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REHABILITATION, AGEING AND INDEPENDENT LIVING (RAIL) RESEARCH CENTRE

Member eBulletin #32

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A message from the Director

It is pleasing to see domestic and international travel finally starting to return to a bit more normal levels and without the chaos seen a few months ago. More

staff are starting to participate in face to face conference proceedings again, including as you will see below in this e-bulletin, staff and students enjoying Paris life at the World Federation of Occupational Therapists conference recently. While fully on-line conferences have been the mainstay of researcher interaction over the past 2-3 years due to the impacts of covid, there is no doubt of the additional benefits associated with being at conferences in person. The random catch-ups over a coffee (or beer!), the planned time meeting national and international collaborators to think about new and different future collaborative activities, the meeting up with presenters of relevant sessions after their presentations to extrapolate their findings to possible future project ideas, and taking in all of the relevant exhibitions of sponsors, provide opportunity for a much greater level of engagement than is usually possible at fully on-line conferences. It is great that face to face conferences are back (as well as greater opportunities for hybrid conferences, that give greater participation opportunities for a wider audience).

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](#).

Stay safe and well.

Professor Keith Hill

Member profile



Dr Annemarie Lee is a Senior Lecturer within the School of Allied Health and Primary Care and a Research Fellow at Monash Health and the Institute of Breathing and Sleep. She is also a physiotherapist who works with people with cardiorespiratory conditions for over 25 years, including pulmonary rehabilitation and completed a postdoctoral fellowship in Toronto, Canada in 2016. She co-developed 2 websites to support clinical care in people with bronchiectasis, the bronchiectasis toolbox (www.bronchiectasis.com.au) and strong lungs (www.stronglungs.com.au).

Her research has included people with chronic disease, patient-reported outcomes, qualitative research and the psychometric properties of measurement tools. Current projects include:

- The effects of self-selected music listening during pulmonary rehabilitation in people with lung disease: a mixed methods study
- The effects of pulmonary rehabilitation on the incidence of falls in people with COPD
- The feasibility of telehealth physiotherapy for people with bronchiectasis
- The clinical features of those with Long COVID – a study of people on positive pathways at Eastern Health.

Member and Partner forum

Upcoming RAIL forum

RAIL is pleased to announce the next forum titled *RAIL Graduate Student Showcase*, that will be held via Zoom on Thursday 6th October 12.00 - 1.00pm AEDT.

Members and Partners of RAIL Forum

Rehabilitation, Ageing and Independent Living (RAIL)
Research Centre

RAIL Graduate Student Showcase

Our PhD and MPhil students are conducting novel, in depth research in rehabilitation, ageing and independent living. Please come along to this next RAIL forum, which will showcase their ongoing work.

DATE:	Thursday 6 October 2022
TIME:	12.00 – 1.00 PM AEDT
VENUE:	Online Via Zoom
RSVP:	Wed 5 October 2022
REGISTER:	https://forms.gle/6WXv8XvzGjKmF1Fz8

Growing the global assistive technology workforce: The journey to a PhD



Louise Puli is a passionate, public health professional holding qualifications in health policy and management, prosthetics and orthotics, teaching, learning and curriculum design and partnership brokerage. Louise's current appointment is with the Access to Assistive Technology Team at the World Health Organization where she works on projects related to workforce development, standards and regulation and research. She is excited to be commencing her PhD with Monash University in 2022.

Developing a health promotion education and training program for disability support workers



Kostas Hatzikiriakidis is a PhD student and research assistant working in the Health and Social Care Unit within Monash University's School of Public Health & Preventive Medicine. He has worked across a broad range of multidisciplinary projects that have applied both quantitative and qualitative research methods to examine the need for and evaluation of health and social care interventions designed to support vulnerable and disadvantaged populations. His PhD research focuses on exploring the barriers to physical activity and healthy eating for people with disability living in supported accommodation to inform the development of a health promotion education program for disability support workers.

Healthy ageing through participation in community situated activities: Development study for an assessment instrument to support practice



Lisa Knightbridge is undertaking Masters of Philosophy (MPhil) research which aims to develop an assessment instrument, informed by expert informers to be used in practice to facilitate community participation for people aged over 65 years. Lisa is a senior lecturer in the Department of Occupational Therapy, SPAHC at Monash University. She is also a board member of the Peninsula Transport Assist Inc., a not-for-profit that addresses transport disadvantage and community immobility on the Mornington Peninsula in Victoria. She strongly believes that occupational therapists and other allied health clinicians are well situated to lead practice in this area.

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[REGISTER HERE](https://forms.gle/6WXv8XvzGjKmF1Fz8)

Previous RAIL forum

In our most recent forum co-hosted by the Australasian Sleep Association Network of Early career Sleep researchers in Training (NEST), our experts in science communication delivered wonderful presentations on how to efficiently

communicate your key messages using videos/audios, graphs and sketch noting, the importance of accessibility and contrast and provided tips and advice on how you can help the reader/audience understand your message.

Thank you to Dr Em Bould, Professor Jill Dorrian and Dr Amelia Crabtree for their informative and very helpful presentations which provided great communication considerations moving forward!

RAIL paper of the month

Development of the 'AusPROM' recommendations for elective surgery patients

Brusco NK, Myles PS, Atkinson V, Woods J, Hodge A, Jones C, Lloyd D, Rovtar V, Clifford AM, Wood T, Morris ME.

ABSTRACT

Objective. Implementing the routine collection of patient reported outcome measures (PROMs) is key to improving healthcare quality and patient satisfaction. The implementation process can be strengthened through staff and patient co-design. The aim of this project was to develop a set of Australian PROM implementation recommendations ('AusPROM') to guide rapid translation into practice.

Methods. Staff working across 29 Australian private hospitals participated in the project. The hospitals provided elective surgery and spanned each state and territory of Australia. Staff engaged in a Delphi technique to develop the AusPROM, which involved three iterative focus groups. To ensure full disclosure, staff were also provided with additional project-related data sources throughout the Delphi technique. This included data from a patient focus group (patient co-design), patient survey, technical feasibility testing, 3 months of pilot testing (four sites), 3 months of national implementation (29 sites) and global evidence. This process ensured that staff and patient feedback was used to co-

design the three iterations of the AusPROM recommendations until the final agreed version was established.

Results. A total of 22 AusPROM recommendations were included in the final iteration. The recommendations covered the domains of PROM characteristics, healthcare organisation characteristics, external influences, staff and patient characteristics, and facilitators to implementing AusPROMS in routine practice.

Conclusion. The AusPROM recommendations offer practical considerations for the implementation of PROMs in hospitals. The iterative nature of the Delphi technique ensured that staff and patient co-design were central to the development of the AusPROM recommendations.

Brusco Natasha K., Myles Paul S., Atkinson Victoria, Woods Jeffrey, Hodge Anita, Jones Cathy, Lloyd Damien, Rovtar Vincent, Clifford Amanda M., Wood Tom, Morris Meg E. (2022) Development of the 'AusPROM' recommendations for elective surgery patients. *Australian Health Review*, <https://doi.org/10.1071/AH22074>

Grant Success

Australian Research Council (ARC) Linkage Project

An interdisciplinary research team headed up by Dr Kirsten Ellis from the Faculty of IT, with RAIL Independent Living Stream Lead Associate Professor Libby Callaway and colleagues in the Faculty of Education as Chief Investigators, have been successful in securing an ARC Linkage grant with Partner Organisation [Wallara](#). The project titled '*Making eMaking Accessible for People with Intellectual Disabilities*' builds on Dr Ellis's work on accessible STEM for people with cognitive disability - here is a [short video](#) for a Eureka prize she has been shortlisted for. This innovative project includes investment in a mobile e-maker van that can move from site to site to deliver programs.

Project Summary:

This interdisciplinary research will create an evidence based eMaking program that empowers people with Intellectual Disabilities. eMaking benefits include collaborative problem solving and employment pathways; however, people with disabilities are often excluded. Through a unique, inclusive, outreach van, strategies to build accessible eMaking will be generated. Project outcomes include replicable, scalable eMaking activities and toolkits to facilitate Science, Technology, Engineering and Mathematics for all. Project benefits include opportunities for people with Intellectual Disability to participate in meaningful recreational or work-focused eMaking, and changing community attitudes through shared eMaking participation.

Congratulations to Kirsten, Libby and team for their success with this impactful project!

RAIL Rehabilitation Forum 2022 - Save the date!

On Thursday **1st December 2022**, the Rehabilitation, Ageing and Independent Living (RAIL) Research Centre at Monash University will be hosting a full day event on the Monash University Peninsula Campus.

The event will have 3 components:

1. Clinician half-day professional education session in the morning (**limited places**) led by Dr Annie McCluskey (Occupational Therapist, Educator and Health Service Researcher) and Mr Karl Schurr (Physiotherapist, Educator and Researcher) titled *Coaching Workshop: Evidence-based coaching skills for rehabilitation professionals'*, **9.00am - 12.00pm AEDT**
2. Rehabilitation forum with national and international keynote speakers in the afternoon - *Putting the consumer at the heart of rehabilitation*, **1.00 - 5.00pm AEDT**

3. Social event in the early evening - Community exhibition/drinks and canapes/launch of the RAIL co-design teaching and learning resource developed by Associate Professor Gabrielle Brand and James Bonnamy (Monash Nursing and Midwifery) in collaboration with RAIL, **5.00 - 6.00pm AEDT**.

Save the date - 1st December 2022. More information and registration details will be circulated shortly!

RAIL Internal Graduate Students Forum

On Monday 8 August 2022, the team held an internal RAIL forum during which students supervised or co-supervised by a RAIL staff presented on their journey of graduate studies (Masters or PhD) and on their research progress.



The event provided the students the opportunity to meet, learn about each other's pathways, challenges and solutions they have experienced, and to interact with other RAIL staff. Students presenting varied from recently enrolled to almost ready to submit, and all stages in between. The presentations reflected an interesting and diverse mix of projects aligned with RAIL research priorities, from students enrolled across a number of departments and schools

at Monash University.

Thank you to everyone for their participation in this successful event! We plan for this to be an event we host intermittently going forwards.

World Federation of Occupational Therapists' Congress

The [World Federation of Occupational Therapists'](#) Congress occurs once every four years, and this year it was running from Paris, France from 28-31 August 2022.

With Dr Em Bould from the Monash Occupational Therapy Department, RAIL Independent Living Stream Lead and Rehabilitation Leads A/Prof Libby Callaway and Dr Natasha Brusco had a paper at the Congress, titled: "A co-design approach to develop and pilot a new pathway to employment for people with Acquired Brain Injury in Australia". You can read two open access journal articles stemming from this work below:

- [A co-design approach to examine and develop pathways to open employment for people with acquired brain injury](#)
- [‘Yes, I’ve got the job, but my challenge is keeping the job’: an evaluation of a new pathway to open employment to meet the needs of people with acquired brain injury in Australia](#)

HDR Research Student, Lisa Knightbridge, who is supervised by A/Prof Helen Bourke-Taylor (Monash Occupational Therapy Department) and Professor Keith Hill (RAIL Director and Ageing stream lead), attended the Congress in person and presented her MPhil research work on "Healthy ageing through community participation: Development study for an assessment to support practice". Lisa will be presenting some of this HDR research at the September 2022 RAIL member forum (for more information about the forum, please refer to the [RAIL Forum section](#) above). Some of Lisa's development work has recently been published in the Australian Journal of Occupational Therapy:

Knightbridge L, Bourke-Taylor HM, Hill KD. Healthy ageing through participation in community situated activities: A scoping review of assessment instruments to support occupational therapy practice. *Aust Occup Ther J.* 2022 Aug;69(4):493-509. [doi: 10.1111/1440-1630.12802](https://doi.org/10.1111/1440-1630.12802).

Policy impact with assistive technology research

> August 2022

Goods, equipment, assistive technologies (GEAT) and home modifications co-design workshop

Nick Morgan, Assistant Secretary

Julia Atkinson, Director

Kaley Willmott, A/g Assistant Director

Support at Home Reform Branch

www.agedcareengagement.health.gov.au



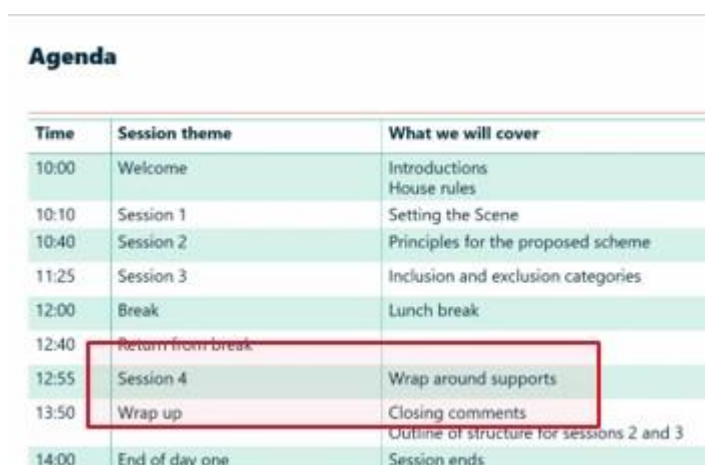
Ideally, policy is evidence-based or at least informed by research evidence, but keen observers know this requires a confluence of three things: political will, reframing ‘problems’ into palatable solutions, and a policy window in which to enact change [1].

The recent Aged Care Royal Commissions and review of Commonwealth Home Support and Home Care Packages represents **political will** to address aged care policy. During 2022, the Federal Department of Health are reviewing the way assistive technology is provided in Aged Care, representing a **current policy window**. RAIL Research Centre are actively translating our research knowledge and evidence about ageing and assistive technology ‘**problems**’, into policy-relevant **solutions**.

We are pleased to share some of the ways in which RAIL researchers have impacted the Goods, Equipment, Assistive Technology (GEAT) scheme redesign to date:

1. Translating research evidence to inform policy: problems into solutions

Through commissioned research to review assistive technology programs in Australia [2], Dr Natasha Brusco and Dr Natasha Layton took the opportunity to reframe the body of international literature on assistive technology service delivery steps, coining the term ‘wraparound supports’. Our ongoing collaboration with consumer groups and other stakeholders such as the AT for All campaign [3] helped us distil evidence into plain language. This framing has become common parlance in the current review.



Agenda

Time	Session theme	What we will cover
10:00	Welcome	Introductions House rules
10:10	Session 1	Setting the Scene
10:40	Session 2	Principles for the proposed scheme
11:25	Session 3	Inclusion and exclusion categories
12:00	Break	Lunch break
12:40	Return from break	
12:55	Session 4	Wrap around supports
13:50	Wrap up	Closing comments Outline of structure for sessions 2 and 3
14:00	End of day one	Session ends

Figure 1: screenshot of GEAT Co-Design Agenda states ‘wrap around supports’

2. Participating in ‘policy windows’

August saw an invitation to a face to face meeting in Canberra with the Assistant Secretary and staff, as well as an invitation to be one of 50 participants in twelve hours of co-design consultations. This was a significant time commitment at short notice, but positioned our work on low cost assistive technology access [4] as well as a complexity mapping and role sharing [5,6] to be discussed as solutions to the current policy challenges.



Figure 2: traffic light system for 'who does what' in assistive technology provision (Source: references 3 and 4)

Dr Natasha Layton was one of four participants invited to present to the plenary group on how to categorise GEAT and home modifications according to risk.

It remains to be seen how the **political will** of the new government will shape **policy solutions** through the current aged care reforms. It is also sobering to observe that the scientific evidence base is not a central tenet of policy redesign, and requires champions in the room to bring evidence into the conversation. It is however exciting to have the opportunity to shape policy and that the RAIL Research Centre is a visible part of this process with government.

References

- 1- Kingdon J. Agendas, Alternatives, and Public Policies. 2 ed. New York: Longman Classics in Political Science; 2003.
- 2- Australian Healthcare Associates. Review of Assistive Technology Programs in Australia: Final Report and Supplementary Technical Report for the Australian Government Department of Health. Canberra: Department of Health; June, 2020. <https://www.health.gov.au/resources/publications/review-of-assistive-technology-programs-in-australia-final-report> & <https://www.health.gov.au/resources/publications/review-of-assistive-technology-programs-in-australia-supplementary-technical-report>
- 3- <https://assistivetechforall.org.au/>
- 4- Layton N, Wilson E, Andrews A. Pathways to Non Complex Assistive Technology for HACC Clients in WA. Perth: Independent Living Centre of WA, Inc.;

2014. <https://dro.deakin.edu.au/eserv/DU:30062929/layton-pathwaysto-2014.pdf>

5- Independent Living Assessment. Assistive Technology Essentials: Part 1 An introduction to low risk assistive technology for Commonwealth Home Support Programme Service Providers. Perth: Independent Living Assessment,; 2021. https://indd.adobe.com/view/2b814aec-c017-4a2a-bc46-5cd44b2f0e8b?utm_source=Adobe+eBook&utm_medium=Facebook+post&utm_campaign=AT+Essentials+Ebooks

6- Independent Living Assessment. Assistive Technology Essentials: Part 2 Assistive technology solutions for Commonwealth Home Support Programme Service Providers. Perth: ILA,; 2021. https://indd.adobe.com/view/d47096cd-0fcf-499d-98c3-7585b6dbbe4f?utm_source=Adobe+eBook&utm_medium=FB+ad&utm_campaign=AT+Essentials+Ebooks

Pre-launch of the World Rehabilitation Alliance

The World Rehabilitation Alliance (WRA) is a World Health Organization global network of stakeholders whose mission is to support the implementation of the Rehabilitation 2030 Initiative through advocacy activities.

The WRA focuses on promoting rehabilitation as an essential health service that is integral to Universal Health Coverage and to the realisation of Sustainable Development Goal 3: Ensure healthy lives and promote well-being for all at all ages.

At 10pm AEST on 13/9/22 the WRA will host a virtual event to pre-launch the World Rehabilitation Alliance, introducing its 5 workstreams and Steering Committee.

For details and registrations go to <https://www.who.int/news-room/events/detail/2022/09/13/default-calendar/pre-launch-of-the-world-rehabilitation-alliance>

2022 Australian Assistive Technology Conference - Registration now open



The Australian Rehabilitation and Assistive Technology Association (ARATA) is the non-profit peak body for assistive technology (AT) stakeholders in Australia - see www.arata.org.au

Every second year, ARATA hosts the Australian AT Conference (AATC). This year it will be held at the Adelaide Convention Centre from the **24 – 25 November 2022**. There is also a day of targeted pre-conference AT workshops on **23 November 2022**.

The theme for this conference is “ActivATe Life”, and it includes a range of keynote and concurrent presentations and workshops, as well as an AT exhibition.

For details on AATC 2022 including the conference and pre-conference workshops, go to <https://aatc2022.aomevents.com.au/>

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.