

Rehabilitation, Ageing and Independent Living (RAIL) Research Centre

Member eBulletin #43 – April 2024

Members of RAIL are Monash education and research staff or students across a variety of disciplines within Monash Australia and Malaysia that are interested in rehabilitation, ageing and independent living.

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A message from the Director

As the new Director of the RAIL Research Centre, I would like to start with a big thank you to Professor Keith Hill, the inaugural Director of the RAIL Research Centre. Since 2019, Keith has been instrumental in establishing RAIL as strong multi-disciplinary research centre, and I am pleased to say that Keith will continue his important professorial role in the centre. By way of background, I too have been a member of RAIL since 2019 as the Rehabilitation Stream Lead. Prior to transitioning into academia, I was a neurological rehabilitation physiotherapist, and I currently specialise as a health economist, within health service research.



I hope you enjoy reading about our activities and outcomes in the e-bulletin, and we welcome any contributions you consider will be of interest to others. Finally, 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](#).

Associate Professor Natasha (Tarsh) Brusco

Member profile



Cameron Marshman

Cameron is a credentialed mental health nurse, health professions educator, avid surfer and snowboarder and a PhD candidate at the School of Nursing and Midwifery at Monash University. He works across Monash University and Peninsula Health.

Cameron has an interest in the topic of compassion in healthcare and has a passion for art-based health research and education. His PhD research project *Cultivating Compassion* is exploring the embodied understandings of compassion in mental healthcare and how compassion can be embedded within mental healthcare systems. His PhD uses life sized body maps as the primary data collection method. Body mapping involves the creation of visual art-based self-portraits depicting participants visceral lived experiences. The visual art created by his PhD participants will be part of the [MNM Empathy symposium](#) and an exhibition at Cube 37 Gallery, Frankston from the 4-21 December 2024

Cameron is currently working on a range of innovative projects that aim to develop the potential for creative pedagogical approaches in health professions education and strengthen the methodological foundations of art-based research. The next twelve months will see Cameron building connections through a PhD exchange with Warwick University, assisting the delivery of the Empathy Symposium for 2024, and completing his PhD thesis.

RAIL Research Centre eForum

Upcoming RAIL eForum

Our next RAIL eForum, titled *Researching well with older Aboriginal and Torres Strait Islander Peoples* will be held on Thursday 18th April 2024, 1.00-2.00pm (AEST).

This forum is designed for people who are interested in conducting research with older Aboriginal and Torres Strait Islander Peoples. We will hear from two people working with these groups about what it takes to conduct research well, with a focus on trust, recognition and respect.

[Register here](#)



Researching well with older Aboriginal and Torres Strait Islander Peoples

This forum is designed for people who are interested in conducting research with older Aboriginal and Torres Strait Islander Peoples. We will hear from two people working with these groups about what it takes to conduct research well, with a focus on trust, recognition and respect.

First, Dr Margaret Gidgup from the Centre for Aboriginal Studies at Curtin University, will present learnings from her PhD on *Developing a Physical Activity Program for Older Aboriginal People in the South West of Western Australia*, where she worked with older Aboriginal people on Noongar Boodja. Next, Paul Martin from EACH will present on *Creating platforms for conversations with older Aboriginal and Torres Strait Islander Peoples*. In particular, focussing on how to open doors for conversations, decolonising westernised ways of data extraction and creating space for research by building trust and safety.

Date:	Thursday 18 th April 2024
Time:	1.00pm – 2.00pm AEST
Venue:	Online Via Zoom
Register:	https://docs.google.com/forms/d/e/1FAIpQLScGx9EOnNpLpIDvau2BPgkuuTTZ8_JZv6XG69Q1N-JzkAoH3w/viewform?usp=sharing



Dr Margaret Gidgup *Noongar Wadjuk, Yamatji, Ngadju*

Dr Margaret Gidgup is a Noongar Wadjuk, Yamatji, Ngadju woman, born and raised in the South West wheatbelt region of Western Australia. She has travelled and worked in far out remote places in Australia over the past 30 years and, having recently completed her PhD, is currently working at Curtin University as an Associate Lecturer.



Paul Martin *Butchulla/Goreng Goreng*

Paul Martin is the Director of Aboriginal and Torres Strait Islander Relationships and Business Development at EACH. He has 20 years of experience in community-controlled organisations, focusing on Indigenous social and emotional wellbeing. Additionally, he has 5 years of private therapeutic practice, and 5 years in the University sector. Paul holds a Master of Laws in Enterprise Governance from Bond University and a Master of Narrative Therapy and Community Work from the University of Melbourne. He is currently pursuing a doctoral degree in Indigenous Philosophies at Southern Cross University.

Rehabilitation, Ageing and Independent Living (RAIL) Research Centre
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<https://www.monash.edu/medicine/spahc/rail>

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Upcoming RAIL short course - Exercise to optimise balance, mobility and fall outcomes for older people

RAIL will be hosting a short course in Melbourne titled *Exercise to optimise balance, mobility and fall outcomes for older people* on Friday 14th June 2024 (School of Public Health and Preventive Medicine, 553 St Kilda Road, Melbourne, 3004)

This course has been developed by leading falls prevention researchers and health professionals to address these challenges. It will provide participants with practical tools and evidence-based information on effective falls prevention exercise programs and public health messages.

For more information about this short course and to access the course flyer, please visit our [RAIL 'Short courses and workshops' page](#).

Register here

MONASH UNIVERSITY
SCHOOL OF PRIMARY AND ALLIED HEALTHCARE

MONASH University

Rehabilitation, Ageing and Independent Living (RAIL)
Research Centre short course

Exercise to optimise balance, mobility and fall outcomes for older people

About this short course
Engaging and sustaining older people's participation in falls prevention exercise programs is challenging for health and fitness professionals.
This course has been developed by leading falls prevention researchers and health professionals to address these challenges. It will provide participants with practical tools and evidence-based information on effective falls prevention exercise programs and public health messages.

Who should attend?

- Fitness educators and professionals
- Allied health professionals i.e. physiotherapists, occupational therapists, exercise physiologists
- Medical and nursing staff
- Health promotion practitioners
- Health educators
- Researchers and academics

This course has been accredited with [Physical Activity Australia](#) for 2 PDP points and [AUSactive](#) for 6 CEC points.

Contact us
Rehabilitation, Ageing and Independent Living (RAIL) Research Centre
T: +61 3 9904 4557 E: spahc.rail@monash.edu
<https://www.monash.edu/medicine/spahc/rail>

Short course details
Date
Friday 14 June 2024
Time
9.00am – 4.00pm AEST (registration opens 8.30am)
Venue
School of Public Health and Preventive Medicine
Ground Floor, Conference room 1, 2 & 3
553 St Kilda Road
Melbourne VIC 3004
Cost
Standard \$550 (incl GST) per person / Monash staff and student \$500 per person
Course fee includes catering throughout the day
Early bird discount: registration prior to Monday 27 May 2024 \$500 (incl GST) per person
Registration closes Wednesday 5 June 2024 (unless quota reached prior)

To register:
<https://ebsos.monash.edu/en/short-courses/exercise-to-optimise-balance-mobility-and-fall-outcomes-for-older-people-short-course-2024.html>



Speaker profiles

Professor Keith Hill (Monash University)
Keith is a physiotherapist with over 40 years of experience of clinical and research experience working with older people, and was the inaugural Director of the Rehabilitation Ageing and Independent Living (RAIL) Research Centre at Monash University (2019-2024). He is now the Ageing Stream Lead for the RAIL Research Centre, and has international recognition in the areas of falls prevention, and exercise interventions for older people in community, hospital and residential care settings. Keith's exercise and physical activity work spans the health spectrum, from health promotion approaches for generally well older people, through to people with high falls risk and multiple comorbidities.

Dr Melanie Furlic (Monash University)
Melanie is a physiotherapist with 23 years of clinical and research experience working with older adults. Melanie has worked clinically with older adults in acute, outpatient, community and residential aged care. Melanie's research has focused on the measurement of intensity in balance exercise training. Melanie is a Senior Lecturer in the Department of Physiotherapy, and she is regularly engaged to provide education to health professionals on approaches to balance exercise training incorporating intensity measurement.

Mrs Pak Hill (Monash University)
Pak is an experienced physiotherapist with extensive clinical practice working with older people with balance, mobility and falls risk problems, including 20 years working in community health, and eight years working as a domiciliary physiotherapist working for a community care organization. Her experience includes various approaches to group exercise as well as one to one and home based exercise approaches.

Dr Size-Ee Suh (Monash University)
Size-Ee is a Senior Lecturer in the School of Primary and Allied Health Care at Monash University. She is an experienced physiotherapist with an extensive clinical background in delivering physiotherapy services for older adults across various settings. She was previously the Stream Leader in Aged Care at Allied Health. Her research has spanned the areas of falls prevention, chronic diseases, health services, patient reported outcomes and the psychometric properties of measurement tools.

Mrs Margaret Thomas
Margaret is a very active and busy older person enjoying retirement. She is a consumer representative for the RAIL Research Centre's External Advisory Committee, drawing on her extensive experiences through her working life, especially from her role with the Victorian Government Department of Human Services leading the statewide falls prevention program. Margaret will provide her perspectives and experiences on optimizing sustained participation and outcomes of exercise approaches to improve balance and falls risk for older people.

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Putrik P, Grobler L, **Lalor A**, Ramsay H, Gorelik A, Karnon J, Parker D, Morgan M, Buchbinder R, & O'Connor D. (2024). Models for delivery and co-ordination of primary or secondary health care (or both) to older adults living in aged care facilities. *Cochrane Database of Systematic Reviews*(3).

<https://doi.org/10.1002/14651858.CD013880.pub2>



Abstract

Background

The number of older people is increasing worldwide and public expenditure on residential aged care facilities (ACFs) is expected to at least double, and possibly triple, by 2050. Co-ordinated and timely care in residential ACFs that reduces unnecessary hospital transfers may improve residents' health outcomes and increase satisfaction with care among ACF residents, their families and staff. These benefits may outweigh the resources needed to sustain the changes in care delivery and potentially lead to cost savings. Our systematic review comprehensively and systematically presents the available evidence of the effectiveness, safety and cost-effectiveness of alternative models of providing health care to ACF residents.

Objectives

Main objective

To assess the effectiveness and safety of alternative models of delivering primary or secondary health care (or both) to older adults living in ACFs.

Secondary objective

To assess the cost-effectiveness of the alternative models.

Search methods

We searched CENTRAL, MEDLINE, Embase, five other databases and two trials registers (WHO ICTRP, ClinicalTrials.gov) on 26 October 2022, together with reference checking, citation searching and contact with study authors to identify additional studies.

Selection criteria

We included individual and cluster-randomised trials, and cost/cost-effectiveness data collected alongside eligible effectiveness studies. Eligible study participants included older people who reside in an ACF as their place of permanent abode and healthcare professionals delivering or co-ordinating the delivery of healthcare at ACFs. Eligible interventions focused on either ways of delivering primary or secondary health care (or both) or ways of co-ordinating the delivery of this care. Eligible comparators included usual care or another model of care. Primary outcomes were emergency department visits, unplanned hospital admissions and adverse effects (defined as infections, falls and pressure ulcers). Secondary outcomes included adherence to clinical guideline-recommended care, health-related quality of life of residents, mortality, resource use, access to primary or specialist healthcare services, any hospital admissions, length of hospital stay, satisfaction with the health care by residents and their families, work-related satisfaction and work-related stress of ACF staff.

Data collection and analysis

Two review authors independently selected studies for inclusion, extracted data, and assessed risk of bias and certainty of evidence using GRADE. The primary comparison was any alternative model of care versus usual care.

Main results

We included 40 randomised trials (21,787 participants; three studies only reported number of beds) in this review.

Included trials evaluated alternative models of care aimed at either all residents of the ACF (i.e. no specific health condition; 11 studies), ACF residents with mental health conditions or behavioural problems (12 studies), ACF residents with a specific condition (e.g. residents with pressure ulcers, 13 studies) or residents requiring a specific type of care (e.g. residents after hospital discharge, four studies). Most alternative models of care focused on 'co-ordination of care' (n = 31). Three alternative models of care focused on 'who provides care' and two focused on 'where care is provided' (i.e. care provided within ACF versus outside of ACF). Four models focused on the use of information and communication technology. Usual care, the comparator in all studies, was highly heterogeneous across studies and, in most cases, was poorly reported. Most of the included trials were susceptible to some form of bias; in particular, performance (89%), reporting (66%) and detection (42%) bias.

Compared to usual care, alternative models of care may make little or no difference to the proportion of residents with at least one emergency department visit (risk ratio (RR) 1.01, 95% confidence interval (CI) 0.84 to 1.20; 7 trials, 1276 participants; low-certainty evidence), but may reduce the proportion of residents with at least one unplanned hospital admission (RR 0.74, 95% CI 0.56 to 0.99, I² = 53%; 8 trials, 1263 participants; low-certainty evidence). We are uncertain of the effect of alternative models of care on adverse events (proportion of residents with a fall: RR 1.15, 95% CI 0.83 to 1.60, I² = 74%; 3 trials, 1061 participants; very low-certainty evidence) and adherence to guideline-recommended care (proportion of residents receiving adequate antidepressant medication: RR 5.29, 95% CI 1.08 to 26.00; 1 study, 65 participants) as the certainty of the evidence is very low. Compared to usual care, alternative models of care may have little or no effect on the health-related quality of life of ACF residents (MD -0.016, 95% CI -0.036 to 0.004; I² = 23%; 12 studies, 4016 participants; low-certainty evidence) and probably make little or no difference to the number of deaths in residents of ACFs (RR 1.03, 95% CI 0.92 to 1.16, 24 trials, 3881 participants, moderate-certainty evidence).

We did not pool the cost-effectiveness or cost data as the specific costs associated with the various alternative models of care were incomparable, both across models of care as well as across settings. Based on the findings of five economic evaluations (all interventions focused on co-ordination of care), we are uncertain of the cost-effectiveness of alternative models of care compared to usual care as the certainty of the evidence is very low.

Authors' conclusions

Compared to usual care, alternative models of care may make little or no difference to the number of emergency department visits but may reduce unplanned hospital admissions. We are uncertain of the effect of alternative care models on adverse events (i.e. falls, pressure ulcers, infections) and adherence to guidelines compared to usual care, as the certainty of the evidence is very low. Alternative models of care may have little or no effect on health-related quality of life and probably have no effect on mortality of ACF residents

compared to usual care. Importantly, we are uncertain of the cost-effectiveness of alternative models of care due to the limited, disparate data available.

Grant Success

Over the coming months Monash University, led by the RAIL Research Centre, will commence a partnership with EACH community services (<https://www.each.com.au/>). This will provide a great opportunity for research, education and innovation collaboration with one of Victoria's largest community service providers.

RAIL Awards

RAIL Team members have received a number of project and publication awards over the last few months including:

- Monash University School of Primary and Allied Health Care Research Impact award 2023 to **A/Professor Tarsh Brusco** (ECR Staff Category) for the [My Therapy project](#)
- Monash University School of Primary and Allied Health Care Research Impact award 2023 (Adjunct Category) to **Professor Pazit Levinger** (NARI, and **RAIL adjunct**) for Seniors Exercise Parks projects, undertaken with **Professor Keith Hill, and A/Professor Tarsh Brusco**
- Publication related award: One of 16 shortlisted papers for the International Conference on Aging Innovation and Rehabilitation (ICAIR) Paper of the Year (Canada): **Layton N, O'Connor J, Fitzpatrick A, Carey S.** (2022) Towards Co-Design in Delivering Assistive Technology Interventions: Reconsidering Roles for Consumers, Allied Health Practitioners, and the Support Workforce. International Journal of Environmental Research and Public Health, 19, 14408, <https://doi.org/10.3390/ijerph192114408>
- Gymnastic Victoria's Inclusion Program of the Year 2023 for the Jump Start program, **A/Professor Tarsh Brusco** and team (Jan 2024)

Peninsula Health / Monash University

Carer Health and Wellbeing Service

A new **free** service is commencing to support carers (aged ≥50 years) who provide informal care to older people (aged ≥65 years) - the Carer Health and Wellbeing Service. Using carer prioritised needs, the service will assess specific areas of need and work with carers to improve their own health and wellbeing, helping them to sustain their carer role in better health.

The service has been established by RAIL (Monash University) research staff Dr Aislinn Lalor and Professor Keith Hill, jointly with Peninsula Health, with funding from the Commonwealth Government of Australia through the Community Health and Hospitals Program Grant Scheme and the National Centre for Healthy Ageing. For more information and contact details, please see the flyer below.

Carer Health & Wellbeing Service

Are you a carer aged over 50 years caring for someone over 65 years?

Do you have health and wellbeing goals that you need help with?

Our allied health team would love to help!



Could you benefit from our services?



Psychology

Including counselling, cognitive behaviour therapy, psychotherapy, talk therapy, education.



Social Work

Including advocacy & referral, respite services, housing support, family therapy, health and human services.



Occupational Therapy

Including energy conservation techniques, mindfulness strategies, planning & self-management skills, environmental assessment & adaptation, sleep hygiene.




Physiotherapy

Including manual handling, range of movement & strength exercises, education, home exercise programs, walking/mobility aid prescription.

We care about your health

Evidence shows it is important for carers to look after their health and wellbeing. Doing so helps them to help others.

- Located at Orwil Street Community House, Frankston
- In-person, telephone or telehealth appointments available
- Open Friday 9:00am - 5:00pm

 1300 665 781



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Peninsula
Health

RAIL presentation - International seminar hosted by the National Rehabilitation Center for Persons with Disabilities, Japan

RAIL Research Centre senior research fellow Dr Natasha Layton was invited to present to Asia Pacific colleagues at the International Seminar 2024 on the topic "Satisfy the Increasing Unmet Need for Rehabilitation" on February 24, 2024.

This virtual event was hosted by the National Rehabilitation Center for Persons with Disabilities, Japan, and the WHO Collaborating Centre for Disability Prevention and Rehabilitation.

Nearly 100 participants from across the Western Pacific attended to hear from 4 speakers, and for a panel discussion.

- Natasha Layton of RAIL Research Centre provided a commentary from Australia, drawing on the global rehabilitation initiatives, discussing role of key rehabilitation strategies such as remediation, compensation, use of personal support, adaptations to tasks and to the environment and assistive technology, and presenting a range of innovative rehabilitation projects undertaken by RAIL and able to be scaled to meet unmet need.
- Pauline Kleinitz from the Department of Noncommunicable Diseases, Rehabilitation and Disability, Headquarters, World Health Organization, spoke about Rehabilitation 2030 and the suite of resources being developed by WHO.
- Lestaria Aryanti of the University of Indonesia, Jakarta, discussed Indonesia’s rehabilitation services with a focus on the challenges of delivering rehabilitation specific to Indonesia, and the pioneering initiatives in health and education that are underway.
- Nobuhiko Haga, President of the National Rehabilitation Center for Persons with Disabilities spoke of the unique demographic changes underway in Japan influencing the type of rehabilitation required, as demands change from traumatic injuries due to combat and traffic/occupational accidents in younger age to disabilities from noncommunicable diseases in older age.

The proceedings and a Report from the Seminar will be provided to WHO and further information is available from natasha.layton@monash.edu

Improving function and reducing disability with assistive technology – RAIL presentation to Mongolia

The Mongolian National University of Medical Sciences is the largest and only state-owned medical university in Mongolia, established in 1942 in the capital city, Ulaanbaatar, which is home to half of Mongolia’s population. Nearly 30% of the remaining population are semi

nomadic, moving across sparsely populated grassy steppes. Intense activity is underway to build the health workforce in Mongolia with the establishment of occupational therapy and physiotherapy schools, and engagement with the global assistive technology community.

RAIL researcher Natasha Layton and RAIL PhD candidate Louise Puli delivered a plenary presentation to the 66th Annual Conference of the Mongolian National University of Medical Sciences on 4 April, discussing assistive technology as a rehabilitation intervention, and considering how to grow the global workforce.

 ЭРДИЙН ЧУУЛГАН 66 АШУУИС-ИЙН ЭРДИЙН ЧУУЛГАН-66 СУВИЛАХУЙН САЛБАР ХУРАЛДААНЫ ХӨТӨЛБӨР	
08.30-09.00	Бүртгэл
НЭЭЛТИЙН ҮЙЛ АЖИЛЛАГАА	
09.00-09.10	Нээлтийн үг В.Оюунгоо (Сувилахуйн эрдмийн зөвлөлийн дарга, Сувилахуйн сургуулийн захирал, АУ-ны доктор, профессор) Б.Дамдиндорж (АШУУИС-ийн Ректор, АУ-ны доктор, профессор) Г.Балдасням (АШУУИС-ийн Валовсрол эрхэлсэн профессор, АУ-ны доктор, профессор, вадмин)
ЗОЧИН ИЛТГЭЛ	
Хурлын дарга: В.Оюунгоо (АУ-ны доктор, профессор) Г.Нямүүн (АУ-ны доктор)	
09.10-09.30	Natasha Layton, PhD, Melbourne, Victoria, Australia Ms. Louise Puli, Melbourne, Victoria, Australia. "Improving function and reducing disability with assistive technology"

Around 100 participants from all over Mongolia attended this hybrid conference including government and policymakers, faculty, academic staff and students, as well as nurses, midwives, physiotherapists, and occupational therapists.

Director of RAIL meeting with The Hon. Jacinta Allan and students at the Vermont South Special School



On 28th February 2024, Director of RAIL and Vermont South Special School Council President Associate Professor Tarsh Brusco was pleased to meet with The Hon. Jacinta Allan and students to discuss school upgrades and the award-winning Gymnastics Program RAIL is running with Waverley Gymnastics, Vermont South Special School and the Monash School of Primary and Allied Health Care.

Nursing Reports Special Issue "Nursing and Allied Health Care in Rehabilitation for Dementia"



nursing reports

an Open Access Journal by MDPI

IMPACT
FACTOR
2.4

Indexed in:
PubMed

CITESCORE
1.6

Nursing and Allied Health Care in Rehabilitation for Dementia

Guest Editor

Dr. Den Ching Angel Lee

Deadline

30 November 2024

Special issue

[mdpi.com/si/193070](https://www.mdpi.com/si/193070)

Invitation to submit

RAIL team member Dr Den Ching Angel Lee is the guest Editor of a Special Issue of the Nursing Reports journal titled "Nursing and Allied Health Care in Rehabilitation for Dementia". *The aim is to gather insights from experts who can provide evidence-based discussions on the obstacles and potential solutions when incorporating rehabilitation into the post-diagnostic care of individuals with dementia.*

For more information on this special issue and how to submit your manuscript, please visit: https://www.mdpi.com/journal/nursrep/special_issues/VN82C2XB60

Australian Assistive Technology Conference 2024



RAIL Independent Living Stream Lead Associate Professor Libby Callaway will deliver a keynote at the Australian Assistive Technology Conference 2024 hosted by the Australian Rehabilitation & Assistive Technology Association (ARATA).

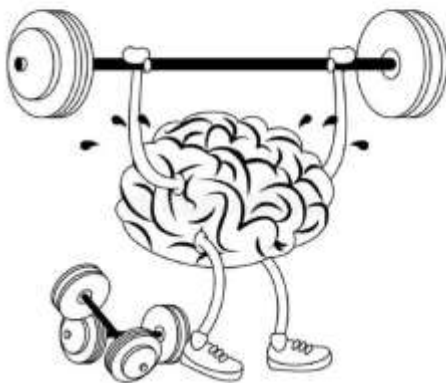
The conference titled “Sun Sea and AT: the rising tide of innovation and inclusive technology” will be held at the Gold Coast Convention Centre from 6-8th November 2024.

For more information and to register and/or submit an abstract, please visit: <https://aatc2024.com/>

Research participants required

Research project on how exercise changes the connections in the brain in older adults

60 & FABULOUS? LET'S TRAIN YOUR BRAIN AND MUSCLES



Calling older adults above 60 years of age to join a 2 week (7 sessions) strength training program to explore the fascinating link between strength training and brain connectivity!!!!



Scan this QR code to register your interest
OR

Email us at ummatul.siddique@monash.edu

Call or text to +610404474711

**Get \$100 as
compensation
upon completion
of the study**

Project ID: 30882

A team of researchers from the Department of Physiotherapy at Monash University, led by Associate Professor Dawson Kidgell, is currently recruiting adults aged above 60, capable of performing physical exercise (determined by questionnaire) to be involved in their study examining how strength training affects the human brain and influences the development of muscular strength.

For more information on the study and how to participate, please contact Ummatul Siddique (ummatul.siddique@monash.edu).

Changing the Focus Project – enhancing physical activity of people with dementia

The RAIL Research Centre is running a **free support program for people with mild dementia or cognitive impairment** to take part in community-based physical activity programs in 2024.

We are seeking people with mild dementia or cognitive impairment to participate in a personalised 12-month “Changing the Focus” physical activity program.



The voluntary physical activity program is available to people who provide their consent to participate (or with the support of a carer) that live in Frankston or Mornington Peninsula region of Victoria.

Those who participate will be supported by physiotherapists and/or exercise providers throughout the program. Support will be provided at home, in the community and via telephone.

Participation in the program will promote good health and wellbeing for the person with dementia. It will also assist the research team in evaluating the program; informing its future use.

For more information about the project, please contact:

Dr Angel Lee, (03) 9904 4662, angel.lee@monash.edu or
Ms Lisa Licciardi, (03) 9904 4350, lisa.licciardi@monash.edu

Funded by: Commonwealth Government of Australia through the Community Health and Hospitals Program Grant Scheme.

Ethics approval: Monash University Human Research Ethics committee Project ID: 39672

International research project on quality indicators for three tasks endorsed by physiotherapists

A group of RAIL collaborators from Exeter University (UK) is currently conducting a study requiring inputs from physiotherapists (12-15 minute anonymous survey).

The objective of the project is to identify quality indicators for three tasks (1- Posture assessment (in standing); 2- Sit to Stand; 3- Timed-Up and Go Test) that are most endorsed by you as a physiotherapist. These indicators will help the researchers adapt everyday technology (e.g. cellphone, smartwatch) to support community physiotherapists in their practice. Each task is divided into several quality indicators. The research team wants to know if these indicators are important to you as a physio.

This project is exempt by the Ethics Committee of Exeter University, as they are seeking your opinion on the three tasks. No personal information is collected that would identify you.

To access the survey, please click here: https://ctu-live.exeter.ac.uk/redcap_intersect/surveys/?s=LNL73YT7F44ECRFF

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 Karine 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.

RAIL aims to provide an accessible ebulletin for all. Image descriptions are available for images appearing in the ebulletin, with the use of a screen reader. If you have any issues with accessing any part of the ebulletin, please let us know at spahc.rail@monash.edu.

We acknowledge and pay respects to the Elders and Traditional Owners of the land on which our four Australian campuses stand. Information for [Indigenous Australians](#)

We're committed to [diversity and inclusion](#)

<https://www.monash.edu/medicine/spahc/rail/>

Our mailing address is:

spahc.rail@monash.edu

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