

Allied Health & Human Performance Newsletter

October 2023

Executive Dean Report



Welcome to our October Allied Health and Human Performance Newsletter. We hope you enjoy reading about some of our activities and achievements over the last six months. As always, our staff and students demonstrate their amazing

commitment to engaging with community and industry in many and creative ways.

We have a lot to celebrate as we come ever closer to the end of year – we farewell people and turn around and welcome new people. The dynamic environment of our academic unit! We also look forward to welcoming our first cohort of graduating Speech Pathologists. Congratulations to you, your families, friends and of course our wonderful Speech Pathology faculty.

I would like to thank everyone for their support over these five months of acting in the Executive Dean role. It has come at a challenging time for the University (mostly positive challenges) and has strengthened my admiration and respect for ALH staff and students. We have had several marvellous conversations about our culture and what we want to strengthen and take forward into the future – new Universities notwithstanding. One of the aspects I love most is our shared commitment to enabling great human beings who want to make our lives better and healthier. Our Academic Unit Board came up with our three indicators of success – student satisfaction, graduate employment, and staff morale. I think you will agree this is a pretty clear expression of our mission. As an ex-Dean of Research I could add in impactful research but hey....!

Sit back and read some inspiring stories. We look forward to more.

Best regards

Susan Hillier

Appointment of New Executive Dean

We are proud to announce that as of 1 November, **Professor Jon Buckley** will be the new Executive Dean of UniSA Allied Health & Human Performance.

Jon brings with him a wealth of knowledge, having been the Dean of Programs Human Performance since the Unit's creation in 2020, and previous Director of the Alliance for Research in Nutrition and Activity (ARENA).

We wish Jon well in the position as we are sure it will bring many opportunities and challenges as we move towards the creation of the new Adelaide University.

SA Metropolitan Fire Service Acknowledges Adjunct Professor Alan Crockett

The MFS recently acknowledged UniSA **Adjunct Professor Alan Crockett** and his extensive long term contributions and support of the South Australian Metropolitan Fire Service (SAMFS).

Professor Crockett was actively involved in the SAMFS Medical Board since its inception in 2006, sharing his extensive knowledge and research in respiratory medicine. This provided the SAMFS with opportunities to maximise learnings and enhance operational practice, enabling increased health outcomes for our firefighters. Whilst affiliated with Adelaide Research and Innovation at the University of Adelaide, Adjunct Professor Crockett partnered with the SAMFS to conduct a longitudinal study to assess the health status of lung function in SAMFS firefighters and their health-related quality of life compared to those within the general population.



Adjunct Professor Alan J Crockett PSM

In recognition of your extensive long-term contributions and support of the South Australian Metropolitan Fire Service and dedication to the health and wellbeing of our operational firefighters.

Following the sixth and final round of lung function testing in 2019, 12 years after the study commenced, an SAMFS/UnISA Masters Research Scholarship was established to enable data analysis/interpretation, presentation and the release of research papers in high impact publications. The scholarship was awarded to **Cathy Pendercast** (supervised by Kylie Johnston, Terry Boyle, Alan Crockett and **Roger Eston**). Cathy submitted her thesis in March. Her analysis of the data has led to a key paper in a high impact journal - *Respirology* - which was the focus of a [special editorial](#). A second study from the data will follow in the next few months.

"I am extremely grateful for Professor Crockett's commitment to this research and the benefits it has provided to not only our operational personnel, but to help improve the health of firefighters worldwide." Mr Mike Morgan - Chief Officer and CEO SA Metropolitan Fire Service.

Emeritus Professor Tim Olds Oration



Over 70 people attended the Bradley Forum on Wednesday 27 September to hear our inaugural Emeritus Professor Oration from **Tim Olds**. Tim has already reached legend status – the oration confirmed his intellect, wit and entertainment value are indeed towering!

The night was a great celebration of a great career. Earlier in the day Tim was conferred the title of Emeritus Professor at our Graduation Ceremony and in the evening he delivered a marvellously thought-provoking lecture. Tim walked us through 4 *Quandaries for the Academy* – Relativism, Activism, Feminisation and Specialisation. In classic Olds-style, his

presentation was based on data, magnificently graphed, and accompanied by carefully curated images. Deputy Vice-Chancellor Research & Enterprise and Standing Acting Vice-Chancellor Professor Marnie Hughes-Warrington concluded the evening with an acknowledgement of Prof Olds' immense contribution and the wish that he continues to engage with the academy.

We thank Tim for his presence in our UniSA lives – he is the best kind of academic – rigorous, questioning, generous, a great mentor, creative and... he makes us laugh (in a good way). All the best Tim and THANKS.

We also celebrated a large cohort of Higher Degree by Research students from ALH who graduated at the ceremony that day.



Aboriginal Smoking Ceremony

On Tuesday 30 May an Aboriginal Smoking Ceremony was held at the City East Plaza as part of National Reconciliation Week 2023. The theme for this year is "*Be a Voice for Generations*". This year, the theme encourages all Australians to be a voice for reconciliation in tangible ways in our everyday lives – where we live, work, and socialise. For the work of generations past, and the benefit of generations future, act today for a more just, equitable and reconciled country for all.



All Staff Meeting

All staff meetings are held six times each year. At our in person meeting in June we set the challenge of dusting off your best, oldest and most UniSA merchandise. This challenge was well and truly embraced with some historic items on display!



Highlights and Achievements

Awards



In a ceremony in August, **Dan Harvie** was awarded the prestigious 2023 Young Tall Poppy Award for Scientist of the Year for his work in managing chronic pain through the use of virtual reality.

The Young Tall Poppy Science Awards, an initiative of the Australian Institute of Policy and Science, aim to recognise excellence in research as well as enthusiasm for communicating science beyond the walls of the laboratory. The Awards are widely considered to be an early indicator of Australia's future scientific leaders, identifying excellent early career scientists.

Our Medical Sonography staff continue to be recognised for their hard work and expertise, with a number of awards being presented to them at the ASA National Sonographers Conference.



Bec Perry has been awarded with the prestigious Pru Pratten Memorial Lifetime Achievement Award through the Australasian Sonographers Association (ASA), the highest achievement for a sonographer in Australia. This award recognises and honours a sonographer who has made a significant contribution to the profession, and the ASA, over the course of their career. This award acknowledges her leadership in education and research in cardiac sonography which

includes international and national conference speaking engagements, high level peer reviewed publications and dedication to the advancement and continued education of practitioners of ultrasound.

Sandy Maranna was awarded the Sue Caitcheon Memorial Award ASA Volunteer of the Year 2023. This award acknowledges the significant and outstanding contribution to the profession, by a volunteer who gives their time, expertise and dedication to the ASA and the sonography profession. Sandy Maranna has been a strong advocate for sonographer training, volunteering her time and expertise over the past decade in numerous committees in policy and governance, advancing research, conference presentations and in building a collaborative professional network locally in SA. She aspires to inspire budding sonography trainees to take on more such roles to keep the profession thriving.

Nayana Parange was awarded ASA Researcher of the Year 2023 for her research leadership, innovative and distinguished contributions to sonography research, and national research impact. Nayana is a Professorial Lead and teaching academic with a full teaching load, however she enjoys research and has worked tirelessly over the years to build research capacity in sonographers and contribute to evidence-based patient-centred health care, as demonstrated through international and national multidisciplinary research collaborations, research grants, HDR supervision, clinical guidelines and publications that influence clinical practice.

Congratulations to **Kate Gunn** who was nominated as one of [South Australia's "40 under 40" for 2023](#).

Kate Gunn

Founder of ifarmwell

Growing up in remote SA, Kate founded ifarmwell to help farming families combat mental health challenges.

She wants her success to inspire other country kids.

"I hope to show young people in rural areas that if they study and work hard, have good mentors and are prepared to pick themselves up, they will surprise themselves with what they can achieve," she says.



Support Provided to ADF Adaptive Sports Program

Lieutenant Colonel Craig John, Head Coach of the ADF Adaptive Program and Invictus Games 2023 recently wrote to the Executive Dean on behalf of the Director General Australian Defence Force Sport, Brigadier Phil Winter, to thank us for the outstanding support provided by UniSA staff: **Max Nelson, Jason Bryant, Claudia Caruso** and students to recent Australian Defence Force (ADF) Adaptive Sports Program cycling camp held from 11-14 May.

He commented that performance testing was an amazing experience, providing competitors with a detailed analysis of their condition. The competitors finished the Friday morning testing session exhausted, but happy, and with a greater understanding of where they are physically and mentally, and with increased knowledge of what and how they need to improve for their general well-being and competitiveness for the Games.

Our hosting skills were also complimented by Brigadier Winter: "Their assistance on training rides and activities throughout the weekend was very much appreciated by all attending team members and ADF Adaptive Sports Program



management and coaching staff".



Pedal Prix 2023

UniSA is an ongoing sponsor of the Pedal Prix – both the 6h and 24h events. We also have an entry in the competition – see photographic evidence including one of our amazing GE Physio students with our team.

The 24h Challenge is held annually at Murray Bridge – a beautiful setting in the Sturt Reserve right on the banks of the Murray River. UniSA was in attendance along with 150 other mostly school entrants for a perfect weekend of competition and fun. Entrants race around the track for 24 hours so teamwork is the big ticket item, alongside careful planning and a truck load of energy.

As the main sponsor it is the perfect community event for UniSA – healthy activity, great technology, family, friends, schools and community groups working together.

UniSA Contributes to the WHO Wheelchair Provision Guidelines

Steve Milanese, Kobie Boshoff, Brad Stenner, Janine Dizon, and Narasimman Swaminathan were part of the team which developed the recently released WHO International Wheelchair Provision guidelines. Increasing access to wheelchairs is vital to support the rights enshrined in the United Nations Convention on the Rights of Persons with Disabilities.

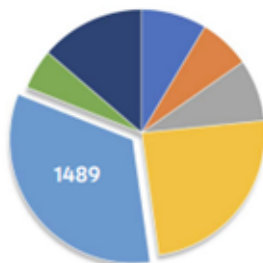
Congratulations to the team for being part of this critical work. The new guidelines are available on the [WHO website](#).

AHHP in the Media



AHHP has top media attention, top story and top academic for Q2 2023!

Congratulations to AHHP for having the most media attention for this recent quarter, the top story (Four day week by **Carol Maher** and **Ty Ferguson**), and the top Academic appearing in media (Carol Maher). What a fantastic trifecta – well done to all of you who contributed.

**TOP STORY:****Time out: We all need a three-day weekend**

Research by **Professor Carol Maher** and **Dr Ty Ferguson** that shows extra time off is good for our health and that people have lifestyle patterns when they have a short break, was covered by news, TV, radio and online. Outlets included ABC News TV Sydney, Adelaide, Melbourne, and Hobart, 3AW Radio Melbourne, *The Australian*, SBS Online, and several News Corp titles.



PROFESSOR CAROL MAHER



DR TY FERGUSON

Student Success

Congratulations to two Radiation Therapy HDR candidates on each winning a scholarship from the Australian Federation of University Women - South Australia. PhD candidate **Mikaela Doig** was the recipient of the Graduate Women SA Centenary Scholarship and Masters candidate **Lucy Wood** was awarded the Diamond Jubilee Scholarship. Both will use the funds to attend the 2024 Particle Therapy Co-operative Group conference in Singapore.



Academic Merit Scholarships

Congratulations to the following students who were awarded scholarships on Thursday 24 August. The Academic Merit Scholarship scheme recognises high-performing domestic and international students.

Vice Chancellor's International Excellence Scholarship

- Alia Nadea Ramlee - Bachelor of Speech Pathology (Honours)

UniSA Excellence Scholarship

- Anna Chu - Bachelor of Medical Radiation Science

- Maddison Flynn - Bachelor of Medical Radiation Science
- Sebastian Rapuano - Bachelor of Physiotherapy (Honours)
- Emma Bun - Bachelor of Medical Radiation Science
- Fraser Booth - Bachelor of Medical Radiation Science
- Anton Piotto - Bachelor of Medical Radiation Science



Alumni Achievements

AHHP features two awardees in the [list of UniSA alumni who were awarded with King's Birthday Honours 2023](#).

Congratulations to [Ms Suzanne Caragianis OAM](#) (Occupational Therapist) and [Ms Thamsin Dunn ABSM](#) (Clinical Educator within the Regional Educator Network).

Teaching & Learning

Appointment of New Program Directors

We are pleased to announce the following staff have been appointed as Program Directors. Congratulations to **Max Nelson** who has been appointed Program Director for UO Bachelor of Health Science (Nutrition and Exercise), **Dan Harvie** now leading the Master of Advanced Clinical Physiotherapy program and **Bec Perry** who is the new Program Director of Medical Sonography.

Inaugural ALH Teaching & Learning Symposium

On the morning of Friday 18 August, staff from across the unit gathered for the Inaugural 'Teaching In Action' Symposium. This event was an opportunity to promote the Scholarship of Teaching and Learning within AHHP as a transitional step towards the University-wide Symposium that is held in November. The working group members – **Eileen Giles, Nayana Parange, Sophie Lefmann, Ali Bell, Ines Serrada, Dannielle Post, Max Nelson and Naomi Burn** – were particularly motivated to find teaching 'gems' that had overcome challenges, were rooted in innovation or were part of research activity across programs.



The Teaching in Action Symposium offered diverse keynote topics, commencing with Ms Tanya Weiler (UniSA Education Futures) and concluding with Assoc Prof Ed Palmer (University of Adelaide and HERGA). The audience first learned about exciting podcast opportunities for clinical educators, ideas for simulated clinical competency testing, the challenge of Chat GPT in written assessments and complex clinical post-graduate teaching arrangements. We then discovered how telepractice education works in clinical simulation, how threshold concepts are actively developed to guide curriculum and ways students can be recruited to support classroom teaching. We finished with ideas to connect industry with students in capstone courses and approaches to adjust assessments for emerging scopes of practice. Congratulations to all of the presenters and their teams for sharing meaningful and relevant 'gems' reflecting a wealth of expertise, hard work and quality in our teaching and research practices.

Thank you to the organising committee for their dedicated behind-the-scenes efforts in bringing this symposium together, to the AHHP Executive and Teaching Innovation Group for their attendance and support, Stuart Dinmore from Teaching Innovation Unit for sharing his pearls of wisdom in running a symposium for this purpose, for members of professional services who provided technical and administrative assistance and for all the audience members who brought enthusiasm, curiosity and engagement to the morning.

New Colombo Plan Visit to Republic of Kiribati

In May/June this year, **Ryan Causby** (Program Director for Podiatry) together with three final year students, and a third year student visited the Republic of Kiribati to provide some much needed aid and advice regarding diabetic foot care.



Kiribati (*pronounced Kiribus*) is an island group located in the Pacific Ocean, just above the equator and on the dateline. Kiribati comprises 32 atolls and one elevated coral island with a total land area of 811 square kilometres dispersed over five million square kilometres of ocean. It has a population of just over 100,000 people, with almost half of these living in South Tarawa, making for extremely dense living conditions, and 50% of the population live below the poverty line. Rising sea levels (and sinking islands) means that it will be underwater very soon.

Kiribati is highly reliant on overseas aid for infrastructure (thankyou Australia for the one bitumen road). This includes the healthcare system which is very reliant on foreign aid (including the World Health Organisation and UNICEF) with a total expenditure of \$184 per capita on health (in Australia this is \$7,400)



Kiribati has an (extremely) high level of diabetes (prevalence is 29% in the 25-64 year old population). The 'perfect storm' of tropical conditions, poor footwear, poor access to healthy food or clean water, inadequate access to

medications and other healthcare, and high levels of poverty means that many develop foot wounds. It is difficult to avoid these becoming infected, and most end up with amputations.

Thus, thanks to some residual New Colombo Plan funding (an initiative of the Australian Government that aims to build Australia's relationships in the Indo-Pacific by supporting Australian undergraduates to undertake study and internships in the region), the group were able to visit South Tarawa for two weeks to work in the hospital and health care clinic. This not only allowed our students a unique experience and exposure to things they would not otherwise see, but also provided education and upskilling to the local health workers. This included a workshop in ulcer management and offloading to around thirty health workers. A big thank you to the Department of Foreign Affairs and Trade, and the Allied Health and Human Performance Unit for supporting this much required and appreciated visit.

Welcome to New Master of Advanced Clinical Physiotherapy Student Cohort



The new batch of Master of Advanced Clinical Physiotherapy students commencing in SP5 2023 were warmly welcomed to our ALH family!

The Australasian Society for the Study of Brain Impairment Panel Event

The Australasian Society for the Study of Brain Impairment (ASSBI) hosted a Q and A panel discussion on “**Addressing the challenges of brain impairment for higher education: Unlocking your potential**” at UniSA on Thursday 24 August 2023.

A range of issues assisting and hindering university students who have acquired brain injuries achieving their goals and reaching their full potential were discussed including under-recognised consequences of ABI, exploring student needs, current strategies, inclusivity and connectedness, maximising outcomes, and the role of research and advocacy.



Guest speakers included **Professor Shylie Mackintosh**, Associate Professor Michelle Bellon, Dr Dimitra Kalomallos, Graham Mylett and Kathryn Ayles.

New Medical Radiation Science Resources



The Medical Radiation Science team are excited to receive our new teaching resource - the Barbie gamma camera! Complete with Nuclear Medicine Technologist Barbie. This fantastic model was bought to life through a collaboration

with Stuart Kirkwood to develop a 3D printed prototype. It incorporates realistic styling and a full range of movements to enhance student learning. We see many applications for this model in teaching as well as patient education. The model will be validated in the classroom setting and introduced into assessment activities. Students have already shown a high level of interest in working with and photographing the model – it is proving to be very popular!



The Medical Radiation Science program often conducts mock clinics in the City East Xray Suites where students perform simulated clinical tasks in the role of both clinician and patient. We recently received a generous donation of some colourful and smart looking patient gowns to support students' development in, and promotion of, patient care and dignity. Pictured are current Year 4 radiation therapy students who performed the patient role for the recent Year 2 competency tests.

Experiencing the patient role is central to developing empathy and these gowns add a further layer of fidelity when stepping in to that role.

We are grateful to the [Treatment Trend Co](#) for supporting patient care education.

Research

UniSA Visiting Research Fellowships

The second and third quarters of 2023 were a busy time for Research Culture Events with researchers joining us from both Canada and the United States of America. There are numerous ways of building culture and for UniSA Allied Health & Human Performance one way has been to utilise the availability of some of the world's most talented minds and practitioners while they visit Adelaide as part of the [UniSA Visiting Research Fellows Program](#).

In doing so we have been fortunate to partner with two sponsors of the Program - The Hospital Research Foundation Group (THRFG) and South Australian Sport Institute (SASI). In April the South Australian Sport Institute (SASI) sponsored Associate Professor Amber Mosewich, University of Alberta, Faculty of Kinesiology, Sport, and Recreation visit to Adelaide. At her initial on campus event Associate Professor Mosewich joined with three mid-career researchers **Dr Ashleigh Smith**, **Dr Francois Fraysse**, and **Dr Janet Sluggett** to answer the question 'What do you do?'. Assoc Prof Mosewich's overall program of research looks at how to foster wellbeing alongside high performance in the sport domain, in particular understanding the skills and resources, athletes, coaches, and other people involved in sport, need to perform at their best and maintain a high level of wellbeing along the way. Assoc Prof Mosewich's visit generated many discussions at networking events and on campus.

In September Allied Health & Human Performance hosted another two Visiting Research Fellows, both sponsored by The Hospital Research Foundation Group (THRFG). Professor Kirk Erickson Director of Translational Neuroscience and Mardian J. Blair Endowed Chair of Neuroscience at the Advent Health Research Institute in Florida, USA and Professor Lara Boyd an internationally recognised neuroscientist and physical therapist at the University of British Columbia.

We all know physical inactivity can lead to weight gain but what many of us don't realise is that exercise affects brain health. Professor Erickson, a world leader in physical activity and brain health research, explained that exercise has widespread effects on the brain however we still have a poor understanding of the mechanisms by which exercise influence brain health. Exercise may have long term health consequences for diseases of the brain and large-scale interventions carry promise for resolving some of the major issues limiting the field. Professor Boyd, whose [TEDx talk](#) has received 38 million views, opened with the statement 'nowadays we understand that everything we do changes the brain' and the question 'if everything we do can shape the brain how can I make my stroke patients better?'. Professor Boyd then walked the audience through four big questions 1) What is the correct dose of therapy, 2) What is the right timing of therapy, 3) Who will recover, and 4) Can we design interventions that stimulate more recovery?

For this event we welcomed attendees from The Hospital Research Foundation Group, University of Adelaide, Flinders University, UniSA Clinical & Health Sciences, UniSA Justice & Society, UniSA Communications & Marketing, UniSA Advancement and HDR candidates. Staff and students of UniSA Allied Health & Human Performance are grateful for the opportunity to meet and collaborate with Professor Erickson and Professor Boyd in person.

You can find more information about Associate Professor Mosewich, Professor Erickson, Professor Boyd and the program on the [Visiting Research Fellows website](#). We are grateful to both the The Hospital Research Foundation Group and South Australian Sport Institute (SASI) for sponsoring the UniSA Visiting Research Fellows Program.



The Hospital Research
Foundation Group



South Australian Sports Institute

UniSA Three Minute Thesis Competition

UniSA's Three Minute Thesis Competition was held on Tuesday 5 September. Congratulations to HDR student **Sindhvani Dars** who won the People's Choice award for her presentation on how podiatrists can better help people who develop neuropathy after chemotherapy treatment!



Conference Report – Dr Janette Young

In June of this year I was privileged to attend the 32nd International Society for Anthrozoology (ISAZ) Conference in Scotland. ISAZ is the leading international organisation for the study of human-animal interactions (HAI). The conference included talks and posters on pets, assistance animals, farm animals, dogs, cats, rabbits... and intersections with human conditions such as trauma, disability, and mental health issues. It was rounded off with attendance at a workshop of pets and housing. When pets are precluded from housing, animals commonly become homeless entering shelters or even being put down, and the benefits of HAI are lost for the human.

At the conference, and then on a visit to Waltham Research Centre in England, I presented Waltham funded research that **Dr Carmel Nottle, Dr Neil Bretana**, Mr Mark Snowball and I have undertaken developing baseline data for indoor cats. This is part of including animals within the framework of HAI research. We are grateful to Waltham for the funding that enabled us to develop normative data, and they are excited to have some cat research and the potential broader application of our data.

After the conference I was also able to undertake some ethnographic research into pet cemeteries. There is an increasing understanding of the impact of pet loss on humans, and I am interested in how this grief is played out in terms of burial and remembrance of loved animals. I am thankful for the opportunity to undertake this travel, it has enabled me to create great connections internationally with peers considering both human and animal agendas in HAI.



Research Funding Awards

Congratulations to **Eva Bezak** and **Ashleigh Hull** for their successful grant application for the ARC Training Centre for Radiation Innovation (\$4.99m). The project is being led by The Australian National University (ANU), with project team members coming from a number of universities including ANU, the University of Adelaide, and the University of South Australia. The Centre aims to train the next generation of transdisciplinary leaders to enable, grow and transform industries that utilise or are impacted by radiation.

The ARC Industrial Transformation Training Centres aim to mentor and train Australia's next generation of research professionals, and to support partnerships between universities and industry that will generate real-world outcomes that are vital to Australia's economic growth.

Arthritis Australia

Tasha Stanton - Home-based neuromodulation: Boosting the effects of exercise for people with knee osteoarthritis

Arts and Health Alliance

Carolyn Murray, Angela Berndt (Adjunct) - Creative Recollections: A pilot of a concurrent art program for people living with dementia and a wellness program for their carers within the city of Marion (community)

Australian Podiatry Research Education Fund

Helen Banwell - Research priorities of Australian podiatrists; a Delphi survey.

Fight MND

Beben Benyamin - Investigating the roles of endogenous retrovirus in motor neuron disease through integrative genomic approach

Hospital Research Foundation

Nayana Parange, Sandy Maranna, Amber Bidner, Lucy Wood, Prof Eva Bezak - Healthy Newborn Project Extension Grant

LeapForward

Carol Maher - The evaluation of LeapForward program in a prospective RCT

Medical Research Future Fund

Saravana Kumar - Connecting aged care, health care and social services systems to support older Aboriginal and Torres Strait Islander people to live their best lives

Office for Ageing Well

Carolyn Murray, Janette Young, Alyson Crozier, Carmel Nottle - Foster teams in retirement villages for homeless animals: a collaboration with Levande Retirement Village and the Animal Welfare League

Office for The Early Years

Carol Maher - Office for the Early Years - App Evaluation Proposal

Prostate Cancer Foundation Australia

Kerri Beckmann - Assessing disparities in care and real-world outcomes for men with advanced prostate cancer

Southern Adelaide Local Health Network

Peter Hibbert - Continuous Improvement Program Intervention to improve capacity

Sports Medicine Australia Research Foundation

Chloe Blackman - Informing extreme heat policy development in long distance running

Update from ARENA

Leadership update

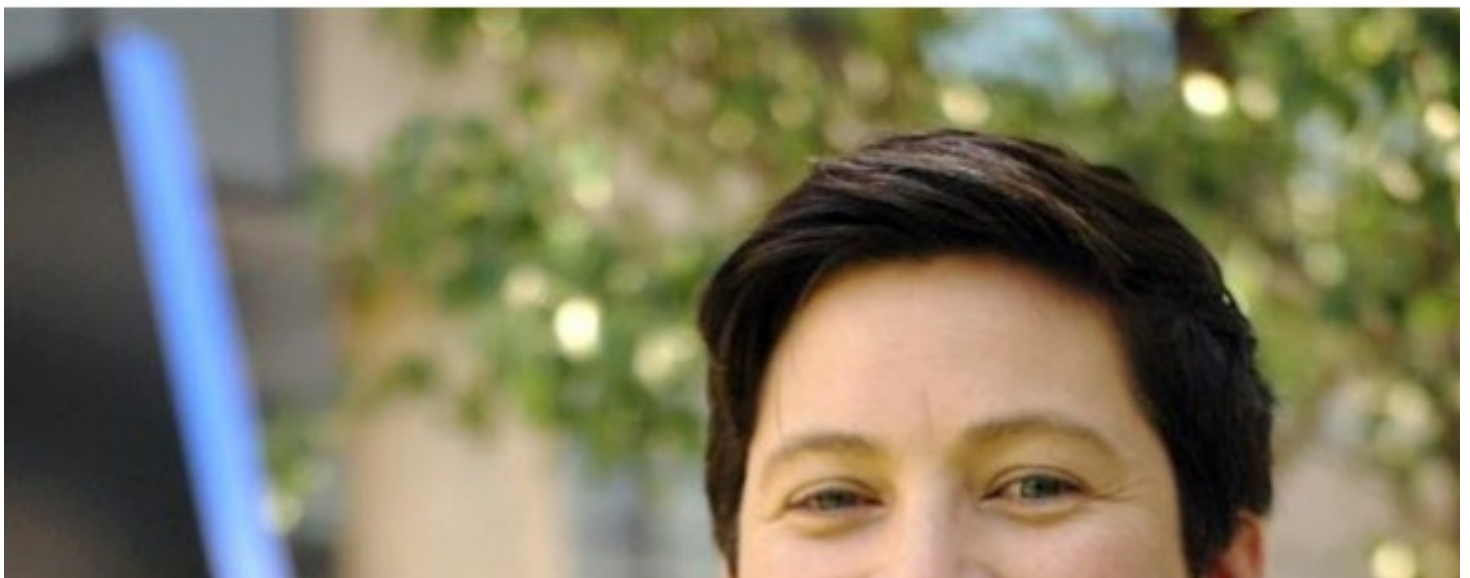
ARENA would like to announce **Professor Carol Maher's** official appointment as the new Director. Professor Maher has been an integral part of the centre, serving as the Acting Director since April 2023, and previously as Deputy Director since 2020. Her extensive experience and dedication make her the perfect fit for this role. In addition, we are equally delighted to introduce **Dr Ash Smith** as ARENA's new Deputy Director.

We also want to take a moment to express our heartfelt gratitude to **Professor Alison Coates**, who has provided her leadership as the Director of ARENA over the past three years. Under her guidance, ARENA achieved formal recognition as a Research Centre within the university and has played a pivotal role in advancing research in exercise, nutrition, and activity. We look forward to Professor Coates' continued contributions to our community and wish her the best in her future endeavours.

Stay tuned for upcoming developments and initiatives under Professor Maher's leadership. Exciting times lie ahead for ARENA, and we are eager to embark on this journey together.

Goal Driven Science: Enhancing Performance in Women's Football (in partnership with Football SA)

The "Goal-Driven Science: Enhancing Performance in Women's Football" event, organised in partnership with Football SA, was held on 3 July 2023 at Service FM Stadium. The event included presentations from invited speakers about the latest science and tips for improving sports performance, a panel discussion about the progression of women's football from the perspective of former and current players, coaches, and officials, and an interview with Charlotte Grant. Over 80 people attended the event, including players, teachers, coaches, students, and academics.





South Australian Healthy Lifestyle State Research Forum



The second South Australian Healthy Lifestyle State Research Forum took place on Friday 15th September. A great day of South Australian & international research discussed, 28 speakers from all South Australian Universities. Keynote speakers, **Prof Grant Tomkinson**, and Visiting Research Fellow, Professor Kirk Erickson gave insightful presentations to start the day. Our second session of the day including Early and Mid-Career Researchers, **Dr Samuel Chalmers**, Dr Celine Northcott, Britt Johnson and **Dr Jacinta Brinsley** who all gave wonderful talks on their current research.



The day ended with 22 5x5 presenters from students, Early & Mid-Career Researchers from UniSA, University of Adelaide, Flinders University and CQU. Thanks to all those who attended, and we'll see you next year!

Visiting Research Fellow: Professor Kirk Erickson

ARENA hosted Professor Kirk Erickson in September 2023 as a Visiting Research Fellow sponsored by The Hospital Research Foundation. Dr Audrey Collins joined Kirk as a visiting researcher. The schedule was full with presentations at the South Australian Healthy Lifestyle State Research Forum & ALH's research culture event. Professor Erickson and Dr Collins also spent their time co-hosting roundtables and workshops, meeting with South Australian researchers and promoting Dementia Action Week 2023 (18-24 September). Thank you to The Hospital Research Foundation Group for making Professor Erickson's trip possible!

Update from IIMPACT

Conference Presentations

- September 2023 - **Dankiw K, Kumar S**, Baldock K, **Tsiros MD** Nature play through the eyes of parents and educators: Exploring the Challenges presented at the Australian Public Health Conference 2023 Hobart.
- May 2023 - **Dr Hayley Leake** and PhD student Ashley Grant both presented at the RDWA Annual Rural GP Conference 2023.
- June 2023 - **Dr Felicity Braithwaite** and **Dr Hayley Leake** were panellists at MOD's 'Are we easily fooled' event.
- August 2023 - **Dr Brenton Hordacre** was an invited speaker at the National Stroke Conference, with his presentation titled: A Community Stroke Recovery Boot Camp. Brenton co-presented with Saran Chamberlain a stroke survivor.

A/Professor Tasha Stanton's Persistent Pain Research Group were well represented at the 13th Congress of the European Pain Federation EFIC held in Budapest, Hungary from 20-22 September 2023.



TOPICALS:

- Braithwaite FA: 'An example of successful application of rigorous sham development framework using the model of dry needling', presented within a topical workshop: 'Current challenges and solutions to the study of promising pain treatments in clinical trials' with Prof David Walsh, Prof Janne Gierthmühlen, & Dr David Hohenschurz-Schmidt
- Stanton TR: 'Perceptual bias in clinical pain and the impact on fear and behaviour, presented within a topical workshop: 'How perception shapes behaviour: From theoretical to experimental to clinical' with Dr Ann Meulders & Dr Jonas Zaman.

POSTERS:

- Braithwaite FA, et al. Why wasn't I ever told that? Consumer insights on the need for, and key tenets of, a society-wide intervention to improve management of osteoarthritis.
- Jones HG, Pulling BW, et al. Adjunctive use of hypnosis for clinical pain: A Systematic Review and Meta-Analysis.
- Macintyre E, et al. Painful distortions: people with knee osteoarthritis have altered visuospatial perception.
- Mouatt B, et al. Using online case vignettes to investigate participants-as-patient choices: Recruitment considerations and sample characteristics.

A/Prof Tasha Stanton was on EFIC TV: Check out her [Live chat from #EFIC2023](#).

Media Interviews

PhD candidate **Kylie Dankiw**, supervised by **Dr Margarita Tsiros**, **Prof Saravana Kumar** and Assoc Prof Katherine Baldock gave a number of media interviews relating to her publication 'Parent and early childhood educator perspectives of unstructured nature play for young children: a qualitative descriptive study. PLoS One 2023' which is part of her PhD Research (Getting kids on board with messy nature play, interviews with parents and educators). Some highlights/examples of the media interest are listed below:

- Getting adults on board with messy nature play, [UniSA media release](#), The Advertiser Adelaide, Herald Sun, The Daily Telegraph, The Courier Mail, The Educator Australia, Mint and others
- [Ground news](#) 'Getting adults on board with messy nature play'
- [Spotlight magazine](#), 'Getting adults on board with messy nature play'

- [The Sector](#), 'New research aims to get educators and parents more on board with messy play'
- [Hawkesbury Gazette](#), 'Getting grown ups okay with kids getting down and dirty'
- [The Lismore App](#), 'Getting adults on board with messy nature play'
- [com](#) 'Nature play is a vital part of a child's upbringing, and parents play a critical role'
- [Travels with the Post](#), 'Ignore the mess when kids play. Here's 3 reasons why.'
- [Bollyinside](#) The Latest News, Science news, 'ScienceDaily: Convincing adults to embrace messy nature play'
- [PlayVolutionHQ](#), 'How nature play can fix kids obsession with screens'

The following [Channel 10 media story](#) on the benefits of bootcamps, a project funded by The Hospital Research Foundation Group, aired during National Stroke week.

Graduations

Congratulations to the following students who completed and graduated in September:

- Doctor of Philosophy: Dr Caitlin Howlett, Thesis title: Cognitive flexibility and persistent pain
- Master of Research (Human Movement): James Wiltshire, Thesis title: Teleoanticipation and its effect on pacing strategy

Students/Postdoctoral Research Fellows

Welcome to the following HDR students who have commenced within IIMPACT:

- Ji Tian (PhD) - Investigating the value and impact of allied health.
- Marylouise Freeman (IRAH) - Improving the access to and delivery of palliative care for rural populations.
- Deborah Phipps (IMHH) - The Department for Education Regulation Framework: toward validation for school-based Occupational Therapy practice.
- Dillon Tepper (IMHH) - Improving psychosocial functioning for people with borderline personality disorder.
- Micaela Hollis (IMHH) - Pathways to private practice: an exploration of barriers and enablers for student placement activity in podiatry.
- Dan Van de Laan (PhD) - The 'iSToP Pain' project: Investigating the Impact of Sensory Training on Persistent Pain.
- Sally Marroti (PhD) - Expanding workplace assessment in pharmacy through development of tools to address interprofessional practice.
- Marina Kostopoulos (MRes) - What Motivates a Clinician to Request Medical Imaging?
- Ruth Appiah (PhD) - Designing better pain care for refugees.

Welcome to Dr Aleksandra Herman, an international visiting postdoc from Poland who started in August and will be with us until the end of July 2024. Aleksandra is a Marie-Sklodowska Curie Fellowship recipient.

Congratulations to **Dr Brenton Hordacre** who received a Moleac Scientific Exchange Award. This award, one of four that were awarded globally, is through the International Stroke Recovery and Rehabilitation Alliance, funded by Molaec. The purpose of the award is to fund new collaborations in neuroplasticity and stroke recovery. Brenton will be travelling to University of British Columbia in May 2024 to further collaborate with Professor Lara Boyd and attend the 13th World Congress of Neurorehabilitation in Vancouver.

Pain Revolution Rural Outreach Tour



The Pain Revolution Rural Outreach Tour was back for a 5th tour after a three year break and was an overwhelming success. Our group of 20 cyclists and 15 support crew (educators, clinicians and ride support staff) made their way from Townsville to Port Douglas via Ingham, Mission Beach, Innisfail, Atherton and Cairns. The cyclists rode 750 km, climbed 6,600 vm which is the equivalent of 10 Mount Loftys, and raised over \$79,000 for the Local Pain Educator Programme. Lance House led the Brain Bus to each town, welcoming school groups and passers-by and engaging them in the groovy experiments we are doing in the Body In Mind group. We had 593 registrants attend one of our eight outreach events along the way. The tour this year was sponsored by AIA Australia, UniSA and Reality Health. We now have 60 Local Pain Educators who have completed our program, with another 21 currently commencing or in their second year.

UniSA Trek Program

Congratulations to **Dr Carolyn Berryman** who has completed the UniSA Trek 2023 Program. The Trek Program comprised four interactive workshops and a presentation to the UniSA Enterprise Hub. The cohort were a multidisciplinary group from across the University chosen and underwritten by the Deputy Vice Chancellor: Research and Enterprise.

The Trek Program gives impact-focused researchers a structured methodology to discover and validate the potential real-world impact of their research. It builds researchers' skills and habits to extend investigator-led, curiosity-driven research into end-user/consumer-led research.



In September, we hosted Professor Lara Boyd from University of British Columbia as a Visiting Research Professor, sponsored by The Hospital Research Foundation Group. Professor Boyd is a Wall Scholar and world leader in stroke recovery. Her research has contributed important discoveries that have shaped stroke rehabilitation and clinical trials. While visiting UniSA, Professor Boyd spent time with PhD students and ECRs across IIMPACT in Health and developed collaborative projects that will continue to strengthen ties between UBC and UniSA. Professor Boyd also delivered several presentations on new innovations in stroke recovery. This included our research forum, local allied health clinicians (over 100 attendees) and a day trip to Wallaroo for a presentation with local rural clinicians that was supported by the Department of Rural Health. It was a highly productive time, with new ideas and exciting opportunities planned, we are excited to see this collaboration with UBC evolve.

Publications

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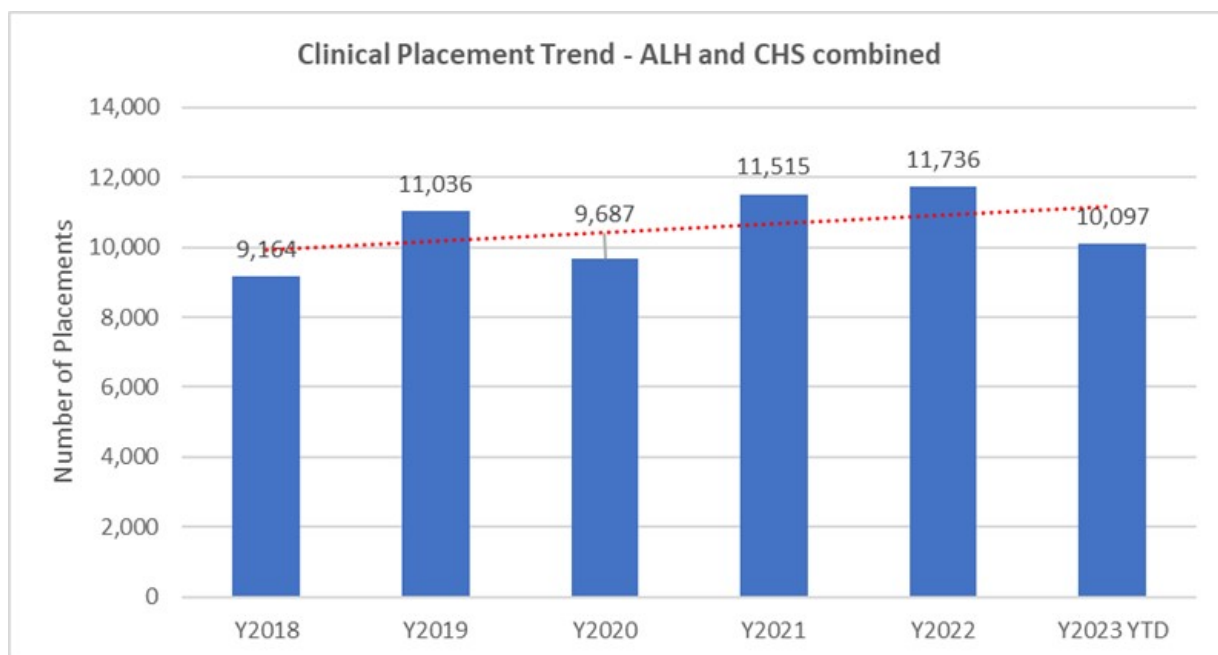
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Clinical Education & Equity

Clinical Education 2023 Summary

As of the end of September, 4,408 Allied Health & Human Performance and Clinical Health Sciences students have completed 10,097 placements across 180,846 placement days in 2023. 10% of all placements have been in rural and remote areas, supported by the Department of Rural Health.

SA Health hosted 4,883 placements (48% of total) and UniSA Health Clinics was the second largest placement provider with 795 placements, followed by UniSA (331), Calvary Health Care SA (300), and Department for Education (277).



UniSA Health Clinics Update

UniSA Health Clinics continue to be the largest placement provider for allied health students. To the end of September, we have achieved:

- 15,691 occasions of service (allied health), 91% of which were student-led
- 795 student placements across City East, City West, Magill, and Whyalla
- Services delivered to 3,062 unique patients, 87% of which are community members (non-UniSA staff and students)
- 20,323 GP and nurse practitioner appointments, including 2,540 flu vaccinations for staff and students.

GP and allied health appointments are available for all UniSA Staff and students, as well as members of the general public. UniSA is funding limited free skin checks in November for staff. Please visit [unisamedical.com.au](https://www.unisamedical.com.au) for appointments and more information.

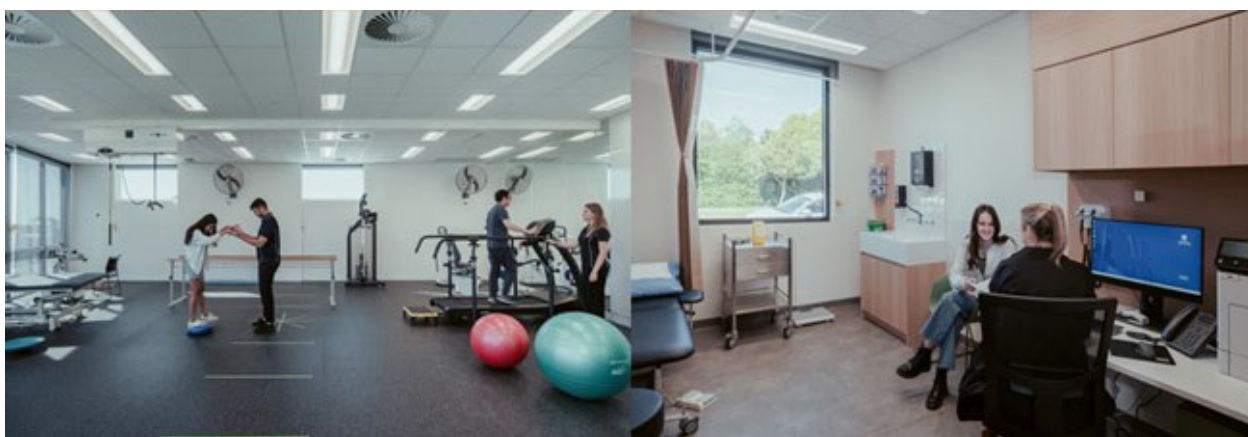
UniSA Health Clinic Elizabeth: Healthia Launch

On 20 September, the new UniSA Health Clinic was opened as part of the opening of the [ACH Group's Healthia Residential Care Home](#) (Healthia) at Elizabeth Vale, across the road from the Lyell McEwin Hospital.

Healthia is a remarkable \$40 million aged care, health, and education hub in Adelaide's northern suburbs. The new health hub includes 'small homes', a new format in residential aged care home, as well as the brand new UniSA Health Clinic. UniSA's clinic will offer general practice, nursing, and allied health services, catering to both residents and the local community – including UniSA students and staff.



The \$6 million fit-out includes 24 clinic consultation rooms, pathology and procedure rooms, group therapy rooms, two gyms (paediatric and adult rehabilitation), and a state-of-the-art ADL Kitchen. The clinic is expected to create an additional 350 placement opportunities for allied health students. Student-led allied health services are planned to commence from January 2024. The clinic is currently recruiting for General Practitioners and allied health professionals interested in contractor opportunities.



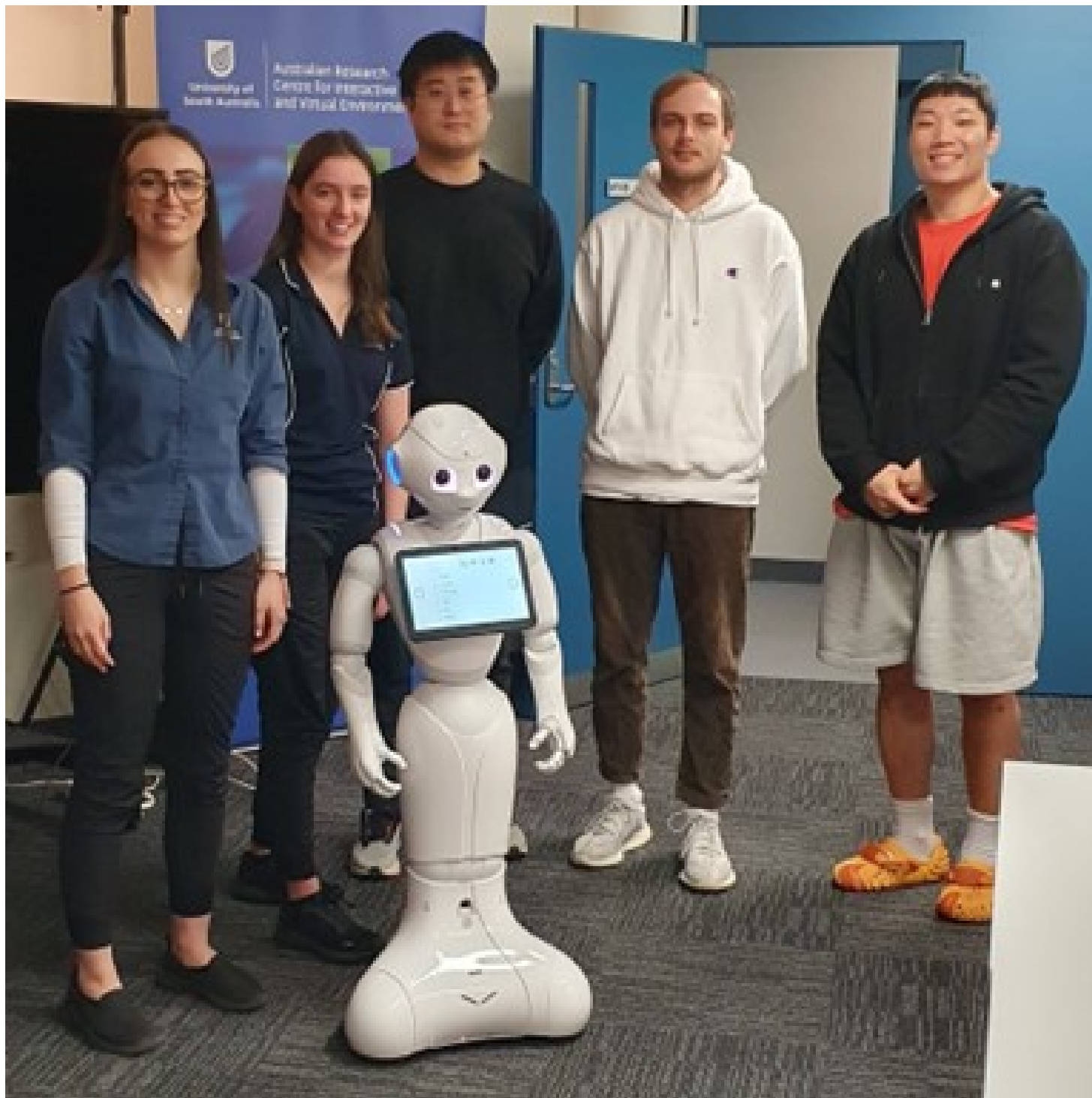
UniSA Health Clinics - Interprofessional Services

In 2023, our existing physiotherapy adult neuro-rehab service was complemented by the addition of occupational therapy and speech pathology with 48 occasions of service. In addition, the OT and speech students have contributed to the Upper Limb Bootcamp research program, aimed at making a significant difference to the lives of patients recovering from stroke. The program focuses on providing a burst of intensive rehabilitation for patients' arms and hands post-stroke. The students work closely with patients for up to three hours per day, five days a week, delivering personalised support and guidance to facilitate the stroke recovery process.

[Click here for the 10 News story of the Upper Limb Bootcamp.](#)

Interprofessional Collaboration with IT students

Speech Pathology students undertaking their Planning, Innovation and Evaluation in Health have met with UniSA IT students who are programming Pepper The Robot to explore how Pepper can be involved in speech pathology client assessments. The Speech Pathology students are sharing insights about assessment apps and how involving the robot



could benefit the assessment process, especially for paediatric clients. The IT students have been providing their perspectives on programming and the challenges they might encounter while incorporating assessments with Pepper. They will have fortnightly meetings to discuss the project's progress.

Careers Event for Playford International College Students



The new Elizabeth Clinic hosted a Year 11 careers event for Playford International College on the 25th of September in conjunction with Lyell McEwin Hospital, ACH Group and the Smith Family. Physiotherapy, Occupational Therapy and Nursing students were promoting careers in health in a clinical setting at the Elizabeth clinic.

Clinical Education Centre and Mobile Allied Health Clinic Van

The Clinical Education Centre continues to provide a supportive, interdisciplinary environment to support students on placement or studying in northern Adelaide. In conjunction with UniSA Education Outreach, the centre has hosted over 200 high school students participating in a Clinical Biology sessions.

Community engagement through the Centre, and the MAHC van has involved students completing health assessments at a Mens Health event at Smithfield, Women's Health events at Para Hills and Healthy Ageing Be Active Expo at

Salisbury and next week the MAHC Van will be at the Disability, Ageing and Lifestyle Expo. We have also supported UniSA Sport – Wellbeing Week.

Clinical Placement Unit (CPU)

Placement Review and Planning meetings have been completed for 2024. At this stage we are on target to have confirmed over 10,000 placements. We would like to thank everyone for their involvement in each of these sessions. Planning is well underway for 2024 placements with the Placement Grids and timelines currently being finalised with each disciplines Academic team.

The Fit Test Clinic has now concluded for 2023 and will reopen in February 2024. This year the team has completed 896 Mask Fit Tests. This includes taking the machine to Whyalla and Mt Gambier earlier in the year to Mask Fit test the students studying at the regional campuses. For further information, please contact [Kate Logan](#).

Industry Engagement



Physiotherapy students have also benefited from the activities in the High Performance Sport Centre this period by completing projects for their Health Promotion course on the Racing SA Apprentice Jockeys. The jockey group has been utilising UniSA for high performance testing and training since 2018, and this year we have added physiotherapy students to their sessions to assist with injury and load management. A group of students have recently worked with the apprentice jockey group to develop resources including a screening tool for physiotherapy students on placement as well as brochures on suggested warm ups/cool downs and strength and conditioning training that they can complete to assist with their sport.

ALH has also hosted the Soldier Recovery Centre (SRC) on three separate occasions this year. The SRC includes injured defence force personnel who may be on their way to transitioning out of the military. The visits have been valuable to

explain the study options that UniSA has on offer for those who wish to retrain after their discharge. The visits have included a combined presentation from the student liaison team, the [Veterans' Engagement and Education Program](#) (VEEP) and the Invictus Pathways Program.

With the volume of requests from external groups increasing, a new procedure has been implemented to ensure that the experiences we offer in the unit are consistent to all groups. Going forward, all requests for workshops or on campus experiences are to be directed to the Industry Liaison Officer so that they can be advised what options we are able to offer. Please feel free to direct any enquires to [Ashlee Munro-Muir](#).

Student Placements

Placements for the Podiatry students in Broken Hill have been renewed for another year, which will provide students with a valuable rural placement experience and exposure to a variety of different conditions to treat.

We continue to strengthen our partnership with the South Australian Sports Institute (SASI) through a successful grant to employ two Project Officers for a six month period in 2024. These positions will be advertised to eligible students who have completed an exercise and sports science degree and are undertaking further research at UniSA. The positions will allow the students to gain industry experience and valuable connections while working on SASI programs and completing their research.

Invictus Pathway Program

The Invictus Pathways Program (IPP) has been busy with successful grants from DVA to enter seven teams into the Corporate Cup and host an event for Veterans' Health Week, which has a theme this year around 'Mental Wellness'. IPP will be focussing their event on the benefits of hot and cold therapy for mental wellbeing and will be taking a group of veterans to Plunge Recovery to use the cold pools and saunas. IPP has also entered a new partnership with Corporate Health Management and DVA to deliver the [Heart Health Program](#). The program offers weekly group exercise classes and monthly educational sessions to eligible veterans and will be delivered by Human Movement students as part of their placement activities. The program is funded by DVA and runs for a 12 month period, with view to become ongoing if enrolments allow.



Department of Rural Health

UniSA's Department of Rural Health is committed to workforce development in rural and remote South Australia and has achieved significant achievements through:

- Delivery of the Professional Certificate in Clinical Education (PCCE) for rural health professionals to develop their skills in supervising and facilitating students on clinical placement. So far this year we have had 65 course completions.
- Development of a mentoring program with Advanced Physio Solutions in Moonta, to assist career physios with personal and professional development and the transition to rural practice and living. This program is under evaluation to inform future mentoring program models.
- Participation with seven other universities around Australia in the Nursing and Allied Health Graduate Outcome Tracking (NAHGOT) study which will track where nursing, midwifery, and allied health graduates choose to work (metropolitan, rural, regional, or remote settings) and why.
- Supporting rural and remote health professionals to participate in UniSA DRH's Rural Research Scheme to build their skills by undertaking a research project under the supervision of DRH academic staff.
- Participation in three clinical trials in north-west SA that upskills different professionals by providing training in low intensity psychosocial intervention, with local clinicians and practitioners engaged as chief investigators in the studies.
- Provision of training Aboriginal Health Workers in Coober Pedy to improve their basic foot screening skills, with a view to roll out to other rural and remote Aboriginal Community Controlled Health Organisations (ACCHOs).

The Rural Health and Aged Care Education Centre (RHACEC) is on track to be completed this year. The centre is co-located with Matthew Flinders Home aged care residential facility and is funded by the Commonwealth Department of Health. This year, 40 UniSA nursing, physiotherapy and occupational therapy students will complete 222 placement weeks with Matthew Flinders Home.



Previous Editions

- [December 2020](#)
- [March 2021](#)
- [September 2021](#)
- [December 2021](#)
- [March 2022](#)
- [July 2022](#)
- [September 2022](#)
- [December 2022](#)
- [April 2023](#)

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