

Monash Rural Health

2016 Research Highlights

Editorial



Judi Walker

At Monash Rural Health we are committed to improving the health of rural and regional communities and developing a sustainable rural health workforce through consistent and high-quality research. Our footprint is large (over 1,000 km) and our sites are diverse with the Research Directorate drawing together the work of researchers based across regional Victoria.

A key objective is to undertake evidence-based research to inform government policy and programs. We maintain strong research collaborations with State, Territory and Commonwealth governments, rural clinical and regional medical schools, university departments of rural health, and a broad range of health service providers, professional organisations and community stakeholder groups.

A focus for the Research Directorate this year has been the development of the school's Research Plan 2016-2018 in fulfilment of the first contractual milestone under the new Rural Health Multidisciplinary Training (RHMT) program agreement

(Commonwealth Department of Health). This funds both our 4 Rural Clinical Schools and our University Department of Rural Health.

The Research Plan was developed through a collaborative process over 8 months including a workshop at the school's annual Research Forum in May.

The school has developed specific research foci encapsulated in four active and interrelated rural health research collaborations which form the basis of the Monash RHMT Research Plan.

Collaboration 1 ~ quality rural health care and health systems responsible for the growth of research within rural and regional health care services and communities

Collaboration 2 ~ sustainable rural health workforce development focused on integrating research and monitoring of rural health workforce training outcomes

Collaboration 3 ~ innovative rural learning and teaching models and methods focused on research and program evaluation, rural inter-professional collaborative practice, and development of health professions education research networks

Collaboration 4 ~ population health approaches for research into the development of novel, innovative and accessible services and interventions for rural and regional populations.

We are delighted to bring you a snapshot of Monash Rural Health's research highlights for 2016 to illustrate these research collaborations.

And, please welcome the school's Research Leads in 2017 - Associate Professor Rebecca Kippen (NW region) and Professor Darryl Maybery (SE region).

Judi Walker

Professor and Principal co-Investigator
Hazelwood Health Study

Faculty of Medicine, Nursing and Health Sciences

Monash University

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MONASH University



Quality rural health care and health systems

Medication practice guidelines



Dr Hanan Khalil

Dr Hanan Khalil has undertaken a research project to evaluate and implement the newly developed medication practice guidelines at Latrobe Community Health Service. Funded by the Gippsland Primary Health Network Small Grants Program, the project involved collection of baseline data on current medication management practices and medication errors, and the delivery of an educational program to all clinicians working within the region to increase their knowledge on medication safety practices.

Increased awareness of medication principles in the community by clinicians, through the implementation of the medication guidelines, will actively encourage clinicians to receive current information on client's medications from various sources. It will also facilitate clients' admission and discharge across many health care settings. By adhering to medication safety principles, clients in the community will have up-to-date medication lists. This will, in turn, facilitate an integrated and better coordinated care regime, and reduce unnecessary hospitalisations caused by medication adverse events.

A medication safety program for Aboriginal health care workers

Many Aboriginal health workers have little or no knowledge of medicines, yet they act as communication brokers between doctor/nurse and patients regarding medications. They explain instructions, do follow up and identify patients' compliance, and in remote settings, Aboriginal health workers may dispense medications (Section 100) from a patient's medication chart under the doctor's supervision.

A research project, undertaken by Dr Hanan Khalil, developed a culturally appropriate medication safety program that can be delivered to Aboriginal health care workers to improve the safety of Australia's Indigenous people. Funded by the Gippsland Primary Health Network Small Grants Program, the project involves the development, delivery and evaluation of a culturally safe medication safety program for rural and remote Aboriginal health care workers practicing in the Gippsland region, and the development of an online resource to be accessed by Aboriginal care workers.

Providing continuing education to this group of health professionals will have the potential to address a gap in their knowledge.

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Local Inclusive Fitness for Everyone

A study, funded by the Bank Australia Impact Fund, is being undertaken by Dr Eli Ristevski, Dr Carole Broxham and Sharyn Thompson (Moe Life Skills Community Centre - MLSCC), and Anna McKenzie (Physical Education Instructor), to examine participant acceptability and feasibility of the L.I.F.E: (Local Inclusive Fitness for Everyone) intervention.

Low levels of physical activity have been consistently demonstrated in people with a disability, particularly for people with high and complex support needs. Participation in physical activity has shown to have a positive impact and numerous benefits for physical and psychological well-being, as well as enhanced social connectedness and community inclusion.

Clients from MLSCC with high and complex support needs will be invited to participate in an 8 week exercise program. The program will consist of a weekly 45 minute Pilates basics session, and a 30 minute refreshment and debrief session with the instructor and other participants. The program will be developed and conducted by an accredited physical education instructor. The training resource "Every Moment Has Potential" (www.activesupportresource.net.au/) will be used for support staff, and is an established and accredited training program in person centred support.

The findings will also provide pilot data for future expansion of the program to develop a physical activity program that is inclusive of people with all abilities. This will mean that people with complex support needs will be able to participate in a physical activity program with other members of their community.

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L-R Sharyn Thompson, Carole Broxham, Anna McKenzie, Kelly Mekawy, and Eli Ristevski

GP models of residential aged care

Bernadette Ward and Helen Cronin partnered with Carole Meade to document a new model of general practice residential aged care. As a research capacity building participant, Carole learnt invaluable lessons about research, while Bernadette and Helen were able to learn more about the realities of health service based research. After the work was published, Bernadette was contacted by a number of GP practices (who have subsequently implemented the model) and NSW Treasury who are currently exploring the role of GPs in aged care.

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Communication interventions when a parent has cancer



Eli Ristevski

Australian cancer incidence rates in 2009 indicated that over 14,500 cancer patients were aged between 20-49 years, an age range associated with parenting children younger than 18 years of age. Family communication influences how family members adjust to the experience of cancer. It is important to support parents in communicating with their children about parental cancer.

Dr Eli Ristevski (MRH), Dr Jo Brooker (Cabrini Institute/Monash Dept of Psychiatry), Dr Tanya Osicka (Deakin University) and Associate Professor Clare O'Callaghan (Cabrini Health) are undertaking a systematic review of the research literature to identify and analyse research on communication interventions to assist parents diagnosed with cancer and their partners, in communicating with their children about parental cancer.

Funded by the Allison Monkhouse Palliative Care Scholarship and the Sarah Jane Merl Miskin Palliative Care Nursing Scholarship, the review will focus on the existence and effectiveness of interventions applicable to various stages of the disease trajectory, including:

- breaking the news of diagnosis;
- ongoing communication during treatment and recovery;
- conveying the news of cancer recurrence or progression;
- communicating about the transition to palliative care; and
- discussions about dying and death.

The findings of this review will be used to develop and test an on-line evidence-based educational resource which builds the knowledge, skills and capacity of people diagnosed with cancer, to discuss their cancer diagnosis and treatment with their children and family, and also support children, adolescents and young adults to deal with a parental diagnosis of cancer.

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Quality rural health care and health systems *cont.*

Centre of Research Excellence in Rural and Remote Primary Health Care

The CRERRPHC was established in 2011 to undertake research which aimed to better understand key access and equity issues relating to the provision of appropriate, effective and high quality primary health care (PHC) services in rural and remote communities of Australia.

National Index of Access of Primary Health Care in Rural and Remote Australia

After completion of the 'fit-for-purpose' national Index of Access for Primary Health Care in rural and remote Australia in late 2015, an evaluation was undertaken in 2016 with key rural health stakeholders and remote health experts. Key findings included that its wider utilisation was strongly supported, it should be viewed as a health service planning tool to complement the Modified Monash Model (MMM), but its future usage relies upon regular updating and improved availability of key workforce datasets. Additionally, a new publication demonstrated the potential usefulness of the Index of Access to assist health service and workforce planning.

Modified Monash Model - the Commonwealth Department of Health's new remoteness classification system

The MMM classification, originally developed by Dr Matthew McGrail and Emeritus Professor John Humphreys, continued its usage in national rural GP incentives policy in 2016. Its adoption by various other sectors for resource allocation decisions continues to be explored within the Department of Health.

Elmore Primary Health Service Longitudinal Study

Qualitative research of EPHS's expansion into 8 neighbouring rural communities has led to the development of a conceptual model explaining processes underpinning PHC service expansion. Research activity across 2007-2016 has resulted in a number of organisational benefits for EPHS relating to efficiencies in service delivery, staff recruitment, enhanced service viability and accessibility for patients.

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Sustainable rural health workforce development

Medicine in Australia: Balancing Employment and Life (MABEL)

The MABEL study continued in 2016 with its 9th annual survey, under the NHMRC-funded Centre for Research Excellence in Medical Workforce Dynamics. Since 2008, MABEL has collected annual survey responses from around 10,000 Australian doctors.

New national-level evidence under the rural medical workforce supply and distribution theme was produced by a small team of researchers, Dr Matthew McGrail (lead investigator), Dr Deborah Russell and Dr Belinda O'Sullivan. This evidence is directly relevant to rural health policy. Key publications in 2016 include the following highlights:

- Identified the strong association between rural GP training pathways and subsequent rural practice up to 5 years after vocational registration;
- Demonstrated significant associations between practising GP anaesthetics, obstetrics or emergency medicine and increased working hours, geographical remoteness / decreased population size;
- Showed that specialists subsidised via the RHOF (national outreach policy) or another source are more likely to provide outreach to remote locations;
- Systematically described the types of specialists, nature of their work and professional satisfaction for specialists working in large or small regional centres;
- Quantified the supply of Australian trained rural GPs and specialists, measured against childhood origin type, gender and career stage.

Planning is under way for wave 10 of the MABEL survey in 2017, with a renewed research focus on the pipelines and pathways of doctors into their practice location and specialty, as well as better understanding successful models of care for rural doctors.

To find out more, please visit the website:

www.mabel.org.au

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Relocating rural

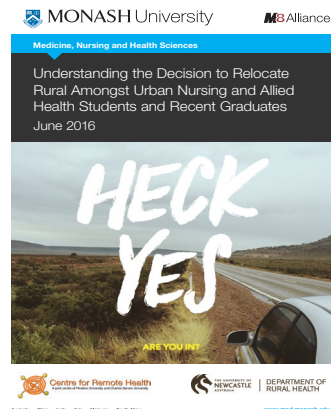
Dr Keith Sutton, Dr Susan Waller, Professor Darryl Maybery, Dr Deborah Russell and Dr Matthew McGrail collaborated with colleagues from the Department of Rural Health (The University of Newcastle), and the Centre for Remote Health (a joint centre of Flinders University and Charles Darwin University), to investigate the decision-making process to relocate rurally for urban trained nursing and allied health students.

The project, funded by Rural Health Workforce Australia (RHWA), undertook a review of the literature, recruited and interviewed students, new graduates and stakeholders, and produced a report reflecting participants' experiences and perceptions related to decision-making regarding rural employment and relocation as early career professionals. The report made eleven recommendations to guide recruitment processes and policymaking in this area. It provides valuable new knowledge regarding recruitment of Nursing and Allied Health professionals to rural and remote regions. See the RHWA website for a copy of the report: http://www.rhwa.org.au/client_images/1847271.pdf

Sutton K, Waller S, Fisher K, Farthing A, McAnnally K, Russell D, Smith T, Maybery D, McGrail M, Brown L & Carey T (2016). *Understanding the Decision to Relocate Rural Amongst Urban Nursing and Allied Health Students and Recent Graduates*. Newborough: Monash University Department of Rural Health.

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The MABEL Team



L-R: Deborah Russell, Belinda O'Sullivan, Matthew McGrail, Susan Mendez, Danny Hills, Michelle Best, Tony Scott, Jinhu Li, Terrence Cheng

Sustainable rural health workforce development *cont.*

Health staffing in remote communities



Dr Deborah Russell

Dr Deborah Russell and Emeritus Professor John Humphreys are working in collaboration with academics from Flinders, Charles Darwin, Melbourne, Macquarie and Sydney Universities and the Northern Territory (NT) Government Department of Health on an Australian Research Council Discovery project, 'The impact and cost of short-term health staffing in remote communities'.

The objectives of the project are to identify the impact of short-term health staff on:

1. The workload, professional satisfaction and retention of resident health teams in remote areas.
2. The quality, safety and continuity of patient care.
3. Service cost and effectiveness.

The study protocol was recently published in the journal, JMIR Research Protocols (www.researchprotocols.org/2016/4/e135/).

In 2016, the qualitative team visited 6 remote NT communities to interview health workers and patients. The quantitative analysis team commenced analysis of 4 complex NT government datasets (hospital admissions, payroll, primary care and finance), with a view to subsequent linking of these data.

Deborah is writing a key initial paper describing the current (2013-2015) workforce turnover, and retention of nurses and Aboriginal and Torres Strait Islander Health Practitioners in remote NT communities. This paper quantifies extremely high turnover, low retention and high use of agency nurses. A second paper, in draft, examines trends in NT remote community health workforce supply and turnover/retention between 2004 and 2015. Papers planned for 2017 will be of particular interest to stakeholders who have an interest in remote Aboriginal and Torres Strait Islander health. The first paper will link health workforce metrics to potentially avoidable hospitalisations; The second paper will link health workforce metrics to indicators of quality primary care provision, and the third paper will test associations between health workforce metrics and remote service costs.

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Rural immersion for more rural doctors

The Rural Medical Workforce Tracking Study aims to produce evidence that informs our rural immersion programs for Monash medical students, and contributes to the broader evidence base identifying effective programs to increase recruitment and retention of rural doctors. The published evidence from Australia thus far, is relatively scant with regard to a Victorian perspective. It needs to be strengthened as to what works well. This includes exploring what training influences rural and metropolitan background students to uptake rural internships, rural general practice and rural-relevant specialties.

To address some of these gaps in the evidence, Monash Rural Health has maintained data of its students commencing since 2004, amalgamating data from AHPRA (Australian Health Practitioner Regulation Agency), MSOD (Medical Schools Outcomes Database) and FRAME (Federation of Rural Australian Medical Educators) to maximise the range of variables that can be explored. After cleaning and validating, these data will be analysed for descriptive reports and peer reviewed publications.

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Dr Belinda O'Sullivan

Telehealth survey

A survey of rural specialists is currently being undertaken in a joint project by Dr Belinda O'Sullivan and the Rural Workforce Agency Victoria (RWAV). It aims to improve our understanding of the range of services specialists think are suitable to provide to rural areas by real-time video-consultation and enablers to providing these services. The survey will provide important new insights into whether specialist's familiarity with rural communities (from outreach work) might influence the range of services they consider suited to provide via video-consultation. Further, whether using video-consultations can add to the service efficiency of outreach, with the potential to increase its sustainability.

This work represents an important step in moving away from describing and validating telemedicine at a local level, to understanding real-world application from the perspective of specialists. The results will be disseminated in publications, conference presentations and meetings with stakeholders.

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Innovative rural learning and teaching models and methods

Teaching communication skills



Pam Harvey



Dr Bernadette Ward

MRH Bendigo has integrated a clinical communication skills program into Year 3B of the MBBS. Using a teaching method developed at the University of Cambridge, students in their first clinical year are able to practice clinical interviewing with a focus on information gathering using explicit communication skills. A simulated patient is central to the teaching program, responding to student interviewing styles accordingly and offering feedback in-role.

In 2015, research focused on communication during 'breaking bad news (BBN)'. We compared two groups of students. One group participated in the intervention – a four-hour communications workshop in classes of eight during which students had the opportunity to rehearse BBN with a simulated patient. Volunteer students from both groups were then videotaped during a practice OSCE (Objective Structured Clinical Examinations) in which they had to break bad news about breast cancer metastases to a simulated patient. The videography was marked by GP assessors against performance criteria based on the Calgary-Cambridge medical interview guide. Results indicated that those who used the explicit communication strategies taught in the intervention group performed better. The project's small sample size was a limit in generalisability, but showed that we now have a way of measuring performance (rather than only confidence) in medical communication.

Dr Bernadette Ward and Pam Harvey are authors on a Cochrane review examining interventions for improving medical students' communications skills in doctor patient consultations. The importance of effective communication between patients and health professionals is well documented and while there are a number of different programs in use, the effectiveness of these has not been demonstrated unequivocally.

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GP Registrar education

Bernadette Ward partnered with GP Educators and Supervisors to refine the Random Case Analysis (RCA) tool for GP Registrar supervision. Co-investigator Dr Gerard Ingham has recently worked with General Practice Supervisors Australia (GPSA) to develop a webinar and resources for GPs wanting to learn and use RCA (<http://gpsupervisorsaustralia.org.au/using-random-case-analysis-supervision-tool/>).

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Innovative rural learning and teaching models and methods

BMedSci (Hons) at Bendigo

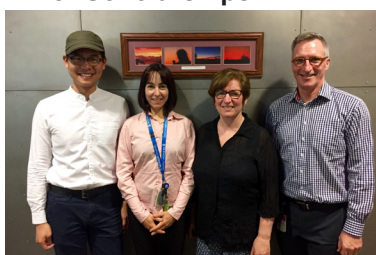
In 2016, Dr Bernadette Ward and Dr Deborah Russell, in conjunction with Adjunct Clinical Professor Peter Burt, co-supervised two Bendigo based BMedSci(Hons) students. Nicholas Dewhurst and Daniel Hogarty both undertook ophthalmology research projects investigating the effectiveness of a new extended range of vision intraocular lens.

Now that their theses have been submitted and posters and presentations completed, watch out for their high impact publications!

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Summer Scholarships



Right (L-R): Aun Chian Yeoh (summer scholarship student) with Supervisors, Dr Bernadette Ward, Dr Dennis O'Connor and Pam Harvey (front)

Each year, the Faculty of Medicine, Nursing and Health Sciences offer Summer Scholarships to students who are interested in a research career or furthering their studies and gaining experience in an area of research. Following previous successes with the Summer Scholarship Program, MRH have offered 15 students the opportunity to work on a variety of projects in Mildura, Bendigo, Churchill and Gippsland.

The placements are between 2 to 8 weeks long (depending on the project) and the students work closely with their supervisor and, in many cases, with the local health care providers. The students have the opportunity to experience living in a rural area and to find out more about the research being undertaken in rural Australia.

Several of the Bendigo Summer Scholarship students visited MRH Mildura with their supervisors, Dr Bernadette Ward and Associate Professor Rebecca Kippen, where some of the research is being undertaken. The first Summer Scholarship student (located in Bendigo) has now completed his two week placement and he has now returned home to Malaysia to spend some time with his family before he continue his studies in 2017.

Dr Hanan Khalil has been involved in supervising summer school projects since 2012. She has supervised seven students from Medicine and Pharmacy. Students gain experience in carrying out a research project including, searching the literature, critical appraisal, data collection, data analysis and present their findings in a report or a publication. Previous projects included systematic reviews and rural health services projects. This has resulted in the publication of three research articles, many evidence summaries published on the Joanna Briggs Library and another two research papers currently peer reviewed.

See student reflections on Page 7.

Population health

Hazelwood Health Study

The Hazelwood Health Study has reached the end of its second year with all the initial research streams now active in the field. The strong partnership between Monash Rural Health and the School of Public Health and Preventive Medicine provides the overarching management for the study, and has the ability to respond to various unforeseen inquiries and reviews which could impact the study.

Over 5,000 people have been recruited into the Adult Survey to date (closing at the end of January 2017) with the team based at MRH Latrobe Valley to maximise recruitment through engagement with the local community.

The team undertaking the Schools' Study (Psychological Impacts research stream) has completed the first round of recruitment, and over the past twelve months, has been analysing and interpreting the data. The team has also collected new data from a small study targeting school personnel, undertaken with the assistance of four Monash Graduate Diploma of Professional Psychology students.

The Ageing Population Policy Review delivered its milestone report and policy brief at the end of November along with the 2nd Annual Report and annual community briefing. The team from the Older People's research

stream has spoken with just under 100 older residents and interviewed 17 service providers and policymakers regarding the impact of the Hazelwood mine fire event on older people and lessons to be learnt.

The MRH team is also involved with the Community Wellbeing research stream led by colleagues at Federation University, and they are in the process of running a series of action research projects working closely with community groups in Morwell. The Community Wellbeing team, with colleagues from Monash Arts faculty, submitted a proposal for seed funding for a joint Arts/Medicine research project to build on the findings to date about communicating with communities during a disaster event. A collaborative workshop is planned for early 2017 to engage researchers within MRH and elsewhere to explore possible future developments building on the study data and participant cohort. More information on this workshop will be provided in the new year.

Please visit the website:

www.hazelwoodhealthstudy.org.au

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The Hazelwood Health Study Team



Back row (L-R):

Middle row (L-R):

Front row (L-R):

Methamphetamine use study

Bernadette Ward, Madeline Clarke, Keith Sutton and Sarah Lee are working with Professor Paul Dietze's team from the Burnet Institute to examine the prevalence of methamphetamine use and associated health service utilisation in metropolitan and rural Victoria.

This study will form the baseline of the largest prospective study into patterns of methamphetamine use and harm in Australia. Data collection commenced in September 2016, and we are pleased to be a part of research that will provide a crucial evidence base for targeted drug policy and service delivery models.

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Alcohol at school events

Bernadette Ward, Rebecca Kippen and Penny Buykx have had a busy year promoting the findings of their work on adults' use of alcohol at school events when children are present. Their work has been incorporated into the new Victorian Child Safe Standards (http://www.education.vic.gov.au/Documents/about/programs/health/protect/ChildSafeStandard3_FactSheet_DevelopingCodeConduct.pdf) for schools.

It has also been reported in six radio interviews, rural newspapers and the Herald Sun (<http://www.heraldsun.com.au/news/victoria/principals-struggling-to-halt-a-culture-of-drinking-alcohol-at-school-events-by-parents-teachers/news-story/c87888284eebb4f63f93317ecde80333>).

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Population health

Research highlights from Mildura



Dr Naj Soomro

Dr Naj Soomro, the newly appointed Lecturer at MRH Mildura is using his interest in Sports Medicine and Technology to improve health outcomes. He is currently working on a research project with Mildura West Cricket Club to improve the performance of their fast bowlers. His innovative design for bowling speed wrist accelerometer smartwatch, has been selected in the ON Accelerator Program, which is Australia's national innovation accelerator, and powered by CSIRO.

Naj also plans to impact the health outcomes of the broader Victorian population. In Victoria, 44% of females prefer to participate in non-organised physical activity (PA) with a flexible exercise schedule compared to only 9% who prefer organised PA (VicHealth Promotion Foundation, 2015). Women also place a greater emphasis on the social components of PA rather than the health benefits and a key motivation for PA is the fun, friendship and bonding associated with PA (TNS Social Research, 2016). Developing avenues which make it easier for them to participate in PA should be a priority. Naj plans to develop 'FitMeUp', a mobile App that will connect Victorian women to find exercise mates. He will submit grant applications for this project in 2017.

He is also collaborating with Monash School of Public Health, The University of Sydney and London School of Hygiene & Tropical Medicine on a Meta-Analysis to assess the adherence of anti-retroviral therapy among older adults with HIV in Africa.

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Statin use in reducing events in the elderly



East and South Gippsland general practitioners and volunteer participants are contributing to a world-first medical trial on whether a widely used anti-cholesterol drug could hold the key to preventing heart attacks, strokes and even dementia. The study is STAREE (STAtin therapy for Reducing Events in the Elderly). This is the first expansion of the Monash University project into Victoria's regional areas.

Statins reduce cholesterol and therefore can prevent heart attacks and strokes in people with a history of cardiovascular disease. STAREE is studying the effectiveness of broader

Suicide prevention strategies

A special issue of the journal, *Advances in Mental Health*, was published in 2016 showcasing small, but significant community models developed to address the problem of Aboriginal suicide in Australia and have the potential to make a difference to the current suicide prevention landscape. Aboriginal people in Australia take their lives at rates that are twice that of non-Aboriginal people. Although there is a National Strategy for the prevention of Aboriginal suicide, there is currently little evidence on effective suicide prevention strategies. It is becoming increasingly clear that for any meaningful change to occur, mainstream services and Aboriginal communities need to 'work together'.

Dr Anton Isaacs (MRH) and Professor Pat Dudgeon (University of Western Australia) were invited to write the editorial for this special issue entitled "Ground realities in building effective Aboriginal suicide prevention strategies". The papers in this issue highlight three important lessons. First, gaps in service provision, slow responsiveness of services and the lack of intersectoral coordination, continue to plague delivery of care, thereby rendering current suicide prevention programs for Aboriginal people largely ineffective. Second, there is a need for more meaningful engagement between mainstream agencies and Aboriginal organisations. These relationships are usually built by key individuals from both sides and require humility, inquisitiveness and openness. Third, Aboriginal people and organisations are more than capable of developing suicide prevention programs for their communities if they receive adequate support in the form of funding, technical expertise and encouragement through relationships built on trust. The Gayaa Dhuwi declaration calls for a policy change to enable implementation of services that better suit Aboriginal people.

Reference: Isaacs A & Dudgeon P (2016)

Editorial: Ground realities in building effective Aboriginal suicide prevention strategies, *Advances in Mental Health*, 14(2): 79-81.

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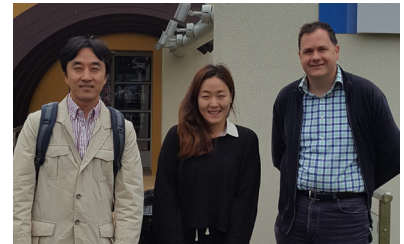
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Visitors

Professor Grant Russell, Monash School of Primary Health Care

In April 2016, Professor Grant Russell, Head of the Monash School of Primary Health Care visited MRH Bendigo. In addition to hosting a round-table discussion on 'What is successful research?', Grant joined Bernadette Ward to provide research participant feedback on service access and integration performance (as compared to other similar services) to a local primary health care service.

Korean Ministry of Health and Welfare researchers



L-R: Mr Taeho Lee, Ms Minji Kim & Dr Matthew McGrail

Two international researchers, Mr Taeho Lee and Ms Minji Kim, from the National Medical Centre in Korea, visited Dr Matthew McGrail in October 2016. The National Medical Centre is the largest hospital in Asia, reporting to the Korean Ministry of Health and Welfare, where research findings can directly influence funding decisions, especially services within rural hospitals. Part of their research is to monitor 'underserved areas for medical care'. They utilise a combined 'Access index' and 'Time relevance index' - reasonably simple methods of service areas and accessibility measures, and they are beginning to utilise 'floating catchments' in their modelling. Whilst the respective geographies of our 2 countries are rather different, they were very interested in Matthew's research progress with the Index of Access and the latest floating catchment methodology developments. Prior to visiting Matthew, they had visited the NSW Ministry of Health in Sydney and the Department of Health in Canberra.

Dr Brenda Gladstone, University of Toronto



Dr Brenda Gladstone

MRH, in collaboration with the Faculty of Education, hosted a visit by Dr Brenda Gladstone in July 2016. Dr Gladstone is Assistant Professor, Dalla Lana School of Public Health and Associate Director, The Centre for Critical Qualitative Health Research, University of Toronto; Adjunct Scientist, Children and Youth Mental Health Research Unit, the Hospital for Sick Children. During Dr Gladstone's visit, she conducted a Qualitative interpretation and analysis workshop at MRH University Department of Rural Health in Moe and offered mentoring to staff and students in the School.

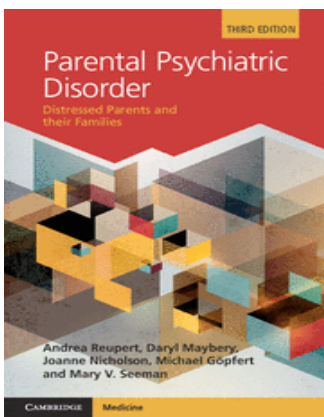
Awards

British Medical Association book prize

Professor Darryl Maybery and his colleague Associate Professor Andrea Reupert, Director of Professional Psychology Programs at the Monash's Krongold Clinic, have taken out a British Medical Association (BMA) book prize. With three international co-editors, they have won the BMA President's Award. Their book, *Parental Psychiatric Disorder: Distressed Parents and their Families*, was commended for its "innovative approach to thinking about and working with families where a parent has a mental illness". "With the soaring impact of adult mental and emotional ill health on clinical services and on society generally this outstanding book is timely in addressing a neglected area in a comprehensive way", said BMA President Professor Sir Al Aynsley-Green Kt. in his commendation. Perhaps most pleasing to the editors however was the comments in the preface to the book. Professor Michael Rutter, father of child psychology and Professor at King's College, described this work as: 'splendid handbook... provides a conceptual overview ... giving guidelines on how to deal with the family issues involved'. The edited work includes 44 authors from 11 different countries, and summarises much of the known research in the area of parental mental illness.

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Joanna Briggs Institute 2016 Evidence Transfer Award



Dr Hanan Khalil

The Centre of Chronic Diseases was honoured with the 2016 Evidence Transfer Award from the Joanna Briggs Institute (JBI) at their international conference held in Adelaide, 9-11 November 2016. JBI, celebrating its 20th Anniversary in 2016, collaborates internationally with over 70 entities across the world. The Institute and its Collaborating Entities promote and support the synthesis, transfer and utilisation of evidence through identifying feasible, appropriate, meaningful and effective healthcare practices to assist in the improvement of healthcare outcomes globally. Centre Director, Dr Hanan Khalil, accepted the award on behalf of the Centre, who have produced a total of 20 new evidence summaries and updated a total of 67 summaries addressing chronic conditions including, diabetes, asthma, COPD, depression, kidney diseases and other topics. The aim of the Centre is to promote the development of translation science and implementation of evidence-based health care in chronic disease. The Centre has a special interest in the impact of chronic disease in regional and rural communities and health services. The Centre engages clinicians, researchers and students within the collaborating organisations to create evidence summaries and systematic reviews that enable health professionals to make use of the best available evidence for the care of patients in various health settings.

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Community Service

Maryborough District Health Service

In June 2016 Bernadette Ward completed her term as a Director at Maryborough District Health Service. Amongst other things Bernadette chaired the Clinical Governance Committee and the service. It was a great opportunity to embed research knowledge into health service governance and build relationships with local health services.

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Now open!



wellness & support centre
Maryborough District Health Service



Latrobe Community Health Service

Professor Judi Walker continues into her fourth year as Board Director of Latrobe Community Health Services (LCHS). LCHS is expanding its services across Victoria and continues to play a pivotal role in the development of Australia's first Health Innovations Zone in the Latrobe Valley.



Tasmanian Health Service

Professor Judi Walker was appointed to the Tasmanian Health Service's inaugural Governing Council in July 2015. The THS GC is rolling out the Tasmanian One Health system across the state. Judi Chairs its Partnerships Subcommittee which has been established to identify, build and maintain the THS's priority partnerships, including the University of Tasmania, Primary Health Tasmania and the private hospital sector along with THS health consumer groups.



Summer Scholarship student reflections

Procedural GPs - Jeremy Day

'Prior to this, I've done very little research and it is something that I wanted to be exposed to before I get into the workforce. Coming from a rural background, I was particularly interested in researching rural health workforce issues, so I was excited to have an opportunity to work with Deb looking at GP proceduralists. I've learnt a lot about the process of putting together a paper, assessing what will make an interesting story, which variables to look at, why they're important and what the practical application of the research is. I've also learnt GP proceduralists are a really important workforce in rural areas, and I have been surprised looking at the literature that such an essential group of doctors is under threat. I find it a great challenge to look at all the potential drivers influencing their practice.'

Telehealth - Helena Rann

'After doing a short rural placement in the South-East, I was interested in rural health and the way that both metropolitan and regional clinicians could contribute to areas of need. I also wanted to develop my research skills for future practice, as there is so much growth and development in the health field. I was surprised about how many gaps there are in the evidence about the rural workforce and models of care. I'm now much more aware of the need for doctors to engage with research to better their own practice and inform policy with solid evidence. Working with Belinda to learn about outreach and telehealth has given me really broad exposure to both the clinical and academic sides of research. I expected clinicians to be the main barrier in implementing telehealth programs, and was surprised to see how interested they are in envisaging potential applications. Although

there is funding for it, a range of other factors are preventing uptake. Also, metropolitan specialists seem quite engaged with rural health but need ways to link their work effectively with community need.'



Jeremy Day, Dr Deborah Russel, Helena Rann & Dr Belinda O'Sullivan