Front cover: The Department of Nutrition and Dietetics, in collaboration with the Department of Surgery, is conducting a randomised control trial to evaluate the need for a clear fluid diet as part of dietary progression post colorectal surgery.

Pictured: Dietitians Neha Kaul (front) and Louise Buckley (in background with patient).
I am pleased to introduce Peninsula Health’s 2010 Research Report.

This year’s Report showcases research achievements and innovations across many areas of the Health Service, while celebrating our progress as a research active organisation.

Research and its outcomes play a critical role in the provision of best practice healthcare. Through articles in professional journals, presentations to national and international conferences and contributions to texts, Peninsula Health researchers continue to contribute to and enhance the existing body of knowledge in many areas of Medicine, Nursing and Allied Health.

In 2009 Professor John Mathews, Professorial Fellow, University of Melbourne, prepared a detailed Research Review and analysis of research activities and capacity at Peninsula Health. This review provided further insight into the current research practices at Peninsula Health and the processes required to strengthen our research activity and potential. Key review options were to develop a strategic plan for research to align with the health service plan, to look at ways of enhancing researcher access to epidemiological and biostatistics expertise, to evaluate the peer review process of new research proposals and to further develop our information systems in managing research activities.

At the end of 2009/10, Ms Diana Ward, a Board Director who has chaired the Human Research Ethics Committee (HREC) since early 2009, completed her term of appointment. We would like to thank Diana for her outstanding contribution to this Committee.

Mr Peter Brookhouse, a Board Director, has been appointed as the new Chair of HREC. Peter has previously served as community representative and Chair of the HREC, and since late 2009, he has served as the Committee’s Deputy Chair. His knowledge and experience in the healthcare sector will significantly contribute to the important work of the HREC.

Ms Sandy Forbes was appointed to the Board of Directors in July 2010 and will assume the role of Deputy Chair of the HREC.

The year also marked the commencement of construction on the $1.8 million Peninsula Clinical School building. The new Clinical School, which will open in September 2010, is a collaborative project between Peninsula Health and Monash University, and will boost the teaching and educational facilities at Frankston Hospital. It will not only provide the space for further learning, but it will also provide opportunities for Monash University students and staff to work collaboratively with Peninsula Health on a range of research projects.

The Health Service is constantly moving forward in its research commitment. By working closely with partnering organisations from the education, health, government and industry sectors, Peninsula Health will continue to guide, encourage and foster research which will result in enhanced healthcare outcomes for our community.

Dr Sherene Devanesen
Chief Executive
On behalf of the Board of Directors I am pleased to deliver the annual report as Chair of the Peninsula Health Human Research Ethics Committee (HREC) during 2009/10. The Committee is comprised of dedicated Peninsula Health Board Directors, staff and members of the community we serve.

The Committee meets monthly to ensure that the research, for which Peninsula Health is responsible, is reviewed and monitored in accordance with the National Statement on Ethical Conduct in Human Research.

The Committee reviews research involving human participants which is undertaken by staff of Peninsula Health or by external researchers involving Peninsula Health patients, clients, residents and/or staff. On occasion, the Committee provides advice pertaining to ethical issues in research projects conducted in other health services or by private practitioners without access to formal research ethics committees.

During the year the Committee farewelled Dr Craig Fry. Craig is an experienced ethicist and has made a significant and valued contribution to the Committee during his term of two years. I would like to thank Craig on behalf of the Committee.

Peninsula Health was pleased to welcome back Mr Peter Brookhouse to the Human Research Ethics Committee as Deputy Chair. On completion of my term, Peter will assume the role of chair of HREC, with the role of Deputy Chair filled by new Board Director Ms Sandy Forbes.

Associate Professor Gary Hunter and Mr Graeme Ness were welcomed to the Committee as community representatives, both of whom have many years of experience in the process of ethical review of research proposals.

During 2009/10 the Committee considered 42 new projects, of these 12 were clinical trials involving a drug or device, mainly in the areas of intensive care, mental health and medical oncology. The remaining 30 submissions were predominately from our own staff, students or staff of Monash University. A further 33 negligible risk projects and quality activities were approved by the Executive Sponsor Research, Dr Susan Sdrinis.

The end of 2009 saw the introduction of the Streamlined Ethical Review Process (SERP) in Victoria. The streamlined system allows multi-site clinical drug/device trials in Victoria to undergo single ethical review by one of the six nominated reviewing HRECs accredited by the Consultative Council for Human Research Ethics. This system is expected to improve timeliness, efficiency and delivery of new drug or device treatments to patients. Research governance remains the responsibility of each health service participating in the process as an accepting site.

I would also like to acknowledge the work of the Drugs and Therapeutics Committee and the Methods Review Panel which are integral to the Peninsula Health research ethics review process.

The Drugs and Therapeutics Committee undertakes scientific and safety review of commercially sponsored and investigator initiated drug trials. It is chaired by Associate Professor Ian Carney, Clinical Director of Medicine, and in his absence, Dr Leong Goh, Clinical Director of Emergency Medicine, chaired the Committee for six months. The Drugs and Therapeutics Committee, which is convened and supported by the Pharmacy Department, liaises closely with the Human Research Ethics Committee Secretariat.

The Methods Review Panel undertakes methodological review of single-site research with particular emphasis on ensuring that the research is designed using methods appropriate for achieving the aims of the proposal and that the research is justifiable in terms of its potential benefit. Panel members also play a role in mentoring novice researchers.

The Board is appreciative of the commitment of both our community and staff members who give generously of their time to this important process. I would also like to thank all members of the Committee for their support during my time as Chair.

Ms Diana Ward
2009/10 Chair, HREC
Research at Peninsula Health continues to develop as the number of researchers increase and infrastructure improves.

The past year has witnessed progress across many fronts. Celebrating Research 2009 unfolded as an outstanding display of excellent research activities across Peninsula Health. Research was undertaken in all disciplines and medical students were also encouraged to undertake research.

With the establishment of the Peninsula Clinical School, it was encouraging to experience the significant contribution made to the research activities by numerous members of the Gippsland Medical School senior academic staff.

During the year, an organisation-wide review of Peninsula Health’s research program and activity was undertaken by Professor John Mathews from the University of Melbourne. The review was consultative, involving staff from many clinical disciplines and also from a number of support areas. It was pleasing that so many people contributed to this review through a range of facilitated discussions. The feedback from all staff has been invaluable to this process, and their input helps to ensure that research at Peninsula Health moves forward in the right direction.

The Celebrating Research activities this year culminated in the Research Dinner and the Jeremy Anderson Oration. The 2009 Jeremy Anderson Orator was Professor Jeffrey Lipman, Professor and Head, Discipline of Anaesthesiology and Critical Care, The University of Queensland School of Medicine and Director, Department of Intensive Care Medicine, Royal Brisbane and Women’s Hospital. In 2010, the oration will be delivered by Professor Rhonda Small, Professor and Director, Mother and Child Health Research, La Trobe University.

It is encouraging and important to note that as Peninsula Health strives to work ‘in partnership, building a health community’, there are fine examples of translational research in this Research Report. The hope of establishing a research profile that manifests through substantial peer reviewed publications continues as members of staff have attracted National Health and Medical Research Council grants with further applications underway.

Research groups continue to investigate relevant clinical problems and an interdisciplinary approach has been evidenced in certain areas. A new research specific appointment has been made in emergency medicine to strengthen research capacity as Peninsula Health continues to grow as a tertiary academic centre.

I would like to thank Dr Susan Sdrinis, Executive Sponsor Research and Lee-Anne Clavarino, Rosemary Thomas and Stacey Hendriks for their ongoing support and commitment to the research program.

This Research Report again reflects positively on the relevant high quality research undertaken at Peninsula Health and is a manifestation of the commitment to providing quality care underpinned by scientific evidence.

I personally congratulate all who have contributed to this report as the energy and time required is substantial, and it is gratifying to observe their names and affiliations in this publication.

Associate Professor John Botha
Director of Research
The Research Program at Peninsula Health:

- Coordinates and convenes the Human Research Ethics Committee and its associated Methods Review Panel. This includes providing appropriate orientation, training and continuing education for members.
- Reviews indemnity and contract documentation associated with clinical trials (research governance).
- Coordinates the Small Grants in Medical Research process.
- Coordinates Celebrating Research competitions, events and associated activities.
- Facilitates training and support for researchers.

The introduction of the Streamlined Ethical Review Process (SERP) in Victoria has been the most significant change to the Research Program in the 2009/10 year. The introduction of streamlined ethical review of multi-site clinical trials in Victoria has necessitated a number of changes to the process for the review and approval of clinical trials. The most significant change is the clear separation of ethical review and research governance conducted through a site-specific assessment process.

The new process for ethical review has resulted in significant changes to the procedure for applying for ethical consideration, particularly for researchers participating in multi-site clinical drug or device trials. A result of this change is the introduction of online forms on a research website for researchers to complete applications, and a shift from a static database to a web-based research ethics database for the Research Program. The introduction of the new process has not been without challenges, however, the reporting and monitoring capabilities of the new technology promises to significantly improve the management of research at Peninsula Health.

The release of the Victorian Managed Insurance Authority’s Research Governance Toolkit in June 2010 further cemented the changes to ethical review and research governance across Victoria. The Toolkit was developed with the aim of assisting Victorian Public entities engaged in the conduct of clinical research. Its intention is to provide appropriate guidance and provision of essential tools in the form of templates, proformas and Standard Operating Procedures that will facilitate good research governance practice.

Over the next twelve months, the Research Governance Toolkit will become an important resource for the Research Program in the areas of research ethics, induction, training and accreditation, research finance management, data and tissue management, intellectual property and publication and research risk management.
Celebrating Research 2009

Symposia and Prizes

Registrar Research Prize 2009

First place: Dr Tarin Ward
Transcutaneous pulsed radiofrequency treatment in patients with painful knee awaiting total knee joint replacement - a randomised, double-blinded pilot study.

Second place: Dr Ravi Tiruvoipati
Impact of glycemic control on survival in critical care patients with sepsis.

Third place: Dr Naomi Atkins
An outcome study of transthoracic needle biopsies at Frankston Hospital.

Other registrars who presented were:
- Dr Vamsii Arvapalli
  Complications following loop ileostomy closure.
- Dr John Choi
  New classification system: MRI assessment of total ankle joint replacement.
- Dr Farshid Fargahi
  The effect of sodium bicarbonate on the pH of local anaesthetics.
- Dr Chatar Goyal
  Postoperative shoes - a comparison of the Darco shoe, flat sole shoe and Heelwalker, using the pedobarograph.
- Dr Narcelita Lim
  The outcome of patients admitted to Frankston ICU with severe pancreatitis.
- Dr Luke Spencer
  A comparison of polyethylene wear rates between cemented and cementless cups. 15 year follow-up.
- Dr Dion Stub
  Contrast induced nephropathy following percutaneous coronary intervention is associated with increased early and late mortality.

Nursing Research Prize 2009

First place: David Lewis
Impact of glycaemic control on survival in critical care patients with sepsis.

Second place: Kate Brown
Antenatal booking in body mass index (BMI) of greater than 43 - an audit of obstetric outcomes.

Third place: Karla Pargetter and Evette Campbell
Developing a safe culture and person-centred approach for patients at The Mornington Centre.

Other nurses who presented were:
- Russell Briggs
  The active management of surgery waiting lists: improving the flow of the urology wait.
- Sarah Hall
  Handover practices in paediatrics: what does the evidence say?
- Helen Irwin and Marion Hartley
  An exploration of the role and scope of the clinical nurse consultant at Peninsula Health.
- Jill Jones
  Supporting preceptors supporting nurses.
- Rosie Cantley-Smith (presented on behalf of Xenia Jung)
  Evaluation of the implementation of care change in a mental health service.
- Catherine Petratis
  Turf wars: division 2 nurses in community mental health.
- Suzanne Reaper
  Smarter use of existing technology to enhance nursing practice in ICU.

Allied Health Research Prize 2009

First place: Caroline Stapleton
Adding exercise to routine care for chronic kidney disease patients on dialysis: a controlled trial.

Second place: Vicki Davies
Making a move: transforming Agerstrong, a community-based strength-training program into a model fit for home-use.

Third place: Fiona Kent
Physiotherapy clinical education - the patients’ perspective.
Celebrating and rewarding achievements

Other allied health staff who presented were:

- **Rebekah Beard**

- **Louise Buckley**
  Current feeding practices after elective colorectal surgery at Frankston Hospital: a retrospective audit.

- **Jan de Clifford**
  The implementation and acceptance of a hospital-wide Pharmacist-initiated E-script Transition Service (PETS) for discharge prescriptions - the views of multi-disciplinary health professionals.

- **Peter Hough**
  Pedometer accuracy in step counts of older people.

- **Alison Hunt**
  Happiness is your own bed: rehabilitation-in-the-home.

- **Neha Kaul (presented on behalf of Fiona Turnbull)**
  International Critical Care Nutrition survey.

- **Jennifer Mapleston and Allison Nairn**
  Can cognitive perceptual assessment scores predict functional performance skills in adults diagnosed with stroke?

- **Julie Metcalfe**
  The use of academic detailing to promote safe prescribing amongst international medical graduates (IMGs) - a pilot study.

- **Rebecca Pang**
  The use of the Alaris® Smart Pumps with Guardrails® Safety Software to reduce intravenous medication errors.

- **Sandra Tesoriero (presented on behalf of Eugene D'Souza)**
  Rationalising rehabilitation resources.

- **Narelle Watson**
  Management of distal radius fractures in the elderly population presenting to the emergency department: a clinical audit.

- **Dr Priscilla Yardley**
  Implementing a core care bundle in mental health.

**Poster Display Competition 2009**

**Best Scientific Poster – Allied Health**

- **First place: Karen Edwards**
  Activity limitations and loss of strength in patients with chronic kidney disease attending dialysis at Frankston Hospital.

- **Second place: Caroline Stapleton**
  Adding exercise to routine care for chronic kidney disease patients on dialysis: a controlled trial.

**Best Scientific Poster – Medicine**

- **First place: Dr Murray Taverner**
  Randomised, double-blinded controlled trial of intradermal injection of lignocaine around the knee to control pain in patients awaiting total knee replacement.

**Best Scientific Poster – Nursing**

- **First place: Sarah Webb and Jackie Harrington**
  Midwifery skill drills in the Simulation Centre.

- **Second place: Robin Digby**
  Developing a safe culture and person-centred approach for patients at The Mornington Centre.

Other posters displayed in the competition were:

- **Iouri Banakh**
  Experience and outcomes of a junior pharmacist in a prescribing role.

- **Jo Crowe**
  Cognitive stimulation therapy: improving quality of life for people with dementia.

- **Vicki Davies**
  Making a move: transforming Agestrong, a community-based strength-training program into a model fit for home-use.

- **Eugene D’Souza**
  Rationalising rehabilitation resources.

- **Karen Edis**
  ‘Well For Life’ a health promotion project in a residential aged care setting.

- **Bethea Fregon**
  The effectiveness of the functional maintenance program in improving care for the elderly in an acute unit.
Celebrating and rewarding achievements

- **Peter Hough**
  Pedometer accuracy in step counts of older people.

- **Alison Hunt**
  Happiness is your own bed: rehabilitation-in-the-home.

- **Fiona Kent**
  Physiotherapy clinical education - the patients' perspective.

- **David Lewis**
  The frequency of blood glucose monitoring in septic patients in the intensive care unit: a retrospective audit.

- **David Lewis**
  Smarter use of existing technology to enhance nursing practice in ICU.

- **Dr Narcelita Lim**
  The outcome of patients admitted to Frankston ICU with severe pancreatitis.

- **Dr Stuart Marshall**
  Introducing clinical safety early in the undergraduate curriculum: a pilot of a simulation-based course.

- **Shanandoah Schaffers and Janine del Mar**
  Transition care: development of a triage description tool to enhance quality of service delivery.

- **Laura Simons and Audrey Peterson**
  Transition care at home: a retrospective review of patient outcomes.

- **Katrina Simms**

- **Katrina Simms**
  The development of a centralised data-collection tool for the Department of Surgery.

- **Alvin Tang**
  Introducing Agestrong to residential aged care: a feasibility study.

- **Dr Murray Taverner**
  A pilot study comparing three pulsed radiofrequency treatment techniques for knee pain in patients awaiting knee replacement.

- **Dr Ravi Tiruvoipati**
  Impact of glycaemic control on survival in critical care patients with sepsis.

- **Fleur Varkevisser**
  What happens to patients’ mobility while they are in the Transition Care Program? Does it improve?

**Research Dinner and Jeremy Anderson Oration 2009**

The fifth Peninsula Health Research Dinner and Jeremy Anderson Oration was attended by senior staff and their guests at The Peninsula Country Golf Club in November 2009.

The Dinner is held to recognise the excellence and diversity of research being conducted at Peninsula Health, and also to honour the late Professor Jeremy Anderson, a former Board member, friend and mentor to many at Peninsula Health.

Professor Anderson represented research in his roles as the former Director of the Monash Institute of Health Services Research and the Professor of Epidemiology and Biostatistics at The University at Melbourne.

The Health Service was honoured to have Professor Jeffrey Lipman, Professor and Head, Discipline of Anaesthesiology and Critical Care, The University of Queensland School of Medicine and Director, Department of Intensive Care Medicine, Royal Brisbane and Women’s Hospital, deliver the Jeremy Anderson Oration. Professor Lipman’s interesting and thought-provoking speech was entitled Surviving ICU – 30 years and going strong.

**Public Research Forum 2009**

Celebrating Research 2009 was launched with the Health Service’s second public forum on research. The Forum focussed on stroke research and was held at Monash University Peninsula Campus, with close to 100 people in attendance. Guest speakers, Dr Judith Frayne, Head of Stroke Services, The Alfred and Dr Ian Mosley, School of Nursing, Faculty of Medicine, Nursing and Health Sciences, Monash University delivered engaging presentations on new interventions in stroke management, the importance of early response to stroke and the community’s reaction to signs of stroke.

The evening was convened by Dr Susan Sdrinis, Executive Sponsor Research, and included presentations by Associate Professor John Botha, Director of Research, and Associate Professor Ernie Butler, Head of Neurology.
Fellowship grant highlights

Two Peninsula Health researchers have received Department of Health, Mental Health and Drugs Research Fellowship Grants. These researchers join a growing number of staff at Peninsula Health being recognised externally for their contribution towards providing effective and innovative solutions in healthcare.

At right: Xenia Jung holding a focus group.
A new project is exploring the impact that a therapeutic core care package is having on treatment provided to mental health clients.

The Peninsula Health Community Mental Health Service developed and implemented the therapeutic package, led by Head of Psychology, Dr Priscilla Yardley, known as the ‘Core Care Bundle’, to facilitate consumer-driven, evidence-based, focussed interventions.

The Core Care Bundle is formulated as part of the treatment plan for mental health clients and is supported by a package of six workbooks that focus on recovery, managing medication, addressing drug and alcohol issues, coping with stress, improving healthy lifestyles and education for carers.

In June 2009, Clinical Research Trial Coordinator, Xenia Jung, was awarded a $50,000 Fellowship Grant, from the Department of Health’s 2008/09 Mental Health and Drugs Research Fellowship Grants Program. This Fellowship Grant was awarded to Xenia to undertake research to evaluate the implementation of the Core Care Bundle.

“The Bundle articulates the core components of treatment...”
Fellowship grant highlights

“...this research project is the first of its kind”

“Care bundles are derived from evidence-based practice and when applied systematically, have been found to improve patient outcomes following medical procedures, although the concept is yet to be applied to mental health service delivery,” explained Xenia.

“The Bundle articulates the core components of treatment which helps mental health clinicians focus their day-to-day work with consumers, and aims to help the client systematically develop skills in managing their mental health problems,” she said.

The project has three aims:

- To evaluate whether applying a step-by-step process of implementing the Bundle into routine service delivery can result in an overall increase in adherence to evidence-based practice and clinical guidelines.
- To evaluate whether the delivery of the Core Care Bundle makes a difference to individual client outcomes, and whether it leads to improvements such as early recovery, decreasing relapses, and overall decreased health service utilisation.
- To reflect on the implementation process with the aim of informing how care bundles can be best introduced into community mental health settings as a whole.

“As care bundles have not been applied to the mental health setting before, this research project is the first of its kind,” Xenia said.

Evaluation of the project, which is being supervised by Peninsula Health Principal Community Mental Health Nurse, Dr Ian Munro, will include data collection and audits, as well as focus groups and surveys with mental health clinicians, clients and carers.

“The results will give the [Mental Health] Service valuable information from which they can further advance the service for clients with mental illness and their carers,” Xenia explained.

“It is also an important step towards demonstrating if a readily useable and practicable version of this can be adopted by other services,” she said.

The project is expected to be completed by October 2010.

Older adults are set to be more effectively assessed for risk of experiencing alcohol-related harm, following the completion of research by Psychologist, Stephen Bright from the Peninsula Drug and Alcohol Program. Stephen was awarded a $50,000 funding grant for his proposal to establish a national risk screening tool to assess the risk of alcohol-related harm in older adults.

Alcohol-related harm is an issue significantly impacting on individuals and on our community. According to Western Australian research, up to 30 to 35 per cent of older adults are at risk of alcohol-related harm. To date the availability of effective screening tools in Australia to assess this risk has been limited.

“They [the screening tools] are not very good at identifying ‘risky drinking’ among older adults as they do not assess a myriad of factors, such as use of medications or chronic disease, which need to be considered when determining an older adult’s level of risk,” Stephen said.

“The Alcohol-Related Problems Survey or the ARPS - a screening measure used predominantly in America - is a tool which incorporates all of these issues. However, the ARPS has not been previously available for use within Australia due to differences in the volume of ethanol that is considered a standard drink,” he added.
Fellowship grant highlights

Stephen’s research involves making the ARPS more relevant to our Australian context. This includes recalibrating the way data is calculated and measured through the ARPS to determine an individual’s level of risk. The project will be conducted in two distinct phases. Phase 1 refers to the recalibration of the ARPS for Australian standard drinks and is expected to be completed by July 2010. Phase 2 involves beta testing of the revised software and is anticipated to be completed by January 2011.

Stephen’s work will lead to the screening tool becoming readily available to Australian health care practitioners. The screening tool will also be accessible online for the duration of Peninsula Health’s Older Adult Reducing Risky Drinking Project.

“Through proactively encouraging healthcare providers to utilise this tool, it is expected that a number of older adults whose drinking places them at risk of experiencing alcohol-related harm will be identified,” Stephen said. “Providing these individuals with early intervention could significantly increase their wellbeing and life satisfaction.”

“It can also lead to considerable economic savings for healthcare, for example, less hospitalisations from adverse interactions with medications. This is significant given the ageing Australian population,” Stephen added.

Stephen was awarded a Mental Health and Drugs Research Fellowship Grant from the Department of Health to enable him to undertake this important research. The Grant Program is designed to enhance research in mental health settings across Victoria. Each $50,000 Fellowship Grant specifically supports clinicians of publicly funded mental health services, psychiatric disability rehabilitation support services or alcohol and other drug (AOD) treatment services, to undertake research that benefits Victoria’s mental health consumers and AOD clients. Stephen’s was one of only four research proposals to receive funding under this grant out of a highly competitive field.


“Providing these individuals with early intervention could significantly increase their wellbeing and life satisfaction”

At right: Stephen Bright
Advancing research

The Health Service is constantly moving forward in its research commitment. Some of the individuals playing key roles in embedding a strong research culture are highlighted in the following section. A listing of all research commenced in 2009/10 is provided on pages 24-28.

At right: Associate Professor Pam Rosengarten in the Frankston Hospital Emergency Department.
The culture of research in emergency medicine is set to flourish under the leadership of Associate Professor Pam Rosengarten.

Pam returned to Peninsula Health this year in the new role of Associate Professor of Emergency Medicine & Director of Education and Research. Her position is a joint appointment with Monash University.

Pam has extensive clinical and leadership experience in emergency medicine, holding senior positions at Frankston and Western Hospitals, and Monash Medical Centre. She is also an active member of the Australasian College of Emergency Medicine.

With the assistance of Clinical Director of Emergency Medicine, Dr Leong Goh, Pam is responsible for developing emergency medicine research at Peninsula Health. “I aim to develop our research expertise and to advance our knowledge and clinical practice,” Pam said.

“I aim to develop our research expertise and to advance our knowledge and clinical practice”
Advancing research

Whilst undertaking her own research, Pam will also provide support to emergency medicine trainees and other departmental staff in undertaking research projects.

"An early initiative is the establishment of a Peninsula Health emergency medicine research group, which will review and support existing projects, support new ideas and assist in research development within the Department," she said.

Pam's work will also foster interprofessional research through working with staff from other areas of the Health Service, as well as contributing to the development of research across all emergency medicine facilities linked to Monash University.

"The aim is to achieve a national reputation for research excellence in emergency medicine at Peninsula Health, and to utilise research and evidence-based medicine as a foundation for the provision of quality emergency care to our patients," she added.

Surgical research continues to advance, under the guidance of Deputy Clinical Director of Surgery - Research and Training, Mr David Hunter-Smith. Since being appointed to this role in early 2009, David’s work has resulted in positive changes for the Department of Surgery’s research program.

The surgical research portfolio has evolved and now includes a wide variety of activities, including case reviews, retrospective studies, disease prevalence studies and qualitative research into surgical training perceptions. It also includes systematic reviews, studies assessing quality of life after surgery, waiting list and population based public health research and a number of randomised controlled trials.

The Department now holds monthly research meetings, which are widely attended by surgeons, registrars, allied health staff and visiting medical officers. David comments that this forum has enjoyed a number of keynote presentations, along with robust clinical research debates and creation of translational research projects throughout the year.

"The importance of research in clinical practice cannot be understated, and we have already seen questions turn into research with subsequent adjustments and improvements in clinical care," explained David.

David acknowledges the involvement of Monash University, in particular the research team at the Gippsland Medical School, as a key collaborator. "The enthusiasm and expertise of the staff and students at the Gippsland Medical School has allowed us to draw on research expertise in design, implementation, statistical evaluation, and academic planning," said David.

With the basic structure in place for a strong and active surgical research program, “Our aims are now to strengthen our academic standing with Monash University, to incorporate research students, expand our collaborative work, attract research funding, and to become a respected academic surgical department within the Australian surgical community,” added David.

Three major research projects are currently underway in the Department of Anaesthesia. These projects have various investigative aims, but all focus on either improving service delivery or enhancing outcomes for patients. This active area of research is being led by Associate Professor Terry Loughnan, Director of Anaesthetic Research and Training.

The first project is investigating the role of video assistance in endotracheal intubation. Endotracheal intubation is the placement of a tube into the trachea in order to maintain an open airway in patients who are unconscious or unable to breathe on their own.
Advancing research

“The project involves recording, from a videoscope, the laryngeal views obtained by the anaesthetist. It involves comparing the quality of the view between the live video stream, to that of the traditional method of using a laryngoscope with only limited vision,” explained Terry.

Along with Terry, this project is being undertaken by Anaesthetist, Dr Eric Gunnesekeera and Registrar, Dr Ping Tan. So far, 46 participants have been consented to participate and the aim is to recruit a further four participants. The project is expected to be completed by the end of the year.

The second project, which has been completed and is currently being prepared for publication, has been led by Pain Specialist, Dr Murray Taverner. The outcomes of sub-anaesthetic dose ketamine infusions for chronic pain management were investigated.

“This is a review of four years of patient data and will form the basis for further research and direct future patient management in this area,” Terry said.

A medical student from the Gippsland Medical School and one of Peninsula Health’s hospital medical officers were also involved.

The final project involves data collection from health questionnaires given to patients on the waiting list for elective surgery. “It aims to enable the researchers to obtain a clear view of the comorbidities and health status of patients on the Peninsula Health elective surgery waiting list. This will permit several different avenues of research and is being conducted conjointly with the Department of Surgery,” said Terry.

A specific aspect of this research is to review the accuracy of ascribing American Society of Anesthesiologists (ASA) scores to patients from the Health Questionnaire. It aims to validate this particular technique, which is often used to risk stratify patients.

Improving care options for mental health clients is the focus behind the work of Peninsula Health Principal Community Mental Health Nurse, Dr Ian Munro.

As part of an ongoing research partnership role with Monash University, Dr Munro not only undertakes his own research, but he is also active in supervising and mentoring new researchers. Ian is currently supervising the Core Care Bundle project, featured on pages 9-10.

His passion for research in mental health is two-fold. “Firstly there needs to be strong evidence for the interventions and programs we use to improve the quality of life for mental health clients and their families. Secondly, it is essential that healthcare practitioners use current evidence in the care they provide,” Ian said.

He emphasises the importance of fostering research. “It is not the job of only one person to improve the health of those with a mental illness. Encouraging others to undertake research in this area, helps them not only to develop skills in research, but adds to the body of research knowledge and enhances our quality of care,” he said.

Ian’s work this year has seen a number of papers submitted, including one exploring the psychological effect that a diagnosis of Hepatitis C has on someone with a mental illness.

Another paper, presented at the Southern Synergy conference last year, explores the physical health of patients with mental illness. A further presentation on this important topic will be made to the College of Mental Health Nurses conference this year.

“Encouraging others to undertake research... adds to the body of research knowledge and enhances our quality of care”
Peninsula Health staff have collaborated across disciplines and departments and with external organisations to facilitate research across the Health Service. The following section highlights how collaborative research is working towards better healthcare outcomes.

At right: Intensive Care Research Coordinators, Jodi Vuat and Sharon Allsop, in the Frankston Hospital Intensive Care Unit.
In 2009 the Peninsula Health Intensive Care Unit became part of an international registry, initiated by the Australian and New Zealand Intensive Care Research Centre, in response to the Swine Flu pandemic.

Winter time is flu season and 2009 was no exception with the arrival of H1N1 Influenza or ‘swine flu’ in the southern hemisphere. As part of our response to the outbreak, the Peninsula Health Intensive Care Unit (ICU) joined an international registry initiated by the Australian and New Zealand Intensive Care Research Centre (ANZIC-RC). The registry, a web-based data entry system, collates de-identified information on serious or life threatening illnesses secondary to Influenza A (including H1N1 Influenza) that requires admission to an ICU.

“For the majority of people infected with H1N1 Influenza the illness is mild and self-limiting. However a small proportion of people will develop life-threatening infection, most commonly with viral pneumonitis and will require hospitalisation and admission to an intensive care unit,” said Associate Professor John Botha, Director of Intensive Care at Peninsula Health.

Intensive care units from around Australia and New Zealand, including Peninsula Health have contributed to the ANZIC-RC Influenza A registry. The collected data and analysis will substantially assist intensive care staff and hospitals with the planning of ICU requirements during future outbreaks of Influenza A.
Collaboration

Data collected between 1 June 2009 and 31 August 2009, identified that 722 patients were admitted to an ICU in Australia or New Zealand with a confirmed diagnosis of 2009 H1N1 Influenza. Of these 722 patients, 669 were under 65 years of age, and 66 were pregnant women. Sixty-five per cent of these patients required treatment with mechanical ventilation for a median period of eight days. This data indicates that 2009 H1N1 Influenza had a substantial effect on intensive care unit demand during the 2009 Australia and New Zealand winter.

The project was approved in 2009 by the Executive Sponsor Research, Dr Susan Sdrinis, on behalf of the Peninsula Health Human Research Ethics Committee. Six patients admitted to the Frankston Hospital Intensive Care Unit with Influenza A (including H1N1 Influenza) have been included in the registry. The project is planned to continue until the end of 2010.

“This data collected from patients is observational and therefore does not involve the gathering of any additional information from patients or their carers other than that already obtained as part of their medical care,” said Jodi Vuat, Intensive Care Research Coordinator. “Information is provided in such a way that a patient cannot be identified and this information has helped ensure appropriate resources have been provided for the support and management of patients with HINI Influenza.”

Full publication details are available on page 31.

The establishment of a perioperative research team at Peninsula Health is an exciting new initiative which is set to develop further research between the Departments of Anaesthesia, Surgery and Critical Care. The team’s collaborative research aims to improve the quality of patient care provided in the perioperative period, which includes pre-procedural evaluation and preparation, surgery, and post-surgical management.

Particular areas of interest for the team of clinicians include postoperative analgesia, nutrition, strategies to improve post operative tissue oxygen delivery, the geriatric population, and postoperative care of the bariatric patient.

The team’s initial research will include retrospective and epidemiological studies. The research strategy moving forward will focus on prospective single centre studies that may ultimately progress to multi-centre studies.

The concept of establishing the group was presented for the first time at a research forum in 2009. This forum was held as part of the research review undertaken by Professor John Mathews.

“Peninsula Health is very well placed to undertake research in this area as the case mix and research expertise exists to sustain original research,” explained Associate Professor John Botha, Director of Intensive Care and Director of Research.

“The redevelopment of the intensive care and theatre complex, as part of the $45 million expansion of Frankston Hospital, also provides the ideal infrastructure for collaborative perioperative research,” John said.

Along with John Botha, other members of the team are Mr David Hunter-Smith, Department of Surgery, Associate Professor Terry Loughnan, Department of Anaesthesia, and Dr Ravi Tiruvoipati, Intensive Care Registrar. Monash University’s Associate Professor of Public Health, Elmer Villanueva, is also a member and provides expert advice on trial design and statistical analysis.

The Department of Nutrition and Dietetics, in collaboration with the Department of Surgery, is conducting a randomised control trial to evaluate the need for a clear fluid diet as part of dietary progression post colorectal surgery.

This multidisciplinary study is being led by principal researcher Neha Kaul, Grade 2 Dietitian, working in the Upper Gastrointestinal and General Surgery wards. Associate researchers involved in the study include Fiona Turnbull and Louise Buckley, Department of Nutrition and Dietetics and Mr Tilan Beneragama and Mr David Hunter-Smith, Department of Surgery.
Neha’s enthusiasm to take part in clinical research is evident and is supported by a passion to improve the nutritional care of patients post surgery. “Patients who have colorectal surgery have an increased risk of malnutrition due to prolonged fasting times, surgical stress and slow progression to diet. This risk is often increased by an underlying malignancy or malabsorption,” she said. “Traditional surgical practice post gastrointestinal surgery follows a staged progressive diet of sips of water, clear fluids, free fluids to light ward diet before the introduction of a full ward diet. This study aims to identify the need for the clear fluid diet post elective colorectal surgery.”

Clear fluids are standard as the first diet after elective colorectal surgery. Clear fluids consist of low residue, fat-free and transparent fluids such as jelly, broth and strained juice. The clear fluid diet has poor palatability and lower nutritional value when compared to the clear fluid diet which includes all clear provisions plus fluids of higher nutritional value such as milk, custard, plain yoghurt and ice-cream.

Potentially demonstrating it is safe to commence patients on free fluids earlier will assist in meeting nutritional goals, improve patient outcomes, and potentially shorten length of stay. Patient feedback will also provide valuable insight into the preferences of patients following colorectal surgery.

The investigators are aiming to recruit and consent 150 patients, half of whom will be randomised to receive clear fluids (control) and half receiving free fluids (intervention) as their first oral intake after surgery. Whilst patients are in hospital, the researchers will collect data daily and will analyse the two groups based on a range of variables. Patient satisfaction with clear and free fluid diets will be assessed using a modified Department of Health meal satisfaction survey.

It is anticipated that the study will be completed by June 2011.

As part of an ongoing partnership with Monash University, Peninsula Health provides support, education and training to medical students through the Peninsula Clinical School.

Established in 2008, the Peninsula Clinical School assists in meeting the education and training needs of an increasing number of medical students, following the establishment of the Monash University Gippsland Medical School. Currently over 50 Gippsland Medical School and up to 45 Monash Central Medical School students receive education and training through the Peninsula Clinical School and across all Peninsula Health sites, Monash University Peninsula Campus, and the Peninsula GP Network.

During the year, work to construct a $1.8 million building for the Peninsula Clinical School at Frankston Hospital significantly progressed. The development is set to provide additional education and training facilities at Peninsula Health.

Leading undergraduate education through the Peninsula Clinical School is general physician Dr Patrick Fiddes, Director of Undergraduate Clinical Training at Peninsula Health. Dr Fiddes is a strong supporter and facilitator of student research.

“There is a perception that pain is the most significant issue to address following Caesarean section,” said Dr Fiddes. “As a result, there is often a reluctance to introduce early pain relief medications. However, this reluctance is based on the assumption that early medication will exacerbate the perception of pain, which is not necessarily the case. Our study aims to evaluate the use of different early pain relief medications following Caesarean section.”

Under Patrick’s guidance, and in conjunction with Peninsula Health clinical researchers, students have already undertaken or been involved with around 10 research projects. Projects range from a study on the prevalence of vitamin D deficiency in hospital workers, to an evaluation of vaginal birth after caesarean section, to a study into the use of constrained liners in total hip replacements.

“Through active involvement in research, and receiving training and mentoring in research skills, these students are contributing towards building a stronger future in research at Peninsula Health,” Patrick said.
Improving consumer experience

A key goal of the Health Service’s Strategic Plan is to provide a better experience for Peninsula Health consumers. The following are examples of projects which aim to enhance the quality of services provided for both the local and wider community.

At right: Robin Digby
The experiences and perspectives of patients with dementia, who transfer from hospital to sub-acute care, have been explored as part of a study led by The Mornington Centre’s Principal Nurse, Robin Digby.

“The older population are the largest consumers of healthcare. Many of them are transferred within the Health Service a number of times during the same admission, but very little appears to have been written about the effect these transfers have on patients with dementia,” Robin explained.

The study was conducted at The Mornington Centre, which provides inpatient evaluation and management of older, complex patients, the majority of whom have been transferred from Frankston Hospital.

“Many of these patients have a level of dementia which impacts on their ability to settle into their new surroundings. It is not uncommon in the first few days of a sub-acute admission for patients with dementia to experience episodes of agitation or withdrawal, or other behavioural changes,” Robin said.

“...little appears to have been written about the effect these transfers have on patients with dementia”
Improving consumer experience

The review will be undertaken with a view to make the process more specific to the needs of patients and their families.

Such changes to behaviour may be precipitated in patients with dementia to varying degrees, when they experience a change of environment or a change in the persons involved in their care.

“The impetus for this project arose from problems observed following the transfer of such patients. Many of these patients are, as a result, not ready to commence therapy for several days post transfer,” she said.

This study explored questions such as:

• Are the most appropriate principles being applied when engaging with patients who have dementia before, during and after transfers?

• How can we better prepare patients with dementia and manage the process so that they do not feel disenfranchised and upset?

Eight patients with mild to moderate dementia were interviewed one to five days following transfer from Frankston Hospital. Most had no recollection about the actual transfer, however they were able to offer valuable comments on some aspects of the settling-in process.

A number of the participants described that the loss of control was an unsettling factor. Their perception was that whilst in hospital, other people were making all the decisions for them and they perceived a sense of powerlessness.

Participants were also asked about the settling-in process when they came to the sub-acute facility, and some participants confessed to feeling quite confused by the change in environment.

Family member support and their regular presence were reported to be a great comfort to a number of the participants. It was reassuring for them to know that a close and trusted relative was helping with decisions.

Actions resulting from this study include:

• The recommendation that family members be approached to accompany patients with dementia during the transfer from acute to sub-acute sites.

• The plan for a review of the orientation process for patients with dementia at The Mornington Centre. The review will be undertaken with a view to make the process more specific to the needs of patients and their families. This includes ensuring patients are orientated to the new environment as often as necessary, and empowering them to participate in care decisions where appropriate.

• Providing greater awareness to staff on how their care is perceived by patients with dementia. This can help staff address the issues relevant to patients with dementia, including the anxiety associated with the transfer or change and the loss of control.

A pilot study is soon to commence investigating the use of inhaled methoxyflurane (Penthrox) to relieve the discomfort of local anaesthetic injection for short plastic surgical procedures.

Penthrox is widely used for pain relief by ambulance officers and has proven to be effective and simple to use. Patients inhale the medication and its pain relieving action has a quick onset (time to effect) and offset. This makes it a relatively safe medication to use for most patients. The medication has been licensed in Australia to be used in monitored conscious patients who require (short term) pain relief for minor procedures.
Improving consumer experience

This pilot study is designed to assess the practicality of the use of Penthrox as a pain relieving medication during the injection of local anaesthetic for short surgical procedures (those taking less than 30 minutes). In this context the Penthrox is used to relieve the discomfort of the local anaesthetic injection; the local anaesthetic then providing the ‘numbness’ for the procedure to be performed.

Twenty adult patients, meeting the inclusion criteria and without contraindications to the use of Penthrox, will be consented to be a part of the study. All will be undergoing minor surgical procedures performed under a local anaesthetic. Instead of an injection of intravenous sedation the patients will be given Penthrox while the local anaesthetic is injected.

An anaesthetist educates each patient on how to correctly use the inhaler device to dispense the medication and remains present throughout its administration to monitor the patient. Patients will be asked questions during and post-procedure and pain will be measured using a visual analog scale. The length of use of Penthrox and symptoms experienced by the patient during the procedure will also be documented. The patients will be asked to reassess their pain post-procedure and also followed up the next day.

A prospective randomised control trial is comparing non-adherent dry dressing with a silver dressing in the management of K-wire pin sites in closed fractures of the hand.

This study is evaluating two types of surgical wound dressing used after fixing closed fractures of the hand with a pin called a K-wire to identify whether there is a difference in infection rates, ease of removal and pain on removal of the dressing. Closed fractures are those where the broken bone does not penetrate the skin.

The Kirschner wire pin (commonly known as the K-wire) is a sharpened, sterilised metal pin that is used to hold the fractured bone fragments together. After insertion of the K-wire, the wound is dressed and then assessed on a weekly basis for signs of infection. Infection is common (about 10 per cent of cases) because the insertion of the wire through the skin into the bone creates a potential passage for bacteria. An infection often requires antibiotics to be prescribed and may require the pin to be removed prematurely.

In this study the traditional wound dressing of Melolin (a dry non-adherent sterile dressing) is compared to a new anti-microbial barrier dressing containing nanocrystalline silver. Participants are consented prior to their surgery and then randomly assigned to receive either the traditional or new wound dressing (participants with allergies to silver or tape are excluded from the study). The participants are followed up as per routine at weekly outpatient appointments for 4-6 weeks with the surgical wound assessed for any signs of infection and a measurement made of the ease of or pain from removal of the dressing.

The trial is at an early stage with 13 patients and 23 wires assessed. The researchers plan to assess 120 wires for each wound dressing in order to reach a conclusion of research significance and have estimated that this may take a further 12-15 months.

This study is evaluating two types of surgical wound dressing used after fixing closed fractures of the hand with a pin called a K-wire...
Projects considered by the Committee during the period between July 2009 and June 2010.

A phase IIb, multicenter, randomized, double-blind, placebo-controlled, parallel-group study to evaluate the efficacy and safety of Ustekinumab therapy in subjects with moderately to severely active Crohn’s disease previously treated with TNF antagonist therapy. Principal Investigator: Dr David Badov

Improving infusion protocols for iron polymaltose. Principal Investigator: Dr Antony Friedman

Members 2009/10

Left to right:
Rosemary Thomas
Stacey Hendriks
Graeme Ness
Dr Dhiren Singh
Gwenneth Austin
Dr Ashley Webb
Associate Professor Terry Loughnan
Catherine Britt
Maureen Habner
Simon Ruth

Associate Professor John Botha
(Director of Research)
Dr Susan Sdrinis (Executive Sponsor)
Diana Ward (Chair)
Peter Brookhouse (Deputy Chair)
Dr Debra Griffiths
Dr Ravi Tiruvoipati
Adrian Stone
Ian Taylor
Jan de Clifford
Julie Grant
Rev Andrew Constance
Associate Professor Gary Hunter
Lee-Anne Clavarino
Exploring the options: an investigation into the effectiveness of exercise and weight loss in modifying the symptoms of hip or knee arthritis and the need for surgery.
Principal Investigator: Alison Cotton

Reduction in patient discomfort utilising Penthrox inhalation during the administration of subcutaneous local anaesthetic.
Principal Investigator: Mr David Hunter-Smith

Phase II study of forodesine in subjects with chronic lymphocytic leukemia (CLL).
Principal Investigator: Dr John Catalano

The accuracy of the pedometer worn at the knee compared to the hip, in measuring step counts for inpatients of a geriatric evaluation unit.
Principal Investigator: Peter Hough

An exploration of end of life care in the ICU.
Principal Investigator: Melissa Bloomer

A phase 3, multicenter, randomized, open-label, parallel-group study of the efficacy and safety of lenalidomide (Revlimid®) versus chlorambucil as first-line therapy for previously untreated elderly patients with B-cell chronic lymphocytic leukemia.
Principal Investigator: Dr John Catalano

A randomized, double-blind, placebo-controlled, parallel-group study to evaluate the safety and efficacy of armodafinil treatment (150 mg/day) for patients with fatigue associated with taxane chemotherapy alone or in combination with other agents.
Principal Investigator: Dr Vinod Ganju

Evaluation of competencies of new graduate midwives on entry into the workforce in Victoria.
Principal Investigator: Professor Susan McDonald
Human Research Ethics Committee

A 52-week efficacy and safety study to compare the effect of three dosage strengths of fluticasone furoate/GW642444 inhalation powder with GW62444 on the annual rate of exacerbations in subjects with chronic obstructive pulmonary disease (COPD).
Principal Investigator: Associate Professor David Langton

The evaluation of the implementation of care change in a mental health service.
Principal Investigator: Xenia Jung

Management of chronic obstructive pulmonary disease in pulmonary rehabilitation clinics in Victoria.
Principal Investigator: Dr Colleen Doyle

Teens empowered to actively manage type 1 diabetes (TEAM T1).
Principal Investigator: Virginia Hagger

An open-label, multi-center, three arm randomized, phase III study to compare the efficacy and safety of RO5072759 + chlorambucil (GCib), rituximab + chlorambucil (RCib) or chlorambucil (Clb) alone in previously untreated CLL patients with comorbidities.
Principal Investigator: Dr John Catalano

A phase 3, randomized, double-blind, placebo-controlled study of pegfilgrastim administered to subjects with newly-diagnosed locally-advanced or metastatic colorectal cancer treated with 5-fluorouracil, oxaliplatin, Leucovorin (FOLFOX) or 5-fluorouracil, Irinotecan, leucovorin (FOLFIRI) and bevacizumab.
Principal Investigator: Dr Vinod Ganju

Blinded off-line assessment of the effects of cricoid pressure with video assisted larynoscopy in patients using a C-MAC.
Principal Investigator: Associate Professor Terry Loughnan

An open-label, randomised phase 2 study of ABT-869 in combination with mFOLFOX6 (oxaliplatin, 5-fluorouracil, and folinic acid) versus bevacizumab in combination with mFOLFOX6 as second-line treatment of subjects with advanced colorectal cancer.
Principal Investigator: Dr Jason Lickliter

The national junior medical officer welfare study: Victorian arm.
Principal Investigator: Dr Angela Marsiglio

A prospective randomised control trial comparing a non adherent dry dressing with a silver foam dressing in the management of K-wire pin sites in closed fractures of the hand.
Principal Investigator: Miss Patricia Terrill

Prospective evaluation of a model to predict outcomes following endovascular aortic aneurysm repair (EVAR).
Principal Investigator: Mr Edward Wong

Lung recruitment manoeuvres for acute lung collapse in ventilated patients.
Principal Investigator: Dr Kavi Haji

Calcaneal apophysitis - a randomised control trial of clinical treatment paths.
Principal Investigator: Cylie Williams

Idiopathic toe walking – is there a sensory processing link?
Principal Investigator: Cylie Williams

A randomised control study of two different anticoagulant regimens on filter life during continuous venovenous haemofiltration (CVVH).
Principal Investigator: Associate Professor John Botha

The efficacy of the clear fluids diet post elective colorectal surgery – a prospective randomised controlled trial.
Principal Investigator: Neha Kaul

Undergraduate nurse belongingness – its impact on graduate nurse transition.
Principal Investigator: Dr Jenny Newton

Transferring from the acute hospital to the sub-acute facilities – the perspectives of patients with dementia.
Principal Investigator: Robin Digby

A randomized, double-blind, placebo controlled multi-center and parallel group study of the safety, tolerability and efficacy of YM150 in combination with standard treatment in secondary prevention of ischemic vascular events in subjects with acute coronary syndromes.
Principal Investigator: Dr Geoffrey Toogood

The Australasian Maternity Outcomes Surveillance System (AMOSS): improving the safety and quality of maternity care in Australia.
Principal Investigator: Associate Professor Elizabeth Sullivan
Effects of peer support groups for voice hearers on distress, disability and recovery from psychosis.
Principal Investigator: Dr Neil Thomas

The prevalence of vitamin D deficiency in hospital employees during winter – a cross-sectional study.
Principal Investigator: Mr David Hunter-Smith

The educational needs of surgical trainees: perceptions of surgical trainers and trainees.
Principal Investigator: Professor Debra Nestel

Falls and balance dysfunction in adults with cerebral palsy.
Principal Investigator: Prue Morgan

Double blind randomised control trial of active and inactive transcutaneous pulse radiofrequency treatment for shoulder pain.
Principal Investigator: Dr Murray Taverner

Standardising outcome measures in persistent pain.
Principal Investigator: Dr Murray Taverner

The utility of ictal EEG measures in predicting response to electroconvulsive therapy (ECT) in the elderly.
Principal Investigator: Professor Daniel O’Connor

Australasian Nutrition Care Day survey.
Principal Investigator: Ekta Agarwal

Inter- and intra-observer reliability of anatomic parameters of radiographs that are used in classifying distal radius fractures in adults.
Principal Investigator: Narelle Watson

The impact on mental health of frequent deaths that occur in aged care settings on individuals and the resident community.
Principal Investigator: Professor Margaret O’Connor

Crystalloid versus hydroxyethyl starch trial (C.H.E.S.T) – a multi-center randomised controlled trial of fluid resuscitation with starch (6% hydroxyethyl starch 130/0.4) compared to saline (0.9% sodium chloride) in intensive care patients on mortality.
Principal Investigator: Dr Kavi Haji

Prolonged outcome study - RENAL (POST-RENAL).
Principal Investigator: Associate Professor John Botha

Negligible risk research and quality activities

Stomal wound closure technique – which method minimises wound complications?
Principal Investigator: Mr David Hunter-Smith

Impact and risk factors associated with influenza H1N1 in Australian hospital system, epidemic 2009 (INFINITE 2009).
Principal Investigator: Associate Professor John Botha

Research utilisation – exploring the barriers through practice development.
Principal Investigator: Melissa Bloomer

Implementation and validation of the DEMMI as part of usual care within the Transition Care Program at Peninsula Health.
Principal Investigator: Shanandoah Schaffers

Building capacity for clinical placements and inter-professional learning.
Principal Investigator: Associate Professor Tony Barnett

Inpatient rehabilitation: patient characteristics and discharge outcomes.
Principal Investigator: Eugene D’Souza

Evaluation of multidisciplinary care brochure.
Principal Investigator: Southern Metropolitan Integrated Cancer Services

Management of distal radius fractures in the elderly population presenting to the Emergency Department: a clinical audit.
Principal Investigator: Narelle Watson

Discharge outcomes for stroke patients admitted to Golf Links Rehabilitation Unit 1: who achieves what: an observational study.
Principal Investigator: Mehrnoosh Shehni Arzani

PRO-OSTEO project: improving osteoporosis management in the acute (hospital) setting.
Principal Investigator: Iouri Banakh

Principal Investigator: Jodi Vuat
Lactation consultant questionnaire for mother and midwives.  
Principal Investigator: Janette Timmermans

Clozapine file audit.  
Principal Investigator: Dr Dhiren Singh

Hindsight bias in the clinical performance review process.  
Principal Investigator: Dr Pieter Peach

Implementation of the Lifestyle Interview Tool at The Mornington Centre.  
Principal Investigator: Grace Cabatingan

Evaluation of the Oral Health Risk Scale and Assessment tool.  
Principal Investigator: Elaine Franklin

Women’s Health Physiotherapy Staff survey.  
Principal Investigator: Fiona Kent

Teaching and learning practice of junior physiotherapists.  
Principal Investigator: Fiona Kent

Identifying risks that lead to the development of frozen shoulders.  
Principal Investigator: Mr Andrew Weber

Risk Factor/Lifestyle Questionnaire for the Colorectal Cancer Trial.  
Principal Investigator: Katrina Simms

Stroke Information Booklet feedback questionnaire.  
Principal Investigator: Lisa Done

Outcomes of constrained liners in patients with recurrent hip stability.  
Principal Investigator: Dr Jonathan Clark

The impact of real time bedside transthoracic echocardiography on patient flow in the Emergency Department.  
Principal Investigator: Dr Darsim Haji

Third international study of mechanical ventilation – April 2010.  
Principal Investigator: Associate Professor John Botha

Hospital in the Home Blood Transfusion service quality assurance study.  
Principal Investigator: Helen Stubbs

Predict study: prediction of death following withdrawal from life-sustaining treatments.  
Principal Investigator: Jodi Vuat

Mentoring of medical students: a cross-sectional descriptive study.  
Principal Investigator: Dr Patrick Fiddes

Addressing a barrier for prospective Agestrong program participants.  
Principal Investigator: Luke Kane

The dorsal horizon view for distal radius locking plates: are the dorsal screws too long?  
Principal Investigator: Dr Christy Coyle

Visual assessment of the healthy term neonate.  
Principal Investigator: Gwenn Prattley

Post ERCP audit.  
Principal Investigator: Dr Sunny Lee

Dietition involvement in the care of upper-gastrointestinal cancer patients: a situational analysis.  
Principal Investigator: Southern Melbourne Integrated Cancer Service

The Elective Orthopaedic Pathway program: early home discharge following elective hip or knee arthroplasty at Peninsula Health: an audit of the first 12 months.  
Principal Investigator: Dr Leonie Oldmeadow

Projects reviewed under the Streamlined Ethical Review Process:

Safety, tolerability and treatment response of paliperidone palmitate in subjects with schizophrenia when switching to oral antipsychotics.  
Principal Investigator: Dr Sean Jespersen

Program for assessment of clinical cancer tests (PACCT-I): trial assigning individualised options for treatment (The TAILORx Trial).  
Principal Investigator: Dr John Catalano

All project titles have been listed as submitted by the sponsor or principal investigator.
Publications and presentations

Anaesthesia and Acute Pain Management

Publications

In Press


Taverner MG. Interventional pain management workshop (sacroiliac joint and knee pain). Hong Kong Pain Society Annual Scientific Meeting, Hong Kong, April 2010.

Taverner MG. Interventional pain management for musculoskeletal pain – what is the evidence. Hong Kong Pain Society Annual Scientific Meeting, Hong Kong, April 2010.

Community Health

Presentations


Taverner MG. Psychological assessment of patients undergoing implantable therapies. Sunway Medical Centre, Kuala Lumpur, Malaysia, January 2010.

Taverner MG. Neuromodulation (spinal cord stimulation) for post laminectomy syndrome. Sunway Medical Centre, Kuala Lumpur, Malaysia, January 2010.

Taverner MG. Acute management of pain. Clinical Course in Acute Care Medicine, Box Hill, January 2010.

Taverner MG. Interventional pain management workshop (back and neck pain). Makati Hospital, Manila, Philippines, April 2010.

Davis D. Koori programs. Talkin’ it up! Showcasing Aboriginal Healthcare, State-wide Improving Care for Aboriginal and Torres Strait Islander Patients Conference, Melbourne, October 2009.


Flanagan C. The journey of a partnership project developed for socially isolated young women living in the Westernport region of the Mornington Peninsula. Walking the Talk Together, Australian Health Promotion Association Conference, Melbourne, June 2010.

Kane L. Addressing a barrier for prospective Agestrong participants. Agestrong Network Annual Workshop, Dromana, July 2009.


Publications and presentations

General Surgery

Presentations

Bourke G. Minimum four year follow up of 1st MTP joint replacements. *Australian Orthopaedic Foot and Ankle Society Annual Scientific Meeting*, Cairns, August 2009.


Intensive Care

Publications


In Press


Presentations


Financial Support, Research Grants or Prizes

Publications and presentations

Medical Oncology

Publications


Presentations


Mental Health Service

Publications


Nursing

Publications


In Press


O’Connor DW, Gardner B, Pressnell I, Singh D, Tsanglis M, White E. The effectiveness of continuation-maintenance ECT in reducing re-admissions of older patients with depression or psychosis. Journal of Affective Disorders.


Presentations


Cochrane S. Improving relationships with Child Protection Services to create better outcomes for clients with mental illness and their families: a project in Melbourne, Australia. 5th World Congress for Psychiatric Nurses, Vancouver, Canada, March 2010.

Heriot N, Boshell P. Clinical support planner – maximizing general nurse educator resources whilst ensuring a sustainable model of clinical support. Royal College of Nursing, Australia Annual Conference, Melbourne, September 2009.

Publications and presentations


Nutrition and Dietetics

Presentations


Occupational Therapy

Presentations

Burgess D. Palliative rehabilitation: perspectives of patients & clinicians. Allied Health Neurosurgical Team In-service, Royal Melbourne Hospital, May 2010.

Burgess D. Palliative rehabilitation. What is important to patients? Southern Health Allied Health Grand Round, Moorabbin, June 2010.

Burgess D. Rehabilitation & palliative care: oxymoron or new opportunity? Victorian Integrated Cancer Services Supportive Care Conference, Melbourne, October 2009.


Financial Support, Research Grants or Prizes

Jacobs D. Carpometacarpal arthritis: the use of conservative treatment options to reduce the need for surgery. Department of Health Travelling Fellowship, $8,500.

Pharmacy

Publications


Presentations


Publications and presentations

Metcalfe J. IMG academic detailing project. A World of Expertise: supporting international medical graduates in Victoria Seminar, Melbourne, August 2009.

Metcalfe J. IMG academic detailing project. Victorian Post-Graduate Foundation Seminar, Melbourne, May 2009.


Financial Support, Research Grants or Prizes

Bassi A. Electronic venous thromboembolism (VTE) risk assessment. Sanofi-Aventis Research Grant, $60,000.

Physiotherapy

Publications


Presentations

Kent F, Tai J. Feedback in clinical education: examination of learner and patient perspectives. Centre for Medical and Health Sciences Education Seminar, Monash University, October 2009.


Financial Support, Research Grants or Prizes

A joint physiotherapy and nursing initiative received funding from the Department of Health for an early supported discharge program for hip and knee arthroplasty patients.

Kent F. Feedback in clinical education: examination of learner and patient perspectives. Centre for Medical and Health Sciences Education, Commendation for the Emergent Educational Researcher Prize.

Plastics and Maxillofacial Surgery

Publications


Presentations


Publications and presentations


Podiatry

Presentations


Williams C. The Toe Walking Tool – a clinical tool to assist in the diagnosis and appropriate referral. Australian Podiatry Association (Vic) State Conference, Melbourne, March 2010.

Radiology

Presentations


Residential Aged Care Services

Presentations

Dellit J. Harnessing technology to progress advance care planning system changes. International Advance Care Planning Conference, Melbourne, April 2010.

Social Work and Integrating Care

Presentations


Thoracic Medicine

Publications

Atkins N. Outcome study of transthoracic needle aspiration on the Mornington Peninsula. Respirology 2010; 15(s1).

Presentations


Women’s Health

Publications

In Press

Acknowledgement

Peninsula Health acknowledges and appreciates the contribution made by staff who participate in research or facilitate the conduct of research in their department or service. This report has highlighted a small number of the projects and innovations that have taken place in 2009/10 but recognises there are many long-term and ongoing trials in departments such as Diabetes, Gastroenterology, Intensive Care, Medical Oncology, Mental Health and Thoracic Medicine that have not been described in this year’s report.

Right: Senior Medical Staff from the Medical Oncology and Clinical Haematology Units. Pictured left to right: Dr Jacquelyn Thomson, Medical Oncologist, Dr Huy Tran, Clinical Haematologist, Dr Nicole Potasz, Medical Oncologist and Associate Professor John Catalano, Clinical Haematologist.
Celebrating Research 2010 events

Celebrating Research is a two week event in November which aims to celebrate the research achievements of Peninsula Health staff. Events include presentations by eminent guest speakers, research prizes for allied health, nursing and junior medical staff, a research prize for Peninsula Clinical School students, a poster display competition in the main foyer of Frankston Hospital and the Research Dinner and Jeremy Anderson Oration.

Friday, 5 November to Thursday, 11 November
Poster Display Competition
Posters on display from various Peninsula Health clinical areas

Thursday, 11 November from 12.30pm
Poster Display Presentation
Awarding of Poster Prizes

Friday, 12 November from 8.30am
Student Research Prize
Presentation of research projects conducted by Peninsula Clinical School students

Registrar Research Prize
Presentation of research projects conducted by Peninsula Health registrars

Wednesday, 17 November from 10.30am
Nursing Research Prize
Presentation of research projects conducted by Peninsula Health nursing staff

Allied Health Research Prize
Presentation of research projects conducted by Peninsula Health allied health staff

Friday, 19 November from 7pm
Peninsula Health Research Dinner and Jeremy Anderson Oration
The Peninsula Country Golf Club, Skye Road, Frankston
2010 Jeremy Anderson Orator – Professor Rhonda Small, Professor and Director: Mother and Child Research, La Trobe University