

# The RAAP Sheet

Research At Austin Physiotherapy

Austin Physiotherapy Research Team

Dr Cathy Said & A/Prof Julie Bernhardt

Enquiries: Tom Cooper [tom.cooper@austin.org.au](mailto:tom.cooper@austin.org.au)

Madison Taylor [Madison.taylor@austin.org.au](mailto:Madison.taylor@austin.org.au)



## Research News

Research Week has come and gone for another year at Austin Health, with a series of fantastic lectures and talks. The Physiotherapy Department was very well represented. Highlights included Kim Bennell (Director of the Centre for Health, Exercise and Sports Medicine, Melbourne University) and her talk "Osteoarthritis: Old Problem, New Perspective" and Julie Bernhardt debating whether or not "Clinical trials are a waste of time." In addition, we were lucky to have an amazing presentation by Prof. Lee Jones, an exercise physiologist from Duke University, who presented his research into the role of exercise in cancer treatment.

Congratulations to Paul Smith, Zoe Langford and Caroline Chao recipients of the Clinic Research Engagement Award for 2013, for their ongoing commitment to research in the Physiotherapy Department. Well done!

Finally, thanks to everyone in the department for all the support you have provided to the many research projects that have run this year. We have had a very busy and productive 2013!! Hope everyone has a great xmas and a chance to recharge before what I am sure will be another busy research year in 2014.

## 'Quote of the Month'

"If you steal from one author it's plagiarism; if you steal from many it's research."

-Wilson Mizner



Paul Smith, Zoe Langford and Caroline Chao being presented with their **Clinic Research Engagement Awards** by Sue Berney and Cathy Said

## Research Achievements

### Grants

**Selina Parry** has been awarded a F.J. O'Rourke grant worth \$10,000 to continue with development of an ICU multidisciplinary rehabilitation course in the UK and USA. Well done!

**Sue Berney** has received an Austin Medical Research Foundation grant worth \$20,000. It will go towards her project "Neuromuscular ultrasound and muscle weakness in intensive care" Congratulations Sue.

### Publications

**C. Said, M. P. Galea & N. Lythgo**

*Obstacle crossing following stroke improves over one month when the unaffected limb leads, but not when the affected limb leads*

<http://authors.elsevier.com/sd/article/S0966636213003160>

**S. Berney & K. Haines**

*Feasibility and inter-rater reliability of the ICU Mobility Scale.*

<http://www.sciencedirect.com/science/article/pii/S0147956313003725>

## Update on The eRiCC Trial – Liz Hibbert

Intensive care acquired weakness is common in ICU leading to impaired muscle function and wasting. Rehabilitation in ICU is safe, but delayed due to a patient's inability to co-operate. The early rehabilitation in critical care (eRiCC) trial aims to determine the benefits of functional electrical nerve stimulation and cycling compared to standard preventative ICU care.

Four patients have been recruited in the October/November period. 18 of the 80 participants have been recruited. Thank you to all physios who have supported the trial; Caroline, Tory and Heather for their contributions as assessors and we have trained up Anne-Marie B, Hannah W, and Bridget L as brand new assessors. They are all doing a wonderful job!



"Knee Osteoarthritis: Old Problem, New Perspectives"  
Lecture – Kim Bennell

## Funding Announcement

### Sir Edward Dunlop Medical Research Foundation Grants

applications will close 20<sup>th</sup> January 2014. The foundation focuses on illness related to veterans and their families.

Applications for **NHMRC project grants and research fellowships** opened on Dec 4<sup>th</sup>.

### J.O & J.R Wicking Trust Grants and Mason Foundation:

Alzheimer's Disease Grant applications will open Jan 2014

**Ian Potter Foundation Medical Research Grants** are open for applications until Feb 2014

## Quirky Research

### Were James Bond's drinks shaken because of alcohol induced tremor?

Graham Johnson, Indra Neil Guha & Patrick Davies, *BMJ* 2013

**Objective** To quantify James Bond's consumption of alcohol as detailed in the series of novels by Ian Fleming.

**Design** Retrospective literature review.

**Setting** The study authors' homes, in a comfy chair.

**Participants:** James Bond, 007; Mr Ian Fleming.

**Main outcome measures** Weekly alcohol consumption by Commander Bond.

**Methods** All 14 James Bond books were read by two of the authors. Contemporaneous notes were taken detailing every alcoholic drink taken. Predefined alcohol unit levels were used to calculate consumption. Days when Bond was unable to consume alcohol (such as through incarceration) were noted.

**Results** After exclusion of days when Bond was unable to drink, his weekly alcohol consumption was 92 units a week, Over four times the recommended amount. His maximum daily consumption was 49.8 units. He had only 12.5 alcohol free days out of 87.5 days on which he was able to drink.

**Conclusions** James Bond's level of alcohol intake puts him at high risk of multiple alcohol related diseases and an early death. The level of functioning as displayed in the books is inconsistent with the physical, mental, and indeed sexual functioning expected from someone drinking this much alcohol. We advise an immediate referral for further assessment and treatment, a reduction in alcohol consumption to safe levels, and suspect that the famous catchphrase "shaken, not stirred" could be because of alcohol induced tremor affecting his hands



Fresh Promotions



*From all of us in the  
Research Team, wishing  
everyone a safe and Merry  
Christmas and Happy New  
Year!*