



Faculty of Health

Research Newsletter December 2023



Faculty of Health

Welcome

Link

Link

Centre and theme updates

National Centre for

National Centre for Naturopathic Medicine Mental Health and Psychosocial Wellbeing Physical Activity, Sport and Exercise Research Health Services, Clinical and Community

Link

2

Publications

3

Grant and Award Success

Engagement and Impact

Link

4

Faculty
Researchers
in the Media

5

PhD Candidate in the Spotlight

Link

Link



Welcome



Professor Marianne Wallis
Associate Dean (Research)
Faculty of Health,
Southern Cross University

Well we are finally, at the end of another year. Paradoxically, although COVID-19 is still responsible for a significant amount of mortality and morbidity in the community, this is not a year in which it has seemed to impact our research - I guess we are learning to live with it. However, it is the focus of increasing numbers of SCU Faculty of Health (FoH) research projects and publications, including a couple of those from yours truly!!! The challenge will be to determine how best to support people with long-COVID and we are seeing a number of FoH researchers focus on this issue.

This has been a bumper year for grant success for FoH researchers and although the contract will not be fully signed off in this year A/Prof Christian Swann's ARC Grant means we will top the \$6m mark for funds awarded. I

have to give special mention to some of our senior colleagues like Christian, Professor Gillian Gould, Professor Andrew Cashin, A/Prof Gail Moloney and A/ Prof Lynne McPherson who have all persisted with the long process of building a track record in a focused area, obtained seed funding published in good quality journals from the seed funded projects and have now achieved major grant success. I continue to be ever impressed by some of our more junior colleagues like Dr Alana Gall, Dr Jessica Bayes and Dr Janet Schloss of NCNM, Dr Dylan Poulus of PASER and Dr Elizabeth Emmanuel and Dr Ya-Ling Huang of HSCC who were all part of successful grant applications.

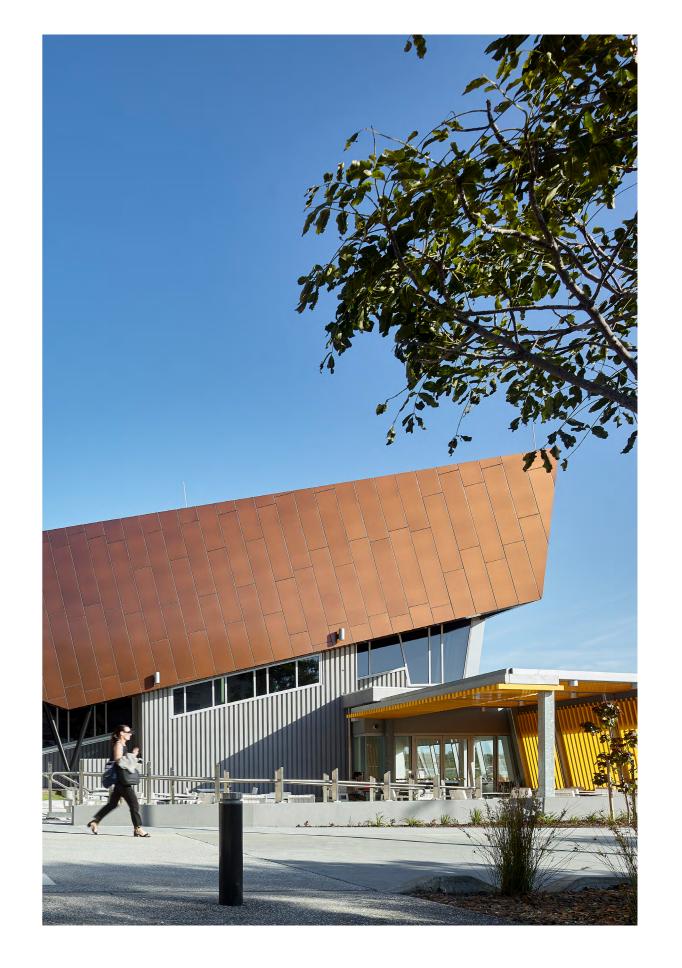
Our research is also being recognised externally. The FoH applied for and was successful in being admitted

as a member of the Sax Institute in 2023. The Sax Institute is an independent, not-for-profit organisation that improves health and wellbeing by driving better use of evidence in policies, programs and services. Professor Jon Wardle is the FoH representative to the Sax Institute and will be happy to discuss with staff any ways in which the Institute can assist FoH researchers translate their research into policy and practice. See: https://www. saxinstitute.org.au/news/ new-member-welcome

Finally, I am very aware that 2023 was a huge year in the development of our undergraduate and postgraduate coursework curricula. I have been so impressed that in the face of this massive commitment to curriculum re-design and the roll out of the SC Model, in the FoH, we have seen

consistent research activity and ever-increasing quality. The staff members of the SCU FoH truly embody the great academic tradition of embracing the teaching and research nexus. SCU students can be proud that the lecturers who teach them are part of a vibrant research culture that consistently seeks to push the boundaries of our knowledge and expertise.

After this hectic year, following three previous very challenging years, can I wish all our staff a Merry Christmas and a Happy New Year. Please make sure you enjoy the holiday season with your family and friends and return refreshed for the excitement that will be 2024 at SCU.





Centre and theme updates

National Centre for Naturopathic Medicine

Mental Health and Psychosocial Wellbeing

Physical Activity, Sport and Exercise Research

Health Services, Clinical and Community



National Centre for Naturopathic Medicine

The National Centre for Naturopathic Medicine, led by Professor Jon Wardle, is a world-class Centre for education, research and innovation in health. The Centre was founded in 2020 at Southern Cross University Lismore, established through a generous donation from the Blackmore Foundation. The Centre offers innovative courses. pioneering research programs and professional engagement, and is committed to elevating industry standards, finding solutions to Australia's growing healthcare needs, and educating future leaders in this field.

Centre Update

The National Centre for Naturopathic Medicine has seen an eventful 2023, and many achievements. Most recently, the 2nd Natural Products Futures Forum was successfully hosted by NCNM in Ballina, NSW. The two-day event was a bustling hub of knowledge, exploration, dialogue, and cooperation. A total of nearly 150 representatives from academia and the natural products industry actively engaged in the 2023 Forum, participating in updates and discussions led by key stakeholders focusing on production, practice, and policy. The forum showcased presentations highlighting groundbreaking research, spanning from bioscience to clinical trials. The impact of the event was substantial, enabling the Centre to forge connections with industry partners for various research contracts, including those related to clinical trials and basic science. Additionally, it served to fortify academic collaborations with key institutions.

The Centre's research excellence was once again recognised by Elsevier's release of the world's top 2% of cited researchers worldwide. Professor Jon Wardle, Associate Professor Romy Lauche, Associate Professor Matthew Leach, Professor Garry Egger and Emeritus Professor Stephen Myers from the Centre were all included on the list this year.

The Centre is further keen to launch the 2024 Research Futures Scholarship Program. Interviews are currently underway for potential undergraduate candidates, with plans to select up to 8 students. These selected individuals will be supervised by established researchers and work collaboratively on diverse projects covering a range of disciplines, including naturopathy, science, midwifery, mental health, and Indigenous knowledge and policy. Watch this space!

Dr Alana Gall appointed to two prestigious Public Health positions

Our Postdoc, Dr Alana Gall, has been very active in the policy and advocacy space since starting with NCNM in late November last year. This has seen her working with the WHO alongside our Director, Prof. Jon Wardle, as mentioned in our previous update. Since that time, Alana has been appointed to two prestigious Public Health positions, both at the national and the global level: Vice President-Elect of First Nations Health for the Public Health Association of Australia, and most recently, Co-Vice Chair of the Indigenous Working Group for the World Federation of Public Health Associations. As part of her Vice Presidency at the PHAA, Alana has hit the ground running, submitting a joint proposal with two previous Vice Presidents, to establish a PHAA First Nations Voice, called the Aboriginal and Torres Strait Islander Collective. You can read more about the PHAA Collective here. The PHAA Collective received unanimous Board support and then after Alana presented the proposal at the PHAA Annual General Meeting, the PHAA membership also endorsed the proposal. Alana will be working on this project alongside her role here at NCNM.

Other Awards and achievements from NCNM

Dr Jessica Bayes received the Excellence in Integrative Medicine Research Award 2023 (Winner of the category: Clinical Research) at the 2nd World Congress on Integrative Medicine and Health in Rome, Italy, 20-23 September 2023.

Associate Professor John Stevens won the best paper at the British Society of Lifestyle Medicine Annual Conference in Manchester, England, 21-23 September 2023. He presented on "Preventing, Managing and Reversing Type 2 Diabetes Mellitus in Aboriginal Women using the DRAW Protocol: A co-designed Lifestyle Medicine protocol implementation trial".

Mental Health and Psychosocial Wellbeing

This research theme incorporates a range of disciplines focused on wellness, management of acute and chronic conditions, community development, public health and community health, and builds on SCU's foundations in mental health nursing, allied health, social work, community welfare, exercise science, public health, environmental health and maternal and child health. Health workforce development and health professional education is also a major aspect of this theme.

Empowering Health Harmony

Empowering Health Harmony is an innovative exercise and lifestyle mental health program collaboratively designed for people on the Mid North Coast experiencing mental and physical health conditions.

Our overarching purpose is to create a safe and supportive environment where people with mental health and co-occurring physical conditions can join in physical activities without fear, harm, or stigma. The program acknowledges the well-established connection between mental health conditions and chronic physical health issues.

This initiative is a joint effort between Mid North Coast Local Health District (MNCLHD) and Southern Cross University (SCU) Faculty of Health MHPW research theme members, brought to life through executive sponsorship from the MNCLHD Integrated Mental Health, Alcohol and Other Drugs service. It is one of the first collaborations between Mental Health Peer Workers, Exercise Physiologists, Mental Health Nurses, Dieticians, Health Promotion staff, and SCU Exercise Physiology Students.

The program aims to recognize and elevate the essential role of the peer workforce, enhance health literacy, reduce stigma and discrimination, improve care experiences for individuals and families and enhance overall physical healthcare for those living with mental health conditions.

This co-designed health model also aims to dismantle barriers experienced by consumers while providing increased access to evidence-based physical health programs that are trauma-informed, culturally safe, and free of charge.



Photo: Dane Owen, Kate Giles, Michallie Pearce



Photo: Dominic Slaviero, Amelia Hill, Natalie Giri, Michallie Pearce

Health Services, Clinical and Community

This theme has three streams.

- 1. Health services research.
- Pre-clinical and clinical research that involve a range of health professionals and biomedical scientists; and
- 3. Health workforce development for clinical service delivery. Nursing, midwifery, allied health and biomedical researchers work in multi-disciplinary teams with a range of clinical partners in this theme.

The HSCC theme would like to highlight the work of some of our HDR members:

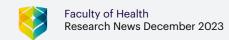
Lucy Shinners

Meet the newly graduated Dr. Lucy Shinners, a dynamic member of the Faculty of Health Nursing team, who is at the forefront of research which is navigating the intersection of healthcare and Artificial Intelligence (AI) technology.

Lucy's pioneering PhD research on healthcare professionals' perceptions of AI in care delivery has positioned her as a trailblazer and it is already making an impact globally. Her validated 'Shinners Artificial Intelligence Perception' (SHAIP) tool, which measures health workforce perceptions of AI, is currently deployed in more than 15 countries and is sparking collaborative research opportunities around the world. Lucy's PhD findings underscore the challenges healthcare professionals face with AI integration and emphasise the need for education and leadership.

Inspired by the findings of the PhD, Lucy now spearheads a significant project focused on AI health literacy. This initiative aims to lay the groundwork for a comprehensive benchmarking of AI health literacy in Australia and beyond. Dr. Lucy Shinners is not just a researcher; she's a catalyst for positive change, leading the way in our evolving healthcare landscape.





Health Services, Clinical and Community



Health Services, Clinical and Community

Dima Nasrawi

Dima Nasrawi is a Lecturer and the Course Coordinator. Enrolled Nurses to Registered Nurses Pathway at Southern Cross University. Dima recently presented her PhD work, including the methodology of her observational study at the 2023 Edith Cowan University Research Methods Seminar Series in Perth. Dima's PhD project focuses on Phase 1 of cardiac rehabilitation after cardiac surgery. This is important because Phase 1 of cardiac rehabilitation, after acute coronary heart disease and cardiac surgery, helps to reduce cardiovascular risk factors, halts the progression of cardiovascular conditions such as atherosclerosis, reduces subsequent hospital readmissions and improves functional outcomes. The outcome of this research will improve post-operative health outcomes and guide future research and policy development in this area. In the next step of her PhD journey, Dima plans to conduct structured observations, retrospective chart audits, field notes and semi-structured interviews.

Publications

Nasrawi, D., Latimer, S., Massey, D., & Gillespie, B. M. (2022). Delivery, barriers, and enablers to patient participation in inpatient cardiac rehabilitation following cardiac surgery: An integrative review. Australian Critical Care. https://doi.org/10.1016/j.aucc.2022.01.007

Conferences

Nasrawi, D., Latimer, S., Massey, D. L., & Gillespie, B. M. (2020). Co-producing an inpatient cardiac rehabilitation education program following coronary artery bypass grafting: A multi-method study [Lightning talk]. Gold Coast University Hospital Research, Quality & Innovation Week, 18/11/2020, Gold Coast.

Nasrawi, D., Latimer, S., Massey, D., & Gillespie, B. (2021). Development and implementation of inpatient cardiac rehabilitation following cardiac surgery: An integrative review. Gold Coast Health and Partners Research Showcase, 30/11/2021, Gold Coast.

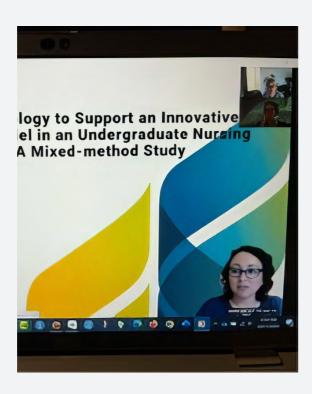
Nasrawi, D., Latimer, D., Massey & Gillespie, B. Coproduction of an inpatient cardiac education intervention following coronary artery bypass grafting: A multimethod study. ACRA-QLD 2021 Cardiac Rehabilitation and Secondary Prevention Symposium. 05th November 2021. Oral presentation (2 min introduction).

Nasrawi, D., Latimer, S., Massey, D., & Gillespie, B. M. (2022). Delivery, barriers, and enablers to patient participation in inpatient cardiac rehabilitation following cardiac surgery: An integrative review. Australian Cardiac Rehabilitation Association (ACRA). Poster presentation. Australian Scientific meeting 2022.

Nasrawi, D., Latimer, S., Massey, D., & Gillespie, B. (2023). Observational studies in nursing research. Research methods seminar series, 18/10/2023, Edith Cowan University.



Health Services, Clinical and Community



Health Services, Clinical and Community

Donna Wilson

Donna Wilson is a PHD student and Lecturer in Nursing at Southern Cross University and works clinically as an RN in a cardio-thoracic ICU on the Gold Coast. Donna recently presented some of her PhD phase one results as an oral presentation at the 2023 ANZAPHE Conference. Donna's PhD project focuses on mobile technology as a support to nursing students in the work integrated learning setting. This is important because digital pedagogical adjuncts can improve nursing education outcomes through access to quality information and improved communication with educators. The outcome of this research will better inform approaches to nursing education in the work integrated learning settings. Donna's next steps are to complete data analysis and submit publications for both phase one and two of her PhD research, with the first results paper submitted and under review with a journal. Donna hopes that the next step of her research journey will include additional opportunities to present and attend conferences with digital pedagogy themes, to expand her knowledge and inspire her to continue in this important work post-PhD career.

Publications

Wilson, D., Aggar, C., Massey, D., & Walker, F. (2022). The use of mobile technology to support work integrated learning in undergraduate nursing programs: An integrative review. Nurse Education Today, 116, 105451. https://doi.org/https://doi.org/10.1016/j.nedt.2022.105451

Whiteing, N., Shinners, L., Graham, N., Nasrawi, D., Wilson, D., Foster, A., Kunst, E., Greenhill, J. (2023). Case Studies for Health, Research and Practice in Australia and New Zealand. Lismore, NSW, Southern Cross University.

Conference Presentations

Wilson D. 2023. Student Assessment Feedback Presentation with CTL - 'Pre-Assessment feedback: Feed-Forward' FoH T&L Forum. June.

Wilson, Aggar, Walker & Greenhill. 2023. Acceptance and adoption of mobile learning technology in Australian undergraduate nurses' work integrated learning. Southern Cross University ANZAPHE 2023 Conference Oral Presentation. June

Physical Activity, Sport and Exercise Research

This theme focuses on physical activity and sports performance. It also links with social, psychological, biomedical and biomechanical researchers in the service of illness and injury prevention, sports and human performance, physical fitness promotion and chronic illness management.

ARC Discovery Project Grant Success - Open(ing up) goals in physical activity: What works, when and for whom?

Associate Professor Christian Swann, as the lead investigator, has been awarded an ARC Discovery Project Grant for the study "Open(ing up) goals in physical activity: What works, when and for whom?. This Category 1 funding of \$438,567 will look at the use of open goals (e.g. 'See how many steps you can reach today'), and why they might be beneficial as an alternative to specific goals. This project will aim to understand how to set goals that are enjoyable and intrinsically rewarding, as well as avoiding the potentially detrimental effects of current goal-setting practice, such as high failure rates.

Christian will be working with colleagues from Central Queensland University, University of Southern Queensland, UNSW, University of Wollongong, University of Lincoln (UK) and University of British Columbia (Canada). The study will also support a postdoc as well as a PhD student (or two), building research capacity for long into the future.







Publications



Publications

Faculty of Health staff have reported 64 peer reviewed research journal articles and five book chapters, in September to November 2023.

Publications

It is great to see some quality publications with our HDR students as first authors being well supported by their FoH supervisors. For example:

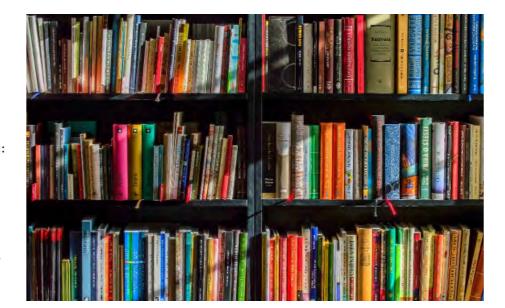
Davis, E. R., Aggar, C., & Bissett, M. (2023).

Nonpharmacological tactile activity interventions for reducing behavioural and psychological symptoms of dementia in the acute hospital setting: An integrative review. Journal of clinical nursing.

DOI: 10.1111/jocn.16891

Henderson, M., Hughes, M., Hurley, J., & Smith, G. (2022). Voluntary male mentors' lived experience of social engagement with men in their community. Health & Social Care in the Community, 30(6), e6286-e6293.

Rowland, G., Hindman, E., & Hassmen, P. (2023). Do Group Mindfulness-Based Interventions Improve Emotion Regulation in Children? A Systematic Review. Journal of child and family studies, 1-10.







Grant and Award Success Engagement and Impact



Grant and Award Success

Successful external funding

In total, in the last three months, another \$45,095 of external funding has been fully signed off by the DVCR for FoH researchers. Here is a selection of the successful external competetive grants from September to November 2023. Congratulations to all the researchers involved:





Murdoch Strategic Research Grant

Dr Ya-Ling Huang has been successful for the Murdoch Strategic Research Grant (\$10,000). Dr Huang is the lead investigator at Southern Cross University, in collaboration with research investigators from St John of God Health Care, Gold Coast Hospital and Health Service, the University of New England and University of Adelaide.

Grant success

Australia has one of the largest culturally and linguistically diverse (CALD) populations with different cultural values and beliefs. 50% of Australians are either born overseas or have one/both parents born overseas. Cultural and social backgrounds play a critical role in different perceptions of decision-making processes in the face of uncertainty and distress.

This project will focus on palliative care decision making for people with chronic disease from CALD backgrounds and will serve a firm base for evidence-based practice in care delivery to improve equity and deliver culturally appropriate palliative care to people from CALD backgrounds in Australia.



Photo: Successful grant recipient, Dr Ya-Ling Huang



Engagement and Impact

National Multicultural Health and Wellbeing Conference 2023 Scholarship Recipient

Engagement and Impact

Dr Ya-Ling Huang was selected by the National Multicultural Health and Wellbeing Conference Committee as a Scholarship Recipient for the National Multicultural Health and Wellbeing Conference 2023. The 2-day conference in Sydney has brought national policy makers, peak bodies, multicultural researchers and consumers from culturally and linguistically diverse (CALD) backgrounds together to discuss current challenges and to explore the best evidence practice improving health service access for people from CALD backgrounds. CALD consumers' voices and personal stories are one of the highlights as it has reflected the importance of cultural awareness and competency, health equity as well as social inclusion for people from CALD backgrounds. As a first generation of immigrant from a CALD background, Ya-Ling has experienced and understood the challenges and current gaps in the care delivery to the CALD population. She has become the advocate to promote multicultural initiative in the clinical settings where she practiced as a clinician and clinical researcher. She continues this journey at SCU via research which focuses on improving care delivery to people from CALD backgrounds in the clinical settings. The conference was cohosted by Federation of Ethnic Communities Councils of Australia and Australian Multicultural Health and Collaborative.



Photo: Dr Ya-Ling Huang, Scholarship Recipient for the National Multicultural Health and Wellbeing Conference 2023



Engagement and Impact

Society for Reproductive and Infant Psychology Conference

Engagement and Impact

Professor Julie Jomeen and Midwifery Lecturer & PhD student Lisa Charmer attended the Society for Reproductive and Infant Psychology (SRIP) 43rd Annual Conference in Lausanne, Switzerland, in early September.

Professor Julie Jomeen, as the Co-Principle Investigator for the Australian arm of the INTERSECT consortium, updated the international INTERSECT group who met on the day preceding the conference on Australian progress and recruitment numbers. This was an excellent opportunity to share experiences with other partners and explore cross country collaboration.

The INTERSECT study led by Professor Susan Ayers from City University, London, UK, is a work in collaboration with researchers from over 40 countries. The INTERSECT survey is collecting data from over 18,000 women 6 to 12 weeks after birth to provide cross-cultural information on the prevalence of postpartum PTSD, as well as explore variation in the etiology and manifestation of childbirth-related PTSD worldwide.

The protocol has been publicly registered and is available at: https://www.researchregistry.com/browse-the-registry#home/registrationdetails/5ffc7453702012001b80a58c/

Julie, as an Editorial Board member, also attended the Journal of Reproductive and Infant Psychology annual meeting.

Lisa shared preliminary findings from her PhD study in a poster presentation on Australian midwives' experience of Primary Birth Trauma and returning to the maternity workforce. As part of the SRIP Early Career Researcher (ECR) group, Lisa met with peers worldwide. Attending the early career researcher pre-conference workshop and participating in the ECR mentorship programme offered by SRIP, facilitating potential future international collaborations.

Highlights of the conference included keynote speakers Professor Susan Garthus Niegel, Professor Carolina de Weerth and Professor Livio Provenzi.



Photo: Professor Julie Jomeen and Midwifery Lecturer & PhD student Lisa Charmer





Faculty Researchers in the Media



Faculty Researchers in the Media

Faculty Researchers in the Media

My father was always told his mother was dead, but a birthday card revealed she was living in a mental institution

Watts, A. Article in the Conversation. 22 September 2023.

https://theconversation.com/friday-essay-my-father-was-always-told-his-mother-was-dead-but-a-birthday-card-revealed-she-was-living-in-a-mental-institution-207428

How is decaf coffee made? And is it really caffeine-free?

Burch, E. Article in The Conversation. 1 November 2023

https://theconversation.com/how-is-decaf-coffee-made-and-is-it-really-caffeine-free-215546

Republished in News Corp online newspapers including Courier Mail; Gold Coast Bulletin; Daily Telegraph. Plus ABC News online.

How can I lower my cholesterol? Do supplements work? How about psyllium or probiotics?

Burch, E. Article in The Conversation. 15 September 2023

https://theconversation.com/how-can-i-lower-my-cholesterol-do-supplements-work-how-about-psyllium-or-probiotics-211748

Is TikTok right – will eating three carrots a day really give me a natural tan?

Burch, E. Article in The Conversation. 27 September 2023

https://theconversation.com/is-tiktok-right-will-eating-three-carrots-a-day-really-give-me-a-natural-tan-214270

Benefits of adrenaline and extreme/adventures sports to our mental health

Brymer, E. 2GB Sydney with John Stanley. 7 November 2023.

2GB Nights - Interview with Eric Brymer - 07.11.23 Google Drive

Brymer, E. ABC Gold Coast Drive with Julie Clift.

ABC Radio Gold Coast - Dr Eric Brymer.mp3
Google Drive

Brymer, E. Daily Mail Australia. 17 November 2023.

I'm a psychologist and this is the very surprising (and terrifying) thing that can cure your burnout | Daily Mail Online

Medical yarn ups: towards closing the gap

Stevens, J. Partyline online magazine of the National Rural Health Alliance. 14 September 2023.

https://www.ruralhealth.org.au/partyline/article/medical-yarn-ups-towards-closing-gap





PhD Candidate in the Spotlight



PhD Candidate in the Spotlight

Ilma Imtiaz

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PhD Candidate in the Spotlight

Ilma Imtiaz

Ilma Imtiaz, a second year PhD candidate at the National Centre for Naturopathic Medicine and Faculty of Health, is conducting research on traditional and naturopathic herbal medicine for lung and colorectal cancer under the supervision of Dr. Andrea Bugarcic and Dr. Janet Schloss. The prevalence and morbidity of lung and colorectal cancers are significant on a global scale, making them a focus of considerable research and medical attention. While chemotherapy has been a mainstay in cancer treatment, it is associated with drawbacks. Traditional knowledge and herbal medicines, utilized by up to 80% of the world's population, have been at the forefront of novel anticancer drug development. However, there is a gap in clinical translation and emphasis on the extraction of single compounds, neglecting the holistic approach of traditional medicines.

Ilma's research aims to examine herbal preparations in preclinical studies, acknowledging the traditional utilization of medicinal plants, with the hope of increasing clinical translation and uncovering novel medicinal plants with potential anticancer activities. The project consists of five phases: conducting a scoping review to identify herbal medicines documented in traditional knowledge for cancer management, surveying practicing naturopaths to determine current clinical usage of herbal medicines and uncovering lesser-studied herbal medicines for testing in pre-clinical mammalian cellular models to determine cytotoxicity and their mechanism of action in cancer.

This research is significant as it seeks to bridge the gap between misalignment of current research designs and traditional herbal use in the context of cancer management. By integrating data mining of traditional knowledge and the use of herbal medicines in contemporary practice, Ilma's project aims to screen for potential novel compounds for the management of lung and colorectal cancer. The findings of this study could serve as the basis for future research to uncover novel medicinal plants and their compounds with potential anti-cancer activities, thereby contributing to the development of more effective and holistic approaches to cancer treatment.



Share your research success with us

Do you have a news item to share with the Faculty of Health and the wider community? If so, we would love to hear and promote your research achievements within the Faculty.

Please email your research achievements to healthresearch@scu.edu.au

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