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May 2015

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Next Research Meeting:

May 19

Kieran Bates

will be presenting

"Compartment Syndrome of the  
Subacromial Space"

AND

Cathy Said

Will be presenting

"Validation of the Austin Falls Risk  
Screening Tool"

4pm, room 4.6  
Education Precinct  
Austin Tower Level 4

## Research Meetings 2015

June 16

July 14

August 11

September 8

October 20

November 17

December 15

## Physiotherapy Research Symposium

A/ Professor Julie Bernhardt

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

Tue Oct 20<sup>th</sup>  
4.00- 5.00



# The RAAP Sheet

Research At Austin Physiotherapy

Austin Physiotherapy Research Team

Dr Cathy Said & A/Prof Julie Bernhardt

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## Research News

Research in the physiotherapy department busily moving along with an extensive number of recent publications. See page three for details.

There was an excellent turnout at the Research Meeting in April where Selina Parry presented on "Choosing and using outcome measures in patients with critical illness". At the next research meeting on May 19 Kieran Bates will be presenting "Compartment Syndrome of the Subacromial Space" and Cathy said will be presenting "Validation of the Austin Falls Risk Screening Tool". **Note that research meetings are now held in Room 4.6 Education Precinct Austin Tower Level 4** (where staff meetings are held). Skype will be arranged for staff at Talbot and Repat.

In this newsletter we have a report from the Orthopaedic Inpatient Physiotherapy team on "Improving Services and Outcomes for Joint Replacement Patients". See page two for more information on the project.

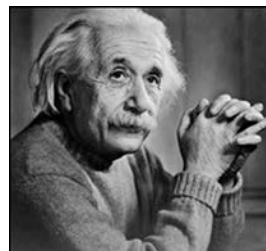
If you have any projects currently underway or have recently published or presented or submitted a poster for a conference please let Jennifer know.

Enjoy!

## Quote of the Month

"Imagination is the highest form of research".

Albert Einstein



## Research Profile

### Improving Services and Outcomes for Joint Replacement Patients

During 2014 the Austin orthopaedic inpatient physiotherapy team participated in a large multicentre observational study into the elective joint replacement population. Conducted by the Whitlam Orthopaedic Research Centre (WORC), this study aims to investigate the link between specific care processes and outcomes from joint replacement surgery.

The study involves collection of peri-operative information, including surgical and medical management, details about early mobility and any post-operative complications. Patients were also asked to keep a diary containing details of follow-up appointments, medications, costs incurred and any difficulties they faced after discharge. In addition, the WORC researchers conducted telephone interviews at 35 days, 90 days and 12 months which involved further inquiry into functional capacity and health-related quality of life.

Austin Health, through 8 North and The Surgery Centre, were able to recruit 48 patients into the study. Recruitment has now ceased, and the follow-up interviews are currently being completed. We look forward to receiving our site specific feedback and the study's results in their entirety.

#### Research Activity

We are currently consolidating databases of all grants, research, and publications in the department. **If you have a new project, have modified a project or have recently been published** please send Jennifer an update.

#### Posters/Presentations

We are putting together a 'sharing folder' for posters and presentations our research staff put together for conferences/talks etc. If you have one, please send me a copy!



Orthopaedic inpatient physiotherapy team involved in the project: Matt Yeates, Jo Kenny and Vera Cobani.

### Important Announcements



Australian Government  
National Health and Medical Research Council  
Department of Industry and Science

### NHMRC eLearning

The NHMRC have developed eLearning modules on various aspects of clinical trials. There are three modules each around 45 minutes, [click here to view](#).

### Conferences



#### APA Conference

October 3-6  
Gold Coast, Queensland  
**Registrations close July 27**  
For more information [click here](#)

## Recent Publications

**Berney, S. C., Rose, J. W., Bernhardt, J., & Denehy, L.** (2015). Prospective observation of physical activity in critically ill patients who were intubated for more than 48 hours. *Journal of Critical Care*. [Click here](#) to view.

**Dite, W. Langford, Z,** Cumming T, Churilov, L., **Blennerhassett J., & Bernhardt, J.** (2015). A Phase 1 exercise dose escalation study for stroke survivors with impaired walking (in press). *International Journal of Stroke*.

Lee, A. L., **Williamson, H. C.,** Lorensini, S., & Spencer, L. M. (2014). The effects of oscillating positive expiratory pressure therapy in adults with stable non-cystic fibrosis bronchiectasis A systematic review. *Chronic respiratory disease*, 1479972314562407. [Click here](#) to view.

**Packer, R.** (2014). The Incidence of Benign Paroxysmal Positional Vertigo (BPPV) in Patients Admitted to an Acquired Brain Injury Unit. *Brain Impairment*, 15(02), 146-155.

**Parry, S. M., Denehy, L., Beach, L. J., Berney, S., Williamson, H. C., & Granger, C. L.** (2015). Functional outcomes in ICU—what should we be using? - an observational study. *Critical Care*, 19(1), 127. [Click here](#) to view abstract. [Click here](#) to view.

**Said, C. M.,** Morris, M. E., McGinley, J. L., Szoek, C., Workman, B., Liew, D., **Hill, K.,** Wittwer, J. E., Churilov, L., Ventura, C., & Bernhardt, J. (2015). Evaluating the effects of increasing physical activity to optimize rehabilitation outcomes in hospitalized older adults (MOVE Trial): study protocol for a randomized controlled trial. *Trials*, 16(1), 13. [Click here](#) to view.

## Quirky Research

### “Commercial Features of Placebo and Therapeutic Efficacy”

**Waber, R. L., Shiv, B., & Carmon, Z.** (2008). *JAMA*, 299(9), 1016-1017

#### To the Editor:

It is possible that the therapeutic efficacy of medications is affected by commercial features such as lower prices. Because such features influence patients' expectations,<sup>1</sup> they may play an unrecognized therapeutic role by influencing the efficacy of medical therapies, especially in conditions associated with strong placebo responses.<sup>2,3</sup> To investigate this possibility, we studied the effect of price on analgesic response to placebo pills.

#### Methods

In 2006 we recruited 82 healthy paid volunteers in Boston, Massachusetts, using an online advertisement. Each participant was informed by brochure about a (purported) new opioid analgesic approved by the Food and Drug Administration; it was described as similar to codeine with faster onset time, but it was actually a placebo pill. After randomization, half of the participants were informed that the drug had a regular price of \$2.50 per pill and half that the price had been discounted to \$0.10 per pill (no reason for the discount was mentioned). All participants received identical placebo pills and were paid \$30. Participants were blinded to the study purpose, and researchers were blinded to group assignment.

#### Results

In the regular-price group, 85.4% (95% confidence interval [CI], 74.6%-96.2%) of the participants experienced a mean pain reduction after taking the pill, vs 61.0% (95% CI, 46.1%-75.9%) in the low-price (discounted) group ( $P = .02$ ).

#### Comment

These results are consistent with described phenomena of commercial variables affecting quality expectations<sup>1</sup> and expectations influencing therapeutic efficacy.<sup>4</sup> Placebo responses to commercial features have many potential clinical implications. For example, they may help explain the popularity of high-cost medical therapies (eg, cyclooxygenase 2 inhibitors) over inexpensive, widely available alternatives (eg, over-the-counter nonsteroidal anti-inflammatory drugs) and why patients switching from branded medications may report that their generic equivalents are less effective.



## Conferences

### Activity Based Funding Conference

IHPA

Adelaide Convention Centre  
27-29 May 2015

Registration still open

[Click here](#) for more details

### International Neurology and Rehabilitation Meeting

Wyndham Grand Hotel

Istanbul Levent, Turkey

Registration closes May 29

[Click here](#) for more details

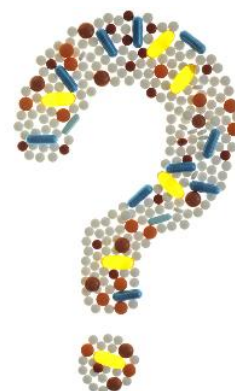
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Check the conference database for upcoming dates.

[H:\General\RESEARCH\Databases\Future Conference Dates.xls](#)

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

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