With challenge comes opportunity. The myriad of challenges we have faced together over the past few months have also been the impetus for tremendous change in education, research and clinical practice. ‘Thank you’ to everyone who has collaborated to find creative ways to deliver online education, establish telehealth for continuity of clinical service delivery and placements, and positive ways to engage with our students and colleagues.

We received feedback that one of the most positive initiatives we undertook was to host WebEx meetings – for staff meetings, graduate student presentations, research seminars and catch-ups between staff and students (on a regular basis). Over time, attendance at the meetings increased and the sentiment was that the engagement and depth of conversation was greater than we would normally experience when face-to-face. WebEx meetings also enabled clinicians who are not typically able to join University meetings the opportunity to engage with the School as well as national and international speakers who might not be otherwise be accessible. We also found that we were able to book meetings in a more timely manner. As staff and students have requested that these meetings continue in this format rather than shifting back to face-to-face, we will endeavour to keep the option of joining meetings via WebEx.

Staff have transitioned back to campus. Over the past few days and weeks, students have been making their way back to campus for face-to-face intensives to consolidate their clinical skills. Feedback from staff is that the students are doing unbelievably well acquiring their skills……their competencies at this stage seem to be even better than those cohorts who studied during “non-COVID-19” years! As you will read in this newsletter, some of our 4th year students even organised tutoring of our 3rd year students.

Congratulations to the following academics from our School who received research awards:

- **Dr Vin Cavalheri** – was one of only two researchers to receive the Cancer Council Western Australia Early Cancer Researcher of the Year Award for 2020
- **Professor Andrews Briggs** – received Curtin University’s Faculty of Health Sciences 2019 Researcher of the Year Award
- **Dr Elissa Burton** – Curtin University’s Faculty of Health Sciences 2019 Early Career Researcher of the Year Award
Some of our staff catching up “virtually” at the end of a week working from home.

Congratulations also to Dr Andrew Maiorana and his team who received funding for his Congenital Heart Fitness Intervention Trial (CH-FIT), and to Dr Vin Cavalheri and his team who received funding to investigate the physiological effects on patient’s lives following COVID-19.

The School’s new research strategic plan has a specific focus on consumer and community engagement. As part of that initiative, Drs Alison Thorpe and Sonia Ranelli teamed up with Ben Horgan from the Consumer and Community Health Research Network (CCHRN) and the WA Health Translation Network (WAHTN) to host an online community conversation about the experience of patients with upper extremity musculoskeletal pain. This work will inform the development of the Perth Upper Limb Centre of Excellence (PULCE) - a clinical research centre designed to develop and implement evidence-based care for individuals with musculoskeletal disorders of the shoulder and elbow.

Finally, we hope that you will join us for this year’s Curtin Open Day that will be held as an online event on September 13, 2020.

Linda Woodhouse
Dr Vinicius Cavalheri has been recognised for his work in the advancement of cancer research, being one of two people named as 2020 Early Career Cancer Researcher of the Year by Cancer Council Western Australia. The other recipient of the award was Racheal Zemek.

Vin’s research has promoted the importance of exercise as part of lung cancer care, having an enormous impact on patients’ quality of life and symptoms. Research findings have demonstrated, and raised awareness of the benefits of exercise — walking or cycling, coupled with weight training during lung cancer treatment and rehabilitation.

Vin is a Cancer Council WA Postdoctoral Fellow who collaborates with clinicians and researchers in Australia and in Belgium, Canada, Holland and Brazil. He has presented at research events around the world and his work in exercise following lung cancer surgery received the 2019 European Respiratory Society Grant for best abstract in Physiotherapy, and was published internationally. You can read more about Vin’s research on: https://news.curtin.edu.au/media-releases/curtin-researcher-awarded-for-lung-cancer-recovery-breakthroughs/

Congratulations Vin!

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Research Committee Members

Sarah Hug, a new student who started her PhD (based in optimising access to Pulmonary Rehabilitation in Perth), has joined the School’s Research Committee as the student representative.

Elissa Burton and Karen Richards have also joined the committee as Early Career Research (ECR) members.

Congratulations Andrew and Elissa on these well deserved awards.

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Faculty Research Awards

Professor Andrew Briggs and Dr Elissa Burton

The annual Faculty Research Awards are Curtin’s opportunity to recognise excellence in the Faculty of Health Sciences research community.

Professor Andrew Briggs was awarded Researcher of the Year for 2019. recognising his research achievements and community engagement, as well as and the societal impact of his research.

Dr Elissa Burton received the Early Career Researcher 2019 award for her research performance over the last 12 months.

The awards were announced at the Mark Liveris (online) presentation on Monday, 11 May.

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Year 4 Student Led Initiative — Online Peer Tutoring Program

With most of our clinical placements put on hold during April and May, some of our Year 4 students offered to utilise some of their time organising and managing online tutorial sessions via Zoom and Collaborate for our Year 3 students.

Madeline Agostino came up with the idea of tutoring the Y3 students while private-tutoring one of her friends in 3rd year BSc Physiotherapy at the beginning of semester. Through word of mouth Jade Hoopman, Matthew Haddon, Samantha Wyndham, Chris Moses and Matilda Toogood very quickly and eagerly agreed to take part too.

They worked out the scheduling and registration for all sessions, with Y3 students invited to sign up for the sessions via Blackboard. Limits were originally set at 20 students per session and these were quickly filled with Y3 students wishing to take advantage of the study experience and knowledge that the Y4s could provide.

To ensure Y3 students didn't miss out on these tutorial sessions, and to avoid too many students attending each session, students were limited to one tutorial session per unit, per week (with multiple sessions per unit scheduled).

Depending on demand, they ran one or two, one hour small group sessions online (Zoom/Collaborate) with two Y4 tutors for each Y3 physiotherapy core unit and followed up with a weekly summary of the sessions for the whole cohort.

The sessions covered in Semester 1 were:
- Cardiopulmonary Science: One x 2 hour open invite Zoom session per week
- Neuroscience: Two x 1 hour Collaborate sessions per week
- Spinal Musculoskeletal Science: Four x 1 hour Zoom sessions per week

Feedback from Y3 students has been positive and very appreciative of Maddy, Jade, Matthew, Samantha, Chris and Matilda’s hard work and commitment to the profession and their fellow students.

A great example of how our students showed great initiative, understanding and compassion over the last few months. Thank you!

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Communication in Physiotherapy

Eight of our Y4 students also volunteered their time to act as patients for Y2 students in the Communication in Physiotherapy unit led by Liz Bell.

Our sincere thanks to Chris Nyunt, Kathryn Clare, Abbey Scanlon, Julia Armenti, Sally Walker, Rhianna Chan, Emma Baars and Matthew Haddon for channelling their inner performer and giving our Y2 students a real patient experience.
Andrew Maiorana will be leading the study in Western Australia for the Congenital Heart Fitness Intervention Trial (CH-FIT). The trial will run from 2020 to 2024 and has received $800,000 in funding to be administered through the School.

This study is part of a $29 million research initiative to tackle heart disease and stroke—Australia’s two biggest killers. You can read more about this initiative on: https://www.health.gov.au/ministers/the-hon-greg-hunt-mp/media/29-million-to-tackle-nations-biggest-killers

Congratulations Andrew!

COVID-19 Research Grant
Dr Vin Cavalheri

As part of the COVID-19 Research Grant Program, the Department of Health and Western Australian Health Translation Network (WAHTN), have awarded a grant for $200,000 for a new study: Life AfTER covid-19 (LATER-19): a prospective, longitudinal, cohort study of symptoms, physical function and psychological outcomes

The research team for the study are:
CIA: Dale Edgar (SMHS and Adjunct at Curtin)
CIB: Vin Cavalheri (Curtin and SMHS)
CIC: Louise Naylor (UWA and SMHS)
CID: Andrew Maiorana (Curtin and SMHS)
CIE: Jun Chih (Curtin and WAHTN)
CIF: Robyn Timms (SMHS and Adjunct at Curtin)
CIG: Carol Watson (RPH and Adjunct at Curtin)
CIH: Tracy Hebden-Todd (SCGH)
CIJ: Ivan Lin (WACRH and Adjunct at Curtin)

Alts from the School include Linda Woodhouse, Meg Harrold and Angela Jacques. Congratulations team!

Falls prevention for older adults with mild cognitive impairment – webinar
Dr Elissa Burton

Dr Elissa Burton presented an on-line webinar coordinated by Injury Matters on Tuesday, 23 June. Over 60 health professionals, students and carers, across Australia and one attendee from Nebraska, USA linked in. Elissa’s NHMRC Investigator Grant is on the topic and it was great to see how many health professionals are interested in the area and working with people with mild cognitive impairment. Injury Matters conduct a number of seminars and webinars across the year. For more information log onto their website https://injurymatters.org.au/

Make tomorrow better.
Clinician researchers from Perth Upper Limb Centre of Excellence (PULCE) and Curtin University, Dr Alison Thorpe and Dr Sonia Ranelli, recently conducted a **Community Conversation** for people with shoulder pain. This conversation was facilitated and supported by the Consumer and Community Health Research Network.

The **Community Conversation** brought together a group of people with shoulder pain to hear their lived experience of having a shoulder problem. Twenty five people participated in a candid and open discussion about the impact of their shoulder pain and experiences with their care journey. Key positive messages from the conversation heard some people were happy with their care. Key negative messages were around difficulty navigating the health care system to find out what to do for their shoulder problem, with many finding a lack of consistency in advice delivered by health care providers, regardless of discipline.

Given the recent COVID-19 restrictions, the **PULCE Community Conversation** was the first to be delivered in an online video conference format. This provided the opportunity to reach rural and interstate participants to join the conversation – without a technological hitch!

The conversation has informed the current upper limb research program conducted by Perth Upper Limb Centre of Excellence investigating clinical care pathways for patients with shoulder musculoskeletal pain. Consumers will be invited to be partners in various projects along the research journey to ensure continued clinically relevant and meaningful research; establish an early, appropriate person-centred care pathway for individuals with shoulder pain.

Many things have changed in our world since COVID-19 arrived, some have proved challenging and yet some have opened up new and exciting opportunities. The ability to use online platforms to engage with the community is one such example. The technology has been around for some time but a lack of necessity has delayed its use in bringing people together.

After a very comprehensive process of research and testing, plus a great deal of courage and trust from the PULCE team we undertook our first ever online **Community Conversation**. Ultimately the results were astonishing with the conversation achieving exactly the same outcomes as if we were together in the one room. The upside was that we had people participate from many different regions. We always encourage researchers to be involved in our process and planning as it helps to deliver an event collaboratively. On this occasion we could not have had more involvement from Alison and Sonia. Their effort and commitment to the initiative was outstanding and because of their engagement with the **CCHRN** team this event was planned, rehearsed and delivered perfectly. I congratulate them both for their trust and support, we have never worked with a more committed research team.
Articles published from April to June 2020 by Staff and Adjuncts


Travers MJ, O'Connell NE, Tugwell P, Eccleston C, Gibson W. Transcutaneous electrical nerve stimulation (TENS) for chronic pain: the opportunity to begin again, The Cochrane database of systematic reviews 4 Pages 10.1002/14651858.ED000139


Healy GN, Goode AD, Abbott A, Burzic J, Clark BK, Dunstan DW, Eakin EG, Frith M, Gilson ND, Gao L, Gunning L, Jetann J, LaMontagne AD, Lawler SP, Ulyate L, Winkler EAH. Supporting workers to sit less and move more through the web-based beupstanding program: Protocol for a single-arm, repeated measures implementation study, Journal of Medical Internet Research 22(5) 10.2196/15756


RESEARCH PUBLICATIONS CONTINUED


Moreno-Suarez I, Liew S, Dembo LG, Larbalestier R, Maiorana A. Physical Activity Is Higher in Patients with Left Ventricular Assist Device Compared with Chronic Heart Failure, Medicine and science in sports and exercise 52(1) Pages 1-7 10.1249/MSS.0000000000002104

Jackson JA, Srinivasan D, Mathiassen SE. Consistent individual motor variability traits demonstrated by females performing a long-cycle assembly task under conditions differing in temporal organisation, Applied Ergonomics 85 10.1016/j.apergo.2020.103046


MEDIA

Matthew Haddon
4th Year Student
Online Learning
Interview on ABC Radio Canberra (AM) on 5 May
Matthew Haddon discussed online learning at Curtin during COVID-19. You can listen to the interview on: ABC Radio Canberra (AM)

Dr JP Caneiro
Managing Osteoarthritis
Interview on ABC Drive program on 28 May
JP discusses how osteoarthritis is a whole person condition and the importance of proper treatment and thinking beyond anti-inflammatory gels. You can hear the interview on: https://www.abc.net.au/radio/perth/programs/drive/managing-osteoarthritis-physio-dr-.jp-caneiro/12298124 ABC Radio Perth (Drive)

Matthew Haddon
4th Year Student
Online Learning
Interview on ABC Radio Canberra (AM) on 5 May
Matthew Haddon discussed online learning at Curtin during COVID-19. You can listen to the interview on: ABC Radio Canberra (AM)

Professor Anne-Marie Hill
Keeping Older People Active at Home
Article in Community Care Review on 7 May
Anne-Marie has collaborated with health experts and physiotherapist across Australia to launch a new website aimed at keeping older people active at home. You can read the article in full on: Community Care Review

Drs Alison Thorpe and Sonia Ranelli
Shouldering the Burden
Article in the Fremantle Herald on 8 May
Alison Thorpe and Sonia Ranelli are part of the team of clinical researchers launching a study with Perth Upper Limb Centre of Excellence into shoulder pain. You can read the article in full on: Fremantle Herald Interactive

John Curtin Distinguished Professor Peter O’Sullivan
Waiting for Elective Surgery
Interview on ABC Perth on 3 April
Many of the common myths about low back pain could cause unwarranted anxiety and care that is ineffective. You can listen to the interview on: ABC Perth (Early Afternoons)

Associate Professor Daniel Gucciardi
Live sport returns… minus the crowds
Interview on RTRFM on 11 June

Read all about it!

Make tomorrow better.
STAFF PROFILE
Zeke Samson
Anatomy Technician

1. In 25 words or less, tell us about the main elements of your current role.
Liaise with academic staff to set up lab classes in the anatomy facility and produce additional anatomy teaching resources.

2. What drives you / motivates you to carry on?
Having previously been a student in the anatomy lab, I know how challenging learning anatomy can be so it is very fulfilling to have even just a small contribution to the way anatomy is taught here at Curtin.

3. What is currently in your inbox / what project are you currently working on?
Lately I've been assisting a 4th year physiotherapy student while they work on a knee dissection as part of their practical placement. Quickly having to learn the basics of photography in order to get good quality photos of specific structures on the specimen has been a rewarding challenge.

4. Your best / most memorable/most outstanding experience and why?
I can’t share my most memorable experience as it will most likely put you off your lunch, but getting the chance to watch JohnO dissect / explain the anatomy of a specimen is always a fascinating experience that I learn a lot from.

5. If you weren’t working in this role, what would you be doing?
I’m a huge fan of homemade pasta, so perhaps a career as a chef would be alright. But before I get too carried away, I should probably focus on my post-graduate studies for now.

On Wednesday, 1 July Vin Cavalheri was invited to represent the Faculty of Health Sciences at a session organised by Research Australia to brief West Australian MPs on the breadth of COVID-19 research currently being undertaken.

This briefing session was attended by nine MPs, two Advisors and one government official. Vin provided an overview of his research into the recovery of patients who suffer complications from COVID-19, as well as an overview of COVID-19 research undertaken by other researchers from the Faculty of Health Sciences.

Other speakers who presented their research included Professor Pete Gething (Telethon - Curtin), Professor Toby Richards (UWA), Dr Steph Godrich (ECU), and Professor Peter Leedman (Harry Perkins Institute and Linear).

The Briefing Session provided our State’s representatives with invaluable information on the ramifications of COVID-19 on patient recoveries and our health system. It also served to highlight the importance and value of Allied Health researchers and professionals.

Well done Vin!

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Brazilian Association of Respiratory Physiotherapy
COVID-19 Webinar

Vin Cavalheri was an invited speaker on a COVID-19 Research Webinar on 6 May.

The webinar was organised by the Brazilian Association of Respiratory Physiotherapy (ASSOBRAFIR) and aimed at comparing the COVID-19 research response in Sao Paulo and in Perth.

The webinar was chaired by Dr Rafael Mesquita and also included a speaker from Sirio-Libanes Hospital in Sao Paulo (Dr Wellington Yamaguti).
Curtin’s Open Day for 2020, originally planned for 16 August, will be replaced with an online event. The ‘virtual’ Open Day will now take place on Sunday, 13 September.

This new format will create a new experience to attract and inspire prospective students and their parents. The event will include a mix of pre-recorded and live, interactive sessions that showcase Curtin’s course offerings, campus facilities and impactful research. Prospective students will be able to speak with academics and students about courses, career options and the student experience via video conferencing tools.

There will be a virtual booth for Physiotherapy and Exercise Science, with the opportunity to “chat” with each booth.