

2021

ANNUAL REPORT



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Pictured left to right: Mildura Campus hosts the JRC: Mr John Richards OAM, Dr Sean MacDermott, Dr Deb Neal (Head of Campus, La Trobe University, Mildura) and Professor Irene Blackberry



Pictured left to right: Professor Richard Speed, Dr Guinever Threlkeld, Ms Kaushaliva Vaghela MP, Professor Irene Blackberry, Mr Cesar Melhem MP, Hon Wendy Lovel, Ms Fiona Patten MP and the Hon Nazih Elasmr.

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DIRECTOR'S FOREWORD

The impact of the COVID-19 global pandemic continued to be felt locally and globally in 2021. La Trobe University undertook a transformation process and strengthened its cultural qualities. The John Richards Centre successfully underwent a renewal process to strategically plan for the next five years. This puts our Centre in a very strong position to continue and expand the current program of research.

I am so proud that our staff and students demonstrated great resilience during these uncertain times. We continued to disseminate our research both face-to-face and online. At the Parliament of Victoria visit to Albury-Wodonga Campus in April, I gave a presentation on the work of the JRC to the Legislative Council members. Dr Rachel Winterton's research on the volunteer competency framework was launched in June by the Hon. Luke Donellan, Victorian Minister for Disability, Ageing and Carers. Dr Winterton and I participated in a Commonwealth Department of Health consultation on regional, rural and remote aged care provision, to address recommendations from the Aged Care Royal Commission. We disseminated our research online in a few

conferences such as the Gerontological Society of America and Australian Association of Gerontology.

Our industry partners are critical to the success of our research and I cannot thank them enough for their trust and support. I encourage you to peruse our research impact section that highlights our partnerships and how JRC research makes a difference to the lives of rural older people. We also showcased projects from our recent PhD graduates, Drs Jozette Dellemain and Diana Nabbumba.

The JRC continues to attract high-calibre staff and students. Darren Midgley and Lucas Lloyd are leaders in aged care and their research training will no doubt build local research capacity in Mildura. New staff included Dr Kerry Pike, Dr Stacey Rich and Dr Kathleen Brasher who add to our capacity to undertake and expand the JRC research program.

It has been a privilege to lead the Care Economy Cooperative Research Centre (CRC) bid, a ten-year collaboration of 94 industry partners to co-create best practice solutions for our growing social assistance and welfare burden, while positioning Australia as global leader in exportable

care services, models, training and technologies. We have progressed to stage 2 and will learn the outcome by mid 2022.

As ever, my heartfelt appreciation goes to John Richards OAM, the Victorian Government, staff, students, collaborators, participants, industry partners and Reference Group members. Your ongoing support has enabled the John Richards Centre to not just cope with the challenges of recent years but to go from strength to strength in 2021.



Professor Irene Blackberry

Chair and Director, John Richards Centre for Rural Ageing Research




"Our research agility is evident in on-line delivery of LMR Move-It and Parkinson Dancing Projects. The Flying Doctor Telehealth Service continued to deliver much needed care during the pandemic restrictions."

2021 SNAPSHOT

The John Richards Centre is an interdisciplinary rural ageing and aged care research centre based at the Albury-Wodonga campus of La Trobe University, Australia.


27 
STAFF AND
AFFILIATES

10 
STUDENTS

35 
ACTIVE
PROJECTS

44 
PUBLICATIONS

20 
CONFERENCE
PRESENTATIONS
AND INVITED
SPEECHES

12 
MEDIA
MENTIONS

Collaborations



STRATEGIC GOALS 2021-2025

OBJECTIVE

Access

To leverage funding from John Richards, Victorian Department of Health and Human Services and La Trobe University to enhance access to research opportunities, knowledge exchange and collaboration.

Culture

To demonstrate leadership and embed the La Trobe University cultural qualities within all aspects of our research, knowledge exchange and collaboration activities.

Equity

To lead and conduct research that addresses issues relating to equitable health and wellbeing outcomes for diverse rural ageing populations.

Impact

To provide rigorous research evidence to inform initiatives and innovations that address real-life problems experienced by rural ageing populations.

Recognition

To be recognised globally as the leading centre for rural ageing and aged care research.



GLOBAL LEADER



RURAL AGEING

OUR VISION

To be a global leader in rural ageing and aged care research that promotes equitable health and wellbeing outcomes for diverse older people in rural communities.

To engage in research partnerships and knowledge exchange that is responsive and adaptive to societal, technological and environmental changes impacting on rural ageing populations.

OUR MISSION



RESEARCH



PARTNERSHIPS

TARGET

Access

To obtain research funding and develop funding streams to sustain and grow the John Richards Centre's operations.

Culture

To demonstrate the four cultural qualities within John Richards Centre's activities:

- Accountability
- Care
- Connectivity
- Innovation

Equity

To partner with rural older people and their families, rural communities and key stakeholders, governments, industry partners, peak bodies to develop research that addresses rural inequity.

Impact

To conduct activities and produce outputs that facilitate opportunities for research uptake and knowledge translation.

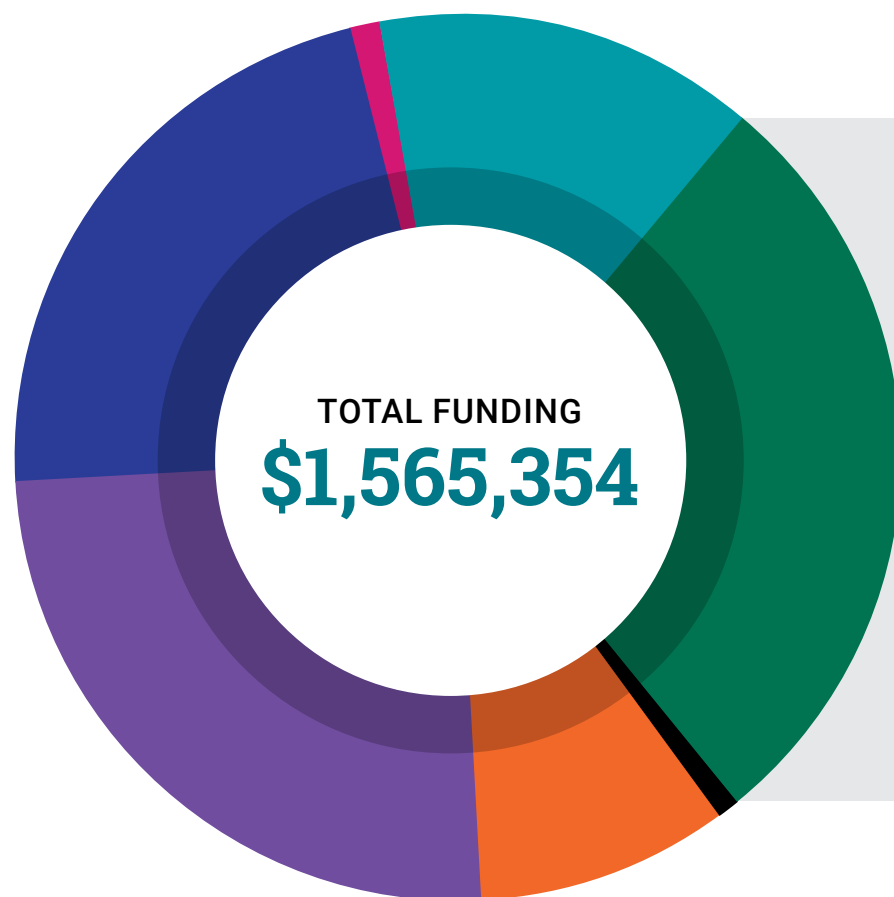
Recognition

To foster an environment that facilitates world-class research, leadership in knowledge translation, and high-quality research training opportunities.

JOHN RICHARDS CENTRE STRATEGIC GOALS ARE ALIGNED WITH LA TROBE UNIVERSITY STRATEGIC PLAN AND LA TROBE RURAL HEALTH SCHOOL STATEMENT OF STRATEGIC INTENT

FUNDING SNAPSHOT

Opening balance as of 1 January 2021 was \$581,097 and closing balance as of 31 December 2021 was \$1,090,352.



- Block Grant Allocations (14%)
- Core Funding (28%)
- Australian Competitive Grants (1%)
- Philanthropy and Industry Partners (9%)
- Other Funding - La Trobe University (25%)
- State Government (22%)
- Other funding - Commonwealth (1%)
- Non-HERDC funding (<1%)



- Victorian Department of Health and Human Services (9%)
- La Trobe University (8%)
- John Richards' Donation (11%)

OUR REFERENCE GROUP

Despite the COVID-19 pandemic, our Reference Group was able to meet face-to-face in May, although some members still joined via video conference. Due to Covid restrictions, both the August and November meetings were held entirely via Zoom. This year we welcomed Professor Ngaire Kerse, Maria Berry, Amanda Tonks, Dr Jane Fyfield, Tony Dunn and David Noonan. We farewelled Mr Peter de Koeyer in December. The objective of the Reference Group is to facilitate links between the John Richards Centre and key stakeholders to provide strategic direction to the Centre. The terms of reference include:

- Contributing to the development of the research agenda
- Informing the Centre about workforce development issues including those relating to research, education and training
- Disseminating information about the research undertaken by the Centre and providing a conduit in the wider community



CURRENT MEMBERS

Mr Peter de Koeyer

Chief Executive Officer, Westmont Aged Care Services Ltd
(Chair, retired December 2021)

Mr John Richards OAM

Founder

Ms Nicole Doran

Commissioning and Systems Improvement,
Department of Health

Professor Irene Blackberry

Director and Chair, John Richards Centre,
La Trobe University

Professor Susan Dodds

Deputy Vice-Chancellor and Vice-President
(Research and Industry Engagement), La Trobe University

Professor Jane Mills

Dean of La Trobe Rural Health School, La Trobe University

Mr Stephen Carroll

Senior Advisor, Community Partnerships,
Ovens Murray Area, East Division, Department of Families
Fairness and Housing

Adjunct Associate Professor Janet Chapman

Executive Director Regional Partnerships and Planning,
Albury Wodonga Health

Ms Amanda Tonks

Director of Nursing Illoura Residential Aged Care,
Northeast Health Wangaratta

Dr Jane Fyfield

Aged Care Sector Advisor

Ms Maria Berry

Older Persons Advocacy Network (OPAN)

Ms Catherine Morley

CEO and Board Member, Wimmera Health Care Group

Professor Ngaire Kerse

Chair in Ageing Well, The University of Auckland,
New Zealand

Mr David Noonan

CEO, Albury Wodonga Aboriginal Health Service (AWAHS)

Mr Tony Dunn

Regional Manager, Riverina Murray Region, UPA

OUR RESEARCH TEAM



Professor Irene Blackberry

BMed, PhD, GradCert HealthProgEval

JRC DIRECTOR AND CHAIR

Irene is the John Richards Chair Rural Ageing and Aged Care Research, and Director John Richards Centre La Trobe University, Albury-Wodonga Campus. Irene is a committee member and past president of the Australian Association of Gerontology Victoria and Associate Editor Elsevier Primary Care Diabetes Journal. With a background in medicine, Irene is a health services researcher with significant expertise in designing and conducting pragmatic trials of complex multifactorial health services. Irene's major research themes are chronic diseases and ageing, which are united by a focus on implementation science of complex multifactorial interventions across the community and primary and secondary care settings, drawing on both qualitative and quantitative research methods. She has attracted \$40M in research funding and published over 130 articles including as first author in the British Medical Journal and Medical Journal of Australia. Irene's research focuses on improving access to care delivery for older people with complex chronic conditions. Her research interests include dementia, diabetes, chronic disease, primary care, digital health, geriatric medicine, and rural health.



Emeritus Professor Jeni Warburton

BA Hons, PhD

HONORARY EMERITUS PROFESSOR

Jeni is an internationally recognised researcher in ageing and social policy and headed the John Richards Initiative between September 2008 and December 2015. Prior to this, Jeni was a senior researcher at one of the lead research centres on ageing at the University of Queensland. Jeni's current research focuses on promoting healthy ageing in the community, particularly in rural communities. She is one of Australia's lead researchers on volunteer issues, particularly related to ageing. Jeni was a Chief Investigator on eight ARC grants and has been invited as a keynote speaker at several national and international forums. She also consults to government and has been a member of both State and Federal advisory panels. Her research has had a significant impact and influence on ageing policy and practice in Australia.



Dr Rachel Winterton

BAppSc Hons, PhD

SENIOR RESEARCH FELLOW

Rachel is internationally recognised for her expertise in rural ageing studies, with specific expertise in voluntary sector responses to rural population ageing and rural age-friendly communities. She is the current convenor of the Australian Association of Gerontology Rural, Regional and Remote Special Interest Group, a member of the Research Working Group for the National Strategy for Volunteering Project, and was called as an expert witness to the rural hearing of the Royal Commission for Aged Care Quality and Safety in 2019. Rachel has recently co-edited an international volume on critical rural gerontology (2021), in collaboration with Professor Mark Skinner (Trent University, Canada) and Professor Kieran Walsh (NUI Galway, Ireland). Her research has been published in leading journals such as Health and Place, The Gerontologist, Geoforum and the Journal of Rural Studies.

OUR RESEARCH TEAM



Dr Clare Wilding

BAppSc(OT), MAppSc, PhD

RESEARCH FELLOW

Clare held a joint appointment with Albury Wodonga Health from August 2020-August 2021 and completed a project in partnership with health staff to improve health care experiences for older people. Also in 2021, she contributed to a project conducted in partnership with Mercy Connect Albury, which evaluated a virtual reality program designed to increase empathy in disability support workers. Clare furthered the work of the JRC and LTU by supervising post graduate students, mentoring staff, writing reports and academic articles, and collaborating on grant applications. Clare has authored 7 book chapters and over 30 academic articles. Her research interests are varied and include rural ageing, technology, occupational science, health promotion, managing chronic illness and disability, arts and health, knowledge exchange, qualitative methods, and practitioner-academic alliances.



Dr Tshepo Rasekaba

MPH, PhD, GCALL

RESEARCH FELLOW

Tshepo's research background is in adults with chronic respiratory diseases, which has evolved into researching other chronic health conditions, particularly diabetes and digital health. Some of the work he has completed in recent years includes Royal Flying Doctor Telehealth Specialist Service, Loddon Mallee Region physical activity to combat chronic disease in rural older adults, and clinical guidelines for the diagnosis and management of work-related mental health conditions in General Practice. Tshepo's current research includes the Western Victoria Primary Health Network After Hours Primary Healthcare Project, GO ReViTALISE, and Optimisation and Personalisation of Self-management of Type 2 Diabetes and review of pre-exercise clinical information and prescription in the management of diabetes. He is a member Research Advisory Committee of the Royal Flying Doctor Service Victoria and an affiliate of the Ovens Goulburn Murray Diabetes Clinical Network.



Dr Stacey Rich

BPsySc (Hons), PhD

RESEARCH FELLOW

Stacey holds a conjoint Research Fellowship partnering with Albury Wodonga Health and La Trobe University's John Richards Centre to improve patient outcomes for older persons in the Albury-Wodonga Region. She is also currently working on the GO ReViTALISE initiative in partnership with Border Medical Oncology, looking at ways to improve access to cancer clinical trials for older persons living in rural and regional Victoria. She is interested in the power of combining qualitative and quantitative data for a richer understanding of phenomena. Her background is in teaching research methods and statistics at undergraduate level. Her broader interest lies in positive psychology, particularly eudaimonic wellbeing. She is influenced by Ryan and Deci's Self Determination Theory and attempts to implement the theory in her everyday life. As a result, she is a firm believer in community participation and making things with your own hands.

OUR RESEARCH TEAM



Dr Kathleen Brasher

PhD

RESEARCH FELLOW

Kathleen is a social gerontologist with a long involvement in the health and community sectors as clinician, academic, advocate and in policy and program development and evaluation. Kathleen is the Executive Officer for Upper Hume Primary Care Partnership where she maintains a strong involvement with Age-Friendly Northeast Victoria Alliance. She has been a part of the Age Friendly movement since 2006 and is an advisor to the WHO Global Network for Age-friendly Cities and Communities, and has advised state and local governments, and older person's organisations, across Australia, New Zealand and North America.



Dr Pauline Savy

RN, RPN, BAdmin, Grad Dip (Gerontology), PhD

RESEARCH FELLOW

Pauline's academic interests include teaching and publishing in sociology and researching the provision of aged care in residential and community settings. Previously, Pauline taught Social Gerontology and Sociology at La Trobe University, worked as a nurse in geriatric and psychiatric fields, and was a consultant in aged care service provision and education.



Dr Bonnie Martin-Giles

BSW (Hons), PhD

RESEARCH OFFICER

Bonnie is currently involved in a large research project that is focused on early detection and improved treatment of dementia in Aboriginal and Torres Strait Islander populations across Australia. She has a background in social work and has previously taught for the Department of Social Work at La Trobe University, Mildura. Bonnie's PhD focused on exploring the effects of chronic childhood maltreatment on brain development and how this may increase the risk of engaging in recidivistic offending later in life. Her research interests include child protection, brain development, dementia, and rural health.

OUR RESEARCH TEAM



Jennifer Pitman

BCom, Economics (Hons)

RESEARCH OFFICER

Jennifer has research experience and interest in health economics. With a background in commerce, economics, finance, and management, she held a range of senior and management roles as an economic analyst and policy advisor before joining La Trobe University, Mildura, in 2019 as a lecturer in Economics.



Dr Rebecca McKechnie

BHSc (Hons), PhD

RESEARCH OFFICER

Rebecca joined the JRC in March 2020, coming from an academic position at the Queensland University of Technology. Rebecca's research interests include food security, measurement scale development, and socioeconomic inequalities in health and the role of policy in addressing these. Rebecca has experience in both quantitative and qualitative methods for research and health service evaluation.



Kayla Royals

BPsySc (Hons)

RESEARCH OFFICER

Kayla's current research is focussed on facilitating better access to dementia care and support services within the City of Greater Bendigo and exploring the capacity of rural and regional community organisations to support people living with dementia to volunteer. During her time at the JRC Kayla also previously worked on the Verily Connect project, trialling the use of online technology to support rural carers of people living with dementia. Working across a number of dementia-related projects, she has developed experience and interest in supporting people living with dementia and their carers through research.

OUR RESEARCH TEAM



Fan He

MSc, PhD Candidate

RESEARCH OFFICER

Fan is a quantitative and epidemiologic researcher. He has research experience in cardiovascular disease research, especially in stroke. He is collaborating with clinicians from Beijing and Yunnan, China for a stroke study funded by La Trobe's China Studies Seed-funding Research Grant Scheme. Currently, he is undertaking a multicentre prospective longitudinal study which aims to develop a risk score for prediction of gestational diabetes mellitus in China. This research is led by both Peking Union Medical College Hospital and La Trobe University and is funded by China Medical Board Open Competition Research Funding. Fan is also supporting other JRC projects by undertaking data analysis and preparing data reports.



Bronwyn Carter

MPH MPHAA

JRC CENTRE COORDINATOR/RESEARCH OFFICER

Bronwyn joined JRC this year as Centre Coordinator (job-shared) and casual Research Officer. She is a public health academic with a background in teaching, academic editing, and research. Bronwyn is an Honorary Research Associate in the School of Psychology and Public Health and author and co-author of chapters and articles on policy, disease prevention, evidence-based practice, curriculum development, and research methodology. Having originally practiced in nursing, specialising in rehabilitation and complex community care, Bronwyn enjoys a challenge. Her passion is working on development of innovative research, policies and programs that promote equality. She is Deputy-President, Public Health Association Australia, Victorian Branch and led the development of the current Prevention Campaign advocating for increased government investment in preventive interventions.



Kim Young

BHumanServ/MSocWk, BSc(Sp&HearSc)

JRC CENTRE COORDINATOR/RESEARCH OFFICER

Kim joined JRC as research officer in March 2020 and this year has job-shared the Centre Coordinator position as well as continuing part-time as a research officer. Kim's current research focuses on improving shared-decision making for older persons with cancer, resilience in migrant women working in aged care, and evaluating the use of virtual reality to foster empathy in disability support workers. As a recent La Trobe Social Work graduate, with previous experience as a speech pathologist, Kim is passionate about older people and people with disabilities being supported to maintain their quality of life.

OUR RESEARCH AFFILIATES



Dr Carina Chan

BSc (Psychology & Statistics),
MSc (Health Psychology), PhD

AFFILIATE RESEARCHER

Carina's interest and expertise lie primarily in the psychosocial aspects of understanding health and health behaviours. She has experience in conducting randomized controlled trials to promote health behaviours for health promotion and diabetes management, developing and validating health motivational measures, and investigating cultural and personality issues associated with eating behaviours, workplace stress, and chronic disease prevention and control. Currently she is interested in extending her research expertise in the regional/rural context and focusing on psychosocial issues associated with ageing and chronic disease prevention and management.



Dr Stephen Cousins

PhD

AFFILIATE RESEARCHER

Stephen is a lecturer in Exercise Science at La Trobe University, Bendigo, and teaches across a range of Exercise Science subjects. He also coordinates the undergraduate placement program to align with course accreditation. In this role he has helped to establish and maintain placement partnerships with the Bendigo Pioneers (AFL), Bendigo Academy of Sport, The Human Mechanics, YMCA, Bendigo South-East College and Girton Grammar School, providing strength and conditioning consultancy support. Stephen, other JRC team members, and collaborators from Lincoln University UK are currently undertaking work to understand Physical Activity in Community Dwelling Older Adults in Regional and Rural Areas.



Dr William Keeton

BA (Political Science), MS (Management and Transportation Management), PhD

AFFILIATE RESEARCHER

William is a former United States Army Lieutenant Colonel and US Exchange Officer to the Australia Army. William previously taught logistics, leadership, and strategic military planning while working with the US Embassy's Australian diplomatic mission. He currently lectures at La Trobe University in the School of Business, Department of Management. William is Chairman of the Company Board of Directors for Westmont Aged Care Services. His research interests are in leadership, strategic planning, corporate governance, and aged care.



Dr Ali Lakhani

BBA, MA, MES, PhD

AFFILIATE RESEARCHER

Ali is an interdisciplinary researcher with degrees in business, economics, environmental studies and health promotion. He is currently a Senior Lecturer in Public Health with the School of Psychology and Public Health at La Trobe University. He has a decade of experience conducting community-based research focusing on the environmental determinants of health.

OUR RESEARCH AFFILIATES



Dr Sean MacDermott

BSc (Innovation & Change Management),
BScPsych, BSocWork, M Operations
Management, MSocWork, PhD

AFFILIATE RESEARCHER

Sean's research interests are in rural/ regional health, end of life planning, palliative care, health workforce, telehealth, and travel for healthcare. Sean has experience in health-services design/redesign and prior to joining La Trobe University was the National Project Manager for the National Rollout and Evaluation of the Dementia Care in Hospitals Program. Sean has expertise in quantitative and qualitative methodologies in health, social science, and change management research.



Dr George Mnatzaganian

MPub Health, MHLthSc (Epidemiology),
PhD

AFFILIATE RESEARCHER

George has advanced quantitative statistical research skills and experience in analysing large, linked datasets and routinely collected hospital databases. With a background in clinical epidemiology, George's research interests span chronic disease, patient outcomes research, health services research, big data analysis, statistics, evidence-based practice and health policy, international health, vulnerable communities, and gender and socio-economic inequalities in health outcomes.



Adjunct Professor Nicholas Morris

MA, MPhil (Oxon), PhD (UNSW)

AFFILIATE RESEARCHER

Nicholas has over 40 years' experience advising companies, governments, and international agencies, in the UK, Australia, Europe, China, SE Asia and the Middle East, on financial regulation, health and social support systems, and the financing of essential infrastructure. In recent years he has focused on regulatory and other reforms needed for sustainable development, in both developed and developing countries. He has led innovative research on health sector and aged care reform in the UK and Australia during several decades.



Dr Kerry Pike

BA, BSc(Hons), DPsych (Clin Neuro),
MAPS

AFFILIATE RESEARCHER

Kerry's research program encompasses two broad areas: 1) Neuropsychological and biomarker characterisation of preclinical Alzheimer's disease (preAD), and 2) Interventions to improve cognition, and hence the lives of those with memory concerns or difficulties. Much of her work focuses on intervention with older adults, including people with subjective memory complaints, mild cognitive impairment, Alzheimer's disease, and other dementias, as well as those who are ageing normally. More recently, she has been working on evaluating cognitive interventions to improve the lives of cancer survivors.

OUR RESEARCH AFFILIATES



Professor Tonya Stebbins

PhD

AFFILIATE RESEARCHER

Tonya is currently conducting research on intersections between language policy and system responses to family violence. Tonya also has an interest in dementia communication and in the impact of the NDIS roll out on culturally and linguistically diverse communities. Tonya is an experienced consultant having completed projects across the Health, Human Services and Education sectors. Projects include program evaluation, organisational development, program review and qualitative research on topics including family violence and child protection.



Associate Professor Joseph Tucci

PhD

AFFILIATE RESEARCHER

Joseph has a background in developmental biology, and his past research has included the generation of transgenic animal models for the study of homeobox genes and other developmental factors. Some of his current research interests include: Bacteriophage as alternatives to antibiotics, personalising medicines for HIV/TB patients in Papua New Guinea, how medicines “fit into” the lifestyles of Indigenous Australians, and optimising the health of older Australians in rural areas through implementation of Aged Care Pharmaceutical Stewardship.



Associate Professor Raelene Wilding

PhD

AFFILIATE RESEARCHER

Raelene uses qualitative research methods to investigate ageing, migration, and new technologies. Her recent projects include an exploration of virtual reality as a tool for enhancing social connection in a rural town, and analysis of the health needs of older refugee-background migrants in a regional centre of Victoria. With a background in sociology, Raelene seeks to engage in research that identifies and addresses inequalities and to support families and communities to maintain strong social bonds of care and support.



Dr Monika Winarnita

PhD

AFFILIATE RESEARCHER

Monika completed research on an ARC Discovery and Linkage project “New Beats” (2017-2019). Monika has a background in academia teaching and research in anthropology, communication and media, and Indonesian studies. She is a board member of the Asian-Australian Studies Research Network. Monika’s research interests include migration, employment, family, gender, cultural performance, politics of culture, diaspora, digital ethnography, multimedia, media representation, identity, and belonging.

POSTGRADUATE STUDENTS



Jennifer Boak

RN, Grad Cert Emerg, Grad Cert Gerontology
PhD Student

Improving Quality of Care Through Detection Of Complexity Amongst Older People in the Community: ImPaCt study

Supervised by Professor Irene Blackberry and Dr Tshepo Rasekaba

Jenny is an experienced nurse who currently manages a community nursing service in regional Victoria. She is committed to supporting clinicians to enhance their clinical judgement, thus providing timely and responsive care for older people. Jenny is a member of the Australian College of Nursing Chronic Disease Policy Chapter and the Value-based healthcare working group.



Jozette Dellemain

BA, BSocWk/MSocWk, PhD
(graduated in 2021)

Rural Case Management: Developing a Practice Identity

Supervised by Associate Professor Suzanne Hodgkin and Dr Heather Downey

Jozette's PhD research was community-based case management practice from a rural perspective. She found a lack of specific rural theory meant rural case managers relied on urban-based theory to inform their practice. Findings from her study were used to develop a case management practice theory adapted to a rural context.



Craig Gilbertson

RN, GradDipN (Perioperative)
Masters Student

A Feasibility Study Exploring the Use of Virtual Reality to Alleviate Patient Fear of Needles During Medical Treatment

Supervised by Dr Tshepo Rasekaba and Professor Irene Blackberry

Craig is a Master of Applied Science candidate with a research focus on virtual reality for the management of needle phobia in adults. A novice researcher, Craig is a registered nurse and currently an Associate Nurse Unit Manager with Albury Wodonga Health.



Fan He

MSc
PhD Student

One-Year Clinical Patient Outcomes Following Acute Ischaemic and Haemorrhagic Stroke In Albury-Wodonga: A 10-Year Retrospective Cohort Study

Supervised by Professor Irene Blackberry and Dr George Mnatzaganian

Fan's project is based on the research partnership between La Trobe University and Albury Wodonga Health. His research will utilise routinely collected hospital data that will be linked to various external data sources to investigate in-hospital and post-hospitalisation outcomes following acute stroke. Findings of the study will inform policy and clinical practice in addressing inequalities of stroke care in regional Australia.

POSTGRADUATE STUDENTS



Soorya Rejeesh Kumar

Doctor of Nursing Student, La Trobe Rural Health School

Identifying Risk Factors of Occupational Stress and Burnout in Regional Victoria's Aged Care Nursing Workforce

Supervised by Associate Professor Melanie Bish and Dr Clare Wilding

Soorya is completing a Professional Doctorate within the La Trobe Rural Health School. Her study is investigating stress and burnout in nurses who work in residential aged care in Bendigo. Soorya intends to apply study findings to assist her as a Nurse Manager in residential aged care.



Carmela Leone

BAppSocSci, GradDiplIntHumSt, MCommPlanDev
PhD Student

Discourses Relating to 'The Right to the City' for People Living with Dementia and Their Carers, in a Regional Australian Setting; Implications for a Rights-Based Dementia-Friendly Community

Supervised by Professor Irene Blackberry and Dr Rachel Winterton

Carmela's academic background is in social sciences and community planning and development. Her academic interests include community-planning conflict (power, discourse, and planning) and socio-spatial justice.



Lily Li

BPsychSc, BPsychSc (Hons), MPsych(ClinNeuro)
PhD Student

Cognitive and Psychological Functioning in Older Adults with Type 1 Diabetes

Supervised by Dr Kerry Pike, Dr Dana Wong, Dr Caroline Fisher and Dr Elizabeth Barson

Lily is a Clinical Neuropsychology Registrar completing this project in partnership with the Royal Melbourne Hospital. Her research aims to look at thinking skills and mental health difficulties in older adults with Type 1 diabetes. She hopes that her study will improve our understanding of these issues and help to inform treatment options and recommendations.

POSTGRADUATE STUDENTS



Lucas Lloyd

RN MN

Doctoral in Nursing candidate

What Effect Does a Nurse-Led Model of Palliative Care Have on People Living in Rural Residential Aged Care

Supervised by Professor Irene Blackberry and Dr Sean MacDermott

Lucas is a Registered Nurse, and has worked extensively as a senior clinician, manager and independent consultant in the UK, metropolitan Melbourne, and regional Victoria. He has worked in public, private and not for profit sectors as well as the Victorian Government. Lucas obtained a Master of Nursing (Clinical Leadership), from Western Sydney University in 2009. He has extensive experience in safety and quality, compliance, education, and aged care.



Darren Midgely

RN. BN, Dip. Mgt, Grad. Dip. Bus. Admin, MBA, GAICD

Professional Doctorate Student

The Evaluation of the Impact of Intergenerational Programs on Children in Long Day-Care and Older Adults Living in Residential Aged Care

Supervised by Professor Irene Blackberry and Dr Sean MacDermott

A Registered Nurse with clinical and business acumen, Darren is well regarded within health and business circles. Darren is the Chief Executive Officer of Rural Care Australia, which operates Chaffey Aged Care, Bingarra Units and Generations Early Learning in the rural town of Merbein located in North-West Victoria. Darren is passionate about delivering innovative services that support and empower his community, helping people be at their best.



Diana Nabbumba

BSW, MSc(SocSci)

PhD Student

Examining Responsibility Allocation within the Social Care System for Older People in Rural Uganda: An Ecological Systems Approach

Supervised by Dr Rachel Winterton, Dr Jacqui Theobald and Associate Professor Suzanne Hodgkin

Diana submitted her PhD thesis for examination on 25th October. Through the application of theories (ethics of care and critical rural gerontology) she identified the care disruptions that have policy and practice implications for improving aged care and healthy ageing in Sub-Saharan Africa. This thesis is novel in filling the gap in knowledge about the available social care services for older people in a developing country context.

COMPLETED HIGHER DEGREE RESEARCH STUDENTS

Examining responsibility allocation within the social care system for older people in rural Uganda: An ecological systems approach

Diana Nabbumba

The anticipated increase in the number of people aged 60 years and above in sub-Saharan Africa raises critical questions around who is responsible for providing social care for older people. This concern is timely in the context of growing demand for social care, uncertainty in relation to governments' provision of social care services, and multifaceted challenges to social care provision for older people in rural areas. However, there has been limited research exploring social care systems for older people in sub-Saharan Africa, including Uganda. This thesis aims to critically examine the allocation of responsibility within the social care system for older people in rural Uganda. A transformative qualitative approach using ethics of care theory (EoC), critical rural gerontology (CRG) and critical human ecology (CHE) perspectives guided this study. The multiple methods adopted included the analysis of four national policy documents, in-depth semi-structured interviews with 21 key stakeholders and 19 rural older people receiving care, alongside focus groups

with 40 rural caregivers. Participants were asked about the current social care services provided or received in rural communities, their perceptions of social care responsibility, their experiences and challenges relating to the provision of social care and their recommendations for improvement. This thesis argues that responsibility for social care in rural Uganda both impacts and is impacted by other elements or phases of care and is shaped by care disruptions. The findings demonstrate that the formal social care system for older people in rural areas is inconsistent, underfunded, fragmented and unregulated, leaving families predominantly responsible for care. The lack of a clear policy framework and responsibility allocation at a macro level influences how stakeholders, informal caregivers and older people conceptualise and assume responsibility. This study makes a significant contribution to understanding and improving social care for older people in rural Uganda.

Putting 'Rural' Into Case Management

Dr Jozette Dellemain

Social workers and human service workers encounter unique challenges when commencing practice in rural communities. Poor resources, inadequate supervision, lack of anonymity and extensive travel, are just a few of the issues they are likely to encounter. Though attention has been paid to generalist case management practice theory and its role in addressing complex social needs, to date there has been a notable absence of specific enquiry into its application to a rural setting, particularly in an Australian context.

To resolve the absence of theory, this study identified 37 practice constructs to adapt generalist case management practice theory to a rural context. To build theory, the study selected a qualitative dominant, sequential, exploratory, mixed methods design, that was undertaken in two distinct, but integrated, stages. The significance of this research is threefold: it developed constructs to inform a case management theory adapted to a rural setting; it utilised a mixed methodology

for theory development; it built practice theory from two expert knowledge bases, rural case managers and social work academics. The result was a theory grounded in an authentic interpretation of case management practice, adapted for a rural context.

Overall, the study confirmed that the rural context impacts on all functional stages of the case management intervention, namely, assessment, planning, linking, monitoring and review. Practice implications identified in the study reinforced that case management in rural community-based social work and human services settings warrants a dedicated theoretical framework. The adapted theory articulated by the study is significant to a range of user groups including students, rural case managers, human services workers, social workers, policy makers, supervisors, and case management educators. This area of practice remains rich for ongoing exploration for those wanting to apply or evaluate rural case management theory in international and other practice contexts.

STUDENT MILESTONES

Confirmation Milestone for the Master of Research

21 January

Fan He - "Risk of In-Hospital and 1-Year Mortality Following Stroke in Southwest China".

Fan has since transferred to a PhD which will explore stroke data from Albury Wodonga Health and additional external sources.

PhD Mid Candidature Review

1 March

Carmela Leone - "Discourses relating to 'the right to the city' for people living with dementia and their carers in a regional Australian setting; implications for a rights-based Dementia-Friendly Community."

Masters to PhD Confirmation of Candidature

29 April

Jennifer Boak - "Enhancing nurses' detection of complexity of older people requiring support to live at home".

PhD Submission of PhD Thesis for Examination

25th October

Diana Nabbumba - "Examining responsibility allocation within the social care system for older people in rural Uganda: An ecological systems approach."



Pictured Right: Professor Irene Blackberry, Kim Young, Dr Jozette Dellemain, and Dr Heather Downey.

KEY RESEARCH AREAS





AGED CARE AND DEMENTIA

The Aged Care and Dementia research stream is focussed on developing translational research projects designed to improve the lives of older people in aged care as well as those living with dementia and their carers. Projects also cover related areas such as cognitive decline and safe use of medications.



Barriers and Facilitators to Implementation and Maintenance of Cognitive Screening of Patients Aged Over 65 in Rural and Regional Health Services

MacDermott, S., Blackberry, I., McKechnie, R., Royals, K., Hodgkin, S., LoGiudice, D., and Morgan, D.

From January 2019, health services have been assessed against revised National Safety and Quality Health Service (NSQHS) standards which identify patients aged over 65 as an at-risk population requiring cognitive screening. This research aims to determine how regional health services are implementing and maintaining cognitive screening. Focus groups and interviews were held to determine what barriers and facilitators to screening currently exist and whether any of these are unique, or more pertinent to, rural services. A lack of specialist services, patient concerns regarding screening results and outcomes, and a lack of workforce knowledge, experience and confidence related to available cognitive screening instruments and their use, were identified as potential barriers to screening programs.

Partners: Sunraysia Community Health Services and Mildura Private Hospital

Funding body: La Trobe University Research Focus Area – Building Healthy Communities

Codesigning a pharmacist-led program for improving quality, safety and effective use of medicines for rural older adults

Blackberry, I., Tucci, J., Rasekaba, T., Hutchinson, A., LoGiudice, D., and Clark, M.

Limited availability of trained staff significantly contributes to missed opportunities to address medication-related harm in aged care in rural settings. This project is the initial phase or broader research, including stakeholder consultation and research co-design, aimed to unpack issues and inform a framework for quality, safety and effective use of medicines for older people. It will provide foundations for an Aged Care Pharmaceutical Stewardship Scheme.

Partners: Deakin University, The University of Melbourne and Royal Melbourne Hospital

Funding Body: Pilot Grant Support Program, La Trobe Rural Health School

Implementation of cognitive interventions for people at risk of dementia

Pike, K., Blackberry, I., Lautenschlager, N., and O'Connell, M.

This project aims to address the gap between research and practice for cognitive interventions for older adults with mild cognitive impairment or subjective cognitive decline. Beginning with a systematic literature review followed by an implementation study within a public hospital (Peninsula Health) using an implementation science approach to examine the process and evaluate the success of implementation of an evidence-based cognitive intervention for older adults at risk of developing dementia.

Partners: University of Melbourne, University of Saskatchewan, Canada

Funding body: La Trobe University ABC internal investment scheme

Webster Rural and Regional Dementia Care Project

Blackberry, I., Winterton, R., Royals, K., and Chisholm, M.

Through conducting evidence-based research, this project aims to improve dementia care pathways within rural and regional Victoria, with a specific emphasis on developing innovative and sustainable care for residents of Bendigo and surrounding regions. Surveys (n=25) and service mapping interviews (n=10) have been completed with carers of people living with dementia, and a focus group (n=9) was held with service providers. Based on this data, a pathways resource was developed in 2021, which will be distributed for community review, and further refined for launch in 2022.

Funding Body: Sandhurst Trustees





RURAL HEALTH SERVICES AND WORKFORCE

Our Rural Health Services and Workforce key research area pursues inquiry that provides insights and understanding of the broad field of health care in so far as these relate to the health and wellbeing of the rural ageing population, locally and globally. Our focus includes aspects of health care delivery, workforce, organisation, resource allocation, economics, program evaluation and health outcomes. These are all intended to improve the health of individuals and communities vis-à-vis implications for clinical practice, health service management and policy.



Breast Cancer Screening in disadvantaged populations

Dickson-Swift, V., Spelten, E., **Blackberry, I.**, Wilson, C., and Yuen, E.

Funded by the Commonwealth Department of Health this qualitative project aims to investigate breast screening motivations and how this impacts the behaviour of Australian women aged 75+. The results of the study will provide BreastScreen Australia with a more nuanced understanding of the decision-making process used by older women when accessing breast cancer screening services. Using in depth interviews we are currently collecting data from a range of older women from across Australia. Our preliminary findings to date (n=20) highlight that there are many different motivations for continued screening including a strong desire to remain healthy and well as they age, and to maintain independence. Despite being out of target age for invitation to screen many women continue to screen and would like to continue to receive invitations. Risks of screening for older women are seldom discussed with GPs and it is recommended that this is a key gap in the current program.

Partners: Violet Marshman Centre, Olivia Newton John Research Centre

Funding Body: Commonwealth Department of Health

Café Health Innovative Health Program Evaluation

MacDermott, S., Blackberry, I., and McKechnie, R.

Café Health is a new initiative from the West Wimmera Health Service (WWHS) health promotion team. It facilitates thoughtful and productive discussion around the health and wellbeing issues that affect individuals and communities in an informal café setting, to make everyone feel comfortable expressing opinions, personal experiences and thoughts about health and wellbeing. The Café Health program was initially piloted in three towns before being rolled out to the remaining six communities served by WWHS across the Wimmera and Southern Mallee. An evaluation of the efficacy of the program is required to understand its benefits, to further refine the program and develop a replicable model for other rural Australian communities.

Partner and funding body: West Wimmera Health Service (WWHS)



Defining Scope of Volunteer Practice within Health and Aged Care Services

Winterton, R., Hodgkin, S., and Mitchell, K.

This project identified the key competencies required to manage volunteers in health service settings. Surveys (n=60) and interviews (n=25) were completed with volunteer managers, and surveys (n=270) were completed with volunteers within health services. Two reports were completed, and a competency framework for health volunteer management was developed using study findings. These reports, and the competency framework, were launched by the Minister for Disability, Ageing and Carers, the Hon Luke Donnellan, in June 2021.

Funding body: Victorian Department of Health and Human Services

Development of Health and Wellbeing Profiles for WWHS Communities

MacDermott, S., and Royals, K.

The West Wimmera Health Service (WWHS) Health Promotion team services nine diverse communities in a large rural catchment. Achieving both detailed understanding of the opportunities and barriers to health and wellbeing in each town and developing local impact and outcome measures to validate their work in these catchments requires the development of a comprehensive and detailed picture of each community. The development of health and wellbeing profiles for each community is timely for local practice and is also well placed to contribute to deliberations regarding the state-wide Community Health-Health Promotion Guidelines, of which WWHS is a contributing member to the Stakeholder Steering Group and to the Measurements and Indicators subcommittee.

Partner and funding body: West Wimmera Health Service (WWHS)

Pictured: Participants in Café Health program with WWHS facilitator Abdul Basir (far left). (Photograph supplied by WWHS).

Enhanced supportive care of older adults with cancer at AWRCC

Steer, C., **Blackberry, I.**, Underhill, C., Soo, K., and Webb, N.

This project aims to streamline and enhance supportive care provision for older adults with cancer at the Albury Wodonga Regional Cancer Centre (AWRCC) by providing education to staff across the Cancer Centre on the benefits and utility of geriatric assessment (GA) in the care of older adults with cancer, along with redesigning the current multidisciplinary supportive care “intake” meeting for new patients, to allow discussion of the age-related concerns of selected older adults. Simple geriatric assessment tools can be utilised to inform enhanced supportive care and improve discussion about age-related concerns.

Partners: Albury Wodonga Health and Border Medical Oncology

Funding Body: Hume Regional Integrated Cancer Service Grant

Geriatric oncology in the Instagram era: Adopting PhotoVoice to enable empowerment, patient-centred care and shared decision making

Steer, C., **Blackberry, I.**, **Rasekaba, T.**, Webb, N., **Young, K.**, and Soo, K.

Age is one of the greatest risk factors for developing cancer, making the ageing process an important component of cancer progression and care. Hence multidimensional assessment of older adults with cancer is crucial for more holistic care, and results in better communication about age-related concerns and facilitates personalised and patient-centred supportive care. This study investigated the feasibility and acceptability of integrating patient-derived photographs (PhotoVoice) into geriatric oncology assessments and enhanced supportive care to facilitate empowerment, patient-centred care and shared decision-making in cancer care.

Partners and Funding Body: Albury Wodonga Regional Cancer Centre Trust Fund

One-year clinical patient outcomes following acute ischaemic and haemorrhagic stroke in Albury-Wodonga: a 10-year retrospective cohort study

He, F., **Blackberry, I.**, and **Mnatzagnian, G.**, Rutherford, D., and Njovu, M.

This project is a research partnership between La Trobe University and Albury Wodonga Health(AWH). Dr David Rutherford, the Medical Director of Division of Medicine of AWH and Dr Michael Njovu, the Director of Rehabilitation Medicine of AWH are the leading investigators involved in this project. The research will utilise routinely collected hospital data that will be linked to various external data sources to investigate in-hospital and post hospitalisation outcomes following acute stroke. Findings of the study will inform policy and clinical practice in addressing inequalities of stroke care in regional Australia.

Partners: Albury Wodonga Health

Small Rural Health Research Team Partnership (SMART)

Blackberry, I., Farmer, J., and Morley, C.

The SMART partnership is a dynamic group of 10 Victorian rural and community health services who join with academic partners to improve health outcomes for rural Victorian communities. The partnership brings together rural and community health services to lead the health policy agenda through development of evidence-based research and application of that research into innovative practice. Since 2016, the partnership has attracted over \$2M of research funding in dementia, mental health, volunteering, telehealth, and community development. Website: <https://smarruralhealth.wordpress.com>

Partners and Funding Bodies: Swinburne University, Heathcote Health, Cobaw Community Health Service (Macedon Ranges), Rural Northwest Health, Robinvale District Health Services, Edenhope and District Memorial Hospital, Kooweerup Regional Health Service, The Kilmore & District Hospital, Wimmera Health Care group, West Wimmera Health Service. and Mallee Track Health & Community Services.

Transfers of Older Persons (TOP)

Wilding, C., Blackberry, I., Squire, S., Chapman, J., Allenby, A., Hudec, L., Ashcroft, M., Stewart, S., Edmondson, S., Gunnett, K., Berry, M., Lang, L., and Hanson, A.

A Fellowship in Ageing and Subacute Care was established in 2020 and is jointly funded by Albury Wodonga Health (AWH) and the John Richards Centre (JRC). Transfers of Older Persons (TOP) is the first project that has arisen from this fellowship and responds to a need identified by AWH to improve the care of and patient flow for older patients. The TOP project involves a partnership between AWH, JRC, Beechworth Health Service, Corryong Health, Tallangatta Health Service, and Culcairn Hospital. It aims to improve experiences for patients who are transferred from one health service to another. The first stage of the TOP project was a realist evaluation (using mixed methods) of staff and patients' experiences of inter-health service transfers. This stage was completed in 2021.

Funding Body: Albury Wodonga Health and John Richards Centre

Western Victoria Primary Health Network After-Hours Co-design Project

Rasekaba, T., and Blackberry, I.

This is a collaboration between Western Victoria Primary Health Network (PHN) and the JRC as an independent research and evaluation partner. The PHN has funded three health services to implement quality improvement initiatives to expand their after-hours services. Another five providers have been funded to develop and implement new models of after-hours care, including a telehealth medical emergency care, nurse practitioner access in residential aged care and palliative care. The research and evaluation findings will be used to determine the overall impact of the After-Hours Co-design Projects on providers, patients and the broader after-hours primary health care system including the outcomes achieved, the key learnings, the replicability of the projects to other regions and the sustainability of the projects beyond the funding period. <https://westvicphn.com.au/health-professionals/health-topics/after-hours-care/after-hours-projects/>

Partners and Funding Body: Western Victoria Primary Health Network

Regional Trials Network Victoria – ReViTALISE

Underhill, C., Wright, T., Torres, J., Harris, S., Rachakonda, K., Brown, S., Collins, I., Campbell, D., Klein, O., Philip, J., Eastman, P., **Blackberry, I.**, Steer, C., Krishnasamy, M., Gibbs, P., Lackovic, K., Sabesan, S., McArthur, G., Zeps, N., Lusi, N., and Wilkins, K.

The Regional Trials Network-Victoria (RTN-Vic) was established in April 2017 with a 3-year grant from the Cancer Council of Victoria (CCV) to improve patient access and recruitment to high quality cancer clinical trials at Victorian regional trial sites to bridge the gap between metropolitan and regional trial participation by 2025. In 2020, ReViTALISE was successful in an MRFF Regional, Rural and Remote Infrastructure competitive grant to continue and expand this program of research including the Geriatric Oncology Research stream which is led by Professor Irene Blackberry and Dr Christopher Steer. Other research streams led by other academic and health service partners include Nurse-led and Allied Health, Palliative and Supportive Care, Registry Trials, Indigenous Trial Access, and Immunotherapy.

Partners: Andrew Love Cancer Centre, Ballarat Integrated Cancer Service, Barwon Health (Geelong), Bendigo Health, Border Medical Oncology (Albury-Wodonga), Goulburn Valley Health (Shepparton), La Trobe Regional Hospital (Traralgon) Olivia Newton-John Cancer Centre, Mildura Base Hospital, Southwest Health (Warrnambool) and University of Melbourne.

Funding Body: MRFF Regional, Rural and Remote Infrastructure Grant



AGEING IN PLACE

The Ageing in Place key research area engages in strategic research that builds the capacity of rural places to enable older adults to age in their homes and communities. Research in this area identifies barriers and enablers to accessing health, social and community services within rural communities, and identifies strategies to increase community participation among diverse older adults.



Designing an age-friendly, rural, multidisciplinary primary care model: the 4Ms approach.

Ashcroft, M., **Brasher, K.**, and **Winterton, R.**

This project, which commenced in 2021, will co-design an age-friendly, rural, multidisciplinary, integrated primary health care model for the Upper Hume Region of Victoria. The basis for the model is the Indigo 4Ms Framework which structures and prioritises care for older people in rural settings across four, evidence-based, interrelated core elements (the 4Ms): what matters, medications, mobility, and mental health. Working with older people, their families and carers, health, governments, aged care and community stakeholders, this project will co-design local and regional multidisciplinary assessments and interventions for the 4Ms Framework and test the feasibility of these interventions with end users. In doing so, it will develop the first unifying construct to guide an integrated approach to the care of rural older adults across the care continuum. It will formalise and standardise pathways for age-friendly primary care with an interdisciplinary, regional systems approach that encompasses diverse and geographically dispersed providers.

Partners: Beechworth Health, Albury Wodonga Health, Upper Hume Primary Care Partnership, Gateway Health, Corryong Health, and Tallangatta Health Service

Funding body: Federal Health Workforce Program - Primary Care Rural Innovative Multidisciplinary Models

Community Collective Impact for Local Accessibility to Best-Practice Community Co-Produced Rural Mental Health Services

Farmer, J., Davis, H., White, C., **Blackberry, I., Winterton, R., and Royals, K.**

The project facilitates community Collective Impact Groups (CIGs) of local organisations and health initiatives to review local mental health needs, to appraise current co-produced services (involving citizens in volunteering, peer support and prevention) and to explore best-practice evidence. Knowledge and understanding of CIG participants in relation to mental health was evaluated using a survey methodology at the beginning and end of the project. The project concluded in early 2021.

Partners: Swinburne University, Cobaw Community Health Service, Murray Primary Health Network, Heathcote Health, and Kilmore and District Hospital

Funding Body: Helen McPherson Smith Trust Fund

Dance Exercises for Parkinson's Rehabilitation: How Much is Enough?

Morris, M., **Blackberry, I., Slade, S., Wittwer, J., and McConvey, V.**

This project is a partnership between La Trobe University and Parkinson's Victoria. Parkinson's Victoria is developing a comprehensive community-based dancing program, called ParkinDance, which they plan to implement broadly across the Parkinson's community in Australia. ParkinDance gives people another choice about modes of exercise and uses carefully designed dance exercises as a therapeutic method of physical activity. This research has generated evidence that Parkinson's Victoria can use to inform implementation of ParkinDance therapy. We have also developed protocols and resources for adapting ParkinDance to an online telemedicine format. These processes represent the first worldwide research on online dancing for Parkinson's disease, to test the safety, feasibility, and preliminary outcomes of this delivery mode.

Partner: Parkinson's Victoria

Funding body: Research Focus Areas - Sports & Exercise and Parkinson's Victoria

Building Rural Community Capacity to Enable Voluntary and Civic Participation for People Living with Dementia

Winterton, R., Chisholm, M., Araten-Bergman, T., Bigby, C., **Royals, K., and Blackberry, I.**

This study identifies facilitators and barriers associated with enabling community-dwelling people living with dementia to undertake voluntary and civic engagement within rural and regional community organisations. Interviews were completed with 15 volunteer Coordinators and Managers across rural and regional Victoria. Data analysis is ongoing, and publications are currently being prepared.

Funding Body: La Trobe University Research Focus Area – Transforming Human Societies

Loddon Mallee Region (LMR) Move it

Rasekaba, T., Blackberry, I., and McKechnie, R.

The Loddon Mallee Region (LMR) Move it Project aimed to increase opportunity for, and encourage participation in, physical activity by inactive older people aged 65 years and over, as a way of combating chronic disease. Physical activity guidelines suggest that older adults should participate in regular physical activity of at least 30 minutes on most days of the week but only 25% of older adult Australian achieve this physical activity target. The LMR Move It initiative aims to encourage older adults to become more physically active and improve physical and mental wellbeing, as well as social connections. JRC researchers undertook an evaluation of the LMR Move It programs using a mixed methods approach following the RE-AIM framework. The project was completed in 2021.

Partners: 10 local government areas in central and northern Victoria, led by Macedon Ranges Shire Council

Funding Body: SportAus



Increasing physical activity among older adults living in regional and rural Australia: A realist review

Cousins, S., Blackberry, I., Rasekaba, T., and Chan, C.

Literature is replete with evidence of the efficacy of physical activity interventions in combating chronic disease and improving health and wellbeing, however uptake and diffusion remain a great challenge and especially more so among older adults. For instance, just over 25% of Australians over 65-years of age meet current recommended physical activity guidelines. This project is a realist systematic review aimed at answering the question 'What are the underpinning mechanisms which, in the right contexts, lead to success of physical activity interventions among community-dwelling older adults in regional and rural areas?'

Funding Body: Rural Ageing Research Strategic Start-up Support Initiative

Older Men: New Ideas (OM:NI) Evaluation

Winterton, R., and Wilding, C.

This project is an independent review and evaluation of the Older Men:New Ideas (OM:NI) program run by Council of the Aged (COTA) Victoria, with the aim of providing targeted evidence to support informed decision-making and planning associated with program sustainability. It will examine the strengths, weaknesses, opportunities, and threats associated with sustainability of the OM:NI program.

Funding Body: Council of the Aged (COTA) Victoria

TECHNOLOGY



The focus of this key research area is exploring and trialling the use of technology to improve health and well-being as people age and to support ageing-in-place. We also engage in community co-design to develop technology that assists older people living with chronic illness.



Long Term Evaluation of the Royal Flying Doctor Telehealth Service

Blackberry, I., Rasekaba, T., and McKechnie R.

This research evaluated whether the Flying Doctors Telehealth Specialist Service (FDT-SS) improved access to endocrinology, cardiology, respiratory and psychiatry specialist services for small rural communities in Victoria, using a mixed methods approach. The evaluation included data on access to services and outcomes, including analysis of linkage Medicare data, Victorian hospital emergency presentations and admissions datasets that reflect use of health services prior to and during involvement with the service. Additionally, qualitative measures were used to assess the experiences of health service providers with the service. A health economic evaluation was also undertaken to map health services utilisation costs pre-, during and post- FDT-SS for a cohort of patients recruited for the evaluation and research exercise. Findings demonstrated that the service saved patients almost 1300km in travel annually to see a specialist and a further saving of \$67 per patient per month in avoidable hospital admission. The project final report was delivered in 2021.

Partner: Royal Flying Doctor Service Victoria Telehealth Specialist Service

Funding Body: Royal Flying Doctor Service Victoria

e-health Literacy and Decision Making Among People with Cancer from Disadvantaged Populations

Blackberry, I., Goncalves, R., Faisal, W., and Stebbins, T.

This PhD project aims to study and understand the level of health literacy among a representative sample from people with cancer from disadvantaged populations, identify domains of health literacy that could potentially be improved at an individual and community level and propose a broad action plan to address health literacy issues that could be tailored/ aligned with the Victorian Cancer Plan 2020-2024 and the Victorian Health Priorities Framework 2012-2022. The current understanding of health literacy in the Australian population, especially in culturally diverse and socially disadvantaged groups is inadequate, given most of the data available are pre-Facebook era. It is now well known that social media plays a vital role in how patients obtain information about their disease, gather collateral opinions and make decisions about their healthcare. This issue is compounded by the fact that in the socially disadvantaged groups, use (or the lack of) electronic media, (in)ability to distinguish between credible and “pseudoscientific” information on social media and the overall impact of misinformation negatively impacts their cancer care outcome.

Funding: Victorian Cancer Agency Scholarship

Using Virtual Reality to Foster Empathy in Health Workers: A Feasibility Pilot Study

Blackberry, I., Wilding, C., Young, K., Lakhani, A., Cummins, C., Dean, T., Bowler, C., Henden, C., Gill, E., and Cronin, K.

If health workers have empathy for the lived experience of their clients, they are more likely to provide sensitive, high-quality, and person-centred care. Virtual reality is a technological innovation that has created a new opportunity for an immersive digital experience that enables a user to obtain a first-person perspective of someone else’s world view. This project tested the feasibility of using a virtual reality experience to help disability care workers develop greater empathy for people living with intellectual disability. A pre and post pilot study using mixed methods was completed. There is potential that virtual reality experiences could be useful for people to develop greater awareness of the experience of others, including of older people, which is otherwise beyond their daily experience.

Partners: Mercy Connect Thurgoona, NSW and Valley General Health, QLD

Funding Body: Mercy Connect Thurgoona

Digital Optimisation and Personalisation of Self-management of Type 2 Diabetes (Digital OPTIMISM-T2D)

Rasekaba, T., and Jayatilleke, S.

Infusing artificial intelligence to optimise and personalise diabetes self-management is a potential next frontier in diabetes centred app development. Digital OPTIMISM-T2D is a two-phase small collaborative proof of concept project. The first phase involved the development of an integrated mobile app with artificial intelligence capability. The second phase is a pilot of the app in a convenience sample of patients with type 2 diabetes in a rural setting. We aim to uncover what improvements to the app would be required, how patients respond to the app, and assess diabetes related outcomes. We will leverage the findings for funding opportunities to further develop the app by adding additional enhancement and capabilities and undertake a definitive trial.

Partners: Data Analytics and Digital Disruption Stream, La Trobe Business School

Funding Body: College of Arts, Social Sciences and Commerce, New Staff Start-up Grant

EXTERNAL PROJECTS

A Risk Score for Prediction of Gestational Diabetes Mellitus in China Using Routinely Collected Hospital Data

Sun, Y., Liangkun, M., **Mnatzaganian, G.**, and **Blackberry, I.**

Partners and Funding bodies: Peking Union Medical Center Hospital, Chinese Academy of Medical Sciences (CAMS).

Improving Palliative Care Education and Training Using Simulation in Dementia (IMPETUS-D)

Lim, K., Hutchinson, A., Caplan, G., Hayes, B., Currow, D., **Blackberry, I.**, and Tropea, J.

Partner: Melbourne Health, University of Melbourne, Monash University, Northern Health

Funding Body: Commonwealth Dementia and Aged Care Services Fund

Let's CHAT (Community Health Approaches To) Dementia in Indigenous Communities

LoGiudice, D., Flicker, L., Bessarab, D., Atkinson, D., Wenitong, M., Thompson, S., Strivens, E., Redford, K., and Smith, K. (**Blackberry, I.** as Associate Investigator).

Funding Body: NHMRC

Mapping Sex Differences in the Journey of an Individual with Coronary Heart Disease Through the Healthcare System

Huxley, R., Boyd, J., Lee, C., Robinson, S., **Mnatzaganian, G.**, and Randall, S.

Partners: Deakin University, Australian Institute for Health and Welfare, Centre for Health Record Linkage, Centre for Victorian Data Linkage, Curtin University, La Trobe University and NPS MedicineWise

Funding Body: NHMRC Ideas Grant.

MATCH (Music Attuned Technology for Care eHealth)

Baker, F., Lautenschlager, N., Varnfield, M., Waycott, J., Lampit, A., Tamplin, J., Redd, C., Sousa, T. V., and Lamb, K. (**Blackberry, I.** in the Advisory Committee).

Partners: University of Melbourne, CSIRO

Funding Body: NHMRC-MRFF Ageing and Dementia

PRogression of DIabetic Complications – PREDICT (APP2000540)

Shaw, J., Speight, J., et al., (**Blackberry, I.** on the Steering Committee).

Partners: Baker Heart and Diabetes Institute, Diabetes Victoria

Funding Body: NHMRC Cohort and Clinical Trials Grant

Optimising Health Information Exchange During Interorganisational Transfers of Aged Care Residents

Andrew, N., Long, K., Srikanth, V., Haines, T., Hill, K., Bell, S., Olivier, P., Beare, R., Smith, K., **Blackberry, I.**, Moran, C., Barker, A., and Xie, J.

Partners: Monash Data Futures Institute, Peninsula Clinical School, School of Primary and Allied Health Care, Centre for Medicine Use and Safety, Department of Human Centred Computing, Community Emergency Health and Paramedic Practice, Victorian Heart Institute (VHI), School of Public Health and Preventive Medicine

Funding Body: Medical Research Future Fund - Primary Health Care Research Data Infrastructure

Primary Health Care Research in Multimorbidity and Mental Health in a Multi-Ethnic Population (PRIME)

Lee, E. S., Subramaniam, M., Wong, S., Wong, M. Y., Dong, L. J., Stewart, M., Zwarenstein, M., and **Blackberry, I.** (as Key Opinion Leader).

Partner: National Healthcare Group Polyclinics Singapore, Western University Canada

Funding Body: Singapore Ministry of Health

IMPACT AND ENGAGEMENT



“The detailed summary [from PhotoVoice] helps to see the patient more as a person and understand what is important to them. It helps to keep them at the centre - not their disease. The photos add a whole new dimension in helping to know who they are, their home environment, supports etc.”

Multidisciplinary cancer care staff member

OUR RESEARCH - IMPACT

Geriatric oncology in the Instagram era: Adopting PhotoVoice to enable empowerment, patient-centred care and shared decision making

National and International cancer care peak bodies recommend geriatric assessment for older people with cancer. However, geriatric assessment does not always happen, and when it does, there is a limited opportunity to gather information regarding the persons environment, personal contexts and priorities. Our PhotoVoice project was a feasibility and acceptability study aimed to explore patient empowerment, patient centred care and shared decision-making using patient supplied photographs. The goal was to help older people undergoing treatment for cancer identify, represent and enhance their community through a participatory means of sharing expertise and knowledge. We found that this

approach could give the patient a voice during their care, underscored the positive role of personal interests on wellbeing and stress reduction and the importance of being closer to home and community. Photographs taken by people in their own environments provide clinicians with the opportunity to understand potential strengths and challenges that exist within the person's setting, which are important non-medical treatment considerations for true person-centred care. These observations have far-reaching implications and potential impact on enhancing the care of older people undergoing cancer treatment and form the bedrock for future more robust studies.

"I do think [PhotoVoice] makes a very different experience for patients to be acknowledged as an individual."

Participant

Pictured right, Prof Irene Blackberry, oncologist A/Prof Christopher Steer, Albury Wodonga Regional Cancer Centre Trust Fund board member John Watson and patient Harry Thomas with one of the photos he supplied to the study



"My name is Harry Thomas. I was a participant in the recent study "Geriatric Oncology in the Instagram Era" and one of the nine patients asked to supply photos of my identity, home environment, something that's important to me and my mode of transport. At the very beginning, I was a bit puzzled as to what it was all about and why would we bother to get photographs and try to explain what that meant to us. But of course, I realised that it was the process of the oncologists and the team hoping to understand how we might present to them. How they might vary their treatment and approach to us as patients. I felt as though everyone understood who I am, how I may react to things and a lot about my character.

As part of my role as Chair of the Beechworth Health Service I am pleased to participate in projects with thought provoking and clear vision to support ageing well in country Victoria."

OUR RESEARCH - IMPACT

Long Term Evaluation of the Royal Flying Doctor Telehealth Service

The Flying Doctor Telehealth Specialist Service (FDT-SS), RFDS Victoria, sought to increase access to specialist for Victorians in rural and remote communities. These communities have poor determinants of health and outcomes on account of limited or non-existent local services and their locations further from better resourced regional and urban centres. The JRC evaluation and research of FDT-SS were instrumental in highlighting the successes, opportunities and evidence of the FDT-SS as a worthwhile social enterprise. On average FDT-SS saved patients approximately 1300km annually in travel distance to access a specialist.

When annualised, savings from avoided hospital admissions associated with FDT-SS translate into a saving of \$8 million per 10,000 patients provided with care via FDT-SS. Opportunities were identified to consider incorporating other specialties and nursing and allied health services to meet other gaps in health care. Our findings continue to inform sustainability and expansion of FDT-SS to other remote and rural areas throughout Victoria, NSW and Tasmania. For instance, the service grew from an initial 10 pilot sites in 2017 to more than 100 in Victoria by 2021. The project report has contributed to the RFDS Victoria's telehealth strategic plans for the next few years.

"The partnership between John Richards Centre for Rural Ageing Research at La Trobe University and the Royal Flying Doctor Service (RFDS) Victoria over the last 5 years has given RFDS insight into the impact of our specialist telehealth service. Information obtained from our initial research project in 2016/2017 informed us how RFDS Victoria could support client and clinician use of telehealth. It has been very reassuring. Our service has grown to have an understanding and awareness of client access enablers and barriers."

Dr Melanie Trivett, General Manager, Primary Health Care and the RFDS Victoria Telehealth Team



OUR RESEARCH - IMPACT

Using Virtual Reality to Foster Empathy in Health Workers: A Feasibility Pilot Study

Using Virtual Reality to Foster Empathy in Health Workers was an evaluation of a novel method of assisting disability support workers to develop greater understanding of and empathy for people living with disability. Mercy Connect developed a virtual reality program called IMERCYVE that helps people see the world from the point of view of a person living with disability. The John Richards Centre evaluated the experience of new staff members who used IMERCYVE as part of their onboarding and orientation to Mercy Connect. Our study found that IMERCYVE has potential to be an effective way of helping others to develop greater empathy for the experiences of people living with disability, and that more study is warranted.

This research project created impact for all stakeholders. For our research funder, the disability provider Mercy Connect, it provided evidence for the feasibility of using virtual reality to help staff members learn vital skills. Thus, it assists Mercy Connect make informed decisions about how to judiciously spend staff education funds. For the professional community of disability workers, it contributes to improving evidence-based practice and education. For people living with disability, who are recipients of care provided by disability workers, the research contributes to refining the education that disability workers receive and thus ultimately enables disability workers to provide better care for people living with disability. For the academic community, a manuscript has been submitted to a relevant academic journal, and thus the research will add to the body of knowledge relevant to the disability industry.

“Our study found that IMERCYVE has potential to be an effective way of helping others to develop greater empathy for the experiences of people living with disability, and that more study is warranted.”



OUR RESEARCH - IMPACT

Loddon Mallee Region (LMR) Move it

The LMR Move It Project aimed to increase physical activity participation by inactive and hard to reach older adults in the Loddon Mallee Region. The project comprised various physical activity programs, e.g. swimming, golf, walking, strength and balance classes etc, conducted by funded organisations and community groups across the region. Program marketing and promotion reached approximately 70,000 residents in the LMR communities and some 1,300 older and hard to reach adults participated in the physical activity programs on offer. By the end of the project 72% (vs. 56% at the start) of older adults engaged in physical activity and at levels that met physical activity guideline recommendations. Physical health and fitness, psychological/mental health and motivation to limit sedentary behaviour, were the top motivational

reasons for participation. Participants reported significant improvement in social connectedness and relationships, and they planned to continue engaging in regular physical activity in the longer term for overall health and well-being benefits. LMR Move It provided the right circumstances for regional and rural communities that otherwise face challenges to attract funded organised opportunities for physical activity, social connections and mental wellbeing. The partnership approach of the LMR network of councils is a critical ingredient for sustained health promotion impact of the LMR Move It program. The involvement of the JRC as an evaluation and research partner forms a critical addition to gathering and building the evidence to inform sustainability and implementation of similar future initiatives for regional and rural settings.

“Having the activities in the smaller areas was, I think, really important because it made sure that the people within that local community were able to actually participate in something.”

Evaluation focus group participant



EXTERNAL ENGAGEMENT

Royal Commission into Aged Care Quality and Safety (RCACQS)

March

Researchers from the **John Richards Centre** featured in the final report of the Royal Commission into Aged Care Quality and Safety (RCACQS) released in March 2021.

Dr Rachel Winterton, JRC Senior Research Fellow was quoted in the final report, based on evidence she delivered as an expert witness at the Rural Aged Care Enquiry. **Professor Sue Hodgkin** (previous JRC Deputy Director) who was called as an expert witness to the Aged Care Workforce Enquiry, was also cited in the Final Report.

Launch of the Volunteer Competency Framework

March

Dr Rachel Winterton's research on the volunteer competency framework was launched by the Honourable Mr Luke Donellan, Victorian Minister for Disability, Ageing and Carers and Professor Susan Dodds Deputy Vic-Chancellor and Vice-President Research and Industry Engagement (DVCRIE). Due to Covid restrictions, the launch was held online.

Legislative Council Visit to Albury-Wodonga

27 April

Professor Irene Blackberry gave a presentation on the work of the JRC. Visitors from the Legislative Council included Hon Nazih Elasmr, Hon Wendy Lovell, Fiona Patten MP, Cesar Melhem MP, and Kaushaliva Vaghela MP.

You can see more details of their visit here

<https://www.parliament.vic.gov.au/about/news/4712-council-shines-bright-across-north-east-victoria> or watch the video of their campus visit:

https://www.youtube.com/watch?v=H2JM_Do-1E8

National Aged Care Research Round table

28 & 29 October

Dr Rachel Winterton and **Professor Irene Blackberry** participated in a Commonwealth Department of Health consultation aimed at identifying literature relating to regional, rural, and remote aged care provision, which is seeking to address recommendations from the Royal Commission.

Researchers in Ageing Online Conference

4 November

Dr Rachel Winterton co-chaired the Emerging Researchers in Ageing online conference with Professor Julie Byles from the University of Newcastle.

INTERNAL ENGAGEMENT

Albury-Wodonga Graduation Ceremony

30 April

At the deferred Albury-Wodonga graduation ceremony, **Dr Jozette Dellemain** had the conferment of her PhD on rural case management, and JRC research officer **Kim Young** graduated with a Bachelor of Human Services/Master of Social Work.

3MT Competition

19 July

JRC PhD student **Carmela Leone** won the La Trobe Rural Health School Three Minute Thesis (3MT) heat for her presentation 'People living with dementia, their carers, and their rights to public space'. Carmela then competed at the SHE College final in August.

COMMUNITY ENGAGEMENT

2 February

Professor Irene Blackberry, Dr Clare Wilding and Kim Young visited Mercy Connect to experience the virtual reality application for themselves. The John Richards Centre has been working in partnership with Mercy Connect to undertake research and create innovative solutions to ensure better outcomes for people in the disability and aged care sector to live fulfilled lives in the community.

22 April

In April, **Professor Irene Blackberry** and **John Richards OAM** visited Mildura. The visit included meetings with oncologist Dr Krishna Rachakonda from the Mildura Base Hospital and Cancer Centre to discuss research collaboration, and with **Darren Midgley** and **Lucas Lloyd** to set up their Professional Doctorate research projects on intergenerational care and palliative care at Chaffey Aged Care. They also met with Head of Campus Dr Deb Neal, **Dr Sean MacDermott** and Rebecca Crossling at Mildura campus.

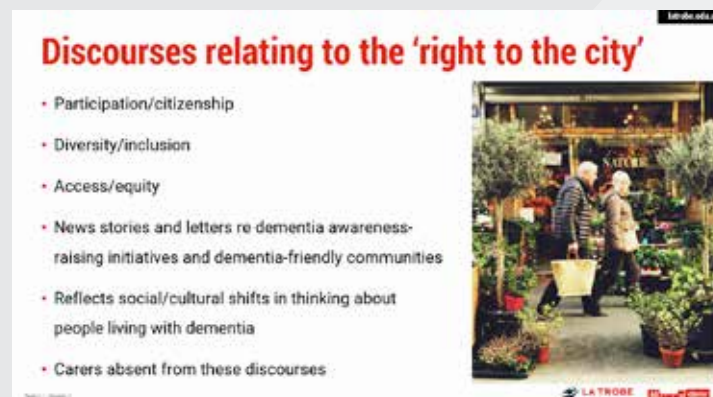


28 June

Carmela Leone gave a presentation of her research findings to date, to the Healthy Systems Network, City of Greater Bendigo meeting.

June-July

Professor Irene Blackberry as the lead of the Heathcote Dementia Alliance, along with **Kayla Royals**, attended a series of workshops with presenters from the Hogeweyk Dementia Village.



Pictured above: Professor Irene Blackberry (JRC), Dr Clare Wilding (JRC), Caroline Cummins (Mercy Connect), Kim Young (JRC)

Pictured left: Darren Midgley, John Richards OAM, Professor Irene Blackberry, Lucas Lloyd, Sean MacDermott

PROFESSIONAL PARTICIPATION

Professor Irene Blackberry

Internal

Member, Academic Board
Member, Research Strategy Committee
Member, Research Centre Renewal Committee
Member, Academic Coordination Group Albury-Wodonga
Member, Healthy People, Families and Communities Advisory Group

External

Executive Member, Australian Association of Gerontology (AAG) Victoria
Founding Member, AAG rural VIC chapter
Member, AAG National Culturally & Linguistically Diverse Special Interest Group (CALD SIG)
Associate Editor, Elsevier Primary Care Diabetes Journal
Review Editor, Frontiers Medicine Journal
Editorial Board, Geriatrics Journal
Convenor, NHMRC National Institute for Dementia Research Rural Special Interest Group
Member, Age-friendly Alliance Steering Committee
Member, Primary Care and Population Health Committee, Albury Wodonga Health
Member, American Geriatrics Society
Member, Hume Regional Diabetes Collaborative Network
Member, Heathcote Dementia Village Inc.

Dr Rachel Winterton

Internal

Member, La Trobe Rural Health School Research Committee, Graduate Research Coordinator, John Richards Centre for Rural Ageing Research

External

Convenor, Rural, Regional and Remote AAG Special Interest Group
Member, Research Working Group for the National Strategy for Volunteering Project
Member, Australian Association of Gerontology
Member, Age-Friendly Northeast Victoria

Dr Clare Wilding

External

Member, Australian Association of Gerontology (AAG)
Member, Occupational Therapy Australia
Member, International Society of Occupational Scientists (ISOS)
Member, Psychiatric Disability Services of Victoria (VICSERV)
Reviewer, Australian Occupational Therapy Journal
Reviewer, Australian Journal of Rural Health
Reviewer, Australasian Journal on Ageing
Reviewer, Canadian Journal of Occupational Therapy
Reviewer, Disability and Rehabilitation
Reviewer, JMIR Research Protocols

Dr Tshepo Rasebaka

Internal

Member Wellbeing in Later Life Research Interest Group
Member, Healthy People, Families and Communities Research – Community of Practice Big Data Group

External

Member, Royal Flying Doctor Service Victoria Research Committee
Member, Australian Association of Gerontology (AAG)
Reviewer Current Diabetes Care
Reviewer Primary Care Diabetes
Reviewer International Journal of Environmental Research and Public Health

INVITED PRESENTATIONS

1 July

Dr Rachel Winterton was an invited presenter with the Upper Hume Primary Care Partnership (UHPCP) - A Conversation Hour, held on Zoom, where she was part of a panel discussing *Community Wellbeing in a Post Covid World*.

1 July

Dr Rachel Winterton presented at the La Trobe Asia China in Focus seminar series on the *Impacts of Rural-Urban Migration Among Older Adults in China*.



September

Dr Rachel Winterton gave a keynote presentation via Zoom to the New England Sector Support Team Regional Commonwealth Home Support Package Forum on *Equitable Access for Rural Ageing Populations: Considerations from the Royal Commission*.

17 September

Professor Blackberry addressed the Council on the Ageing (COTA) South Australia Policy Council meeting about the areas of JRC research.

21 October

Dr Rachel Winterton presented at the Monash University Rehabilitation Ageing and Independent Living (RAIL) Research Centre Forum on *Access to Services for Older People in Rural Australia*.

21 October

Dr Tshepo Rasekaba also presented at the Monash University Rehabilitation Ageing and Independent Living (RAIL) Research Centre Forum on *Improving specialist access in regional Victoria: Royal Flying Doctor Telehealth Specialist Service*

21 October

Dr Rachel Winterton presented her work on developing a competency framework for health volunteer management as part of the Volunteering Victoria webinar series. Available at <https://www.youtube.com/watch?v=dqs2JrnYssY>



10th November

Dr Sean MacDermott presented to the 54th Conference of the Australian Association of Gerontology (AAG) on *Barriers and Facilitators to Cognitive Screening of Older Adults in Rural Health Services*.

14th December

Dr Sean MacDermott and Dorothy McLaren of West Wimmera Health Service were invited to present at the 2021 International Research Forum on Health Sciences and Applied Community Health Development, The Philippines on *How a Research Collaboration Can Facilitate Health Promotion in a Rural Australian Setting*.

CONFERENCE PRESENTATIONS

McRae, P., Banks, M., Young, A., Hubbard, R., Peel, N., Barnett, A., Lim, K., Graves, N., Kurrle, S., **Blackberry, I.**, Green, T., Inouye, S., & Mudge, A. (9-12 August 2021). *Reducing hospital associated complications in older people: Results from the CHERISH cluster randomised controlled study*. 14th National Allied Health Conference, Virtually Together, Reform-Innovate-Achieve, Online. <http://www.nahc.com.au/3271>

Rasekaba, T., McKechnie, R., Syme, J., Moore, C., Trivet, M., & **Blackberry, I.** (6 & 7 October 2021). *Improving specialist access in regional Victoria: Royal Flying Doctor Telehealth Specialist Service*. 8th Rural & Remote Health Scientific Symposium: Connecting research, practice & communities, Canberra.

Boak, J., Blackberry, I., & Rasekaba, T. (26-28 October 2021). *Improving care quality through detection of complexity amongst older people in a community setting (ImPaCt)*. Australian College of Nursing Forum, Online.

Blackberry, I., Steer, C., **Rasekaba, T., Young, K.**, Webb, N., Jayasuriya, D., **Owen, K.**, & Kapur, M. (9-12 November 2021). *Geriatric oncology in the Instagram Era: Adopting PhotoVoice to enable empowerment and shared decision making* [Oral presentation]. 54th Australian Association of Gerontology (AAG) Conference: Innovation in Ageing for the Future, Online.

Boak, J., Blackberry, I., & Rasekaba, T. (9-12 November 2021). *Detecting complexity of older people in the community using the Patient Complexity Instrument: Thinktank*. 54th Australian Association of Gerontology (AAG) Conference: Innovation in Ageing for the Future, Online.

Leone, C., Blackberry, I., & Winterton, R. (9-12 November 2021). *Discourses relating to people living with dementia, carers, and their socio-spatial rights*. 54th Australian Association of Gerontology (AAG) Conference: Innovation in Ageing for the Future, Online.

MacDermott, S., McKechnie, R., Morgan, D., LoGiudice, D., **Royals, K., & Blackberry, I.** (9-12 November 2021). *Barriers and facilitators to cognitive screening in rural health services*. 54th Australian Association of Gerontology (AAG) Conference: Innovation in Ageing for the Future, Online.

McKechnie, R., Rasekaba, T., Syme, J., Moore, C., Trivet, M., & **Blackberry, I.** (9-12 November 2021). *Evaluation of the Royal Flying Doctor Telehealth Specialist Services – Provider Perspectives*. 54th Australian Association of Gerontology (AAG) Conference: Innovation in Ageing for the Future, Online.

Rasekaba, T., McKechnie, R., Syme, J., Moore, C., Trivet, M., & **Blackberry, I.** (9-12 November 2021). *Does telehealth improve access to healthcare - effectiveness of the Flying Doctor Telehealth Specialist Services*. 54th Australian Association of Gerontology (AAG) Conference: Innovation in Ageing for the Future, Online.

Wilding, C., Young, K., Cummins, C., Bowler, C., Dean, T., Gill, E., Cronin, K., **Lakhani, A.**, & **Blackberry, I.** (9-12 November 2021). *Building an empathic workforce using virtual reality technology*. 54th Australian Association of Gerontology (AAG) Conference: Innovation in Ageing for the Future, Online.

Blackberry, I., Steer, C., **Rasekaba, T., Young, K.**, Webb, N., Jayasuriya, D., **Owen, K.**, & Kapur, M. (10-14 November 2021). *Geriatric Oncology in the Instagram Era: PhotoVoice to Enable Patient-Centered Care*. Gerontological Society of America (GSA) 2021 Annual Scientific Meeting Phoenix, Arizona.

MEDIA

13 January

RADIO-2SER FM, SYDNEY, THE DAILY, MARLENE EVEN
Rural aged care shortfalls and accessibility
Recorded interview with Dr Clare Wilding,
Dr Clare Wilding

23 March

NEWSPAPER-BORDER MAIL
Insta-worthy cancer study, PhotoVoice, Albury-Wodonga
Article about the PhotoVoice project including a photograph of Dr Christopher Steer and quotes from Professor Irene Blackberry.
Professor Irene Blackberry

23 April

NEWSPAPER ARTICLE- BORDER MAIL
Building empathy in a virtual world
Article about the Mercy Connect VR program evaluated by JRC.
John Richards Centre

28 April-4 May

NEWSPAPER-NORTH EAST REGIONAL EXTRA
World-first project trial underway
Front page and page 3 articles about the PhotoVoice project including photographs of both Dr Christopher Steer and Professor Irene Blackberry.
Professor Irene Blackberry

24 May

MAGAZINE – WOMAN'S DAY
Real old peoples home for 4 year olds
Article mentions JRC's Darren Midgely as CEO of Chaffey Aged Care.
<https://www.nowtolove.com.au/news/real-life/real-old-peoples-home-for-4-year-olds-67772>
Darren Midgely

31 May

NEWSPAPER AND ONLINE-SUNRAYSIA DAILY
Palliative care is about living better says clinician
Article about palliative care and Lucas Lloyd's passion.
<https://www.sunraysiadaily.com.au/health165/4346149/palliative-care-is-about-living-better-says-clinician?fbclid=IwAR0f8mMd3Ag96ELv5g2psPIdn5HXZJo9FLAMJSmj8qB8iVbz2qPyWFL5K1w>
Lucas Lloyd

17 June

FACEBOOK POST TALLANGATTA HEALTH
Transfer of Older Persons (TOP) Project
Piece about the TOP project including links to the JRC Web page and Dr Clare Wilding.
<https://tallangattahealthservice.com.au/news/transfer-of-older-persons-top-project/>
John Richards Centre and Dr Clare Wilding

June/July

MAGAZINE – LINK
Walk a mile in another's shoes
Article about the Mercy Connect VR program evaluated by JRC.
John Richards Centre

7 July

NEWSPAPER -MIRAGE NATIONAL
Research shows how to retain volunteers
The Volunteer Competency Framework developed by Rachel Winterton's project was featured in the news article.
<https://www.miragenews.com/research-shows-how-to-retain-volunteers-591590/>
Dr Rachel Winterton

7 July

LA TROBE NEWS RELEASE
Research shows how to retain volunteers.
<https://www.latrobe.edu.au/news/articles/2021/release/research-shows-how-to-retain-volunteers>
Dr Rachel Winterton

1 August

NEWSPAPER - SHEPPARTON NEWS.
Volunteers enjoy rewarding work
Rachel's work on Volunteering featured in an article about the benefits of volunteering.
Dr Rachel Winterton

18th September

NEWSPAPER-BENDIGO ADVERTISER
Comment: Study of life with dementia
Carmela was quoted in a comment about the importance of being more inclusive of people living with dementia and inviting people to join her study.
Carmela Leone

PUBLICATIONS

Peer-reviewed journal articles

Alvin, M., Picco, L., Wood, P., **Mnatzaganian, G.**, & Nielsen, S. (2021). Community pharmacists' preparedness to intervene with concerns around prescription opioids: findings from a nationally representative survey. *International Journal of Clinical Pharmacy*, 43(2), 411-419. <https://doi.org/10.1007/s11096-020-01152-8>

Atkins, K., Scott, D., Silbert, B., **Pike, K.**, & Evered, L. (2021). Preventing delirium and promoting long-term brain health: A clinical trial design for the perioperative cognitive enhancement (PROTECT) trial. *Journal of Alzheimer's Disease*. <https://doi.org/10.3233/jad-210438>

Bish, M. R., Faulks, F., Amir, L. H., Huxley, R. R., McIntyre, H. D., James, R., & **Mnatzaganian, G.** (2021). Relationship between obesity and lower rates of breast-feeding initiation in regional Victoria, Australia: an 8-year retrospective panel study. *BMJ Open*, 11(2), e044884. <https://doi.org/10.1136/bmjopen-2020-044884>

Boak, J., Blackberry, I., & Rasekaba, T. (2021). Improving Detection of Client Complexity in the Community (Impact): A Study Protocol of a Pragmatic Randomized Controlled Trial. *Methods and Protocols*, 4(4), 70. <https://doi.org/10.3390/mps4040070>

Brasher, K., Winterton, R., Hodgkin, S., & Clune, S. (2021). Can a US age-friendly health systems framework be relevant to the Australian rural health context? *International Journal of Integrated Care*, 20. <https://doi.org/10.5334/ijic.s4074>

Chouinard, P. A., **Royals, K. A.**, & Landry, O. (2021). The development of the Poggendorff illusion in typically developing children. *Journal of Experimental Child Psychology*, 206, 105095. <https://doi.org/10.1016/j.jecp.2021.105095>

Doyle, C., Bhar, S., Bryant, C., Dow, B., Dunt, D., **Mnatzaganian, G.**, O'Connor, D., Ratcliffe, J., You, E., Bagnall, A. M., Major, G., Harper, R., & Fearn, M. (2021). BEFRIENDING for Depression, Anxiety and Social support in older adults living in Australian residential aged care facilities (BEFRIENDAS): randomised controlled trial protocol. *BMC Geriatrics*, 21(305). <https://doi.org/10.26181/60bf1ef4dae13>

Emond, K., Bish, M., Savic, M., Lubman, D. I., McCann, T., Smith, K., & **Mnatzaganian, G.** (2021). Characteristics of Confidence and Preparedness in Paramedics in Metropolitan, Regional, and Rural Australia to Manage Mental-Health-Related Presentations: A Cross-Sectional Study. *International Journal of Environmental Research and Public Health*, 18(4), 1882. <https://doi.org/10.3390/ijerph18041882>

Fearn, M., Harper, R., Major, G., Bhar, S., Bryant, C., Dow, B., Dunt, D., **Mnatzaganian, G.**, O'Connor, D., Ratcliffe, J., Samuel, S., Bagnall, A. M., & Doyle, C. (2021). Befriending Older Adults in Nursing Homes: Volunteer Perceptions of Switching to Remote Befriending in the COVID-19 Era. *Clinical Gerontologist*, 44(4), 430-438. <https://doi.org/10.1080/07317115.2020.1868646>

He, F., Blackberry, I., Yao, L., Xie, H., & **Mnatzaganian, G.** (2021). Geographic disparities in acute stroke incidence and case fatality in mainland China, Hong Kong, and Macao: a protocol for a systematic review and meta-analysis of longitudinal studies. *JMIR Research Protocols*, 11(1), e32566. <https://doi.org/10.2196/32566>

Hua, X., Catchpool, M., Clarke, P., **Blackberry, I.**, Chiang, J., Holmes-Truscott, E., Khunti, A. J. K., O'Neal, D., Speight, J., Furler, J., Manski-Nankervis, J.A., & Dalziel, K., GP-OSMOTIC Study Group. (2021). Cost-effectiveness of professional-mode flash glucose monitoring in general practice among adults with type 2 diabetes: evidence from the GP-OSMOTIC trial. *Diabetic Medicine*, 39, e14747. <https://doi.org/10.1111/dme.14747>

Jones, M. T., Heckenberg, R. A., Wright, B. J., & **Hodgkin, S.** (2021). Understanding the nature and impact of occupational stress on Australian rural aged care workers. *Health & Social Care in the Community*, 29(3), 643-653. <https://doi.org/10.1111/hsc.13338>

Jongenelis, M. I., Jackson, B., **Warburton, J.**, Newton, R. U., & Pettigrew, S. (2021). Aspects of formal volunteering that contribute to favourable psychological outcomes in older adults. *European Journal of Ageing*, 1-10. <https://doi.org/10.1007/s10433-021-00618-6>

Kamberis, N., Cavuoto, M., & **Pike, K.** (2021). The influence of subjective cognitive decline on prospective memory over five years. *Neuropsychology Review*, 35, 78-89. <https://doi.org/10.1037/neu0000709>

Kelly, W., **MacDermott, S.**, & Spelten, E. (2021). A seat at the table: Regional, rural, and remote health research and impact. *Australian Journal of Rural Health*, 00, 1-6. <https://doi.org/10.1111/ajr.12802>

Leone, C., Winterton, R., & Blackberry, I. (2021). A rights-based approach to dementia-inclusive public spaces. *Australian Journal of Dementia Care*, 10(1), 24-26.

LoGiudice, D., Kate, B., Hughson, J.-A., Hyde, Z., Atkinson, D., Bessarab, D., Flicker, L., Radford, K., Strivens, E., Thompson, S., **Blackberry, I.**, Belfrage, M., Smith, R., Malay, R., Allan, W., Lavrencic, L., Russell, S., Quigley, R., Humphrey, T., & Smith, K. (2021). Let's CHAT (Community Health Approaches to) Dementia in Aboriginal and Torres Strait Islander Community Controlled Primary Care: Baseline audit results of a stepped-wedge cluster randomised controlled trial. *Australasian Journal on Ageing*, 40, 23.

MacDermott, S., Sutton, K., Motomiak, D., J., B., Wright, F., Whyte, M., van Vuuren, J., & Spelten, E. (2021). Suicide-related crisis presentations to a rural emergency department: A retrospective cohort study. *Australasian Psychiatry*.

Morris, M. E., Slade, S. C., Wittwer, J. E., **Blackberry, I.**, Haines, S., Hackney, M. E., & McConvey, V. B. (2021). Online Dance Therapy for Parkinson's Disease: Feasibility and Impact on Consumer Engagement. *Journal of Neurorehabilitation and Neural Repair*, 0(0), 1-12. <https://doi.org/10.1177/15459683211046254>

O'Neill, S., van Vuuren, J., Begg, S., **MacDermott, S.**, MacDonald, J., & Spelten, E. (2021). Audiologists' perspective on the treatment of ear-related ENT conditions in rural Victoria. *Australian Journal of Rural Health*. <https://doi.org/10.1111/ajr.12810>

Peel, H. J., **Royals, K. A.**, & Chouinard, P. A. (2021). The Effects of Word Identity, Case, and SOA on Word Priming in a Subliminal Context. *Journal of Psycholinguistic Research*, 1-15. <https://doi.org/10.1007/s10936-021-09783-2>

Philpott, A., Epstein, D. J., Lau, S. C., **Mnatzaganian, G.**, & Pang, J. (2021). Lisfranc Fixation Techniques and Postoperative Functional Outcomes: A Systematic Review. *The Journal of Foot and Ankle Surgery*, 60(1), 102-108. <https://doi.org/10.1053/j.jfas.2020.04.005>

Pike, K., Cavuoto, M., Li, L., Wright, B., & Kinsella, G. (2021). Subjective cognitive decline: Level of risk for future dementia and mild cognitive impairment, a meta-analysis of longitudinal studies. *Neuropsychology Review*, <https://doi.org/10.1007/s11065-021-09522-3>

Pike, K., Moller, C., Bryant, C., Farrow, M., Dao, D., & Ellis, K. (2021). Online Personalised Training in Memory Strategies for Everyday (OPTIMiSE) program for older adults with cognitive concerns: Pilot study protocol. *JADR*, 5, 143-152. <https://doi.org/10.3233/ADR-200251>

Rasekaba, T., Nightingale, H., Furler, J., Lim, W. K., Triay, J., & **Blackberry, I.** (2021). Women, clinician, and IT staff perspectives on telehealth for enhanced gestational diabetes mellitus management in an Australian rural/regional setting. *Rural and Remote Health*, 21(1), 5983. <https://doi.org/10.22605/rrh5983>

Roberts, M., Miller, M., & **Wilding, C.** (2021). Growing occupation-centred therapists for the future: Understanding student experiences of learning about occupation and its place in occupational therapy practice. *Australian Occupational Therapy Journal*, 1-9. <https://doi.org/10.1111/1440-1630.12784>

Savy, P., & **Hodgkin, S.** (2021). Australian rural community aged care services: Precarity and capacity. *Australian Journal of Public Administration*, 80(2), 324-339. <https://doi.org/10.1111/1467-8500.12480>

Spelten, E., Hardman, R., **Pike, K.**, Yuen, E., & Wilson, C. (2021). Best practice in the implementation of telehealth-based supportive cancer care: Using research evidence and discipline-based guidance. *Patient Education and Counselling*, 104(11), 2682-2699. <https://doi.org/10.1016/j.pec.2021.04.006>

Spelten, E. R., **MacDermott, S.**, Morgan, S., Mitchell, L., & van Vuuren, J. (2021). Palliative Care in Rural Aboriginal Communities: Conversations Around Experiences and Needs. *Journal of Hospice & Palliative Nursing*, 23(6), 579-583. <https://doi.org/10.1097/njh.0000000000000801>

Taylor, M., Masood, M., & **Mnatzaganian, G.** (2021). Complete denture replacement: a 20-year retrospective study of adults receiving publicly funded dental care. *Journal of Prosthodontic Research*, advpub. https://doi.org/10.2186/jpr.JPR_D_20_00323

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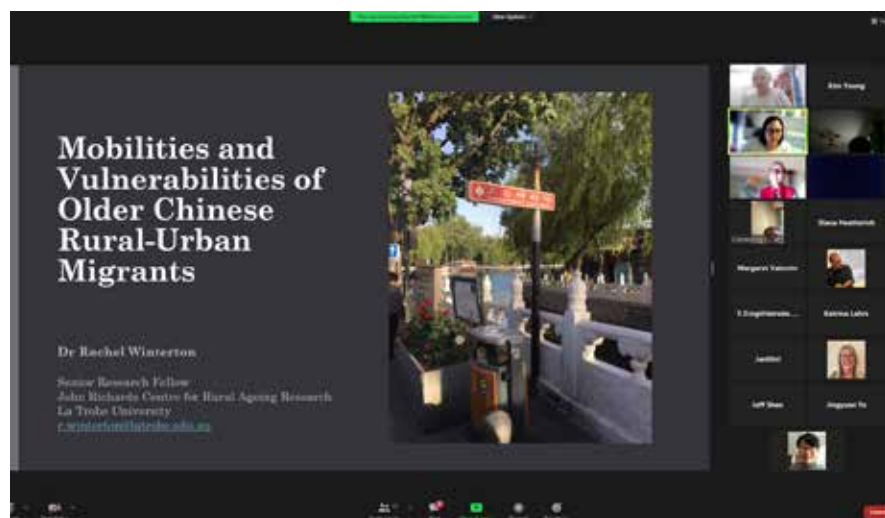
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