

Faculty of Health name change

We are pleased to report that Deakin's Faculty of Health, Medicine, Nursing and Behavioural Sciences recently changed its name to the 'Faculty of Health'.

The name change came about after discussions at a Faculty planning day in September 2010, and after significant

positive feedback from staff throughout the Faculty the name change was put forward to and subsequently approved by Council.

The new name reflects the increasingly broad base of teaching and research within the Faculty.

Back-to-back Lambda Literary Awards!

Dr Maria Pallotta-Chiarolli of the School of Health and Social Development has once again been awarded a prestigious Lambda Literary Award. Dr Pallotta-Chiarolli was shortlisted and subsequently awarded as joint winner in the fiction category of the 22nd Annual Lambda Literary Awards, held in New York in May last year. This year she was nominated and shortlisted in the bisexual non-fiction category, and was announced as category winner at the awards ceremony in New York on 27 May.



that she has received this international recognition in both award categories.

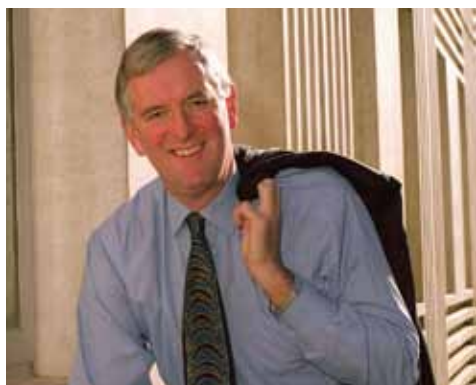
The Lambda's are awarded annually by the Lambda Literary Foundation to works celebrating or exploring lesbian, gay, bisexual and transgender themes. Dr Pallotta-Chiarolli's nominated book *Border Sexualities, Border Families in Schools* is published by academic publisher Rowman and Littlefield. The first book of its kind internationally, it explores the experiences of bisexual students, mixed sexual orientation families, and polyamorous families in schools. It is testimony to Dr Pallotta-Chiarolli's breadth of expertise and ability to write for multiple audiences

Dr Pallotta-Chiarolli is internationally recognised as a leading writer, researcher, lecturer, consultant and activist in the issues of cultural, sexual and gender diversity and family diversity in health and education. Her first book for young adults, *Tapestry*, explored five generations of her family's history in Australia and Italy and was short-listed by the Children's Book Council of Australia and in the NSW Premier's Literary Awards. Dr Pallotta-Chiarolli is author of *Girls' Talk, Boys' Stuff, Someone You Know*, and *When Our Children Come Out*.

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Farewell Professor Catford



The Faculty of Health is delighted that our Pro Vice-Chancellor (formerly Dean) Professor John Catford has taken up the appointment of Deputy Vice-Chancellor and Vice-President (Academic) from 1 May 2011. This is a wonderful opportunity for Professor Catford and the Faculty offers our congratulations.

Professor Catford has served as Dean of the Faculty of Health since 1 February 2002. Among his many achievements during this time, he instigated and led the development of the Deakin Medical School, Victoria's third medical school and the first in southern Australia focused on rectifying the medical workforce shortages in rural and regional Australia. Some of Professor Catford's other recent innovations have included the creation of the National Centre for Farmer Health and

the Victorian Centre for Rural Emergency Medicine, as well as support for the Geelong GP Super Clinic.

Professor Catford trained in medicine at Cambridge University, paediatrics at the London Hospital, public health medicine at the London School of Hygiene and Tropical Medicine, and received his Doctorate of Medicine from the University of Southampton.

Following clinical practice in paediatrics and public health medicine, Professor Catford was appointed in 1984 as the first Professor of Health Promotion in Europe, Director of the Heartbeat Wales programme, and subsequently became Director of the World Health Organization Collaborating Centre for Health Promotion and Education, and Chief Executive of the Health Promotion Authority for Wales, based in Cardiff, UK. During 1994 and 1995 he worked for the World Health Organization as Health Policy and Public Health Adviser to health ministers in Central and Eastern Europe. From 1995 to 1998 Professor Catford was Professor of Health Strategies at Deakin University, and Director of Health Strategies of Deakin's, Centre for Health in Development.

Professor Catford also has extensive experience in the planning, management and evaluation of health services, both

nationally and internationally. From 1998 to 2002 he was the Chief Health/Medical Officer and Executive Director of Public Health for the Victorian Government. Statewide responsibilities included disease prevention and control, national health priorities, drugs services, medical research and workforce development. He was the government's principal spokesperson for a range of health-related issues including communicable diseases, bio-terrorism, environmental health, health promotion, and food safety. During this period he was a Member of the Council and Executive Committee of the National Health and Medical Research Council (NHMRC) and the state/territory governments' appointed Director on the Australian and New Zealand Food Authority (ANZFA).

Amongst many other responsibilities he is also the Chair of the Postgraduate Medical Council of Victoria, Editor-in-Chief of the journal Health Promotion International published by Oxford University Press, and Adjunct Professor in the Faculty of Medicine, Nursing and Health Sciences at Monash University.

The Faculty of Health would like to extend our sincere thanks to Professor Catford for his inspired leadership over the past nine years, and wish him all the very best in his new position.



Acting Pro Vice-Chancellor appointed for the Faculty

Professor Maxine Duke has been appointed Acting Pro Vice-Chancellor, Faculty of Health, following the appointment of Professor John Catford as Deputy Vice-Chancellor and Vice-President (Academic). She will commence in this role on 1 June this year.

Professor Duke has provided strong and effective leadership as the Head of the School of Nursing and Midwifery and is a valued member of the Faculty Executive. As Head of School she has been

responsible for the delivery of Deakin's innovative nursing programs, which provide excellent outcomes for students and ensure graduates are capable of providing quality patient and client care into the future.

Professor Duke also holds the Chair in Nursing Development at Deakin University and is a member of the Nursing and Midwifery Board of Australia's Nurse Practitioner Accreditation Committee. She previously held the position of Chair of the

Victorian and Tasmanian Deans of Nursing and Midwifery, and remains a member. She also formerly held the position of Executive Member of the Council of Deans of Nursing and Midwifery. Her leadership skills will be invaluable in the Pro Vice-Chancellor role for the several months that it will take to make a permanent appointment.

An Acting Head of the School of Nursing and Midwifery will be appointed in due course.

Deakin to offer optometry from 2012!

The Faculty of Health have recently commenced the development of a new optometry qualification, to be offered in 2012. Headed by Foundation Director, Professor Harrison Weisinger, the optometry program will make use of all three trimesters to deliver the nation's first accelerated program. The dual degree Bachelor of Vision Science / Master of Optometry will take students just three-and-a-half years to complete.

The course will be delivered from a brand new, \$47 million, state-of-the-art facility adjacent to the School of Medicine on Deakin's Geelong Waurin Ponds Campus. The facility will feature a 200 seat multi-purpose lecture hall and atrium, as well as a mock optometry practice.

Deakin's optometry program is being developed in response to the growing and unmet demand for optometrists throughout Australia. The goal of the program is to contribute to and improve the eye health of Australians by educating new optometrists who are clinically competent, work-ready and motivated to pursue a career in rural and regional

areas. The course will feature the use of problem-based learning, team-based learning and extensive workplace and community-based clinical placements.

Recruitment is currently underway for both academic and professional staff, including the positions of Director of Optometric Pre-Clinical Studies, Director of Optometric Clinical Studies, and Senior Lecturer in Vision Sciences.

Foundation Director Professor Weisinger, who is leading the development of the new optometry program is a practising optometrist and medical practitioner who has held academic and research positions at a number of universities, and recently served as an executive director and ambassador for Specsavers.

Pro Vice-Chancellor of the Faculty of Health, Professor John Catford said of Professor Weisinger's appointment, 'Harry has the perfect breadth of experience needed to lead the University's new optometry program.'

His experience as a practising optometrist and medical researcher, along with his extensive knowledge of running successful optometry practices puts him in the best position to ensure the success of our new program.'

'Harry also brings to the role an enthusiasm and commitment to improving the health of rural and regional Australians that complements the vision of Deakin's existing health and medical programs.'

Professor Weisinger said he was honoured to be appointed to this exciting and important role.

'The role comes with the opportunity to directly and positively impact upon the eye care of Australian communities, especially those of rural and regional areas. This, combined with Deakin's ability to truly innovate is what attracted me to the position. Deakin has demonstrated that it is a 'can do' University, which makes a difference to people's lives', he said.



Deakin to host 2011 ISBNPA Annual Meeting

Deakin University's reputation as a world leader in physical activity and nutritional research will be enhanced in June when the International Society for Behavioral Nutrition and Physical Activity (ISBNPA) holds its annual conference in Melbourne.

This year's conference 'Promoting healthy eating and physical activity: The latest international research' will be hosted by Deakin's Centre for Physical Activity and Nutrition Research (C-PAN).

C-PAN's Director, Alfred Deakin Professor David Crawford said, '2011 marks the 10th anniversary of the formation of ISBNPA, so the Melbourne Annual Meeting provides a unique opportunity to celebrate the contribution of the Society to the promotion of nutrition and physical activity.'

'I think we can also take it as recognition of the work we have been doing at Deakin in the area of physical activity and nutritional research. At C-PAN, we have brought together a team of researchers whose projects and partnerships now span the globe.'

ISBNPA has members from more than 30 countries around the world and the annual conference provides an important opportunity for interaction, networking and sharing of the latest cutting-edge research in the field.

'It is a very important forum at which to discuss and debate the influences of nutrition and physical activity, and strategies to promote healthy eating and physical activity in a population health context', Alfred Deakin Professor Crawford said.

'At Deakin, we're really looking forward to fulfilling our role as the organisers while helping spread the important message about the need for good nutrition and regular physical activity.'

More information about the conference is available here: www.isbnpa2011.org.

About C-PAN

Deakin University's Centre for Physical Activity and Nutrition Research (C-PAN) is a multidisciplinary research centre recognised internationally for its expertise in nutrition, physical activity, sedentary behaviour and obesity.

C-PAN's staff have expertise in molecular and cell-biology, biochemistry, nutrition, dietetics, sensory science, exercise science, psychology, social and behavioural science, geography, epidemiology, health promotion and public health.

C-PAN's vision is to be the leading group nationally working in population health aspects of nutrition and physical activity, and to be one of the leading groups internationally. Its mission is to understand the role of nutrition and physical activity in chronic health conditions and to develop strategies to enhance population health by improving nutrition and increasing physical activity to optimal levels.

More information about C-PAN is available here: www.deakin.edu.au/hmnbs/cpan.

Foods that make you sad

A recent study led by Deakin University research fellow Dr Felice Jacka has revealed that a clear link exists between junk food and depression.

The world-first 'Association of Western and Traditional Diets with Depression and Anxiety in Women' study, clearly

demonstrates the impact a child's diet can have on its lifelong mental health.

The Barwon Health study of women in the region found that eating fried, fatty and processed foods such as pies, pizzas, white bread and chips caused depression and anxiety.

More information about Dr Felice Jacka's research is available at:

www.deakin.edu.au/hmnbs/medicine/staff.php?username=fjacka

The article appears in *AJP in Advance*.
Published 4 January 2010.

Farmers risk death by not knowing what to do when experiencing chest pain

Farmers are at high risk of dying from heart attacks because they are not sure what to do when they experience chest pain, a Deakin University study has found recently.

In a pilot study of 186 agricultural workers in rural Victoria, Deakin medical researchers assessed farmers' knowledge of chest pain treatment, local emergency services and their likely response to chest pain. Each participant also underwent a health assessment.

The study was conducted by Dr Tim Baker, from Deakin's Centre for Rural Emergency Medicine (a joint initiative between the Department of Human Service, Alcoa of Australia, Portland District Health, South West Healthcare and Deakin Medical School), and Dr Scott McCombe, Cate Mercer-Grant, and Clinical Associate Professor Susan Brumby, from the National Centre for Farmer Health (a partnership between Deakin University School of Medicine and Western District Health Service).

The researchers found that the majority of participants were at high risk of acute coronary events, such as angina and heart attacks, with 61 per cent of the men and 74 per cent of the women either overweight or obese. When asked to name their nearest emergency department (ED), 10 per cent nominated health services or towns where no ED existed. And 67 per cent of participants believed it was safe to travel to hospital by car while potentially having a heart attack.

'The study results provide an interesting and disturbing insight into the emergency medical care seeking behaviours of farm men and women in rural Victoria. Of concern is the pervading uncertainty of what to do if experiencing chest pain,' said Dr Tim Baker, Director of Deakin's Centre for Rural Emergency Medicine.

'This group of farmers is at considerable risk of experiencing acute coronary events, yet many would make decisions about when and how to seek medical help for chest pain that are at odds with what they should be doing.

'For example, one-third would not seek help unless they thought the pain was caused by a heart attack. Furthermore, if chest pain was experienced during the night, around one in ten would wait until morning before seeking treatment.

'Many were also skeptical of calling an ambulance in an emergency, believing it is quicker and therefore safer to travel to hospital by car.'

Dr Baker said that improving health literacy among farm men and women is of the utmost importance as they have higher rates of clinical risk factors and appear to be lagging in emergency knowledge and services when compared with their urban and regional counterparts.

'Farmers are generally the most remotely located and would achieve greater benefit from acting quickly in response to chest

pain and other medical emergencies,' Dr Baker said.

'Programs addressing behavioural barriers to accessing care and improving emergency decision making could well result in saving lives.'

The results of the study, 'Farmers with Acute Chest Pain are Uncertain How and When to Seek Help: A Pilot Study' can be found in *Emergency Medicine Australia*, the journal of the Australasian College for Emergency Medicine.

Farming families get fit and relieve stress with new DVD

The National Centre for Farmer Health (NCFH) has recently produced and launched a farming fitness DVD that has been specifically developed for farm men and women. The DVD provides a resource to help farmers and others in rural and remote communities integrate physical activity and exercise into everyday activities using the farm.

Research in the area has revealed that farmers are often at a loss as to how they could best implement fitness programs at their properties. Yet most farm men and women notice that they feel better after exercise.

The Farming Fit project, which is funded by beyondblue, began in February last year with the aim of researching the effects of exercise on health and mental health levels in the farming population.

NCFH Director, Clinical Associate Professor Sue Brumby says that despite the exercise program, Farming Fit participants were

still finding it difficult to incorporate exercise into their daily routine.

'They were also finding it difficult to understand, and undertake, some of the exercises in the program', she says. 'So the exercise DVD was produced after it became obvious there was such a large gap in information available to help farm men and women become more active in their daily farm routine.'

The Farming Fit DVD, which represents a research partnership between Vitality Health and Fitness, Deakin Medical School, Western District Health Service, and the National Centre for Farmer Health, uses an exercise physiologist and real farmers on their farms to illustrate exercises.

'The DVD was distributed to Farming Fit participants and at the National Rural Health Conference in March, and can be ordered on the NCFH web site: www.farmerhealth.org.au.



Clinical Associate Professor Brumby says while many farming families might not have easy access to a gym, or personal trainers, most of them do have DVD players. 'Making the Farming Fit DVD was the most effective way to get the program in front of the biggest number of people – and without the need for them to have access to expensive gym equipment.'

Nursing and midwifery information evenings

The School of Nursing and Midwifery is, in July, holding information evenings about its range of undergraduate and postgraduate courses.

Undergraduate single and combined courses include: Bachelor of Nursing, Bachelor of Nursing / Bachelor of Midwifery, Bachelor of Nursing / Bachelor of Public Health and Health Promotion, and Bachelor of Nursing / Bachelor of Applied Science (Psychology).

Postgraduate courses are available in the following areas: diabetes education,

cardiac care, critical care, emergency care, intensive care, perioperative, midwifery, nursing practice, and nurse practitioner. Research degrees (masters and PhD) are also available.

Information evenings will be held at the following campuses:

Melbourne Burwood Campus
Tuesday 12 July
6–8 pm
Lecture Theatre 13
Building hc2.005

Geelong Waterfront Campus
Thursday 14 July
6–8 pm
Percy Baxter Lecture Theatre
Building d2.193

Warrnambool Campus
Friday 15 July
7.30–9.30 pm
Building g1.01

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