

Allied Health Research Newsletter

Allied Health

Research News

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Next edition: February 2024

Welcome to Issue #3

from our Allied Health

Research Lead, Dr Hazel Heng



Hello everyone, and welcome to the third edition of our Allied Health Research newsletter! As we wave goodbye to spring and prepare for the arrival of summer, we're excited to share what's been happening in research here at Northern Health with you. In this issue, we dive into Research Week 2023; Nicole Purbrick speaks about her fellowship with the Learning Health Systems Academy, and we catch up with our Stepping into Research applicants. Huge congratulations to all who participated in Research Week, it has been wonderful to see the presence of Allied Health. Special congratulations to James Walker who won 2nd place for his presentation on TARP! I look forward to next year's Research Week and I encourage you to think about projects or papers you might like to present. As always, the Research Team is here to help!

As an aside, I'd like to introduce myself for those of you who aren't familiar with me or my role. I'm a physiotherapist by background, having graduated from La Trobe back in 2014 (only feels like yesterday) as an international student. I loved my time in Australia (and still do!) so I decided to stay and work clinically. I started as a Grade 1 at Northern in late 2015 and worked in all the campuses. I've experienced acute, rehab, community and home; which has helped me understand the health system as a whole. My main interests are around falls prevention, vestibular rehab and digital health, and I have a strong qualitative research background. Since finishing my PhD, I've started in the Allied Health Research Lead role here at Northern. Together with Adam and Emily, I aim to help clinicians build research capacity, capability, and confidence. It's very exciting to see clinicians progress through their research projects and especially when their results can be translated into practice. Do pop on by if you'd like to have a chat and a coffee, our doors are always open in person or virtually!

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 😊



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: Research Week 23-27th October

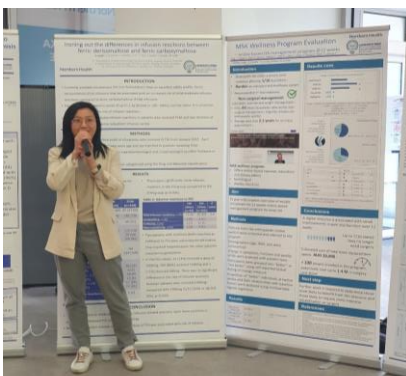
Northern Health Research Week 2023 ran over 5 days this year, with activities scheduled throughout the last week of October. This was the first opportunity since Covid-19 to return to a face-to-face format, showcasing the breath of research occurring across the hospital along with providing an opportunity to meet other inspiring researchers and learn from fellow peers. This was a week dedicated to broadcasting the incredible work conducted and all achievements across the last 12 months!

Congratulations to all researchers across Allied Health on your involvement in Northern Health's annual research week! Thank you to all those who assisted during the week with key activities, presented and helped to spread awareness of research as one of the key foundations to ongoing quality and improvement in healthcare for our surrounding community.

The week began with a series of 'Poster Blitz' presentations where selected researchers, students and clinicians had the opportunity to present their work during quick fire presentations – well done to all presenters!

Poster presentations

- **Obeid N**, Brain J, Evans R, Di Stefano J, Gerges C, Bamford S, Henderson T: *Malnutrition Point Prevalence Study 2023*
- **Watanabe M**, Pierce JE: *Speech Pathology group interventions in Primary Progressive Aphasia: A systematic review*
- **Gallagher A**, Chiu J, **Semciw A**: *Effectiveness of Expiratory Muscle Strength Training for improving swallowing in neurodegenerative disease – A systematic review*
- **Semciw, AI**, Bell EC, Collins T, See K, Webster T, Hahne A, **Alousis N**, & King M: *BackTrAC: A digital care pathway for people presenting to emergency with back pain.*
- **Chau H**, Gentle J, **Tong L**, Harms A, Cattapan G, Galea R, Collins T, **Shahin S**, **Alousis N**, **Semciw AI**: *Web-based exercise, education and dietary advice for people with knee osteoarthritis: 6-week outcomes*
- **Tong L**, Gentle J, **Chau H**, Harms A, Cattapan G, Galea R, Collins T, **Shahin S**, **Alousis N**, Pizzari T, **Semciw A**: *Web-based exercise, education and dietary advice for people with knee osteoarthritis: 12-week outcomes*
- Rizk S, Talevski J, **Jessup RL**, Sher L, **Semciw A**, Boyd J, Hutton J: *Socioeconomic differences in patient presentations to the Victorian Virtual Emergency Department by self-referral and ambulance telehealth consultations*



Lin Tong



Adam Semciw, Hazel Heng, Emily Farrugia, Lin Tong



Emily Farrugia, Mani Suleiman, Adam Semciw

HOT OFF THE PRESS: Research Week 23-27th October

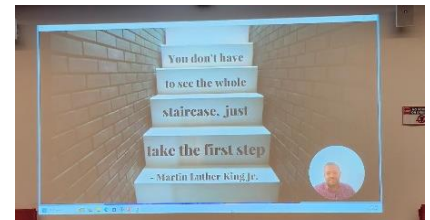
On the final day of research week, the day begun with an inspiring morning of various presentations before the 'Best abstract presentations' session. Congratulations **James Walker** and the TARP team on not only being selected as 1 out of only 7 top research projects to be selected for oral presentations (the top 10% of abstracts) but also on being awarded second place in the Best Presentation Award out of over 60 abstract submissions on "Targeted Acute Rehabilitation Program increases discharges directly home and improves functional mobility in hospitalised inpatients". Well done!

Congratulations to **Mani Suleiman** (Biostatistician) on winning a \$50 prize as Trivia Guru during this year's research week.

The Allied Health Rising Stars session, hosted by Jason Cirone, was the final allied health act, featuring the pivotal role clinician researchers play in bridging the gap between practice and cutting-edge research. This featured **Hazel Heng, Belinda Baines, Emily Farrugia and Stephen Quick**.



Above: James Walker



Above: Stephen Quick (virtual presentation)



Left:
Hazel Heng
Right:
Belinda Baines



Your Allied Health Research Committee Representatives

- ★ Jeff Khoshaba (Pharmacy)
- ★ Emily Farrugia (Dietetics)
- ★ 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)
- ★ Lilian Abbew (Social Work)

If your discipline is not represented, get in touch.

OTHER NEWS OFF THE PRESS!

- ★ **Inaugural SAHSS Oration:** 30th August with guest speaker Professor Nicholas Taylor (Professor of Allied Health) on *Embedding allied health research into health services*. A valuable evening - thank you to those who attended.



Image (from left to right): Jason Cirone, Nicholas Taylor, Adam Semciw, Emily Farrugia, Hazel Heng, Stephen Quick

Stepping Into Research Program Update

Our candidates are nearing the end of the program and are expected to present in the near future – details to be released closer to the date. Please see **updated** topics and stay tuned to support your fellow peers:

- **Vanessa Von Berg (Mental Health):** Intensive/assertive community health intervention for people with severe mental illness
- **Rebecca Turnbull (EP):** Effectiveness, safety and feasibility of home-based high intensity interval training for patients with cardiac disease. A systematic review.
- **Miki Maruyama (PT):** Symptom management plan for acute patients with functional neurological disorder
- **Laura Mancini (Dietetics):** People living with diabetes and eating disorders in Australia
- **Suchona Reza Paul (Psych):** Eye-Movement Desensitisation Reprocessing therapy for patients with chronic physical and mental health comorbidities
- **Hue Chau (PT):** Implementation of digitally delivered exercises for people with hip or knee osteoarthritis
- **Shalini Jayasekera (PT):** Telehealth/digital based vestibular rehabilitation
- **Amanda Sergi (Orthotics):** Do adults with proximal third humeral fractures treated in a humeral fracture orthosis (Sarmiento brace) experience a higher complication rate than their counterparts with midshaft distal third humeral fractures?

Approved Allied Health research projects (August-September)

- ✓ Anticoagulation Stewardship pharmacist (**Pharmacy**)
- ✓ Musculoskeletal Wellness Program Evaluation (**Orthopaedics, Physiotherapy & Staying Well**)
- ✓ Determining care outcomes of patients seen by podiatry during an admission after peripheral arterial disease is identified (**Podiatry & Orthotics**)

Paddy: the newest face of the allied health research team



Meet Seeing Eye Dog “Paddy”

<https://seeingeeyedogs.visionaustralia.org/>

for further information about the program

Image (from left to right): Emily Farrugia, Milly Bell (PhD Candidate), Hazel Heng, Lin Tong (Adjunct Research Fellow)

Upcoming research opportunities

Get paid to do your PhD: EOI still open

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

Eligibility:

- 1st author publication
- Australian Masters by research degree in the last 10 years

The 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

Advanced Practice Physiotherapy Pelvic Health Clinic Update

The Advanced Practice Physiotherapy Pelvic Health Clinic has started seeing patients with the **first clinic successfully running from October!** In the lead up, 1700 referrals on the wait list were screened and 900 patients identified with diagnoses of incontinence and/or prolapse. Of these, 450 patients met inclusion criteria, and a further 25 patients were suitable to be removed from the waiting list, due to having been treated at Northern Health or another health service for the same condition. Outcomes such as the number of; attempted contacts, patients booked for or no longer requiring appointments have been tracked using a dashboard on REDCap. Remaining patients have been sent letters and/or text messages and will be managed as per the specialist clinic waitlist management policy regarding patient contact.

Progress continues on the Digital Care Pathway which the CLEO team will assist with in the near future. Claire and Catherine will also commence their credentialing preparation to ensure staffing sustainability in the longer term.

- Claire Schofield and Catherine Ransom (Physiotherapy)

Cartoon Of The Quarter



Careers in research

Nicole Purbrick – Fellow of the Learning Health Systems Academy



1. What sparked your interest in your role as ‘Fellow of the Learning Health Systems Academy’?

I have been interested in the concept of learning health systems and digital health since completing the Monash University subject ‘Implementation and Innovation in Health Care’ through the DHHS Allied Health Leadership Program in 2021. I have participated in various quality improvement projects as a speech pathologist in public health, however I’ve noted that outcomes of these projects are often short-lived and difficult to sustain. This opportunity with the University of Melbourne looked like a great way to get hands on skills in how to make more meaningful change and deliver projects effectively, whilst also enabling me to step out my comfort zone and network with other clinical teams and departments.

2. How would you describe your current role?

Interesting, challenging, surprising, frustrating and empowering. I am gaining new skills in qualitative and quantitative research, public speaking, leadership and project management. My current role is a mix of professional development and hands on research design and implementation, with plenty of wonderful support from my fellows and teachers of the academy, as well as colleagues at Northern Health.

3. Can you tell us about your project and any expected outcomes?

My project is looking at perspectives and preferences of staff and patients/carers of the Progressive Neurological Disorders Clinic at Bundoora Centre, on the development of a future remote patient monitoring tool. This could enable tracking of patient’s symptoms and well-being from home through a tool such as an app or website. We will be disseminating surveys soon with the aim to gain some key insights and parameters to guide development and design.

4. How do you balance your dual role? What are the pros and cons?

The key for me is to be flexible. It can be difficult at times trying to pack my clinical role in to 3 days and meet KPI’s, so I try to delegate where possible. I really enjoy having a split role, it makes the weeks go fast, allows me to work alongside different teams and keeps me interested, however it’s very important to have a to do list!

5. Do you have any tips for those interested in completing research and/or quality improvement work at Northern Health?

I would recommend you go for it! One of the biggest learnings I have taken away from my fellowship so far, is that there are dedicated teams within our organisation to help you develop your research problems and questions and guide you through the research process. You certainly don’t need to do it on your own, and everyone has been so helpful. The other tip I have is to understand that it’s okay if your project morphs into something totally different as you delve deeper into the issue and learn more about the problem. It’s all a part of the learning health system!

Conference news

Hue M Chau – AOA conference



The AOA Winter Welcome conference was held on the 27th of July; an annual orthopaedic conference where Victorian hospitals showcase up to date research and projects. Northern Health presented an evaluation of the 'Musculoskeletal Wellness Program.' The program has been developed by the Orthopaedic, Physiotherapy and Dietetic departments at Northern Health, in collaboration with patients, and researchers from Latrobe University. The program is an online digital rehabilitation program, involving a structured 12-week physiotherapy program, dietetic advice and education, aimed at patients with hip and knee osteoarthritis. Preliminary data demonstrates trends that patients are getting better and improving in terms of pain and function. Further research is being conducted, and the Musculoskeletal Wellness team are further expanding this online resource to make it linguistically diverse.



James Walker – Physiotherapist

The Targeted Acute Rehab Program completed a 12-month trial throughout 2022. The aim of the program was to provide increased intensity/frequency of PT/OT/SW in the hope of discharging patients directly home and bypassing subacute. We compared TARP patient



outcomes to a like-for-like group via a retrospective propensity matching process. TARP patients were significantly more likely to discharge directly home and have a shorter overall length of stay. They improved significantly more in their mobility and were less likely to experience a hospital acquired complication. The results of this trial were presented at the 15th National Allied Health Conference in Perth in August, a large biennial conference highlighting innovation and research in Allied Health across Australia and beyond.

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/milestones**Publications (August-October)**

1. **Farrugia, E., Semciw, A.I., Bailey, S.,** Cooke, Z., Tuck, C. (2023). Proportion of unplanned tube replacements and complications following gastrostomy: A systematic review and meta-analysis. *Nutrition and Dietetics*.
2. O'Brien, M.J.M., **Semciw, A.I.,** Mechlenburg, I., Tønning, L.C.U., Stewart, C.J.W, Kemp, J.L. (2023). Pain, function and quality of life are impaired in adults undergoing periacetabular osteotomy (PAO) for hip dysplasia: a systematic review and meta-analysis. *HIP International*.
3. Nasser, A., Grimaldi, A., Vicenzino, B., Rio, E., Rich, A., Pizzari, T., **Semciw, A.** (2023). Towards development of a core outcome set in proximal hamstring tendinopathy - A systematic review of measurement instruments and their clinimetric properties. *Musculoskeletal Science and Practice*.
4. Stewart, C., King, M.G., Kemp, J.L., Mentiplay, B.F., O'Brien, M.J., Perraton, Z., Lawrenson, P.R., **Semciw, A.I.** (2023). Hip muscle activity in people with hip-related pain compared to asymptomatic controls: A systematic review. *Journal of Electromyography and Kinesiology*.
5. Dickson, K., Aboltins, C., Pelly, J., **Jessup, R.L.** (2023). Effective communication of COVID-19 vaccine information to recently-arrived culturally and linguistically diverse communities from the perspective of community engagement and partnership organisations: a qualitative study. *BMC Health Services Research*,23(1).

All other publications from January 2023

6. **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.
7. 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.
8. **Sayeed, 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*.
9. 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*.
10. 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.
11. 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.

All other publications from January 2023 continued

12. 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.
13. Conilione, P., **Jessup, R.**, Gust, A. (2023). Novel machine learning model for predicting multiple unplanned hospitalisations. *BMJ Health and Care Informatics*, 30(1).
14. 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).
15. 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).
16. 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).
17. 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.
18. 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.
19. 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.
20. **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