



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

Social Justice is a strong and enduring theme in our school. Examples are everywhere: Jane Tracy's team working the developmentally disabled at CDDHV; Lou Farnworth's (Department of Occupational Therapy) lifetime of work assisting prison inmates; Hao Cheng's (SAPCRU) advocacy for refugees in south-east Melbourne and beyond. There are many more. Only a few weeks ago, Prof Margaret Alston (also from Social Work) published a book developed in response to the brutal murder of a young female student on a bus in Delhi in 2012. Her book: *Women, Political Struggles and Gender Equality in South Asia*, brings together writers from across South Asia to explore the myriad political struggles being fought by women across the region.

This month's newsletter highlights the breadth of the school and the importance of social justice to our work. Jan Coles is one of many in the school working to reduce the impact of violence to women – it was wonderful to see her only the second Australian GP recognized by the World Organisation of Family Doctors in their recent feature on Family Violence. Jan's work has been taken to the WHO's 67th World Health Assembly. Getting the message out about social justice is critical. The message deserves to go beyond academic publications. Those listening to the ABC news a couple of weeks ago would have heard Social Work's A/Prof Philip Mendes speaking of the lack of care and follow up available to young persons who have been Wards of the State once they leave care. The lack of follow up may well be linked with the sobering statistic that one third of these young people are homeless a year after leaving care. Catherine Flynn (also in Social Work) has done some innovative work (described on page 6) to spread the message about another vulnerable group – those whose parents are incarcerated.

Over the last few years as Head of School I have been both humbled and inspired as I have learnt the passion and dedication of those who make up the school community. While multiplying administrative tasks, marking and deadlines seem to not leave much room for anything else, it's important to remind ourselves of the importance that Schools such as ours have in meeting John Monash's challenge to "equip yourself for life, not solely for your own benefit but for the benefit of the whole community." - Grant Russell

Masters in Occupational Therapy Practice

The Department of Occupational Therapy has recently commenced the inaugural Masters of Occupational Therapy Practice program. The first intake for this program has 35 students from a range of different backgrounds including 9 International students.

The Master of Occupational Therapy Practice course is a two year, accelerated learning program that will enable students with a completed Bachelor degree in a Health Sciences field, to obtain a professional, entry level qualification at a postgraduate level of study, to practice as an Occupational Therapist. It is an integrated curriculum centred on Scenario-Based Learning (SBL).



Learning and Teaching Travel Grants Round 1, 2015

The Medicine Faculty is pleased to announce the next round of the Learning & Teaching travel grants. The scheme is designed to assist academic staff to attend and/or present papers at conferences that will develop their educational skills and teaching and learning research activity. The grants are allocated by the Office of the Deputy Dean (Education) on a competitive basis. It is anticipated that approximately 20 grants will be allocated in this round.

The closing date for applications is 30 November 2014. Round 1, 2015 will cover attendance at conferences commencing between: 1 January 2015 and 30 June 2015. The guidelines and application form can be accessed via: <http://www.med.monash.edu.au/intranet/education/>



Research for the masses

At the recent Faculty of Medicine, Nursing and Health Sciences' three minute thesis final, there were nine PhD students representing each school. On the day, Physiotherapy student Ebonie Rio represented the School of Primary Health Care, and was placed third.

"The presentations were fantastic with diverse topics. I was lucky enough to be awarded third prize for my presentation titled *"Tendon Pain, google won't help you now."*

I was delighted to represent the School of Primary Health Care and really enjoyed the experience, and would recommend this competition to all PhD students as a unique way of summarising your research for the masses".

Congratulations Ebonie!

New Research Publications email account

The School has recently implemented a Research Publications email account for the purpose of updating research publications data for all School staff. This account will enable professional staff supervisors to monitor the volume of publications to ensure that there is an appropriate staffing resource in place to manage peak periods of data collection throughout the year, professional staff leave commitments.

All staff are asked to send through all book chapters, journal articles, conference publications, etc. to sphc-publications@monash.edu

Monash Students Moulage for ARRO Challenge

In late July, third year paramedic students from Monash University volunteered as patients at the Australasian Road Rescue Organisation (ARRO) Challenge. This is an annual challenge for Australasian road rescue teams. The challenge consisted of 3 scenario classes; time critical patient extrication, controlled patient extrication, and trauma. Participating as a patient in these scenarios was a great experience for all the Paramedic students involved. Kate Hardy recounts her experience;

"Being 'trapped' in an upturned car and undergoing the process of extrication is a unique and unsettling experience. The sound of the 'jaws of life' and other machinery cutting into the car doors and roof is deafening. People are shouting and yelling instructions. Glass is shattering around you and the car shakes and shudders. Acting as patients in these scenarios has given me insight into what patients experience in a car accident; minus the actual injuries and pain. When I attend motor vehicle accidents in the future I will always draw on this experience. I will be better equipped to empathise with patients during extrication and prepare them for the process and the stimuli associated with it."

The weekend was a fantastic learning experience for all the paramedic students involved. They not only had the opportunity to gain perspective as a patient but had ample opportunity to speak to, and ask questions of the rescue crews involved in the challenge.

For more information please contact linda.ross@monash.edu



Promoting Excellence

As a result of the release of the 2015 application instructions for the Office for Learning and Teaching Innovation and Development Grants, the Promoting Excellence Team have scheduled three workshops for the purpose of presenting and discussing the new requirements.

The guidelines for 2015 represent a major departure from previous priority areas, criteria and funding amounts, so we would encourage anyone who is interested in applying to attend one of these sessions. There will be ample opportunity for Q&A after a brief presentation.

Clayton: Tuesday, 23 September 2014 - 12.00-1.00 pm. Register [here](#).

Caulfield: Wednesday, 24 September 2014 - 12.00-1.00 pm. Register [here](#).

Peninsula: Thursday, 25 September 2014 - 12.00-1.00 pm. Register [here](#).

Windermere Foundation – 2015 Doctoral Scholarships in Health

The Windermere Foundation will be awarding three 2015 Doctoral Scholarships to support the professional development of Victorian Health Practitioners who will become future leaders in their profession. A scholarship of \$40,000 payable over 2 years, will be awarded for each of the following disciplines; Allied Health, Medicine, and Nursing. Guidelines and application instructions can be found at www.windermerefoundation.com.au. Applications close on Friday 17 October.



App shows the way

A new icon that has been designed to complement the University's goal of establishing a safe, respectful and inclusive environment is now available on the Monash smartphone app. Named 'MSafe', the new icon sits on the homepage alongside those for major

features such as maps, the library and transport.

MSafe offers a range of features that will help users make their way around the University. These include security bus information, campus maps, a flashlight and other helpful hints and tools. Other pages of the icon display detailed information about maintaining personal safety, an orientation video and information about the services provided by the Safer

Community Unit. The icon is currently available for iPhone users who download or update the Monash app and will also be available for Android shortly.

The Monash app is a free application that enables staff, students and prospective students to conveniently access comprehensive information about Monash while on the go.



SAPCRU attends the 2014 National Primary Health Care Research Conference

The Southern Academic Primary Care Research Unit (SAPCRU) had five delegates presenting at the 2014 Primary Health Care Research Conference from 23–25 July 2014 at the National Convention Centre, Canberra. All returned positive, engaged and enthusiastic. There was agreement across the experienced primary care researchers and early career researchers that this was the most successful PHCRIS Conference yet.

The conference theme this year, Integrating knowledge exchange to improve primary health care outcomes, was emphasised in everyone's highlights of their time at the conference. In particular, the plenary address by Nancy Edwards: Contexts, systems and networks: Key considerations in joining up and integrating implementation research to improve population health outcomes consolidated the theme of integration by including the importance of context and rigorous theoretical frameworks in implementation science.

Context and community were strong themes this year. For early career researchers this theme even extended to their own experience at the conference where there was a chance to build their own community in primary care research: meeting new people, learning about the scope of primary care research and how to engage with new mentors and colleagues.

Other highlights included papers on routinely collected data and Aboriginal health checks, which were just some of the presentations that were bolstered by the inspirational Welcome to Country by Aunty Jannette Phillips, Ngunnawal Elder who encouraged us to continue our important work in which we are unwilling to accept poor health for our community's most vulnerable. The workshop on Research collaboration utilising the Australian Primary Care Research Network (APCRen), provided useful tips on practice based research networks.

Overall, the theme this year of integration was seen as emphasising the importance of team-building and socialisation, reminding us all about the importance of building our communities of practice, collaborative problem solving and how the researcher is one part of a whole team working to positively influence primary care outcomes. SAPCRU presentations highlighted the range of important work undertaken by the unit and our many successful collaborations. SAPCRU were involved in nine presentations this year. Grant Russell and colleagues ran a workshop on the IMPACT Centre of Research Excellence, a collaboration research program between Australia and Canada, established in 2013 with the aim of improving access to appropriate and comprehensive primary health care for vulnerable populations. Hao Cheng presented a symposium on Coordinated Primary Health Care for Refugees: A Best Practice Framework for Australia and a paper in the Migrant Health session, Rights of Passage: Improving Refugee Access to Australian General Practice Services. Riki Lane presented a paper, Preventive Evidence into Practice: What influences the impact of a facilitated intervention to improve the prevention of vascular disease in general practice? Nilakshi Gunatillaka presented a poster on behalf of the evaluation team on the Evaluation of the After Hours pilot for the South Eastern Melbourne Medicare Local (SEMML). Jacinta Christensen, a SAPCRU 2013 BMedSci student presented her work, Impact of the Asylum Seeker Health Orientation Program (ASHOP) on asylum seekers' knowledge and understanding of the Australian health system SAPCRU was established in 2009 through a unique research partnership between the South Eastern Melbourne Medicare Local (SEMML), Monash University and Monash Health, in order to further primary health care research and education in south east metropolitan Melbourne.

For more information please contact Jenny Advocat, Deputy Director, by email: jenny.advocat@monash.edu or



Be Mindful at Monash University

Monash is aiming to be the world's first university with a university-wide approach to mindfulness, incorporating faculty based mindfulness programs that are embedded into the core curriculum, over the next few years.

At its root, mindfulness is the practice of paying attention. It involves a range of practices and strategies that aim to quieten the mind and release unproductive thought patterns and behaviours.

Scientifically proven to improve performance at work and study, relationships and overall wellbeing, this age old practice has been gathering increasing media attention in recent years for good reason.

Monash is already a world leader in mindfulness programs. There is currently a wide range of programs available to both staff and students to improve their resilience, performance and general health. These programs range from lunchtime drop in meditation sessions, to longer term programs rolled out over a period of weeks.

Monash is fortunate to have a range of experts and facilitators spread across its campuses who develop and deliver these courses, led by Dr Craig Hassed, Department of General Practice, and Dr Richard Chambers.

Dr Hassed is a regular speaker in Australia and internationally who is currently working to expand the range of resilience-building programs on offer. Dr Chambers is a clinical psychologist specialising in using mindfulness based therapies. Both were involved in the development and support of Smiling Mind, a not-for-profit website, and they are also the co-authors of [Mindful Learning](#), an excellent guidebook for using mindfulness in educational settings.

A four-hour '[Monash Mindful Learning](#)' session that will incorporate learnings from this publication is scheduled for the afternoon of Wednesday 19 November at the Caulfield campus.

For further information visit [Monash's Mindfulness Programs](#).



Monash Paramedic Students visit Mt Erin Secondary College

Two 3rd year paramedic students recently attended Mt Erin Secondary College to present to a group of students who are currently studying first aid as an elective subject. Julian Hannah and Ryan Bennett delivered an interactive 1 hour presentation which included some personal stories about their career choice, placement experiences and university life. They delivered interactive demonstrations, explained key basic life support principles and quizzed the students on their knowledge and training thus far.

The Mt Erin students participated enthusiastically and were particularly keen to gain some hands on experience with resuscitation and spinal immobilisation equipment. Julian and Ryan are to be commended for sharing their time and experience to inspire the next generation of paramedic students.

Celebrating Success



Associate Professor Brett Williams, Head of Department of Community Emergency Health and Paramedic Practice, recently won the best research paper at the SimHealth 2014 international conference in Adelaide. The paper titled: "The

Satisfaction with Simulation Experience Scale (SSES): A cross-cultural psychometric appraisal" examined and compared paramedic students' attitudes toward simulation in Australia and Jordan.

The paper was co-authored by Prof Tracy Levett-Jones (University of Newcastle) and Eihab Khasawneh (Jordan University of Science and Technology).

HealthCare Teams Challenge

Recently a group of Monash students formed an inter-professional team representing Physiotherapy, Occupational Therapy, Nursing/ Paramedics, Medicine and Nutrition and

Dietetics to participate in the Healthcare Teams Challenge held at QUT, and were awarded the runners up place.

The Health Fusion Team Challenge (HFTC) is a dynamic competitive learning experience designed to educate tomorrow's health care professionals in collaborative client care.

Working together over several weeks, teams must develop a management plan which reflects best practice for a 'real' client with complex needs. They then present that plan to a panel of judges before responding to a range of challenging theoretical, practical and ethical extension questions, all under time conditions.

The students were brilliant ambassadors for both their respective programs and the university. Well done again to the team: Lucy Cussen (Nursing/Paramedics), Naomi Crossley (Occupational Therapy), Vanessa Hillgrove (Nutrition and Dietetics), Jacob Jewson (Medicine) and Alex Beech (Physiotherapy)





Helping GPs respond to family violence

Dr Jan Coles, from the Department of General Practice has become only the second Australian GP to be featured by [WONCA](#) (World Organisation of Family Doctors).

The [feature on her work](#) in the field of family violence comes as a result of Dr Coles' work to ensure that doctors and health professionals are better prepared to respond to family violence by improving the training of undergraduates and health professionals.

Dr Coles has written an article for WONCA news about the work of the Special Interest Group on Family Violence. Established in Prague in 2013, the group focuses on providing effective responses to family violence for GPs but also for other medical professionals such as nurses, social workers and midwives.

Having practised medicine for more than 25 years, Dr Coles' personal experiences speaking to patients led her to become interested in sexual and family violence and to pursue medical education and advocacy work.

"It was one young mother who was having difficulty holding and caring for her young son that opened my eyes to severe lifelong consequences of childhood sexual abuse," Dr Coles said.

As a medical educator, Dr Coles has worked in primary care disciplines with

University partners across Australia to develop an open access online learning module on family violence. The education resource will soon be available at [Monash PACTS](#).

"One of my greatest achievements was taking a problem I saw in my clinic, adding to medical knowledge in the area, and working with WONCA to advocate to improve family violence education for doctors so that patients can access better care," she said. "This is even more important now that the World Health Organization has recognised that primary health care providers are often the first professional contact for survivors.

"This year WONCA, with the World Medical Association and Medical Women International Association, took a document to the 67th World Health Assembly, which documented the care needed by women and girls who have experienced violence. I was amazed and proud that as a family doctor I could see an issue with my patients and work to influence international policy."

WONCA is a global organisation of colleges, academies and academic associations of general practitioners and family physicians. The previous Australian to be profiled by WONCA was also a Monash graduate – Professor John Murtagh.

New designated smoking points at Monash

With the new [designated smoking points](#) coming into effect, staff at all campuses are reminded that these will be the only places at which it will be permissible to smoke.

Monash has adopted the smoke-free initiative as part of a move towards a healthier environment on all campuses. The new restrictions also apply to contractors and visitors to campus, as well as staff and students.

Transitioning to a smoke-free campus requires respect for others, both non-smokers and smokers. Monash staff and students are free to respectfully and politely remind smokers that they must only smoke at designated smoking points.

The final phase of the smoke-free initiative will be implemented following a consultation process with stakeholders, with the removal of smoking points in 2016.

Monash actively supports staff who wish to quit or reduce smoking through a range of services. [University Health Services](#), [counselling](#), and funded workplace [QUIT](#) programs are all available to staff.



Monash 10,000 Steps Challenge 2014: Eat well, be active, stay healthy

Registrations for the Monash 10,000 Steps Challenge 2014: Eat well, be active, stay healthy will open on Monday 29 September, with the challenge commencing on Monday 27 October.

This year the virtual destination will be going global with participants walking 2,080,000 steps around Malaysia, starting at the amazing Batu Caves, then wandering through the stunning Cameron Highlands and historical Malacca before finishing at the Petronas Towers.

The challenge, which is open to all Monash staff, students and their family and friends will kick off with the Global Walk/Run to motivate walkers. Don't forget to register from 29 September at www.monash.edu/wellbeing



Project management finds a new home

On Monday 7 July, the Admin and Governance stream of Strengthening Professional Services launched a new resource to support project managers across the University.

[Project Management Central](#) offers a range of tools designed to make it easier for staff members to manage projects efficiently, make sure those projects go according to plan, and help build project management skills.

The site includes an overview of [recommended project governance structures](#), [project management templates](#), and a [tool](#) to help determine the best templates and structures to apply to any given project.

It also provides access to the university's new [project management coaching](#) service.

Staff members undertaking a project of sufficient complexity can request one of the experienced professionals from different parts of the University who have volunteered to help get new projects on the way. Links to all the [other project-management-related resources](#) around the University, including training and courses, can also be found at this one central location.

"The sheer diversity of projects that are undertaken across the University meant a one-size-fits-all approach was never going to work," says Project Manager Marc Schonhardt, one of the people behind the site. "By creating instead a set of resources that people can pick and choose from, and tailor according to their particular needs, we're promoting best practice whilst still allowing a fair degree of autonomy."

The site is a part of the ongoing work of [Strengthening Professional Services](#), which, amongst other things, aims to improve processes to reduce the administrative workload on both academic and professional staff.

Social work project sends animated message

A collaborative relationship between the Department of Social Work and [Monash Art, Design and Architecture \(MADA\)](#) has led to a new project soon to be launched with national children's charity Shine for Kids.

The cross-disciplinary collaboration began with the development of the short film about social work practice in PNG *Envisioning Tomorrow: Social work in PNG*, in mid-2013.

This year the collaboration has focused on another social justice issue – parental incarceration.

Building on Dr Catherine Flynn from the Department of Social Work's research findings, based on interviews with young people whose mothers had been in prison, MADA lecturer Cameron Rose created a learning opportunity for second-year Monash students enrolled in the inaugural unit Communication Design Studio 2.

As part of their assessment in semester one, 2014, students were required to develop an animated documentary based on interviews with the children. The students formed production teams and responded to the stories with a variety of animation styles and techniques. "Monash prides itself on research and research translation. Developing innovative ways to deliver and distribute this research is vital," Dr Flynn said.

"While we often focus on citations as a measure of research usage, it is equally important for our research to be more broadly accessible, including to children and young people."

The project seeks to translate research findings into an accessible format so the message can be heard and accessed as widely as possible, particularly by those who are most likely to benefit.

All animations will be available on Shine for Kids' website shortly. Until then, an example video can be found [online](#).

PhD scholarships available on improving access to primary care for vulnerable people

Two opportunities are available to commence a PhD on a project within the IMPACT Centre of Research Excellence. Successful candidates will receive a three year PhD stipend valued at the Australian Postgraduate Association rate annually.

Although exact PhD topics will be negotiated with individual candidates, potential topics to be addressed include:

1. Is primary care in Australia as good as it can be? An international comparison
2. The right care at the right time in the right place: understanding the influence of local partnerships developing primary care interventions for vulnerable people
3. Evaluating innovative approaches to improving access to comprehensive PHC for vulnerable consumers in Community Health settings in Victoria

Please see visit the [IMPACT website](#) for more details. Students will be based at either the Southern Academic Primary Care Research Institute, Monash University in Dandenong or the Australian Institute for Primary Care and Ageing, La Trobe University in Bundoora.

To apply, submit a cover letter, CV and academic transcript to samantha.chakraborty@monash.edu.

Closing date: Friday 17 October 2014

For further enquiries or to submit your application please contact Dr Samantha Chakraborty 9902 9698 or e-mail: samantha.chakraborty@monash.edu



Recognising and rewarding outstanding educators

Academics have the opportunity to secure a \$40,000-\$50,000 injection to accelerate their teaching career through the inaugural Monash Teacher Accelerator Program.

Monash University Vice-Provost (Learning and Teaching) Professor Darrell Evans described these new awards as an excellent opportunity for outstanding educators.

“The Monash Teacher Accelerator Program provides well-deserved recognition and support for outstanding teachers who are building a career around educational excellence,” Professor Evans said.

Teaching and research as well as education-focused Monash Level B and Level C academics at all Australian campuses are invited to apply.

A first for Monash, these new awards provide educators with a substantial personal financial reward of \$5000 for Level B and \$10,000 for level C recipients. The remainder of the funding, \$35,000 for Level B and \$45,000 for Level C, is for activities to support the awardees’ educational development. In 2014, there will be four awards, two each for Level B and Level C academics.

Further information, including the program’s guidelines and an application form, can be downloaded from the grants section of the OVPTL website. Applications are now open and close at 5pm on Monday 29 September 2014.



Bringing social work research closer to practice



The future of research was the topic of debate at a forum forming part of the Faculty of Medicine, Nursing and Health Sciences’ recent Research Week.

Hosted by the Department of Social Work, ‘Academic/Practice Partnerships: developing a research informed practice career’, gave students, staff and clinicians an opportunity to enjoy presentations by practitioners, academics and fellow students about the importance of research.

The Head of the School of Primary Health Care, Professor Grant Russell, emphasised that building research capacity required attention to the individual and the environment.

“We need to facilitate each staff member’s skills and knowledge, and work on building a research culture in the organisation, whilst paying attention to the outside world by building collaborative networks,” Professor Russell said.

Social Work Department head Professor Margaret Alston emphasised this point when she reminded the audience of the global environment in which practitioners operate, providing examples of key partnerships in her research in both Laos and Bangladesh.

Students and practitioners alike drew attention to the need for adequate and sustained resourcing, time and support for research coupled with the need to translate research into practice.

The Department of Social Work has a successful practice-research partnership, jointly funded with Monash Health – ‘Project Discovery: social work research @ Monash Health’ – which has been in operation for four years. Associate Professor Fiona McDermott holds a joint position across both institutions. This model allows research to be embedded into practice and provides important mentoring for staff. Since the position was established, social workers at Monash Health have undertaken close to 70 research projects and many conference presentations, and several staff have completed HDR programs at Monash.

Health in the East Research Forum

The Eastern Melbourne Medicare Local is hosting a research forum on 15 October. This forum provides a vehicle for sharing results of research across the region and for facilitating future collaborations.

Research presented at the forum will address a range of health topics, including access to health care for Melbourne’s East.

A range of organisations and academic institutions will be presenting, across a range of topics of significant interest. Further details can be found [here](#)

Editor: Lianne Gordon

If you would like to submit an article please email lianne.gordon@monash.edu by **November 24, 2014**.

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