



Celebrating Success

Physiotherapy

PhD student Janice Taylor has received a Physiotherapy Research Foundation Seeding Grant for her project "Evaluating a physiotherapist-led training program to improve residents' mobility care in nursing homes: a feasibility study."

Dr Jill Cook has also been successful in receiving a 5 year practitioner fellowship her project titled "Improving clinical understanding and management of tendinopathy". The projects included are on tendon pain, the role of puberty in the development of tendinopathy, and the load response of tendons. Professor Jenny Keating has also received a university interdisciplinary research strategic grants worth \$40,000, for a proposal to build the smart chair. This project is in partnership with Information Technology and Architecture and Design.

Ebonie Scase: Best paper (clinical sports medicine) at Australian Conference of Science and Medicine in Sport.
 Jamie Gaida: Success with Sports Medicine Australia research grant.

Welcome to the October issue of the School of Primary Health Care newsletter. This is a monthly bulletin covering the activities of the School in the community, academia and research.

Having coming to academia in my midlife, the rhythms of the University year always seem a little strange to me. As a GP I was used to being busy in autumn (when babies get croup and people get their flu vaccines), then in later winter (as the respiratory bugs begin to take their toll). Things then always slowed down in the lead up to Christmas, with Christmas Eve being the quietest afternoon of the year. Most patients are, by then, far too preoccupied to be sick!

It is completely different in Universities. Those reading this newsletter will have spent the last 2 months examining, marking, reconciling finances and preparing budgets for 2014. Contracts are renewed (or not), enrolments planned and grants written to those malicious funding agencies with a propensity to call for submissions in mid December. For the parents among us, this all needs to fit in around the cycle of school concerts, end of year exams, graduations, and, (for the year 12 parents out there) schoolies week.

Australia is in the midst of ongoing reorganization of the University sector. One of the few certainties is that there is more change to come. For Schools like ours its easy to get distracted with what is happening and what lies ahead. But at the end of the day, our strength is in maintaining our principles and focusing on our core business of quality teaching and relevant research.

The achievements reported through this newsletter are only the tip of the iceberg of what continues to be a successful School. Thanks for your commitment and passion through 2013.

I wish all a wonderful holiday season, and hope to see as many as possible at our end of year function at Windows on the Bay on the 18th December at 12.30 pm.



End of Year Celebration

The SPHC End of Year celebration will take place on Wednesday 18th December from 1pm at Windows on the Bay in Mordialloc. Please pencil this date in your diary.

University rankings

The release of the 2013 Times Higher Education University rankings has seen Monash improve eight places from our 2012 placing, and is now ranked 91st in the world.

The rankings are an important way of building our reputation, both for the institution as a whole and for staff and students. All Monash staff should be proud of their hard work and efforts in contributing to this.



Celebrating Success

Terry Haines from the Department of Physiotherapy has been successful in obtaining a NHMRC Career Development Fellowship Level 2 for 2014-2017. In the fellowship, Terry proposed to continue building the research capacity of allied health working at Monash Health, while also leading trials in health service redesign, geriatrics, chronic disease management and falls prevention. As a part of the application, Terry was able to promote the excellent work of his PhD students, academic and clinical collaborators, and post-doctoral researchers across Monash University, Monash Health and beyond, including Dr Elizabeth Skinner (adjunct, Physiotherapy Department), Dr Cylie Williams (adjunct, Physiotherapy Department), Dr Kate Huggins (Nutrition and Dietetics Department), and Dr Lisa O'Brien (Occupational Therapy Department).

Professor Colette Browning has been appointed to the Ministerial Advisory Committee for Senior Victorians. This Committee will advise the Minister for Ageing, the Honourable David Davis, and develop a whole of government older people's action plan to address participation by older Victorians.

New option for academic staff to manage annual leave

Monash HR is now pleased to offer academic staff the option in managing their annual leave for 2014, by allowing staff to declare once at the start of the year that they will take their annual leave during the course of the year, rather than applying for leave on each occasion.

Academic staff members can choose to make a declaration in ESS that you will take your full annual leave entitlement in the 2014 calendar year and although, as a courtesy, you should still advise your supervisor of your intended absences during the year, you will not be required to apply for each occasion of leave through ESS. This arrangement is optional. You can continue to apply for annual leave through ESS, if you prefer.

If you would like to take up this option, you should take the time to familiarise yourself with the relevant section of the [Remuneration and Benefits Procedure – Types of leave \(annual leave\)](#) to ensure that you are eligible to make the declaration and that you are aware of the terms and conditions that apply.

You can then make the declaration by logging into (ESS) and clicking on the **Opt-in for Academic Annual Leave Scheme** link, found on the **Services Overview Page**, under **Leave Information**. You should read the terms and conditions of the declaration carefully before submitting it. Please note that in order to take up this option you must submit the declaration between **before 30 November 2013**.

If you choose to make the declaration and you are planning to take a continuous period of annual leave during December and January, you should:

apply for annual leave in ESS as per the standard process for all leave up to and including 20 December 2013; and complete the declaration that you will take your full entitlement of annual leave for 2014.

The declaration option applies only to annual leave. You will need to apply for all other leave as per the standard processes.

If you have any questions regarding this arrangement, please contact Access HR on (03) 9902 0400.

SPHC Research and Education Festival

The School of Primary Health Care Research and Education Festival was held on 3 December 2013 at the Peninsula Campus.

PhD candidate, Ruby Biezen chaired the event. Professor Grant Russell, Head of School welcomed everyone on behalf of the School.

The Keynote Speaker was A/Prof Angela Carbone, Director of Education Excellence OPVCLT, and her topic was The Home of Better Teaching and Better Learning. Dr Natalie Jones, Project Manager, Research Development & Quality, Faculty of Medicine, Nursing and Health Sciences and Dr Stephen Maloney, Deputy Head, Department of Physiotherapy were the other speakers.

There was a debate titled "Is blended learning the way forward for us". A/Prof Lyn Clearihan convened the panel, A/Prof Angela Carbone and A/Prof Brett Williams spoke for the affirmative and A/Prof Lou Farnworth and Prof Leon Piterman argued for the negative. The topic engendered lively discussion.

The other highlight of the vent was the PhD candidate presentations. Fahimeh Hashemirad, Carissa Lyons, Lillian Bortoli, Jo Antoniades, Melanie Farlie and Siti Noraini Binti Asmuri presented their research to the audience of academics, researchers and fellow HDR candidates. It was an informative, fun filled day.





EMBEDDING SIMULATION INTO CLINICAL TRAINING IN PHYSIOTHERAPY PROJECT

Health Workforce Australia (HWA) as an Australian Government initiative, will fund a consortium of 17 Australian physiotherapy programs including Monash's Physiotherapy Program, to undertake a project to embed simulation into physiotherapy clinical training across Australia in 2014.

The project, worth \$5.75 million, will substitute a proportion of traditional clinical placement training time with clinical role-play simulation training. The funding will cover physical resources, development of simulation scenarios, staffing, staff training, and simulation unit evaluation for each university.

Each university has selected from 3 agreed models of simulation, in one or more core areas of physiotherapy (cardiorespiratory, neurological, musculoskeletal), which will be implemented within the constraints of their individual curricula. In total, more than 2,000 physiotherapy students from both undergraduate and graduate entry programmes will participate in the project.

Prof Tony Wright from Curtin University is leading the Project, and the Project Manager is Ms Penny Moss (also Curtin University). Monash University's Physiotherapy representative is Prue Morgan.

Simulation units will be embedded into clinical placements in all participating universities at various points in time during 2014. Input from students, educators and clinical partners will be sought as part of the evaluation process for the project.

This is a very exciting opportunity for the profession of physiotherapy to take a leadership position in using simulation as part of student education, providing a unique opportunity for the Universities and clinical partners to work collaboratively on a major education project in physiotherapy. The results of the project evaluation will be available in 2015.

Monash voice at Dubai back-pain conference

Dr Susan Slade of the Department of Physiotherapy in the School of Primary Health Care recently attended the 8th Interdisciplinary World Congress on Low Back and Pelvic Pain from October 27-30, 2013, in Dubai, United Arab Emirates.

The conference is held every three years and welcomes health care professionals, practitioners, academics, researchers and policy makers.

There were over 1000 delegates from 50 countries and presentations generated lively questions and discussion.

There was a dynamic collaborative atmosphere and a wealth of invitations to pursue future relationships and projects in research and clinical practice and an invitation to Dr Slade to be part of the organising and scientific committee for the next conference in Singapore 2016.

Dr Slade presented a systematic review titled "*What are patient beliefs and perceptions about exercise for non-specific chronic low back pain? A systematic review of qualitative studies.*"

Dr Slade and Professor Jenny Keating from the Faculty of Medicine, Nursing and Health Sciences and Dr Shilpa Patel and Professor Martin Underwood from the Warwick Medical School, Warwick University collaborated on this review which is about to be published in the *Clinical Journal of Pain*.

750 million steps for Monash

More than 750 million steps were taken by this year's 10,000 Steps Challenge teams at Monash.

The 328 teams were made up of staff from the University's campuses in Victoria, Malaysia and South Africa. Congratulations to all teams involved!

Occupational Therapy Accreditation

The department of Occupational Therapy has been approved by World Federation of Occupational Therapists and the Occupational Therapy Council for another 5 years, the maximum accreditation time. The report was overwhelmingly positive about the program which is very positive for Monash and the Peninsula campus.

Congratulations to Associate Professor Louise Farnworth, and all Occupational Therapy staff involved.



Faster, easier travel management

The University's new travel management system (TMS) will result in significant benefits for all staff involved in travel. The new total travel solution includes a system component, where Concur Request will replace the TMS in ESS and Concur Travel will enable travellers to book online (replacing Serko Online), as well as other substantial improvements in the end-to-end travel process resulting in a faster, easier experience for all, through:

- Reducing the administrative burden in requesting and managing travel.
- Substantially reduced travel plan data entry requirements.
- A simplified travel diary that is uploaded after your trip.
- No need to reconcile flight and accommodation expenses when booked through one of the Monash Travel Management Companies.
- Reducing the complexity of the travel process.
- A more streamlined security process for destinations identified as high-risk.
- Clearer Fringe Benefits Tax requirements.
- A simplified expense claim process.
- An improved system interface.
- The ability to save as you go, eliminating data loss from system time-outs.
- A more intuitive system that transfers data between fields, resulting in less data re-entry.
- Hover buttons to guide users in completing their travel request.
- 24/7 helpdesk support.

Staff are invited to [register](#) for a travel solution information sessions. Dates and locations are available on the [Concur Request and Travel intranet page](#).

The end of the calendar year is also the end of the financial year for Monash University; this means Finance needs to identify all income and expenditure related to 2013. As part of this process, Finance has set some deadlines for certain activities.

University staff are asked to take note of the key deadlines below as well as the full list of deadlines available on the [Year End close off homepage](#).

Purchase requests: must be lodged no later than **COB Tuesday 10 December**. Please phone your purchasing team if you have critical purchase needs after this date.

Credit cards and reimbursements: **Academic** staff submitting expense management forms for processing are advised they must be received by the Expense Management team by **COB Friday 13 December**. All other staff that process directly into Concur must clear all outstanding transactions and submit reports by **COB Wednesday 18 December**.

Banking of monies: All monies must be received by your local Research and Revenue team by **COB Wednesday 18 December**

Raising of invoices and credit notes: All requests must be submitted to your local Research and Revenue team by **COB Tuesday 7 January**.

Any questions relating to the year-end process can be [directed to your local Procure to Payment Services or Research and Revenue Accounting Services staff member](#).

Occupational Therapy—visit to Taiwan conferences

Associate Professor Louise Farnworth was invited as a Keynote at the Taiwan Occupational Science Symposium and also the Taiwan Occupational Therapy Association annual conference at the Taiwan National University last month. She presented three workshops at Kaohsiung Medical University as well a presentation at National Cheng-Kung University where she also met with staff and students. She also presented a day of workshops at the Occupational Science Symposium.

Occupational Therapy in Taiwan is in a transitional period with reviewing their community-based practices, so much of the discussions were about this topic.





Improving women's health in Chinese general practice

The University's reputation as the source of general practice expertise for China has been further enhanced through the launch of a new authoritative textbook.

The Mandarin translation of *Women's Health in General Practice* authored by Professor Danielle Mazza was launched at the 3rd China-Australia General Practice Academic Forum and Chinese General Practice Trainer Workshop, held in Hangzhou, China on 15-17 November 2013.

The event was attended by more than 120 Chinese delegates as well as a Monash delegation comprising Professor Mazza, Head of the Department of General Practice, and Professor Jan Coles, also of the Department of General Practice, and Professor Jane Fisher of the Jean Hailes Research Unit.

The launch of the Chinese translation of Professor Mazza's textbook at this forum illustrates its significance and importance to Chinese general practitioners and family physicians, and recognises the need for additional expertise and resources to support women's health in China.

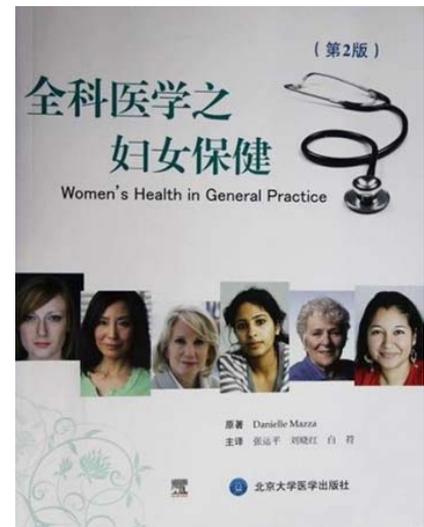
"China has made great advances in general practice over the last ten years. I am honoured that my textbook has been chosen to assist in bringing about further improvement to what is a developing component of primary health care in China", Professor Mazza said.

This new textbook highlights the significant role Monash plays in facilitating knowledge exchange with China in the area of primary health care and general practice. It follows the 2011 publication of the Chinese translation of Emeritus Professor John Murtagh's textbook *General Practice*, which has become the standard reference in the People's Republic.

A forthcoming Chinese translation of *General Practice Psychiatry*, co-edited by Professor Leon Piterman, reinforces the University's influence upon general practice in China.

The University's reputation for providing knowledge, expertise, and training to doctors working in primary care in China reflects the dedication of Professors Shane Thomas and Colette Browning, and Dr Hui Yang, formerly of Peking University. This team from the School of Primary Health Care has cultivated close ties with hospital administrations, municipal health care provider networks and medical publications in China, particularly in Beijing and Shenzhen.

"Monash plays an important role in supporting the development of a strong and effective primary care system in China. We look forward to continuing our work with our Chinese colleagues," Professor Mazza said.



Mindshopping excellence

A group of Year 10 students may have all the answers to how to increase the number of young people attending university in the Peninsula region.

Students from Mount Erin College in Frankston South recently participated in a week-long project at the University's Peninsula campus where campus management asked them to answer the question 'What can we do as a community to increase the number of young people in our local region who go to university?'

Facilitated by volunteers from the [Mindshop Excellence](#) program, the students researched their response by conducting surveys of current university students at the Peninsula campus as well as students back at their high school.

They found that students in the region faced many barriers to accessing higher education, with key concerns including cost, transport and entrance requirements.

The students then presented their findings to staff at the Peninsula campus, their families and members of their high school community.





Travel grant for Physiotherapy Lecturer

Dr Christian Osadnik, Lecturer (Cardiorespiratory) in the Department of Physiotherapy, has been awarded a Travel Grant from the European Respiratory Society (ERS) in Barcelona in September for his PhD research entitled "The effect of positive expiratory pressure on symptoms, quality of life and incidence of exacerbations in individuals with acute exacerbations of COPD – a multicentre randomised controlled trial". Christian's abstract was selected as one of the best three (out of approximately 350) abstracts submitted to the Allied Health Assembly which comprises physiotherapists, nurses and scientists. The annual ERS Congress is one of the world's largest respiratory medicine conferences attracting over 30,000 delegates in 2013. This project also received an award for best cardiorespiratory physiotherapy study relating to chronic disease at the recent Australian Physiotherapy Association conference in Melbourne which means Christian's PhD research has resulted in five significant conference awards throughout 2013.



Strong Monash presence at Physiotherapy conference

Physiotherapy staff and three Bachelor of Physiotherapy honours students formed a strong Monash presence at the Australian Physiotherapy Association's conference in Melbourne last month, contributing 16 oral presentations and an e-poster, facilitating two workshops, chairing multiple sessions and acting as members of the scientific committees of three of the specialist streams.

The biennial Australian Physiotherapy Association conference, titled *New Moves*, attracted more than 2400 delegates from Australasia, and a large international contingent.

The University's Associate Professor Terry Haines was an invited speaker for the Gerontology stream, presenting a thought-provoking session on *Meeting the imminent challenges in gerontology and physiotherapy*.

Dr Christian Osadnik won the Cardiorespiratory prize for best presentation relating to chronic disease and Katy de Valle and Prue Morgan won the Paediatrics prize for their presentation on enhancing physiotherapy skills in paediatrics, funded by a Monash Linkage for Learning and Teaching scheme grant.

Dr Ross Iles from the Department of Physiotherapy moderated an innovative session on the future potential of telephysiotherapy, with two UK researchers on a video call using WebRTC technology.

Dr Iles outlined the benefits of WebRTC to the audience, illustrating that users do not require high speed internet connections or software installation.

General Practice study on injured workers

Victorian general practitioners are more likely to order ill or injured workers stay away from work than recommend alternative duties, according to an Australian first study.

Published in the prestigious Medical Journal of Australia this week, the study examined more than 120,000 medical certificates provided to injured workers in Victoria from 2003 to 2010.

The study was a collaborative work undertaken by academics from the Institute for Safety, Compensation and Recovery Research (ISCRR) and the University's Department of Epidemiology and Preventative Medicine, and lead researcher Danielle Mazza from the Department of General Practice.

The study found that more than 70 per cent of initial medical certificates issued by GPs for injured workers instructed them to stay away from work, while fewer than a quarter recommended a return to work with modified duties.

The study is the first to assess sickness certification of injured and ill workers in Australia and the first study worldwide to assess certification by GPs in a population this large.

It also found GPs were more likely to issue unfit-for-work certificates for patients with mental health conditions.

The study is part of a broader project examining the role of GPs in the return-to-work process and has undertaken in-depth qualitative interviews with GPs, injured workers, employers and compensation scheme representatives.





Recognition of a health training era

After 10 years of providing clinical health training to the Australian Defence Force (ADF) Army School of Health, the University's Department of Community Emergency Health and Paramedic Practice (DCEHPP) Professional Development Unit has ceased operations as a Registered Training Organisation (RTO).

The DCEHPP's Professional Development Unit was created to provide further training to health practitioners already in the industry, enhancing their knowledge and extending their professional networks. In its work with the ADF, the University has trained graduate nursing officers and medical assistants from the Army, Air Force and Navy. Graduates of the ADF's Army School of Health, benefiting from the University's influence, have now served Australia in operational environments in the Middle East, Africa and the Asia-Pacific region, including peacekeeping and humanitarian assistance operations.

In a recent event at the Latchford Barracks, Bonegilla, Commanding Officer of the Army School of Health Lieutenant Colonel J.A. King, said the Monash contribution to ADF operations has been invaluable.

"Monash University has enabled the Army School of Health to provide a level of clinical health training to members of the ADF that could not have been achieved through military resources alone," said Lieutenant Colonel King.

"The achievements of the Australian Defence Force have been significantly enhanced by the contribution to training of health personnel that has been made by Monash University."

Former Head of Department, Emeritus Professor Frank Archer, said the DCEHPP Professional Development Unit has made an outstanding contribution to the University and the collective community.

"Together with other colleagues at DCEHPP, the members of this Unit have created an enviable international profile for Monash, the DCEHPP and Paramedics as a profession," Emeritus Professor Archer said.

"Their professional expertise and leadership have contributed to undergraduate education in other disciplines at Monash, graduate general practitioners, the Metropolitan Fire and Emergency Services Board and the Non-Emergency Patient Transport sector.

"Above all, every member of this Unit, academic and professional, is warmly respected not only for their clinical, education and administrative skills, but also for their demonstrable care and compassion," Emeritus Professor Archer said.

The University would like to thank all staff at DCEHPP's Professional Development Unit for their dedication and commitment, some over the course of 13 years, and congratulates them on their many significant achievements.

The School of Primary Health Care vision is to be a world leading academic provider of choice for integrated primary health care research, education and professional development.

The School's activities are underpinned by six values:

- Integrity
- Equity
- Transparency
- Accountability
- Boldness
- Social justice



Security and access to campus facilities during Closedown Period

The University will officially close from 5pm Friday, 20 December 2013 until 8am Thursday, 2 January 2014 for the closedown period.

During the University closedown period, campus buildings are closed and alarmed. Access to all facilities is only available to persons who have authorised access rights programmed on their university access card and by presenting this card to a building card reader.

Should you require access to any University building during this period, please check to see if you have the necessary programmed rights on your access card. If you do not have these rights you will need to seek approval from [your area Access Coordinator](#) (who may then send a request for access to Campus Security).

Please note that all building access requests (submitted by area Access Coordinators only) must be received for processing by campus security by close of business, Wednesday, 18 December 2013.

It is your responsibility to apply for any building access required. Security staff is required to follow strict procedures and cannot provide access to persons who do not already have the required authorisation and programmed rights on their university access card.

Editor: Lianne Gordon

If you would like to submit an article please email lianne.gordon@monash.edu

Content must be submitted in a word document, file attachments in PDF and images in JPG or GIF