ALLIED HEALTH RESEARCH INAUGURAL REPORT
WESTERN SYDNEY LOCAL HEALTH DISTRICT
Welcome to the Allied Health Research Inaugural Report

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INTRODUCTIONS

The achievements of the allied health professionals serve as an example of how research and education link to and enable improved quality of patient care.

Professor Stephen Leeder, Director Research and Education Network, Western Sydney Local Health District

Research and education developments in the allied health professions in the Western Sydney Local Health District, under the leadership of Professor Vicki Flood, constitute a major success story for the year.

Vicki’s leadership, enthusiasm, goodwill and vision have enabled many allied health professionals to join research and educational activities to good effect. It is a pleasure to read the details of achievement contained in this report.

What has been achieved by our allied health services and colleagues in research is a fine example to others contemplating the research and education journey. The achievements of our allied health professionals, ably supported by our university colleagues, especially Professor Kathryn Refshauge, serve as an example of how research and education link to and enable improved quality of patient care, and link to the development of critical thinking essential to advance in practice.

I congratulate all involved in an excellent annual report.

Professor Stephen Leeder,
Director Research and Education Network, WSLHD

It is exciting to see such a vibrant research culture taking shape, and the achievements of so many allied health clinician researchers.

Professor Kathryn Refshauge, Dean, Faculty of Health Sciences, The University of Sydney

This inaugural Allied Health Research report is a wonderful celebration of the allied health researchers at WSLHD, and of Professor Vicki Flood’s passionate and talented leadership.

The researchers showcased in the report are shaping healthcare in genuine partnership with the community. They are making a real difference in western Sydney. It is exciting to see such a vibrant research culture taking shape, and the achievements of so many allied health clinician researchers.

It is also gratifying that the principles of collaborate, communicate and convert are already evident in the highlighted research. It is very rewarding for the Faculty of Health Sciences at the University of Sydney to work in such a productive partnership with WSLHD.

Professor Kathryn Refshauge,
Dean, Faculty of Health Sciences, USyd
I am pleased to present the inaugural Allied Health Research Report for the WSLHD. This report describes the activities of our four key pillars in the Allied Health Research Strategic Plan, 2017–2019 (people support, research funding, dissemination of research, and building collaborations) as we develop a culture of research to make an impact on practice and support better health outcomes for the people of western Sydney and beyond.

Allied Health is well placed to make key contributions to multi-disciplinary research that is consumer focused, and we are excited to see these developments growing in WSLHD, working in partnership with the University of Sydney, and other collaborating organisations.

Professor Vicki Flood, Professor of Allied Health, Western Sydney Local Health District and Faculty of Health Sciences, The University of Sydney

Professor Vicki Flood
Professor of Allied Health Research
Allied health research in WSLHD is growing, in terms of research outputs, and our main focus is on improving the health of the people of western Sydney.
OUR VISION

EXCELLENCE IN ALLIED HEALTH RESEARCH FOR BETTER HEALTH IN WESTERN SYDNEY AND BEYOND

PRINCIPLE

Collaborate: conduct multi-disciplinary research
Communicate: share learnings with others
Convert: translate research into practice

1. Senior Hand Therapist Kylie Flynn & speech pathologist Kirsty Niven
2. Allied Health Research Steering Committee
3. Allied Health Research Kickstarter Grant Recipients 2017: senior physiotherapist Joshua Pate, senior clinical dietitian Caron Blumenthal, speech pathologist Reggie Dagulo & physiotherapist Marie March
In 2018, a number of academic staff from FHS, USyd, have commenced in honorary roles at WSLHD, to further support research capacity in WSLHD, working in collaboration with allied health clinician researchers.

**Dr Belinda Judd**
Associate Lecturer Work Integrated Learning, Faculty of Health Sciences, The University of Sydney

Belinda is a registered Physiotherapist and an Associate Lecturer within Faculty of Health Sciences, USyd. Belinda works in teaching and research activities in Work Integrated Learning (WIL) and specialises in simulation-based education in the health professions. Belinda also supervises Research Higher Degree students within WSLHD and has a number of ongoing research projects involving staff from WSLHD.

**Laura Di Michele**
Associate Lecturer Work Integrated Learning, Faculty of Health Sciences, The University of Sydney

Laura Di Michele is a full time academic and research student at the University of Sydney. Her main focus is the translation of research into evidence based practice in diagnostic radiography and educating students to become evidence based practitioners. Laura is working with clinicians at WSLHD to explore views about practice in her PhD.

**Dr Andrew Leaver**
Senior Lecturer and Course Director BAppSc(Phty) Program, Discipline of Physiotherapy, Faculty of Health Sciences, The University of Sydney

Andrew is physiotherapy researcher, educator and clinician. Andrew’s research covers the prevention and management of chronic musculoskeletal pain and his collaboration with Westmead Hospital is exploring innovative health care delivery models for people with spinal pain. Andrew is supervising three HDR students who are connected with Westmead in the physiotherapy, radiology and emergency departments.

Research by our clinicians provides information for translation into practice, to better support consumers in a range of settings.

**Professor Vicki Flood**
Professor of Allied Health Research

Of all hospitalisations in which the patient died, the patient had received palliative care (2015–16).

Increase in palliative care-related hospitalisations between 2011–12 and 2015–16, compared to a 14.6% increase in hospitalisations for all reasons over the same period.

Of palliative care hospitalisations involved cancer as the principal diagnosis in 2015–16.
PILLAR 1: PEOPLE SUPPORT

WE AIM TO SUPPORT ALLIED HEALTH CLINICIANS TO ENGAGE WITH RESEARCH BY BUILDING THE DISTRICT’S CAPACITY FOR ALLIED HEALTH RESEARCH, DEVELOPING CLINICAL RESEARCH PATHWAYS AND SUPPORTING THE DEVELOPMENT OF RESEARCH CHAMPIONS WITH TRANSFERRABLE SKILLS.

Achievements

In 2017, the network ran a series of grant-writing workshops to develop the research and academic writing skills of allied health clinicians. These workshops were run by researchers from the district and USyd, including WSLHD’s Professor of Allied Health, Vicki Flood, with Dr Hans Bogaardt and Dr Madhan Balasubrahmanian. Writing groups are now held on a regular basis, providing a dedicated time and space for allied health clinicians to write for publication and receive support from experienced researchers.

We held several allied health research forums in 2016–17. The October 2017 forum provided an opportunity to meet with lecturers from the University of Sydney Faculty of Health Sciences. This forum included an introduction to research degrees and explored the benefits of working with honours degree students to complete smaller research projects.

WSLHD currently employs a number of allied health clinicians in research positions. Our allied health researchers include dietitians, occupational therapists, speech pathologists and radiation therapists. In addition, honorary research positions from the Faculty of Health Sciences have recently commenced in physiotherapy and radiography.

Future Goals

- Increase the numbers of allied health clinicians from a range of disciplines completing research degrees
- Establish dedicated research positions within all allied health departments
- Identified research champions in each allied health discipline
- Increase participation of honours students in research

Participation in higher degrees by research is increasing among allied health clinicians in WSLHD. At present there are over 20 WSLHD allied health clinicians enrolled in PhDs and three completing their Masters by research.

In order to provide additional practical support to allied health clinicians engaging in research, WSLHD and the University of Sydney Faculty of Health Sciences has recently recruited a research assistant, and support includes assistance with databases, data collection and statistical analysis.

Kristin Bindley, Bereavement Counsellor

More than 10 years of clinical experience in western Sydney as a social worker and bereavement counsellor has shaped Kristin Bindley’s pathway to PhD enrolment. Working with people experiencing life-limiting illness and their families highlighted the breadth of complex psychological, physical, social and economic outcomes that can be associated with end of life and bereavement. Kristin’s interest in this field and her appetite for research led to involvement in a qualitative study of carer experiences of supportive and palliative care at Mt Druitt (2015–16), and a part-time research role associated with a longitudinal study on experiences of care, grief and trauma with the University of Notre Dame (2016–17).

Practice experience has informed Kristin’s awareness of the influence of social welfare policy on bereavement experience and outcomes, as carers navigate income support or housing needs after a death. Underpinned by participatory action research methodology, for her PhD study she will gather in-depth knowledge about the experiences of bereaved individuals (after death, following end-of-life care provision), and engage government agencies positioned ‘upstream’ in western Sydney involved in welfare administration, alongside specialist palliative care practitioners.

Historically, bereavement research has favoured a psychological orientation, neglecting to address social and structural inequities that have the potential to mitigate bereavement outcomes. Drawing on critical social theory, Kristin anticipates that her study might inform health-promoting actions to facilitate capacity building and improve outcomes for a vulnerable population. Findings may promote cross-sectoral approaches to end-of-life and bereavement support, with possible implications beyond the supportive and palliative care domain.

Carers’ experiences in Palliative Care

MEETING THE CHALLENGES OF GRIEF AND BEREAVEMENT IN WESTERN SYDNEY – KRISTIN BINDLEY, BEREAVEMENT COUNSELLOR, WSLHD, HER PATH TO ENROLMENT IN A PHD

Bereavement can have significant implications for health and well being, and encounters with agencies and social policy can contribute to the complexity of this experience.

Kristin Bindley, Bereavement Counsellor

1. Physiotherapy team Catherine Ko & Katherine Maka
2. Physiotherapist Marie March with patient
The WSLHD Research and Education Network (REN) provides internal grants of up to $50,000 for one-year projects. Our researchers have been successful in securing some of these grants or collaborating as co-investigators. A clinician from Occupational Therapy, Westmead Hospital won a REN grant to study lymphoedema of the lower limbs in collaboration with Prof Sharon Kilbreath from the Faculty of Health Sciences. Prof Vicki Flood, Ms Lindy Begg (podiatrist, high-risk foot clinic) and Timothea Lau (Allied Health Research Assistant) are collaborating with Prof Jenny Gunton and Dr Christian Girgis (medicine), studying the effects of vitamin C on wound healing. Community physician, Associate Professor Smita Shah, who works with many allied health collaborators, was awarded a grant for a family outreach study to improve diet and physical activity in high school students.

Our researchers have also been competitive at state and national levels. Elizabeth Parker (senior dietitian, Westmead Hospital) received a NSW Ministry of Health Translation Research Grant to investigate re-feeding formulations in anorexia nervosa. Elizabeth is working with a multidisciplinary team with members from the Centre for Research into Adolescents’ Health (CRASH), Adolescent Medicine Multidisciplinary Team and Adult Eating Disorder Team.

Achievements
Over the last two years, funding for allied health collaborative research has increased, with over $600,000 in research grants awarded in 2016 into early 2018, for research based within WSLHD. While this is encouraging, we are working hard toward securing future funding to meet the demands of our growing research efforts.

Small internal grant schemes are available to help researchers get started. In our new ‘Kickstarter Grants’ scheme, a total of $20,000 was awarded, with $5,000 grants awarded to Reggie Daguio (Speech Pathologist, Blacktown Mt Druitt Hospital), Dr Caron Blumenthal (Dietitian, Women’s and Newborn Health, Westmead Hospital), Marie March (Physiotherapist, Blacktown Hospital) and Joshua Pate (Physiotherapist, Chronic Pain Service, Westmead Hospital) to help initiate research in these areas, working in partnership with colleagues from the Faculty of Health Sciences, University of Sydney.

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If we can show this protocol is effective, we hope to change re-feeding practice among young people with anorexia nervosa across NSW.

Elizabeth Parker
Senior Clinical Dietitian
Department of Nutrition and Dietetics, Westmead Hospital

Prof Vicki Flood and Dr Hans Bogaardt, collaborating with neurologists Prof Steve Vucic and Dr Parvathi Menon, received a grant from the Motor Neurone Disease Research Institute of Australia, to investigate the effects of diet and swallowing exercises on swallowing among people with motor neurone disease. This project has also supported research development of dietitian Rachael Hammond and speech pathologists Kirsty Niven and Timothea Lau.

Future Goals
• Increase numbers of grant submissions and an increased rate of grant success
• Secure competitive research fellowships for clinician researchers
• Become a funded Centre of Research Excellence

1. Physiotherapist Emma Haig with patients. 2 insert name. 3. Dietitian Elizabeth Parker
EXPLORING EVIDENCE-BASED APPROACHES TO REDESIGN HEALTH WORKFORCE INTEGRATION – DR MADHAN BALASUBRAMANIAN DISCUSSES THE FOCUS OF HIS NHMRC RESEARCH FELLOWSHIP

Dr Madhan Balasubramanian, research fellow from the University of Sydney (Faculty of Health Sciences and Faculty of Dentistry) and WSLHD, received a National Health and Medical Research Council (NHMRC) Sidney Sax Early Career Research Fellowship in 2017 for his work in health workforce integration.

The aim of the NHMRC Early Career Fellowship is to enable developing health and medical researchers of outstanding ability to undertake advanced training in health and medical research either in Australia or overseas. Madhan’s fellowship involves a two-country (UK and Australia) parallel study on inter-professional collaboration and integrated care, to develop new models of care that better orient the health workforce towards population and patient needs.

It is anticipated that the two-country study will help us examine collaborative practice approaches at a micro level, and suggest pathways and solutions through which integrated care philosophies can be applied in various settings (e.g. primary care facilities, hospitals and aged care facilities). It is a unique cross-faculty collaboration that articulates well with the future vision for interdisciplinary collaboration within the University of Sydney and WSLHD.

Over the next three to five years, we intend to build a good evidence base in health workforce integration and models of care. This will serve as the basis for workforce and health service innovations, primarily here at WSLHD, but also elsewhere in NSW and Australia.

Dr Madhan Balasubramanian
PILLAR 3: DISSEMINATION OF RESEARCH

WE AIM TO DEVELOP CLEAR AND EFFECTIVE PROCESSES FOR SHARING LEARNINGS FROM ALLIED HEALTH RESEARCH AND TRANSLATING THIS RESEARCH INTO PRACTICE ACROSS OUR DISTRICT AND BEYOND.

Achievements

May 2017 saw the launch of the inaugural Allied Health Research Strategic Plan for WSLHD. The launch was introduced by the WSLHD’s Chief Executive, Danny O’Connor, with a keynote speech on Value in Health given by Professor Kathryn Refshauge, Dean of the Faculty of Health Sciences, University of Sydney. Panel discussions focused on strategies to build research capacity.

Several allied health research forums have been held over 2017–18, with strong attendance from across disciplines. These forums are an opportunity for allied health clinicians to share the outcomes and learnings of their research and to identify further opportunities for knowledge translation. Projects presented at the research forums included occupational therapist Matt Sproats’ research on a cognitive approach to amputee rehabilitation, and social worker Kim Hobbs presenting on a multi-disciplinary survey, which provided a health literacy research focus.

In August 2017, the Westmead Hospital Allied Health Research Symposium showcased posters and presentations detailing the designs and outcomes of allied health research projects across a range of disciplines.

Our district’s allied health clinicians and researchers authored more than 70 publications between 2015 and 2018 (Appendix 1). We aim to document the breadth of publication activity of our allied health clinicians, demonstrating the contribution to wider research evidence, with applicability of translation of research into practice.

Future Goals

• Increase the number of publications co-authored by WSLHD allied health clinicians
• Host an allied health research conference showcasing our latest research
• Further develop the online and social media presence of WSLHD allied health research

The Primary Health Care Education and Research Unit (PERU) is a multi-disciplinary team that works in the research, implementation and evaluation of educational programs such as Students As LifeStyle Activists (SALSA) under the direction of community physician, Associate Professor Smita Shah. The multi-disciplinary team has included a range of allied health clinicians, including dietitians, psychologists and exercise scientists.

SALSA is a peer-led educational program that aims to promote healthy eating patterns and regular physical activity in an engaging environment. The program trains university students to be educators who then educate Year 10 peer leaders about the importance of good food and lifestyle choices. PERU focuses on schools in western Sydney where the risk for overweight and obesity development is a major public health concern.

In partnership with Rooty Hill High School, the Mt Druitt Medical Practitioners’ Association, the University of Sydney and WSLHD, SALSA has reached over 10,000 secondary school students since inception.

Dissemination of SALSA program findings and recommendations are essential to achieve a broad health impact. Dissemination commences at a school level, where participating schools provide feedback on the program. The feedback and results are integrated into the annual report, which is shared with the executive and school community. All information in the SALSA school report is provided digitally to be distributed to parents and the wider community.

Beyond the school environment, SALSA program outcomes are also disseminated through journal publications, conference presentations and media articles. Dr Smita Shah has a strong track record of research in primary health care, demonstrated by her work on peer-led education programs and associated research spanning more than three decades, and with over 50 publications to date. Previous and current representatives of PERU have often been invited to speak at local, national and international health events including conferences and symposiums.

SUPPORTING YOUNG PEOPLE TO BE ACTIVE IN DISCUSSIONS ABOUT HEALTHY LIFESTYLE, DEVELOPING THEIR ABILITY TO KICKSTART CREATIVE SOLUTIONS AND RAISE AWARENESS TOGETHER.

The SALSA research project isn’t about talking at students; it’s about allowing them to actively manage their choices and their lifestyle. They are the ones driving it. Because they are invested, they spread the message to family and friends. It’s a very powerful combination.

Emeritus Professor Stephen Leeder, Director, REN, WSLHD

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Empowering Young People Through Education

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Emeritus Professor Stephen Leeder, Director, REN, WSLHD


**PILLAR 4: BUILDING COLLABORATIONS**

**ALLIED HEALTH RESEARCH IS SEEKING TO BUILD A STRONG MULTIDISCIPLINARY APPROACH TO THE RESEARCH AT WSLHD, WITH MULTIPLE ALLIED HEALTH DISCIPLINES, NURSING AND MEDICAL PROFESSIONALS AS COLLABORATORS FOR RESEARCH.**

**Future Goals:**

- Increase the number of allied health staff involved in multi-disciplinary research activities
- Increase the number of consumers involved in research
- Contribute to regular allied health, nursing and medical research forums
- Further engage with Westmead Precinct USyd research and education activities, such as the Living Lab initiatives

**Achievements**

Occupational therapist, Dr Traci-Anne Goyen, has recently received a research grant to conduct research among children with cerebral palsy. This work is a multi-disciplinary collaboration between Westmead Hospital’s Neonatal Intensive Care Unit, the Cerebral Palsy Alliance, the Children’s Hospital at Westmead’s Grace Centre for Newborn Care, Royal Prince Alfred Hospital and John Hunter Children’s Hospital.

Other research collaborations currently underway include research into bariatric surgery, gestational diabetes, the role of exercise in cancer treatment, psychological health among people awaiting knee replacements, and interventions to improve swallow function in people with head and neck cancer. These projects provide examples of working across discipline areas and collaborating with medical and nursing colleagues.

Allied health research is represented at the district’s Research Development Committee, Research Management Committee, Auburn Research Steering Committee and Blacktown Mount Druitt Research Steering Committee by Professor Flood and other allied health clinician–researchers. We look forward to future collaborations with researchers from the Westmead Applied Research Centre, with directors Prof Clara Chow and A/Prof Julie Redfern. As well as hosting forums focused on allied health research, we are contributing to research forums for medicine and nursing, exploring and encouraging truly multi-disciplinary approaches to research.

"People with poor health literacy are more likely to have difficulty self-managing chronic conditions, have a greater rate of hospitalisation, tend to engage in unhealthy behaviours and less prone to take up health-promoting behaviours and lifestyle modifications. If we can improve that, it’s possible we will reduce hospitalisations and costs and enhance the quality of life for individuals, and their satisfaction with their medical and health care."

Kim Hobbs, Clinical Specialist Social Worker

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**Health Literacy Research Project**

**IMPROVING HEALTH OUTCOMES BY IMPROVING HEALTH LITERACY: A MULTIDISCIPLINARY COLLABORATION**

In 2017, the disciplines of nutrition and dietetics, occupational therapy, physiotherapy, social work and speech pathology joined forces in a novel initiative to collaborate in a research project focusing on the emerging priority area of health literacy. Kim Hobbs was the principal investigator for the group’s first study, health literacy among adult outpatients of allied health at Westmead Hospital: an observational, survey-based study.

Recognising that the WSLHD patient population comprises large numbers of those for whom health literacy has been shown to be poor (older people, and people with lower levels of education, low socioeconomic status and from culturally and linguistically diverse communities), allied health clinicians were well placed to undertake this research.

The survey was completed in 2017 and preliminary results were presented in a paper delivered at the 12th National Allied Health Conference in Sydney. A total of 230 participants completed the health literacy questionnaire. Scoring on functional health literacy scales was quite high, but there were notable deficits identified in three of the nine domains of health literacy measured by the questionnaire: navigating the health system, ability to find good health information and ability to actively engage with health care providers. Further analysis of results will enable the research team to focus on interventions to address these deficits.

The research working group who collaborated on the initial study is keen to continue to develop a body of work to address health literacy deficits that may result in improved health outcomes for patients attending allied health clinics. To this end, they are working closely with the WSLHD Health Literacy Hub and Lab to coordinate future initiatives in this domain.
ALLIED HEALTH RESEARCH STEERING COMMITTEE

The allied health research steering committee includes members from across the district. The committee regularly meets to operationalise the allied health research strategic plan.

Prof. Vicki Flood
Chair
Professor of Allied Health, WSLHD and Faculty of Health Sciences, The University of Sydney

Dr Hans Bogaardt
Senior Lecturer, Speech Pathologist and Clinical Epidemiologist, University of Sydney

Jamie Brugman
Senior Occupational Therapist, Westmead Hospital

Dragana Ceprnja
Health Professional Educator, Physiotherapy Department, Westmead Hospital

Christine Coorey
Pharmacist- Clinical Lead, Department of Pharmacy, Westmead Hospital

Sheryl Foster
Senior MRI Research Medical Radiation Scientist/ Research Coordinator, Westmead Hospital

Bobbi Henao Urrego
Department Head Social Work, Blacktown & Mount Druitt Hospitals

Kim Hobbs
Clinical Specialist Social Worker, Westmead Hospital

Timothea Lau
Research Assistant, Allied Health Research Professional Unit

Eva Litherland
Service Manager Child and Family, Integrated and Community Health, Doonside Community Health Centre

Amy Malik
Service Manager Chronic & Complex, Integrated & Community Health, Blacktown & Mount Druitt Hospitals

Marie March
Physiotherapist, Blacktown Mt Druitt Hospital

Rula Milad
Senior Clinical Dietitian, Westmead Hospital

Kirsty Niven
Speech Pathologist, Westmead Hospital

Assoc. Prof Smila Shah
Director of Primary Health Care Education and Research Unit, WSLHD and University of Sydney

Mark Smith
Research Development Manager, WSLHD

Ian Starkey
Department Head Physiotherapy, Blacktown & Mount Druitt Hospitals

Puja Thapa
Secretary
Executive Assistant
Allied Health Research Professional Unit

RECENT KEY EVENTS

May 2017
Allied Health Research Strategic Launch
Presentations from Chief Executive Danny O’Connor and Dean FHS Professor Kathryn Refshauge

February 2018
Health Literacy Research Forum
Guest speaker: Prof Parisa Aelani
Research panel discussion led by Professor Stephen Leeder

June 2017
Grant Writing Workshops
Westmead Hospital
Blacktown Hospital

May 2018
Publication Workshop
Westmead Hospital

August 2018
Allied Health Research Forum, Blacktown Hospital
Research topic: Aboriginal health research

June 2018
Allied Health Research Forum, Auburn Hospital
Research topic: multiple sclerosis research

October 2017
Kickstarter Grant Presentation
Co-funded from FHS, USyd and REN, WSLHD

August 2018
Allied Health Research Symposium
Westmead Hospital week
CONTACT DETAILS

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research@health.nsw.gov.au
P +61 2 8890 3148

Blacktown Hospital
Mount Druitt Hospital
Auburn Hospital

Physiotherapist Genevieve Langdon with patient

APPENDICES
ALLIED HEALTH RESEARCH PUBLICATIONS & PROJECTS 2016 - 2018
ALLIED HEALTH RESEARCH
APPENDIX 1: PUBLICATION LIST | WSLHD 2016 - 2018

2018


2017


27. 2016


27. 2015


<table>
<thead>
<tr>
<th>Funding Body</th>
<th>Years</th>
<th>Investigators</th>
<th>Title</th>
<th>Value</th>
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<tbody>
<tr>
<td>NHMRC Project Grant</td>
<td>2016-19</td>
<td>Luke Wolfendon, John Wiggers, Vicki Flood, Chris Rissel, Serene Yoong</td>
<td>A randomised controlled trial of a web-based, organisational systems change intervention to increase childcare service adherence to dietary guidelines.</td>
<td>$1,044,145</td>
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<td>Australian Research Council</td>
<td>2016-18</td>
<td>John Gilroy, Michelle Lincoln, Kerry Taylor, Vicki Flood, Angela Dew, Heather Jensen, Rebecca Barton</td>
<td>Identifying factors to better support Aboriginal children living with disability in the NPY Lands</td>
<td>$513,783</td>
</tr>
<tr>
<td>Department of Health, Australian Government-Division of Health, Australian Government</td>
<td>2016</td>
<td>Smita Shah, Vanessa Shrewsbury, Katharine Steinbeck, Louise Baur, Michael Dibley, Vicki Flood, Louise Hardy</td>
<td>Students As Lifestyle Activists Program</td>
<td>$110,000</td>
</tr>
</tbody>
</table>
**Funding Body** | **Years** | **Investigators** | **Title** | **Value**
--- | --- | --- | --- | ---
Motor Neurone Disease Grant in Aid - MND Research Institute of Australia | 2017-2018 | Vicki Flood, Steve Vuic, Hans Bogaardt, Parvathi Menon, Kirsty Niven, Rachael Hammond, Timothea Lau | The effects of active laryngeal exercises combined with an enriched diet on swallowing, speech function, and weight in people with Amyotrophic Lateral Sclerosis (ALS) | $95,910

NHMRC Sydney Sax Fellowship - Public Health and Health Services | 2017-2020 | Madhan Balasubramanian | Strengthening oral health workforce governance: a qualitative-quantitative investigation of workforce integration approaches in England and Australia. | $423,768

Menzies School of Health Research | 2016-2017 | Narelle Holden, Kim Hobbs | Towards systematic monitoring of the experiences of care of Aboriginal and Torres Strait Islander people with cancer: Phase One. | $85,000

### OTHER FUNDED PROJECTS

<table>
<thead>
<tr>
<th>Year</th>
<th>Research Team</th>
<th>Project Title</th>
<th>Funds</th>
<th>Granting Body</th>
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<tbody>
<tr>
<td>2016</td>
<td>Vicki Flood, Josephine Gwynn, Janelle Gifford, Nicky Turner, Louise Hardy</td>
<td>Evidence for the effectiveness of survey instruments for physical activity and nutrition.</td>
<td>$29,700</td>
<td>NSW Ministry of Health (Sax Institute Rapid Review)</td>
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<tr>
<td>2017</td>
<td>Jenny Gunton, Christian Girgis, Vicki Flood, Lindy Begg, Timothea Lau</td>
<td>A RCT of Vitamin C and zinc therapy for poorly healing foot ulcers</td>
<td>$50,000</td>
<td>Research Education Network, WSLHD</td>
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<tr>
<td>2017</td>
<td>Elizabeth Parker, Michael Kohn, Vicki Flood, Fran Wilson, Simon Clark, Elizabeth Frig</td>
<td>A trial of lower carbohydrate formula among people with anorexia nervosa</td>
<td>$136,000</td>
<td>Translation Research Grant Scheme NSW Ministry of Health</td>
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<td>2017</td>
<td>Gretel Evans, Merrose Penman, Jonathan Young</td>
<td>Building student’s capacity for evaluative judgement through near-peer mentoring placements</td>
<td>$10,000</td>
<td>Australian Collaborative Education Network (ACEN)</td>
</tr>
<tr>
<td>Year</td>
<td>Research Team</td>
<td>Project Title</td>
<td></td>
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</table>
| 2016 | Eileen Walker  
Christine Vo  
Nicola Haig  
Jess Pike | Transitioning to Aged Care: Improving the Patient Process. |
| 2016 | Ian Starkey | Stakeholder perceptions, experiences and outcomes of a hospital-based Student-Led Service Model |
| 2016 | Katherine Maka  
Joshua Zadro  
Paulo Ferreira  
Milena Simic  
Debra Shirley | Video-game based exercises for older people with chronic low back pain: A pilot randomised controlled trial. |
| 2016 | Katherine Maka  
Catherine Ko  
Chrisan Segaram  
Dragana Ceprnja | Early access to physiotherapy care post breast cancer surgery. |
| 2016 | Melissa Loos  
Anja Vukovic | Injury presentations WSLHD Emergency Health Care |
| 2016 | Melissa Loos  
Victoria Flood  
Gillian Nisbet | Evaluation of an inter-professional peer group mentoring program for student supervisors and new graduate preceptors. |
| 2016 | Michael Dunne | Development of Critical Reflection performance in SP Students on placement |
| 2016 | Kristin Bindley  
Suzanne Coller  
Trish Dalgleish  
Pamela Kalkandis  
Anne May  
Wendy Pavlek | Care Experiences of Palliative Care: How do carers of deceased palliative care patients experience palliative care provided by Mt Druitt Supportive and Palliative Care Unit? |
| 2016 | Kim Hobbs  
Madhan Balasubramaniam  
Dragana Ceprnja  
Chris Bums  
Rula Millad  
Jodi Gibson  
Carol Blumenthal  
Vicki Flood  
Sarah Dennis  
Deborah Shirley  
Timothea Lau | Health literacy among adult outpatients of allied health at Westmead Hospital: an observational, survey-based study |
| 2016 | Marie March  
Ian Starkey | Is pre-operative resilience associated with length of acute hospital stay following total knee replacement? |
| 2016 | Matthew Sprittals | What is the effect of cognitive strategy intervention on the occupational performance of individuals with an upper limb amputation using a prosthesis? |
| 2016 | Robyn Sierla | Assessing lymphoedema: the clinicians’ perspective. |
| 2017 | Caron Blumenthal  
Wah Cheung | A pilot interactive smart phone program to improve healthcare following gestational diabetes. |
| 2017 | Caron Blumenthal  
Kerry McGee  
Anita Wood | Evaluating the effectiveness of a group intervention for reducing the rate of gestational weight gain in overweight and obese pregnant women. |
| 2017 | Danielle Stone | Predicting substitute voice source characteristics after laryngectomy |
| 2017 | Dragana Ceprnja  
Katherine Maka  
Anita Amorim  
Evangelos Papas  
Milena Simic  
Paulo Ferreira | Video-game based exercises for older people with chronic low back pain: A pilot randomised controlled trial. |
| 2017 | Caron Blumenthal  
Wah Cheung | A pilot interactive smart phone program to improve healthcare following gestational diabetes. |
| 2017 | Caron Blumenthal  
Kerry McGee  
Anita Wood | Evaluating the effectiveness of a group intervention for reducing the rate of gestational weight gain in overweight and obese pregnant women. |
| 2017 | Danielle Stone | Predicting substitute voice source characteristics after laryngectomy |
| 2017 | Dragana Ceprnja  
Katherine Maka  
Anita Amorim  
Evangelos Papas  
Milena Simic  
Paulo Ferreira | Impact trial: Integrating Mobile-health and Physical Activity to reduce the burden of Chronic low back pain Trial (IMPACT) |
| 2017 | Dragana Ceprnja  
Rachael Hammond  
Nicole Taylor | Eat Well, Move Well with your cancer treatment |
| 2017 | Kim Hobbs | Social work interventions in cancer care |
| 2017 | Laura Wales | Factors associated with rectus abdominis diagnosis for patients primiparous and multiparous women: In a western Sydney hospital setting |
| 2017 | Melanie Boyce  
Lynley Bradnam  
Neil Mahant  
Florence Chang  
Vctor Fung  
Colleen Canning  
Alana McCambridge  
Arianne Verhagen | An observational study of functional screening tests in cervical dystonia |
<table>
<thead>
<tr>
<th>Year</th>
<th>Research Team</th>
<th>Project Title</th>
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<tbody>
<tr>
<td>2017</td>
<td>Vicki Flood</td>
<td>Evaluation of research capacity among health professionals in Western Sydney Local Health District</td>
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<tr>
<td></td>
<td>Carolyn Fozzard</td>
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<td></td>
<td>Madhan Balasubramanian</td>
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<td>Joanne Edwards</td>
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<td>Roslyn Crampton</td>
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<td>Tony Skapetis</td>
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<td>Kim Hobbs</td>
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<td>Smita Shah</td>
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<td>Angela Berry</td>
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<td>Pablo Fernandez Penas</td>
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<td>Sharon Lee</td>
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<tr>
<td>2017</td>
<td>Vicki Flood (Local PI for multi-site project)</td>
<td>The success of research implementation strategies on evidence-based decision-making by allied health managers: a randomised controlled trial</td>
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<td>2018</td>
<td>Jemima Gaunt</td>
<td>Characteristics of patients referred to social work department for homelessness at Westmead Hospital</td>
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<td></td>
<td>Anja Vukovic</td>
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<td>Julie Stevenson</td>
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<td>2018</td>
<td>Matthew Sproats</td>
<td>Allied Health Dashboard</td>
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<td></td>
<td>Vicki Flood</td>
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<td>2018</td>
<td>Jamie Brugman</td>
<td>A descriptive study of patients admitted to an acute-rehabilitation program</td>
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<td>Nidhi Gupta</td>
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