



SYMPOSIUM

Reconnecting through rural and regional research
21-22 Nov 2022 | Dunkeld, Victoria

Western Alliance Seventh Annual Symposium

PROGRAM

Western Alliance Seventh Annual Symposium

Day One

Monday 21 November, 3:30 pm to 6:30 pm

Sterling Place Community Centre, Dunkeld

3:30 pm

Welcome

Memorial Hall

Dr. Olivia King, Manager, Research Capability Building Program, Western Alliance

STaRR Emerging Researcher Showcase

<p>Mrs. Alicia Boyd St John of God, Warrnambool</p> <p><i>Total Knee Arthroplasty (TKA): Post-Operative Swelling Assessment - a Feasibility Study utilising Bioimpedance Spectroscopy (BIS)</i></p>	<p>Ms. Cara Hill Barwon Health</p> <p><i>Improving the provision of prescribed food, fluid and mealtime supervision requirements in inpatient and aged care settings</i></p>	<p>Ms. Hayley Keane South West Healthcare</p> <p><i>The role of digital literacy in workplace e-learning – a study of low technology roles in public healthcare</i></p>
<p>Miss. Laura Morrison Barwon Health</p> <p><i>Implementing a Risk Feeding Guideline and Education Program for Multidisciplinary Clinicians Participating in Risk Feeding Practice at Barwon Health</i></p>	<p>Mr. Jake Romein East Grampians Health Services</p> <p><i>A community-based modified sport program for rural community-dwelling older adults: A pilot study</i></p>	<p>Ms. Alesha Sayner Grampians Health</p> <p><i>Feasibility of intra-infusion exercise in a regional chemotherapy day unit</i></p>

5:00 pm

An Introduction to DELIVER and Co-design

Memorial Hall

Professor Anna Peeters, Director, Institute for Health Information, Deakin University

DELIVER: Delivering Enhanced healthcare at home through optimising Virtual tools for older people in Rural and regional Australia

DELIVER is a 5-year research program (2022-2027) funded through a Medical Research Futures Fund Rapid Applied Research Translation grant, available only for research in rural areas.

Led by the Western Alliance Academic Health Science Centre (Western Alliance), in partnership with healthcare consumers, regional and rural health services, universities and primary healthcare providers across western Victoria, the project will facilitate research translation to optimise hospital-led programs of in-home care, to improve care for older people living in rural areas. Additionally, DELIVER will embed sustainable clinical and health services research capabilities to support rapid applied research translation.

The aims of DELIVER are to:

1. Perform rapid identification, prioritisation and testing of local solutions to healthcare at home that address the key challenges of delivering healthcare at home to older people in rural areas identified by our health service partners;
2. Embed the infrastructure, rapid research methods, capacity building and skills training to enable development of rapid research and translation capabilities across western Victoria through the Western Alliance, its members and partners;
3. Evaluate a sustainable model for rapid rural clinical and health services research and translation across western Victoria; and
4. Implement, evaluate and scale a region-wide healthcare at home program, building on the learnings from (1) above, that can be scaled nationally, with local adaptability.

The programs and initiatives that DELIVER can support will be developed in consultation with participating health services and communities. Programs identified by health services as potential initial targets include, but are not limited to, the Better at Home initiative, Geriatric Evaluation and Management (GEM); and initiatives such as Emergency Department in the home.

Representatives from partnering Health Services and Primary Health Network will be invited to join the **DELIVER Strategic Partnerships Group**. This group is integral for guiding the areas of focus for the program of work undertaken in DELIVER.

Representatives from external organisations will be invited to join the **DELIVER Advisory Group**. This group will provide an external lens to the program, support development of scaled implementation & translation of findings from DELIVER and identify other opportunities.

Contact: DELIVER Program Manager: Kate.Huggins@deakin.edu.au

Western Alliance Seventh Annual Symposium

Networking event – formal dinner and entertainment (currently at capacity)

MC - Mr. Drew Aras, Executive Officer, Western Alliance

Monday 21 November, 7:00 pm

The Royal Mail Hotel, Dunkeld



Ms. Clare Bowditch

Ms. Clare Bowditch is a best-selling ARIA Award winning musician (Best Female), Logie nominated actor for the TV Show *Offspring*, best-selling author for her recently released memoir *Your Own Kind Of Girl*, experienced speaker, MC, broadcaster, and mother of three (including identical twin boys).

In 2008, whilst researching her best-selling album *The Winter I Chose Happiness*, Clare agreed to challenge her cynicism and undertake training as a Life Coach (turns out, she bloody loved it). This culminated in her forming Big Hearted Business – a company designed to teach creative people about business and business people about creativity.

In Oct 2019, Clare released her first book *Your Own Kind Of Girl* through Allen & Unwin. Its themes of shaping yourself through the stories we tell ourselves and taming your inner critic, immediately found their audience, with a debut position of #7 in the Nielsen Book Chart, #1 Best Seller on Booktopia, at Readings and Dymocks, and Audio Book #5 bestseller on Amazon. It won the 2020 ABIA “New Writer of The Year” Award and has been named as one of Audible’s “Top 50 Books of All Time”.

In August 2020, she released an Audible Original audio book entitled *Tame Your Inner Critic* which has remained at the top of the Audible Charts since the day of its release. It epitomises Clare’s unique approach to skill-building, and story-telling, using a novel mix of humour, story-telling and science to help people have better relations with the voice of their self-doubt. It has been one of the most downloaded Audible podcasts over the course of the COVID-19 pandemic.

As a musician, Clare has toured extensively with musicians such Leonard Cohen, Paul Kelly, John Butler, Cat Power, and Gotye, to name just a few.

As the beloved host of the “Afternoons” radio show on ABC Melbourne, Clare spoke and made friends with over 250,000 listeners daily.

PROGRAM

Western Alliance Seventh Annual Symposium

Day Two

Tuesday 22 November, 9:30 am to 3:00 pm

Sterling Place Community Centre, Dunkeld

8:45 – 9.30 am

Registration

Memorial Hall

9:30 am

Welcome to Country and welcome address

Mr. Lee Morgan

Gunditjmara Kirrae Whurrong traditional owner

Professor Warren Payne,

Executive Director, Western Alliance

9:50 am

**KEYNOTE: The Victorian Aboriginal Research Accord:
What Implementation means to you**

Ms. Sheree Lowe

Executive Director, Social and Emotional Wellbeing Centre of
Excellence, Victorian Aboriginal Community Controlled Health
Organisation (VACCHO)

**KEYNOTE: iValidate – Improving End of Life Care in the
ICU**

A/Professor Neil Orford

Intensive Care Specialist, Barwon Health

10:45 am

Morning tea

Multi-purpose room

Catering by Sterling Place Community Centre

	Session One Health Services Research	Session Two Clinical Research	Session Three Population Health and Community Research
Room	Memorial Hall	Community Gathering Space	Rooms 1-3
Session Chair	Professor Fergal Grace Federation University	Dr. Louise Greenstock Western Alliance	Dr. Ella Ottrey Western Alliance
	<p>Ms. Jessie Adams National Centre for Farmer Health</p> <p><i>Characteristics of presentations to Emergency Departments in rural southwest Victoria on high-heat days</i></p>	<p>Mrs. Alicia Beseler Obstetrics & Gynaecology Ballarat</p> <p><i>DuoStim: The patient experience of a follicular and luteal phase stimulation</i></p>	<p>Dr. Laura Alston & Miss. Nikita Wheaton Deakin University/ Colac Area Health</p> <p><i>Health services as change agents in rural food environments: A pilot study</i></p>
	<p>Dr. Olivia King Western Alliance</p> <p><i>Supporting the translation of research in rural and regional settings: What are emerging researchers' needs?</i></p>	<p>Mrs. Alicia Boyd St John of God, Warrnambool</p> <p><i>Total Knee Arthroplasty (TKA): Post-operative swelling assessment - a feasibility study utilising Bioimpedance Spectroscopy (BIS)</i></p>	<p>Mr. Jake Romein East Grampians Health Service</p> <p><i>A community-based modified sport program for rural community-dwelling older adults: A pilot study</i></p>
	<p>A/Professor Sandeep Reddy Deakin School of Medicine</p> <p><i>Democratising evaluation through innovative approaches</i></p>	<p>Mrs. Nicole Scullion Grampians Health</p> <p><i>Weigh to go with liquid drugs of dependence</i></p>	<p>Dr. Joanna Macdonald National Centre for Farmer Health</p> <p><i>Agriculture-dependent community resilience: Identifying evidence and translating into policy and practice</i></p>
		<p>Ms. Cara Hill Barwon Health</p> <p><i>Texture modifications for dysphagia in a rural residential aged care facility – recommendations vs reality</i></p>	<p>Ms. Sally Cunningham National Centre for Farmer Health</p> <p><i>Challenges, learnings and recommendations: translating co-design to a prevention-focused platform for primary</i></p>

		<i>producer mental health and wellbeing</i>
<p>Dr. Michael Field Western Alliance</p> <p><i>Research done with us, not on us: A case report of rural health service leaders co-designing research addressing an emerging health issue</i></p>	<p>Ms. Melinda Firth Grampians Health</p> <p><i>Specific timely appointments for triage in a regional neurological community based setting</i></p>	<p>Dr. Jane Jacobs Deakin University</p> <p><i>Understanding weight status and dietary intakes among Australian school children by remoteness: A cross-sectional study</i></p>
<p>Ms. Hayley Keane South West Healthcare</p> <p><i>What can we learn about organisational learning? – a study of learning, e-learning and learner agency in low technology roles</i></p>	<p>Dr. Lachlan Brennan Monash University</p> <p><i>Training & Retaining a Rural O&G Workforce: Outcomes of a hybrid regional advanced FRANZCOG training program</i></p>	<p>Dr. Virginia Dickson-Swift Violet Vines Marshman Centre for Rural Health Research</p> <p><i>Connecting with consumers; the first Australian Rural Health Consumer Panel</i></p>
<p>A/Professor Anna Wong Shee Grampians Health</p> <p><i>Shaping research and research capacity building in rural health services: Context matters</i></p>	<p>Ms. Yingying He West Wimmera Health Service</p> <p><i>Thickened fluids in residential aged care facilities – Are we getting the recipe right?</i></p>	<p>Ms. Monique Hillenaar Deakin University</p> <p><i>The impact of 'shocks' on a whole of community childhood obesity prevention trial in North East Victoria</i></p>
<p>Dr. Karen Wynter Deakin University</p> <p><i>Receiving and providing maternity care during the COVID-19 pandemic in Australia: using lessons learned to inform models of care during and after health emergencies</i></p>	<p>Mrs. Thilini Warnakulasooriya Ballarat Austin Radiation Oncology Centre</p> <p><i>Improving patient experience and workflow by reducing treatment delays caused by suboptimal bladder preparation for pelvic radiotherapy</i></p>	<p>Dr. Cath Cosgrave Cath Cosgrave Consulting</p> <p><i>Attract Connect Stay –A community-led solution to attract and retain healthcare professionals to work and live in rural places</i></p>

12:30 pm

Lunch

Multi-purpose room

Catering by Sterling Place Community Centre

1:15 pm

Regional and Rural Research Showcase – afternoon concurrent oral presentations

	Session One Health Services Research	Session Two Clinical Research	Session Three Population Health and Community Research
Room	Memorial Hall	Community Gathering Space	Rooms 1-3
Session Chair	Ms. Ashleigh Clarke Grampians Health	Dr. Michael Field Western Alliance	Dr. Olivia King Western Alliance
	<p>Dr. Jaclyn Bishop East Grampians Health Service</p> <p><i>The impact of a novel HMO position at a rural health service</i></p>	<p>Mr. Brendan Cutts Barwon Health</p> <p><i>Undertaking research across regional Victoria during COVID: Exploring the incidence and severity of Guillain Barre Syndrome (GBS)</i></p>	<p>Ms. Tamara Holmes Deakin University/ Colac Area Health</p> <p><i>Embedding Learning Circles (through Dadirri) in team</i></p>
	<p>Ms. Kath Brundell Deakin University</p> <p><i>'The best thing we do': Executive and board member perspectives on sustaining safe rural Victorian maternity services</i></p>	<p>Mrs. Anna Price-Smith & Ms. Madeleine Ward Obstetrics & Gynaecology Ballarat</p> <p><i>OGB Co-designed Approach to a Regional Endometriosis Service (CARES)</i></p>	<p>A/Professor Alison Kennedy & Ms. Kelly Barnes National Centre for Farmer Health</p> <p><i>Peer-led behavioural activation in Great South Coast farming communities: Co-designing a new model of mental health support</i></p>
	<p>Ms. Meg Murray Deakin University</p> <p><i>Improving the management of people at risk of frequent potentially avoidable visits to the ED – a systems thinking approach</i></p>	<p>Ms. Carmel Goss Grampians Health</p> <p><i>A Protocol on 'Clinicians' Perspectives on the Barriers and Enablers to Activity in Clinical Trials'</i></p>	<p>Dr. James Lucas Deakin University</p> <p><i>When Primary Healthcare meets Queerstory: System dynamics influencing LGBTQ+ people's access to quality primary healthcare in regional Victoria</i></p>
	<p>A/Professor Anna Wong Shee Grampians Health</p> <p><i>Identifying rural health and healthcare priorities to guide research and</i></p>	<p>Miss. Victoria Williams Grampians Health</p> <p><i>Malnutrition in an acute regional hospital setting: Implications for practice based on hospital screening,</i></p>	<p>Mr. Peter Kelly Barwon Health</p> <p><i>Examining a rural Victorian community's knowledge and help seeking behaviour for family violence and the role</i></p>

<i>optimize health care – informed by consumers, health professionals and researchers</i>	<i>prevalence and identification</i>	<i>of the local public health service</i>
Dr. Vidanka Vasilevski Deakin University/ Western Health <i>Barriers and enablers for antenatal care access of women engaged with social work services at Barwon Health</i>	Miss. Laura Morrison Barwon Health <i>Implementing a Risk Feeding Guideline and Education Program for multidisciplinary clinicians participating in risk feeding practice at Barwon Health</i>	Ms. Sarah Wood Deakin University <i>The application of spatial measures to analyse health service accessibility in Australia: a systematic review</i>
	Dr. Laura Alston Deakin University/ Colac Area Health <i>Using innovative methods to identify patients at risk of malnutrition in a rural health service</i>	
	Mrs. Karen Benson St. John of God Hospital Warrnambool <i>The effect of ceasing and resuming group hydrotherapy due to COVID-19 pool closure restrictions</i>	

FINAL PLENARY SESSION

Memorial Hall

2:15 pm

KEYNOTE: Australia's Health Reimagined: The journey to a connected and confident consumer

Professor Suzanne Robinson
Director, Deakin Health Economics, Deakin University

KEYNOTE: A rural clinician's journey into the world of research...and where it led!

A/Professor Gabrielle O'Kane
Former CEO, National Rural Health Alliance

2.55 pm

Closing address

Professor Warren Payne
Executive Director, Western Alliance Board of Directors