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How to use this booklet

This booklet contains information about staff willing to supervise in the BHS Honours program in the College of Nursing and Health Sciences in 2024, and a list of existing projects that staff are looking for Honours students to be involved in.

Please browse both the list of supervisors and the list of existing projects. You may then contact any of the staff listed to enquire about applying for one of the listed projects OR to discuss development of a different project in your area of interest. A supervisor and an agreed project outline need to be arranged before applying for the Honours program. Please consider reading the profiles across all areas, as you may find someone with a similar interest to you who is listed in a discipline that you might not have thought of!

Please contact the BHS Honours Course Coordinator if you have any questions or if you have an area of research interest that is not listed. Further information about applying for Honours can be found here: https://www.flinders.edu.au/study/apply/honours

We look forward to working with you to find a supervisor and project that will inspire you on your Honours journey!

Dr Jessie Shipman, BHS Honours Course Coordinator
jessie.shipman@flinders.edu.au
(08) 8201 7646
Staff Available for Honours Supervision 2024

This section contains staff available for Honours supervision within the College of Nursing & Health Sciences for the Bachelor of Health Sciences (Honours) program. The listings show each staff member’s areas of research interest.

Also see https://www.flinders.edu.au/caring-futures-institute/researcher-profiles for overall research areas.

Students should contact potential supervisors to discuss Honours projects with them in more detail before submitting an Honours application.
Caring Futures Institute

**Professor Joanne Arciuli;** joanne.arciuli@flinders.edu.au; human communication across a variety of languages and cultures, child development and disability; wellbeing in disadvantaged and marginalised groups, parenting, and clinical practice.

**Dr Lemma Bulto;** lemma.bulto@flinders.edu.au; Telehealth Education And Counselling program to optimise secondary prevention of Heart disease for patients with cardiovascular disease in rural Australia: Cardiovascular disease treatment and prevention guidelines.

**Dr Fiona Crawford-Williams;** Fiona.crawfordwilliams@flinders.edu.au; cancer survivorship, cancer follow-up care, health service models, rural and regional health, health behaviours, qualitative methods.

**Dr Rebecca Feo;** rebecca.feo@flinders.edu.au; Fundamental care, care provider-care recipient relationships, nurse-patient relationships, men’s health and help-seeking, qualitative methods.

**Professor Rebecca Golley;** rebecca.golley@flinders.edu.au; applied research to inform, develop, test, and disseminate public health initiatives to improve children’s diet quality, prevent obesity and support children’s growth, learning and development.

**Dr Chad Han;** chad.han@flinders.edu.au; Frailty, Older Adults, Geriatric Oncology, Knowledge Attitude Practice; Nutrition-Exercise interventions.

**Dr Sarah Hunter;** sarah.hunter@flinders.edu.au; Knowledge translation; Fathering and Masculinities.

**Dr Claire Hutchinson,** claire.hutchinson@flinders.edu.au, social return on investment analysis, disability employment pathways, lived experiences of social care recipients, quality of life, psychosocial well-being, mixed methods.

**Dr Brittany Johnson;** brittany.johnson@flinders.edu.au; Child nutrition, School food, Health behaviour change, Early childhood obesity prevention, Eating disorder risk in weight management, Food social norms, Playgroups.

**Dr Jyoti Khadka;** jyoti.khadka@flinders.edu.au; healthy ageing, patient-reported outcomes, and the application of psychometric methods to develop quality of life assessment instruments.

**Professor Alison Kitson;** alison.kitson@flinders.edu.au; Fundamentals of Care, Knowledge Translation & Implementation Science, Evidence Based Clinical Practice in Health Care.

**Dr Michael Lawless;** michael.lawless@flinders.edu.au; ageing; frailty; health communication; qualitative methods; knowledge translation.

**Dr Elizabeth Lynch;** elizabeth.lynch@flinders.edu.au; stroke rehabilitation; implementation science; guidelines; co-design.

**Dr Christine Mpundu-Kaambwa;** christine.mpundu-kaambwa@flinders.edu.au; Health economics of child health, Health economics of disability, public health.
Dr Maria Alejandra Pinero de Plaza; alejandra.pinerodeplaza@flinders.edu.au

Professor Julie Ratcliffe; julie.ratcliffe@flinders.edu.au; economic evaluation for health and social care sectors; measurement and valuation of health, quality of life and wellbeing outcomes for economic evaluation

Aged Care & Palliative Care

Aged Care Research and Industry Innovation Australia (ARIIA) is working with the aged care workforce to assist the implementation of translational research projects utilising co-design approaches. ARIIA will support aged care workers to undertake effective and practical co-design with older people, who are often difficult to engage or hard-to-reach, through training and resource development. Information about the ARIIA team can be found here: https://www.ariia.org.au/our-team

The Flinders Research Centre for Palliative Care Death and Dying has experts who focus on end of life and palliative care across the life course, throughout the community and offer unique perspectives on life and death. We are home to national palliative care resources, including CareSearch, End of Life Essentials and palliAGED.

Our supervisors are currently working on projects spanning advanced symptom management, ageing, end of life care in acute settings, equitable access to palliative care services and bereavement.

Dr Deidre Morgan

Dr Caroline Phelan; Caroline.Phelan@flinders.edu.au: pain assessment and management (acute, chronic, cancer, neuropathic, sub-acute, palliative), decision making, advanced symptom management, thirst, sleep, delirium, qualitative methodologies, critical theory.

Dr Sara Javanparast

Professor Jennifer Tieman

Audiology

Dr Eloise Doherty; eloise.doherty@flinders.edu.au; auditory processing, paediatric audiology, music in healthcare, psychology of music, qualitative research methods

Clinical Rehabilitation

Contact A/Prof Maayken van den Berg (maayken.vandenberg@flinders.edu.au) to discuss any other project ideas related to Clinical Rehabilitation.
Disability & Community Inclusion

Dr Irene Belperio; irene.belperio@flinders.edu.au; ageing and disability; ageing in culturally and linguistically diverse communities; family dynamics and intergenerational caring roles; women and intergenerational caring roles; qualitative methods

Dr Claire Hutchinson, claire.hutchinson@flinders.edu.au, social return on investment analysis, disability employment pathways, lived experiences of social care recipients, quality of life, psychosocial well-being, mixed methods.

Dr Fiona Rillotta; fiona.rillotta@flinders.edu.au intellectual disability, self advocacy, inclusion, higher education, disability

Professor Sally Robinson; sally.robinson@flinders.edu.au; violence and abuse against people with disability, participation/voice of children and young people with disability, ethics, inclusive research methods.

Exercise Science

A/Prof Maarten Immink; maarten.immink@flinders.edu.au; mindfulness, yoga, mind-body, physical activity, cognition, motor learning and development, skill acquisition, performance

Dr Joyce Ramos; joyce.ramos@flinders.edu.au; Clinical Exercise Physiology

Dr Matthew Wallen; matthew.wallen@flinders.edu.au; Exercise & cancer

Health Sciences

Dr Matthew Ankers; matthew.ankers@flinders.edu.au; Mental health nursing, global public health, nurse practitioner led care.

Dr Claire Gough; Claire.gough@flinders.edu.au; robotics in rehabilitation, digital health, community participation, physical activity and reintegration into the community during transition care.

A/Prof Ivanka Prichard; ivanka.prichard@flinders.edu.au; Health psychology; body image across the lifespan, physical activity, food consumption; social media.

Dr Jen Fish; jfish@flinders.edu.au; Effective communication skills in healthcare, Reflective practice, Health psychology, Qualitative and quantitative research methods
Midwifery

Professor Annette Briley; annette.briley@flinders.edu.au; IOL rates/reasons/outcomes; Pregnancy after full dilatation caesarean section/after a preterm birth; Knowledge around supplementary iron in pregnancy; e-Cigarettes in pregnancy; Prenatal screening decisions; Sources of information accessed by women in pregnancy & postpartum; Breastfeeding in obese women; Women’s understanding & management of gestational diabetes; Estimation of blood loss at birth; Triggers to escalate management; Antenatal education/preparation; Workload through the antenatal day unit; Resilience within midwifery staff.

Dr Megan Cooper; megan.cooper@flinders.edu.au; Water immersion/water birth; Women’s experiences of maternity care; Induction of labour; Informed consent/choice; Respectful maternity care; Physiological labour/birth; Postnatal care; Midwifery models of care; Birth centres; Student competence in emergencies; Digital learning; Inquiry and scenario-based learning; Communication in midwifery; Shoulder dystocia

Liz McNeill; liz.mcneill@flinders.edu.au; Communications skills; Missed care; Simulation learning; Authentic and programmatic assessment; Military midwifery; Diverse gender midwifery experiences; Birth trauma & PTSD – veterans, women, midwives, students; Interprofessional learning; Digital learning.

Nursing

Dr Anne Mette Adams; mette.adams@flinders.edu.au; critical care nursing; systematic review, patient agitation and delirium, fundamentals of care, staff wellbeing, mixed-methods; and qualitative methods

Jessie Anderson; jessie.anderson@flinders.edu.au; Emergency Nursing; Health Workforce Development; Comprehensive Primary Health Care; Remote and Indigenous Health; Nursing education.

Professor Robyn Clark; robyn.clark@flinders.edu.au; cardiac rehabilitation programs related patient reported experience/patient satisfaction (PREMS), patient reported outcomes (PROMS), medication adherence, evidence-based-pharmacotherapy

Dr Tiffany Conroy; tiffany.conroy@flinders.edu.au; Systematic review, fundamentals of care, knowledge translation, leadership, nursing, qualitative methods, evidence-based practice

Dr Hila Dafny; hila.dafny@flinders.edu.au; Nursing; Workforce, Workplace Environment, Workplace violence, Well-being, Burnout, Support, Self-care and care for others, Systematic Review, Umbrella Review, Qualitative, Quantitative, Mixed-methods.

Dr Anita De Bellis; anita.debellis@flinders.edu.au; health, nursing, aged care, dementia care, end of life care, qualitative methodology.

Bridget Henderson; bridget.henderson@flinders.edu.au. Nursing education, emergency nursing, and nursing in defence.
**Professor Jeroen Hendriks;** jeroen.hendriks@flinders.edu.au; nursing science, novel models of care delivery, integrated care, multidisciplinary teams, cardiac arrhythmias, atrial fibrillation, associated cardiovascular conditions.

**Dr Lauren Lines;** lauren.lines@flinders.edu.au; Child health & wellbeing, paediatric nursing, child abuse & neglect, supporting families experiencing social/economic adversity, qualitative methods.

**A/Prof Amanda Müller;** Amanda.muller@flinders.edu.au; epidemiology, infectious diseases, social determinants of health, public health, culturally and linguistically diverse populations, healthcare communication, applied linguistics, language skills, writing skills, health psychology, educational research, e-learning, social media, assistance dog research. (Quantitative: parametric, non-parametric, Rasch, survey validation; qualitative; and mixed methods).

**A/Prof Yvonne Parry;** yvonne.parry@flinders.edu.au; children living in disadvantaged communities and families, children Health assessments and developmental screening, child and Family access to health care, mixed methods.

**Dr Nicole Snaith;** nicole.snaith@flinders.edu.au; Mental Health Nursing, Mental Health, Mindfulness, Yoga, Alternative therapies.

**Dr Nina Sivertsen;** nina.sivertsen@flinders.edu.au; systematic reviews, health services research, workforce development, culture in care, First Nations People’s health, Aboriginal and Torres Strait Islander women’s and children’s health, First Nations birthing experiences, birthing on country model, cultural diversity in health, cultural safety, nursing, curriculum design, Indigenous health in global contexts, consequences of colonisation on health and well-being, decolonisation in health and education, inclusive research methods, ethics, qualitative methods.

**Nutrition**

**Dr Anthea Brand;** anthea.brand@flinders.edu.au; Nutrition, remote health, Aboriginal and Torres Strait Islander Health, primary health care, public health, qualitative methods

**Dr Lucy Bell;** lucy.bell@flinders.edu.au; Child nutrition, Grandparents, Health behaviour change, Early childhood obesity prevention

**Dr Brittany Johnson;** brittany.johnson@flinders.edu.au; Child nutrition, School food, Health behaviour change, Early childhood obesity prevention, Eating disorder risk in weight management, Food social norms, Playgroups

**Professor Michelle Miller;** michelle.miller@flinders.edu.au; health services research including clinical nutrition intervention studies, aged care nutrition and food services research, nutrition and frailty, cancer cachexia, nutrition in prevention and treatment of chronic disease including cardiovascular disease

**Dr Jolene Thomas;** jm.thomas@flinders.edu.au; nutrition and vascular surgery; clinical dietetics.

**Dr Alison Yaxley;** alison.yaxley@flinders.edu.au; Healthy ageing; Aged Care; Malnutrition; Body composition; Inflammation; Tool development; Food service.
Occupational Therapy

**Professor Stacey George;** stacey.george@flinders.edu.au: occupational therapy intervention; stroke and brain injury rehabilitation; healthy ageing; allied health practice; telehealth.

**Heather Block:** heather.block@flinders.edu.au healthy ageing, implementation science, occupational therapy

**Dr Suzanne Dawson;** Suzanne.dawson@flinders.edu.au: Ageing, mental health, psychosocial interventions

Optometry

**Prof Nicola Anstice;** nicola.anstice@flinders.edu.au: children’s vision, vision screening, myopia management

**Dr Jose Estevez;** jose.estevez@flinders.edu.au: vulnerable populations; blindness; diabetic retinopathy; vision impairment; eye health; equity; inequality; vision loss; diabetes; epidemiology; risk factors

**Dr Ranjay Chakraborty;** ranjay.chakraborty@flinders.edu.au: Myopia (or short-sightedness) and eye growth in humans; https://www.flinders.edu.au/people/ranjay.chakraborty

Paramedicine

**James Pearce;** james.pearce@flinders.edu.au: Paramedicine, prehospital care, paramedic education, scoping reviews, systematic reviews, health research reporting guidelines.

Physiotherapy

**Dr Claire Baldwin;** Claire.baldwin@flinders.edu.au: Physiotherapy, acute care, hospitalisation, physical activity, sedentary behaviour, older adults, gerontology, cardiorespiratory conditions, critical care, intensive care, educational research

**A/Prof Belinda Lange;** belinda.lange@flinders.edu.au: virtual reality, digital health, app-based exercise, systematic reviews, scoping reviews, physiotherapy, brain injury, stroke.

**Dr Tamina Levy;** tamina.levy@flinders.edu.au: Physiotherapy, stroke, rehabilitation, adherence, behaviour change, implementation, chronic disease management.

**A/Prof Lucy Lewis;** lucy.lewis@flinders.edu.au: physical activity and sedentary behaviour across the lifespan, objective measurement of activity
Dr David Stevens; david.stevens@flinders.edu.au; sleep, concussion/TBI, physical activity, rehabilitation

Speech Pathology

A/Prof Sebastian Doeltgen; sebastian.doeltgen@flinders.edu.au; swallowing disorders, swallowing biomechanics, pharyngeal high-resolution manometry; biofeedback; swallowing rehabilitation; systematic and scoping reviews.

Dr Joanne Murray; joanne.murray@flinders.edu.au: dysphagia rehabilitation; free water protocols; stroke rehabilitation; dementia related cognitive communication; oral healthcare; knowledge translation in health and aged sectors; health practice guidelines.
Existing Projects Available for Honours 2024

This section contains example projects that are currently available within the College of Nursing & Health Sciences for the Bachelor of Health Sciences (Honours) program.

Also see https://www.flinders.edu.au/caring-futures-institute/researcher-profiles for overall research areas.

Students should contact potential supervisors to discuss Honours projects with them in more detail before submitting an Honours application.
Community-based peer support for older adults with multiple chronic conditions: A scoping review

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<thead>
<tr>
<th>Supervision team</th>
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<tbody>
<tr>
<td>Primary supervisor: Dr Michael Lawless</td>
</tr>
<tr>
<td>Research Fellow, College of Nursing and Health Sciences, Flinders University</td>
</tr>
<tr>
<td>P: +61 8 8201 3655</td>
</tr>
<tr>
<td>E: <a href="mailto:michael.lawless@flinders.edu.au">michael.lawless@flinders.edu.au</a></td>
</tr>
<tr>
<td>Secondary supervisors: Dr Rebecca Feo, Dr Jolene Thomas</td>
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<tr>
<th>Proposed Honours Project</th>
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<tbody>
<tr>
<td>Title: Community-based peer support for older adults with multiple chronic conditions: A scoping review</td>
</tr>
<tr>
<td>Background: The aging population is on the rise, leading to an increased number of older adults living with multiple chronic conditions (MCC). Managing their diverse health needs is challenging for individuals, families, and healthcare systems. Community-based peer support programs, increasingly facilitated using technology, have emerged as a promising solution. These programs aim to enhance self-management capabilities, improve health outcomes, and mitigate the social isolation commonly experienced by older adults with MCC [1,2]. Developing a better understanding of community-based peer support programs is vital for designing targeted and effective strategies that meet the needs of this vulnerable and rapidly growing population.</td>
</tr>
<tr>
<td>Aim: To identify and map existing literature and key characteristics of community-based peer support programs for older people with MCC. Findings from the review will directly inform the development and implementation of future evidence-based peer support.</td>
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<tr>
<td>Suggested reading related to this topic:</td>
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<tr>
<td>This project aligns with the Caring Futures Institute theme: Quality Aged Care</td>
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<tr>
<th>Additional information</th>
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<tbody>
<tr>
<td>There are no specific skills required to complete this project. Training and support will be provided.</td>
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### The effectiveness of strategies and interventions to enhance care provider-recipient relationships in acute care settings: A systematic review

<table>
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<th>Supervision team</th>
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<tbody>
<tr>
<td><strong>Primary supervisor:</strong> Dr Rebecca Feo <a href="mailto:Rebecca.feo@flinders.edu.au">Rebecca.feo@flinders.edu.au</a></td>
</tr>
<tr>
<td><strong>Secondary supervisor:</strong> Dr Jolene Thomas</td>
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#### Proposed Honours Project

The effectiveness of strategies and interventions to enhance care provider-recipient relationships in acute care settings: A systematic review

Therapeutic relationships between care providers and care recipients are essential to high-quality care delivery, experiences, and outcomes. Yet, little is known about the relative effectiveness of strategies, practices, and interventions designed to support the development of these relationships. This is particularly the case within acute care contexts, with much of the literature focusing instead on ways to develop and enhance provider-recipient relationships in mental health settings. To ensure the development of high-quality relationships between care recipients and providers in acute care settings, it is imperative to identify and understand the effective interventions and strategies for facilitating and maintaining these relationships. This study will therefore take the form of a systematic review, aiming to understand the effectiveness of best practice strategies or interventions for developing high-quality care recipient-provider relationships in acute care settings.

**Suggested reading:**

Example of an existing review exploring care provider-recipient relationships in mental health contexts:


This project aligns with the Caring Futures Institute theme: Better Care

**Additional information**

No specific knowledge or skills are required. Most of my research to date has been on nurse-patient relationships however I am keen to explore care provider-recipient relationships across disciplines, hence, students with any disciplinary background are welcome to contact me.

[Rebecca.feo@flinders.edu.au](mailto:Rebecca.feo@flinders.edu.au)
Early Intervention Initiatives for chronic conditions– the perspectives of primary care professionals

Supervision team

Primary supervisor: Heather Block
Heather.block@flinders.edu.au

Secondary supervisor: Professor Stacey George

Proposed Honours Project

Early Intervention Initiatives for chronic conditions– the perspectives of primary care professionals

This research involves exploring early identification and provision of evidence-based primary care to support healthy ageing for people aged 40-70 years with chronic conditions.

A high proportion of the Australian population is ageing with increased numbers experiencing multiple chronic conditions, frailty and dementia. These chronic conditions pose increase risks of hospitalisation, disability, placement in residential care, reduced quality of life, loneliness and social isolation. Primary care services (ie. general practices) are imperative in supporting healthy ageing through early diagnosis, effective management of chronicity, and multi-disciplinary interventions. However, implementation of healthy ageing best-practice approaches into routine primary care has been limited.

This qualitative study will explore the factors that influence implementation of healthy ageing best-practice approaches in primary care settings from the perspectives of general practitioners, practice nurses, practice managers, and primary care allied health professionals.

Suggested reading:

Additional information

Any health sciences, allied health or nursing degree
Rural and remote allied health service providers perspectives on rural generalist practice

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<th>Supervision team</th>
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<tr>
<td>Primary supervisor: Ali Dymmott</td>
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<tr>
<td><a href="mailto:Ali.dymmott@flinders.edu.au">Ali.dymmott@flinders.edu.au</a></td>
</tr>
<tr>
<td>Secondary supervisor: Rachel Milte</td>
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### Proposed Honours Project

Rural and remote allied health service providers perspectives on rural generalist practice

This research involves exploring the perspectives and experiences of supervisors and managers working in rural and remote areas who are supporting an allied health professional to develop rural generalist skills.

Rural and remote organisations face challenges recruiting and retaining health professionals. Allied health professionals face challenges in terms of managing a broad and demanding caseload, working with limited resources and supports and limitations in career progression. The allied health rural generalist pathway is a post graduate qualification developed for early career allied health professionals to develop skills and knowledge to work across a broad scope of practice with the aims of improving health and workforce outcomes.

This honour project will explore the experience of private and non government organisations who are employing and supporting an allied health rural generalist trainee to identify benefits and challenges they have faced and to explore enablers and barriers for supporting the development of generalist skills in their organisations. The project will involve conducting qualitative interviews with the organisations and analysing the data to develop a set of synthesised findings and workforce recommendations.

Suggested reading


### Additional information

Any health degree
The impact of home modifications

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<tr>
<td>Primary supervisor: Heather Block</td>
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<tr>
<td><a href="mailto:Heather.block@flinders.edu.au">Heather.block@flinders.edu.au</a></td>
</tr>
<tr>
<td>Secondary supervisor: Professor Stacey George, Ali Dymmott</td>
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The impact of home modifications

Occupational therapists assess and recommend home modifications to support independence and meaningful participation in the home. As a large proportion of the Australian population ages, home modifications (such as rails, ramps, bathroom redesigns) can facilitate age-friendly environments for independence in the home. Research exists in the benefits of home modifications, however no rigorous evaluations have addressed the impact of home modifications for diverse groups, particularly those from culturally and linguistically diverse groups (CALD).

This honours project involves conducting interviews with people aged 50 years and above who either speak English, or are culturally and linguistically diverse, who have received home modifications. Interviews will also be conducted with professionals involved in assessing, prescribing and installing home modifications. This qualitative study will explore the impact of home modifications from the perspectives of ageing diverse groups, and from the perspectives from key stakeholders.


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Degree in Occupational Therapy
Barriers and enablers in using telehealth in residential aged care homes for primary care consultations

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<th>Supervision team</th>
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<tbody>
<tr>
<td>Primary supervisor: Heather Block</td>
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<tr>
<td><a href="mailto:Heather.block@flinders.edu.au">Heather.block@flinders.edu.au</a></td>
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<tr>
<td>Secondary supervisor: Professor Stacey George</td>
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<tr>
<td>People residing in residential aged care homes (RACHs) have significant unmet needs and poorer health outcomes than those living in the community. Telehealth offers the opportunity to increase timely, accessible and coordinated primary care to people in RACHs, however uptake of telehealth in RACHs is limited.</td>
</tr>
<tr>
<td>This project aims to explore the barriers and enablers in using telehealth in residential aged care homes for primary care consultations. Interviews will be conducted with older people residing in RACHs, RACH staff, and primary care professionals (general practitioners, practice nurses and allied health professionals). Interview data will be analysed thematically to explore factors that influence uptake of videoconferencing telehealth in RACHs for primary care consultations.</td>
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<th>Additional information</th>
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<tr>
<td>Any health sciences, allied health or nursing degree</td>
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</table>
Best practice information provision to stroke survivors

### Supervision team

**Primary supervisor:**
Stacey George, Occupational Therapist, Professor Healthy Ageing, Support and Care  
[https://www.flinders.edu.au/people/stacey.george](https://www.flinders.edu.au/people/stacey.george)

**Secondary supervisor:** Elizabeth Lynch, Maayken van den Berg

### Proposed Honours Project

Best practice information provision to stroke survivors

Information needs are critically high in people after stroke, due to stroke’s rapid onset, potentially life-long consequences and risk of recurrence.

The aims of this project are to:

1. To explore the perspectives of individuals post stroke as to the timing and method of information provision related to recovery and support.

2. To explore the perspectives of clinicians about current practice about information provision related to recovery and identify suggestions for improvement.

This co-design project will ensure stroke survivors and clinicians work together to improve how information is provided in the acute/rehabilitation services. Data collection will occur at Lyell McEwin Hospital and Modbury Rehabilitation Centre.


This project aligns with the Caring Futures Institute themes with its dedication to the study of self-care and caring solutions across the lifespan leading to better care, by identifying the information needs to support engagement with therapy and recovery following stroke.

### Additional information

Any allied health, nursing or health background, high level of verbal communication skills, and academic writing skills.
**Development of an evidence informed framework in Ageing across the continuum of primary care**

### Supervision team

**Primary supervisor:**

Stacey George, Occupational Therapist, Professor Healthy Ageing, Support and Care  
[https://www.flinders.edu.au/people/stacey.george](https://www.flinders.edu.au/people/stacey.george)

**Secondary supervisor:** Lesley Habel, Adelaide Primary Health Network, Heather Block

### Proposed Honours Project

**Development of an evidence informed framework in Ageing across the continuum of primary care**

The Adelaide Primary Health Network is focused on improving health outcomes, and experiences of primary healthcare within the Adelaide metropolitan region. This includes for individuals to connect and facilitate a quality health system, with the right care, in the right place, at the right time, with the right provider. In 2022 a new Aged Care program commenced at the PHN which includes initiatives such as: Out of hours care in residential care; Early intervention to support healthy ageing; and Greater choice in palliative care. With this new program of work the PHN requires the development of an evidence informed framework that integrates aging, continuum of care and chronic disease approaches to inform the overarching aged strategy. This project will involve a systematic review of the literature and cocreation of a framework.

This project aligns with the Caring Futures Institute themes with is dedication to the study of self-care and caring solutions across the lifespan leading to better lives, better care and better systems.

**Reading:**  

**Additional information**

Any allied health, nursing or health background, high level of verbal communication skills, and academic writing skills.
Identify the needs of advanced care planning in vulnerable populations

Supervision team

Primary supervisor:

Stacey George, Occupational Therapist, Professor Healthy Ageing, Support and Care

https://www.flinders.edu.au/people/stacey.george

Secondary supervisor: Lesley Habel, Adelaide Primary Health Network

Proposed Honours Project

Identify the needs of advanced care planning in vulnerable populations

The Adelaide Primary Health Network is focused on improving health outcomes, and experiences of primary healthcare within the Adelaide metropolitan region. This includes for individuals to connect and facilitate a quality health system, with the right care, in the right place, at the right time, with the right provider. In 2022 a new Aged Care program commenced at the PHN which includes initiatives such as: Greater choice in palliative care. With this new program of work the PHN requires an increased understanding of the advanced care planning needs of vulnerable populations including those who are homeless or at risk of homelessness.

This project aligns with the Caring Futures Institute themes with is dedication to the study of self-care and caring solutions across the lifespan leading to better lives, better care and better systems.

Reading:

Kaplan et al 2020 Barriers and solutions to advance care planning among homeless- experienced older adults

Additional information

Ability to liaise with library to develop systematic search, high level of verbal communication skills, developing critical thinking and academic writing skills.
**Evalua\textipa{\textemdash}on of integra\textipa{\textemdash}on across the Care Finder ini\textipa{\textemdash}ative in Ageing**

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<th>Supervision team</th>
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<tr>
<td><strong>Primary supervisor:</strong></td>
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<tr>
<td>Stacey George, Occupational Therapist, Professor Healthy Ageing, Support and Care</td>
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<td>\url{<a href="https://www.flinders.edu.au/people/stacey.george%7D">https://www.flinders.edu.au/people/stacey.george}</a></td>
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<tr>
<td><strong>Secondary supervisor:</strong> Lesley Habel, Adelaide Primary Health Network</td>
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<tr>
<th>Proposed Honours Project</th>
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<tr>
<td>Evaluation of integration across the Care Finder initiative in Ageing</td>
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The Adelaide Primary Health Network is focused on improving health outcomes, and experiences of primary healthcare within the Adelaide metropolitan region. This includes for individuals to connect and facilitate a quality health system, with the right care, in the right place, at the right time, with the right provider. In 2022 a new Aged Care program commenced at the PHN which includes initiatives such as: Carefinder to support the navigation of aged care services.

Integrated Care involves the provision of seamless, effective, and efficient care that reflects the whole of a person's health needs. This project will involve the development of an approach to the evaluation of integration across the Carefinder program.

This project aligns with the Caring Futures Institute themes with dedication to the study of self-care and caring solutions across the lifespan leading to better lives, better care and better systems.

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<tr>
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<tr>
<td>Xie et al., Navigating Community-Based Aged Care Services From the Consumer Perspective: A Scoping Review</td>
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<th>Additional information</th>
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<tr>
<td>Any allied health, nursing or health background, high level of verbal communication skills, and academic writing skills.</td>
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</table>
Mental health consumer experiences of using weighted modalities

Supervision team

Primary supervisor: Dr Suzanne Dawson
Suzanne.dawson@flinders.edu.au

Proposed Honours Project

Mental health consumer experiences of using weighted modalities

Agitation and distress are common issues in psychiatric inpatient settings. Weighted blankets offer a self-controlled and individualised approach to facilitate management of distress. This project will examine interviews with 12 consumer’s who were residing in an inpatient mental health rehabilitation unit. The project aimed to promote the uptake of weighted modalities (specifically weighted blankets), as a means to promote self-management strategies and enhance sleep. Use of weighted modalities (a sensory modulation approach) aligns to mental health and aged care (and dementia) policies and practice guidelines that promote non-pharmacological, recovery orientated and trauma informed care approaches. Whilst there is evidence of the impact of weighted modalities (on sleep, mood and medication use), there is less information about people’s experiences of using weighted modalities.

This project aligns with the Caring Futures Institute themes with is dedication to the study of self-care and caring solutions across the lifespan leading to better lives, better care and better systems.

Reading:

https://doi.org/10.1111/inm.12971

Additional information

Any allied health, nursing or health background, high level of verbal communication skills, and academic writing skills.
Co-developing a mental health employment program with individuals who experience borderline personality disorder

Supervision team

Primary supervisor: Dr Suzanne Dawson  
Suzanne.dawson@flinders.edu.au  
Secondary supervisor: Dr Claire Hutchinson

Proposed Honours Project

Co-developing a mental health employment program with individuals who experience borderline personality disorder

Employment is an important social determinant of health and is associated with positive health outcomes for people living with a mental illness. The prevalence of people with a diagnosis of borderline personality disorder (BPD) using mental health services is estimated at 23% for outpatient populations, and 43% for inpatient populations. Many individuals with BPD have difficulty achieving employment stability. Individual Placement and Support (IPS) is an evidence-based employment program that is effective in supporting individuals with severe mental illness to find work, although little is known about its effectiveness for individuals with BPD. This two-phase study seeks to (1) understand the barriers and facilitators experienced in supporting individuals with BPD to find and maintain work through the IPS program, and (2) establish best practice guidelines. A co-design methodology allows for the perspectives of all key program stakeholders to inform and guide the research process. This project will report on phase two of the project. The research will inform implementation strategies to improve vocational outcomes for individuals with BPD.

This project aligns with the Caring Futures Institute themes with is dedication to the study of self-care and caring solutions across the lifespan leading to better lives, better care and better systems.

Reading:
https://doi.org/10.1177/00207640231189424

Additional information

Any allied health, nursing or health background, high level of verbal communication skills, and academic writing skills.
Minimum wear time to assess sedentary behaviour and physical activity in hospitalised older adults

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<th>Supervision team</th>
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<tr>
<td>Primary supervisor: Dr Claire Baldwin <a href="https://www.flinders.edu.au/people/claire.baldwin">https://www.flinders.edu.au/people/claire.baldwin</a></td>
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<th>Proposed Honours Project</th>
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<tr>
<td>Title: “Minimum wear time to assess sedentary behaviour and physical activity in hospitalised older adults”</td>
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<tr>
<td>Outline: Inactivity is prevalent in the acute hospital setting. As research on interventions to address this problem moves forward, guidance on how to best analyse data gathered on physical activity and sedentary behaviour is required. The supervisory team have previously used research-level wearable-activity trackers (e.g. activPAL) to measure physical activity and sedentary behaviour in older adults in rehabilitation wards. There is currently no guidance on how many days or hours per day hospitalised older people need to wear these activity trackers to gain reliable estimates. The hypothesis is that the duration of monitoring is likely less than the 7 days recommended in the general population due to participant’s lower activity levels and comorbidities. By pooling existing data, this honours program is proposed to design a similar study to other populations and create new best-practice knowledge specific to older adults in the hospital setting.</td>
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<tr>
<td>The project is suited to someone interested in conducting retrospective and secondary technical analysis of data that has already been collected. The project may be completed by any student with a health professional background but may be of particular interest to physiotherapists, occupational therapists, exercise physiologists, health science graduates, or people interested in wearable activity trackers, data processing and quantitative research methods. The supervisory team will encourage the Honours candidate to publish their work in a peer-reviewed journal and possibly present it at a suitable conference.</td>
</tr>
</tbody>
</table>
Evaluating the benefit of preventing deconditioning in cancer patients.

### Supervision team

| Primary supervisor: Dr Rachel Milte, Health Services Research, [https://www.flinders.edu.au/people/rachel.milte](https://www.flinders.edu.au/people/rachel.milte) |
| Secondary supervisor: Professor Julie Ratcliffe, Health and Social Care Economics |

### Proposed Honours Project

**Title:** Evaluating the benefit of preventing deconditioning in cancer patients.

This project will evaluate the effectiveness of a new program currently being implemented in CAHLN to prevent deconditioning and improve outcomes for cancer patients. The program is multidisciplinary, involving physiotherapists, dietitians, nurses, allied health assistants, occupational therapists and more. The honours project will use data collected from current patients via hospital systems as well as via online surveys conducted with patients after their discharge. We will use this data to understand the impact of the program on patients, their quality of life and wellbeing, and their journey through the health system. We will look at the costs of running the program, as well as the potential savings to the health system through improving length of hospital stay, discharge destination, reducing community services etc. This project has the potential to influence policy and practice in this sector for the coming decades.

This project fits within the Caring Futures Institute Health and Social Care Economics theme.


### Additional information

No specific degree background required, but would suit students from Allied Health background or with an interest in multidisciplinary teams. The project will involve analysis of quantitative data.
Virtual Assessment of the Elderly Falls Patient with Head Injury: Development and Assessment of a Novel Protocol

Supervision team

Primary supervisor: Dr Darren Daff

Darren.daff@sa.gov.au

Secondary supervisor: Prof Robyn A Clark

Proposed Honours Project

Project Title: Virtual Assessment of the Elderly Falls Patient with Head Injury: Development and Assessment of a Novel Protocol

SA Virtual Care Service commonly sees elderly patients seeking virtual medical assessment following falls. Decisions around optimal care for this cohort is complex – balancing patient and family wishes, the well-known and significant risks of emergency department and hospital admission and the wide spectrum of clinical sequelae of falls in this vulnerable population – which can include significant injury.

Currently, there is no standardised approach to virtual assessment and management of falls in this population. A comprehensive, standardised approach to virtual assessment for falls in the elderly will reduce the risk of inconsistent care through guiding assessment and management decisions.
Caring for Caregivers: Implementing an evidence-informed program to support caregiver wellbeing

### Supervision team

<table>
<thead>
<tr>
<th>Primary supervisor: Dr Sarah Hunter</th>
<th><a href="mailto:Sarah.hunter@flinders.edu.au">Sarah.hunter@flinders.edu.au</a></th>
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<tr>
<td>Secondary supervisor: Dr Georgia Middleton</td>
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### Proposed Honours Project

Caring for Caregivers: Implementing an evidence-informed program to support caregiver wellbeing

There is a critical need for innovative practices to be embedded into the South Australian Early Years System to better support parents and caregivers in their own health and wellbeing. In prior work we identified programs, interventions, and strategies that support caregivers in their own self-care and wellbeing within the first 12 months post-birth. We worked with key stakeholders to identify how these could be implemented into the Early Years System. In the current project, we want to evaluate a pilot trial to determine whether a caregiver wellbeing program integrated into routine care compared to usual care a) improves the wellbeing of caregivers and 2) is feasible and acceptable to deliver.

This project is embedded within the Healthy Start to Life Area of Focus within the Caring Futures Institute.


### Additional information
# Eye health in Vulnerable Populations

## Supervision team

**Primary supervisor:**
Dr Jose Estevez  

**Secondary supervisor:**
Professor Jamie Craig  

## Proposed Honours Project

**Eye health in Vulnerable Populations**

We have multiple eye health research projects available that integrate epidemiology, social determinants of health, biological risk factors and genomics. Of particular importance is the Aboriginal and Torres Strait Islander population, those experiencing or at risk of homelessness and rural Australians, whereby there are significant inequities with high rates of blindness and diabetes compared to other Australians. The project will utilise a large database with social, clinical, biological variables and vision outcomes to understand why some individuals suffer blindness while others are relatively protected. Personalised approaches to care that consider an individual’s risk in context are likely to lead to better eye care for individuals and communities.

Some pre-readings here: “Working Towards Eye Health Equity for Indigenous Australians with Diabetes”  
[https://www.mdpi.com/1660-4601/16/24/5060](https://www.mdpi.com/1660-4601/16/24/5060)

**Key words:** Indigenous Australians; blindness; diabetic retinopathy; vision impairment; eye health; equity; inequality; vision loss; diabetes; epidemiology; risk factors

## Additional information

No specific eye health knowledge required - we will teach you what you need to know and support any skills you wish to learn. The project would suit any student with an interest in the health of priority populations.
From classrooms to careers: does investment in school-based career planning and industry-based work experience pay off? A follow up study with former student participants

**Supervision team**

<table>
<thead>
<tr>
<th>Primary supervisor: Dr Claire Hutchinson, disability employment pathways, evaluation, mixed methods, social impact, quality of life, <a href="https://www.flinders.edu.au/people/claire.hutchinson">https://www.flinders.edu.au/people/claire.hutchinson</a></th>
</tr>
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**Proposed Honours Project**

From classrooms to careers: does investment in school-based career planning and industry-based work experience pay off? A follow up study with former student participants

Policy shifts in disability employment over the last two decades have supported open employment over sheltered employment as delivering better financial, social, and psychosocial outcomes for people with disabilities. Yet sometimes young people and their families do not see open employment as a realistic goal.

An Adelaide based disability employment provider has been running a school-based program in metro and rural SA with the aim of raising the expectations of young people and their families and to increase post-school employment in open employment settings. The program consists of a tailored information session for families, two classroom sessions and a work discovery or work experience placement.

Some work has already been conducted by the supervision team to evaluate the program, but we are now seeking a student to conduct a follow up study with students who completed the program and have now left school.

The student will be required to conduct interviews, transcribe interviews from audio recordings, conduct basic quantitative data analysis using SPSS, code qualitative data using NVivo. It is also expected that the student will co-author a journal paper with the supervisors.

**Suggested reading:**


This project aligns with the Caring Futures Institute focus area of inclusion and disability.

**Additional information**

An interest in disability employment and a basic background in mixed methods approaches. Some basic SPSS skills would be an advantage. The supervisors will provide training in the use of NVivo.
Inclusive consumer engagement: a resource for aged care workers to facilitate co-design for innovation implementation with hard-to-reach ageing populations

**Supervision team**

<table>
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<tr>
<th>Primary supervisor: Stephanie Champion</th>
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<tr>
<td><a href="mailto:stephanie.champion@flinders.edu.au">stephanie.champion@flinders.edu.au</a></td>
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<tr>
<td>Secondary supervisor: Rebecca Bilton</td>
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</table>

**Proposed Honours Project**

**Title:** Inclusive consumer engagement: a resource for aged care workers to facilitate co-design for innovation implementation with hard-to-reach ageing populations

Sector improvements are urgently needed to ensure high-quality aged care for older Australian’s. To understand their needs, we need to involve consumers in the implementation of aged care industry innovations. The Aged Care Research and Industry Innovation Australia (ARIIA) is working with the aged care work force to assist the implementation of translational research projects utilising co-design approaches. ARIIA will support aged care workers to undertake effective and practical co-design with older people, who are often difficult to engage or hard-to-reach, through training and resource development.

The aim of this project will be to develop a practical resource, comprised of tools, strategies, recommendations, and case studies, to support aged care workers to develop, plan and undertake inclusive consumer co-design with hard-to-reach older populations, to implement innovations that are fit for purpose.

This project would involve:

1) undertaking a scoping review to identify contemporary strategies used to recruit older, hard-to-reach populations into co-design research. Review findings will be used to compile a practical resource developed for the aged care workers, to help them recruit diverse consumer collaborators for their co-design projects.

2) conducting a small-scale pilot, recruiting older people from hard-to-reach populations to be interviewed about the perceived barriers to participation in co-design research. The interview outcomes will be used to assess the effectiveness of the resource and make recommendations for improvements.

Fit to CFI research themes: Better care, Quality aged care


Kammerer K, Falk K, Herzog A, Fuchs J. How to reach ‘hard-to-reach’ older people for research: The TIBaR model of recruitment. [https://edoc.rki.de/handle/176904/6328](https://edoc.rki.de/handle/176904/6328), 2019

**Additional information**

Knowledge of qualitative research methods would be an advantage.
Sarcopenia in medical and/or surgical inpatient and outpatient settings

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<th>Supervision team</th>
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<tr>
<td>Primary supervisor:</td>
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<tr>
<td>Ms Martine Hatzi, Manager Nutrition &amp; Dietetics Department, The Queen Elizabeth Hospital.</td>
</tr>
<tr>
<td>Research focus: Diagnosis and management of sarcopenia within tertiary speciality clinical services</td>
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<tr>
<td>Secondary supervisor:</td>
</tr>
<tr>
<td>Dr Alice Day, Advanced Gastroenterology Research Dietitian, The Queen Elizabeth Hospital.</td>
</tr>
<tr>
<td>Research focus: Diet and microbial therapies for gastrointestinal disease, new models of care for diet and gastroenterology tertiary services</td>
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<th>Proposed Honours Project</th>
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<tr>
<td>Sarcopenia has become a silent endemic in our ageing population, defined as lower muscle quantity/quality, strength and poorer physical performance. Sarcopenia is associated with increased healthcare utilisation as a result of functional decline, and commonly associated with a nutritional decline. Screening risk and diagnosing sarcopenia in tertiary healthcare services would allow for timely and appropriate allied health interventions however this is not embedded into practice. This project will examine rates of sarcopenia in medical and/or surgical inpatient and outpatient settings to inform allied health clinical service re-design initiatives. This project aligns with the Clinical and Community Partnerships Caring Futures Institute theme.</td>
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<tbody>
<tr>
<td>Specific degree: Nutrition &amp; Dietetics, Exercise Physiology or Physiotherapy</td>
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<tr>
<td>Interests: Diagnostics and interventions to prevent or treat functional and nutritional decline in people accessing hospital services</td>
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<td>Training: will be provided on screening for nutritional and functional risk and diagnosing sarcopenia in medical/surgical inpatient/outpatient settings</td>
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**Supporting not reporting**: exploring health professional guidelines for prevention and early intervention of child abuse and neglect

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<tr>
<td><strong>Primary supervisor:</strong></td>
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<tr>
<td>Dr Lauren Lines</td>
</tr>
<tr>
<td>Child health &amp; wellbeing, paediatric nursing, child abuse and neglect, supporting families experiencing social/economic adversity, qualitative methods.</td>
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<tr>
<td><a href="https://www.flinders.edu.au/people/lauren.lines">https://www.flinders.edu.au/people/lauren.lines</a></td>
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<tr>
<td><strong>Title:</strong> Supporting not reporting: exploring health professional guidelines for prevention and early intervention of child abuse and neglect</td>
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<td><strong>CFI Theme Alignment:</strong> Healthy Start to Life</td>
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<tr>
<td><strong>Outline:</strong> Child abuse and neglect is a major public health issue, with more than 60% of Australian adults experiencing abuse during childhood. With such high prevalence, health professionals must be equipped for prevention and early intervention that supports children to thrive within their own families and communities. Historical approaches emphasised mandatory reporting – it is unknown how or if current guidelines facilitate health professionals to provide prevention and early intervention to families. This project will map health professional guidelines to explore how they inform health professionals’ prevention and early intervention to reduce impacts of child abuse and neglect.</td>
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<tr>
<td>This project would suit students from any health discipline</td>
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</table>
Supervision team

Primary supervisor:
Dr Lauren Lines
Child health & wellbeing, paediatric nursing, child abuse and neglect,
supporting families experiencing social/economic adversity, qualitative methods.
https://www.flinders.edu.au/people/lauren.lines

Proposed Honours Project

Title: Equipping health professionals for interprofessional practice in child protection

CFI Theme Alignment: Healthy Start to Life

Outline: Interprofessional practice is essential to ensure children are supported to live and thrive in their own families and communities free from abuse and neglect. However, professionals working with children are often inadequately prepared to prevent, intervene early and support children through interprofessional collaboration. This project will explore education and training relating to interprofessional practice in child protection for health and allied health professionals.

Suggested Reading:


Additional information

This project would suit students from any health discipline
A systematic review of non-Aboriginal health students’ clinical placement experience in First Nations Peoples health settings and communities.

Supervision team

Primary supervisor: Dr Nina Sivertsen

https://www.flinders.edu.au/people/nina.sivertsen

Secondary Supervisor: To be determined, based on student’s methodology.

Proposed Honours Project

A systematic review of non-Aboriginal health students’ clinical placement experience in First Nations Peoples health settings and communities.

This project is in its entirety a systematic review exploring evidence around how health students experience First Nations perspectives in health care and health services, and findings from working with First Nations recipients of care.

This project is an opportunity for an honours student to take part in a larger project seeking to change policy and practice in health systems and service delivery, education and health curricula. Precise components will be determined with the candidate, but the project will include a systematic review on non-Aboriginal health students’ experience of working in First Nations health settings, and the opportunity to work with academic and community researchers, and community partners leading to co-design and implementation of a larger project around health systems and services research.

See an example:


I would be interested in working with students around any Honours project involving Indigenous health, cultures, identities and/or restorative policy and practice. My research interests include Nursing and workforce development, First Nations People’s health, Aboriginal and Torres Strait Islander women’s and children’s health needs, rural and remote health, cultural diversity in health, cultural safety, Nursing care, curriculum design, Indigenous health in global contexts, qualitative methods.

Additional information

Students need academic writing skills and be able and interested in learning about research processes, research methods and how to translate research findings into positive outcomes for the community.
### Supervision team

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<th>Role</th>
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<tr>
<td>Primary supervisor</td>
<td>Dr Nina Sivertsen</td>
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<tr>
<td>Secondary supervisor</td>
<td>Dr Nicky Baker, Research &amp; Development Manager, ACH Group</td>
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### Proposed Honours Project

Up-transfers from residential care to hospital – what can be avoided?

Residents in aged care experience high rates of up-transfer to hospital for management of acute conditions. These transitions are often stressful for the resident, their family and the care home staff. Hospital length of stay, discharge rates, and future management outcomes can be variable.

This study aims to identify existing strengths and challenges in current practice and explore ways to develop resident-centred preferences to avoid unnecessary up-transfer. The study provides opportunity to scope the current literature for existing evidence, audit the residential homes’ hospital up-transfer data, and interview residents, families and staff.

Fit to CFI research themes: Quality aged care.

Suggested reading:

In the absence of Australian cohort evidence, this paper provides a similar population study from Denmark:


### Additional information

Students need to be interested in learning about research processes, methods and translating research findings into tangible outcomes for aged care.
Parents’ perceptions and experiences with food provision, nutrition standards and communication in South Australian centre-based childcare: An exploratory qualitative study

Supervision team

Primary supervisor: Dr Louisa Matwiejczyk, AdvAPD  
Secondary supervisor: TBA

Proposed Honours Project

*Parents’ perceptions and experiences with food provision, nutrition standards and communication in South Australian centre-based childcare: An exploratory qualitative study*

Where once the family table was the most significant influence on very young children’s developing food preferences and lifelong eating patterns, childcare settings are becoming increasingly influential. In Australia, more than 1.2 million pre-school aged children attend formal childcare for an average of 30 hrs/week where children can receive up to two-thirds of their daily nutrition. Nationally and internationally studies have explored the impact of interventions to support childcare services with this important responsibility and identified that parental engagement with services is crucial. Yet few studies have explored the experiences and perceptions of parents in this area. This qualitative study aims to explore parents’ perceptions and experiences of nutrition-related practices and perceived barriers and facilitators to nutrition-related services in centre-based childcare.

This study fits best with the Better Lives, Healthy Start to Life themes of the Caring Futures Institute


Additional information

The project would suit any student with an interest in health, including nutrition, and children and families or Early Childhood Early Care (ECEC) sector. The student would be well supported with undertaking a qualitative study and no prior experience is needed other than a health or similar degree.
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<th>Supervision team</th>
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<tr>
<td><strong>Primary supervisor:</strong>&lt;br&gt;MICHELLE BELLON  &lt;a href=&quot;www.flinders.edu.au/people/michelle.bellon&quot;&gt;www.flinders.edu.au/people/michelle.bellon&lt;/a&gt;</td>
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<tr>
<td>INDUSTRY PARTNER CHRIS NELSON SA INTELLECTUAL DISABILITY HEALTH SERVICE</td>
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**Proposed Honours Project**

People with intellectual disabilities experience inequitable health outcomes compared to the rest of the population. The research highlights that people with intellectual disabilities experience higher rates of mental illness, undiagnosed physical health issues and premature death, yet little is known about how this cohort interact with public health services in South Australia. This project will investigate public health service utilisation for adults with a known intellectual disability through review of public health service separation data. This work will support:

- Improvements in data capture/reporting in South Australian public health services
- Improvements in the recognition of a person’s intellectual disability during health service contacts to support the provision of reasonable adjustments
- Identification of targeted capacity building opportunities for services frequently used by adults with intellectual disabilities
- Identification of opportunities to improve health service coordination for consumers with complex needs

This project aligns with the Caring Futures Institute themes which is dedicated to the study of self-care and caring solutions across the lifespan leading to better care and better systems to support the health care provision and outcomes for people with intellectual disabilities.


**Additional information**

- Ability to work with quantitative data and academic writing skills.
Improving clinical symptoms related to Anxiety and Depression experienced by consumers within the Older Persons Mental Health Service

**Supervision team**

Sarah Barrachina (BNg, Grad dip Mental Health Nursing, RN);

Dr Jennifer Fish (PhD, BPsych(Hons)); and

Dr Matthew Ankers (PhD, BHlthSc(Hons), BNg, RN).

**Proposed Honours Project**

Background to the proposed project by Sarah Barrachina - A Proof-of-Concept Clinical Trial is due to commence beginning 2024 within the Older Persons Mental Health Unit, FMC. It will explore outcomes hypothesised to lead to improved clinical symptoms related to Anxiety and Depression experienced by consumers within the Older Persons Mental Health Service. Dialectical Behavioural Therapy Skills (DBTS) will form the Framework of this approach, delivered by trained Mental Health Nurses (MHNs) via individual coaching and group work within the ward environment. The program will be structured within 4 units, with each having a different focus of teaching skills to cope with Distress/Emotional Regulation/Mindfulness, with group delivered twice weekly to embed knowledge. Consumers will also receive individual coaching each day by MHNs located on the ward.

This will be a National First Trial as DBTS has not been explored within this cohort of individuals in any acute setting, however, is well evidenced in the literature to be an effective treatment for Anxiety/Depressive/Suicidal Behaviours symptomology in the Adult and Paediatric settings. Three main aims are attached to this study, these being to assess measurable changes in consumer symptom experience, gather data to understand the acceptability of this treatment style whilst also serving considerable strategic relevance to SALHN: mainly by improving coping abilities of consumers and families, enhanced workforce engagement through upskilling Mental Health Nurses and reducing consumers length of stay.

The proposed honours student component of the Clinical Trial will be to assist with completion of an Ethics Application, work on a Literature Review, and potentially assist with (and measure) family engagement as this Clinical Trial is strongly focused on Consumer and Family outcomes; further details to follow when in discussion with the successful applicant. It is strongly recommended if you would like to be a part of this ground-breaking research that you hold a genuine interest in building a framework of care to improve the lives of Older South Australians living within our community.

**Additional information**

Ideally, students will have a background in health, with knowledge of mental health.
Dog Guide Handlers’ Experiences of Working with their Dog: An Online Naturalistic Observational Study

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<tr>
<td>Amanda Muller</td>
</tr>
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<td><a href="mailto:Amanda.muller@flinders.edu.au">Amanda.muller@flinders.edu.au</a></td>
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<td>Analysing already collected (with ethics approved) dataset of peer-to-peer Guide Dog Handler comments about issues they face in everyday life and want support on. This would be a qualitative project, and the honour project involves reading the comments, coding them in NVivo into themes, and writing up a paper or report about the findings. Ideally, an integrative or narrative literature review would also be involved.</td>
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A description of Allied Health roles and services: A scoping review

Supervision team
Primary supervisor: Prof Stacey George (stacey.george@flinders.edu.au)
Secondary supervisors: Dr Janine Margarita Dizon (janinemargarita.dizon@flinders.edu.au), Dr Kobie Boshoff (external)

Proposed Honours Project
Title:
A description of Allied Health roles and services: A scoping review

Background:
Many challenges are facing Allied Health services in Australia, such as an ageing population, increased prevalence of chronic disease, the National Disability Insurance Scheme (NDIS) and high service demand, high consumer expectations and rising costs. These challenges are occurring across a variety of practice settings and necessitate workforce strategies to address these challenges (Primary Health Network Cooperative, 2022) such as consideration of how Allied Health Therapy Assistants are utilised by Allied Health services (Department of Health, 2012, NSW Health, 2020).

Allied health assistants (AHA) are support providers used across the allied health professions to describe assistants “who work under the delegation and supervision of an allied health professional, taking on less-complex treatment or care tasks, and performing administrative or other tasks that would otherwise reduce the time available for more complex direct care by more highly trained practitioners. AHAs may work within occupational therapy, other allied health disciplines, or at a multidisciplinary level to support and assist the allied health practitioner (OTA, 2015, p.3). In order to support the Allied Health professions with evidence-informed decision-making regarding the implementation of Allied Health Assistant roles and services, as scoping review is needed.

Aim:
This review will be undertaken to determine the scope and extent of the available literature on the role and services provided by allied health assistants.

Suggested readings:

Additional information
Data collection for scoping review will occur directly from published literature and not human participants, thus, will not require ethics approval.