This final newsletter for 2016 signals the end of a challenging but again highly successful year for the School of Physiotherapy and Exercise Science at Curtin University. I want to take this opportunity to thank all staff for their ongoing dedication to achieving strong outcomes for our students, across each of our undergraduate and post-graduate courses, and our higher degree by research courses.

I also want to pay tribute the School’s Executive Committee, who ensure the multitude of activities undertaken by the School all occur in a timely and seamless manner. The Executive Committee includes Peter Gardner (Deputy Head of School), Toni Johnson (School Business Manager), Trudi Fischer (Director of Entry Level Courses), Anne Furness (Director of Learning and Teaching), Kathy Briffa (Director of Research Training), Kevin Netto (Director of Research), Alan Reubenson (Director of Clinical Education), Peter Robinson (Director of International Programs), Rob Waller (Acting Director of Post-Graduate programs), Paul Davey (Staff Representative), Andrew Lavender (ESRS Course Coordinator) and Andrew Maiorana (ESRS Co-Discipline lead). In particular, Peter Gardner and Toni Johnson have provided lead roles in ensuring the School has met some increased requirements with respect to budgets, contracts and related changes in university procedures in the latter half of 2016. Also thanks to Janet Hutson for her excellent assistance to me as Head of School, and the School Executive throughout the year.

There have been many highlights and achievements achieved by staff and students throughout the year, and this Newsletter again features many of these achievements. It is particularly pleasing to note the achievements and appreciation noted by some of our recent / past BSc Physiotherapy Honours students as they reach the culmination stage of their Honours work – presenting their work at a major conference. This is a wonderful opportunity for these students/ past students, and excellent as a showcase of the quality of our Physiotherapy Honours program to the external world. The School is also commencing a new Honours program in 2017 (one year add-on) to be run together with the School of Public Health. Sarah Stearne and other members of the Exercise Sports and Rehabilitation Science course (and some Physiotherapy staff as well), and of course Anne Furness from the Learning and Teaching portfolio, have done an excellent job in the preliminary work in establishing this new course. While it looks like there will be relatively small numbers of Exercise Science students in the first intake in 2017 (though larger than expected student numbers from Public Health), we are confident these numbers will quickly grow as the reputation of the new course becomes more evident.

I take this opportunity on behalf of the School to wish you all a happy and relaxing holiday period surrounded by friends, family and loved ones. And take it easy on the New Year resolutions...
Staff Promotions

In October the Vice Chancellor announced the four School staff who were successful in gaining promotions from Level B (Lecturer) to level C (Senior Lecturer).

Successful staff are:
- Susan Morris
- Penny Moss
- Leo Ng
- Vin Cavalheri de Oliveira

This is an excellent recognition of the contributions by these staff to teaching and learning, research and service and leadership. Well done to all four staff.

Dr Beatriz IR de Oliveira
Deputy to Director International

Beatriz De Oliveira was appointed Deputy to Director of International Programs. Bea brings a wealth of knowledge to the role including experience being an international student herself and the challenges this brings. We acknowledge the work Julie Bayliss has put into this important role over the last few years and thank her for her dedication to the role.

Dr Lex de Jong
Research Fellow

Lex de Jong commenced with the School on Monday, 31 October as a Research Fellow. Over the next two years, Lex will be working with Associate Professor Anne-Marie Hill on a number of falls prevention research projects.

Lex is a physiotherapist and physiotherapy lecturer having received his PhD from the University of Groningen, The Netherlands in 2014. In the past 18 months he was involved in research in the area of falls prevention and healthy ageing at Glasgow Caledonian University. Having had enough of the dull and depressing Scottish weather he decided to apply for a position in sunny Perth. Welcome to the sunshine Lex.

Dr Susan Morris
The movement of light: How the autistic brain processes the world.

Dr Susan Morris is currently working on a research project with student Yi Huey Lim aiming to develop a better understanding of how autistic people experience the world. The study focuses on the interpretation of optic flow and how this impacts balance and movement. “Imagine walking around, sitting down or standing still, but being unsure if you, or the world around you, is moving.” Sue theorises that this may be the unsteadying experience of some people on the autism spectrum, who have sensory processing challenges.

This collaborative project featured in the November Faculty Newsletter and can be read in full on: The movement of light: how the autistic brain processes the world

Karen Richards
Gold Medal Winner

Karen Richards travelled to Hobart in October to represent WA over 40s at the Australian National Masters hockey championships. WA were a well drilled side (and the most dedicated) after all the 5.45am weekend training sessions they had done in preparation. Karen’s team were undefeated throughout the tournament, beating Queensland (2-1) in the final. With two gold medals, two silver and two fourth places, WA were the best performing state at the championships. Karen returned to work with a few bruises, sunburn and a sore ankle… as well as the gold medal. Small price to pay really. Congratulations!

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STAFF PROFILE

Liz Bell
Scholarly Teaching Fellow

1. In 25 words or less, tell us about the main elements of your current role.
I mainly teach third year students in the neuro-science stream, with some second year teaching. I also do clinical supervision.

2. What drives you / what motivates you to carry on?
I love working with young people - as many of you know I'm not very mature myself at times!! I also care about the quality of Neuro physiotherapy in Perth, and whilst I may want to treat every stroke patient myself, teaching the students is probably a better use of time. The money also helps!!

3. What is currently in your inbox / what project you are currently working on?
Teaching fills most of my time, but preparation for the third year simulated placement comes a close second. Dipping my toe in the murky waters of research is looming on the horizon in the form of honours possibilities.

4. Your best / most memorable / most outstanding experience and why?
If there is anyone who has somehow managed to escape my raving about how awesome Go Global in Shanghai was earlier this year, have you been at work since July? Even Keith was subject to full blown details.......The students. The patients. The learning experience. Maybe I can work another ten years until retirement.

5. If you weren't working in this role, what would you be doing?
Family times. My heart says travel. I have a stack of unread books on my bedside table. That will have to keep me occupied since my eyes say I can't be a pilot anymore!

Trudi Fischer
Director of Entry Level Courses

In November the School Executive endorsed the nomination of Trudi Fischer to a second term as the School’s Director of Entry Level Courses. We thank Trudi for her excellent work in this position over the past three years, and congratulate her on this successful re-nomination.

Dr Meg Harrold
Deputy to Director Learning and Teaching

Meg Harrold will be taking over the role of Deputy to the Director of Learning and Teaching from Leo Ng in January 2017, following a period of transition. Meg brings a wealth of knowledge from the various forms of teaching / coordination that she has been involved in within the entry level physiotherapy courses and we look forward to her contributions in this new role. Thanks to Leo for his contributions over the last 12 months in the role.

Clinical Community Thank You Event
Engaging the millennial learner: challenges and opportunities

On Thursday, 13 October the School held a Thank You event for our clinical partners. The theme was: “Engaging the millennial learner: challenges and opportunities”.

The Millennial generation, those born between 1982 and sometime in the early 2000’s, has never known the world without the internet, where texting and social media by default dominate communication. This environment, along with other experiences, has resulted in characteristics that impact on how they learn, think, communicate and work.

Anne Furness was the lead presenter and the presentation was followed by refreshments.

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The National Physiotherapy Simulation Project team (led by Professor Tony Wright and Dr Penny Moss) received another major national recognition when they were presented with the:  
**2016 Australian Award for University Teaching – Award for Programs that Enhance Learning.**

Tony and Penny coordinated this innovative clinical simulation project and received the prize on behalf of the 16 Universities around Australia who collaborated.

The presentation was made by David Learmonth, Deputy Secretary Higher Education, Research and International on behalf of the Hon Simon Birmingham, Minister for Education and Training at the National Awards Presentation Ceremony, which was hosted by the Department of Education and Training on Thursday, 1 December.

Congratulations on this fantastic national recognition to Tony and Penny who led the overall project, to Dr Kate Watson and Stephen Rue who nationally coordinated quantitative and qualitative research, to Alan Reubenson and the Curtin team who implemented the Curtin component of the project and to the more than 200 staff on the other 15 University simulation teams.

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**2017 Curtin Learning and Teaching Grants Scheme**

Two School Teaching teams were successful in this highly competitive round of Learning and Teaching applications:

**Beatriz IR de Oliveira, Merv Travers, John Owens and Anne Furness** were awarded a grant in this initiative for their project: “Optimising student assessment and feedback to drive the learning of Anatomy through an interactive automated system”

Academics involved in the units of Functional Anatomy and Introduction to Clinical Anatomy and Physiotherapy Practice developed a system that combines the use of AppleTM iPads and the Blackboard Learning Management System (LMS). This assessment, feedback and learning strategy was successfully piloted in iCAPP in 2016. It involved a shift from paper based laboratory exams to students inputting answers via an iPad and into a test created on the Blackboard LMS. This automated system allowed the teaching staff the capacity to execute multiple mock examinations and give students exposure to the examination format and instantaneous feedback on their performance. In light of the above, our new project aims to roll-out the system to a larger cohort in Functional Anatomy and assess the effectiveness of the new automated system of assessment and feedback. **Leo Ng and Merv Travers** also received an honourable mention for creating the automated system of assessment and feedback.

**AND**

Peter Gardner, Anne Furness and several teaching teams within the School were awarded a grant for their project: “Using standard setting to ensure defensible credentialing of physiotherapy students”

The aim of this project is to redesign the end of course capstone assessment for physiotherapy students in the BSc (Physiotherapy) and GEM courses. The project will utilise a standard setting process (Ebel process) to determine an appropriate level of complexity for the final examination as the minimum benchmark for graduating students. They will compare scores from academics from a range of different universities to determine an appropriate minimum cut off score for the assessment.
STAFF ACHIEVEMENTS AND AWARDS

Media Awards

**Associate Professor Kevin Netto** received the **Curtin Public Relations Award for Best Collaboration with the Media Relations Team.** This award recognises the academic who has worked the closest with the Curtin Media Relations team to raise the profile of the University through the media by:

- Providing expert commentary
- Working collaboratively with the media team on written communications with the media
- Completing and assisting with media training
- Engaging with The Conversation

Dr **Andrew Lavender** received an award for **The Curtin Academic having achieved the highest readership of an article published in The Conversation.** This award was for his article “**What is restless leg syndrome?**” It has received 378,208 reads since being published on 29 March. The article explains the symptoms, causes, diagnosis and treatment of this syndrome.

In addition, Andrew has had another highly successful article in The Conversation - “**What's happening when our joints crack and is it bad?**” That has also had extremely strong readership — so far 307,889 unique readers.

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**Karen Richards**

Raine Medical Research Foundation Prize

At the Raine Study Annual Scientific Meeting in September, Karen Richards was awarded a Raine Medical Research Foundation prize for her presentation: “Neck posture surprisingly is not associated with neck pain in adolescents”.

Professor **Lou Landau** presented the awards for the two best presentations by early career researchers to Karen and Niamh Troy. Congratulations.

Faculty Research Awards

The Faculty Research Awards, were presented on Wednesday, 30 November, and recognised current or past School staff, with two of the three research awards. The **Lifetime Research Award** was presented to **Professor Garry Allison**. Garry has had a strong research role within the School over many years, and more recently in his roles as Faculty Dean of Research, and now Associate Deputy Vice Chancellor - Research Training, has continued to supervise HDR students, provide support and mentorship to early career researchers, and attract research project funding.

**Professor Peter O’Sullivan** was awarded the **Researcher of the Year Award**. Peter has had an exceptional past several years in his 0.5 FTE research role in the School (he continues to work part time in clinical practice as well). Peter is internationally renowned for his research in low back pain. Peter has an H index of 37. He is the ninth most published researcher in the field of back pain internationally in the last five years and is in the top 0.2% internationally. He has published (or in press) 191 publications in international peer review journals, including 24 papers published in 2015. Peter has also been chief investigator on grants worth over $5,000,000 including a recent Centre of Research Excellence grant collaborating with The University of Melbourne.

These awards are excellent recognition of the high quality of research being conducted within the School and Faculty. Congratulations Peter and Garry.
Hayley Miller
Inaugural AFL Women’s National Draft

The Fremantle Women’s team were selected in October with Hayley Miller, one of our third year physiotherapy students, being named as their first draft pick. Hayley discovered her love of football in high school and, after competing in a lightning carnival, was scouted and selected to play in an under 18 State team. She has played for the Coastal Titans in the WAWFL and, after playing in a Melbourne team in the exhibition game held in August, she is looking forward to working under Coach Michelle Cowan again. Hayley is also excited to be playing alongside Kara Donnellan and Ebony Antonio again.

Hayley will have her work cut out for herself juggling study, work and football, but it’s a challenge she is looking forward to, and being part of this historic time in sport.


Sports Medicine Australia Conference
By Ashleigh Neil

I was fortunate enough to attend the Sports Medicine Australia conference in Melbourne in October, thanks to the support of the School of Physiotherapy and Exercise Science at Curtin. Without a doubt, the highlight of the conference was presenting my honours project on a national stage. It was a nice way to culminate two years of hard work.

During the conference period, I was also able to partake in a poster presentation session – standing in for one of my supervisors. This was a great experience, as it really facilitated conversation between researchers with similar interests in the research field. The networking opportunities provided by the conference were vast and, as a result, I met and talked to researchers from universities across Australia, Stanford College in America, and even the Eagles physio himself! As a student, living on a student budget, special mention must also go to the food. Not only was it plentiful, but it was also some of the best food I’ve eaten in a long time! Melbourne was a great experience, from hearing first-hand the latest evidence in an array of topics, to the people, the venue (MCG!!), and the city itself.

Nathan Stephens

Nathan Stephens presented a poster at the Sports Medicine Conference. His attendance at the conference was supported by the School as winner of the best Honours presentation in his final year in 2015 with: “The effects of taping on ankle and knee biomechanics during basketball specific tasks”

Well done Ashleigh and Nathan.
I would like to thank the School of Physiotherapy and Exercise Science for the opportunity to present my Honours paper titled: *Is there a relationship between competence and enjoyment with physical activity in children?* to the Sports Medicine Australia Conference in Melbourne. My paper was shortlisted for the new researcher award and I met some fantastic, vibrant young international researchers at the pre-conference judging. Being my first conference, I was nervously excited to present my work and was in awe of the amazing research being produced from physiotherapists, exercise scientists and public health researchers. Although I did not win, the experience itself was amazing, as was the networking and relationships I was able to build over the course of the conference.

I intend to pursue a career in research upon graduation and the experience of attending the SMA conference solidified why I enjoy research so much and how important it is to both advocate for physiotherapy through research as well as inform clinicians of the latest evidence based findings to be used in clinical practice. I would like to express my sincerest gratitude to the fantastic research team I worked with over the Honours program: Dr Leo Ng, Ashleigh Neil, Dr Sian Williams, Dr Sue Morris and Dr Erin Howie. I would also like to thank Dr Robyn Fary for her support and guidance as Honours Unit Coordinator who managed to fit the Honours program seamlessly into the Physiotherapy course during the past two years. I would also like to thank Professor Keith Hill for providing financial support from the School for my presentation.

Overall, the experience as an undergraduate was both daunting and rewarding and hopefully encourages other students to pursue research and put their work forward for future conferences.

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**Best Honours Presentation**

In October, the 4th year Honours students presented the results of their projects in a research seminar and all presentations were of a very high standard.

Samantha Lee won the prize for best presentation as judged by Dr Lynn Jensen. Samantha’s topic was:  

*“Investigating factors influencing physiotherapy involvement in the treatment and management of people with severe and persistent mental illness”*

She was supervised by Dr Robyn Fary and Dr Kathy Briffa and Professor Flavie Waters (from Clinical Research Centre, NMHS MH, UWA).

As winner, Sam will receive financial support to attend a conference where she will present her research.

Well done and congratulations Samantha (and Robyn, Kathy and Flavie—your hard work has paid off!)

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**Best Poster**

Lee Conlan

Congratulations to one of our Masters students - Lee Conlan - who won the “Best Poster” prize at the Continence Foundation Conference in November.

Her project entitled *“Telehealth assessment and management of stress urinary incontinence amongst women in rural locations: six case reports”* was supervised by Dr Judith Thompson and Dr Robyn Fary.

This is an excellent achievement, demonstrating the high quality research being conducted as part of the Masters of Clinical Physiotherapy, Continence and Women’s Health Major.

Congratulations to everyone involved.

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**Lee Conlan with Judith Thompson with her winning poster.**
Applied Prognostic Research Methods Course

In the last week of September, 17 staff and PhD students from the School participated in a five day intensive course on Applied Prognostic Research Methods.

The focus of the course was a conceptual framework in which to stage research into prognostic associations, prediction model/rules, causation and the stratifying of treatment effects. This framework allowed the identification of the research study designs, statistical techniques and inferences/conclusions that are appropriate to each of those stages of prognostic research. The feedback about the course from the participants was very positive.

The course leaders from the School, Associate Professor Peter Kent and Dr Anne Smith are very grateful to Associate Professor Alice Kongsted who travelled from the University of Southern Denmark, to volunteer her time and co-lead the course.

Manual Concepts
2017 COMT Programme

Manual Concepts will again run their COMT programme at the School in June next year and has kindly provided a complimentary place for one of our Nepalese colleagues Dr Ramesh Sada.

The School has been developing our relationship with the Nepal Orthopaedic Hospital over many years and the exchange programme provides our students with invaluable insights during their one month placement at the hospital, as well as helping them to deliver better musculoskeletal physiotherapy to their patients.

In recognition of this service to our students we have been able to arrange this complimentary place in a one month intensive post-graduate Musculoskeletal physiotherapy course run by Manual Concepts. Mr Krishna Nepal (Head of Physiotherapy at Tribhuvan Teaching Hospital) attended this course last year and found it to be an invaluable experience, so we are very pleased to be able to extend this opportunity to Dr Sada.

Many thanks to Toby Hall, Kim Robinson and the team at Manual Concepts for their very generous contribution to developing our vital international relationships.
Australasian Simulation Congress 2016
Several staff from the Faculty of Health Sciences represented Curtin at the recent Simulation Australasia Conference, held in Melbourne in September.

As well as chairing sessions, learning about new and exciting innovations in the world of simulation, hosting interest group meetings, attending the Australian Society for Simulation in Healthcare members’ meeting, and the Simulation Australasia Annual General Meeting, the group presented on a diverse range of topics:

Ms Jade Cartwright and Dr Janet Beilby – ‘Development and Use of a Digital Patient: A Virtual Resident with Dementia’.

Dr Diane Dennis and Dr Penny Moss – ‘A Comparison Between Two Physiotherapy Clinical Placements Models Involving a Simulation Based Placement and a Traditional Placement: is There a Difference in Student Competence Outcomes?’.

Congratulations Di, Penny, Jade and Janet.

Raine Study Annual Scientific Meeting
Her Excellency the Honourable Kerry Sanderson AC, Governor of Western Australia and Patron of the Raine Study opened the Raine Study Annual Scientific Meeting on Friday, 30 September. Professor Leon Straker presented a decade of research on spinal pain in adolescence on behalf of a team including Professor Peter O’Sullivan, Associate Professor Anne Smith and Dr Darren Beales.

Dr Joanne McVeigh, presented on the School’s research on physical activity and sedentary behaviour in the Raine cohort from 5 to 22 years of age. Anu Bharadwaj presented on a Raine Study project examining work design, on which Professor Straker is an investigator.

At the Raine Study Annual Scientific Meeting, Karen Richards was awarded a Raine Medical Research Foundation prize for her presentation on “Neck posture surprisingly is not associated with neck pain in adolescents”.

Well done everyone.
**Internationalisation of the School**

In 2016, the Times Higher Education World University Rankings rated Curtin University as the 26th most international university in the world (and the second most international university in Australia, just behind the Australian National University). Rankings are based on an international outlook indicator, which considers each institution’s proportion of international staff, proportion of international students and proportion of research papers published with at least one co-author from another country. This international indicator is one of five indicators that contribute to the overall university ranking, and is seen increasingly as a key indicator of the position of a university within a global society.

The School of Physiotherapy and Exercise Science has placed a strong focus on international activities in recent years. These include both out-bound and in-bound student placement opportunities, and identifying opportunities to promote our teaching and research outcomes, and our post-graduate programs internationally. Some of the tangible indicators of international activity for the School include the proportion of our students who are engaged in international placement opportunities (approximately 25% of final year physiotherapy students), the substantial growth in international student enrolments from 2014 to 2016 (52% increase in undergraduate and 44% in post-graduate enrolments), and the growing number of international research collaborations and publications with international co-authors.

The following pages detail some of the recent international activities that are helping to further strengthen the School’s international profile.

**Associate Professor Peter Kent**

**Aspetar Orthopaedic and Sports Medicine Hospital in Doha**

In the last week of October, Associate Professor Peter Kent gave an invited presentation on ‘How can wearable movement sensors help us understand and manage back pain?’ at the Aspetar Orthopaedic and the Sports Medicine Hospital in Doha, Qatar (aspetar.com). While there, he also spent three days working with the physiotherapy staff who are establishing a new spine centre under the guidance of Dr Kieran O’Sullivan (a Curtin physiotherapy Masters graduate).

**AND**

**University of Southern Denmark, in Odense**

Afterwards, Peter travelled to Denmark to work on a protocol for a new collaborative PhD on outcome trajectories of back pain. He also gave two invited presentations on research methods. The first was on ‘Multiple single case series designs’ for the Clinical Biomechanics Research Unit, University of Southern Denmark, Odense, Denmark. The second was on ‘From the study of regularity to the study of variability’ which was part of an inaugural Professorial Seminar at the Department of Sports Science and Clinical Biomechanics, University of Southern Denmark, for three new adjunct professors. (http://www.sdu.dk/en/om_sdu/institutter_centre/)
Thursday, 6 October Dr Andrew Lavender and Dr Vin Cavalheri hosted Professor Emerson Franchini and Dr Monica Takito, from the University of Sao Paulo, on a tour around building 408 and 400.

Professor Franchini and Dr Takito were in Perth visiting relatives and a friend (Dr Welber Marinovic from the School of Psychology at Curtin). They discussed the potential for future research collaboration in the areas of exercise training, combat sports (Judo, Karate, Jiu-jitsu) and women’s health.

As part of the visit, Celso delivered talks at APA WA (for the Cardiorespiratory group), at the Community Physiotherapy Service (WASON building in the city) and at Fiona Stanley Hospital. His talk at Fiona Stanley Hospital was video conferenced to nine other sites in WA and had massive participation of physios from these sites (including Bunbury, Midlands, Rockingham, SCGH, RPH, Hollywood Hospital, Fremantle Hospital and others). It was the first time the Physiotherapy Department at Fiona Stanley Hospital tried the video-link system and it worked really well.

Celso and Rafaella also had several research meetings during their stay in Perth and gave valuable feedback on the research conducted by students that Kylie and I are supervising. Associate Professor Celia Cornwell, Dean International, kindly organised a Curtin/USP dinner in South Perth with the aim of strengthening the link between Curtin and USP.

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Professor Keith Hill
Reducing Falls Risk for Older People in Singapore

In November, Professor Keith Hill was invited by the Singapore Ministry of Health to provide an intensive series of presentations, workshops, meetings and site visits to review and provide advice on current approaches to reduce falls risk for older people in Singapore. The visit was hosted by a new hospital (Khoo Teck Puat Hospital, KTPH), and Singapore General Hospital. KTPH is one of a number of new hospitals being built to high quality design specifications, aiming to provide healthy and quality environments for patients, with a particular focus on the growing ageing population. The visit provided a two way opportunity for sharing of best practice in both countries. Special thanks to Wendy Lim, Rehabilitation Manager at KTPH, and Gary Cheok (SGH) for their excellent hospitality (and some wonderful culinary experiences!)

While in Singapore, Keith also participated in a Post-Graduate Allied Health Institute (PGAHI) Board meeting (he is a board member on this organisation supporting increased post graduate allied health training opportunities in Singapore), and also met with one of his current PhD students (Eyvonne Sim) and co-supervisors at Singapore General Hospital (Dr Dawn Tan and Dr Yong Hao Pua) to discuss progress in her project investigating patients with residual problems following management of benign paroxysmal positional vertigo.

Visit by Danish Pain Researcher
Dr Henrik Bjarke Vaegter

Dr Henrik Bjarke Vaegter spent eight days working at the school in late November. Henrik is a physiotherapist and researcher who works in the Odense University Hospital Pain Centre in Denmark. He also runs a clinical pain registry that covers most of the geographic areas in Denmark.

While at the school Henrik worked closely with some of our researchers studying persistent pain and a number of collaborative projects were established. These included:

(i) two projects characterizing Danish patients with persistent pain and their treatment response (with Helen Slater, Anne Smith and Peter Kent),
(ii) a project investigating clinician-patient communication and understanding about MRI findings during clinical encounters with Danish people with low back pain (with Ivan Lin),
(iii) a study of attentional bias in patients with persistent pain (with psychologists from Curtin University, Murdoch University and the University of Western Australia),
(iv) an investigation of the effects of physical exercise on conditioned pain modulation (with Anne Smith),
(v) discussions about the potential for a study of Cognitive Functional Therapy with patients at the Pain Centre (with Peter O’Sullivan).
RESEARCH PUBLICATIONS

Articles published since last newsletter by staff and Adjuncts

Cui L, Astudillo GS, Allison GT. A neuromotor device for reducing phantom limb pain in individuals with spinal cord injury. In, MATEC Web of Conferences; 2016

Beales D, Mitchell T, Pole N, Weir J. Brief biopsychosocially informed education can improve insurance workers’ back pain beliefs: Implications for improving claims management behaviours. Work (Reading, Mass). 2016,

Edgar DW, Briffa NK, Wood FM. Whole arm water displacement volumetry is a reliable and sensitive measure: A pilot to assess acute postburn volume change. Journal of burn care & research : official publication of the American Burn Association. 2016: 37 (6), e508-e514

Ackerman IN, Briggs AM, Ngian GS, Van Doornum S. Closing the pregnancy-related information gap for women with rheumatoid arthritis. Rheumatology (United Kingdom). 2016: 55(8), 1343-1344 http://dx.doi.org/10.1093/rheumatology/kew024


Briggs AM, Jordan JE, Ackerman IN, Van Doornum S. Establishing cross-discipline consensus on contraception, pregnancy and breast feeding-related educational messages and clinical practices to support women with rheumatoid arthritis: An Australian Delphi study. BMJ open. 2016: 6(9), http://dx.doi.org/10.1136/bmjopen-2016-012139


RESEARCH PUBLICATIONS

Anthony DR, Gucciardi DF, Gordon S. A meta-study of qualitative research on mental toughness development. International Review of Sport and Exercise Psychology. 2016: 9(1), 160-190


Hall K. Early goal-directed mobilisation in the intensive care unit is feasible and safe, and increases both the level and duration of activity synopsis. Journal of physiotherapy. 2016: 62(4), 225-225 http://dx.doi.org/10.1016/j.jphys.2016.07.005


Liew BXW, Morris S, Netto K. The effects of load carriage on joint work at different running velocities. Journal of Biomechanics. 2016: 49(14), 3275-3280 http://dx.doi.org/10.1016/j.jbiomech.2016.08.012


Brakenridge CL, Fjeldsoe BS, Young DC, Winkler EAH, Dunstan DW, Straker LM, Brakenridge CJ, Healy GN. Organizational-level strategies with or without an activity tracker to reduce office workers’ sitting time: Rationale and study design of a pilot cluster-randomized trial. Jmir Research Protocols. 2016: 5(2), http://dx.doi.org/10.2196/resprot.5438


Wood J, Hill K, Mulrennan S, Morey S, Cecins N, Jenkins S. Telehealth increases clinic attendance and has high satisfaction amongst adults with cystic fibrosis living in rural and remote Western Australia. Pediatric Pulmonology. 2016: 51, 397-397
RESEARCHER IN PROFILE
Dr Robyn Fary

1. In 25 words or less, tell us about your research.
In recent times I have worked with the musculoskeletal translational team in the area of rheumatoid arthritis. Now I cover a wide range of areas from physical activity in the older adult to telehealth and mental health.

2. What drove you to this / what motivates you to carry on?
Interest and students. I love the detective work associated with research, and the people with whom I work. I like my research to have real world application.

3. What is currently in your inbox / a project you are working on?
A collaborative project with Susan Hunter in Canada looking at how physiotherapists use tools to assess balance and falls risk.

This is an important and growing area of research interest and activity.

Congratulations to all involved.

Associate Professor Daniel Gucciardi Defence Research Grant

Congratulations to a team led by Daniel Gucciardi, on being awarded a Defence Research Grant.

Daniel is working in collaboration with Dr Kagan Ducker and researchers in the School of Psychology and Speech Pathology, Nikos Ntoumanis, Cecilie Thøgersen-Ntoumani and Eleanor Quested, as well as colleagues from UWA and Macquarie University. The project, “A dynamic and temporal perspective to optimise to team resilience“ is being funded through DST Group Human Performance Research Network (HPRnet) grants for $416,949 and will involve two PhD scholarships.

This is an important and growing area of research interest and activity.

Congratulations to all involved.

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Several of our School staff have had success as Chief Investigators or Associate Investigators on NHMRC grants announced in December:

**Professor Peter O’Sullivan and Associate Professor Anne Smith** are Chief Investigators, and **Associate Professors Andrew Briggs and Peter Kent** are Associate Investigators on a NHMRC Centre for Research Excellence in Total Joint Replacement Optimising Outcomes, Equity, Cost Effectiveness and Patient Selection (CRE OPUS). The CRE is led by Professor Choong, with the grant auspiced by The University of Melbourne, and runs from 2017 to 2022. Funding - $2,500,000.

**Professor Leon Straker** is a Chief Investigator on a NHMRC Project grant led by Professor Danny Green, auspiced by UWA. Title: “Developmental Origins of Adult Cardiovascular Disease: Vascular Health in the Raine Cohort”. Funding - $1,087,427.

**Professor Leon Straker** is an Associate Investigator on a NHMRC Project grant led by Professor David McKay, auspiced by UWA. Title: “Young adult myopia: genetic and environmental associations.” Funding - $809,271.


**Dr Meg Harrold** is an Associate Investigator on a successful NHMRC project grant, led by Carol Hodgson and auspiced by Monash University, Title: “Treatment of invasively ventilated adults with Early Activity and Mobilisation”. Funding - $1,467,137.

**Associate Professor Graham Hall** is one of the Chief Investigators on a NHMRC Project grant - Biomarkers to define the treatment end-point for pulmonary exacerbations in cystic fibrosis. The other Chief Investigators are S Stick, S Ranganathan, R Trengrove, H Tiddens, L Turkovic, T Rosenow. Auspice UWA. Funding - $1,000,000.

Associate Professor Andrew Maiorana was successful in receiving a National Heart Foundation (NHF) Vanguard Grant of $75,000 for:

**A randomised, controlled trial of water-based exercise training in people with stable coronary heart disease.**

Synopsis: The study will investigate the effects of exercising in the water for people with heart disease. Participants will be randomised to 12 weeks of matched moderate intensity water-based or gym-based exercise, or a control group where they maintain their usual activities. The effects on blood vessel health and function, brain blood flow, fitness, strength, body composition and blood test parameters will be compared before and after the intervention period. It is anticipated this study will provide health care professionals with important information about the effects of water-based exercise in people with heart disease, providing an evidence-based option to increase their engagement with regular exercise.

**Anna Scheer**, PhD candidate in the School, is an Associate Investigator on the project.

Congratulations to Andrew and Anna on this grant.

Congratulations to all staff, particularly Meg as this is her first success with NHMRC.
Kevin was interviewed for the report on the NSW’s Breakers which will now be Australia's first female domestic team to go fully professional in the cricket world, which is a huge breakthrough for women athletes looking for pay equality. This comes after Netball Australia has announced they would double players’ wages last month and earlier in the year, the AFL has announced they will now have a professional women's league.

More information is on: Radio Adelaide

More children are being treated for trampoline related incidents than ever before
Channel 7, Today Tonight report on Wednesday, 16 November.

Kevin discussed the increase in trampoline related incidents in children – overtaking football, with nearly 2000 presentation to PMH Emergency Department each year.
You can watch the report on: Channel 7 Perth

Dr Elissa Burton
Study to Monitor SwanCare Residents wearing Fitbits
Community News article on Friday, 30 September.

Dr Elissa Burton spoke about the opportunity for seniors to gain confidence and strength using new technology—Fitbits—in a two week study.
Read the article in full on: Community News

Dr Andrew Lavender
Cracking Knuckles—Bad Habit or Not?
6PR Mornings, interview with Gary Adshead on Monday, 3 October

Andrew advised that early research indicated that the gases in the synovial fluid pop when you crack knuckle joints. The synovial fluid is the 'lubricant' in the joints that reduces the rubbing of the bones when moving the joint. As long as there is no pain from cracking bones, then there is no problem.
The interview can be listened to on: 6PR Perth

Do YOUR joints creak and crack? Expert reveals exactly what’s behind the noises and if it can lead to arthritis
Singapore News and Health Medicine Network articles on Wednesday, 5 October

Andrew provided more information about those noises—likely due to movement of the tendon over bone and the shift in position may cause a “pop” sound as it snaps back to its usual place. Loud or soft, often or not, it is quite normal. There are many causes of arthritis and osteoarthritis, however there doesn't appear to be any convincing evidence there is a link with that cracking sound.
The articles can be read in full on: Singapore News, Health Medicine Network

Health Check:
Why do we get a stitch and how can we stop it?
Articles in The Conversation and the Kenya Star on Tuesday, 8 November and interview on 2UE

Andrew was interviewed for an article on stitches, also known as “exercise-related transient abdominal pains”. and how we can stop getting them.

Andrew suggests not eating a large meal in the two hours prior to exercise, avoid sugary drinks like soft drinks and juice and stay well hydrated during your exercise session (with water).
The articles can be read / heard in full on: The Conversation, Kenya Star 2UE Sydney

Make tomorrow better.
Dr Leo Ng
Ideal Running Style: should your foot hit the ground heel or toes first?
*Article in The Age, by Sarah Berry, Saturday, 26 November*

Dr Leo Ng is the lead author of a study on the running styles of 26 participants. Impact and load were measured using sound and 3D motion technology.

The load on joints changes when using a rear-foot and forefoot strike technique, which can pre-dispose the runner to certain types of injuries. Does changing your footwear reduce the risk of injury? What is your running style—are you risking long term damage?

Read the article in full on: *The Age*

Professor Peter O'Sullivan
Back Pain
*720 ABC Breakfast interview with Peter Bell*

In November Professor Peter O'Sullivan was interviewed about back pain. Population studies show that many people who have back pain can carry on with their life, while a small group become disabled. Back pain often means that your structure is sensitive, which may be because you are tired, under pressure and hadn't been as active as you should.

More information is on: *720 ABC Perth*

Associate Professor Andrew Briggs
Keeping Bones Strong
*The West Australian article by Susan de Ruyter, Wednesday, 2 November*

What do you know about Osteoporosis? Susan de Ruyter writes about a recent fall, resulting in the need for a bone density scan. She spoke to Associate Professor Andrew Briggs on *World Osteoporosis Day*. "We are increasing attention on optimising how the health system works to support people who have minimal trauma fractures," he said and says Osteoporosis does not have to be an inevitable part of ageing.

Read the article in full on: *The West Australian* (Health Section)

Professor Leon Straker
Staying Well
*2UE, Sydney interview with David Prior on Wednesday, 26 October*

The interview highlights the importance of being active and refers to the recent study made by Curtin University and Safe Work Australia. Sedentary jobs are creating a growing range of health risks. Professor Leon Straker refers to the amount and jobs that now require people to sit for long periods of time.

More information is on: *2UE Sydney* (Staying Well)

Karen Richards
Posture may not be to blame for neck pain
*Reported in various articles and interviews in December*

These reports refer to the Raine study that examines the link between neck posture and neck pain in adolescents. Turns out poor posture and slouching over your computer won't necessarily put you at risk of neck pain and headaches.

The study involves more than 2800 participants who are asked to sit in varying positions—slumped thorax intermediate, upright and forward head and "none of these, however, were found to be associated with persistent neck pain, neck pain in a sitting position, or headaches in 17-year-olds," said lead author Ms Karen Richards.

The research did find that bio-psychosocial factors, such as exercise frequency, depression and Body Mass Index (BMI), did have an association with headache and neck pain.


Make tomorrow better. http://curtin.edu/ptes

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**CPDANZ Meeting**

The School hosted the Council of Physiotherapy Deans, Australia and New Zealand (CPDANZ) meeting on 6 and 7 October. This meeting, held every six months, involves a representative of each of the 22 universities that run Physiotherapy courses.

These meetings provide a broader perspective on issues that might be affecting physiotherapy courses in other parts of the country, as well as strategic issues that may be affecting the physiotherapy profession and impact on our curriculum. For example, the meetings always involve a session with each of the Australian Physiotherapy Association, the Australian Physiotherapy Council and the Physiotherapy Board of Australia (they are actually three separate bodies who have different responsibilities) in which the last couple of meetings issues such as Accreditation Standards for Entry Level Courses, Prescribing Rights for Physiotherapists and the future of Postgraduate Titling and Specialisation are discussed.

**Staff Development Day and End of Year Function**

On Friday, 9 December more than 60 staff attended the annual staff development and end of year function at the Zoo. This year had a slightly different format starting with the Tycoon Challenge (zipping around the Zoo to answer the questionnaire), followed by an informal Staff Meeting and ending with a Trivia Quiz.

A number of underhand tactics were employed by a few unscrupulous staff to be the first in with their questionnaires to gain bonus points. The overall winners of this very competitive challenge was “The Cheetahs” and the clue to their success could well be in the name! Begrudging congratulations to Daniel, Julie, Lex, Paul, Kylie, Leo, Alan and Lauren.

The informal staff meeting was a good opportunity for staff to sit down after the mornings activities and raise (and discuss) issues regarding School processes and how these can be improved.

Richard and Tracy plumbed the depths of our trivia knowledge and provided a fun way to end the formal part of the day. Top marks to Meg, Kerry, Anne-Marie, Kevin, JohnO, Angela and Rob who proved no-one matches their bank of trivial information!
Dr Ronald I Shorr MD, MS
Guest Lecture

Dr Shorr directs the Geriatrics Research Education and Clinical Center (GRECC) at the North Florida / South Georgia Veterans Health System and is also a Research Professor of Epidemiology at the University of Florida, USA.

While in Melbourne for the Falls Prevention Conference, Dr Shorr was persuaded to take a detour to Perth and presented a lecture at the School, in conjunction with AAG (WA) on: “Preventing Hospital Falls: Balancing vigilance, autonomy, cost and gravity.”

Over 50 people from private practice and the public health service across the metropolitan areas came to hear him speak, with a large number staying on for refreshments to network afterwards.

The visit was coordinated by Associate Professor Anne-Marie Hill, who collaborates with Dr Shorr. Anne-Marie organised a number of meetings and related activities for Dr Shorr during his visit.

Healthy Competition
Staff V Students Beach Volleyball

The students are challenged staff again in another sport, Beach Volleyball. Leo Ng rallied nine staff to make up a team to take on the students on Friday, 7 October.

Newer staff got to meet colleagues that they don’t normally work with and the students got to see another side to their lecturers.

Everyone won a few and everyone lost a few, and then Tim and Tara paired up to show everyone how the game should be played.

Leo Ng, Tim Mitchell, Vin Cavalheri, Kagan Ducker, Tara West, Bea De Oliveira and Lauren Shelley.
END OF YEAR CELEBRATIONS

3rd Year ESRS Graduation Dinner was held on Saturday, 3 December at Crown Casino, Studio 2.

3rd Year Physiotherapy Annual Dinner was held on Friday 11 November at the Perth Zoo.

The 4th Year Physiotherapy Graduation Dinner was held on Saturday, 19 November at the Pan Pacific Hotel.
Wishing all our staff, students and external colleagues a safe and happy Christmas break.

END OF NEWSLETTER

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Please provide a photo (if applicable) with your news

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