



MONASH
University

MONASH
PRIMARY
AND ALLIED
HEALTH CARE

REHABILITATION, AGEING AND INDEPENDENT LIVING (RAIL) RESEARCH CENTRE

Member eBulletin #19

A message from the Director



I hope everyone has managed well despite the recent further lockdown in Victoria, and are enjoying the growing freedoms we have been allowed.

I am just recovering from my first experience of an overnight e-conference (the International Association of Gerontology and Geriatrics conference, hosted out of Argentina, so a 13 hour time difference), and thought it timely to reflect on this necessary change during covid, but one that is likely to have changed the way most conferences are run into the future. The e-conference is certainly a great avenue to increase the reach for conferences, given the substantially cheaper costs of running the conference, and not needing flights and accommodation costs to be covered. The increased reach is extremely important in helping

provide the important learnings from conferences to audiences who are likely to have greater difficulty in attending face to face conferences, especially in distant parts of the world. This includes researchers, practitioners, educators and others in developing countries, and also young / early career researchers, practitioners, educators and others, who may have limited funds available to attend face to face conferences. For these reasons, the enhanced e-conference platforms that have evolved through covid need to remain a part fixture for all conferences going forwards. But there is no doubt that the interactive / networking elements of conferences remain well short of the face to face experiences (eg meeting with speakers at the end of a session, having a drink with international colleagues you have just met at the end of a day, etc). I am very keenly looking forwards to what I hope will be my first face to face conference (the Australian Association of Gerontology Conference in the Gold Coast in November, all being well), which is planned as a hybrid (face to face and online) conference.



It is pleasing to note that at the start of July, RAIL celebrates its 2-year anniversary from commencement. I want to thank the Faculty, School, RAIL staff, Members, Partners, External and Internal Advisory

Committee members for their strong support over the two years to help position us where we are today. We will focus part of our next e-bulletin on highlighting some of what we have achieved over the past 2 years, and where we are focussing our energies going forwards.

I hope you enjoy the information provided in this e-bulletin. A reminder about the upcoming *Residential care workshop: Recent research outcomes, and shaping research priorities for residential aged care into the future* (Monday July 12, details below).

Finally, remember, if you have colleagues, or people new to Monash who would like to become a Member of RAIL, and thereby be on our email communications and e-bulletin distribution list, please complete the Member survey [online](#)

Stay safe and well.

Professor Keith Hill

Member profile



Dr Marina Kunin is a health services and implementation science researcher, with an interest in primary care and mental health. Marina has been involved in larger-scale national and international projects in both academia and healthcare industry and has a hands-on expertise in implementation analysis, co-design, mixed-methods evaluation, and evidence synthesis. Some of the recent projects Marina

has been involved in include Innovative Models Promoting Access-to-Care Transformation (IMPACT), an Australian-Canadian collaboration that aimed to design, implement and evaluate organisational innovations to improve access to appropriate primary health care for vulnerable populations; and Update of Mental Health Assessment and Treatment Plan templates, a project that was commissioned by GP Mental Health Standards Collaboration (GPMHSC) to ensure the templates used in General Practice to assess and refer people with a lived experience of mental health illness are based on the latest available evidence.

Some of Marina's recently published work include:

Kunin , Advocat J, Gunatillaka N, Russell G Access to care: a qualitative study exploring the primary care needs and experiences of older people needing assistance with daily living. *Australian Journal of Primary Health* , 2021 June, online first

Kunin M, Advocat J, Wickramasinghe SM, Dionne E, Russell G. How general practitioners perceive access needs of vulnerable patients and act to address these needs: a mixed-methods study in south-east Melbourne, Australia. *Aust Health Rev.* 2020 Sep;44(5):763-771.

Grant success

Falls risk among people with intellectual disability living in Specialist Disability Accommodation – risk assessment to guide intervention?

Scope Australia Ltd are funding RAIL to extend a recent collaborative project in the area of improving falls risk for people with intellectual disability. The new project involves RAIL staff Keith Hill, Aislinn Lalor and Libby Callaway, and also Prue Morgan from the Department of Physiotherapy, who will work with a team from Scope Australia Ltd, led by Dr Stella Koratsis

(Manager of Strategic Research).

Aims of the project include:

Among people with intellectual disability who are customers of Scope and live in Specialist Disability Accommodation (SDA) staffed by Scope:

- i. To identify most prevalent risk factors (based on the mFRASST falls risk assessment tool)
- ii. To identify any common patterns / shared falls risk factor combinations
- iii. To identify which falls risk factors from the mFRASST significantly differentiate (1) fallers from non-fallers (from preceding 12 month data); (2) multiple fallers (2+ falls) from non multiple fallers (0/1 fall)
- iv. To identify the interaction of environmental factors with falls
- v. To identify factors that may benefit from intervention to reduce frequency of falls in Scope SDA
- vi. To gain feedback from Scope SDA managers regarding their perspectives on the utility of the mFRASST in capturing information regarding falls risk with clients with intellectual disability

Two systematic reviews from the previous Scope Australia Ltd funded project will also be prepared and submitted to research journals as part of this project.

Member forum

The image is a screenshot of a Zoom meeting. The main window displays a presentation slide from Monash University. The slide title is "Multilingualism in health care settings: The challenges and opportunities". It lists two speakers: Assoc. Prof. Louisa Willoughby, Linguistics (with email louisa.willoughby@monash.edu) and Dr Jim Hlavac, Translation & Interpreting Studies (with email jim.hlavac@monash.edu). The slide also mentions the Rehabilitation Ageing and Independent Living (RAIL) Research Centre and the date Friday 25 June 2021. On the right side of the screen, there is a vertical strip of video thumbnails showing several participants in the meeting. The top of the screen shows the Zoom interface with various toolbars like Copy, Paste, and Erase.

The RAIL forum, Multilingualism in health care settings: The challenges and opportunities, which took place on the 25th June 2021, with Dr Louisa Willoughby and Dr Jim Hlavac as the two guest speakers, make for an interesting and thought-provoking forum. Louisa and Jim covered a number of

areas in their presentations that impact on successful communications in health care, that ultimately influence patient and organisational outcomes. The low uptake of interpreter services, strategies to increase interpreter use, and some data from Northern Health highlighting improved outcomes with an organisation wide approach to improving appropriate use of interpreter services were also discussed.

The next RAIL member forum:



The RAIL research team is pleased to announce our next member forum '**Simplifying systematic reviews**', will be presented by **Dr Leo Ng**, a Physiotherapist, researcher and educator at the School of Allied Health at Curtin University. This forum is scheduled for **12 - 1pm, Wednesday 28th July via Zoom**.

Leo will run a session on his systematic reviewing tool which uses machine learning to automate the very time consuming process of article screening in systematic reviews.

Update on recently completed RAIL research

Social Impact Domains for the Huntington's Disease community:

Sharing knowledge about Social Impact Domains

for the Huntington's Disease community

Conducting research is our core business, and it's really pleasing to be able to share the results of primary research through knowledge translation activities such as plain language summaries with stakeholders, peer reviewed journal articles for the professional community, and conference presentations for the sector.

We are happy to share some outputs further to a NDIS grant funded Gap Analysis for the Huntington's community in 2020. Conducted with Huntington's Victoria and Informed by a steering group inclusive of people living with Huntington's Disease and their families, the RAIL team delivered a Report regarding the nature of gaps for the Australian Huntington's community relating to access to up to date, relevant and quality information, including peer support, last December.

Knowledge translation activities continue with our Huntington's Victoria community partners, and these include:

- **Publication of an open-access, peer reviewed journal article**
Layton, N., Brusco, N., Gardner, T., & Callaway, L. (2021). Co-Design of Social Impact Domains with the Huntington's Disease Community. *Disabilities*, 1(2), 116-131. Retrieved from <https://www.mdpi.com/2673-7272/1/2/10>
- **Presentation of evidence: paper presentation**
Layton, N; Brusco, N; Callaway, L; Gardner, T: Validating social impact domains with the Huntington's Disease community: a qualitative study (168) **Australian Association of Brain Impairment (AASBI) Conference June 2021**
- **Presentation of evidence: poster presentation**
Layton, N; Brusco, N; Callaway, L; Gardner, T; Validating social impact domains with the Huntington's Disease community: a qualitative study **Australian Association of Brain Impairment (AASBI) Conference June 2021**



Validating social impact domains with the Huntington's Disease community:
A qualitative study

Layton, N.¹, Brusco, N.^{1,2}, Gardner, T.³, & Callaway, L.^{1,4}

¹Rehabilitation, Ageing & Independent Living (RAIL) Research Centre, Monash University; ²Alpha Crucis Group; ³Huntington's Victoria; ⁴Occupational Therapy Dept, Monash University. Contact: natasha.layton@monash.edu



Objectives

1. Verify and map a draft set of Huntington's Disease (HD) Social Impact Domains (HD-SID) against existing national and international outcome frameworks
2. Evaluate and finalise the HD-SID set using a co-design stakeholder-based approach with people with lived experience of, or expertise in, HD.

Method

Qualitative research with the HD community generated a draft HD-SID framework (n=100); followed by face validity verification via interviews with clinical experts and HD community members (n=11) and then mapping the HD-SID against international and national outcome frameworks (e.g. WHO ICF, NDIS adult outcome domains). Finally, four focus groups were held with people with HD, families, service providers, and peak bodies (n=28).

Results & Conclusion

The finalised HD-SID (see figure 1) that were endorsed comprised risks and safety (including housing stability, and economic sustainability) and social inclusion (including health and symptom management, physical wellbeing, emotional wellbeing, and building resilient relationships).

Effective measurement of impacts and outcomes for people with HD is informed by both extant measures and an understanding of the specific population needs. This qualitative co-design research demonstrates HD-SID resonate with the HD community, and can be applied in future research.

To read the published article and view references, scan here for open access to Layton, N., Brusco, N., Gardner, T., & Callaway, L. (2021). Co-Design of Social Impact Domains with the Huntington's Disease Community. *Disabilities*, 1(2), 116-131. doi: [10.3390/disabilities1020010](https://doi.org/10.3390/disabilities1020010)



Figure 1: Finalised HD-SID

							
1 Health and Symptom Management	2 Physical Wellbeing	3 Emotional Wellbeing	4 Social Inclusion	5 Housing Stability	6 Economic Sustainability	7 Building Resilient Relationships	8 Risks and Safety
Achievement of HD symptom stability and overall ongoing maintenance of these symptoms. Achievement of overall health separate from HD, that when not attained can negatively impact on the individual.	Achievement and maintenance of the highest possible level of physical independence for stage of disease.	To achieve emotional wellbeing and a quality of life when living with HD.	To identify as a valued member of one's local community and to maintain social connections and networks throughout disease progression.	To either obtain and/or maintain stable housing that meets the support needs at any given point during disease progression.	To achieve and/or maintain financial security. To live without financial hardship and be able to afford basic needs.	To build and/or maintain resilient relationships with partners, family members, friends, carers, neighbours, etc.	The absence of 'behaviour' by the individual or towards the individual that places them at risk of harm, or of not achieving the other SID measures.

Events

Residential care workshop: **Recent research outcomes, and shaping research priorities for residential aged care into the future.**

Date and time: Monday 12 July 2021; 1.00 – 5.00pm (12.00 light lunch preceding workshop)

Venue: Peninsula Kingswood Country Golf Club. 211-279 Skye Road Frankston.

Purpose: To provide an update on current and recent research being conducted by teams at Monash University, and to identify research priorities from residential care providers perspectives.

Cost and registration: Free (no cost). Online registration essential.

Format: The venue will allow adequate spacing for people to attend on-site. While the presentation format is will be available on-line, **participants are encouraged to attend in person,** in particular to support networking and the workshop component on future research priorities. **This will be reviewed in the context of changes in the context of the recent COVID19 restrictions closer to the date of the workshop - there may be a need to limit on-site participation or even go to zoom only. We will notify registrants when final decisions are made.**

Dr Kay Patterson AO (Age Discrimination Commissioner) will provide a keynote introductory presentation. **Dr Valda Groves**, Manager of the Victorian Governments Public Sector Residential Aged Care Services, will then provide an overview of priorities in residential aged care, with a focus on enabling contemporary practice.

Other presenters and presentations include:

- A/Prof Dawn Mackey (Centre for Hip Health and Mobility, Simon Fraser University, Canada) – *Effect of flooring on fall injuries in residential care;*
- A/Prof Helen Rawson (School of Nursing and Midwifery, Monash University) - *Working in partnership with residential aged care providers and staff in research;*
- Prof Fang Lee Cooke (Monash Business School) - *Better quality of care: initiatives and implications for the care workforce;*
- A/Prof Libby Callaway (Independent Living stream lead, RAIL Research Centre, and Occupational Therapy Dept, Monash University) - *Young People in Residential Aged Care in Australia: Current Policy, Evidence and Outcomes;*
- Dr Katrina Long (School of Primary and Allied Health Care, Monash University) - *Exploring the impact and management of residents' limited English proficiency in residential aged care;*

- Dr Natasha Brusco (Rehabilitation stream lead, RAIL Research Centre, Monash University) - *Factors that predict discharge destination for patients in a residential care based “transitional care program”: a multi-state prospective observational cohort study;*
- Prof Jane Banaszak-Holl (School of Public Health and Preventive Medicine, Monash University) - *Staff culture and culture change, staff empowerment;*
- Prof Terry Haines (School of Primary and Allied Health Care, Monash University) - *Trial of general practitioners being employed directly in nursing homes;*
- Prof Keith Hill (Director, RAIL Research Centre, Monash University) - Exercise in residential care to reduce risk of falls.

For enquiries: please contact spahc.rail@monash.edu .

For registrations, please follow this [link](#)

RAIL paper of the month

Prevalence and variability in use of physical and chemical restraints in residential aged care facilities: A systematic review and meta-analysis

Den-Ching A. Lee, Lauren M. Robins, J. Simon Bell, Velandai Srikanth, Ralph Möhler, Keith D. Hill, Debra Griffiths, Terry P. Haines

Abstract

Background: Use of physical and chemical restraints are common in residential aged care facilities worldwide. Restraint use can pose harm to residents even causing deaths.

Objective: To synthesize the prevalence and variability in physical and chemical restraint use, and examine factors that may contribute to this variability of prevalence rates.

Methods: Six health science databases were searched from inception up to 21st January 2020. Quantitative studies investigating restraint use in residential aged care facilities that reported data from year 2000 onwards were included. Meta-analyses of binomial data using a random effect model were performed to pool proportions of physical or chemical restraints with 95% confidence intervals. Univariable meta-regression analyses were used to assess factors that may contribute to the variability in physical and chemical restraint prevalence. Multiple meta-regression analyses were performed where possible to construct models of factors contributing to these variations.

Results: Eighty-five papers were included. The pooled proportion of physical and chemical restraint use in residential aged care facilities were 33% and 32% respectively. Bedrails (44%) and benzodiazepines (42%) were the most prevalent forms of physical and chemical

restraint respectively. Studies from North America (lower prevalence) [coefficient (95% CI): -0.15 (-0.27, -0.03)], measurement approaches using direct observation (higher prevalence) [0.17 (0.02, 0.33)] and a combination of multiple measurement approaches (higher prevalence) [0.17 (0.05, 0.29)] explained 25.5% of variability in the prevalence of physical restraint. Multiple meta-regression analyses were not performed to identify factors that may explain the observed variability in chemical restraint prevalence due to the small number of studies with data available.

Conclusion: Variability in prevalence of physical restraint could be explained partly by different measurement approaches and geographical regions. Valid and reliable measurement approaches across different regions is required to understand cultural differences due to geographical region effects on the prevalence of physical restraint use.

Conference presentations from RAIL Research Centre

Three RAIL staff members contributed to a total of ten presentations at 29th Occupational Therapy Australia National Conference hosted from 23-25 June, 2021. Originally planned for Cairns but converted to delivery as a hybrid event with state-based hubs, Associate Professor Libby Callaway, Dr Aislinn Lalor and Dr Natasha Layton presented papers, provided e-posters and conducted workshops across topic areas such as assistive and mainstream technologies, falls, sleep, and assistance animals; working with populations including people with intellectual disability, autism and acquired brain injury; and using methodologies such as co-design, systematic literature reviews, qualitative research and surveys. Below is a list of the presentations and authors.

Oral presentations

Callaway, L., Bredin, J., Gee, E., LeCerf, C., & Bould, E. (2021, June 23-35). *Co-designed resources for people with disability and their families to consider and plan for allied health supports within Australia's National Disability*. Oral presentation at the Occupational Therapy Australia 29th National Conference and Exhibition 2021, Cairns, Australia.

Laurie, R., **Lalor, A. F.**, Parikh, D., & Brown, S. (2021, June 23-25). *Sleep in palliative care: A qualitative study of health professionals' perceptions*. Oral presentation at the Occupational Therapy Australia 29th National Conference and Exhibition 2021, Cairns, Australia.

Lalor, A. F., Curran-Bennett, A., **Callaway, L.**, Koritsas, S., Wong, R., Zannier, R., & **Hill, K.** (2021, June 23-25). *Falls risk assessment and intervention for people with intellectual disability: A systematic literature review*. Oral presentation at the Occupational Therapy Australia 29th National Conference and Exhibition 2021, Cairns, Australia.

long, K., K., **Lalor, A. F.**, Bould, E., & **Callaway, L.** (2021, June 23-25). *A national survey of*

occupational therapists' knowledge and perceptions regarding the use of assistance dogs in Australia. Oral presentation at the Occupational Therapy Australia 29th National Conference and Exhibition 2021, Cairns, Australia.

Tsang, M. C., **Callaway, L.**, Bould, E., & **Lalor, A. F.** (2021, June 23-25). *A national survey of experiences of people using assistance animals within community living in Australia.* Oral presentation at the Occupational Therapy Australia 29th National Conference and Exhibition 2021, Cairns, Australia.

Agnew, Z., **Callaway, L.**, Peart, A. Bould, E., & **Lalor, A. F.** (2021, June 23-25). *An exploration of the impact of assistance dogs on the occupational engagement of children with autism and their families.* Oral presentation at the Occupational Therapy Australia 29th National Conference and Exhibition 2021, Cairns, Australia.

Wilson, E., **Callaway, L.**, & Stanley, M. (2021, June 23-25). *Managing risks with community dwelling adults with traumatic brain injury: a review of literature and occupational therapy practice guidance.* Oral presentation at the Occupational Therapy Australia 29th National Conference and Exhibition 2021, Cairns, Australia.

Harper, K., & **Layton, N.** (2021, June 23-25). *Assistive technology peer mentoring.* Oral presentation at the Occupational Therapy Australia 29th National Conference and Exhibition 2021, Cairns, Australia

e-Posters

Layton, N., Callaway, L., & Verdonck, M. (2021, June 23-25). *Occupational therapy, assistive technology and systemic advocacy: Sharing and co-designing knowledge from the policy and practice frontline.* Poster presentation at the Occupational Therapy Australia 29th National Conference and Exhibition 2021, Cairns, Australia.

Liddle, J., **Callaway, L.**, & Simpson, G. (2021, June 23-25). *Electronic assistive technology to support executive functioning: A scoping review focusing on clinical implications.* Poster presentation at the Occupational Therapy Australia 29th National Conference and Exhibition 2021, Cairns, Australia.

Workshop

Callaway, L., Simpson, G., Rendell, R., Hurst, J., MacLean, L., & Sloan, S. (2021, June 23-35). *Evaluating mainstream and emerging technologies used for executive function support after brain injury.* Workshop presentation at the Occupational Therapy Australia 29th National Conference and Exhibition 2021, Cairns, Australia.

Early and mid-career research support activities

Although the staffing level for RAIL at this point is small, we are keen to provide support for any early or mid career researcher that we can. We are happy to provide an external review perspective of grants you are preparing as one avenue of support. If you would like to discuss possibly accessing this service, please email Cassie in the first instance (spahc.rail@monash.edu).

Member contributions

We would love to showcase current research from our members. We invite you to submit a short story (and relevant images) about any research you are working on that aligns with RAIL. Submissions are due by the 30th of each month to spahc.rail@monash.edu