

The RAAP Sheet

Research at Austin Physiotherapy

Austin Physiotherapy Research Team Leaders:

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Research News

Welcome back to 2014 for another exciting year of research! We hope you all enjoyed some relaxing time away in the sun over the summer period and are ready to go for 2014.

In 2014, we will see the NHMRC-funded "MOVE trial", headed up by Cathy Said, get underway with clinical assessments and data collection. See the research profile on page 3 for more detail on the trial.

The new Physiotherapy Research hub page is up and running. Please have a look and let Natalie know if there is any incorrect information or you would like information to be updated. <http://hub/PhysiotherapyResearch>

If anyone has a project they would like to present at a future meeting please let Natalie know.

Research Achievements

Publications

Congratulations to all our most recently published physios!

S. Parry & S. Berney

Clinical application of the Melbourne risk prediction tool in a high-risk upper abdominal surgical population: an observational cohort study

<http://www.sciencedirect.com/science/article/pii/S0031940613000540>

Austin Publication of the Month Award

Congratulations to Cathy Said on being awarded Austin LifeSciences Publication of the Month for January 2014!

C. Said

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>

Upcoming Events

2014

March 21

Victorian Stroke Clinical Network Subacute Forum 2014

Location: MCG

October 13-17

Austin Research Week 2014

Abstracts open 1st June

Abstracts close 31st July

November 16-18

The 6th Biennial Australian and New Zealand Falls Prevention Convention

Theme: "The Highs and Lows of Falls Prevention"

Location: Luna Park, Sydney NSW

2015

May 1-4

World Confederation for Physical Therapy Congress 2015

Location: Singapore

November 3-6

APA Conference 2015

Location: Gold Coast, QLD

Research Profile: THE MOVE TRIAL

OPTIMISING REHABILITATION OUTCOMES IN FRAIL OLDER ADULTS: EFFECTS OF INCREASING THE AMOUNT OF PHYSICAL ACTIVITY

Recruitment has commenced at the Repat for the NHMRC funded MOVE trial. The purpose of this multi-site RCT is to investigate the impact of physical activity on rehabilitation outcomes. We will be recruiting 198 participants from Repat and Kingston over the next 12 months.

Older people receiving inpatient rehabilitation will be randomly assigned to an intervention group or a control group. Both groups of people will be provided with additional therapy sessions after hours and on weekends, which will be supervised by either a physiotherapist or allied health assistant. All participants will be assessed at baseline, discharge from hospital and at 6 months following discharge.

The results of this trial will help us develop guidelines on physical activity for this population, and allow us to provide evidenced based rehabilitation.

Thanks to all the physiotherapy staff over at Repat who have helped get this project started. Stay tuned for updates over the next few months!!!!



Rachael, Katie and Madison are doing a great job helping the trial get going!



Our MOVE trial weekend team:

Avnish, Clare, Tamara, Nadia, Isaac and Georgie

Funding Announcements

Applications for **NHMRC project grants and research fellowships** are currently open.

J.O & J.R Wicking Trust Grants and Mason Foundation: Alzheimer's Disease Grant applications opened Jan 2014

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

Quote of the Month

"To do successful research, you don't need to know everything. You just need to know one thing that isn't known."

Arthur Schawlow

Quirky Research

The survival time of chocolates on hospital wards: covert observational study

P.R. Gajendragadkar, D.J. Moualed, P.L.R. Nicolson, F.D. Adjei, H.E. Cakebread, R.M. Duehmke & C.A Martin.

Objective To quantify the consumption of chocolates in a hospital ward environment.

Design Multicentre, covert observational study across four wards at three hospitals within the UK

Participants Boxes of Quality Street (Nestlé) and Roses (Cadbury) on the ward and anyone eating these chocolates.

Intervention Observers covertly placed two 350 g boxes of Quality Street and Roses chocolates on each ward (eight boxes were used in the study containing a total of 258 individual chocolates). These boxes were kept under continuous covert surveillance, with the time recorded when each chocolate was eaten.

Results 191 out of 258 (74%) chocolates were observed being eaten. Mean total observation period was 254 minutes. Median survival time of a chocolate was 51 minutes. The model of chocolate consumption was non-linear, with an initial rapid rate of consumption that slowed with time. An exponential decay model best fitted these findings, with a survival half life (of 99 minutes. The mean time taken to open a box of chocolates from first appearance on the ward was 12 minutes. Quality Street chocolates survived longer than Roses chocolates. The highest percentages of chocolates were consumed by healthcare assistants (28%) and nurses (28%), followed by doctors (15%).

Conclusions From our observational study, chocolate survival in a hospital ward was relatively short, and was modeled well by an exponential decay model. Roses chocolates were preferentially consumed to Quality Street chocolates in a ward setting. Chocolates were consumed primarily by healthcare assistants and nurses, followed by doctors. Further practical studies are needed.



<http://briffa.gs/nom/src/130066282888.jpg>

Important Dates 2014

Physiotherapy Research Meeting Dates:

March 4

Presenter: Wayne Dite

Topic: Finding the best dose of exercise for improving walking in chronic stroke survivors.

April 1

Presenter: Dr Toby Cummings

Topic: "Is physical activity 'exercise' in acute stroke?"

29/4/2014

10/6/2014

1/7/2014

5/8/2014

2/9/2014

14/10/2014

11/11/2014

9/12/2014

(Physiotherapy Conference Room, 4-5pm)