

ALLIED HEALTH RESEARCH NEWSLETTER

A Research Newsletter for Northern Health Allied Health Clinicians

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Thanks for reading!

Next Edition:

August 2023

TARP BUSINESS CASE APPROVED ONGOING



L-R: James Walker (PT/Project Lead), Julia Layer (PT), Janet Stavely (AHA),
Subash Adhikari (SW) & Belinda Huynh (OT)

An allied health intensive rehabilitation program has been approved ongoing at Northern Health Epping.

After a 12-month trial, the Targeted Acute Rehabilitation Program, known as TARP, has been introduced permanently to provide a more intensive rehabilitation in the acute setting for patients flagged for GEM/Rehab admissions. TARP initially ran as a 20-week trial in 2018 with positive results, with funding secured for an extended trial in 2022.

The team, which consists of a Physiotherapist, Occupational Therapist, Social Worker and Allied Health Assistant, target medically stable patients, able to tolerate a higher intensity of therapy, be flagged for a rehabilitation admission, and have multi-disciplinary goals.

There are some incredibly exciting research outcomes from this trial period, and James Walker, Project Lead, and team will be presenting these findings at a number of conferences – watch this space!

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.

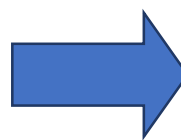
Northern Health celebrates, values, and includes people of all backgrounds, genders, sexualities, cultures, bodies and abilities.



ALLIED HEALTH RESEARCH CLINIC – A ONE STOP SHOP FOR RESEARCH ADVICE

Do you need advice on:

- Research questions
- Ethics
- Statistics
- Outcome measures



Contact our dedicated, specialist consultation group at any stage of your research!

Or [click here](#)

FROM THE RESEARCH TEAM – STEPHEN QUICK

Welcome to the very first edition of the Allied Health Research Newsletter.

This newsletter will be sent to all Allied Health staff members quarterly. It is a great opportunity for us to highlight the fantastic work that is being done by our Allied Health teams.

A German-American social psychologist Kurt Lewin once said:

“No research without action, no action without research”

We as the Allied Health Research Team want to assist clinicians in taking such action to improve the care we provide to everyone who steps through the doors of a Northern Health site.

We have all felt the pressures of COVID-19 over the course of the last couple of years, and with that came a focus on patient and staff care. Many big projects begin with a tiny idea, and in my couple of months in the role of Allied Health Research Lead, I have heard many great ideas from the front line and I look forward to seeing these evolve and grow in the months and years ahead.



I'll leave you with a quote from anthropologist Zora Neale Hurston:

“Research is formalized curiosity. It is poking and prying with a purpose.”

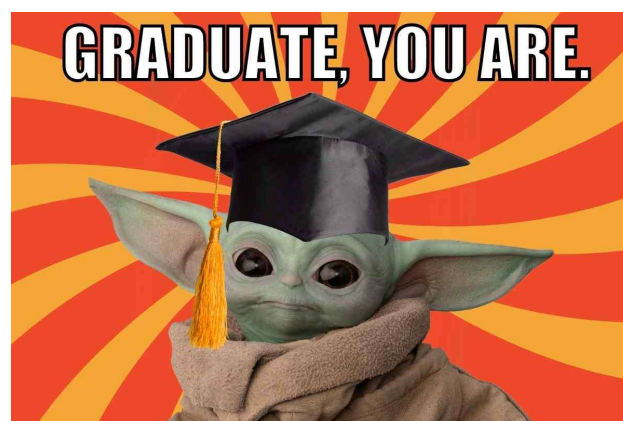
We as a team are able to assist with this poking and prying, be it through the Research Clinic, Stepping Into Research or just an informal chat. What started as a small idea for me in 2017 turned into participating in Stepping Into Research, publishing a systematic review, and I am now in the final stages of completing my PhD. Don't be afraid to dip your toe into the research world, you never know what may come from it!

WE WANT TO HEAR FROM YOU!

Recently completed post-graduate study? We want to hear from you!

One of the goals of this newsletter is to highlight the incredible work Allied Health team members are undertaking. This means completing research that will impact the care of the NH community, but also any personal and professional development by way of further study!

Email Stephen.Quick@nh.org.au and we will be in touch to ask you a couple of quick questions about your experiences!



STEPPING INTO RESEARCH (SIR) Research Training Scheme

What is “Stepping into Research?”

This program introduces clinicians to the process of conducting and writing up a systematic review of the literature. **No previous research experience is required**, just a demonstrated interest and enthusiasm for finding the answers to an important clinical question.

SYSTEMATIC REVIEW OF THE LITERATURE

A systematic search, appraisal and summary of the literature on a clinical question.
Often the first step to a change in clinical practice.

Expectations

At the conclusion of the program, participants are expected to have written a systematic review of the evidence for a clinical intervention of relevance to their workplace to a standard suitable for submission to a peer reviewed journal.

Participants are also expected to be available to present their findings at an appropriate internal or external professional forum.

What's Involved?

Successful applicants will be supported by their manager to spend one 1/2 day per week for twelve weeks to learn to conduct and write up a systematic review on a topic relevant to their area of work. The program includes:

- 4 x 3 hour small group training sessions
- A series of 1:1 meetings with an allocated mentor
- Private study time
- A presentation afternoon for participants and mentors.

SIR Drop-in Sessions & Applications Opening Soon.

Start thinking of a research question!

Enquiries: adam.semciw@nh.org.au



PhD SPOTLIGHT – LIN TONG**Tell us a bit about yourself.**

I am a practicing physiotherapist in the private sector working towards specialising in chronic pain management, with a class I Physiotherapy (Honours) degree from the University of Sydney. I've worked in Sydney in private practice and in the community, before moving to Melbourne to start in the NDIS field. This clinical work supports my interest in the active approach of management for chronic pain.

What is your experience in the research space?

My honours project was a secondary analysis of a randomised controlled trial in the field of cardiorespiratory physiotherapy. After graduation, I received the Summer Research Scholarship from the University of Sydney and was involved in designing and conducting a pilot feasibility study, as part of a randomised clinical trial. The study aimed to evaluate the effect of gait retraining on knee biomechanics, using 3D biomechanics analysis. This combined with my clinical interest in chronic pain management, led to the pursuit of a PhD in this area.

Why did you decide to do PhD?

Developing my clinical skills after graduation enhanced my belief that research and clinical practice cannot exist without one another. I pursue this journey to satisfy my never-ending curiosity, and to devote my career to the translation of such knowledge into clinical practice and the public.

We would like to acknowledge the entire musculoskeletal wellness team including Dr Juliette Gentle, Rebecca Galea, Giselle Cattapan, Anton Harms, Tom Collins, Hue Chau, Seham Shahin, Emma Inglis, Uyen Phan, Nicole Alousis and Adam

**What research question(s) are you interested in answering for your PhD?**

Digital delivery pathways of education for chronic hip/knee osteoarthritis (OA). It would be highly relevant in this rapidly developing digital world with the potential to greatly increase patient access to education and other resources.

How might this help the Northern Health population?

Osteoarthritis (OA) is a chronic condition affecting ageing Australians. Current clinical guidelines recommend non-surgical treatment options such as education, exercise and weight management for people with OA. However, many people on the surgical waitlist lack the opportunity to access such information, contributing to anxiety and distress. The Northern Health Musculoskeletal Wellness Team have built an incredible web-based resource that is supporting Northern Health patients who find themselves waiting for orthopaedic review. My PhD will aim to evaluate the outcomes of this model of care.

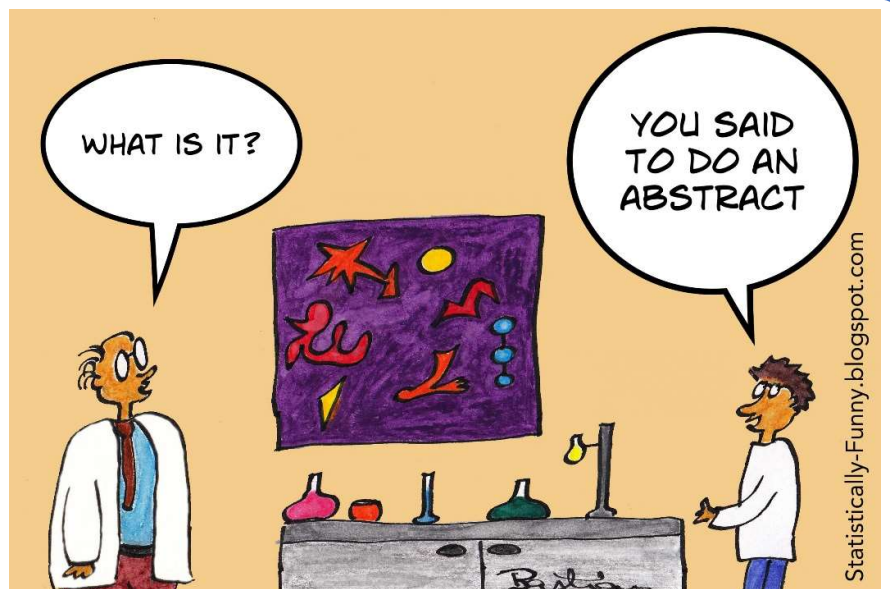


INSERT ARTICLE HERE

Column 1

Column 2

Cartoon Of The Quarter



MEET THE ALLIED HEALTH RESEARCH TEAM

Thanks to conjoint positions between Northern Health and La Trobe University, the AH Research Department will see some new faces starting in the weeks ahead.

Dr Hazel Heng will begin in the Grade 4 **Allied Health Research Lead** position in early June. Hazel has been a Physiotherapist at Northern Health since 2015, working across several settings. Hazel recently completed her PhD in “Reducing falls in hospitals with patient education”, and her research is having real-world impact, including being cited in the most recent world guidelines for falls prevention.

We will soon be welcoming a Grade 3 Allied Health Research Officer into the team as well, with an announcement regarding this role shortly. We also have Lin Tong and Milly Bell as part of our team. Lin is working on the Musculoskeletal wellness team as an Allied Health Research Assistant, and Milly is the Research Assistant

It is an exciting time to be a part of research at Northern Health. Don't hesitate to get in touch with the team, and we would love to assist you with any projects you may be considering, or to assist in analysis of data that has been collected.



Associate Professor of Allied Health
La Trobe University, Northern Health
0.60 EFT
Dr Adam Semciw



Allied Health Research Lead
Northern Health / La Trobe University
Grade 4 - 0.60 EFT
Dr Hazel Heng



Allied Health Research Assistant
Musculoskeletal Wellness Team
Northern Health / La Trobe University
Grade 2 - 0.40 EFT
Lin Tong



Research Assistant (TAC Project)
La Trobe University / Northern Health
Level A - 0.60 EFT
Milly Bell



ALLIED HEALTH RESEARCH ACHIEVEMENTS

Publications

Congratulations to the following staff members on having their hard work accepted for publication in the last 3 months. It takes a tremendous amount of hard work and dedication to reach this point. Well done!

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.
<https://doi.org/10.1002/nop2.1276>

Rostron, Z. P., 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 & Posture*, 100, 33-40.
<https://doi.org/10.1016/j.gaitpost.2022.11.016>

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, 102696.
<https://doi.org/10.1016/j.joca.2022.02.286>

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.
<https://doi.org/10.1111/hex.13633>

Silva, D.D.O., Johnston, R.T., Mentiplay, B.F., Haberfield, M.J., Culvenor, A.G., Bruder, A.M., **Semciw, A.I.**, Girdwood, M., Pappalardo, P.J., Briggs, C. & West, T.J., (2023). Trajectory of knee health in runners with and without heightened osteoarthritis risk: the TRAIL prospective cohort study protocol. *BMJ open*, 13(2), e068040.
<https://doi.org/10.1136/bmjopen-2022-068040>

Sayeed, 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. <https://doi.org/10.3389/fpubh.2023.1039279>

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*.
<https://doi.org/10.1016/j.sapharm.2023.02.013>

Allied Health Research Clinic

- Do you have a question about research?
- Need some advice to get a project underway?
- Thinking about a higher degree by research?
- Come and chat with our allied health clinical research team!

A/Prof Adam Semciw
Dr Rebecca Jessup
Dr Hazel Heng
Mr Stephen Quick
Mr Mark Tacey
Ms Jingfei Wu
Ms Lynda Harrison



Have a story for the next issue of the Allied Health Research Newsletter?

Send your details to Stephen.Quick@nh.org.au and we will be in touch!

