Semester 1 has flown by and whilst the teaching has paused for a brief period of time, there is a great deal of activity that is still occurring throughout July.

A large contingent of students and some of our staff have headed off for international placements in various places through either the Faculty’s Go Global program or the School based equivalent programs. This included groups of physiotherapy students headed to China, Laos and Nepal as well as a group of our very first postgraduate Clinical Exercise Physiology students. We will endeavour to bring you some stories of their placement experiences in our next newsletter.

We bid a sad farewell to our previous Head of School Professor Keith Hill last week as he returns to Melbourne for an exciting new position at Monash University, and be closer to family. We will be maintaining our relationship with Keith through an adjunct appointment. In less than two weeks we will be welcoming our new Head of School, Professor Linda Woodhouse.

As this will be my last newsletter during this extended period as Acting Head of School, I would like to thank the members of the School Executive for their support of me through this period. In particular I’d like to highlight the assistance of Kathy Briffa and Janet Hutson who have made my job so much easier. I hope you enjoy reading about the many activities of the school over the last few months.
Professor Linda Woodhouse — New Head of School

Linda Woodhouse is due to start her new role on 15 July. As part of her location from Canada, Linda spent a week in Perth in May and was able to meet many of the School staff at an informal lunch on 29 May. We look forward to Linda officially joining the School in July, and bringing you a bit more information about our new Head of School in our September issue.

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STAFF NEWS

Departing Staff
John Curtin Distinguished Professor Keith Hill

Keith Hill returned to the school on 1 May in the role of a Research Academic for a brief period until he left Curtin on 28 June.

Since April 2018, Keith has held the position of Acting Deputy PVC in the Faculty of Health Sciences and in July takes on the role as Director of a new research Institute at Monash University, Melbourne (Centre for Rehabilitation, Ageing and Independent Living). This new role aligns with his plans of transitioning to a research only role and leading impactful activity to achieve more in the area of ageing.

During his tenure as Head of School, there have been some major changes undertaken within Curtin and the School, including Academic Reshaping and eQUIP, Faculty Reshaping, two major new courses in ESRS and Clinical Exercise Physiology, two School Reviews and numerous accreditation visits. Under Keith’s leadership the School has seen a rapid expansion of student numbers and research productivity and the school has built a tremendous reputation both within the university and amongst the broader community as a high quality well-functioning school.

It has been an absolute pleasure and privilege to work with Keith and, with his ongoing research activity and Adjunct role with Curtin, we are pleased to be able to continue our association.

We wish Keith and Pek all the best with their move back to Melbourne.

New Staff

Earlier in the semester, two of our Continence and Women’s Health Physiotherapy Academics resigned. Emma Boucher and Lara Stockil were both offered permanent clinical positions in hospitals and we will certainly miss them both. After receiving a number of really good applications, we’re pleased to welcome:

Emma Wise. Emma started on 15 May and comes to us with a great deal of clinical experience working as a CWH Physiotherapist in both the public and private sector, most recently as Senior Physiotherapist at Osborne Park Hospital. She also has a reasonable amount of experience in clinical supervision (with the School) particularly in the postgraduate course. Emma also completed her postgraduate CWH Clinical Masters with us so we’re very happy to welcome her back.

Georgia Sudlow. On 3 June, Georgia started her short term contract (as parental leave cover for Chloe Serrao). Primarily she will be responsible for subject coordination and teaching the Gender Health Issues subject within Lifespan Health Science in the undergraduate/GEM Physiotherapy courses. Georgia will work closely with Bev Jepson who is coordinating Lifespan Health Science in Semester two. Georgia also completed her Clinical Masters in CWH with us a while ago and has, in the past, been engaged in clinical supervision and small amounts of teaching with the School under a sessional contract.
KEITH HILL, HEAD OF SCHOOL—FAREWELL EVENT

Staff, industry partners and colleagues turned up on Tuesday, 25 June to say farewell to Keith and Pek before they head back to Melbourne. The event was a great opportunity to get a photo of five previous Heads (and Acting Heads) of School - centre photo: Tony Wright, Peter Gardner, Keith Hill, Sara Carroll and Lance Twomey. Our very best wishes to Keith and Pek.
IN THE PURSUIT OF EXCELLENCE

Dementia Centre of Excellence to be built at Curtin University

In the April Federal budget, it was announced that a Dementia Centre of Excellence would be built at Curtin University, with $10 million of infrastructure funding for building construction and funding from Curtin University to support the fit-out and activity of the Centre.

The proposal for the Centre was developed by Professor Keith Hill, in part based on a model proposed eight years ago as a joint project between Curtin University and Alzheimer’s WA, which did not proceed. The new proposal aims to provide opportunities for

1. authentic learning opportunities for Curtin students in understanding dementia and better care, support and interaction with people with dementia and their caregivers;
2. Additional training programs (developed and delivered) for the health and care workforce in community, hospital and residential care settings (complementing other existing programs);
3. an avenue for support and training for carers of people living with dementia, to ensure the best level of informal and formal care;
4. avenues to support uptake of lifestyle interventions by older Western Australians that may minimise risk or slow progression of dementia (for example, physical activity programs, brain training programs); and
5. a platform for an integrated research program focussed on improved approaches to health and independence for people living with dementia and their carers, and to effectively translate research findings to change practice in health and care provision for people with dementia.

The Centre funding was formally announced by the Hon Steve Irons MP at a small ceremony at Curtin University on Thursday, 11 April.

John Curtin Distinguished Professors

In December, we reported that Professor Peter O’Sullivan and Professor Keith Hill had been awarded the highest honour in the university, The John Curtin Distinguished Professor.

Keith and Peter (left and right of photo) were recognised for their significant and sustained contribution to the University by the VC Deborah Terry at the JCDP Awards Dinner, held at Curtin’s St Georges Terrace premises on Wednesday, 29 May. Congratulations again to Keith and Peter.
GOOD NEWS—STAFF AND STUDENT

Rocky Bay Scholarship
Bodie Logan

In March we reported that Bodie Logan had been awarded the Rocky Bay Scholarship to complete his fourth year in the Physiotherapy course. As part of this award, Bodie was asked to deliver a short presentation at the Rocky Bay Loyalty and Star Awards on how the scholarship is anticipated to make a difference to his final year.

Thanks to Kate Smith who also attended the presentation on Tuesday, 16 April as the School representative and to support Bodie at this important event. Congratulations again Bodie!

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New international PhD students

Three new international PhD students commenced at the School in early 2019 with Professor Keith Hill, Dr Elissa Burton, and Dr Bea de Oliveira as supervisors.

The three students (Aileen Scully – Singapore, Michelle Ng – Singapore, and Yulisna Mutia Sari – Indonesia) have become good friends as they embark on their PhD studies, and have coined the nickname of the “three musketeers”. Their projects are:

- **Aileen Scully** – Improving assessment of freezing of gait, gait, and balance in people with Parkinson’s disease. Supervisors – Keith Hill, Bea de Oliveira, with external supervisors Ross Clark, Dawn Tan and Yong Hao Pua.
- **Michelle Ng** – Improving health and well-being of older people through participation in the use of Seniors Exercise Parks. Supervisors – Keith Hill and Elissa Burton.
- **Yulisna Mutia Sari** — Effects and experiences of delivering an exercise program to people living with dementia in the community in Indonesia. Supervisors – Keith Hill and Elissa Burton.

********

Tiffany Grisbrook
Another baby joins the School family

It’s another girl! Hallie Dee Dojkovski arrived on Monday, 15 April weighing 3.18 kg and, as you can see, her two big sisters are absolutely smitten!

Congratulations Tiffany and Michael.
HEALTH AND WELLNESS CLINIC

What’s on in the Gym in Building 404?
By Kathryn Malley and John Watson

Tucked away in the Health and Wellness Centre of Building 404 is our own hidden gem – our gym! The gym is critical to providing a comprehensive service as part of both our Exercise Physiology and Physiotherapy Clinics.

Our Exercise Physiology Team provide specialised classes and individual assessments three days per week, including for cardiac rehabilitation, chronic disease management and cancer recovery. These busy classes have over 3,500 attendances each year and the varied clientele provide great learning opportunities for our Exercise Science and the new MCEP students.

The gym space is also a key resource for the Physiotherapy Clinic, supporting exercise rehabilitation for conditions including ankle sprains, hamstring strains, patellofemoral pain, ACL rehabilitation, lower limb tendinopathies and RCR shoulder pain. The wide array of aerobic equipment, free weights, resistance machines and balance proprioceptive equipment ensures that patients can receive a varied and stimulating exercise program. The undergraduate and GEM students on placements are strongly encouraged to use the facility in line with the new Best Practice Recommendations for Care in Musculoskeletal Pain to “provide management addressing physical activity and/or exercise”. This includes exercises to target specific areas of deconditioning (consistent with classification in the Musculoskeletal Clinical Translation Framework) or for general aerobic activity and lifestyle change.

The clinic has recently started receiving referrals from the Curtin Health Centre’s Psychiatrist to provide supervised exercise programs for those with complex mental health conditions. The students have enjoyed the challenge of these new referral types and adherence has been high for the patients that have commenced their program. The clinic also has a small number of ongoing clients with physical and intellectual disabilities, and the gym space provides them with varied exercise options.

Of course, the clinic also has the massage service, which is located in building 404, providing relaxation massages on Wednesday mornings and Friday afternoons for only $15 for 30 minutes. Just contact our friendly team on 9266 1717 to make an appointment.

These classes and services are available to everyone, staff included and we hope you will promote the great resources at our disposal to referrers.
STUDENT NEWS

MCEP Clinical Supervisor Afternoon Tea
By Tanya Blee

On Thursday, 16 May the MCEP students hosted the inaugural Clinical Supervisors Afternoon Tea. As the MCEP students are about to embark on their clinical placements, this event was held for them to get to know their Clinical Supervisors in an informal way, ask questions about their impending placements and understand the expectations of their supervisors.

Each student has been allocated up to five clinical placements throughout the course. The event was well attended by industry, representing 16 different Exercise Physiology clinics, and the students were able to meet at least three or four of their future supervisors. Whilst the students at first were initially quite reserved about introducing themselves, this was quickly overcome by the eagerness of the supervisors to get to know the students and learn about what they have done so far within the course. The event was a huge success with both the students and the supervisors feeling at ease about what can be a very daunting experience.

Feedback from supervisors about the event included:

“I really love how tight knit this team looks and how genuinely interested they are. Great to see. Can’t wait to work closely with them soon.” Mathew Maiolo, Guardian Exercise Rehabilitation

“Thank you for having me! Was great to meet the students, love the concept and I hope they now feel more at ease for commencing their prac!” Danielle Sandvik, ProFit Rehabilitation

“Was good to come down and meet the students. Both Julie and Karl really impressed me with their enthusiasm and interest in our prac placement and you can tell they had previously thought about what questions they would like to ask and discuss with me. So I really appreciated that and look forward to having them come on board.” Stephen Hunt, Richmond Wellbeing

“It was our pleasure to come down and meet the students. Thank you very much for having us. Eleisha and I are looking forward to having Olivia and Hif for their placements.” Aaron Franse, Curtin Stadium

“Was great to see the students enthusiasm to start their practicum and I look forward to them beginning with us.” Cameron Durack, Activate Life Rehabilitation

“The students coming in future blocks appeared to have good communication and interpersonal skills so I look forward to having them here.” Kim Dutkowski, Cockburn Integrated Health
Clinical Placement — The Students Perspective

Clinical Placement is an integral part of the Physiotherapy course. It provides students the opportunity to put into practice all the knowledge and skills they have acquired throughout their degree and to prepare them for their future career. Several of the 4th year students gave up their time to attend some second year physiotherapy tutorials and share their experiences from clinical practice. Below a couple of our students have shared some thoughts from their clinical placements. This, and many more words of wisdom were shared with our second year students who loved to hear about “real life physiotherapy”. Page 9 shows the impact and impression our students make on their patients.

Danielle Stoch wrote:
“I have been on two placements so far this year, both of which have been invaluable experiences. I have experienced both a private practice musculoskeletal setting and a public hospital on a general medical ward, which has really allowed me to experience first-hand both possible settings. Over the five weeks of the placements, I saw a huge growth in my confidence in interacting with patients and other health allied health members. I have really enjoyed the sense of responsibility of managing a case load relatively independently and even more so receiving first hand positive feedback from my patients has been motivating and rewarding. When speaking to the second year students about our experiences, it really struck me how far we have come since being in their shoes! Effective communication has become second nature and a huge part of being an effective student on placement. I feel ever so grateful for the excellent teaching and supervision we have received to get us to this point in our degree! I look forward to travelling to Cambodia in late June to take part in a go global interprofessional placement in a paediatric setting.”

Russell Matthews wrote:
“I really enjoyed my placement at Perth Children’s Hospital earlier this year. I was in the area of Spinal Rehabilitation and had experience with spinal cord injuries, cerebral palsy as well as other conditions affecting infants and children. Assessing children is very different to assessing adults and I gained knowledge on this placement regarding this. With infants the use of specific toys and different play positions is useful, while obstacle courses and facilitated play was needed for older children, which I found very interesting and fun. As well as this, I was inspired and amazed at how well many of the patients responded to their disorder. Some children worked extremely hard in their rehab and had a very good attitude towards doing as much as they could physically and enjoy their life. If patients can do this, it is something we should all strive towards.”

Make tomorrow better.
Below is a copy of a post on the Perth Children's Hospital Facebook page in April:

Aikom (left) has been working on his rehabilitation with Nicola and Russell (right) in Physiotherapy, and loves his physio sessions. His parents shared their experience with us below - it's a true testament to their hard work and dedication in helping Aikom with his recovery.

"Just before going to bed this evening, our four year old Aikom (aka Batman) said, 'Papa! Russell and Nicola were very sad today.' Asked as to the cause of their melancholy, he replied 'Because I didn't go to physio today.' And when told that he will be going tomorrow, his face lit up with a cheeky grin and a sparkle in his eyes that only a four year old can manifest.

But this is less about Aikom and more about a young man who is his 'superhero', Russell - a graduating student from Curtin doing a work placement at the Perth Children's Hospital with Nicola.

It is not often that you get struck by some remarkable young people, but as a father of a son recovering from a brain tumour, watching Russell in action has taken my breath away. It is not by accident that Aikom loves to come to physio. It is because of the care, attention and love he receives during it. If truth be told, he doesn't love physio, he loves the people who play with him.

I wanted to share that Russell has gone out of the way to make Aikom engaged and interested. From exchanging his own Batman toys that his grandmother gave him, to coming to the pool therapy dressed in a Batman rashie with a Captain America figurine, Russell has not missed an opportunity to make Aikom laugh and be joyful. And this, I believe is at least 50% contributing factor in his recovery.

I wanted to let you know, as the people who have a part in developing Russell as a professional and as a young man, that if this is the calibre of ‘care professionals’ we are developing, we are in a very good place.

I imagine, you're not born with these skills, rather, they are learnt. For that, Jasmine and I are grateful for the effort you make. Please keep making the effort. That is the only thing that matters."
CONFERENCE NEWS AND INTERNATIONAL FRIENDS

WCPT - Geneva, Switzerland
By Beatriz Oliveira

The World Confederation of Physical Therapy Congress was held from 10 to 13 May in Geneva, Switzerland. It was a busy Congress and Curtin University was well represented by staff members who participated in several different platforms.

Keith Hill, along with other leading international experts, was an invited speaker at the focussed symposium on “Falls Around the World”. The focussed symposia were streamed, and are available for viewing at https://www.wcpt.org/wcpt2019/programme/livestream

The Pain and Pain Management session was chaired by Peter O’Sullivan who, together with Jeremy Lewis from the UK, also attracted a great deal of attention with their professional seminar on “Reframing Care for Persistent Musculoskeletal Pain”. Beatriz Oliveira and Linda Spencer delivered key messages of their research on the Rapid 5 Platform — “Illness perception of people with hip pain, and upper back pain” and “Clinical assessment of thoracic kyphosis”, respectively, and Alison Thorpe presented “Psychological functioning in people undergoing rotator cuff surgery” on a Classic Platform. Tony Wright, Kathy Briffa and Linda Spencer were also involved with the Poster Presentation sessions.

Overall, it was a great experience to participate in this large scale event, learn more about the advances in our profession and share our enthusiasm for our profession with thousands of other physiotherapists from all over the world.

* Plaiwan Suttanon has previously visited Curtin and presented in a symposia on global falls prevention with Keith.

** Alison met Huoth Chantheng and Song Sit as the Coordinators of the Curtin Physio Abroad student placement in Cambodia that she supervised some years ago. Both Chantheng and Song Sit have visited Curtin and attended the Manual Concepts coarse in recent years.

*** Declan Norris completed his Post Graduate Sports Physio Masters at Curtin in 2014 and is currently living in Canada.

Left Keith Hill with Marie-Louise Bird from University of Tasmania and Bea Oliveira at a social function

Some of landmarks in downtown Geneva and a fondue enjoyed by the group

Below: Linda Spencer

Plaiwan Suttanon from Thailand and an exercise scientist, Sudarat Apibantaveesakul, Thammasat University in Thailand *

Below: Alison Thorpe with physiotherapists from Cambodia. **

Below: Alison Thorpe with Declan Norris ***
Bellarmine Physical Therapy Study Tour to Curtin School of Physiotherapy and Exercise Science
By John Owens

May 2019 marked the 16th year of Bellarmine University Physical Therapy students being guests of the School of Physiotherapy and Exercise Science at Curtin. This year’s group was supervised by Bellarmine faculty member Dr Norman Ayotte and consisted of seven students preparing to enter their second and third year of the Bellarmine Physical therapy program.

The group arrived at their accommodation to be greeted by a Welcome Package of Australian foods and snacks, provided by Curtin Physiotherapy and Exercise Science staff. Their first morning in Perth started with a brisk walk to the Causeway to collect push bikes, that were to be their main mode of transport from Como to Curtin, as well explore the cycle-ways along the river.

The first day of their academic program saw the Bellarmine students being given an overview of Curtin University, and an outline of the history and course structure of Physiotherapy at Curtin. Thankyou to Caroline Yates from Public Health, whose presentation on Australian Health Care Systems, prompted many questions relating to the standing of Physiotherapy within the private and Public health care systems. PhD students, Tara Binnie and Danica Hendry demonstrated how they use motion analysis and force platforms within their respective research on knee osteoarthritis and ballet dancers.

Bellarmine students attended scheduled teaching lectures and labs across 1st year to 3rd year units – a popular attraction was the anatomy lab, with many requests for more time and access to the learning resources available. All students rotated through the on-campus student clinic and very much appreciated the guidance given by the student clinical supervisors.

Each of the seven students received an introduction to Australian Physiotherapy private practice through the generous time commitment of private practitioners who allowed a Bellarmine student to shadow them for a day. The School would like to thank Precision Physiotherapy, Embody Physiotherapy, Orthology Physiotherapy, Star Physiotherapy, Leeming Physiotherapy, South Perth Physiotherapy, and Pain Options for their support of this study program. All feedback from the students was very positive.

The last week culminated in a full mornings’ tour of the Perth Children Hospital and the Telethon Kids Institute arranged by Professor Graham Hall (School staff member, Deputy Director of Telethon Kids Institute, and Head, Children’s Lung Health team at the Telethon Kids Institute). This included a tour of the physiotherapy facilities, conducted by Senior physiotherapist Julian Graciet, and was followed by a discussion with Dr Jenny Downs (School staff member; and Associate Professor and Head of Child Disability Health and Wellbeing at the Telethon Kids Institute) on the possibilities of research within Physiotherapy / Physical Therapy.

Left to right: Dr Jenny Downs, Logan Mueth, Dr Norm Ayotte, Megan Gibson, Brandi Miller, Emma Creel, Kellen Russell, Emily Bleyer, Andrew Ford, Professor Graham Hall

Make tomorrow better.
INTERNATIONAL NEWS

Bellarmine Physical Therapy Study Tour to Curtin School of Physiotherapy and Exercise Science
Continued

During their visit, Dr Norman Ayotte provided a presentation at the School Staff Meeting on 29 May. He provided great insight into examination and assessment processes at Bellarmine University.

Their cultural program included:

- Sailing as guests of the South Perth Yacht Club and being presented with a SPYC pennants.
- A night tour of Fremantle Prison.
- Wading in the ocean and collecting sea shells at Cottesloe beach.
- Seeing a wild echidna in Jarrahdale.
- Getting up close and personal with koalas and kangaroos at Caversham.
- Finishing off with the excitement of a Dockers one point win over the Brisbane Bears!

My thanks to Mikalya McKinlay and Sophie Thompson, members of the “2018 Curtin to Bellarmine Alumni”, for assisting in the cultural aspects of the Bellarmine to Curtin 2019 program.
New Colombo Plan— Physiotherapy Abroad—Laos

On Friday, 21 June Dr Karen Richards and Tracy Redwood set off to Laos with six of our physiotherapy students to commence a Teaching practicum / clinical placement, under the Physiotherapy Abroad program managed by Peter Robinson. On their first day they visited The Centre for Medical Rehabilitation and the following day the Mittaphab and Mohosot hospitals - some the facilities that they will spend time at during their placement.

This photo was taken at the Australian Embassy in Vientiane, after Peter received an invitation from the Embassy staff for the group to visit before they embark on the placement. New Colombo Plan (NCP) funding supports the placement and is an invaluable opportunity extended to students by the Department of Foreign Affairs and Trade (DFAT). Look out for a full report on their trip and experience in our September issue.

Viengvilay (Diana) Program Officer (Human Resource Development), Eden Harkness, Sian Lucas and Daniel Bourke.

John Curtin Distinguished Professor Leon Straker
Presentation at Perth Children’s Hospital Seminar

A seminar on ‘Giving our children the best start’ was organised to celebrate one year since the opening of the Perth Children’s Hospital.

International health television presenter Dr Michael Moseley presented on the importance of the gut microbiome for a wide range of physical and mental health conditions, and how diet in particular, but also exercise, was important to creating a healthy gut.

Dr Clare Moseley presented an online parenting course she has developed to aid parents, which focusses on providing love and limits.

Professor Desiree Silva presented the vision for the ORIGINS project, to be a basis for intervention studies to inform child health.

Professor Leon Straker presented on the current conflicting guidelines from national (Federal education and health departments) and international agencies (WHO, UN) on screen use by children and outlined the research he and his team, including postdoc researcher Dr Juliana Zabatiero, are doing to provide high quality evidence to reduce the dilemma of conflicting guidelines, for parents and all professionals interested in supporting children to thrive.

Leon Straker with Dr Michael Moseley (British, television journalist, producer and presenter with the BBC), Professor Desiree Silva (Head of the ORIGINS Project) and Dr Clare Moseley (GP, parenting expert and columnist for the UK Telegraph newspaper)
**RESEARCH GRANT SUCCESS**

**Professor Helen Slater**
Endometriosis Research

**Professor Helen Slater** is the Chief Investigator on a grant collaboration through the University of Adelaide. The School will receive some funding from the $1.2 million grant for community led endometriosis research and support.

This project was developed by the Australian endometriosis advocacy groups, clinicians, researchers and health care providers. With additional support from Jean Hailes for Women’s Health, the funding for this project will total $1.2 million over three years.

The project is to develop an online platform that will improve life for girls and women living with endometriosis through awareness and education. It will build a better understanding of what works and how others can benefit from their experience as well as access to information, resources and engagement with research.

The Robinson Research Institute is leading the project and will include a wide range of research disciplines including health informatics, biomedical and clinical research expertise. It will also link into local support networks, active clinical trials and new research opportunities. Congratulations to Helen on this excellent news.

*******

**Professor Brigitte Tampin**
Research Grants in Germany

**Professor Brigitte Tampin** and her colleagues and collaborators at Hochschule Osnabrueck, were successful in obtaining a EUR 1,233,709 European Regional Development Fund grant to expand research infrastructure at the Hochschule. This allowed the purchase and set up of a quantitative sensory testing (QST) laboratory, equivalent to the QST lab Brigitte has set up at Sir Charles Gairdner Hospital, and will facilitate future multi-centre research trials.

Brigitte also received a EUR 34,618 grant from the Hochschule Osnabrueck, University of Applied Sciences, for “Somatosensorische Profile der Nacken-Armregion: Grundlage zur Schmerzanalyse musik-assoziiertener Nacken-Armschmerzen” (Somatosensory profiles of the neck-arm region: Foundation for analysis of musician-associated neck-arm pain).

The project is set out to obtain age, gender, and body region dependent QST reference data of the upper limb. This data will be used to validate sensory nerve fibre dysfunction in people with neck-arm pain. The upper limb reference data base will ultimately complement the reference database of the German Research Network on Neuropathic Pain, which is used by international clinicians and researchers.

**Congratulations**

Make tomorrow better.
**RESEARCH PUBLICATIONS**

Articles published from April to June by Staff and Adjuncts


Restoux LJ, Dasariraju SR, Ackerman IN, Van Doornum S, Romero L, Briggs AM. A systematic review of the impact of inflammatory arthritis on intimate relationships and sexual function., *Arthritis Care Res (Hoboken)*. 10.1002/acr.23857


RESEARCH PUBLICATIONS


RESEARCH PUBLICATIONS

Morris AS, Murphy RC, Shepherd SO, Healy GN, Edwardson CL, Graves LEF. A multi-component intervention to sit less and move more in a contact centre setting: A feasibility study, BMC Public Health 19(1) 10.1186/s12889-019-6615-6


Slatyer S, Aoun SM, Hill KD, Walsh D, Whitty D, Toye C. Caregivers’ experiences of a home support program after the hospital discharge of an older family member: A qualitative analysis, BMC Health Services Research 19(1) 10.1186/s12913-019-4042-0


Huysmans MA, Srinivasan D, Mathiassen SE. Consistency of Sedentary Behavior Patterns among Office Workers with Long-Term Access to Sit-Stand Workstations, Annals of work exposures and health 63(5) Pages 583-591 10.1093/annweh/wxz022


RESEARCH PUBLICATIONS


OPEN DAY
SUNDAY, 21 July 2018

Make tomorrow better.
Dr Carly Brade and Dr Angela Spence
What should our maximum heart rate be during exercise?
*Articles in The Conversation, ABC News, VIW Magazine and Neraca (Indonesia) and across USA during April*

Our hearts become more efficient when we exercise often. But how do you determine what is your optimal heart rate when exercising and do you have to exercise at your maximal heart rate at every workout session?

Read the article in full, and calculate your maximal heart rate on: The Conversation, VIW Magazine, ABC News

Dr Angela Spence
Should we max our heart rate during exercise?
*Article in The Epoch Times on 6 May*

We know exercise makes hearts more efficient and when you exercise at your highest intensity, your heart will reach maximal heart rate - the fastest rate it is capable of beating. Is exercising at this rate safe?

You can read the article in full, and work out your maximal heart rate, on: The Epoch Times

Associate Professor Andrew Briggs
Inflammatory arthritis has significant impact on sex life
*Articles in the UrekAlert!, New Medical, MedPage Today, Wiley Newsroom, BrightSurf, Bezinga, WebWire on 3 April*

Andrew is the senior author of a published study that found links between inflammatory arthritis and impacts on sexual function for both men and women.

You can read the article in full on: MedPage Today, MedPage Today, Wiley Newsroom, BrightSurf, EurekAlert!

Dr Andrew Lavender
Health Check: how to start exercising if you’re out of shape
*Articles in The Conversation, Nine, Sunday Tribune (South Africa) and VIW Magazine in April and May*

If you’ve had a health scare or just decided its time to get of the couch and get fit or lose weight, how do you find the time and motivation to get started?

You can read the article in full on: The Conversation, VIW Magazine, Sunday Tribune (South Africa), Nine.com.au

John Curtin Distinguished Professor Peter O’Sullivan
Hit the off switch
*Article in Women’s Health UK on 5 June*

Could it be that the flawless posture you try to continually maintain is fatiguing your muscles and leading to muscle stiffness? Is it possible that slouching and letting it all hang out relaxes muscles and could be as important as building or strengthening them?

Read about this new research on Women’s Health UK
School Recreational Research Project

School researchers have again shown their commitment to the cause in rating the new chocolate flavours released in May. The results are in and, based only on the favourite flavour (rated 1) by all participants (diagram one), Scotch Finger is the clear winner, being the number one choice for most participants.

However, when all ratings are considered for all flavours, the result is far from cut and dry. As you can see (diagram two) Wagon Wheel, Jatz Cracker and Ginger Nut are on par in the popularity stakes, with Scotch Finger retaining a slight advantage as favourite and Iced Vovo marginally less popular than the rest.

The results for this project appear to more controversial than previous studies conducted by this highly experienced group. Based on past research results, it is a surprise that the difference in preferences is not more pronounced with this group.

In summary, Iced Vovo is equal second in the first pie chart, and it was the most polarizing flavour in the second (perhaps dichotomous with Scotch Finger fans).

Thanks again to the team for their ongoing commitment to thorough and ethical research.
EVENTS AND SAD NEWS

Exercise Right Week

On 20 and 24 May the Exercise, Sports and Rehabilitation Science (ESRS) course held an event in collaboration with Exercise Right Week at Curtin Stadium.

Second year ESRS students completed pre-exercise screening on members of the community to determine readiness to exercise whilst first year students conducted cardiorespiratory fitness tests. This event allowed students to engage with community, many of whom were Curtin staff and clinic clients, and gain real world experience. The event also facilitated mentoring between cohorts. Many students reported a positive experience and highly valued the opportunity to engage with community and practice skills outside the classroom.

Vale Hazel Gardner

This time last year we reported that Peter had reconciled with the family’s mischievous guinea pig, Hazel, after an altercation resulting in his rehabilitation using a moon boot for six weeks (Peter actually tripped over while feeding her!).

Although Hazel was able to make amends and go on to have another happy year with the family, sadly she did pass away in early June.

Our sincere condolences to Peter and his family and may Hazel always be remembered for the joy she brought to the Gardner family and as the only one who has ever been able to slow Peter down.

END OF NEWSLETTER

If you would like to contribute to our next newsletter
Contact: Janet Hutson
Tel: 9266 3618 Email: janet.hutson@curtin.edu.au

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Make tomorrow better.