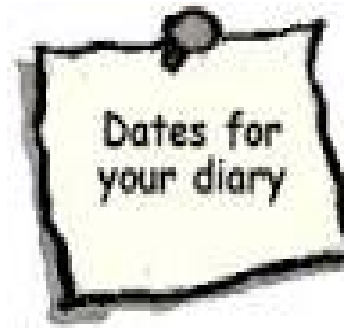

July 2015

The RAAP Sheet

Research At Austin Physiotherapy

Austin Physiotherapy Research Team
Dr Cathy Said & A/Prof Julie Bernhardt
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Research Meetings

11th August 2015

8th September 2015

20th October 2015

See page 3 for more info

Research News

It has been another busy few months of research activity within the physiotherapy department. As many of you are aware, funding for the Professor of Physiotherapy position has now ceased. We are currently exploring alternative funding opportunities. In the short term, Cathy will continue in her part-time role, with reduced part-time support from the grade 1 physiotherapist. Unfortunately, this means we have needed to scale back our involvement in a number of research activities. Nonetheless, there are still a number of exciting projects underway, and we will endeavor to build on our successes to date. Stay tuned!

eStimCycle Trial Update

Recruitment is well underway at Austin Health for the NHMRC funded eStimCycle trial. The purpose of this international multi-site RCT is to investigate the impact of early in bed functional electrical stimulation-assisted cycling on physical, psychological and cognitive outcomes. The sites include Austin Hospital, Duke University Hospital, Carolina, and Johns Hopkins Hospital, Baltimore, with the recent addition of Royal Brisbane Hospital. Over the next 3 years we will be recruiting 160 participants.

To date over 1800 critically ill patients have been screened at the Austin Site and 23 patients have been randomised to either an intervention or control group. All participants are assessed upon recruitment, weekly in ICU, ICU discharge, Hospital discharge and 6- and 12-months post acute hospital discharge. Three participants have completed 6 month follow-up.

The results of this trial will help provide a new framework for the provision of early rehabilitation and outcome measurement in critically ill patients.

Thanks to all the staff who have contributed to this project. Stay tuned for updates over the coming months.



Research Achievements

Recent Publications

Parry Selina M., El-Ansary Doa, Cartwright Michael S., Sarwal Aarti, **Berney Sue**, Koopman Renée, **Annoni Raquel**, Puthuchery Zudin, Gordon Ian R., Morris Peter E., Denehy Linda, Ultrasonography in the intensive care setting can be used to detect changes in the quality and quantity of muscle and is related to muscle strength and function, *Journal of Critical Care* (2015), doi: [10.1016/j.jcrc.2015.05.024](https://doi.org/10.1016/j.jcrc.2015.05.024)

Aarti Sarwal, MD, **Selina M. Parry**, PT, Michael J. Berry, PhD, Fang-Chi Hsu, PhD, Marc T. Lewis, Nicholas W. Justus, PT, Peter E. Morris, MD, Linda Denehy, PhD, **Sue Berney**, PhD, Sanjay Dhar, MD, Michael S. Cartwright, MD, MS. (2015). Interobserver Reliability of Quantitative Muscle Sonographic Analysis in the Critically Ill Population. *J Ultrasound Med*, 34, 1191-1200.

Kent, P., **Laird, R.**, & Haines, T. (2015). The effect of changing movement and posture using motion-sensor biofeedback, versus guidelines-based care, on the clinical outcomes of people with sub-acute or chronic low back pain-a multicentre, cluster-randomised, placebo-controlled, pilot trial. *BMC Musculoskeletal Disorders*, 16(1), 131.

Contributions to Recent Publications

Austin Physiotherapy clinicians contributed to data collection for the following:

The AVERT Trial Collaboration Group. Efficacy and safety of very early mobilisation within 24 h of stroke onset (AVERT): a randomised controlled trial (2015). *The Lancet*, doi: [10.1016/s0140-6736\(15\)60690-0](https://doi.org/10.1016/s0140-6736(15)60690-0)

Fundamentals of Research: For Everyday Practice



Date: August 19
Time: 8:30am to 4:30pm
Location: CEU Lecture Theatre,
Level 4 Austin Tower
[Click here](#) to for more information and to register.
Limited places remain.

Enhancing Health & Rehabilitation

The Florey Institute Exercise Forum

The Florey Institute of Neuroscience and Mental Health,
Melbourne Australia,
Monday 31 August 2015



Monday 31st August
Time: 9am to 3.30pm
Location: The Florey Institute, Level 2
Seminar Room
[Click here](#) for more information. Registration is essential.

Austin Research Week (19-23 Oct)



Abstract submissions now OPEN.
Close 31st July 2015
[Click here](#) for more information

Conferences

Check the conference database for upcoming dates.

<H:\General\RESEARCH\Databases\Future Conference Dates.xls>



August Research Meeting

Tuesday 11th August 2015

4pm – 5pm

Cilia Heywood will be presenting

"Obesity in older adults - effect of weight loss and exercise on physiology and function"

Physiotherapy Research Symposium

Tuesday 20th October 2015

4pm – 5pm

A/ Professor Julie Bernhardt

"Where to next for early stroke rehabilitation: The AVERT trial"



Quirky Research

"How Long can a Block of Chocolate Last in the Austin Physiotherapy Department?"

Cadbury combined Australia's most beloved breakfast spread with their famous milk chocolate in June 2015.

A block of Vegemite chocolate was left in the Physiotherapy Tea Room for all to try.....Everyone loves chocolate. Everyone loves Vegemite. So what's the problem?

Over 44% (7.7 million) Australians aged 14 and older ate at least one chocolate block in an average four weeks.

An observational study was conducted and the results were:

- Top Deck block disappeared in 10 minutes
- Vegemite block was still available the following day.

It was described by brave tasters as:

- "Interesting but I'm not going to have another piece"
- "There is a time & place for Vegemite, and it's on a piece of toast"
- "It is ruining an otherwise perfectly good piece of chocolate"

