

CONTENTS

- Head of School Report
- Staff News and Appointments
- Teaching and Learning
- Head of School / Heads of Discipline for Exercise, Sport and Human Movement Science
- Research News
- Research Grants / Funding
- Publications by Staff and Students
- Conference Presentations / Upcoming Conferences
- School Administration
- Student News

HEAD OF SCHOOL

Hi Everyone,

As you will see from the content of the final Newsletter for 2011, and no doubt you will attest for yourself, it's been a very busy and very successful month yet again for UniSA's School of Health Sciences (HLS) with a number of successes and noteworthy items. I hope this Newsletter captures much of this.

Congratulations and huge thanks to **Raewyn Todd** (Manager: School of Health Sciences) and **Dianne Wilson** (Lecturer Physiotherapy) who have served UniSA for 25 years, and **Liz Pridham** (Lecturer Physiotherapy) and **Kobie Boshoff** (Lecturer Occupational Therapy) who have completed 10 years of service at UniSA. Congratulations also to **Kerry Thoires** who has been selected by the Vice Chancellor to take part in the 2012 ATN WEXDEV (Australian Technology Network of Universities Women's Executive Development Leadership Program for Senior Academic Women) in recognition of her leadership capacity and potential. Finally, congratulations to **Susan Hillier** who has been promoted to Associate Professor in the most recent round of senior promotions. This is a great achievement which reflects Susan's exemplary commitment to clinical teaching and research over the course of her career. We are all delighted and very proud of you Susan.

We say farewell to **Margaret Green** this month after 17 years at UniSA. Margaret is moving back to New Zealand having just bought a new house there. I have greatly appreciated Margaret's help and advice with a number of issues and her wonderfully collegiate conviviality over the last few months. You will be missed Margaret! **Shylie Mackintosh** now takes the reigns of the highly successful program of undergraduate physiotherapy studies which has featured among the top three programs in Australia for the last 5 years. As I have already noted, physiotherapy graduates from UniSA are among the most highly employable and satisfied graduates in the profession. The following is quoted verbatim from a recent email from an interstate employer *"I still find that the UniSA Physio Graduates are of superior quality compared to University of Sydney or University of Newcastle students especially in clinical reasoning and Maitland techniques"*. Unsolicited feedback like this which attests the quality of HLS students (and the staff who teach them) is nice to get!

Our recruitment of staff continues with a number of staff joining us in the last few days. Welcome to **Margarita Tsiros** – Lecturer in Health Sciences (Physiotherapy); **Chris Jansen** – Lecturer in Health Sciences (Medical Radiation); **Leigh Brown** – Program and Course Administration Officer – Medical Radiation; **Leanne Roe** – Program and Course Administration Officer – Human Movement; and **Rachelle Dantu** – Academic Resource Officer (for the Virtual Environment Radiation Therapy (VERT) project).

As you know, part of my own declared mission for HLS (in addition to seeking out and engaging with a range of community agencies) is to enhance links with high performance sport in Adelaide, as we and South Australia have so much to gain from working with each other. In the last few months, we have engaged in talks with the Australian Sports Institute, the South Australian Sports Institute, Adelaide United Football Club, Adelaide Football Club (Crows) and Port Adelaide Football Club (Power), as to how we can gain mutual advantage by working together. Thanks to the work of **Adam Hewitt** in particular, these discussions have led to significant opportunities for HLS students in the form of undergraduate cadetships, additional Honours projects, special workplace/study arrangements and a fully funded PhD scholarship! Details of the **Port Adelaide Football Club (PAFC) Human Performance Scholarship** are available at <http://www.jason.edu.au/scholarship/5729/> and included in the November newsletter. I am sure that further opportunities will arise as the new **Exercise for Health and Human Performance** (EHHP) group becomes established through the attraction of more Honours and PhD opportunities. The latter includes the recent award of an International Presidents Scholarship (IPS) to **Harrison Evans** from the School of Sport and Health Sciences at the University of Exeter, who will be joined by **Gavin Tempest** - also from Exeter University in February 2012 to continue their studies under the

supervision of **Gaynor Parfitt** and **myself**. The EHHP group looks forward to welcoming more research students over the coming months.

A further International President's Scholarship has been awarded to **Abbey Tabor**, from the School of Biomedical Sciences at King's College, London. Abbey will continue her research with **Lorimer Moseley** in The Body and Mind Research Group. This year has also seen an increase in the number of applications to undertake PhD study in the School of Health Sciences. In addition to the above international and PAFC studentships, there is one further international and 19 domestic applications currently being processed, making a total of 24 potential starters for 2012! If all applications are successful, the total number of PhD students (excluding those who have submitted in 2011) for 2012 will be about 70.

Other research successes for staff in HLS include the stunning success in the most recent round of the competitive Divisional Research Grants Scheme. The School was successful with an incredible 8 applications out of a total of 11 awarded across the Division of Health Sciences (including a joint application with the School of Pharmacy and Medical Sciences), the details of which are contained on page 11/12 of the Newsletter. Congratulations to the lead researchers **Carol Maher, Julie Walters, Rebecca Thomson, Rebecca Golley, Alex Rowlands, Alison Hill (PMB/HLS), Gaynor Parfitt** and **Tasha Stanton** and your respective teams. It is great to see this level of activity and engagement in the scheme to further develop areas of research across HLS.

Speaking of research, all Universities in Australia will be busy deliberating on the best way to prioritise publications and to allocate the most strategically appropriate subject coding, according to the content of each paper and areas of strength or growth, in preparation for the government's 2012 Excellence in Research Australia (ERA) audit. The ERA will review the quality of the research from each University in Australia for the period 1st January 2005 to 31st December 2010. I understand that the ERA audit is likely to happen every 2-3 years, so it is important to recognise that we are now half way through the current cycle. The criteria for judging the quality of each research paper will involve some assessment of its 'impact', and this will most likely involve consideration of the perceived quality of the journal. How this will be done is not specifically stated, but one would expect that it will involve consideration of the ratio of the overall citation count of articles published over a given period to the total number of citable items published in the journal over the same period, i.e., the ISI's impact factor. Rightly or wrongly, this may be influenced by the legacy of the perceived quality of the journal as judged by the ERA A*-C ratings used in the 2010 ERA. What we do know for sure is that citation count of each article, as indicated by the SCOPUS database, will be critical to the assessment of the impact of the research paper. As in the last ERA, citation counts will be compared to world averages for the particular discipline for each of the six years of the overall assessment period. It is also important to note that the ERA audit will be interested in the most frequently selected journal for each unit of assessment. So, in terms of the best case scenario, we would hope to achieve a high number of articles published in the top ranked journals which are cited well above the world average for that particular discipline. The worst case scenario would be to present ERA with a high number of articles in a bottom ranked journal which are cited well below the world average! So, from an 'ERA-judgement-of-research-output-quality' perspective, and assuming the rules don't change, it is important to consider the most appropriate outlet for research papers. In this respect, one needs to balance the choice of journal (perceived high or low quality) against the chances of the paper being highly cited, the time it takes from submission to publication (which in my own experience has varied from 2-3 months to 1-2 year) which in itself will impact on the potential citation count over the assessment period, and of course, the 'need' to publish to satisfy other criteria such as those used in judging the quality or deciding the ranking of PhD applications. One must also take into account the sometimes exorbitant page charges which some journals now charge. These are issues which we should think about in preparation for future ERA audits.

Thanks again for all your contributions to the Newsletter. To help us communicate news about research, national appointments, community engagements, awards, achievements and sporting endeavours, etc., please continue to keep Kylie Fogarty (kylie.fogarty@unisa.edu.au) informed of all your news. We are always open to suggestions to help raise awareness of the newsletter and to increase its readability and interest. If you have ideas for what might be interesting regular items to include, please let us know.

Finally, I want to thank you for all your hard work and contributions to the School for 2011. I wish you all a very happy, peaceful and relaxing Christmas. May Santa be good to you! ☺

[Merry Christmas](#)

Roger Eston

STAFF NEWS AND APPOINTMENTS

- Congratulations to **Dr Natalie Sinn**, Research Fellow who was a 2011 award recipient of the South Australian Science Excellence Awards. This year's Awards focussed on high achievers in the early stages of their careers, including PhD graduates and early career STEM professionals and educators.
- Congratulations to **Jane Shepherdson** who has recently been appointed to the Professional Accreditation and Education board of the Australian Institute of Radiography. This is a national board that currently accredits education programs around Australia and also has a role in CPD and education issues for medical imaging and radiation therapy professionals.
- Congratulations to **Professor Kevin Norton** who recently completed the New York Marathon in 4 hours / 38 minutes among 47,000 participants. Kevin was very successful in raising over \$10,000 for the National Heart Foundation.
- **Professor Karen Grimmer-Somers** and **Dr Kylie Johnston** (on behalf of iCAHE) were part of the team that won the Premier's Health Award for Improving Community Wellbeing at the 2011 SA Health Awards, in a ceremony held at the National Wine Centre on 18th November, presented by the Hon Jay Weatherill, Premier of SA. The Falls Prevention Team and South Australian Ambulance Service was a joint winner of this award for the project "*Help for fallers requiring the ambulance service: Implementation of a cross regional collaborative falls prevention service*". Research conducted by iCAHE contributed to the development and success of this project, and our involvement was specifically mentioned by the team leader, Ms Gill Bartley, in her award acceptance speech on the night. This team also won the SA Health Award for Strengthening Primary Health Care, presented by the Hon John Hill, Minister for Health and Ageing.

These prestigious awards recognise the improvements in health care that have resulted from primary research by iCAHE,^{1,2} and translation of this research into health service change, with engagement across institutions including SA Ambulance Service, Quality and Safety Unit of SA Health, and the Falls Prevention Team, Central and Northern Adelaide Local Health Networks.

¹Johnston K, Worley A, Grimmer-Somers K, Sutherland M, Amos L (2010) Personal alarm use to call the ambulance after a fall: characteristics of clients and falls. *eJournal of Emergency Primary Health Care*, 8(4) article no.990429.

²Johnston K, Grimmer-Somers K, Sutherland M. (2010) Perspectives on the use of personal alarms by older fallers. *International Journal of General Medicine*,3:231-237.

- **Dr Mary Magarey** left on Monday, 28th November for a three week tour of Cape Town South Africa as the physiotherapist to the Australian team for Junior Softball World Championships, which will be held from 6th – 17th December. Mary has worked with the group of players and coaches for 4 years in the development of this team for these championships.
- Congratulations to **Eileen Giles** who has been asked to be part of a review panel for the Bachelor of Radiation Therapy program in Wellington, New Zealand in September 2012. This appointment will be as an external Academic.
- Congratulations to **Dr Maureen McEvoy** who was awarded the Best Student Research paper in Education / Physiotherapy Leadership and Management Group Program.
- Congratulations and thanks to **Richard McGrath** who together with **Tim Sawyer** has taken up the position of Academic Integrity Officer.
- Congratulations to **Karla Canuto** (PhD Candidate) who was announced as a finalist in the prestigious Medibank Community Healthy Participation Award at the 2011 Community Achievement Awards on Friday night 25th November at the Stamford Grand Adelaide in Glenelg. Karla was selected from a strong field of nominees and was presented by Bob Payne, General Manager - Southern, Medibank in front of 300 guests from across the State. Channel 7's Mike Smithson hosted the Awards.

Karla is a proud Torres Strait Islander. She is an Exercise Physiologist, Massage Therapist and a PhD Candidate researching ways to reduce the risk of type 2 diabetes and heart disease. Karla has developed a fitness program for overweight Aboriginal and Torres Strait Islander women and monitors the impact of the program on their metabolic fitness. She believes that positively impacting the lives of the women in the program sends a message to others that a healthier lifestyle is attainable



Karla Canuto with Bob Payne, General Manager – Southern, Medibank.



***Little Evie Margaret Schmidt born
15th November 2011
Weighing 3.48 kg
Mum (Emily Vaughton), Dad and baby all
doing well.***

TEACHING AND LEARNING**AUSTRALIAN WARFIGHTER ANTHROPOMETRIC SURVEY (AWAS)**

The first of five surveys for the \$950,000 Australian Warfighter Anthropometric Survey (AWAS) led by **Dr Grant Tomkinson** was completed in Darwin over the period 7–18 November 2011. A total of 365 ADF Army personnel had 40 body dimensions measured physically, and were scanned using the HUT Group's 3D whole body scanner from which measurements of a further 45 body dimensions will be extracted. The survey team comprised of a dozen School of Health Sciences staff and students, including undergraduate Human Movement and Podiatry students, and post-graduate Health Sciences students, all of whom acted with aplomb. The second 2-week survey is planned for RAAF Edinburgh in December 2011.

**AWAS PROJECT – DARWIN STUDENT EXPERIENCE**

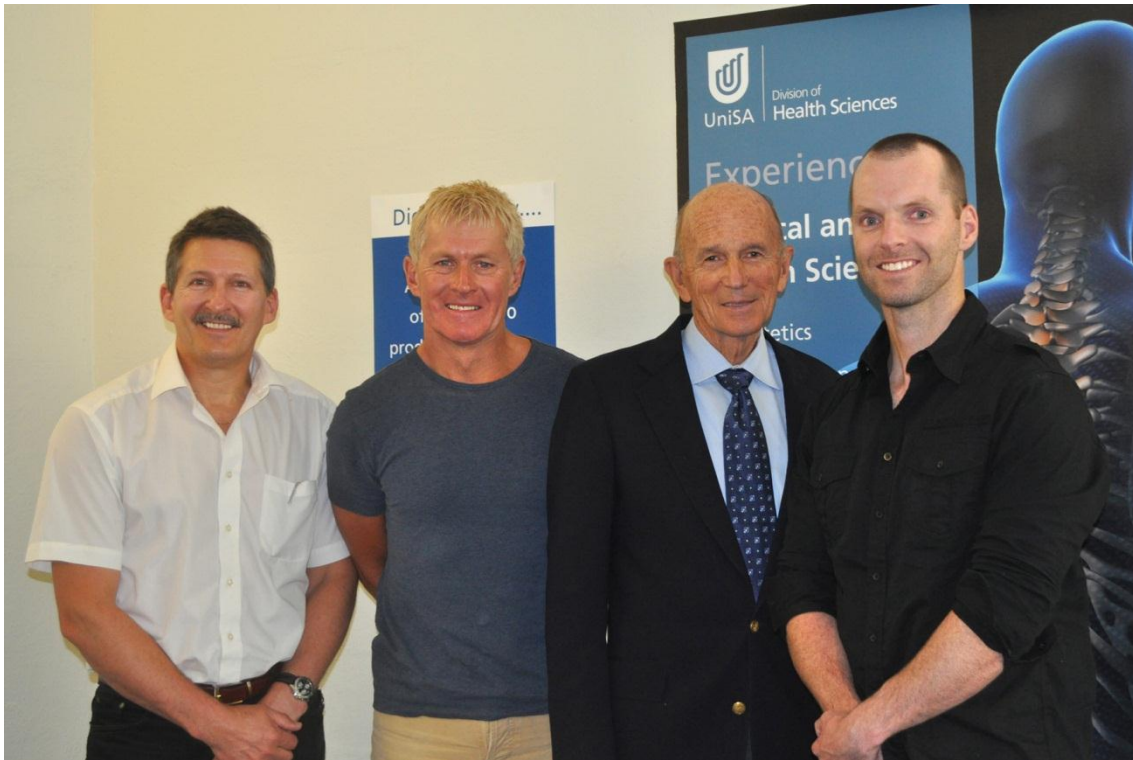
The AWAS project in Darwin provided an exceptional opportunity for students to apply practical knowledge attained through years of studying Human Movement at UniSA. Our team (comprised of students from areas including podiatry and human movement) developed a great work ethic as well as a close friendship circle having been situated in a positive, fun yet educational environment. During working hours, UniSA shirts represented our professionalism and work ethic, there to “get the job done” and we concluded each day with a team briefing session, followed by evenings of spontaneous dinners, laughs and down time. Establishing good report with academic staff as well as defence personal set us in good stead for future reference. Opportunity to explore the major attractions over the weekend brought on a great balance between work and play. I am very grateful for this opportunity to bring theory and practice together in a fun filled environment, while expanding knowledge on research. Overall, a great experience and I look forward to similar future ventures.

Anri Visser

DR KENNETH COOPER

On 5 November 2011, Dr Kenneth Cooper delivered a Sansom Institute Visiting Researcher Seminar entitled 'the role of exercise in the practice of medicine'. With his book, *Aerobics*, published in 1968, Dr Cooper became the father of aerobic exercise and one of the earliest advocates of disease prevention through physical fitness. He continues to be recognised as the leader of the international physical fitness movement and credited with motivating more people to exercise in pursuit of good health than any other person. His contribution to fitness testing includes developing the 12-minute run and 1.5 mile fitness tests, as well as the Aerobics Points System, all of which are used today by military organisations, amateur and professional athletic teams, law enforcement agencies, and public schools and universities around the world. Dr Cooper has published hundreds of scientific research papers and is the author of 19 books on fitness and preventative medicine. He has delivered keynote addresses in more than 50 countries, including an address to a crowd of several hundred thousand in Brazil. Dr Cooper's PowerPoint presentation on exercise and preventative medicine, which focuses on trying to improve the future health and wellbeing of our next generation, can be found at -

http://www.unisa.edu.au/sansominstitute/news/ken%20cooper%20presentation_5%20nov%2011.pdf.



Professor Roger Eston, Professor Tim Olds, Dr Kenneth Cooper and Dr Grant Tomkinson

CYCLING ENTHUSIASTS - MAHC @ TOUR DOWN UNDER

School of Health Sciences Mobile Allied-Health Clinic will be attending the tour down under to set up in the village exhibit (Thursday 12th January to Monday 23rd January 2012.) At this stage students will be performing a variety of activities such as pressure tests, foot screens, health performance analysis etc.

Jo Willis

VOLUNTEERING GIVES MORE THAN JUST EXPERIENCE

Kelly Homann, Maureen McEvoy and Sara Cheh in front of UniSA's Mobile Health Clinic

UniSA students have gained experience in the field and made a contribution to society by volunteering at the annual *Homeless Connect: Homelessness, Health and Housing Expo* at Whitmore Square on Thursday 20 October. The event, a joint initiative run by Shelter SA, Adelaide City Council and Housing SA, helps homeless people and those living in financial despair to connect with services and get information and advice.

UniSA had a large presence at the expo, with 45 students from law, nursing, pharmacy, psychology, health sciences and physiotherapy setting up under an expansive stall that was managed by the School of Health Sciences.

Free fruit, sunscreen and jelly beans were given away, while information and advice was on hand, along with referrals for free treatment and sessions at UniSA's clinics in Physiotherapy, Podiatry, Psychology, and Legal Advice.

Other services provided on the day included blood pressure and blood glucose testing, foot screening and assessment, and back and shoulder massages.

Fourth year physiotherapy students Sara Cheh and Kelly Homann gave massages on the day and said volunteering at the Homeless Expo allowed them to use their training to help others.

"Volunteering at the Homeless Expo has really helped to open my eyes to the various services that are available to give assistance to those who are less fortunate," Sara said.

"We've had lots of lovely people come up to our stall for a quick massage who were really lovely to talk to and genuinely interested in what physiotherapy has to offer."

Lecturer Maureen McEvoy, who was supervising the physiotherapy stall, said she enjoyed the opportunity to talk and work with students outside of the teaching environment and to make a contribution to the local area.

"We have a clinic where we could provide something, give something back to the community in terms of advice and information on what's available, and maybe suggest that they come down and be assessed if they've got some problem," she said.

"Small changes in people's lives can make a big difference."

Lecturer of Health Promotion, Richard McGrath, said the expo was a good opportunity for students to connect with other service providers in the industry who may be future employers.



He said the expo helped to teach students that health is not located in hospitals with doctors and nurses, but exists throughout the community.

“To be able to engage in improving people’s health and wellbeing, we have to engage in community and not wait for them to come to the clinic,” he said.

“By actively being out in the community, we provide opportunities for communities to understand what we do, but also provide students with an understanding of what some of the issues in the community are.”

Project Officer in the School of Health Sciences, Jo Willis, managed UniSA’s involvement in the expo, and said that the expo has been an ideal opportunity for students to work collaboratively with each other and engage with those living in financial despair.

“We’re always looking for opportunities for our students to enhance and complement their clinical experiences,” she said. “Because of the Allied Mobile-Health Clinic, we were able to increase our support in the community, taking our students and their knowledge and skills with us.”

Anyone who is interested in volunteering at the Homeless Expo next year should contact School of Health Sciences Project Officer [Jo Willis](#).

Taken from UniNews November Edition

MOBILE ALLIED HEALTH CLINIC (MAHC) VAN VISITS WESTFIELD MARION SHOPPING CENTRE DURING OT WEEK!

On Tuesday 25 October 2011 a number of Occupational Therapy students took the Occupational Therapy Week message of ‘promoting better living’ to Westfield Marion shoppers with a number of displays and fun activities for passers-by to try! - All promoting community awareness of both Occupational Therapy and the UniSA School of Health Sciences!

Jo McInnes



MOBILE ALLIED HEALTH CLINIC - SUMMARY FOR 2011

In 2011 150 students participated in activities around the mobile allied health clinic. The student learning experiences ranged from health promotion activities, real clinical practice, demonstration of health equipment and promotional events.

The mobile clinic has allowed HLS students to engage in activities where there has been authentic community need. Of particular note are the 10 rural trips (30 students) which provided outreach podiatry services in rural South Australia (Yorke Peninsula, Kangaroo Island, Far North, Mid North and west), and the Homeless Expo where students provided health advice, and information about access to University Health services for people who are homeless or in financial crisis.

The mobile clinic provided opportunities for students to contribute to existing health campaigns. Examples of these activities include Power Cup, Pedal Prix, Stroke Week, Alzheimer's Day, and Children's week.

The mobile clinic, with student participation, has been used to promote the University at events such as Orientation Week, Open Day and Health Inside View, and the Australian Institute of Radiography Annual Scientific meeting.

Please take the time to view this short video of student experiences while using the MAHC –

<\\cedata\hls\Admin\ADMINISTRATION\MAHC\Video\MAHC 2011.mpg>

If you are interested in contributing to the MAHC in 2012 please see Jo Willis jo.willis@unisa.edu.au

HEADS OF SCHOOL / HEADS OF DISCIPLINE FOR EXERCISE, SPORT AND HUMAN MOVEMENT SCIENCE

Professor Roger Eston and *Dr Maarten Immink* represented the School of Health Sciences and the Human Movement Program at UniSA at the annual meeting for Heads of School/ Heads of Discipline for Exercise, Sport and Human Movement Science, December 1-2, 2012 at Southern Cross University, Gold Coast Campus.

Key discussion items of the agenda included:

- The need for state level coordination of clinical placement sites between universities offering Exercise Physiology degrees
- The low profile of exercise, sport and movement science related research within NHMRC and ARC funding schemes
- The implementation of simulated learning environments (SLE) for pre-clinical and clinical training in Exercise Physiology degrees
- The ALTC Final Report: "Curriculum Renewal in Exercise Science" and exercise science curriculum consensus undertaken by Exercise & Sports Science Australia (ESSA).

In addition, this group is currently considering progressing towards incorporation to form the Council of Heads of Exercise, Movement and Sport Sciences.

The draft proposed Mission of the Council is to "to promote exercise, sport and movement sciences as areas of higher education study and research for the benefit of the Australian community."

The current draft proposed Goals include:

1. To communicate with and provide representation to national professional associations
2. To advocate our mission to government, regulators, authorities, research funding bodies and other funders
3. To raise public awareness of the academic discipline and its role in society
4. To connect people within universities that provide higher education in exercise, sport and movement sciences
5. To provide a conduit for exchange of ideas and good practice for teaching, curriculum and research

Dr Maarten Immink

RESEARCH NEWS**CIRCI TRIAL UPDATE**

CIA (Project Manager) Dr Susan Hillier (School of Health Sciences), CIB (Trial Manager) **Dr Coralie English** (School of Health Sciences), CIC Maria Crotty (Dept of Rehabilitation and Aged Care, Flinders University), CID Leonie Segal (School of Health Sciences), CIE Julie Bernhardt (Stroke Division, Florey Neuroscience Institutes), CIF Adrian Esterman (School of Nursing and Midwifery).

The “Circuit class therapy for Increasing Rehabilitation Intensity of Therapy (CIRCI)” trial has reached a major milestone of over 50% of the target recruitment of 282 participants. This is a great achievement – and the credit belongs to all the staff involved at the five recruitment sites. There are too many individuals to name (our Christmas drinks list recently went out to 40 people!) but the recruitment centres are:

- Hampstead Rehabilitation Centre (SA)
- Repatriation General Hospital (SA)
- St Margaret’s Rehabilitation Hospital (SA)
- Osborne Park Hospital (WA)
- Royal Melbourne, Parkville campus (Vic)

- **Professor Karen Grimmer-Somers, Julie Luker and Janine Dizon** recently returned from Hong Kong (HK) where they lead three training modules for 35 front line allied health clinicians from the HK Hospital Authority. Different clinicians attended the workshops, and there were approximately 60 clinicians in total involved in health research methods, EBP and clinical guidelines training. The students had already completed a series of theoretical lectures earlier in the year using podcasts, and the face to face workshops conducted in November were aimed at application of knowledge and production of ‘protocols’ for clinical audits and systematic reviews which students could complete after the workshops.

- **Dr Saravana Kumar, Lucy Lizarondo and Janine Dizon** have been conducting innovative training workshops using face to face and video conferencing mode for 19 sites from QLD, regarding evidence implementation using the iCAHE model of journal club. They also recently completed training for 28 facilitators of new journal clubs in South Australia, being mostly established under the auspices of the Department of Health SA.

- **Professor Karen Grimmer-Somers, Julie Luker and Janine Dizon** are working alongside a group of physiatrists (rehabilitation doctors) in the Philippines to contextualise clinical guidelines to local Filipino contexts. Evidence-based recommendations relevant to an ‘average’ Filipino patient journey for Low Back Pain or Stroke have been identified from existing high quality clinical guidelines. The physiatrists have written Good Practice Points around the recommendations, so that they could be implemented in the Philippines. This innovative work is developing a process by which guidelines developed in the Western (developed) world are translated into practical applications for a developing country.

- Congratulations to PhD candidate **Ryan Causby**, who was recently awarded a payment under the School HDR Publication Incentive Scheme for his publication '*Dressing plantar wounds with foam dressings, is it too much pressure?*' This paper was accepted for publication in *Diabetic Foot and Ankle*.

- Professor Louise Dye, Chair in Nutrition and Behaviour in the Human Appetite Research Unit, Institute of Psychological Sciences, at the University of Leeds in the UK will be supported to visit the **Nutritional Physiology Research Centre** in 2012 using funds from a UniSA Distinguished Researcher Travel Award. The Human Appetite Research Unit is recognised internationally for its work in appetite regulation and Professor Dye has an outstanding track record in this area. Professor Dye’s visit will allow for exploration of interdisciplinary bilateral collaborations to investigate various aspects of the effects of diet, food components and exercise on cognitive and cardiovascular health. Discussions will also involve psychology researchers from Swinburne University with whom the NPRC is already collaborating, with a view to developing multi-centre collaborative grant applications for funding in the UK and Australia.

RESEARCH GRANTS / FUNDING

- In the most recent round of NHMRC Project Grants **Associate Professor Jon Buckley** was a Chief Investigator on a successful application worth \$1.27m that will examine the benefits of low carbohydrate diets for managing type 2 diabetes. This grant will be administered by UniSA, but is being led by Dr Grant Brinkworth from CSIRO Food and Nutrition Sciences, and also includes other investigators from CSIRO (Professor Manny Noakes), the University of Adelaide (Dr Natalie Luscombe-Marsh, Dr Campbell Thompson) and Flinders University (Professor Carlene Wilson).
- Associate Professor Jon Buckley** was successful in winning a Category 1 grant from the Dairy Health and Nutrition Consortium worth \$618,000 for a project that will examine the benefits of consuming dairy foods during resistance exercise training for improving muscle mass and strength in older adults. This project is being conducted in collaboration with Dr Grant Brinkworth and Professor Manny Noakes from CSIRO Food and Nutrition Sciences.
- Professor Mark Daniel, Dr Margaret Cargo, and Dr Catherine Paquet**, from the Social Epidemiology & Evaluation Research Group, are Chief Investigators on a successful 3-year \$219,000 Australian Research Council Discovery Project called "Investigating social, built and physical environment factors for remote Indigenous communities, and their relationships with cardiometabolic outcomes". The team will be working with Professor Ross Bailie from Menzies School of Health Research, Professor Alex Brown from Baker IDI Indigenous Health Research Centre, and Associate /Professor Sharon Bruce from the Department of Community Health Sciences, University of Manitoba.
- Dr Ray Russo (WCH), David Hobbs (Flinders), **Dr Susan Hillier**, Professor Karen Reynolds (Flinders) were awarded \$45,342 from Women's and Children's Foundation Research Grant for the project "Assessing the prevalence of tactile sensory agnosia in children with cerebral palsy".
- Congratulations to **Professor Kevin Norton** who together with Bond University, Monash University, Fitness Australia and Sports Medicine Australia were successful in gaining funding for an ARC Linkage Grant. Funding to be advised.
- Congratulations to **Sue Gilbert-Hunt**, who as part of a team has had success with the 2011 UniSA Commissioned Teaching Grant. The grant is titled "**Developing Program Directors as academic leaders: A win-win-win for academics, students and UniSA**" has been approved for \$72,461 funding.

SCHOOL RECENT GRANT SUCCESSES

Chief Investigator/s	Project Title	Funding Source	Budget
Carol Maher Tim Olds Lucy Lewis	Development and useability of a pedometer-based physical activity intervention for post-partum women delivered via a social-networking website.	Research Development Grant Scheme	10,000
Julie Walters Tim Olds Shylie Mackintosh Lorimer Moseley	Behaviour and pain across the hip / knee replacement surgery transition: Use of time and central pain as indicators of surgical outcomes.	Research Development Grant Scheme	13,415
Rebecca Thomson Jon Buckley Peter Howe	Tracking changes in exercise performance resulting from improvements in fitness or changes in fatigue state in competitive cyclists.	Research Development Grant Scheme	8,388
Rebecca Golley Jo Hartley (Dietitian) South Primary Health	Impact of nutrition award scheme on the food intake of children attending long day care; a pre-post evaluation.	Research Development Grant Scheme	13,810
Alex Rowlands Gaynor Parfitt Tim Olds	Is a MET a MET? Do the intensity and social environmental contexts of children's physical activity matter for psychological health?	Research Development Grant Scheme	12,000
Alison Hill Alison Coates Peter Frith (RGH) Marie Williams Peter Howe	Omega 3 fatty acid supplementation as adjunct therapy for chronic obstructive pulmonary disease (COPD).	Research Development Grant Scheme	14,760

Jon Buckley Manohar Gard (Uni Newcastle) Lisa Wood (Uni Newcastle)			
Gaynor Parfitt Roger Eston Tim Olds	Balancing adherence to and health benefits of physical activity: Effects of perceptually-regulated exercise training on fitness, cardiovascular health and motivation.	Research Development Grant Scheme	14,841
Tasha Stanton Lorimer Moseley Gaynor Parfitt	Sticks and stones may break my bones, but does bullying make it hurt more?	Research Development Grant Scheme	15,000

PUBLICATIONS BY STAFF AND STUDENTS

- Barnsley, N., McAuley, J., Mohan, R., Dey, A., Thomas, P., **Moseley, GL.** (2011) The rubber hand illusion increases histamine reactivity in the real arm. *Current Biology*, 21(23): R945-R946.
1 Year IF = 10.0, 5 Year IF = 11.4 (16/286 Biochemistry & Molecular Biology, 18/178 Cell Biology)
[Abstract](#)
- Canuto K, McDermott R, Cargo M,** Esterman A. "Study protocol: a pragmatic randomised controlled trial of a 12-week physical activity and nutritional education program for overweight Aboriginal and Torres Strait Islander women". *BioMed Central*.
[Abstract](#)
- Causby R, Jones S.** Dressing plantar wounds with foam dressings, is it too much pressure?; *Diabetic Foot and Ankle; Vol 2, 2011*
[Abstract](#)
- Clark RA, **Coffee N,** Turner D, Eckert K, Stewart S, Wilkinson D, Tonkin A. Access to Cardiac Rehabilitation and Secondary Prevention Services in Australia: Is Geography Really the Issue"? *European Heart Journal*, 2011.
1 year IF = 1.330, 5yr IF = N/A (Social Sciences: N/A; Sciences: 78/114 Cardiac & Cardiovascular Systems)
[Abstract](#)
- Clark RA., **Coffee N.** On Behalf of the Cardiac ARIA project (2011). Why measuring accessibility is important for public health: a review from the Cardiac ARIA project. *Public Health Bulletin SA Rural Health in the 21st century: Challenges and opportunities*; March 8 (1):3-8
[Abstract](#)
- Clark RA, **Coffee N,** Turner D, Eckert K, Stewart S, Wilkinson D, Tonkin A. On behalf of the Cardiac ARIA project (2011). Access to cardiac rehabilitation does not equate to attendance. *European Heart Journal*; 32 (Abstract Supplement):159
1 year IF = 10.052, 5yr IF = 10.085 (Social Sciences: N/A; Sciences: 3/114 Cardiac & Cardiovascular Systems)
- Clark RA, **Coffee N,** Turner D, Eckert K, Smail T, Stewart S, Wilkinson D, Tonkin A. On behalf of the Cardiac ARIA project (2011). Can the Cardiac ARIA Index improve cardiac care for Australia's Indigenous population? *Heart Lung Circulation*; 20(Suppl 1):S32 (2010 ISI)
1 year IF = 1.330, 5yr IF = N/A (Social Sciences: N/A; Sciences: 78/114 Cardiac & Cardiovascular Systems)
- Richard L, Gauvin L, Kestens Y, Shatenstein B, Payette H, **Daniel M,** Mercille G (2011). Créer un environnement favorable à la santé des aînés : une étude probante au Canada. *La Santé de l'Homme*; 411: 12-14
- Faulkner J., Arnold, T. and **Eston, R.** (2011) Effect of accurate and inaccurate distance feedback of performance markers and pacing strategies during treadmill running. *Scandinavian Journal of Medicine and Science in Sports*, 21, e176-83
1 year IF = 2.794, 5yr IF = 3.218 (9/80 Sports Sciences)
[Abstract](#)

10. Giummarra, MJ., **Moseley, GL.** (2011) Phantom limb pain & bodily awareness current concepts and future directions. *Current Opinion in Anesthesiology*, 24(5): 524-531.
1 Year IF = 2.4, 5 Year IF = N/A (10/26 Anesthesiology)
[Abstract](#)
11. Garrett R, **Immink M, Hillier S.** "Becoming connected: the lived experience of yoga participation after stroke". *Disability Rehabilitation*, 2011;33(25-26):2404-15
[Abstract](#)
12. **Hillier S, English C,** Crotty M, Segal L, Bernhardt J and Esterman A. "Circuit class or seven day therapy for increasing intensity of rehabilitation after stroke. Protocol of the CIRCIT trial." *International Journal of Stroke* 2011 6:560-565.
1 year IF = 3.125, 5 year IF = 3.180, (Ranked 19/68 in Peripheral Vascular Disease (Q2))
13. **McEvoy MP, Williams, MT, Olds TS, Lewis LK,** Petkov J. Evidence-based practice profiles of physiotherapists transitioning into the workforce: a study of two cohorts. *BMC Medical Education* 2011, 11:100 doi:10.1186/1472-6920-11-100
1 year IF = 1.201, 5yr IF = n/a (Rank 16/33 Education Scientific Disciplines)
[Abstract](#)
14. **Moseley, GL.,** Gallace, A., Spence, C. (2012) Bodily illusions in health and disease: physiological and clinical perspectives and the concept of a cortical body matrix. *Neuroscience and Behavioural Reviews*, 36(1): 34-46.
1 Year IF = 9.2, 5 Year IF = 10.2 (3/48 Behavioural Sciences, 13/239 Neurosciences)
[Abstract](#)
15. Minshull C, **Eston R,** Bailey A, Rees D. and Gleeson, N. (2011) Repeated exercise stress impairs volitional but not magnetically-evoked electromechanical delay of the knee flexors. *Journal of Sports Sciences*, EPub ahead of print.
1 year IF = 1.870, 5yr IF = 2.572 (19/80 Sports Sciences)
[Abstract](#)
16. Crowe, M., **Sheppard, L.** (2011) A review of critical appraisal tools show they lack rigor: Alternative tool structure is proposed. *Clinical Epidemiology*
IF = 3.75 (Ranked 14/142 in Public Environmental and Occupational Health)
[Abstract](#)

CONFERENCE PRESENTATIONS / UPCOMING CONFERENCES

- **Dr Margaret Cargo**, ARC Future Fellow within the Social Epidemiology & Evaluation Research Group, presented "Smoking reduction strategy development and intervention for Aboriginal Health Workers" on behalf of **Dr Anna Dawson, Ms Lauren Maksimovic**, Mr Alwin Chong, **Dr Catherine Paquet** and **Professor Mark Daniel**, at the *Symposium on Tobacco Control in Aboriginal Health: Closing the Health Gap in South Australia – 'Meet the Mob Doing the Job'* in Adelaide on 28th June 2011.
- *2011 State Population Health Conference was held on 29th October 2011.* As an annual event, this conference saw the coming together of the South Australian chapters of four key organisations: *Public Health Association of Australia, Australian Health Promotion Association, Australasian Faculty of Public Health Medicine* and the *Australasian Epidemiological Association*. The conference was Chaired by **Dr Natasha Howard** and **Dr Rebecca Golley** was involved with the Conference Organising Committee. The theme of this year's conference was '*Population Health: Working across Sectors, Settings and Ages*'. The University of South Australia was strongly represented with the keynote address delivered by **Professor Kerin O'Dea**, Director, Sansom Institute for Health Research.

Involvement of UniSA, School of Health Sciences –

- **Peter Lekkas**, Social Epidemiology and Evaluation Research Group, PhD Candidate, presented "Change within residential areas and the socio-spatial (re-) production of health and wellbeing" on behalf of **Dr Catherine Paquet** and **Professor Mark Daniel**;

- **Dr Shona Kelly**, Social Epidemiology and Evaluation Research Group, Senior Research Fellow, presented “Does IQ mediate the relationship between socioeconomic status and health?” on behalf of Professor Gary Wittert, N Burns, G Bradman and **Professor Mark Daniel**, for which Dr Kelly won the award for best overall presentation;
- **Katherine Baldock**, Social Epidemiology and Evaluation Research Group, PhD Candidate, presented “The mediating role of walking behaviour in the relationship between neighbourhood perceptions and metabolic syndrome” on behalf of **Dr Catherine Paquet, Neil Coffee, Dr Natasha Howard**, Assoc/Prof Anne Taylor, Prof Robert Adams, Prof Graeme Hugo and **Professor Mark Daniel**;
- **Dr Janette Young**, School of Health Sciences Lecturer, presented “Australian Healthcare policy and planning documents – recognising inequity?” on behalf of **Richard McGrath**;
- **Dr Shona Kelly** was awarded the ‘Best Oral Presentation’ for the conference.

- **Dr Mandy Stanley** attended the 5th Asia Pacific Occupational Therapy Congress in Chiang Mai, Thailand. She was invited to chair a symposium on Cultural diversity: Influences on Occupation-based practice which included presenters from Japan, the UK, New Zealand and Malaysia. Mandy’s paper in the symposium was titled “The potential contribution of a grounded theory approach to cross cultural research”. She also presented a paper titled “Translating research into practice: Lessons from research on loneliness” in a symposium on Occupational Therapy in an Aging Society and was an invited commentator in the same symposium.

Before leaving Thailand Mandy had a meeting with the Australian Ambassador, James Wise, in Bangkok to discuss the opportunities for Australian students to study for a semester at one of the many universities in Thailand that provide courses in English.

- **Dr Susan Hillier** presented at the following Conferences –
 - European Stroke Conference, Hamburg, Germany, May 2011: Poster - “Comprehensive assessment for stroke rehabilitation: A new Australian model”
 - Stroke Society of Australasia, National Stroke Conference, Adelaide, September 2011: Paper - “Comprehensive assessment for stroke rehabilitation: A new Australian model”; Convened/chaired workshop “Rehabilitation: Turning up the Intensity”; convened/chaired plenary session “Transitions in Rehabilitation pathways – can they be seamless”.
 - Australian Physiotherapy Association, National Conference, Brisbane, October 2011: Paper – “Change in dexterity with sensory awareness training: a randomized controlled trial”.
- **Dr Alison Coates** presented at this year’s Joint Annual Scientific Meeting of the Nutrition Society of New Zealand and the Nutrition Society of Australia will be held in Queenstown, New Zealand at the Rydges Lakeland Resort 29 November – 2 December 2011. Alison presented the following -
 - “Reduced production of inflammatory cytokines accompanies fish oil-induced increases of the Omega-3 Index” (**AM Coates, CM Milte, JD Buckley, A Ferrante, PRC Howe**);
 - “Fish oil as adjunct therapy for periodontitis- a review of the evidence” (**AM Coates, PM Bartold, T Hughes and PRC Howe**).
- **Dr Maureen McEvoy** attended the Centre of Evidence Based Medicine Teaching Workshop, Oxford, UK between 5 – 9 September 2011.
- **Dr Maureen McEvoy** and **Dr Lucy Lewis** attended a two day intensive workshop – Scientific Writing at McLaren Vale. Workshop was organised by Professor Lorimer Moseley and presented by Geoffrey Marnell, ABELARD Consulting.
- **Dr Maarten Immink** presented a lecture entitled: ‘Yoga and psychoneuroimmunology: Prevention and management of chronic diseases’ at the South Australian Chapter of the International Yoga Teachers Association Symposium on 6th November 2011.
- **Dr Maarten Immink** and **Dr Susan Hillier** presented a continuing professional development workshop entitled: ‘Neurological Rehabilitation: Clinical expertise and practical insights for prescribing and delivering exercise to people with neurologic disabilities’ for Exercise & Sports Science Australia on 19th November 2011.
- **Dr Maureen McEvoy** and **Associate Professor Marie Williams** presented “Changes in the evidence-based practice profile as physiotherapy graduates transition into the workforce” at the Australian Physiotherapy Conference, Brisbane, 20 – 23 October 2011.

- **Professor Lorimer Moseley** and Michelle McDonnell spoke at TEDx Adelaide on 12 November 2011, a copy of their presentations can be viewed at the following link <http://tedxtalks.ted.com/search/?search=moseley>
- **Professor Lorimer Moseley** spoke at the National Elite Sports Council meeting in Sydney on the 2nd November 2011.
- **Professor Lorimer Moseley** is a keynote speaker at the Partnership in Rehabilitation congress in Riyadh, Saudi Arabia, 4th - 5th December 2011.
- **Professor Lorimer Moseley** is speaking at the Post Graduate Allied Health Institute, Singapore, 7th - 8th December 2011.
- **Dr Karen Murphy** also conducted an oral presentation at the joint Nutrition Society of Australia and Nutrition Society of New Zealand, in New Zealand, 28th November – 2nd December. Karen presented the following paper *“Estimation of individual classes and total antioxidant intake of Australians”*.
- **Professor Roger Eston** gave the 2011 Annual South Australian lecture for Exercise and Sports Science Australia on November 16th. The title of Roger’s lecture was ‘Rating of Perceived Exertion: control of intensity, prediction of maximal functional capacity and time to exhaustion’
- The Australasian Section of the American Oil Chemist’s Society held their biennial conference in Adelaide last week. It was attended by **Dr Karen Murphy** (Section President), **Professor Peter Howe** (committee member) and **Catherine Milte**, who presented the following papers in the nutrition and health session:-
 - *“Erythrocyte omega-3 levels - an alternative basis for intake recommendations”*, **Professor Peter Howe**
 - *“Omega-3s, cognition and mood in older Australians with memory problems”*, **Catherine Milte**
 - *“Antioxidant Intake of the Australian population”*, KMM Bauer, J Bryan, **Dr Karen J Murphy**

The conference started with a hot topic symposium entitled “Current issues in olive oil quality”, in which the new Australian Olive Oil Standard was introduced by the Australian industry leaders. Rosemary Stanton discussed nutritional value of olive oils prior to an olive oil tasting session.

A highlight of the meeting was the description of CSIRO’s new GM plants which have been engineered to produce high yields of the marine omega-3 fatty acid, DHA, and will provide an environmentally acceptable alternative source to fish/fish oil.



AAOCS Committee

SCHOOL ADMINISTRATION**SUBSTITUTING LEAVE LOADING FOR EXTRA RECREATION LEAVE 2012**

Eligible staff are now invited to apply for participation in the Extra Recreation Leave (ERL) Scheme. This Scheme enables eligible staff to substitute their leave loading payment for the coming year, for an extra 4 days of recreation leave. The parameters for this entitlement are set out in the applicable industrial instrument and the attached [procedures](#) provide staff with the practical application of the scheme.

Applications to enter the ERL Scheme must be received in Payroll Services by 31 January 2012.

Staff should be aware that the scheme applies from 1 January 2012 and applications will not be processed until after that date. Staff are encouraged to read the [procedures](#) to ensure that they are aware of their rights and responsibilities in regards to this entitlement.

Applications must be made using the relevant form available on the [Human Resources](#) website.

*Please note: Staff entering this scheme in January 2012 will not receive a leave loading payment in December 2012. Staff who entered this arrangement for 2011 are reminded that they must use their entitlement prior to 31 December 2011 – failure to do so will result in their remaining 2011 ERL balance being forfeited.

GIRLS DAY OUT

On Sunday 30th October, staff members **Karla Canuto, Leonie Baker, Terry Jones, Jill Offe** and **Jo Newham** and friends from School of Health Sciences paid \$20 registration and then raised at least \$20 in sponsorship to enter the 'Girls Day Out'. This is the first year this fundraiser for Breast Cancer has run in South Australia, and attracted 190 entrants. Around 150 actually made it to the water on a blustery day that meant the course was shortened. The kayaks they used were supplied by the School of Health Sciences, with the 5km course completed by all in good time. Most were in good spirits at the end, although there were a few messages of Monday morning aches and pains...

The event was held to encourage women of all ages and abilities to 'Get Out and Stay Out' in active physical recreation, and to maintain the presence of breast cancer awareness. Many participants had been touched by the disease directly or indirectly, and it was a very humbling experience for the spectator. The inaugural event raised nearly \$4,000 for Breast Cancer after expenses, and it is hoped that the event will continue to grow. Well done to all who took part.

Scott Polley



Congratulations to Professor Lorimer Moseley for raising \$3,300 during the month of November, supporting Prostate Cancer and Depression initiatives.

AMENDED OHSW PROCEDURES

- The [First Aid](#) procedure includes a change to the requirement for annual CPR refresher training for first aiders. Previously the procedure indicated that CPR annual refresher is to be undertaken, this has been amended to indicate that CPR annual refresher is recommended particularly where a specific risk is identified.
- The [Travel and Work Offshore](#) procedure has been amended to include a change that was required as a result of consultation but was inadvertently omitted. Our insurance office has clarified that pre travel medical assessment is only required for people with pre-existing medical conditions and not for all staff. OHSW&IM Services extends our apologies to anyone who has been inconvenienced by this omission.
- Both procedures have been updated on the OHSW&IM Website and can be accessed via the links above or through the MyUniSA home page. If any previous versions have been saved to file or printed it is recommended that they are deleted or replaced to avoid any confusion. The version number in the footer will assist with identifying the most recent version of a document.

Jenny Hardy, Manager OHSW&IM Services

STUDENT NEWS**HUMAN PHYSIOLOGY BEST POSTER AWARD 2011**

The first year Human Physiology students have been conducting research projects throughout SP5 and their final outputs have been showcased as conference style posters. Staff and students were invited to vote for the 'best Poster' and 'most innovative project' from a pool of 119 posters. Congratulations to the following winning teams!

The best poster titled- 'The effects of binge drinking on BMI and resting Heart Rate'

Group members: Jamila Ansaar, Hanna Waldron, Nick Dinham, Amanda Buhlam

The most innovative project titled 'How Hot Are you In Bed?'

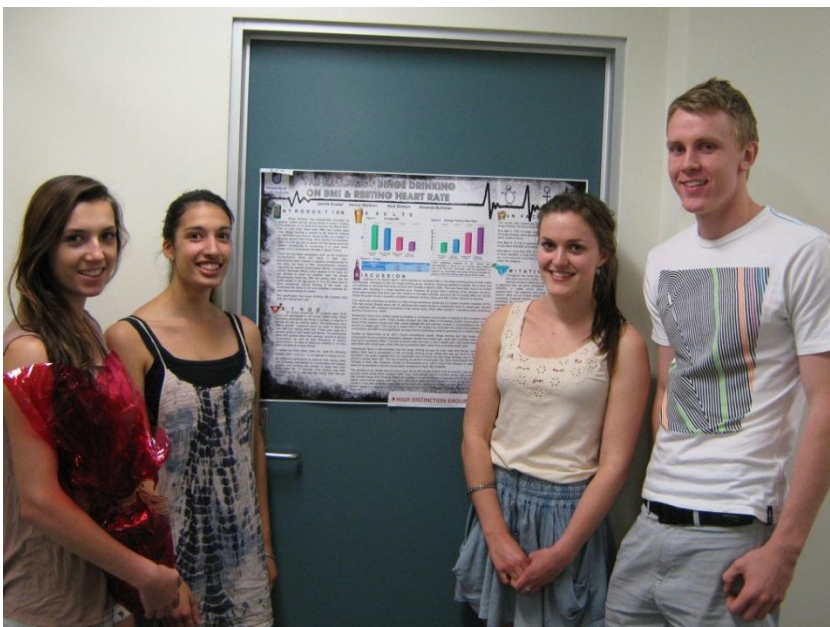
Group members: Megan McDermott, Leah Uncle, Trinh Bui, Emily Hearnden, Michelle Burdon and Alek Saunders

The second best poster titled- 'Movie Soundtrack'

Group members: Emma Watson, Tiffany Co, Hannah Carling, Rosie Calder, Julia Graham

The third best poster titled – 'Does an increase in Blood Glucose decrease reaction time?'

Group members: Emma Childs, Kate Lange, Saskia Schwarzer, Terri Schubert, Thao Duong



The best poster titled- 'The effects of binge drinking on BMI and resting Heart Rate'

Group members: Jamila Ansaar, Hanna Waldron, Nick Dinham, Amanda Buhlam



Last chance for pair to chill

Picture: Morne De Klerk

FOR Hockeyroo starlets **Holly Evans and Bianca Greenshields**, this is the Adelaide calm before the Olympic storm. The local pair made the most of their last days of down-time before they head to Perth to begin preparations for the London Games.

Both girls were named in the final training squad of 27 and have genuine claims to make into the final 16 that will vie for Olympic gold. But they're under no illu-

sions about the work ahead. "It's pretty intense, but it's good to be around the national group all the time rather than getting little bits every now and again," Greenshields said.

"We know what to expect but we're new to an Olympic year, and they say it's just crazy so it will be a bit of a wake up for us."

Greenshields trained with the AIS for much of 2011 but this is Evans first full-time call-up.

"It was definitely exciting," she

said of her inclusion in the squad.

"It is such a strong group of girls so to get picked is surreal."

The pair will join Perth-based South Aussies Elise Stacy and Georgie Parker at the AIS. SA's victory at the national championships in Darwin this year has given the girls belief they belong amongst the sport's elite.

"It proved that we were all very strong contenders," Evans said.

"It gave us confidence that we could match it with them."

Following on from last month's Newsletter the following students were omitted –

Congratulations to the following students on receiving a Vacation Scholarship –

Family Name	First Name	Current Program Title	School	Study Year(Est)	Supervisor	Scholarship
Bellenger	Clint	Bachelor of Applied Science (Human Movement and Health Studies)	HLS	3rd	Associate Professor Jon Buckley	Graduate Research Centre Funded
Richardson	Amanda	Bachelor of Health Science (Honours) or Bachelor of Applied Science (Honours) (Specialisation)	HLS	Honours	Dr Sharron King	Graduate Research Centre Funded
Pontt	Johanna	Bachelor of Applied Science (Human Movement and Health Studies)	HLS	3rd	Dr Jim Dollman	Graduate Research Centre Funded
McLinton	Sareen	Bachelor of Physiotherapy	HLS	4th	Dr Dominic Thewlis	Graduate Research Centre Funded



PORT ADELAIDE FOOTBALL CLUB HUMAN PERFORMANCE SCHOLARSHIP

Port Adelaide Football Club (PAFC) and the School of Health Sciences, University of South Australia (UniSA) are seeking outstanding candidates to apply for a tax-free Postgraduate Scholarship of \$27,651 per annum for 3 years to commence 2011.

The successful candidate will become an integral member of the Port Adelaide Football Club's Fitness & Sport Science team and work closely with the supervisory team led by Professor Roger Eston from UniSA.

The research will focus on maximizing player preparation and / or performance analysis utilizing GPS technology. However, it is also expected that this exciting opportunity will allow the candidate to branch into other research areas related to physiological and psychological factors underlying team sport performance where appropriate. The position would be suitable for a well qualified human movement/sports science graduate, although candidates from diverse disciplines are encouraged to apply, as the core analytical component may require strong mathematical analytics, computation or programming.

[Port Adelaide Football Club Scholarship Opportunities](#)

Closing Date: 22nd December 2011

Enquiries and application information:

Kate Fitzpatrick

Research Coordinator | Division of Health Sciences

University of South Australia

E: kate.l.fitzpatrick@unisa.edu.au