Welcome to the mid-year edition of the School Newsletter. The first half of the year has flown by quickly and we’ve well and truly settled into the academic year. We have celebrated a number of staff milestones including seven staff recognised for ten years of service to the university. The school has trialled a new system of assessment of practical skills for a number of units in our entry level courses in both disciplines of exercise science and physiotherapy. Whilst this was an extremely complex process in terms of managing this change and the set up of the exams, early signs seem to suggest that this has been successful. I’d like to thank all staff that have been involved in this as it has been a team effort on a large scale with a great deal of academic and professional staff commitment.

We have continued with the trend of excellent success in research grants from late 2017 with a number of staff being successful in the last couple of months (read about these in the research news section). There have also been a number of social events over the last few months involving both staff and students.

Personally I have enjoyed moving into the role of Acting Head of School and have appreciated the support of Kathy Biffa as Acting Deputy Head of School and Janet Hutson. You may or may not have heard rumours of a stoush between me and a guinea pig at home that resulted in me having to wear a moon boot for six weeks. Fortunately Hazel and I have made our peace and I am comfortably mobilising moon boot free.

Peter claims to have made peace with Hazel and provided these photos as proof. I don’t know about you, but Peter’s expression looks like he has evil intent and he appears to have Hazel in a strangle hold (right). The photo on the left shows quite clearly she is being held hostage in a cage!

Ed.
APA Symposium Awards

The APA WA Symposium 2018 was held on Saturday, 12 May where they announced the following awards:

Contribution to the Profession (APA member) – Tim Mitchell
Contribution as an Emergent Researcher – JP Caniero
Presidents Award – Keith Hill.
Congratulations to Tim, JP and Keith

A number of School staff were involved in workshops and presentations on the day (See page 6 for more about the symposium)

**********

New Receptionist in Wellness Clinic

Pamela Winkell joined the Health and Wellness Centre reception team in May as casual receptionist while Lyn Haigh is on long service leave.

Pamela brings with her significant experience in program administration and customer service from 360 Health + Community. You will find her working Wednesday to Friday on the front desk in 404

STAFF PROFILE
Rosette Corte
Real Mascarenhas

1. In 25 words or less, tell us about the main elements of your current role.

Being an administrative assistant I have my finger in many pies. Apart from being the “beautiful face” of the school and assisting with queries of all sorts, my main duties include (but by no means limited to) editing student guides, ordering stationary, look after archiving and recruiting patients for exams.

2. What drives you / motivates you to carry on?

Each day is different at reception. The fast pace and multi-tasking keeps me on my toes. Setting and meeting deadlines also gives me an immense sense of accomplishment.

3. What is currently in your inbox / what project are you currently working on?

Patient reminders for End Of Semester exams and editing next semesters Student Guides (yes already!).

4. Your best / most memorable/most outstanding experience and why?

My most memorable experience would be my first year as a teacher which made realise what an important role I played in shaping young minds to reach their potential. Juggling the responsibility of meeting high professional standards and meeting the needs of students was something I enjoyed.

5. If you weren’t working in this role, what would you be doing?

In a heartbeat I’d be in a classroom full of teenagers.
STAFF NEWS

Celebrating 10 Years at Curtin and meeting the new PVC

Over the last three months, seven School staff have been recognised for their service to Curtin.

Dr Jenny Downs, Dr Leo Ng and Rob Waller were presented with certificates and gifts for their ten years at Curtin and we celebrated with a School morning on Friday, 5 April. All three were asked to provide an anecdote about their work and time with Curtin.

On Tuesday, 29 May we also celebrated the ten year anniversary for Julie Bayliss, Dr Elissa Burton, Marg Coleman and Dr Judith Thompson. Whilst all the anecdotes on each occasion were interesting or amusing (or both) the award goes to Marg who recounted her early days as an exam invigilator. After being introduced to the new member of the exam invigilating team, trying to be helpful, Marg then proceeded to instruct her on the exam process …… that “new” invigilator was only the late Emeritus Professor Joan Cole—who had been Head of School for 18 years!

The new Pro Vice-Chancellor started on 17 April and Professor Archie Clements was able to join us at the morning tea in May to meet some of the School staff and help us celebrate these milestones.

Congratulations everyone on achieving this milestone.

Emma Koontz commenced on Monday, 25 June in her role as a Practicum Coordinator/Supervisor for the Exercise Science course. Emma is transitioning into the role of covering part of the role that Jess Colliver currently undertakes (Jess commences her parental leave at the end of next week). Jess’ tasks are being split between Emma and Tom Kimmet with Emma also covering some of Tom’s supervision down at Cockburn ARC so she will be located some of the time at Cockburn and some of the time in the School.

Rob Schutze also joined us on Monday in a two year Research Fellow position as a part of the Restore NHMRC project that Peter Kent is leading with a team from the School. Rob has had some contact with the School through research collaborations with the research team members as well as a little sessional teaching.

Ray Davey officially commenced on Monday, 18 June in his role as a Research Officer for a National Heart Foundation project under Andrew Maiorana. Ray has taught on a sessional contract with the school for a couple of years now in a range of our Exercise Science units. Ray will be assisting with research tasks under the grant as well as some teaching in semester 2 units.

WELCOME!

Make tomorrow better.
Curtin represented at the Commonwealth Games

Twelve students from Curtin represented Australia in the Commonwealth Games in April, one being a Physiotherapy student, Jake Harvie. Jake, along with Daniel Beale, Matthew Dawson and Aran Zalewski were part of the Australian men’s hockey team (the Kookaburras) and brought home gold.

Congratulations to Jake and the rest of the Curtin students who competed.

********

Annual Scientific Meeting of the Thoracic Society of Australia and New Zealand

Masters student, Hayley Rice was awarded not only the best Poster in the session she presented (Respiratory Infectious Diseases), but also the Best Overall Poster Award during the Annual Scientific Meeting of the Thoracic Society of Australia and New Zealand, held in Adelaide in March.

Hayley’s study title was “Greater clinical frailty and more severe disease in adults hospitalised with community acquired pneumonia is associated with lower step count”. Congratulations Hayley!

********

Masters Presentation

Our Masters students presented their research proposals for semester on Thursday, 24 May. The standard was extremely high and the proposals generated interesting and lively discussion. Well done everyone!
Exercise Right Week
22 and 25 May

The Exercise Science course organised an event in collaboration with ESSA’s Exercise Right Week again this year.

First and second year students led pre-exercise screenings for readiness to exercise and assessments of cardiorespiratory fitness during the two morning sessions. Over the two days we met 91 clients from the community which assisted in assessing 289 of our first and second year students. This event allows students to experience a real world application of their chosen profession.

A big “thank you” must go to all the staff who came down to participate, in particular those that helped fill in cancellations and completed two sessions (Paul Davey, Tanya Blee and Angela Spence) even those who bragged about their superior results (Janet Hutson*). We had several eager staff members who competed the 2.4 km run—Andrew Maiorana, Tanis Kelly and Tracy Redwood, great work!

We would also like to thank Richard and Renae who helped out with all things equipment and logistics. We hope everyone enjoyed the experience.

Jess Colliver, Peter Gardner, Carly Brade and Sian Williams (from NZ).

* In my bragging defence, considering my year of birth was recorded as 1693, I thought my results were quite exceptional for my age!
APA WA Symposium 2018

APA WA hosted its Symposium 2018 at Technology Park on Saturday, 12 May. Leo Ng chaired the organising committee and was MC for the event.

A number of School staff were included in the day’s events with presentations on:

Lex de Jong - Evaluating the feasibility of providing a newly developed multifactorial falls prevention programme for community-dwelling patients after stroke.

Stephanie Parkinson - Lateropulsion/pusher syndrome in stroke.

JP Caneiro - Pain-related fear and the process of change in persistent low back pain.

Vinicius Cavalheri - Physical activity in people with lung cancer: effectiveness of exercise training, physical activity guidelines and barriers to its implementation.

Mervyn Travers - Lift, Rest, Repeat - Optimal gym based rehabilitation for physiotherapists.

Anne-Marie Hill - Reducing falls with exercise what where and how?

Rob Waller - What’s associated with pain sensitivity in young adults?

Congratulations to everyone for organising and being selected to participate in this symposium.

Falls Prevention Forum in Bunbury

On Friday, 15 June the Australian Association of Gerontology organised a regional Falls Prevention Forum, titled Multidisciplinary perspectives on preventing falls for older hospital patients and in their transition back home.

Among the speakers for the Forum, Anne-Marie Hill presented on her successful randomised trial identifying that a patient and staff education approach for older hospital in-patients can significantly reduce falls, and Keith Hill presented on a collaborative project with Chris Toye and Sue Slatyer from the School of Nursing, Midwifery and Paramedicine and Sir Charles Gairdner Hospital, on the increase in risk of falls for older patients who experience "bed-moves" (transfers between rooms / wards that are becoming much more common in hospitals).

The Forum attracted 60 participants from across the South West region, and as far north as Geraldton.

Update Evening for Clinical Supervisors

The School is hosting our next clinical update session on Monday, 30 July. Dr Tim Mitchell will be presenting “Making sense of BIOpsychosocial management”. The main focus of this session is intended for Curtin clinical supervisors and although it is aimed at those in a musculoskeletal environment, anyone is welcome to attend. More information is on the back page. If you wish to attend, please email your RSVP to Rosette on reception@physio.curtin.edu.au

Make tomorrow better.
On Thursday, 28 June the School, in collaboration with the Physiotherapy Alumni Chapter organised for Dr David Putrino to present Saving the world with science and story - disruptive innovation in healthcare.

As the Director of Rehabilitation Innovation at the Icahn School of Medicine at Mount Sinai in New York, Dr Putrino shared his passion for using innovative technology to monitor and enhance human performance. His work is making a difference to the rehabilitation and high performance athletic communities.

The presentation was very well received with over 100 people attending. The talk was engaging, inspiring and emotional, all at the same time. Many people used the networking opportunity to chat and mingle with friends and colleagues after the presentation.
In March, Professor Keith Hill was invited for a two week visiting Professor role at Mah Fae Luang University in Chiang Rai, Thailand involving both teaching and research components.

During the visit Keith provided lectures to 3rd and 4th year physiotherapy and public health students on topics including falls prevention, vestibular dysfunction, dementia, and health promotion aspects of falls prevention. He also ran the majority of a two day falls prevention workshop for 100 physiotherapists (including some who travelled from Phuket and Bangkok) and 120 physiotherapy students. He also presented to the School staff on Curtin University and our School’s research activity, and met with a number of staff individually to discuss their research activity and potential for future research collaborations.

The visit was coordinated by Dr Kitchana Kaekwaen. Kitchana and other staff at the Physiotherapy School were excellent hosts providing Keith with a number of sightseeing trips to temples, the Black House (housing interesting contemporary art works and furniture) and to the Golden Triangle region. And of course, he was able to sample a wide range of the wonderful local food!
After 24 hours in planes and transit lounges I touched down in Xining, a provincial city of over 2 million people in Qinghai Province, Western China. The next day was spent recovering from the flight and adjusting to the high altitude (2500m), in preparation for the six hour drive to the regional city of Qilian (pop. 100,000), located in the mountains of the Tibetan Autonomous Region. In contrast to the high population density and westernization of Eastern China, Western China has large areas that are sparsely populated and still rely heavily on traditional Tibetan Medicine. It is also an area characterised by high rates of cardiovascular risk factors, for example hypertension is present in over 50% of the population aged over 40 years of age, but public awareness of cardiovascular risk factors is low and strategies for addressing cardiovascular risk are yet to be implemented. It’s against this background that we’re establishing a project with local physicians to evaluate an education and risk factor monitoring program for hypertension, delivered through Chinese social media (WeChat).

Mountain view on the road to Qilian. The region is know as ‘the Switzerland of the East’.

On our arrival in Qilian, we were greeted by representatives from the Health Department and local hospital who gave us a tour of the hospital facilities. The hospital consists of two separate buildings, one which provides Western Medicine and the other Tibetan Medicine. We were informed that much of the equipment at the Western Hospital had been donated by benefactors (usually superseded equipment from other hospitals). Clearly the affluence of Eastern China hasn’t extended this far west. Never-the-less, the local medical and nursing staff were very proud to show off their facilities and undoubtedly do a remarkable job treating the local population despite their limited resources. Visiting the Tibetan Medicine Hospital was very interesting, with some therapies on display that have made it to Australia (acupuncture, hot cupping), and others that are less common here, such as herbal baths. The local population use a combination of the two medical approaches, but many still prefer the traditional method.

Qilian County Hospital with local authorities

The following morning the local Governor for Health convened a ceremony to initiate our project which was attended by medical and nursing staff, an array of local dignitaries and the local media… all a bit overwhelming as it was a highly formal affair. These formalities were undoubtedly an indication of the gratitude of the local health authorities for our endeavours to improve cardiovascular health in the region. Not speaking the language, I did a lot of smiling and nodding! I then delivered a presentation to staff on “Physical activity and cardiovascular risk reduction”… with me talking in English and Tashi translating into the local dialect.

Continued on next page …..
Attentive class in Qilian County Hospital.

After travelling back to Xining I had the opportunity to tour the Qinghai University Affiliated Hospital and give a presentation to staff there (the hospital is also a site for our research project). This hospital was quite a contrast to the hospital in Qilian; much more like a big tertiary hospital in Australia, except the staff uniform is like something from the 1960s with all the doctors wearing lab coats and nurses wearing caps (standard throughout China). I delivered my presentation on “Cardiac rehabilitation in Australia” in English again, but this time Tashi had converted the text on my slides into Chinese characters to help with the translation.

The last leg of the trip was to Shanghai for the Oriental Congress of Cardiology (OCC). It’s hard to believe Shanghai and Qilian are in the same country! Zhongshan Hospital (aligned with Fudan University) has modern facilities that would be the envy of many Australian hospitals, although I’m not sure how keen Australian medical registrars would be to take on the workload of their Chinese counterparts - 100+ consults a day!

At the OCC I presented in the cardiac rehabilitation symposium. As an extracurricular activity for delegates of the symposium, the organising committee arranged a Tai Chi session on one morning, providing participants with a fitted Tai Chi uniform. The Tai Chi Master who took the session was very passionate about his craft (and a very big man by Chinese standards). At the conclusion of the session, he wanted to make the point about how Tai Chi makes you stronger and started challenging participants in the session to a wrestle to prove this – the challenger would approach him, they would lock arms and then the master would pick them up and throw them several meters across the bitumen. I tried desperately to be inconspicuous at the back of the crowd, but it’s a bit difficult when you’re the only foreigner! The Master of course spotted me and called me up to wrestle (much to the cheers of the crowd, so I didn’t have much choice). After engaging in a wrestle and holding my ground for several seconds, I too went the way of those before me, being launched through the air and only just managed to keep my feet as I stumbled across the bitumen on landing – all good, no damage done!

All in all it was an extremely beneficial trip. Having the opportunity to get a clear sense of the health services ‘on the ground’ in China, and the challenges and cultural context of healthcare in different Chinese regions, will be invaluable in helping us deliver on our current project and inform our future work in the area.
FAPESP Sprint grant for building research collaborations in Brazil

Late last year, Associate Professor Chris Toye, Dr Sue Slatyer and Professor Keith Hill were awarded a two year FAPESP Sprint grant with Professor Alessandro Jacinto in Sao Paulo, Brazil to build a collaborative research partnership, undertake a small pilot project, and to work towards a large collaborative research grant application by the end of the grant period. The project focus is on improving health literacy for caregivers of older patients being discharged from hospitals.

In the first step of this collaborative project, Keith and Sue spent a week in May visiting Professor Jacinto’s hospital and University (UNESP) to refine the proposed project activity. During the visit, Professor Jacinto also provided tours and insights into some of the challenges of the health care system in Botucatu (three hours drive from Sao Paulo, where the Brazilian component of the project will be conducted), as well as some areas of excellent practice, often with relatively limited resourcing.

Keith also spent two days at the University of Sao Paulo with senior researchers in falls prevention (Associate Professor Monica Perracini, and Professor Jose Eduardo Pompeu). He had an open discussion with Monica’s research team regarding similarities and differences in falls prevention in Australia and Brazil, and observed an innovative large scale exercise and aging RCT being conducted. Keith presented on some of the recent large scale falls prevention RCTs he has been involved in in Australia, as well as promoting the School’s research program.

Special thanks to Vin Cavalheri for helping the collaboration with making the links with Monica and Jose, and to Vin and Bea for introducing Keith to Brazilian cuisine and alcohol at Lapas Restaurant in Perth before the trip.

Again, there was the opportunity for Keith to experience some of Sao Paulo in terms of the wonderful generosity of the people they met, some great food (especially feijoada) and drinks (including Caipirinha cocktails).

We look forward to hosting Professor Jacinto when he visits us in October to progress the health literacy project.

Also making the news ……

The APA InMotion magazine interviewed six Australian physiotherapists, including our very own Professor Keith Hill, who are leading the way in the profession through education and research in the article “Taking the Lead” on page 32 of the June edition. You can read the article in full on: http://www.physiotherapy.asn.au/APAWCM/Research_and_Publications/Publications_and_Advertising/InMotion/
Elissa was recently invited to become a member of the REABLE international network, which includes researchers from around the world whose research focus is in reablement (in general short-term home care services aimed at getting the older person back to living independently without the need for ongoing services). The group recently came together for a three-day workshop in Stockholm, Sweden to discuss what has been done in different countries over the last 20 years and ideas for publishing a book and journal articles as a group. The next meeting will be held in Trondheim, Norway in November where the group aims to work on many of the publications and really present reablement as an important aspect of ageing well and living independently.

********

International Placement at Curtin by Elizabeth Houlding

I always planned to do an international placement in Perth. Now, travelling all the way from Ottawa, Canada I have come to work with Associate Professors Helen Slater and Andrew Briggs as a part of a work-study cooperative placement. Over the past few weeks, I have begun coding and analysis of over 1800 clinician surveys on the treatment of osteoarthritis. By the end of this project, we hope to gain insight as to the attitudes and confidence of healthcare practitioners from different disciplines (including physiotherapists, primary care nurses, general practitioners, general practitioner registrars) regarding treatment and perceived barriers to delivery of best-practice care. Through this work I will gain valuable research experience and hope to gain an understanding of how knowledge is translated into applied healthcare settings.

While here, I hope to get used to the left-sidedness of things and stop bumping into people. This weekend I will be going on a road trip south and plan to go swimming every day! Already I have been to several beaches around Perth and Binningup to swim in the ocean and scan the beach for shells and creatures. My roommates have taken me bush walking barefoot by the Canning river and also up to Kalamunda to walk some of the Bibbulmun track. I am loving the sunny days and warm weather after a long winter in Canada. A big Thank You to my amazing supervisors for providing me with such a great opportunity and to everyone here who has given me such a warm welcome.
Dr Vin Cavalheri
Curtin—USP Research Collaboration

In April Dr Vin Cavalheri travelled to Brazil sponsored by a ATN-FAPESP grant (SPRINT) that Associate Professor Kylie Hill and Vin have been awarded to build research collaboration with Prof Celso Carvalho’s research group at the University of Sao Paulo. During the visit, Vin provided lectures on physical activity and cancer as well as on evidence-based practice.

Top Right: Professor Celso Carvalho organised Vin’s lecture at the School of Medicine in the University of Sao Paulo (USP) on “Physical activity and cancer: prevention, prehabilitation and treatment”.

Right: Vin was also invited to provide his cancer and physical activity lecture for the HRD students of the Physiotherapy and Exercise Science program at Sao Paulo State University (UNESP).

Below: Vin presented his lecture on “Evidence-based practice, database search and systematic review” to the supervisors and HRD students of the Rehabilitation Sciences program at Londrina State University (UEL).

Whilst in Brazil, Vin also had the opportunity to be an examiner of a PhD oral defence at the School of Medicine in the University of Sao Paulo (right).

********

University of Southern Denmark—Applied Prognostic Methods
Associate Professor Peter Kent

In May 2018, Associate Professor Peter Kent visited Denmark for two weeks, sponsored by the Department of Sports Science and Clinical Biomechanics at the University of Southern Denmark. Along with collaborative research activities, he co-taught a five day intensive course on Longitudinal Prognostic Research Methods.

The course was over-subscribed and participants were physiotherapy, nursing, medicine and chiropractic PhD students from across Denmark. The participants were enthusiastic, with 72% rating the course as highly relevant to their studies (the remainder rating it moderately relevant) and 93% stating that they would definitely recommend the course to others (the remainder rating that they would probably recommend it).

This is the sixth time this course has been taught, having also been taught at Curtin in 2016 and 2017. Peter has been invited back to the University of Southern Denmark next year to continue these collaborative activities.
With Professor Graham Hall joining the School in 2016, we have been able to strengthen our collaborative ties with the Telethon Kids Institute. The Institute’s team is involved in a number of exciting national and international projects:

Collaboration with Telethon Kids Institute Children’s Lung Health team.

The Children’s Lung Health team at Telethon Kids Institute aims to improve the diagnosis and management of lung diseases from infancy to early adulthood through the assessment of lung growth and development in health, and in a variety of lung diseases including asthma, cystic fibrosis, chronic lung disease of prematurity and neuromuscular diseases. Research within this team is centered around: examining childhood lung disease, tracking lung growth from infancy to adulthood, and translating research outcomes into clinical practice.

The Children’s Lung Health team works collaboratively both nationally and internationally including with the School of Physiotherapy and Exercise Science via staff projects and postgraduate student enrolments.

New Projects

Dr Rachel Foong received an NHMRC Early Career Fellowship and Raine Medical Research Foundation Priming Grant in 2018 to undertake studies identifying environmental factors that impact asthma risk in Western Australia. She will also study the prevalence and severity of asthma in the state. Rachel is currently working with Professor Graham Hall on a study that aims to develop lung function reference ranges in Aboriginal Australians. In partnership with Telethon Kids Institute and Curtin University, this project will be conducted at the Derbarl Yerrigan Health Service in Perth and Broome Regional Aboriginal Medical Services. Ms Rebecca Hii will be enrolling in her PhD through Curtin University to undertake some of this work over the next few years.

Dr Shannon Simpson and her team (including Curtin PhD candidate Rhea Urs) have commenced two NHMRC funded projects in 2018. The first project, led by Professor Graham Hall, is longitudinal study of very children born very preterm. Over the last decade, researchers have followed the progress of 200 babies born at less than 32 weeks’ gestation, along with 67 controls born at full term. Findings from previous follow-up on this cohort show that survivors of very preterm birth are at risk of declining lung function as they get older – rather than growing out of any lung problems as previously believed. As these survivors of preterm birth now approach early adulthood, researchers will investigate whether their lung function trajectories continue to decline or have stabilised. Results from the previous follow-up of this cohort were published in March 2018 in The Lancet Child & Adolescent Health and received quite a bit of media attention. Shannon presented her findings in Auckland to the Perinatal Society of Australia & New Zealand in the same month.

Shannon is also leading an NHMRC funded new investigator project in 2018. This project is a randomised control trial to identify markers of inflammation in the lungs and how they change after treatment with a common asthma medication, the inhaled corticosteroid fluticasone. She hopes that lung function trajectories can be improved for children born preterm.
New Projects continued ...

Professor Graham Hall, Dr Andrew Wilson (adjunct) and Masters student Dr Adelaide Withers secured funding from the Duchenne Parent Project Netherlands for a study that aims to identify objective outcomes to predict the onset and progression of respiratory diseases in children with neuromuscular disorders (NMD). This study deeply engages the NMD community via ongoing collaborations with Muscular Dystrophy WA and continuously seeks feedback from an established community reference group. The research team hosted a community event in March 2017 “an evening with researchers” to inform the community about the latest respiratory health research in neuromuscular conditions.

Awards, Funding and Presentations

Dr Rachel Foong was awarded a Rob Pierce Grant-in-Aid from the Thoracic Society of Australia and New Zealand (TSANZ) at the recent Annual Scientific Meeting in Adelaide to conduct community consultation work in Aboriginal communities living in the Kimberley in WA. She hopes that by undertaking consultation with Aboriginal communities, future research will be guided by community interests and address health priorities identified by Aboriginal communities.

In addition to the Rob Pierce Grant-in-Aid which provides $15,000 of funding, Rachel also received a Japanese Respiratory Society / TSANZ Career Development Award to present her research in Tokyo at the Japanese Respiratory Society meeting in 2019. Rachel is also invited to present at a postgraduate course at TSANZ Annual Scientific Meeting on the clinical utility of the multiple breath washout testing in lung disease.

Dr Shannon Simpson has been awarded a Rebecca L Cooper Medical Research Foundation project grant ($100,000) and was the recipient of a prestigious Department of Health New Independent Researcher Infrastructure Support (NIRIS) Award to support her research into the long-term lung health of survivors of preterm birth. She has also recently given invited presentations at the Thoracic Society of Australia and New Zealand meeting and Science on the Swan.
Dr Elissa Burton
Research shows community care clients enjoy preventive exercises
*Medical Xpress* on 27 March
Elissa is the lead author on a paper published on her research, the huge toll of falls among older home care clients and how this can be addressed by incorporating prevention exercises into the existing services offered by community care workers. You can read the article in full on *Medical Xpress*.

Dr Andrew Lavender
Research into cracking joints
*Interview with ABC Sydney* on 30 May
Andrew was interviewed regarding his research into the act of pulling bones apart to release air bubbles in the joints (that produce a popping sound). *ABC Radio Sydney*

Do aches and pains get worse in the cold?
*Article in Over Sixty on 24 June*
Andrew wrote an article about the increase in aches and pains for many older people that are often associated with the annual winter chill. Recent studies have shown a correlation between joint pain and weather conditions in patients with rheumatoid arthritis or osteoarthritis.
There are some measures you can take to relieve symptoms such as exercise, vitamin D, Glucosamine and Chondroitin and heat therapy. You can read the article in full on *Over Sixty.com*.

Professor Leon Straker
Standing for too long can be harmful for your health: Study
*Breaking News Pakistan* on 27 March
Leon is leading a group of researchers from the school in studying the effects in the human body as it stands for two hours straight in a day. 20 adults participated in the study which provided interesting results — whilst increasing the level of their creativity, participants also reported increased discomfort in the lower back and lower limbs. You can read the article in full on *Breaking News Pakistan*.

Associate Professor Kevin Netto
Tips for Exercising in the Cold
*Article in the Brisbane Time, The Age, Canberra Times on 14 June*
Kevin was one of the experts asked to give tips on how to stick with your exercise program through the colder months. These include eating something substantial, starting early, staying hydrated and warming up. You can read the article in full on: *Brisbane Times; The Age; Canberra Times*.

Dr Simon Rosalie
New F1 “halo” head protection may compromise steering
*Article in Doctor Portal on 11 June*
Simon has led research into the use of the halo frontal cockpit protection system which has been mandated in Formula One racing. The new simulation test examined the use of the halo and how it may affect the driver’s head position and motion. You can read the article in full on: *Doctor Portal*.
One fifth of youths suffer from chronic pain and Peter was interviewed about his research findings, to be presented at the Australian Pain Society’s Annual Science Meeting in Sydney in April. You can read about the interview on ABC Radio Perth.

Pain in the neck
The West Australian (Mind and Body) on 10 April

Peter addresses the issue of neck pain caused by lugging around heavy handbags and how there may be many other underlying causes of the pain—stress, sleep and exercise levels can lead to tissue sensitivity. You can read the article in full on The West Australian.

Myth that persistent musculo-skeletal pain with no obvious cause can be cured
Article in Medical Xpress on 25 June

Doctors and other healthcare professionals need to be a lot more honest with patients about what they can really expect; there’s no magic fix and patients may have to live with their pain as they would any other long term condition. The fact that most persistent musculo-skeletal pain isn’t the result of injury or trauma has no obvious cause has prompted the development of two unfortunate trends—structural changes are often used to explain the pain and some clinicians inventing ‘treatments’ for conditions that may not actually exist.

You can read the article in full on: Medical Xpress

Bad backs a real pain for wallets
Article in The West Australian on 27 June

The West Australian also wrote about the review into back pain and treatments that Peter is involved with. You can read the article on: The West Australian
RESEARCH PUBLICATIONS

Articles published since last newsletter by staff and Adjuncts


Make tomorrow better.
RESEARCH PUBLICATIONS


Oalithe, M., Bucks, R. S., Hillman, D. R., & Eastwood, P. R. (2018). Cognitive deficits in obstructive sleep apnea: Insights from a meta-review and comparison with deficits observed in COPD, insomnia, and sleep deprivation. Sleep Medicine Reviews, 38, 39-49. doi:10.1016/j.smrv.2017.03.005


RESEARCH PUBLICATIONS


Make tomorrow better.
RESEARCH PUBLICATIONS


RESEARCH PUBLICATIONS


Make tomorrow better.
RESEARCH PUBLICATIONS


RESEARCH PUBLICATIONS


**********

Bouquets for Curtin Stadium’s PAEDS Program and an ESRS Student

The Type 1 Diabetes Family Centre produces a newsletter and the June edition of The Blue Balloon featured an article about our PAEDS exercise program and one girl’s experience. It’s a great read and a testament to the professionalism of our students, particularly third year student Kamila Perdomo Reyes. You can read the newsletter on: https://mailchi.mp/telethontype1/juneblueballoon

Make tomorrow better.
Dr Elissa Burton

Elissa achieved a substantial international research grant through the Health Research Board (Ireland) Applied Partnership Awards 2017 for €119,953 (AUD$190,953). Although the grant does not involve funding coming to Curtin, it is an important achievement for an early career researcher to have this international collaboration and success.

The grant, running from 2018 to 2020 is for “Enhancing existing formal home support to improve and maintain functional status in older adults: A feasibility study on the implementation of the Care to Move (CTM) programme.”

Professors Brigitte Tampin and Helen Slater

Brigitte and Helen were successful in obtaining a grant of $33,094 through the Sir Charles Gairdner and Osborne Park Health Care Group Research Advisory Committee for their project: “Investigation of altered sensory nerve fibre structure and function in patients with lumbar radiculopathy and radicular leg pain”

This pilot study will investigate (i) if there are signs of altered sensory nerve fibre structure in patients with painful lumbar radiculopathy, using skin biopsies and (ii) if signs of structural changes are associated with signs of nerve fibre dysfunction, as measured by quantitative sensory testing.

Associate Professor Anne-Marie Hill

Anne-Marie was successful in her application for funding through the New Independent Researcher Infrastructure Support (NIRIS) Awards. NIRIS awards help high performing, new researchers to develop independent research careers. It assists with the costs of infrastructure associated with their research activities.

Anne-Marie was one of eight researchers who received a share the $120,000 State Government funding.

Professor Keith Hill

Keith is a Chief Investigator on a successful NHMRC Targeted Research Application that was announced in May after being under embargo for a period. Funding for this grant is $2,543,423.30 and will run over five years through UWA. The project is “Dementia prevention and risk Management Program for Aboriginal Australians (DAMPA)” . The lead investigator for this project is Dr Kate Smith from UWA.

Dr Josephine Chau

Dr Josephine Chau visited the School of Physiotherapy and Exercise from 23 to 27 April. Dr Chau is a researcher at the Prevention Research Collaboration in the Sydney School of Public Health and Charles Perkins Centre. Her areas of expertise include physical activity and sedentary behaviour epidemiology, measurement and intervention; workplace health promotion; and program evaluation.

During her visit, Dr Chau was involved in a number of activities including:

- Processing of data from Sydney University and Curtin University on “User experience of a sit-stand workstation in University employees”.
- Baseline and two follow-up survey data were analysed.
- Further data processing of survey, EMA data and accelerometer and analysis were planned for this 12 month project.
- An outline for two papers and one symposium presentation were completed.

Dr Chau presented a well attended workshop “Healthy workplaces: people, places and policies” on Tuesday, 24 April.

Data analysis is ongoing and preparation is underway to present initial findings at the Human Factors and Ergonomics National Conference being held in Perth in November as part of a symposium proposed by Professor Leon Straker.

With a manuscript and two additional papers being written using the long term data collected as part of this collaborative project, the visit by Dr Chau achieved the aim of the Visiting Fellow Program—building greater research collaboration.

Congratulations Elissa, Keith, Brigitte, Helen and Anne-Marie on these are wonderful achievements!
HEALTHY COMPETITION

International Students’ Get Together
Badminton Tournament

On the evening of the 13th of April, the School hosted the very first **International Badminton Tournament** at Curtin Stadium. You could say it was a smashing success … over 50 students popped in to the stadium to play badminton, cheer on the players and hang out for pizzas. Our very own Leo Ng was there representing our staff and showing off his best badminton skills. Despite suffering a muscle injury (during an overly vigorous warm-up), Leo still powered through and challenged students in back-to-back games for nearly two hours. Well done Leo!

Nevertheless, the true stars were our students who all brought their A-game to this joyful evening.

Nerf Target Competition

A number of staff participated in the first ever Nerf target competition on Friday, 23 March.

Despite there being some regular Nerf kits available for staff to practice with during the preceding week, Di Dennis’ Vortex disc blaster proved to be the most popular choice on the day.

A number of targets were set up for participants to attempt to knock over. The winners were **Tanya Blee** and **Liz Bainbridge**, who each received their own mini Nerf set.

Thanks to Paul and Tracy for providing the equipment and organising this competition. A great time was had by all!

**Above and left:** Staff and students showing their prowess on the Badminton court

**Above:** Paul and Tracy tried to intimidate their opponents

**Left:** Tracy lines up the target
EVENTS AND OTHER NEWS

World’s Greatest Shave

On Friday, 23 March Alan Reubenson and Liz Bell sacrificed their locks for a good cause — the Leukaemia Foundation and help provide much needed funds for support and research into blood cancers. They raised $1600 for the Foundation.

Well done Liz and Alan.

Vale Karen Prideaux

We were saddened to hear the news of the passing of Karen Prideaux on Sunday, 29 April.

Karen worked at Curtin for over 30 years, including 20 years employed within the School. She commenced her time with the School when it was situated at the Shenton Park Campus co-located with the School of Occupational Therapy and saw a number of changes during her time with the School, including the move from the Shenton Park Campus back to the Bentley Campus and commencement of the Exercise, Sports and Rehabilitation Science course.

Karen retired from the university in January 2017. Her passion for dancing and family were some of the things that many shared at her funeral on Thursday, 17 May.

********

Relay for Life — Claremont Show Grounds
5 and 6 May, By Lynn Jensen

Relay for Life is the major fund raising event of the Cancer Council. It involves teams walking/running for 24 hours and being sponsored for the number of laps that they complete. The School supports the annual event by providing massages to the walkers and the Cancer council staff. We charge $2 for a five minute foot and leg massage – you might think this isn’t much but this year we raised over $650 and provided over 300 massages. Thirteen staff provided supervision to the students, managed the booking form and collected money. Forty-three wonderful students, primarily first year physiotherapy students, massaged till their arms ached. They were rewarded by being able to practice their professional, communication and clinical skills in a relaxed and fun setting, while contributing to a worthy cause. Thanks to all our volunteers for their support and special thanks to staff and students who stayed for double shifts. We look forward to 2019 when the challenge will be to deliver more massages and raise more funds.

Make tomorrow better.
**Clinical Update evening for Clinical Supervisors:**

**Making sense of BIOpsychosocial management**

While a biopsychosocial approach to managing musculoskeletal pain is broadly accepted, there are barriers to implementing this approach in a clinical setting. There are also additional challenges when supervising students in this area. Many supervisors report they lack confidence in aspects of understanding psycho-social influences on musculoskeletal pain, while others feel physiotherapy has shifted too far.

His presentation will provide an update on the current musculoskeletal teaching program and a common sense framework for clinical practice and clinical supervision. There will also be opportunity for discussion around challenges and experiences with student supervision around this topic.

**Presenter:** Dr Tim Mitchell. (Specialist Musculoskeletal Physiotherapist & Senior Lecturer on the Post-graduate Musculoskeletal Physiotherapy program).

**Date:** Monday, 30 July  
**Time:** 6.00pm – 7.30pm  
**Venue:** Level 4, School of Physiotherapy and Exercise science  
Drinks and nibbles will be provided  
**RSVP:** By Friday, 27 July to Rosette on reception@physio.curtin.edu.au