient Physiotherapy on Outcomes Following Lower Limb Arthroplasty: A Systematic Review and Meta-Analysis. *Musculoskeletal Care*, 23(3).
7. Matt, A.-R., Kemp, J.L., Mosler, A.B., Salmon, L., Gomes, D.A., De Livera, A., Hateley, E., **Semciw, A.I.** (2025). Do preoperative interventions affect patient satisfaction or expectation fulfilment following total hip arthroplasty? A systematic review. *JSAMS Plus*, 5.
8. **Baines, B.L.**, Lawrence, J., Hutton, J., Sher, L., **Semciw, A.I.**, Boyd, J.H., Jessup, R.L., Miller, S.M., Talevski, J. (2025). Self-referral trends to a virtual emergency department following initial presentation: A retrospective exploratory analysis. *Australasian Emergency Care*, 28(3), 221-226.
9. Azar, D., Wang, S., Flemming-Judge, L., Shee, A.W., **Jessup, R.**, Sharma, L., Fukumori, S., Talevski, J., Nicholls, S.J., Harris, J., Alston, L., Martin, C., Oqueli, E., van Gaal, W., Beauchamp, A. (2025). Using Codesign to Develop a Health Literacy Intervention to Improve the Accessibility and Acceptability of Cardiac Services: The Equal Hearts Study. *Health Expectations*, 28(3).

Congratulations to all published authors at Northern Health!