



Welcome to the last issue of the School of Primary Health Care Newsletter for 2014.

It's a delight finding people with a life view similar to our own. I had such an experience recently. I met a senior academic who, like me, had spent much time in North America, had a passion for family medicine and was intrigued and sometimes bewildered about academic life in Australia.

Over a coffee he told me of his own attempts to build a culture of research in clinical areas not normally known for their academic productivity. Of how he challenges teachers and clinicians to generate research questions from what matters to them, their students and their patients. And of those academics whose work he admired.

Interestingly, the very eminent man had a nearly identical list of academic heroes to my own. And the common factor? It was generosity of spirit –almost intangible in its presence yet glaringly obvious in its absence.

Generosity of spirit means giving time where there is little, paying the same attention to a junior as to a luminary, and to sharing resources rather than building a wall around them.

In a sometimes harsh, competitive and metric driven academic world, generosity may seem a strange ingredient for success. Yet my new friend and, those we admired, confirmed Khalil Gibran's premise that, "You give but little when you give of your possessions. It is when you give of yourself that you truly give." It's only this sort of a world view that can build bridges across organizations, disciplines and cultures.

On behalf of the School of Primary Health Care, I want to thank all in the school community for their patience, wisdom and dedication throughout yet another year of change. I trust that the Christmas and holiday season is meaningful, restful and enjoyable. And that generosity can underpin not only the next week or so, but, perhaps, the year ahead.

-Grant Russell

Timesheet deadlines before closedown

As we approach the year end closedown period (from Wednesday 24 December 2014 to Friday 2 January 2015), staff and supervisors are encouraged to submit and approve the final timesheets for the year in a timely manner.

Salary payment for the last pay day of this year (Thursday 25 December) will be made on Friday 19 December 2014.

First pay day in 2015 - Any timesheets that are submitted and approved between 13 December 2014 and 19 December 2014 will be processed for payment on Thursday 8 January 2015.

Monash HR will re-open on Monday 5 January 2015. For more details of pay periods and timesheet submission deadlines, please see the [Monash HR deadlines for end-of-year closedown](#) page.





SPHC CHRISTMAS PARTY—The School of Primary Health Care staff Christmas lunch was held at Windows on the Bay, on Wednesday 17 December. A fantastic time was had by all who attended.





The Department of General Practice are running half-day courses at Notting Hill in February and March 2015.

Mindfulness Workshop for health professionals - February 21, 2015

The Mindfulness course aims to increase awareness of the importance of stress and mental health problems and their effects on wellbeing, performance and leadership. It will also increase knowledge of the indications for and role of mindfulness in managing mental and physical illness. The course will enhance skills in the cognitive and practical aspects of mindfulness meditation and mindfulness-based stress management. It will also develop knowledge and skills in practical strategies for applying mindfulness to personal and professional life for the enhancement of wellbeing, performance and leadership.

The Essence of Health Workshop for health Professionals - March 14, 2015.

The workshop looks at the science and evidence on the elements of the Essence model (education, stress management, spirituality, exercise, nutrition, connectedness, environment) including:

- The mind-body relationship;
- Importance of lifestyle;
- Epigenetics;
- Lifestyle and healthy ageing; and
- Lifestyle change strategies.

By the end of the workshop participants will have an increased awareness of the importance of lifestyle issues and their effects on well-being, ageing and chronic illness; a better understanding of the evidence around the impact of lifestyle and mental health on physical illness; improved skills in lifestyle management and also attitudes to self-care. Both the Mindfulness Course and The Essence of Health Workshop will be delivered by Dr Craig Hassed.

For further details please contact:

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The South Asia Women's Resilience Index

Professor Margaret Alston OAM, Head of the Social Work department, has been one of three on the expert advisory panel guiding the development of the South Asia Women's Resilience Index. This index has been developed by the Economic Intelligence Unit, ActionAid and DFAT and their recently released report is available at <http://www.economistinsights.com/infrastructure-cities/analysis/south-asia-womens-resilience-index>.

The tool is designed to measure a country's capacity for disaster risk reduction and recovery and the extent to which the needs of women are being integrated into national resilience-building efforts.

The report benchmarks sixty-eight economic, infrastructure, institutional and social factors in several countries across South Asia to assess their capacity to adapt to and recover from catastrophic environmental disasters. Results indicate that most countries rate poorly in their consideration of women in the context of disasters leading to a 'vicious cycle of vulnerability and disempowerment' and a failure to build women's capacity and resilience.

Professor Alston noted that 'the construction of the Index will assist countries to consider Gendered impacts and outcomes of catastrophic events and will result in a more thorough attention to women's vulnerability and capacity. It is anticipated that the Index will enable a fairer distribution of resources, aid, training and capacity building activities.'

Moodle 2.7 brings benefits for all

The upgrade to Moodle 2.7 is set to have a significant impact across the University. The new features of Moodle came into play on November 24, and provide many enhancements, particularly to the assignment module. These include markers being able to comment directly onto PDF assignment submissions; the ability to allocate markers to specific students and to filter assignments by marker; a more accessible text and equation editor (Atto); a built-in assignment originality declaration using the University statement; availability of anonymous forums; group assignments; and blind marking of assignments. Staff are encouraged to visit the [Moodle Learning Topics page](#) as well as the [Moodle Quick Start Guide](#) for further information.



Celebrating Success

Dr Stephen Maloney from the Department of Physiotherapy has been recognised at the Monash Teacher Accelerator Programme's inaugural awards.

The Monash Teacher Accelerator Programme, an initiative of the Office of the Vice-Provost (Learning and

Teaching) (OVPLT), aims to recognise and reward Level B and C staff, accelerate the career development of high performing current early to mid-career academic staff and provide motivation for educational leadership and innovation. Congratulations Stephen!



School of Primary Health Care Education Committee Awards

Congratulations to the following staff members who have been awarded an SPHC Education Award for their outstanding contributions to the School's Education.

Prue Morgan, Head of Physiotherapy

Recognised for her achievement in Teaching Excellence (Innovation) for constructing an integrated curriculum with a clinical enrichment program within the Bachelor of Physiotherapy.

Linda Ross, Lecturer, Department of Emergency Health and Paramedic Practice (DCEHPP)

Recognised for her achievement in Teaching Excellence (Innovation) for implementing the 'Insight into Paramedicine' program.

Associate Professor Brett Williams, Head of DCEHPP

Recognised for his achievement in Teaching Excellence (Innovation) for the near-peer teaching Program within DCEHPP.

Lisa Broom, Lecturer, Department of Occupational Therapy

Recognised for her achievement in Excellence (International) for her contribution to the internationalisation of curriculum with the Bachelor of Occupational Therapy to Princess Nora Bint Abdul Rahman University in Saudi Arabia.

Associate Professor Ted Brown, Course Coordinator (Department of Occupational Therapy), Primrose Lentin (Senior Lecturer, Department of Occupational Therapy), Paula Todd, (Librarian, Peninsula Library), Allie Ford, (Learning Skills advisor, Peninsula Library)

Recognised for their excellence in Education (Collaborative Undertaking), for the collaboration of evidence based practise units as part of the Bachelor of Occupational Therapy curriculum.

Chantal Perera, (Lecturer, DCEHPP), Linda Ross (Lecturer, DCEHPP), Jaime Wallis (Assistant Lecturer, DCEHPP), Ross Iles (Senior Lecturer, Department of Physiotherapy), Carolynne White (Lecturer, Department Occupational Therapy)

Awarded a grant for Excellence in Education (Innovation and development) for the implementation and interactive approach to teaching and assessing ethical issues through the use of Values Exchange.

Liana Cope (Teaching Associate, Department of Physiotherapy), Linda Ross (Lecturer, DCEHPP)

Awarded a grant for Excellence in Education (Innovation and development) for providing a platform for further research into the use of social media for education, and how it can be integrated into curriculum.

Associate Professor Ted Brown (Course Coordinator, Department of Occupational Therapy), Primrose Lentin (Senior Lecturer, Department of Occupational Therapy), Dr Belinda Lewis (Senior Lecturer, School of Primary Health Care), Paula Todd (Librarian, Peninsula Library), Allie Ford (Learning Skills advisor, Peninsula Library)

Awarded a grant for Excellence in Education (Innovation and development) for the production of an audio-visual repository as a teaching and learning strategy.

Lianne Gordon, Senior Administrative Officer, School of Primary Health Care.

Recognised for her achievement in Excellence (Administration) for implementing the Monash Connect Service Model across all departments within the School.

Sue Redman – Administrative Officer, School of Primary Health Care

Recognised for her achievement in Excellence (Administration) for providing academic support and innovating administrative processes.





Professor receives inaugural health award

Associate Professor Bob Davis, the Clinical Director of the Centre for Developmental Disability Health Victoria (CDDHV) has won the inaugural 2014 Victorian Minister for Health General Practitioner award.

The award celebrates Associate Professor Davis's commitment to improving the health outcomes of people with intellectual disability.

Over his career, he has personally seen thousands of patients with intellectual disability, and supported other general practitioners across the state in caring for their patients.

Dr Jane Tracy, Director of CDDHV, said Associate Professor Davis's colleagues were delighted but not surprised by the award.

"The award is a wonderful recognition of Bob's tremendous contribution to the lives of people with disabilities and their families over many years," she said. "It has been a great pleasure and privilege to work with Bob over the years. The energy and passion he brings to his work, and the commitment and care he demonstrates every day with every patient inspires and energises us all."



Associate Professor Bob Davis (left) with Health Minister David Davis.

Prue Morgan, Mick Storr and SzeEe Soh have recently returned from a week in the United Arab Emirates. The visit had a dual purpose – to handover the curriculum pertaining to the second semester of year two of the Monash curriculum and to coincide with the FCHS 3rd Annual International Conference, titled "Expanding the Scope of Physiotherapy Practice".

The attending Monash staff played an integral role in the conference, conducting popular and well attended parallel interactive workshops with local staff, students and external clinicians.



Monash voted best University in Victoria from which to hire graduates

Monash University has been voted the best University in Victoria and second in Australia from which to hire graduates by Global recruiters. The annual 2014 Global Employability University Ranking, placed Monash 33rd in the world. The survey canvassed the views of 4,500 major company managers and recruiters in 20 countries on what they are looking for in university systems around the world. It found that employability was the number one criterion recruiters looked at when choosing a university according to 37.1 per cent of respondents.

Monash President and Vice-Chancellor Professor Margaret Gardner AO said the achievement reflected the University's focus on providing students with the skills and mindset they need to not only secure a 'job', but to build a long-term career. "We aim to equip our graduates not just for the world as it is now, but as it will be in five, ten or twenty-five years." "As educators and researchers, we are a global institution charged with educating and training the workforce that will underpin Asia-Pacific's future success. We are producing the leaders of tomorrow," Professor Gardner said. The Global Employability University Survey and Ranking differs from ranking systems by focusing less on academic achievement in terms of research and development, and more on the working skills of graduates, across a considerably wider range of countries. Currently Monash is ranked 83 by the Times Higher Education World University Rankings and is positioned at 70 by the QS World University Rankings. Monash is positioned at 5 in the region and 88 in the world in the US News and World Report's first global rankings released in October.



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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