



Deakin Health update

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2009 Leadership in Nursing and Midwifery Awards

Presented by Deakin University and Health Super, the 2009 Leadership in Nursing and Midwifery Awards were held on Thursday 29 October at Hilton on The Park in Melbourne.

The Leadership in Nursing and Midwifery Awards is an annual event that recognises inspiring nurses and midwives who have contributed to the profession and benefited the public by improving health service delivery, capacity and/or policy.



These Awards create awareness of the achievements of leaders in nursing, setting a standard to which future leaders in nursing may aspire. The awards also build leadership through research and education, mentoring and role modelling.

The Awards dinner was hosted by the entertaining Tonya Roberts, ABC Radio announcer, and featured special guest speaker Beth Wilson, Victorian Health Services Commissioner. Ms Wilson thrilled audience members with her wonderful and downright hilarious series of anecdotes and tales, not to mention her vocal rendition of 'There ain't no bugs on me', during which she played a harmonica accompaniment and invited the audience to sing the choruses!

The most anticipated part of the night, however, was the announcement of the award winners. The wonderful achievements of the nine finalists were showcased before the announcement of the four award winners.

The major award – the Deakin University and Health Super Leadership in Nursing and Midwifery Award – is a \$20 000 prize presented to a person who has made a significant contribution to the profession and benefited the community by improving health service, delivery, capacity or policy. Three finalist awards of \$6000 were also presented to exceptional nurses or midwives working in urban, regional and rural health care.

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Deakin University would like to extend it's congratulations to the 2009 award winners:



\$20 000 Deakin University and Health Super Leadership in Nursing and Midwifery Award

Ms Kath Riddell

Practice Development Manager
Peter James Centre and Wantirna Health



\$6000 Finalist award for excellence in nursing and midwifery leadership in an urban health care environment

Ms Tanya Farrell

Director of Maternity Services
Royal Women's Hospital



\$6000 Finalist award for excellence in nursing and midwifery leadership in an urban health care environment

Mr Martin Cutter

Infection Control Coordinator
Eastern Health



\$6000 Finalist award for excellence in nursing and midwifery leadership in a rural health care environment

Ms Paula Touzeau

Peri-operative Educator
South West Healthcare, Warrnambool

Deakin University recognises Health Super as a highly significant and valuable partner that we hope to continue to work with long into the future. We would like to thank Health Super for its generous support of these Awards.

Health Super

Health Super is an industry super fund dedicated to maximising members' retirement savings and providing low cost super services to the health and community services sector.



For more information about Health Super visit www.healthsuper.com.au

Deakin medical students take part in 'Teddy Bear Hospital' program

Students aged 5–7 from a local primary school in Geelong were treated to a visit by the Teddy Bear Hospital on Thursday 27 August. The students were asked to bring in a teddy bear for consultations with 'Teddy Bear Doctors', played by medical students from the Deakin Medical School. The project is run by the Deakin University Global Health Group in conjunction with Deakin's rural health club NOMAD (Nursing, Occupational therapy, Medicine, Allied health @ Deakin).

Teddy Bear Hospital aims to reduce young children's uncertainty and anxiety associated with visiting the hospital and doctors through innovative and fun interaction with the medical students. A secondary benefit of the program is gained by the medical students themselves, who are provided with the opportunity to modify their communication skills for the young.

The Teddy Bear Hospital took the form of seven stations (outlined below) that explored different aspects of a healthy lifestyle and provided a secure, welcoming experience of hospital and medical clinic surroundings. Two to three school children were buddied to one Deakin medical student and guided through each of the stations. One medical student was posted at each station in order to oversee the activities. Each station took approximately ten minutes, with the whole exercise taking around 1.5–2 hours.

The stations comprised the following scenarios and information and explanations for the children:

1. 'Sally' – a teddy who needs to go to the hospital because she is sick
The hospital is a place where people go to get treated when they are sick
Hospitals are filled with unfamiliar things, but they are there to help us get better
2. 'Sam' – a teddy who needs a needle/vaccination
What are needles? What are they used for? (immunisation, blood tests)
Needle safety
Each child gave their teddy an immunisation (using a needle-shaped pen)
3. 'Mitch' – a teddy with sunburn
Sun Smart Campaign – Slip, Slop, Slap, Slide, Seek
Prevention and treatment of sunburn
Each child put on a hat, sunglasses, long sleeve T-shirt etc.
4. 'Amanda' – a teddy who has a broken arm
Basic overview of musculoskeletal system
How do we keep our bones and muscles healthy?
What happens when we break a bone? What is an X-ray?
Each child bandaged their own Teddy
5. 'Jesse' – a teddy who has a sore tummy
Basic overview of human body – heart, lungs, digestive system
Importance of good diet (including everyday foods and occasional foods) and exercise
6. 'Bridget' – A teddy wearing a Hudson mask
Basic overview of the cardio-respiratory system and asthma
Why our lungs are important
How we keep our lungs healthy
Why taking medicines are important i.e. Ventolin
7. 'Fred' – a teddy with a toothache
Oral hygiene
Germs/plaque
Basic hygiene, regular toileting, hand washing



Small prizes were distributed throughout the stations and each child received a certificate of participation. Feedback was received from the school principal, who was extremely impressed with the medical students' communication, creativity and ability to keep the children engaged throughout the session. Dr Ted E Bear proved a big hit with the kids. The event was a big success, with all interactions being very positive, and, most importantly, the children had fun and learnt a great deal.

Deakin and Fiji School of Medicine launch joint research centre



From left: Professor Boyd Swinburn, Deakin University; Dr Chen Ken, World Health Organization; Professor Ian Rouse, Fiji School of Medicine

The Pacific region has the highest prevalence of obesity globally, with some countries registering over 90% of adults as either overweight or obese. Deakin University and the Fiji School of Medicine have collaborated over the last five years on a large study into obesity prevention in adolescents, with associated economic, socio-cultural and policy studies. This work provided the platform for a joint research centre – the Pacific Centre for the Prevention of Obesity and Non-communicable Diseases – C-POND, which was launched on Tuesday 25 August in Nadi, Fiji.

The C-POND launch occurred at a major Pacific forum on non-communicable diseases, jointly sponsored by the World Health Organization (WHO) and the Secretariat of Pacific Communities (SPC). Dr Chen Ken, the WHO Representative for the South Pacific, officially launched

the centre, noting that Deakin University's WHO Collaborating Centre for Obesity Prevention and Related Research and Training was a major asset for the region. Indeed, it is the only WHO Collaborating Centre out of over 800 internationally that deals primarily with obesity. He noted the critical importance of research and program evaluation expertise in directing the efforts to reduce non-communicable diseases such as Type 2 diabetes, which are affecting nearly one in two adults in some Pacific countries.

Deakin University was represented by Professors Boyd Swinburn and Marita McCabe who are chief investigators on over \$750 000 of competitive grants in obesity prevention that Deakin holds with Fiji School of Medicine. The Dean of the Fiji School of Medicine, Professor Ian Rouse, also welcomed the new Centre as evidence of the growing importance being placed on research to guide action in the Pacific.

Professor Swinburn noted that, unlike other epidemics such as tobacco and road injuries, the rich countries such as Australia have no track record to emulate in terms of obesity prevention, so Pacific countries had to find Pacific solutions to the problem. Therefore, Australia had as much to learn about the effective interventions in Fiji as Fiji has to learn about what works or does not work in Australia. C-POND will provide much of the research and evaluation to underpin the solutions to the massive epidemic of obesity and non-communicable diseases.

New Honorary Professor in the School of Exercise and Nutrition Sciences

Professor Johannes Brug from the VU University Medical Center, Amsterdam, has been appointed as an Honorary Professor in the School of Exercise and Nutrition Sciences.

Professor Brug received a Master of Science in human nutrition from Wageningen University, and a Master of Science in Epidemiology from the Dutch Epidemiology Institute. He obtained his PhD (Public Health) at Maastricht University.

He is Director of the EMGO Institute for Health and Care Research and Professor of Epidemiology at the VU University Medical Center in Amsterdam. The EMGO Institute's mission is to initiate, conduct and report excellent research in public and occupational health, primary care, rehabilitation and long-term care.

Professor Brug's main research interests are the development and evaluation of health education and health promotion interventions, with a special interest in behavioural nutrition and physical activity. His research covers the scope from studies on the determinants of health behaviours, small-scale experimentation with innovative health education interventions, and larger-scale field experiments in which the efficacy and external validity of health promoting interventions are tested. Professor Brug is or has been a member of the grant panels of the World Cancer Research Fund, the Netherlands Organization for Health Research and Development's prevention program, and the Netherlands Heart Foundation's epidemiology and prevention program. He is a past president of the International Society of Behavioral Nutrition and Physical Activity. He has co-authored more than 200 international scientific publications, and is coordinator of two European Commission framework program projects on obesity prevention across Europe.

2009 Victorian Public Healthcare Awards

The WHO Collaborating Centre for Obesity Prevention and Related Research and Training has recently been recognised in the 2009 Victorian Public Healthcare Awards, being 'Highly Commended' for its achievements in the fight against obesity.

The WHO Collaborating Centre for Obesity Prevention and Related Research and Training was established in 2003 with the aim of creating the evidence, expertise, and support systems for preventing obesity, especially in children. In collaboration with multiple partners (government, non-government organisations and universities), the Centre has established:

- support/evaluation of ten community demonstration projects in Victoria targeting pre-school, primary school and secondary school children
- two highly effective advocacy organisations – Parents Jury and the Obesity Policy Coalition
- a national knowledge translation organisation for community-based obesity prevention sites (CO-OPS Collaboration) based in Geelong
- critical analyses of obesity interventions and policies, including assessing cost effectiveness – the ACE obesity project
- the largest obesity prevention research program in Australia.

The community interventions, such as Colac's *Be Active Eat Well* Program, have been shown to reduce unhealthy weight gain and the advocacy organisations and CO-OPS Collaboration are providing national leadership. Victoria is now considered one of the leading places for obesity prevention research and action internationally. The Centre is also closely involved with supporting many other Victorian programs, for example: several *Go for your life* programs, intelligence gathering (including collating, for the first time, statewide data on preschoolers' heights and weights) and policy directions.

For more information, contact:

Professor Boyd Swinburn

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Deakin staff member elected onto the International Diabetes Federation Executive Board of Management

Professor Trisha Dunning, of Deakin's School of Nursing (Inaugural Chair in Nursing – Deakin University and Barwon Health), has recently been elected onto the International Diabetes Federation (IDF) Executive Board of Management as one of 12 Vice-Presidents for the global IDF.

This prestigious three-year appointment is a tremendous acknowledgement and recognition of Professor Dunning's contribution and commitment to diabetes clinical practice, education and research. The appointment also holds particular importance in the recognition of Australian diabetes education, practice and research at an international level. Professor Dunning's appointment to the position has the potential to influence diabetes education worldwide as she will be chairing the IDF Consultative Section on Diabetes Education.

The International Diabetes Federation is an umbrella organisation of over 200 national diabetes associations in over 160 countries and represents the interests of the growing number of people with diabetes and those at risk. The Federation is engaged in action to tackle diabetes from the local to the global level and is associated with the United Nations Department of Information and is in official relations with WHO and the Pan American Health Organization.

It is indeed timely that Professor Dunning's appointment to the IDF Executive Board of Management came just before World Diabetes Day on November 14, for which Professor Dunning conducted two local events on Friday 13 November:

- A public Lecture: *People, pets and diabetes*. Presented by Professor Dunning and local Geelong veterinarian and radio personality Dr Jack Ayerbe at The National Wool Museum, Geelong.
- An annual professorial lecture *Self-care: empowering people with diabetes*. Presented by Professor Dunning at Kitchener House, Barwon Health.



Deakin students recognised for work on disabilities and human rights

Residents of community housing facilities across Victoria may benefit from a project developed by occupational therapy and public health and health promotion students. During a combined work placement with the Disability Services Division at the Department of Human Services, strategies to implement the relatively new Victorian Charter of Human Rights and Responsibilities into housing facilities was designed by occupational therapy student Helene Meyers and health promotion students Julie-Anne O'Brien and Rebekah Gunn. Using a multidisciplinary approach the students were challenged with the task of developing tools to encourage conversations on the human rights and responsibilities within the Charter by staff and residents in community housing facilities.



Helene Meyers (OT student), Sally Rose (DHS Senior Project Manager), Julie-Anne O'Brien and Rebekah Gunn (health promotion students).

DHS Senior Project Manager, Sally Rose, says such projects are often handled by a single profession such as a social worker or a psychologist but she was keen to see how a combination of students from different areas would resolve the project. The success of their work has demonstrated the merit of the approach and opens the possibility of future teamwork placements. She believes the multidisciplinary approach shows other ways that students or professions can contribute to such a project.

'What Helene brought as an occupational therapy student was analysis skills of what clients needed and the analysis of actually doing things: "How would this work in practice with this particular client group?". Whereas the health promotion students brought in the broader planning, project management perspective', Ms Rose said.

Based on consultation with experts in the field and guidelines for augmentative and alternative communication strategies, the students developed pictographic and other communication resources. This included a set of cards and a picture matrix, a little like a bingo game, for residents and staff in community houses to prompt discussion of the human rights issues that affect them in their daily lives. These cards facilitated the discussion around these issues for residents who may have complex communication needs or those with an intellectual impairment. Whilst human rights may be an abstract idea, residents can use the tools to explore nine different human rights areas. For example, representing the right of 'Freedom of Movement' is a picture of a bus and residents are encouraged to express their feelings surrounding their ability to get about by placing a 'happy face' or a 'sad face' on the picture. Based on these responses and on the ensuing discussion, staff and clients can set goals together around issues raised, that can be checked in the same way at a future time.

Staff can also use the tools and resources for facilitating discussion around what the Charter means for the way in which they support clients in their particular residential facility. This may mean using the cards in a staff meeting to stimulate discussion on a particular right or issue. A staff member may draw from the pack of twenty human rights cards and reveal the right to 'Freedom of Movement' – stimulating a conversation on what is done in their house with their clients to promote that right. Further cards are used to develop the dialogue to consider issues such as 'What can we do...?' and what limitations, if any, need to be considered with that right. For example, if a person's right to go anywhere and live anywhere they like is restricted because they do not have the capacity to live independently and they need to live in a supported environment, staff are encouraged to be creative about what they could do. 'How can we minimise that limitation and enable that person a sense of having as much freedom of movement as they can?', asks Ms Rose.

This placement was made possible by the School of Health and Social Development teaching staff: Jan Moore and Helen Larkin, who responded to a request from Ms Rose for a possible student placement opportunity. The students were supported throughout the project by DHS staff and by an advisory group of representatives from peak advocacy agencies including the Victorian Equal Opportunity and Human Rights Commission (VEOHRC). DHS aims to pilot the program into a dozen community residential facilities. In a clear endorsement of the project, VEOHRC has requested it be added to their database of human rights tools where it may find further applications. Furthermore, following the recommendation of the advisory group the students will have their work recognised by the Australasian Society for the Study of Intellectual Disability when they present a paper at ASSID's international conference in Tasmania later this year. VEOHRC were also generous in providing a financial grant to assist the students to attend this conference.

Helen Larkin and Jan Moore are delighted with the outcomes of this project. 'This has been a wonderful opportunity for Deakin students to work in an interprofessional team and to demonstrate their skills in planning, implementing and managing a project in real life that will make a difference to people with disabilities and the staff who support them', Ms Larkin says.

Celebrating partnerships that enhance student learning and build partner capacity

'A key action for building capacity to promote health is for organisations to work in partnership (DHS 2009)'

On Thursday 8 October the School of Health and Social Development held a partnership forum as part of its broader capacity building strategy to enhance work integrated learning (WIL) within public health / health promotion (PH / HP) courses. The full-day forum, which was held at a local community venue in Manningham, attracted over 80 partners from within the public health / health promotion field. There was an essential mix of industry partners (representing community and women's health, local government, not-for-profit and charitable organisations) as well as third-year health students, former graduates of the PH / HP courses, the School's academic staff and Deakin staff from teaching, learning and careers departments.



The objectives of the day were to:

- showcase work integrated learning currently undertaken within the PH / HP program, and offer partners an insight to how they may be able to link into WIL opportunities in the future
- create an opportunity for partner agencies through workshop activities, to share skill and competency areas that the sector consider pertinent to graduate readiness and transition to the PH / HP workforce.

The highlights of the day were guest speakers Associate Professor Dineli Mathers' in her role as the Victoria President of the Australian Collaborative Education Network who contextualised the emerging value of WIL in the higher education sector, and Alischa Ross CEO YEAH (Youth Empowerment Against Aids) who spoke about her experience of starting from scratch an organisation built on the energy and enthusiasm of volunteers and students on placement.

There was a strong student presence with presentations by the Deakin Promoting Health Network committee and WIL research presentations by recent graduates Myra Purcell and Ashlee Richmond.

MC Stephen Bendle from YMCA Victoria facilitated a lively mid-morning panel discussion debate about the opportunities and challenges inherent to WIL partnerships and PH / HP practice. A fresh, healthy and long lunch provided all with an opportunity to celebrate networks and build new relationships. In the afternoon a series of workshops were held around professional development, career progression and partnership sustainability. A focus group was also facilitated by a Deakin third-year student who has been developing a WIL toolkit in her work placement unit, HSH303 Health Promotion Practicum.

The forum evaluation and broader project outcomes report (including a mapping of WIL within the PH / HP degree) will be available in early 2010. Anecdotally, though, the following participant quotes sum up some of the main outcomes of the forum:

Industry partner: 'I feel I understand the context of the student placements better as a result of today and I'm motivated to engage further with Deakin.'

Student partner: 'I saw in practice today the value of partnership development and why work placements and volunteering can really make the difference when you go for jobs.'

Academic partner: 'Today was an acknowledgement of the goodwill that exists and that WIL multiplies the benefits of our curriculum.'

For further information about the WIL project outcomes please contact: rebecca.patrick@deakin.edu.au or jan.moore@deakin.edu.au in the School of Health and Social Development. www.health.vic.gov.au/healthpromotion/stakeholders/partnerships.htm

G21 and Deakin – DHS Partnership public health forums

How do we have a healthy and wealthy community?

On Monday 5 October more than 70 community CEOs, business leaders, decision makers, academics and members of the public attended a public health forum asking 'How do we have a healthy and wealthy community?'. The forum was the first of two hosted in October by G21 Health and Wellbeing Pillar in conjunction with the Deakin – DHS Partnership.

The forum was a unique opportunity to hear Professor Rob Moodie, a leading health professional from the University of Melbourne, discuss ways cities like Geelong can become healthier and wealthier. Professor Moodie encouraged the audience to consider our options in regards to community health and wellbeing and the need to invest more in the prevention of health conditions such as obesity and alcohol and drug-related diseases. Victoria has an excellent track record in the reduction of traffic accidents and cigarette smoking. The strategies developed in these initiatives need to be applied to a range of more targeted programs to prevent the onset of other fatal health conditions.

Professor Moodie noted that whilst the individual needs to take responsibility for healthy food choices and increased activity, the community also needs to take on the responsibility of pressuring the government to change legislation to promote healthy living and lifestyles choices. This should include changes to alcohol and food advertising standards as well as developing an environment in which people are encouraged and supported in their endeavours to be healthier.

Professor Moodie also officially launched the G21 Community Health and Wellbeing Profile at the event. He commented that the development of the profile has been a fantastic achievement for the G21 Health and Wellbeing Pillar and will prove to be influential evidence for future service and community planning in the region.

Looking at the future impacts on child health and wellbeing in our community

On Monday 12 October, the second of two public health forums 'Looking at the future impacts on child health and wellbeing in our community' was presented at the Blakiston Theatre, Geelong Performing Arts Centre. It was once again hosted by the G21 Health and Wellbeing Pillar in conjunction with the Deakin – DHS Partnership.

A large audience comprising business leaders, academics and members of the public attended the forum to hear from the vibrant keynote speakers Mr Bernie Geary, Victoria's Child Safety Commissioner and Dr Mark Kennedy, local General Practitioner.

Mr Geary inspirational presentation covered his experience working with vulnerable children, young people and their families over many decades. He emphasised the importance of the 'small stuff' that people in the community can do in order to provide our disadvantaged youth with that vital link into the community.

Dr Mark Kennedy gave a detailed presentation on the importance of supporting children and their families with a focus on reducing risk factors and optimising protective factors. He presented early intervention as an economic investment and demonstrated the savings on return to the community. Dr Kennedy presented some alarming statistics on obesity, substance abuse, mental illness, teen pregnancy and low birth weight, which supports the ongoing need to address generational poverty.

G21 and the Deakin – DHS Partnership would like to take the opportunity to thank everybody who attended and contributed to these events.

