

# The RAAP Sheet

Research At Austin Physiotherapy

Austin Physiotherapy Research Team

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Greetings!!

Austin Health Research Week is fast approaching. It runs from October 13<sup>th</sup> to 17<sup>th</sup> and includes a splendid program which can be viewed on the beautiful research notice-board or at <http://www.austin.org.au/research-week/program/>. If you have some exciting research project brewing away don't forget to submit your abstract by July 31<sup>st</sup> (details below). Physiotherapy is currently in second place on the submissions ladder behind Surgery and Cardiology!! (Let's take top spot for all our beloved Allied Health brethren)

The **Physiotherapy Research Seminar** will be held from **4-5pm on October 14<sup>th</sup>**. It would be appreciated if all physios (including Repat and Talbot staff) could make an effort to attend the seminar and support our hard working research team.

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## 'Quote of the Month'

Research is what I'm doing when I don't know what I'm doing.

- Werner von Braun

The best research for playing a drunk is being a British actor for 20 years.

- Michael Caine

## Physiotherapy Research Meeting Dates

### **August 5<sup>th</sup>**

Raquel Annoni - Risk of falls in ICU survivors: a 6 month prospective observational study

### **September 2<sup>nd</sup>**

### **October 14<sup>th</sup>**

Physio Research Seminar as part of Austin Research Week - invited speaker Anne Holland discussing "Telehealth; the way of the future?" (4-5pm)

### **November 11<sup>th</sup>**

### **December 9<sup>th</sup>**

(Physiotherapy Conference Room, 4-5pm)

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## Research Training

Austin Life Sciences:  
Introduction to Research  
Methods Training

### **July 30<sup>th</sup>**

How to overcome common sources of bias and confounders (John Lindell Lecture Theatre, 5-6pm)

<http://hub/page/1814/training-conferences>

## Research Profile

**The longer term measurement of cognitive function, psychological symptoms and physical activity in survivors of critical illness**

**Investigators:** Associate Professor Sue Berney, Miss Joleen Rose, Professor Rinaldo Bellomo, Dr Toby Cumming & Associate Professor Linda Denehy

### **Aims:**

- To identify the prevalence of delirium and long-term cognitive decline in survivors of critical illness in Australia
- To identify the prevalence of depression, anxiety and post-traumatic stress disorder (PTSD) in survivors of critical illness

**Progress:** Participants are followed up at 3, 6 and 12 months. Recruitment is continuing with 16 participants recruited to date, 3 of whom have completed their 12 month measures.

## Conferences

Interested in an educational overseas vacation? Check the conference database for upcoming dates.

9-13 <sup>th</sup> September	Rehabilitation: Off the grid	Adelaide
6-11 <sup>th</sup> October	15 <sup>th</sup> World Conference on Pain	Buenos Aires, Argentina
22-25 <sup>th</sup> October	9 <sup>th</sup> World Stroke Conference	Istanbul, Turkey
16-18 <sup>th</sup> November	6 <sup>th</sup> Biennial Aust Falls Prevention Conference	Luna Park, Sydney
March 26-29	World Congress on OP, OA and M/skel diseases	Milan, Italy

Please let us know if we are missing any upcoming events!

<M:\Physio\General\RESEARCH\Conference Calender 2013-.xlsx>

## Important Announcements

Abstracts for Austin Research Week are **about to close!!**

Physiotherapy is currently in equal second on the Submissions Ladder.

**Submit online by 31<sup>st</sup> July**

<http://www.austin.org.au/submitabstract2014/>

## Upcoming Events

**July 30<sup>th</sup>**

Cardio-respiratory Research Network (CaRRN) Research Forum

(3-6 pm followed by drinks and networking)

[CaRRN Research Forum 2014 Program](#)

**October 13-17<sup>th</sup>**

**Austin Health Research Week**

<http://www.austin.org.au/research-week/program/>

## Research Opportunities

**Interested in improving outcomes after stroke?**

The Florey Institute is seeking a dynamic individual to undertake post-graduate Masters by research.

This project is led by Assoc. Prof Julie Bernhardt and involves investigating the role of early intervention and physical activity after stroke.

[Florey Institute Stroke Research Masters Student Info](#)

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## Research Achievements

### Publications

Morris, M.E., Adair, B., Ozanne, E., Kurowski, W., Miller, K.J., Pearce, A.J., Santamaria, N., Long, M., Ventura, C., **Said, C.M.** (2014). Smart technologies to enhance social connectedness in older people who live at home. *Australasian Journal on Ageing*. <http://dx.doi.org/10.1111/ajag.12154>

Begg, R.K., Tirosh, O., **Said, C.M.**, Sparrow, W.A., Steinberg, N., Levinger, P., Galea, M.P. (2014). Gait Training with Real-Time Augmented Toe-Ground Clearance Information Decreases Tripping Risk in Older Adults and a Person with Chronic Stroke. *Frontiers in Human Neuroscience*. 8:243. doi: 10.3389/fnhum.2014.00243.

[http://www.frontiersin.org/Journal/Abstract.aspx?s=537&name=human\\_neuroscience&ART\\_DOI=10.3389/fnhum.2014.00243](http://www.frontiersin.org/Journal/Abstract.aspx?s=537&name=human_neuroscience&ART_DOI=10.3389/fnhum.2014.00243)

### Quirky Research

#### “Testing the validity of the Danish urban myth that alcohol can be absorbed through feet: open labelled self experimental study”

Christian Stevns Hansen, Louise Holmsgaard Færch, Peter Lommer Kristensen,  
**BMJ 2010; 341: c6812**



**Objective:** To determine the validity of the Danish urban myth that it is possible to get drunk by submerging feet in alcohol.

**Design:** Open labelled, self experimental study, with no control group.

**Setting:** Office of a Danish hospital.

**Participants:** Three adults, median age 32 (range 31-35), free of chronic skin and liver disease and non-dependent on alcohol and psychoactive drugs.

**Main outcome measures:** The primary end point was the concentration of plasma ethanol (detection limit 2.2 mmol/L (10 mg/100 mL)), measured every 30 minutes for three hours while feet were submerged in a washing-up bowl containing the contents of three 700 mL bottles of vodka. The secondary outcome was self assessment of intoxication related symptoms (self confidence, urge to speak, and number of spontaneous hugs), scored on a scale of 0 to 10.

**Results:** Plasma ethanol concentrations were below the detection limit of 2.2 mmol/L (10 mg/100 mL) throughout the experiment. No significant changes were observed in the intoxication related symptoms, although self confidence and urge to speak increased slightly at the start of the study, probably due to the setup.

**Conclusion:** Our results suggest that feet are impenetrable to the alcohol component of vodka. We therefore conclude that the Danish urban myth of being able to get drunk by submerging feet in alcoholic beverages is just that; a myth. The implications of the study are many though.