



JOINT SYMPOSIUM

Connecting Communities Together

Mobilising knowledge across health, rehabilitation and disability

1200-1215	Opening	
1215-1315	Working at the interface in health and rehabilitation (Session Chair: Prof Nicola Kayes) <i>Presentations with panel discussion</i>	
Dr Christina Ekegren <i>Effectiveness and cost-effectiveness of a self-directed occupational therapy and physiotherapy program ('My Therapy') in people admitted for rehabilitation</i>	Dr Felicity Bright <i>Learning from patients, whānau and healthcare practitioners to rethink how well-being is addressed in stroke services</i>	Dr Raphaelle Guerbaai <i>Implementation and evaluation of a successful nurse-led care model in reducing unplanned hospital transfers from long-term care facilities</i>
1315-1415	Postgraduate Research (PGR) Datablitz <i>Brief pre-recorded presentations showcasing our PGR student research</i>	
<p>Sara Whittaker <i>A mixed methods process evaluation of My Therapy: reach and dosage</i></p> <p>Vicki Fryer <i>Doing waiting work: Older adults' lived experience of waiting for community occupational therapy</i></p> <p>Louise Puli <i>Growing the global assistive technology workforce</i></p> <p>Becky George <i>Who are our future health systems leaders going to be?</i></p> <p>Kostas Hatzikiriakidis <i>Co-design of a health promotion intervention for people with disability living in supported accommodation</i></p> <p>Darren Mills <i>Family and whānau consultation in mental health service provision – a discourse analysis</i></p> <p>Lisa Licciardi <i>Functional outcomes and role of occupational therapy in the rehab of adults with persistent post-concussion symptoms</i></p> <p>Sandy Rutherford <i>Managing after stroke. A longitudinal qualitative study</i></p>		
1400-1445	Afternoon tea	
1445-1545	Living well in the community (Session Chair: Dr Christina Ekegren) <i>Presentations with panel discussion</i>	
Jonathan Armstrong <i>Promoting community integration after brain injury through shared occupations and social connections</i>	A/Prof Libby Callaway <i>"The three C's": Compensation Scheme, Clinician and Consumer Tools to build a housing strategy after traumatic brain or spinal cord injury</i>	Prof Nicola Kayes <i>"I am really doing something really seriously incredible... extraordinary actually": Reflections on the experience of peer support after brain injury</i>
1545-1600	Micro break	
1600-1700	Designing for meaningful research impact (Session Chair: A/Prof Joanna Fadyl) <i>Presentations with panel discussion</i>	
Dr Natasha Layton <i>What does good look like? Using inclusive research to co-design good outcomes in assistive technology</i>	Dr Suzie Mudge <i>Physical Activity for Fatigue after Guillain-Barré Syndrome</i>	Dr Aislinn Lalor <i>Co-designing a novel carers' health and wellbeing clinic for older carers of older people</i>
1700-1900	Closing followed by drinks, nibbles and connectivity	

Tuesday 21 November
WZ100, AUT City Campus

Hosted by:
AUT Centre for Person Centred Research |
Monash University Rehabilitation, Ageing and
Independent Living (RAIL) Research Centre



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Working at the interface in health and rehabilitation

Session Chair: Professor Nicola Kayes



Dr Christina Ekegren

Effectiveness and cost-effectiveness of a self-directed occupational therapy and physiotherapy program ('My Therapy') in people admitted for rehabilitation

In Australian rehabilitation hospitals, there is an evidence-practice gap, with adult inpatients receiving less than half the recommended dosage of physiotherapy and occupational therapy. The My Therapy program aimed to increase the dosage of inpatient rehabilitation by engaging patients in self-directed therapy activities, outside of supervised sessions. This presentation will provide the clinical and economic results of a large stepped wedge trial of My Therapy in Australian rehabilitation hospitals.

Presenter: Christina is a Senior Research Fellow within the Rehabilitation, Ageing and Independent Living (RAIL) Research Centre, Monash University. Her research focuses on physical activity in clinical populations, specifically hospitalised patients, older adults, and people recovering from traumatic injury.



Dr Felicity Bright

Learning from patients, whānau and healthcare practitioners to rethink how well-being is addressed in stroke services

Our research on well-being seeks to identify why well-being isn't sufficiently addressed within stroke services, despite it being an outcome that both people with stroke and healthcare practitioners consider important. Our work is grounded in the standpoint of people with stroke, drawing on He Awa Whiria (Braided Rivers Model) to support unique attention to Māori and non-Māori experiences. We also attend to the perspectives of healthcare practitioners, and their experiences of addressing well-being in stroke services. This research, informed by Institutional Ethnography, helps show how practice, and people's experience of services, is shaped by a range of factors beyond the individual practitioner. By opening up understanding of what shapes practice, we can then think differently about what might need to change in order for well-being to be a core focus of stroke care.

Presenter: Felicity is a registered speech-language therapist and Senior Lecturer in Rehabilitation at Auckland University of Technology. Her research examines how healthcare services respond to the needs and priorities of patients and whānau and she has a particular interest in how services and practitioners address well-being and support person-centred care.



Dr Raphaëlle Guerbaai

Implementation and evaluation of a successful nurse-led care model in reducing unplanned hospital transfers from long-term care facilities

The well-being of older adults living in long-term care is adversely affected by excess hospitalisations. There is a recognised need to strengthen geriatric expertise within long-term care settings and evaluate models of care that specifically target the reduction of unplanned and avoidable hospital transfers. The INTERCARE model is an example of a model that provided promising results and improved the quality of care in long-term care facilities.

Presenter: Raphaëlle is a registered nurse and a postdoctoral researcher at the Rehabilitation, Ageing, and Independent Living (RAIL) Research Centre, Monash University. Raphaëlle's work focuses on developing and implementing new interventions targeting unplanned hospital transfers from long-term care and facilitating the uptake of evidence-based practice in challenging settings.





Living well in the community

Session Chair: Dr Christina Ekegren



Jonathan Armstrong

Promoting community integration after brain injury through shared occupations and social connections

This presentation provides details of the findings of doctoral research that explored the lived experience of people with acquired brain injury as they attempted to re-integrate into their communities following in-patient rehabilitation. The four interconnecting themes that emerged from the Interpretive Descriptive analysis gave rise to clinical recommendations that can be incorporated into service delivery or development. Recommendations include the use of shared occupations (those done with other people), and the concept of relationship-centred rehabilitation, to strengthen social connections and build a sense of belonging in the community.

Presenter: Jonathan is an occupational therapist with over 25 years of experience working in a range of rehabilitation settings. Most recently he has led rehabilitation services within Te Whatu Ora - Counties Manukau as Clinical Director for Allied Health and is currently the National Allied Health Advisor for ABI Rehabilitation. He is an international surveyor for the Commission on Accreditation of Rehabilitation Facilities.



Associate Professor Libby Callaway

"The three C's": Compensation Scheme, Clinician and Consumer Tools to build a housing strategy after traumatic brain or spinal cord injury

This presentation will detail a longitudinal, interdisciplinary housing research program delivered in collaboration with an injury insurer (the Transport Accident Commission [TAC] Compensation Scheme in Victoria, Australia); clinicians (including both health and design professionals); and consumers - specifically, people with lived experience of traumatic brain or spinal cord injury in receipt of TAC-funded injury compensation. The range of mixed methods used, key findings, and multi-modal knowledge translation tools will be presented, including websites, an interactive housing and technology gamespace, and other print and digital resources.

Presenter: Libby is the Independent Living Stream Lead in the Rehabilitation, Ageing and Independent Living (RAIL) Research Centre, and an Associate Professor in the Occupational Therapy Department, at Monash University. She is also the President of the Australian Rehabilitation and Assistive Technology Association (ARATA) and a Board Director of The Homer Hack.



Professor Nicola Kayes

"I am really doing something really seriously incredible... extraordinary actually": Reflections on the experience of peer support after brain injury

We have recently carried out a pragmatic randomised trial to test the effectiveness of a peer support intervention for improving participation, health, and well-being after traumatic brain injury (TBI). This presentation will share emerging insights from our analysis of qualitative data regarding the experiences and impact of peer support for mentors and mentees.

Presenter: Nicola Kayes is a Professor of Rehabilitation and Co-Director of the Centre for Person Centred Research. Her research draws insights from the intersection between health psychology, disability, and rehabilitation - exploring how people think, feel, behave, and respond in the context of injury and illness to inform structures, processes and ways of working that optimise our ability to deliver outcomes that matter to people and whānau.



Designing for meaningful research impact

Session Chair: Associate Professor Joanna Fadyl



Dr Natasha Layton

What does good look like? Using inclusive research to co-design good outcomes in assistive technology

This presentation draws on learnings from a decade of global and local assistive technology (AT) research. Taking a co-design lens, we traverse the methods used in a range of research projects addressing AT policy, access, practice and rights. Inclusive research epistemologies are used to highlight some of the successes and challenges we experienced in uncovering 'what good looks like' and achieving change.

Presenter: Natasha is an occupational therapist, senior research fellow with RAIL Research Centre, and industry adjunct with Swinburne University. She works locally and nationally in Australia with a range of consumer groups, government and the non-profit sector. Her focus is the policy - research - practice nexus, and much of her work is co-produced with assistive technology users. She holds concurrent voluntary leadership roles with the peak body for AT in Australia, www.arata.org.au; the global alliance of assistive technology organisations (www.gaato.org) and is Australia's expert representative to the ISO for the standard on assistive product - classification and terminology.



Dr Suzie Mudge

Physical Activity for Fatigue after Guillain-Barré Syndrome

We used mixed methods to explore the effectiveness and acceptability of an online activity-focused programme using a coaching style to decrease fatigue in people who have had prior Guillain-Barré Syndrome. Discussion will focus on how elements of the design of the programme, the research design and dissemination actions were considered and changed to optimize research impact.

Presenter: Suzie is a senior research fellow at the Centre for Person Centred Research, but she spends most of her time working as a director and physiotherapist of a neuro rehabilitation clinic in Auckland. She brings a clinical perspective to research and tries to implement new ways of working into clinical practice.



Dr Aislinn Lalor

Co-designing a novel carers' health and wellbeing clinic for older carers of older people

This presentation highlights the 3-phases on the development and current implementation of a model of care for older carers of older people. The presentations will focus primarily on the co-design elements that have informed the model of care and the implementation of a Carer Health and Wellbeing Service.

Presenter: Aislinn is the Consumer and Community Engagement Lead in the Rehabilitation, Ageing and Independent Living (RAIL) Research Centre, and a Senior Lecturer in the Occupational Therapy Department, at Monash University. She is also the Secretary of the Australian Association of Gerontology (AAG) Victoria Division Executive Committee.

Postgraduate Research Datablitz

Session Chair: Kate Waterworth



Sara Whittaker

A mixed methods process evaluation of My Therapy: reach and dosage of the self-management intervention

This presentation will discuss the results of a process evaluation (conducted alongside a stepped wedge cluster randomised trial) considering reach and dosage of a self-management program, called My Therapy, designed to increase the dosage of inpatient rehabilitation therapy.

Presenter: Sara is an Occupational Therapist who joined the 'My Therapy' Project team as a PhD candidate. Having spent most of her career in the public health sector, Sara has held senior and leadership roles in acute, subacute and community rehabilitation settings. She is passionate about evidenced based practices in the rehabilitation setting.



Vicki Fryer

Doing Waiting Work: Older Adults' Lived Experience of Waiting for Community Occupational Therapy

Using hermeneutic phenomenology to understand the phenomenon of 'waiting for community occupational therapy', this presentation brings to light older adults' experience of waiting, exposing the physical, mental and emotional effort people invest to stay at home, and how this leads to a depletion of a meaningful life.

Presenter: Vicki is an Occupational Therapist working in the community in the Far North of Aotearoa New Zealand and currently manages the Occupational Therapy department and Community Rehabilitation Team. Vicki's interest in older adults' health and well-being led to her completing her Masters and Doctoral research in this field. Vicki recently completed her Doctor of Health Science at AUT.



Louise Puli

Growing the global assistive technology workforce

This presentation will highlight the global context on access to assistive technology and a PhD plan to explore mechanisms to enhance understanding and promote growth of this critical workforce. Given the significant role mobility plays in the quality of life and independence of individuals who use assistive products, and the high risk of harm when provided inappropriately, this presentation will focus on assistive technology for mobility.

Presenter: Louise is in the first year of her part time PhD with RAIL Monash. She has a background in prosthetics, orthotics and public health and has significant international experience. After more than three years with the World Health Organization's (WHO) Headquarters Access to Assistive Technology team, she now works in the WHO Global Diabetes Compact team.



Becky George

Who are our future health systems leaders going to be?

This presentation will discuss the preliminary findings of a series of semi-structured interviews with allied health clinicians, exploring their experiences journeying into health systems leadership roles. The legacy of health leadership and the shifting paradigms of health service delivery suggest a review of leadership perspectives. Using reflexive thematic analysis, emergent themes clarify enablers and barriers shared by the participants.

Presenter: Becky is an Occupational Therapist, a digital health specialist and health systems leader. She has worked across health services and sectors in NZ and the UK and focuses now on leading the workforce in partnership with technology development to ensure that systems are safe, reliable and add value to our consumers. Her passion for inclusive and diverse health systems leadership comes from her own experiences and those of her colleagues in their drive to improve our health and disability system.

Postgraduate Research Datablitz

Session Chair: Kate Waterworth



Kostas Hatzikiriakidis

Informing the co-design and development of a health promotion intervention for people with disability living in supported accommodation: An intervention mapping approach

This presentation will provide insight into the co-design and development of a health promotion intervention that will seek to support opportunities for physical activity and nutrition among people with disability living in supported accommodation in Victoria, Australia. Guided by the Intervention Mapping framework, this project is underpinned by a theoretical, evidence-based, and participatory approach to program development and is grounded in the importance of recognising lived experience. This presentation will provide a brief overview of the research components that have contributed to a comprehensive needs assessment, offer initial findings, and outline our future directions in co-designing the program.

Presenter: Kostas is a PhD candidate and research assistant working in the Health and Social Care Unit at Monash University. His PhD research is currently exploring the barriers to physical activity and nutrition for people with disability living in supported accommodation.



Darren Mills

Family and whānau consultation in mental health service provision - a discourse analysis

This presentation will offer data analysed from two time periods on the thinking and doing of family and whānau inclusion in mental health service provision influencing the emergence of consultation as practice in Aotearoa / New Zealand's Mental Health Act, 1992.

Presenter: Darren is an occupational therapist who is passionate about mental health service provision. Originally from the UK, Darren spent several years coordinating humanitarian aid, disaster relief, and community development projects in Asia. He is currently team lead and principal lecturer teaching occupational therapy, and a duly authorised officer in a crisis assessment mental health team. Darren is married with two children and completing a PhD at AUT.



Lisa Licciardi

Examining the Functional Outcomes and Role of Occupational Therapy in the Rehabilitation of Adults with Persistent Post-Concussion Symptoms

This presentation will outline Lisa's part-time PhD candidature to date. Lisa is in her second year of study and approaching her confirmation milestone. She will provide a topic overview, discussion of key achievements thus far, and 'next steps' including prospective studies.

Presenter: Lisa works as a Research Fellow and is undertaking her PhD in the Occupational Therapy Department at Monash University. Lisa's research examines the functional outcomes and role of occupational therapy in the rehabilitation of adults experiencing persistent post-concussion symptoms. At the present time, she is completing her scoping review.



Sandy Rutherford

Managing after stroke. A longitudinal qualitative study

Sandy's PhD research explored experiences of recovery in the three years after stroke. This presentation will outline some of the key strategies participants used to manage the impact of stroke.

Presenter: Sandy is an occupational therapist who works part time as a lecturer at AUT and part time in clinical practice. For most of her career she has practiced in neurological rehabilitation settings. Sandy has worked as a clinician, supervisor and academic.