Department of General Practice
Flinders University
Adelaide
South Australia

Primary Health Care Research Evaluation and Development Program

Annual Report 2005

Developing a culture of research-aware and research-oriented practitioners

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Director

Dr Karin Ried
Program Manager

Dr Kath Weston
Program Consultant
Vision Statement
for Flinders Primary Health Care Research Evaluation and Development Program (Flinders PHCREDS):

Developing a culture of research-aware and research-oriented practitioners

The Flinders University Primary Health Care Research, Evaluation and Development (PHCREDS) Program aims to use a 'whole-system approach' to increase the research capacity of primary health care providers, consumers and students, and to provide leadership in developing a research-aware and research-oriented culture in primary health care.

Guiding Principles of Flinders PHCREDS

1. Initiate and drive a change process that recognises the value of research and evaluation skills and the value of development of these skills in primary health care providers.

2. Develop, encourage and implement excellence in research and evaluation skills within Flinders University Department of General Practice, within the network of primary health care practitioners, within all stakeholder and consumer groups, as indicated in Figure 1, and within the training and educational facilities of the Flinders Medical School.

3. Contribute to primary health care service delivery and development by reflecting current and local priorities in areas of health, and to ensure that education and research opportunities reflect the needs of all stakeholders, including consumers, practitioners and policy-makers.

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Structure of the Report
This report describes the activities undertaken by Flinders PHCRED in 2005. The first section is an executive summary. The second section summarises the achievements for each activity. The third section is the Annual Report against the Flinders University 2005 PHCRED Business Plan as pro forma table. The fourth section contains the 2005 Financial Report. Appendices A – E contain details as specified in the text and are provided as a separate volume.

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Executive Summary

Introduction
In 2005, the Flinders PHCREP program continued to build on its successes from previous years, in particular on the capacity building activities of its research network SARNet including Bursaries and Writing Grants, and training workshops. Highlights of other PHCREP activities were the support of our two Researcher Development Program (RDP) Fellows, our PhD Student, and the achievements of three Writing Groups.

For more detailed information, please refer to the narrative sections, figures, tables, and appendices.

SARNet – the South Australian Research Network for primary health care
A major focus of Flinders PHCREP has been the continuing delivery of a new and innovative primary health care research network, SARNet – the South Australian Research Network. SARNet is a research network which aims to support research and evaluation capacity building in all primary health care stakeholders. Through an electronic presence and through continued evaluation, SARNet is designed to provide programs, resources and strategic activities to suit the needs of its members.

Launched in December 2002, the network continued to grow in 2005 reaching 406 members in December 2005. While most members reside in South Australia, the network also attracted 20% membership from interstate, in particular through our connections in the Greater Green Triangle (GGT) with the University Department of Rural Health (UDRH).

We supported the PHCREP group at GGT-UDRH in several network related activities throughout the year including provision of training workshops, and advice and support for Bursaries and Writing Grants (See Appendix A4 for letter of appreciation).

Membership reach of SARNet is far greater than the membership list suggests as some members have joined on behalf of an organisation and forward electronic mail via internal distribution lists and networks. For example, the distribution of information about the new SARNet workshop on systematic reviews by a SARNet member through the South Australian Health Librarian Consortium attracted additional workshop participants and subsequently new SARNet members.

SARNet feedback survey
In order to assess members’ perceptions and needs for capacity building activities we undertook a survey in August 05. The results were to inform the planning of activities in phase 2. Members rated current activities very useful and wishing them to be offered in 2006.

SARNet Bursaries and Writing Grants
In 2005, the three Flinders PHCREP core staff (Director LF, Program Manager KR, Program Consultant KW) mentored a total of 16 Bursary holders and 6 Writing Grant holders. Three new bursaries and five new writing grants were awarded in 2005, with remaining funding holders
from previous years. The call for 2006 bursary applications was actioned in November 05 with strong interest; 13 applications were received.

We are particularly excited about the output of the SARNNet Bursary granted to the Mentoring Project of Nursing Students. As a result of the bursary project 20 high standard posters were produced (Appendix A2) and are now presented on the SARNNet Website (Bursary Holders Showcase). A letter of thanks was received from the School of Nursing & Midwifery, Flinders University (Appendix A3). The collaboration between SARNNet and the School of Nursing & Midwifery resumed in response to our successful bursary support in 2004 and is likely to continue in 2006.

Table 1 on page 16 gives a detailed overview of funding holder projects and outcomes, in line with our 5 year strategic plan to evaluate program impact and outcomes as part of the core business, and to contribute to the literature. We are currently in the process of evaluating all SARNNet funding holders and anticipate that we will finalise the project in 2006.

Training & Resources
We provided a total of 16 research training and networking opportunities in 2005 and were invited to be facilitators and presenters at the National 3-day GPET Registrar Research Workshop together with PHCRED staff from the Queensland Tripartite. SARNet training workshops included “Netting the evidence”, “Critical appraisal”, “Survey Design”, “Creating posters in power point”, and “Understanding systematic review and meta-analysis”. The latter was newly developed and presented by the Program Manager, KR, and proved very popular with 4 fully subscribed workshops during 2005.

In 2005, we developed new research resources, the SARNet Snapshots, which are 2-page handouts on research related topics, based on contributions in the SARNet Online Discussion Forum. The four issues on ‘Writing for publication’, ‘Grant writing – Useful tips’, ‘Applying for ethics applications’, and ‘Consumers in research’ are available on the SARNet website (http://som.flinders.edu.au/SARNet).

In 2005, we continued to update the PHCRED and SARNet websites, hosted the SARNet Online Discussion Forum with up to 190 registered members, sent monthly email alerts to all SARNet members about upcoming activities and useful information, and published the networks quarterly newsletter SARNews.

RDP Fellows and PHCRED supported PhD Student
Our two RDP Fellows, Naomi Priest and Barbara Beacham have made exceptional contributions to primary health care research during 2005. Naomi published a concise evaluation report of the ‘Motor Magic’ program at Aldinga Community Kindergarten, presented her work at numerous conferences, and wrote two manuscripts for peer-reviewed journals. Barbara undertook 20 comprehensive interviews with staff from four Divisions of General Practice investigating the ‘Consumer and community involvement in Divisions and the critical elements of effective approaches from a consumer perspective’. During her RDP Placement Barbara finalised the data collection and thematically analysed the interviews. Barbara presented preliminary findings at three national conferences, and contributed to newsletters and the RACGP Green
Executive summary

Book. Both RDP fellows were part of the PHCRED Writing Group and contributed to conference abstracts and posters, and gave feedback on articles for peer-reviewed journals. Both RDP fellows contributed significantly to the high number of publications of the PHCRED team in 2005.

Our PHCRED-supported PhD Student Ann Alfred continued to make significant progress on the multidisciplinary, collaborative NHMRC primary care research project "The evidence-based consumer: making informed decisions about menopause, hormone replacements and complementary therapies". Under the supervision of A/Prof Liz Farmer and newly appointed co-supervisor, Program Consultant Dr Kath Weston, together with L Pilotto and A Esterman, Ann has completed the first phase of the RCT in 2005. Furthermore, Ann’s article on her earlier focus group research has been accepted for publication in the peer-reviewed journal Australian Family Practice. Ann has also been part of the PHCRED Writing Group, presenting her research at the RACGP Conference in 2005.

Research and evaluation projects

Research and evaluation projects conducted by PHCRED Flinders in 2005 included the SARNet baseline member survey, the SARNet funding holder evaluation, a collaborative data collection concerning triage presentations in three rural hospitals, and the Barossa Division of GP Youth Health Survey.

Our article on the findings of the SARNet member baseline survey, administered in 2003, has been accepted for publication in early 2006 in the peer-reviewed journal BMC Family Practice.

Seminar program

The fortnightly PHCRED research seminar program continued throughout the year, and attracted consistently good attendance and a wide range of speakers.

Dissemination

Three ‘Writing for Publication’ peer mentoring groups continued in 2005, namely the Flinders PHCRED team, the Department of General Practice Writing Group, and the Rural Doctor Workforce Agency Writing Group. All three groups produced a substantial number of high quality publications including fact sheets, conference abstracts, posters and papers, and peer-reviewed journal articles.

The PHCRED Writing group worked on a total of 10 articles for peer-reviewed journals and 14 conference presentations. In addition, Flinders PHCRED submitted 14 articles for PHC stakeholder newsletters, such as PHCRIS Infonet.

The Departmental of GP Writing Group has been facilitated by the PHCRED Program Manager, KR, since Sept 2004, and has gained momentum with up to 12 members in 2005. Two fact sheets on presentation skills were developed and will be distributed through PHCRIS. In addition, the group reviewed and updated the Departmental home page, and gave feedback on numerous articles, abstracts, posters, and brochures.
The Writing Group at the Rural Doctors Workforce Agency was facilitated by the PHCRED Director, LF. It is a novice group and has made strong progress in preparing 4 conference abstracts all accepted for poster and papers at the GPPHC conference in 2005, and preparation of peer-reviewed papers.

**National activities**

On a national basis, Associate Professor Liz Farmer has supported the Registrar Research and Scholarship Fund Committee of GPET, and in an active member of various Registrar Research and Academic Registrar Selection Committees of GPET. A/Prof Liz Farmer and Dr Karin Ried were also invited to facilitate and present at the three-day National GPET Registrar Research Workshop in Adelaide. Liz has also represented PHCRED and primary care research issues as a member of the National Standing Committee-Research (NSC-R) of the Royal Australian College of General Practitioners (RACGP). In addition, Liz has been a keynote speaker at the Queensland Tripartite annual PHCRED conference in Cairns, and was invited to the DOHA strategic planning day for the envisioning of the future of the PHCRED strategy.

**International Activities**

Liz has been invited to be interviewed in 2006 by the Actively Building Capacity (ABC) in Research in Primary Care (a government-funded research project in Ontario, Canada) as an international expert to contribute to developing the Canadian model. Liz has also acted as an peer reviewer for the international journal *BMC Family Practice* to review a UK paper on evaluating capacity building in primary care research (review published). Liz has also reviewed numerous papers for the international scientific journal Medical Education and is on their international editorial board. Liz and colleague Dr Dale Ford had an abstract accepted for poster presentation at the *Institute for Healthcare Improvement Annual National Forum*, Orlando USA.

**Conclusion**

The team has worked with vision and enthusiasm all year and we are proud of our results. Our team is highly skilled, flexible and innovative and dedicated to fostering success of the program.

We thank Professor Louis Pilotto, Head of Department, A/Prof Libby Kalucy (Acting Head, PHCRIS), Dr Ellen McIntyre (PHCRIS) and Dr Adrian Esterman (Flinders Centre Epidemiology and Biostatistics), who contribute to the executive group, and our Advisory group for their input and support of the program.

We believe that the success of SARNet could form a model suitable for consideration as a National initiative for building research capacity in 2006.

In 2005, Professor Louis Pilotto and Associate Professor Liz Farmer have relinquished their positions as Professor and Director respectively. Liz has led the program team since its inception in 2000. Farewell Liz.
Dr Karin Ried  
**Program Manager PHCRED Flinders**  
& A/Prof Liz Farmer  
**Director PHCRED Flinders (2000-2005)**

### Flinders PHCRED Staff 2005

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<thead>
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<th>Role</th>
<th>Name</th>
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<tr>
<td>Director</td>
<td>A/Prof Liz Farmer</td>
</tr>
<tr>
<td>Program Manager</td>
<td>Dr Karin Ried</td>
</tr>
<tr>
<td>Program Consultant</td>
<td>Dr Kath Weston</td>
</tr>
<tr>
<td>Administrative Assistant</td>
<td>Ms Rae Burnley</td>
</tr>
</tbody>
</table>

Casual administrative support:  
Dr Peter Fakler
Figure 1a: Flinders PHCREd capacity building strategies

Flinders University
PHCREd Program

Team Activities
SARNet

Collaborations
Research
Registrar training
PhD candidate
Researcher Development Fellows
Writing groups
Seminars

Website
Training
Research Bursaries
Writing Grants
Mentoring
Newsletter
E-updates

Increased capacity
Increased capacity
The graph depicts the increase in PHCRED program activities and outcomes from its beginning in 2000 to the end of 2005.

Since the South Australian Research Network SARNet was launched in Nov 2002, its membership has increased to over 400 members in 2005.

A total of 36 SARNet Bursaries & Writing Grants have been mentored and supported at the end of 2005. Some Bursaries supported research groups totalling 79 funding recipients.

A total of 47 external capacity building events were delivered by the Flinders PHCRED team over the 6 years.

A total of 49 peer-review publications have been written, supported and published by the Flinders PHCRED team between 2000 and 2005. The PHCRED team consisted of the Director (LF), Program Managers (KR, RW), Program Consultant (KW), RDP fellows (BB, NP), Research Fellow (KS), and our PhD student (AA). For a detailed list of 2005 publications including peer review papers and conference presentations refer to Appendix C3. Publications by the Bursary and Writing Grant holders are not included in this graph.

The figure provides an excellent example of the impact of the PHCRED program operating from a small Department of General Practice on building research capacity. The program consistently achieved significant outcomes, increasing these outcomes substantially throughout the 5 years of the Program, while at the same time having a modest FTE staffing level which ranged from 0.9 to 2.4 during the 5-year period.
Figure 2: Flinders PHCRED core staff and affiliations
December 31, 2005

State-based collaboration
- Flinders University Dept of General Practice
- Adelaide University Dept of General Practice
- Spencer Gulf Rural Health School
- Centre for Remote Health, Alice Springs
- University of Rural Health, Greater Green Triangle, Warrnambool

Multidisciplinary alliances
Including
- Individual practitioners
- Divisions of General Practice / SADI
- School of Nursing & Midwifery
- Rural Doctors Workforce Agency
- General Practice Education & Training

Academic associations
- Flinders Centre for Epidemiology and Biostatistics (FCEB)
- PHCRIS
- PARC

Researcher Development Fellows
- 2 appointments annually (0.1 FTE)

Bursary & Writing Grant recipients
- 16 Bursaries (13 continuing; 3 new in 05)
- 6 Writing Grants (1 continuing; 5 new in 05)

Students
- PhD candidate (NHMRC)

Consumer groups
- Individuals, support groups and consumer organisations
Figure 3: Communication strategies

Flinders University
PHC RED Program

SARNet

Team activities

Communication strategies

SARNet & PHCRED websites
State-based collaboration website
PHC RIS website
Newsletters, eg SARNews, PHCRISinfonet
Monthly e-updates
On-line discussion forum
Opportunities at training events, seminars, conferences, and SARNet events
Personal communications

Increased capacity

Increased capacity
The Flinders PHCRED team undertook a variety of education and network activities for primary health care practitioners and researchers in South Australia in 2005. Our research network SARNet (South Australian Research Network for primary health care) continued to expand with a member base of 406 in December 2005. Through SARNet we provided bursaries and writing grants, capacity building training workshops, online research resources, communication via our website, the online discussion forum, quarterly newsletter ‘SARNews’, monthly email updates, made regular contributions to PHCRIS Infonet, and conducted a member survey to obtain feedback on current network activities to help with future planning.

In 2005, the PHCRED core team supported two Researcher Development Fellows and one PhD student, facilitated three Writing Groups and the bi-monthly Departmental seminar series, contributed to the GPET Registrar Research Workshop and the Tri-State PHCRED Collaboration including the annual research event, gave expert advice in consultations and grant applications, and peer reviewed journal papers.

Our team continued the PHCRED related research projects, published articles in peer reviewed journals, and presented at a number of conferences throughout 2005.
SARNet
The South Australian Research Network for primary health care
An initiative of the Flinders PHCRED program

SARNet continued to attract primary health care professionals in 2005, in particular allied health professionals, general practitioners, and nurses. SARNet had over 400 members in December 2005 with a fluid membership where members joined up and left on a consistent basis through the year. Twenty percent (n=79) of SARNet members live outside South Australia and 2 members are from Europe.

Figure 4: SARNet member demographics in 2005

SARNet membership database

In order to effectively accommodate the capacity building needs of SARNet members and PHC practitioners, we actively maintained the SARNet membership database, enabling us to contact our members to survey their needs in order to understand the demographics of the Flinders PHCRED/ SARNet client base. Maintenance of our database was one of the key roles of the Program Manager (KR). This involves monitoring new membership forms (received by email, fax, mail, and via the on-line joining facility), welcoming new members, and ensuring all member details are current and accurate (Appendix A12).

We were clearly meeting a need in the PHC community as shown by the continuing growth in membership. SARNet clearly has a wide appeal across all strata of the PHC community, including students and consumers, and reaching beyond South Australia. Some members joined on behalf of a group and act as a conduit to a wider audience. Therefore the reach of SARNet is greater than suggested solely by the membership figures.
SARNet Bursaries and Writing Grants

The Bursary and Writing Grant strategy is a very successful and key plank of SARNet, limited only by funding and staffing. Bursaries of up to $5,000 support a small research project building the research capacity of the grant holder. Writing Grants of up to $500 support the dissemination of PHC research and evaluation activities in the form of peer-reviewed journal articles, and concise reports.

In 2005, our core team (Director LF, Program Manager KR, Program Consultant KW) mentored a total of 16 Bursary holders and 6 Writing Grant holders. Thirteen bursary holders had started their projects in 2004 and continued in 2005 and three new bursaries were awarded in 2005. One Writing Grant project started in 2004 and five new writing grants were awarded during 2005.

Mentoring requirements ranged from feedback on drafts of manuscripts to extensive support through several multi-hour face-to-face meetings including advice on ethics applications, study design, budget and timetable, quantitative and qualitative methods, data analysis, manuscript drafts, and grant proposals. Support was given to maximise capacity building, facilitate completion of the project, and to encourage optimal dissemination of research findings. The following table gives a summary of the 2005 PHCRED funding recipients:

Table 1: SARNet grant holders 2005

<table>
<thead>
<tr>
<th>Bursary Writing Grant</th>
<th>Name</th>
<th>Title of project</th>
<th>Status</th>
</tr>
</thead>
<tbody>
<tr>
<td>B1</td>
<td>Jodie Shoobridge</td>
<td>Systematic review of a training outcomes in the alcohol and other drugs field</td>
<td>To be completed in early 06; presented at PHCRED event 05; preparation of manuscript for peer review journal</td>
</tr>
<tr>
<td>B2</td>
<td>Jane Neil</td>
<td>Systematic review of the effectiveness of non-pharmacological interventions for fatigue in adults with multiple sclerosis, rheumatoid arthritis, or systemic lupus erythematosus</td>
<td>Completed in 05; Final report Appendix A2; paper accepted in peer review journal</td>
</tr>
<tr>
<td>B3</td>
<td>Cameron Loy</td>
<td>Census of doctors who have completed an advanced rural skills post</td>
<td>To be continued in 06</td>
</tr>
<tr>
<td>B4</td>
<td>Jane Neil &amp; Ingrid Belan</td>
<td>The effects of Tai Chi exercise on arm lymphoedema and fatigue in women post-mastectomy for breast cancer – a RCT pilot</td>
<td>To be completed in early 06, (presented in 04)</td>
</tr>
<tr>
<td>B5</td>
<td>Jill Mitchell</td>
<td>Well Women’s health project in Coober Pedy</td>
<td>Completed in 05, Final report Appendix A2, Presentation in 04</td>
</tr>
<tr>
<td>B6</td>
<td>Clare Vaughan</td>
<td>Food &amp; Move project: Enhancing opportunities for healthy eating and physical activity at Warrnambool colleges</td>
<td>Completed in 05, Final report Appendix A2, Presentation in 04</td>
</tr>
<tr>
<td>B7</td>
<td>Richard Sager</td>
<td>Farmer’s market: A model of</td>
<td>Completed in 05, Final</td>
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<tr>
<td>B8</td>
<td>Michael Bentley</td>
<td>Aboriginal Health teams within community health services</td>
<td>Completed in 05, Final report Appendix A2, presented at 2 international conference in 05</td>
</tr>
<tr>
<td>B9</td>
<td>Anne Martin</td>
<td>Evaluation of the Sturt Fleurieu GPET component: Curriculum delivery through case discussion</td>
<td>Completed in 05, Final report Appendix A2</td>
</tr>
<tr>
<td>B10</td>
<td>Cathy Sanders</td>
<td>Health on the move – development of a pilot project on pedometer use by GPs</td>
<td>To be completed in 06</td>
</tr>
<tr>
<td>B11</td>
<td>Kerry Hancock</td>
<td>Development of a survey tool to evaluate asthma care in general practice</td>
<td>To be decided if to continue</td>
</tr>
<tr>
<td>B12</td>
<td>Health Consumer Alliance</td>
<td>Identifying the training and support needs of health consumers</td>
<td>Completed in 05, Final report Appendix A2, presented at GP&amp;PHC conference 05</td>
</tr>
<tr>
<td>B13</td>
<td>Lisa Cockington</td>
<td>Effective interventions for pre-diabetes in Port Pirie – a retrospective case study</td>
<td>To be completed in early 06</td>
</tr>
<tr>
<td>B14</td>
<td>Louisa Matwiejczyk</td>
<td>Evaluation of the &quot;Start Right Eat Right&quot; campaign – Strengthening good nutrition and food safety for children</td>
<td>To be completed in early 06, presented at PHCRED event 05</td>
</tr>
<tr>
<td>B15</td>
<td>Lindy King &amp; Nursing students</td>
<td>Mentoring project support for 20 year 3 nursing students including poster presentations</td>
<td>Completed in 05, letter of thanks + 20 poster presented in 05 (Appendix A3)</td>
</tr>
<tr>
<td>B16</td>
<td>Geoff Mitchell, E Miller, E Farmer</td>
<td>PHCRED QLD &amp; Flinders Collaboration: Qualitative assessment of the impact of primary care collaboratives program on general practice participants</td>
<td>To be completed in 06</td>
</tr>
<tr>
<td>W1</td>
<td>Anne Wilson</td>
<td>Literature review on youth in secure care training facilities and grant application for health assessment tool</td>
<td>Completed in 05, Final report Appendix A2</td>
</tr>
<tr>
<td>W2</td>
<td>Michelle Baker</td>
<td>Grant application for RCT on group obesity management program in general practice</td>
<td>To be completed in early 06</td>
</tr>
<tr>
<td>W3</td>
<td>Jenny Fleming</td>
<td>After hours presentation in SA Rural hospitals, peer review publication</td>
<td>To be completed in 06</td>
</tr>
<tr>
<td>W4</td>
<td>Brian Simmons</td>
<td>Quality of GP health care in residential aged care facilities, report preparation</td>
<td>To be completed in 06</td>
</tr>
<tr>
<td>W5</td>
<td>Allie DiMarco</td>
<td>Sitting comfort: An early predictor of long term wheelchair use and user satisfaction in spinal cord injury, peer review publication</td>
<td>To be completed in 06</td>
</tr>
<tr>
<td>W6</td>
<td>Tuesday Udell</td>
<td>Newspaper coverage of food advertising to children</td>
<td>To be completed in 06</td>
</tr>
</tbody>
</table>

More details on the projects listed above including mentoring support are given in the Appendix A1 together with a complete list of all SARNet grants awarded since 2002.

The SARNet website features and overview of all Bursaries and Writing Grants supported to date and has links to presentations and reports, if these gave been provided by the researchers.

Appendix A2 is a compilation of the final reports or outcomes of bursary and writing grant holders who completed their projects in 2005. One SARNet Bursary was used to build capacity of 20 nursing students in research dissemination through posters (Appendix A3). The Bursary included a workshop on “Creating posters in power point” presented by KR, and the funding of the posters. The School of Nursing & Midwifery at Flinders University expressed their appreciation of the support in a letter of thanks (Appendix A3).

From left:

- Jo Duffy: Poster judge; Australian Nursing Federation
- Paul Bennett: Academic mentor; School of Nursing & Midwifery
- Wendy Opperman: 1st poster prize; Nursing student
- Di Wickett: Poster judge; Nursing Board
- Karin Ried: Poster judge; SARNet

Our team is currently in the process of evaluating the SARNet grant funding scheme by interviewing all past and present funding holders mentored by the Flinders PHCRED team, 36 in total. Ethics approval was given by the Flinders University Human Research Ethics Committee to undertake this project. We anticipate completing the project in 2006 (Appendix C7).

SARNet also provided support to the PHCRED team at the University of Rural Health, Greater Green Triangle in Warrnambool, Victoria. The Program Manager, KR, was on the UDRH-GGT selection panel in early 2005 for the new PHCRED Coordinator and three Research Associates, and provided advice on advertisement and recruitment of Bursary holders. GGT-UDRH adopted the SARNet Bursary funding scheme including the guidelines, forms, and call for applications through the SARNet website. The SARNet website is managed by KR and located on the Flinders University campus in Adelaide. A total of 5 Individual Bursaries and 2 GP-Practice Bursaries were awarded. The GGT-UDRH PHCRED program acknowledged Flinders PHCRED Program Manager’s (KR) support in a letter of appreciation attached in Appendix A4. For further details on bursaries, training workshops
etc. refer to the Annual Report of the PHCRED program at GGT-UDRH and to the SARNet webpage [http://som.flinders.edu.au/FUSA/GP-Evidence/SARNet/bursaryholder.htm].

Research capacity building training workshops

The Program Manager, KR, developed and delivered a total of 11 SARNet training workshops in 2005, including ‘Netting the evidence – searching electronic database’, ‘Critical appraisal of scientific articles’, ‘Understanding systematic review and meta-analysis’, ‘Survey design’, and ‘Creating poster presentations in power point’. In addition, LF presented 4 training workshops to the Rural Doctors Workforce Agency Writing Group.

Furthermore, the Director, LF, and Program Manager, KR, were invited as presenters and facilitators to the 3-day National Registrar Research workshop, organised by GPET (General Practice Education and Training) in July 05. The National GPET Registrar Research workshop brought together a selected group of 25 registrars interested in research and seven academic primary health care professionals experienced in research (including LF and KR). Small work groups were facilitated over 3 days by the research experts. Participants were guided from formulating a research question, choosing an appropriate study design, considering timeframe and budget, discussing ethical implications, to presenting the research proposal to the audience. Presentations on research methods, practice and policy were dispersed over the 3 days, e.g. LF presented on qualitative research methods, ethics applications, and grant writing. The workshop program and presentations by LF and KR are given in Appendix A5.

Table 2: Summary of workshops provided in 2005

<table>
<thead>
<tr>
<th>Date</th>
<th>Location</th>
<th>Workshop</th>
<th>Presenters</th>
<th>Number of participants</th>
</tr>
</thead>
<tbody>
<tr>
<td>14 Apr 05</td>
<td>Flinders Uni, Adelaide</td>
<td>Netting the evidence – Searching electronic databases</td>
<td>KR</td>
<td>4</td>
</tr>
<tr>
<td>5 May 05</td>
<td>“</td>
<td>Critical appraisal of a scientific research article</td>
<td>KR</td>
<td>7</td>
</tr>
<tr>
<td>12 May 05</td>
<td>“</td>
<td>Understanding systematic review &amp; meta-analysis</td>
<td>KR</td>
<td>14</td>
</tr>
<tr>
<td>23-25 Jul 05</td>
<td>Adelaide</td>
<td>12th National Registrar Research Workshop (includes facilitation of small workgroups &amp; 4 presentations)</td>
<td>LF &amp; KR</td>
<td>25</td>
</tr>
<tr>
<td>Date</td>
<td>Location</td>
<td>Topic</td>
<td>Facilitators</td>
<td>Participants</td>
</tr>
<tr>
<td>---------</td>
<td>------------------------------</td>
<td>----------------------------------------------------------------------</td>
<td>-------------------------------------</td>
<td>--------------</td>
</tr>
<tr>
<td>26 Jul 05</td>
<td>GP&amp;PHC conference, Adelaide</td>
<td>Future Directions for primary health care research networks</td>
<td>KR &amp; N. Zwar &amp; J. Dunbar</td>
<td>40</td>
</tr>
<tr>
<td>5 Aug 05</td>
<td>Flinders Uni</td>
<td>Understanding systematic review &amp; meta-analysis</td>
<td>KR</td>
<td>16</td>
</tr>
<tr>
<td>6 Sept 06</td>
<td>Dept Nutrition &amp; Dietetics, Flinders Uni</td>
<td>Survey Design</td>
<td>KR</td>
<td>&gt;35</td>
</tr>
</tbody>
</table>
| 15 Sept 05 | Uni Dept Rural Health, GGT, Warrnambool, VIC | 1) Survey design  
2) Critical appraisal  
3) Understanding systematic review & meta-analysis | KR                                  | 8            |
| 10 Oct 05 | School of Nursing & Midwifery, Flinders Uni | Creating posters in PowerPoint                                         | KR                                  | 17           |
| 25 Oct 05 | Flinders Uni                 | Understanding systematic review & meta-analysis                      | KR                                  | 15           |
| 2005     | Rural Doctors Workforce Agency | 1) Poster design  
2) Writing good abstracts  
3) Power point presentations for scientific meetings  
4) Web templates for health programs | LF                                  | 12           |

The newly developed workshop on systematic review and meta-analysis proved very popular, as it was always fully subscribed, and delivered 4 times during 2005.

Workshop evaluations were very positive, complementing in particular the interactive exercises, quizzes, and tasks. Summaries of the workshop evaluations and details on presentations and interactive tasks of all workshops are attached in Appendix A5.

In addition, LF presented two research training workshops and a grand round at MICCRH Queensland (writing grant applications and qualitative research methods) and four at the Rural Doctors Workforce Agency Writing Group on writing scientific abstracts.
Research resources & the SARNet Online Discussion Forum

In 2005, we developed new research resources, the SARNet Snapshots, which are 2-page handouts on research related topics. Material for the four SARNet Snapshots on ‘Writing for publication’, ‘Grant writing – Useful tips’, ‘Applying for ethics applications’, and ‘Consumers in research’ was developed from a number of sources including contributions on these topics in the SARNet online discussion forum. The handouts are available on our SARNet website at http://som.flinders.edu.au/FUSA/GP-Evidence/SARNet/resources.htm#snapshots and are attached in Appendix A6.

The SARNet Online Discussion Forum was launched in 2004. In 2005, a total of 190 members were registered with the Forum compared to 156 during 2004. Registration of members involved considerable administration time. However, we chose to protect members’ details and contributions to the forum from unsolicited access by ensuring secure access through expert modification of the discussion forum website template by a programmer / IT support officer (TS). In early 2005, we implemented a new feature to the online forum, the searchable member database, allowing registered members to search the list by member’s location, occupation and research interests and expertise. Figure 5 illustrates distribution of registered members’ disciplines.
We continued to promote the SARNet Online Discussion Forum in newsletter articles (e.g. PHCRIS Infonet - June 05, SADI weekly bulletin - May 05), SARNet email-updates, on the SARNet website, and at the GP&PHC conference workshop ‘Future directions of research networks’. The Online Forum continued to feature monthly topics including systematic review and meta-analysis, hosted by KR, evaluation and focus groups, hosted by Paul Aylward, in addition to the continuing topics on writing for publication (LF), ethics (KW). Despite our efforts to promote the usefulness of the online Forum, including private, topic specific discussion groups, the uptake of forum activity was slow. It is planned to continue developing additional research resources (SARNet Snapshots) using the contributions on topics discusses in the Forum to maximise accessibility and value of the useful information beyond the registered members.

For a copy of the main page of the SARNet Online Discussion Forum, see Appendix A7b.
**SARNet website**

The SARNet website continued to be a pivotal communication medium providing information on bursaries, workshops, and other capacity building activities. We continued to regularly review the extensive list of research resources, adding new links and useful information. A key role of the Program Manager (KR) included collating resources and links to nationally and internationally available on-line resources to be built into the ‘research resources’ section of the SARNet website. This is a significant exercise, due to the volume of material available. Rather than simply providing links to all available resources, it is our aim to provide links to the most useful external websites. All available resources are therefore critically appraised prior to inclusion. An excerpt of the SARNet website is given in Appendix A7a. Usage of the SARNet website was high throughout the year, with more than 200 users accessing the site per month. Recorded hits per webpage are illustrated in Appendix A7 for the SARNet home page, the training page and the bursary page.
SARNews, e-updates, and other newsletter contributions

In 2005, our team published four issues of the networks’ quarterly newsletter ‘SARNews’. It featured stories on Bursary holder projects, highlighted our two Researcher Development Fellows, provided updates on events, activities, personnel, and summarised the outcomes of the member feedback survey, conducted in Aug 05.

Copies of the 2005 SARNews are provided in Appendix A8.

All SARNet members were kept informed on SARNet events and activities by monthly email-updates. All e-updates are collated in Appendix A9.

Our team regularly contributed to PHCREDS stakeholder newsletters, in particular to all issues of the bi-monthly PHCRIS Infonet, as well as to SADI weekly bulletin, Flinders journal, Research pulse, and ADGP News. See Appendix C6 for the excerpts.
SARNet feedback survey

In August 2005, we undertook a SARNet member feedback survey to assess SARNet members’ perceptions on and needs for relevant research capacity building activities. The survey was administered online, all members having been invited by email to participate. Seventy-nine (79) members returned the survey, and five randomly drawn respondents were lucky winners of a book voucher which was provided as an incentive to complete the survey.

Survey results summary:

About a third of the respondents had joined SARNet in 2002/03, 40% in 2004, and 25% in 2005. The majority of respondents considered themselves as novice researchers or early participants, while 30% were research managers or in formal training, and only 7% were academics. Respondents were asked about the usefulness and value of SARNet features and activities. The website, workshops, bursaries and writing grants, and the newsletter were generally rated highly to very highly by the majority of respondents. Two-thirds (67%) said they would like to attend a capacity building workshop in 2006, and would like to see the same topics as in 2005 to be offered. Nearly half of the respondents indicated that they would like to apply for a SARNet research grant in 2006 given the opportunity.
Due to the overwhelming interest in SARNet research bursaries and grants, the PHCREDS team discussed the continuation of the Bursary and Writing Grant scheme in 2006 in the strategic planning meeting on 2 Sept 05 (Appendix E3). The call for bursary applications for projects in 2006 was announced at the end of 2005 via the SARNet website and the SARNet email list. The bursary advertisement including updated guidelines is attached in Appendix A11. Thirteen applications were received in November 2005, and 6 interviews with potential bursary holders were scheduled for early 2006.
Other PHCRED activities

Researcher Development Program Fellows

Two Researcher Development Program (RDP) Fellows, Naomi Priest and Barbara Beacham, were supported by the Flinders PHCRED program in 2005. Naomi and Barbara were an integral part of our PHCRED Writing Group, contributed to the PHCRED seminar series, and took part in selected SARNet activities and PHCRED events. Both of our RDP Fellows' work was acknowledged in several newsletter articles (Appendix C6), an ABC radio interview (NP), and at the Flinders RDP Fellow celebrations on the 31 August 05 (Appendix B2 for program, attendees, presentations and discussion).

Naomi undertook a project evaluating the occupational therapy program ‘Motor Magic’, run by herself and colleagues at the Aldinga Community Kindergarten in outer-metropolitan Adelaide, South Australia. As part of her RDP project, Naomi produced an extensive evaluation report, presented at three national conferences and at numerous seminars, submitted two articles in peer-reviewed journals, contributed to two conference posters, and was successful in obtaining a 3-year NHMRC Public Health Training PhD scholarship at Deakin University. The evaluation report is available online, at [http://som.flinders.edu.au/FUSA/GP-Evidence/PHCRED/research.htm#NPriest]. For a summary of her project including publications, see Appendices B1 and C3.

Barbara’s project looked at the consumer and community involvement in Divisions of General Practice and the critical elements of effective approaches. Barbara undertook 20 comprehensive interviews with staff of four Divisions of General Practice, and presented her findings at numerous conferences and seminars. Preliminary results of her findings were included in the new edition of the RACGP Green Book – Consumer participation in Divisions of General Practice Section. Barbara is completing a Masters Degree in Community Development and Management, through Charles Darwin University, NT. More information of Barbara’s project can be found at [http://som.flinders.edu.au/FUSA/GP-Evidence/PHCRED/research.htm#BBeacham]. For a summary of her activities see Appendices B1 and C3.

PhD Student

Ann Alfred has been supported by PHCRED through her NHMRC funded PhD project on "The evidence-based consumer: making informed decisions about menopause, hormone replacements and complementary therapies" since 2003. Ann is supervised by A/Prof Liz Farmer (PHCRED Director), Prof Louis Pilotto, Prof Adrian Esterman, and Dr Kath Weston.
(PHCRED Consultant). In 2005, Ann made substantial progress on her RCT intervention trial, culminating in the first survey mail out to over 500 participants and the implementation of the intervention, resource material on menopause from the Jean Hailes Foundation. Ann is currently processing the data of the first survey and will send out the follow-up survey during 2006. In 2005, Ann continued to contribute to the PHCRED Writing Group, presented at the RACGP Conference, and published a paper on the focus group findings (Part 1 of her PhD study) in a peer-reviewed journal. For a summary of Ann’s PhD project see Appendices B3 and C3.

**PHCRED Seminar Series 2005**

In 2005, PHCRED continued to run a fortnightly seminar program within the Department of General Practice. A total of 16 seminars were held on 14 days from March through to November 2005. Invited speakers included SARNet Bursary holders, GPs, allied health professionals and other PHCRED stakeholders. A complete list of the seminars held in 2005 is given in Appendix C1.

**Writing Groups**

Our PHCRED team supported three Writing Groups in 2005. All groups met on a monthly basis for 2-4 hours to discuss conference presentations including abstracts, give feedback on drafts for peer-reviewed journal articles, and develop a variety of publications as a team. Face-to-face discussions on material were followed up by email.

*The PHCRED Writing Group* had a very productive year with 10 publications in peer-reviewed journals and 14 conference presentations. We also discussed questionnaire designs, the SARNet feedback survey, and other group projects. The group had 7 members, the PHCRED Director (LF), Program Manager (KR), Program Consultant (KW), PhD student (AA), RDP Fellows (NP & BB), and previous Research Fellow (Karen Salisbury). For a reference list of publications and conference presentations in 2005, see Appendix C2a.

*The Department of General Practice Writing Group* was facilitated by the PHCRED Program Manager (KR) and had up to 12 members including staff from the Primary Health Care Research Information Service (PHCRIS), the Primary Mental Health Care Resource Centre (PARC), and the Flinders Centre for Epidemiology and Biostatistics (FCEB). The Writing Group was first initiated in Sept 2004, gaining momentum in 2005 with new members joining. We discussed abstracts for conference presentations, manuscript drafts for peer review publication, brochures and posters, developed a new look for the Departmental home page.
The Rural Doctors Workforce Agency Writing Group was facilitated by the PHCRED Director (LF) and had a strong year. As a novice group, results were outstanding and interest remained high. Main activities included 2 peer-reviewed journal papers, 4 abstracts for conference presentations, and website development (Appendix C2c).

Publications

The PHCRED team published 10 peer review publications and 14 conference presentations in 2005 listed below. The Publications are attached in Appendix C3. In addition, LF presented the findings on the National Primary Care Collaboratives at three national and one international conference.

2005 Peer-review articles

| 1 | Alfred A, Farmer EA, Esterman A, Pilotto L, Weston KM (2005) Women’s voices about making decisions at menopause - insights through focus group discussions. Australian Family Physician (accepted Dec 05) |
| 5 | Priest N (2005) 'Motor Magic' - Evaluation of a community capacity building approach to supporting the development of preschool children. Australian Occupational Therapy Journal (accepted Dec 05) |
**2005 Conference presentations**

### Australian Divisions Conference
*Perth, Nov 3-6, 2005*

1. **Beacham B** (2005) Fostering strong consumer and community partnerships. Ways to apply the principles of participation in divisional contexts.  
   Poster presentation

### Royal College Australian General Practice Conference
*Darwin, Sept 29 - Oct 2, 2005*

   Oral presentation

   Oral presentation


### GP & PHC Conference
*Adelaide, July 26-28, 2005*

   Poster presentation


   Poster presentation


### Other national conferences

    Oral presentation at *Australian Association for Infant Mental Health Conference* (Brisbane, July 7-9)

13. **Priest N** (2005) Health and Education working together to support the health and wellbeing of preschool children. Oral presentation at the *10th conference of the Association for the Welfare of Child Health* (Sydney, April 28-29)


    PHCRED State Conference (Cairns, Queensland, Oct 7-8). Keynote lecture
Research

In 2005, the PHCRED core team (LF, KR, KW) continued to conduct PHCRED relevant research projects. The main research projects of the core team were the completion and publication of the SARNet member baseline survey in the international online access peer reviewed journal BMC Family Practice [http://www.biomedcentral.com/bmcfampract/] and the SARNet grant holder evaluation project.

The manuscript detailing the results of the SARNet member baseline survey was accepted for publication in 2005, and will be published in early 2006 in the international open access peer review journal BMC Family Practice [http://www.biomedcentral.com/bmcfampract/].

The SARNet grant holder evaluation aims to assess the SARNet Bursary and Writing Grant scheme, initiated in Oct 2002 with grants awarded until 2005. A total of 36 grants have been awarded by Flinders PHCRED since 2002, including 23 Bursaries and 13 Writing Grants. Twenty-two (22) grant holders had completed their projects in 2005, and 14 are to finish their projects in early 2006. Grant holders perceptions of the funding scheme, experiences and achievements are evaluated by interview. At the end of 2005, 10 interviews had been completed, and 12 grant holders had been invited to participate in the evaluation A further 12 will be invited on completion of their projects. Ethics approval for the project was obtained by the Flinders Human Research Ethics Committee. We anticipate finalising the research project in 2006 (Appendix C7).

PHCRED website

Information on the PHCRED program, staff, research, publications, seminar program, and contact details are available online on the Department of General Practice PHCRED website. The Program Manager, KR, maintained the PHCRED website in addition to the SARNet website in 2005. An excerpt of the website is attached in Appendix C5.

Collaboration, consultations & other contributions to PHCRED stakeholders

In 2005, the Flinders PHCRED team continued to contribute to the Tri-state PHCRED Collaboration. KR, the Flinders PHCRED Program Manager and previous State Coordinator (2003-04) supported the Collaboration in the capacity of website host by maintaining the state website (http://www.phcred-sa.org.au) until the middle of 2005 (Appendix D6). The main Collaboration event in Port Lincoln on 28 Oct 05 was supported by Flinders PHCRED with the presentations of three SARNet grant holders, L Matwieczyk, T Udell and J Shoobridge (for their presentations see Appendix D1). Unfortunately, four other SARNet
Grant holders (J Fleming, M Baker, A DiMarco, I Belan) had to cancel their planned presentations due to the change of dates and venues for the event in the planning process.

Flinders PHCRED hosted a training workshop on ‘Planning program evaluation’, presented by the Collaboration Coordinator Paul Aylward in November 05. The workshop program and presentation are available in Appendix D2b. In addition, the PHCRED Director (LF) and Program Manager (KR) contributed to the evaluation workshop for Divisions of General Practice on 8 April 05 (Appendix D2a).

For further details of Collaboration meetings and activities please refer to the PHCRED-SA Annual Report 2005.

In 2005, PHCRED Flinders was approached by the Barossa Division of General Practice for advice on and support with their undertaking of a Youth Health Survey in the Barossa area. The Program Manager, KR, gave advice and support on ethics application, study and questionnaire design, data entry and analysis, and report writing. A copy of the research report together with illustrations of the results of the Youth Health Survey is attached in Appendix D3.

Furthermore, the PHCRED Flinders team continued to support the Adelaide Hills Division by providing follow-up training on evaluation skills (19 Apr 05), giving advice on a grant application (Aug 05) regarding home medicine review, and writing a letter of support for nominations in the Division Achievement Awards (Aug 05). An excerpt of details on the support is given in Appendix D4.

During 2005, the PHCRED Director (LF) and the Program Manager (KR) contributed to scientific conference committees, e.g. KR supported the GP&PHC conference 2005 as abstract reviewer, session chair, and poster judge; LF played a main role in the scientific steering committee for the RACGP conference 2005 focussing on the scientific program and was invited speaker at the QLD - PHCRED annual event. Excerpts of conference programs are given Appendix D5.

The PHCRED Director, LF, supported Ms R Haigh in the preparation of a grant application to the Channel 7 Children’s Foundation to fund a study on childhood obesity and family management (Appendix D5). In addition, LF was invited to be an expert referee of manuscripts submitted to peer-reviewed journals, including MJA, AFP and BMC Family Practice, and sits on the Registrar Research and Scholarship Fund Committee of GPET. LF has also continued to represent PHCRED and primary care research issues as a member of
the National Standing Committee-Research (NSC-R) of the Royal Australian College of General Practitioners (RACGP).

In 2005, the PHCRED Director (LF) and Program Manager (KR) were approached for expert advice on primary health care research topics, grant applications, research resources, and other PHCRED related issues by email or phone on average 1-2 times per week by primary health care professionals, students, divisional staff and other PHCRED groups. We provided advice either by email or phone. Excerpts of correspondence can be provided on request.

PHCRED Committees

In 2005, Flinders PHCRED Business Meetings were held seven times throughout 2005 (15 February, 2 March, 6 April, 1 June, 3 August, 12 October, 30 November 05). The meetings were chaired by either the PHCRED Director (LF) or the Program Manager (KR) with the Acting Head of the Department (Prof Louis Pilotto, A/Prof Libby Kalucy, Prof Richard Reed), a representative from PHCRIS (Ellen McIntyre), the Statistical Consultant (Adrian Esterman), and the Departmental Secretary (Rae Burnley) present. Meetings served the purpose of exchange of information on PHCRED and SARNet activities and information on other departmental and stakeholder activities in relation to PHCRED business. The minutes of the PHCRED Business Meetings 2005 are attached in Appendix E1.

The PHCRED core management team (LF, KR, KW) held an additional PHCRED Strategic Planning Meeting on the 2 Sept 05 in response to the announcement of Phase 2 of the PHCRED Strategy. A preliminary business plan for 2006 was discussed, and suggested activities are summarised in the minutes attached in Appendix E3.

In 2005, the Flinders PHCRED Advisory Group met once on 24 Feb 05 for feedback on the Business Plan 05 including planned PHCRED activities. The group included Rural Practitioners (R Boak, GGT UDRH), Allied Health Practitioners (K Grimmer, Centre for Evidence Based Practice in Allied Health), Divisions (H Williams, Medical Director, Southern Division of General Practice), the Department of Health (H Petty), community involvement (A Lawless, South Australian Community Health Research Unit), and a consumer (T Roosa). The minutes of this meeting are attached in Appendix E2. No additional meetings were held during 2005, as future advisory committee meetings will be managed through the Tri-State Collaboration as suggested by the Department of Health and Ageing. Current Flinders PHCRED advisory committee members will be invited to participate in the State Advisory Committee in 2006.
The PHCRED Director (LF) and Program Manager (KR) were part of the three State Collaboration Meetings during 2005. The Program Manager (KR) also attended all preceding Coordinator meetings and teleconferences. For the minutes of these meetings refer to the State Annual Report 05.

The Director (LF) was invited to participate in the National Strategic Planning Meeting for Phase 2 of the PHCRED Strategy on 25 August 05 and the Program Manager (KR) attended the National Meeting of PHCRED University Initiative, in Sydney, on 20 September 2005.
# Annual Report against the 2005 Business Plan

<table>
<thead>
<tr>
<th>Strategic Objectives</th>
<th>Strategic Activities</th>
<th>Performance Indicators</th>
<th>Performance Summary</th>
<th>Documentation in Appendix</th>
</tr>
</thead>
</table>
| 1. To raise the profile of research, evaluation and development in primary health care | 1. Continue to consult with the advisory group regarding the development of the Flinders PHCRED Program, 2. Continue to promote our research network (SARNet) to all primary health care practitioners, including allied health, consumers, rural groups and students 3. Contribute to published literature 4. Create and advertise a searchable database of member research skills and interests for discussion forum members | • Minutes of advisory group meetings  
• Continued advertisement of SARNet to all affiliated groups shown in Figure 2, with particular focus on allied health, rural groups and consumers using strategies outlined in Figure 3  
• Up to date SARNet membership database  
• Latest versions of PHCRED and SARNet website including page hit counters  
• Searchable database of member research skills and interests  
• Article on primary care research issues for peer reviewed journal submitted or published  
• Article to PHCRIS-Infonet or similar submitted or published  
• Quarterly SARNet newsletters for electronic distribution continued | • Meeting on 24 Feb 05  
• Promotion of SARNet via website, newsletter, e-alerts, info material distributed in workshops, and at conferences  
• SARNet database maintained  
• PHCRED and SARNet websites regularly updated, research resources added (e.g. SARNet Snapshots)  
• Searchable members database developed, available on the SARNet Online Discussion Forum  
• PHCRED team wrote & supported 10 articles accepted for peer review publications in 2005  
• 8 articles in bi-monthly PHCRIS-Infonet, additional articles in Flinders research pulse, Flinders Journal, SADI bulletin (total of 18)  
• 4 SARNews distributed, available online on SARNet website | E2  
A7, A8, A9  
A12; Fig 4  
C5, A7  
A6  
A7b  
C3  
C6  
A8 |
<table>
<thead>
<tr>
<th>Strategic Objectives</th>
<th>Strategic Activities</th>
<th>Performance Indicators</th>
<th>Performance Summary</th>
<th>Documentation in Appendix</th>
</tr>
</thead>
</table>
| 2. Develop the research and evaluation skills of primary health care providers, students and consumers | 1. Continue to use our research network, SARNet, to promote the participation of individuals and groups in research and evaluation activities including promotion of funded opportunities to develop research capacity at all levels | • SARNet membership and demographics  
• Monthly e-alerts  
• Program of SARNet events and records of attendance  
• Record of SARNet and Flinders PHCRED website use  
• Number of SARNet members participating discussion forum and access to Forum areas  
• Advertisement and record of the uptake of SARNet-funded writing grants  
• Record of significant requests for assistance  
• Written description of outcomes of all funded opportunities  
• Continue new exit evaluation of fund holders  
• Completion of SARNet members’ research capacity and training needs study for publication  
• Completion of registrar research skills and attitudes study, in both regional GPET consortia | • 406 SARNet members in Dec 05 including allied health professionals, GPs, nurses, health service employees  
• 12 monthly e-alerts sent  
• 11 SARNet training workshops held & 7 other training workshops held  
• SARNet and Flinders PHCRED website maintained  
• 190 registered members of SARNet Online Discussion Forum in Dec 05  
• 5 new SARNet writing grants awarded in 05  
• Consultation of Barossa Div GP for youth health survey; Foundation for Children grant application  
• 8 Bursaries and 1 Writing Grant completed in 05  
• SARNet grant holder evaluation project continued  
• Manuscript titled “Setting directions for capacity building in primary health care: a survey of a research network” accepted for publication in BMC Family Practice | A12, Fig 4  
A9  
A5  
A7, C5  
A7b  
A1  
D3  
A1  
C7  
C3 |
<table>
<thead>
<tr>
<th>Strategic Objectives</th>
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<th>Performance Summary</th>
<th>Documentation in Appendix</th>
</tr>
</thead>
<tbody>
<tr>
<td>Objective 2 continue</td>
<td>skill and aspirations and GP supervisor survey</td>
<td>in South Australia and through GPET nationally for publication • Completion of GP supervisor skills study for publication • Establishment of mentor relationships with individuals and groups, on needs basis, numbers and description and outcomes of those mentored • Summary of output from three Writing Groups</td>
<td>• Study completed, publication progress currently on hold, to commence in 06 • Study completed, publication progress currently on hold, to commence in 06 • 16 Bursary holders and 6 Writing grant holders mentored in 05 by KR, LF, KW • PHCRED Writing Group: 9 publications + 14 conference presentations in ‘05 • Departmental Writing Group: 2 fact sheets developed as group, updated dept home page; feedback on 3 journal publications, 4 abstracts, posters, brochures, newsletters, questionnaires • Rural Doctors Workforce Agency Writing Group: • Summary of DEST publications • 5 abstracts accepted, all six PHCRED staff attended conference • 34 PHCRED fundholder: 2 RDP fellows (6), PhD student (2), Bursary holders (6 + 20 nursing student posters) abstracts and</td>
<td>A1, A2, A3 C2a C2b C2c C4 C3b+c A1, A2, A3</td>
</tr>
<tr>
<td>Strategic Objectives</td>
<td>Strategic Activities</td>
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<td>Performance Summary</td>
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| 3. To encourage a multi-disciplinary approach to research and evaluation in primary health care | 1. Promote SARNet membership to all affiliated groups shown in Fig. 2, utilising the range of Communication Strategies listed in Fig. 3  
2. Foster development of multidisciplinary groups networking and discussion through SARNet on-line discussion forum  
3. Use SARNet events to provide opportunities to discuss multi-disciplinary collaborations in project and grant applications, and continue to mentor SARNet funded bursaries for multi-disciplinary groups and research active practices  
4. Promote other funded research opportunities to multidisciplinary groups  
5. Actively promote partnership of multidisciplinary groups in research as appropriate | • Maintenance of register of SARNet members  
• Description of disciplines represented in SARNet membership list  
• Searchable database for forum members  
• Advertisement of sources of funding via SARNet website | • SARNet register / member database maintained  
• 406 members consisting of allied health professionals, GPs, health service employees etc.  
• Forum members disciplines of 190 registered members  
• SARNet website informs and links to funding opportunities, and vacant positions | Fig 4, A12  
Fig 4  
Fig 5  
A7a |
| 4. To develop and foster collaborative links | 1. Continue to facilitate and develop strategic collaborative links with SARNet enabled Tri-state PHCRED Collaboration | • Contribution made to the Tri-state PHCRED Collaboration  
• 5 Collaboration meetings attended | | See PHCRED Collaboration Annual Report |
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| links between primary health care organisations                                        | affiliated groups as shown in Fig. 2, in particular, Divisions of General Practice and state based organisations, and with the new larger State-based PHCREDr Collaboration | • Program of SARNet event(s) with opportunities for organisations to meet and discuss potential areas of collaboration  
• Continued development of relationships with regional Divisions, South Australian Divisions of General Practice Inc. (SADI)  
• Collaborations sought with and involvement of PHCREDr staff offered to research and evaluation groups e.g. Divisions, SADI, number of opportunities identified and outcomes  
• Continued involvement of Southern Division of General Practice representative and other stakeholders on Flinders | • Presentations of Flinders PHCREDr funding holders at PHCREDr Collaboration Event in Port Lincoln, 28 Nov 05  
• SARNet training workshops provided  
• Contribution to evaluation workshop with Divisions of GP  
• PHCREDr-SA website maintained until Jun 05, and hosted until Dec 05  
• 11 SARNet research training workshops held  
• Articles in SADI newsletter  
• Div GP staff members of SARNet  
• Contribution to evaluation workshop for Div GP  
• Consultation project with Barossa Div GP on youth health survey including advice on ethics application, study and questionnaire design, data entry and analysis, and report writing, comprehensive report produced  
• Evaluation training with Adelaide Div GP held, and advice on grant application given  
• SDGP rep on advisory committee | D1  
A5, D2a  
D2b  
D6  
A5  
C6  
Fig 4  
D2b  
D3  
D2a  
E2  
<p>|</p>
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<td></td>
<td>PHCRED advisory committee</td>
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<tr>
<td></td>
<td></td>
<td>• Continued exploration of</td>
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<tr>
<td></td>
<td></td>
<td>areas for further</td>
<td></td>
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<td></td>
<td></td>
<td>collaboration</td>
<td></td>
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<td></td>
<td>with and between</td>
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<td></td>
<td>rural groups (in</td>
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<td>conjunction with state</td>
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<td></td>
<td>activities)</td>
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<td></td>
<td>• SARNet support for</td>
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<td></td>
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<td>GGT-UDRH including</td>
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<td></td>
<td></td>
<td>advice on Bursary program</td>
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<td></td>
<td></td>
<td>via SARNet website, 3</td>
<td></td>
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<td></td>
<td></td>
<td>training workshops</td>
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<td></td>
<td></td>
<td>delivered</td>
<td></td>
<td>A4</td>
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<td>A4</td>
<td></td>
<td>A5</td>
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5. To enhance the research, evaluation and development infrastructure for primary health care providers, students, and consumers

1. Further develop infrastructure and resources section of SARNet website and Flinders PHCRED library
2. Maintain staffing infrastructure to support and mentor RDP fellows, SARNet bursaries and writing grant holders
3. Maintain and enhance PHCRED and SARNet websites, including links to relevant sources of national and international expertise and PHCRIS website
4. Secure further physical resources and space for PHCRED activities, if required
5. Continue to offer expertise to registrar research grants activities nationally by acting as member of GPET Registrar Research and Scholarship Committees

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<th><strong>Documentation in Appendix</strong></th>
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<tr>
<td></td>
<td>• Continued employment of</td>
<td>• Director LF (0.8 FTE),</td>
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<tr>
<td></td>
<td>core PHCRED staff</td>
<td>Program Manager KR (1.0</td>
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<td></td>
<td>(Figure 2), specifically,</td>
<td>FTE), Program Consultant</td>
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<tr>
<td></td>
<td>Director, Program</td>
<td>KW (Casual) employed in</td>
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<tr>
<td></td>
<td>Program Manager and</td>
<td>2005</td>
</tr>
<tr>
<td></td>
<td>PHCRED consultant</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Membership list and</td>
<td>• 406 SARNet members</td>
</tr>
<tr>
<td></td>
<td>activities of SARNet</td>
<td>• 16 Bursary + 6 Writing</td>
</tr>
<tr>
<td></td>
<td>as in Objectives 1 &amp; 2</td>
<td>Grant holders mentored,</td>
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<td></td>
<td>• Advertisement of local</td>
<td>11 SARNet training</td>
</tr>
<tr>
<td></td>
<td>research and evaluation</td>
<td>workshops held, SARNet</td>
</tr>
<tr>
<td></td>
<td>resources</td>
<td>website maintained, SARNet</td>
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<td></td>
<td>• Numbers of Fellowships,</td>
<td>Snapshots developed and</td>
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<tr>
<td></td>
<td>bursaries and writing</td>
<td>published, SARNews &amp;</td>
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<td></td>
<td>grants mentored and</td>
<td>monthly e-updates</td>
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<td></td>
<td>see Objective 2 for</td>
<td>distributed</td>
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<td></td>
<td>outcomes</td>
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<td></td>
<td>• Website presence of</td>
<td>• Links to relevant websites</td>
</tr>
<tr>
<td></td>
<td>PHCRED and SARNet and</td>
<td>and resources</td>
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<td></td>
<td>links</td>
<td>updated</td>
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<td></td>
<td>• Links to relevant</td>
<td>• 2 RDP fellows, 1 PhD</td>
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<td></td>
<td>PHCRED stakeholders</td>
<td>student, 16 Bursary + 6</td>
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<td></td>
<td></td>
<td>Writing Grant holders</td>
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<td>Financial report</td>
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<td>Fig 4, A12</td>
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<td>B1, B2, B3</td>
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<td>A1, A2</td>
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| 6. Continue to act on the National Standing Committee - Research [NSC-R] of the RACGP | • Number and type of physical resources secured including space, computer hardware and software  
• Expertise offered to Registrar Research  
• Maintenance of links to GPET and RACGP committees | • 6 workshop stations secured  
• Director (LF) ad Program Manager (KR) presented and facilitated workgroups at the 3-day National Registrar Research Workshop in July 05  
• LF is member of GPET and RACGP committees | A5 |
| 6. To raise the profile and quality of the Dept of GP in research, evaluation and development | 1. Continue to manage and support PHCRED Department fortnightly research seminar program  
2. Mentor new Researcher Development Program fellows and encourage fundholders to continue formal research education including Masters and PhD candidature  
3. Advertise and support applications for PHCRED initiated NH&MRC Primary Health Care Postgraduate - Research Scholarships  
4. Continue to supervise PhD candidate on NH&MRC grant | • Seminar series organised within Department, nature speakers attracted and attendance  
• Progress of Researcher Development Program Fellows  
• Number of supported applications for PHCRED/NH&MRC Health Care Postgraduate - Research Scholarships  
• Progress NH&MRC-funded PhD student | • 16 seminars held in 2005; variety of speakers on PHC topics; usually 10-15 staff present at meetings  
• Both RDP fellows completed their projects in 05, presented their findings at conferences, and in publications.  
• One RDP Fellow continued to PhD (NP), obtained NH&MRC PhD Scholarship at Deakin University. The other RDP Fellow (BB) is in the process of completing her Masters Degree in Community Development and Management, through Charles Darwin University, NT, including a strong Indigenous focus).  
• RCT phase 1 completed, in process of data analysis; to commence phase 2 of RCT | C1, B1, B2, B3 |
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<tr>
<td>5. Encourage staff to publish in relevant literature and offer support to Departmental staff in completing manuscripts, articles, abstracts, competitive grant applications, scholarships and awards especially through Department writing group</td>
<td>• Department Writing group output</td>
<td>• AA presented at RACGP conference and published an article on her focus group work in AFP</td>
<td>C2b</td>
<td></td>
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<tr>
<td>6. Present Flinders PHCREDS outputs at national GP&amp;PHC conference and at other relevant forums where possible, including annual state event</td>
<td>• Attendance of eligible staff at supervision workshops staff qualified to supervise higher degree students</td>
<td>• 2 Fact Sheets on presentation skills, distribution via PHCRIS; Dept webpage updated; feedback provided on peer review papers, conference abstracts, brochures and posters</td>
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<tr>
<td>7. Monitor supervisory capacity in Department for higher degree students and encourage suitably qualified to do basic training requirements</td>
<td></td>
<td>• Current eligible staff had attended workshop prior 2005</td>
<td>Program Manager, KR, attended Flinders Foundations Course for University Teaching</td>
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| 7. To help achieve an evidence-based culture in primary health care practice | 1. Continue to develop appraised links to evidence-based sites through SARNet website (all links screened for content and applicability to members)  
2. Continue to develop the new Primary Health Care Journals section on the SARNet website  
3. Continue to provide SARNet training events in netting evidence, critical appraisal and provide a new workshop on systematic reviews  
4. Notify SARNet members of relevant capacity building opportunities offered by local providers through State Collaboration website | • Invitation to SARNet members and Divisions to events and notification of relevant external events  
• Program of SARNet training events  
• Website links from SARNet website to evidence-based sources  
• PHC journals section of website  
• Contributed to collaboration website, in particular training calendar | • Information disseminated via monthly SARNet email-updates and SARNet website  
• 11 SARNet training workshops provided  
• Website Links updated and new resources (SARNet Snapshots) developed  
• PHC journals section of website updated  
• Collaboration website maintained until Jul 05, and hosted until Dec 05 | A9, A7  
A5  
A7, A6  
A7a  
D6 |
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<tr>
<td>8. To contribute to setting priorities for primary health care research and evaluation directions and policy at a national level</td>
<td>1. Maintain effective communication and liaison with PHCRIS regarding PHCRED issues</td>
<td>• Attendance of PHCRIS representative on PHCRED business meetings</td>
<td>E McIntyre and L Kalucy represented PHCRIS at PHCRED business meeting in 2005</td>
<td>E1</td>
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<td>2. Facilitate presentations from State and Federal Departments of Health in Departmental seminar program and at SARNet events to continue dialogue and mutual interaction regarding policy and research and offer such opportunities to SARNet members</td>
<td>• Presentation by Department of Human Services (DHS) or Department of Health and Ageing (DoHA) representative at seminar series and/or SARNet event</td>
<td>DHS and DoHA representatives were invited to all SARNet training events and PHCRED seminar series, but could not attend</td>
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<td></td>
<td>3. Contribute to Annual National PHCRED Meeting</td>
<td>• Attendance at annual PHCRED University initiative meeting, contributions to meeting and related initiatives</td>
<td>LF invited to attend the Strategic Planning meeting on 25 Aug 05</td>
<td>C3</td>
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<tr>
<td></td>
<td></td>
<td>• Continued representation of Flinders PHCRED at national forums including RACGP National Standing Committee – Research (A/Prof Liz Farmer)</td>
<td>KR attended national PHCRED meeting on 20 Sept 05</td>
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<td>Presentation of 3 PHCRED staff at RACGP conference in Aug/ Sept 05 (LF, KR, AA)</td>
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<td>LF on RACGP Committee</td>
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