



LA TROBE
UNIVERSITY

ARCH
Academic and Research
Collaborative in Health

IMPACT REPORT

ACADEMIC AND RESEARCH COLLABORATIVE IN HEALTH

Health Research & Industry Partnerships with Impact – 2023



ACKNOWLEDGEMENT OF COUNTRY

LaTrobe University acknowledges that our campuses are located on the unceded lands of many traditional custodians in Victoria and NSW. We recognise their ongoing connection to the land and value their unique contribution to the University and wider Australian society.

La Trobe University is committed to providing opportunities for Aboriginal and Torres Strait Islander people, both as individuals and for communities, through learning and teaching, research and community partnerships across all our campuses.

We pay our respects to Elders past and present and thank them for their ongoing care of the land, skies, and waterways of this beautiful country.

We acknowledge our Indigenous staff for their valuable contributions, dedication and ongoing support of our strategic objectives.

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ARCH IMPACT

A MESSAGE FROM

PROFESSOR SUSAN DODDS

Senior Deputy Vice-Chancellor
Research and Industry Engagement



La Trobe University has a proud history of conducting world-leading research to address pressing societal needs. We aim to be at the forefront of tackling key global issues and to work in partnership with community groups, industry, and government to create opportunities and address issues of local, national, and international importance. Of particular importance for La Trobe is research that supports healthy people, families and communities and understanding and preventing disease. Our collaboration with healthcare partners through the ARCH contributes to the achievement of our ambition.

Our research positively impacts the communities we serve. We work collaboratively to develop fresh ways of thinking and conducting research and to better serve our partners and our communities, to build relationships and develop solutions for the issues facing our society.

We provide high quality research training and higher degree research student experiences, including opportunities for industry engagement, and we deliver efficient professional support services for all researchers. Engagement with industry partners and public involvement are core elements of the ARCH. Our focus is on industry collaboration and rapid translation of high-quality research to improve health services, healthcare delivery and the health and wellbeing of Australians.

As you will read in this report, the ARCH plays a critical role in increasing research impact, research quality, patient safety outcomes, experiences, and healthcare quality via evidenced-based research and healthcare policies, demonstrating contributions to improvements in knowledge and skills of the healthcare workforce and harnessing digital technologies so our healthcare settings can be at the forefront of education and healthcare delivery.

PROFESSOR MEG E. MORRIS

ARCH Executive Director



Welcome to our first ARCH Impact Report. La Trobe University is proud to partner with major Victorian metropolitan health providers in a joint effort to co-produce world-class research with impact.

At each of our ARCH sites we support education and integrated training of the health workforce and students, and clinician researcher training and other industry PhD programs.

We also support the development of future research leaders, contributing to a sustainable model of industry engagement and rapid translation of research evidence into practice.

We involve the public in every step along the research pipeline, from identifying high priority health needs to producing research-informed solutions and rapidly translating findings to improve health and social care.

Strong industry engagement is the foundation stone for our high impact research.

The case examples in this Impact Report highlight the strength of working together to co-create better health and social care solutions for the benefit of Australians and across the globe.



THE ARCH

WHO WE ARE

The ARCH (Academic and Research Collaborative in Health) brings together academics, clinicians, consumers, healthcare professionals, students, health and social care agencies and policy makers skilled in the translation of interdisciplinary, consumer led, and industry focused research.

Engagement with industry partners and public involvement underpins the success of the ARCH.

Our focus is on real-world research, industry collaboration and rapid translation of high-quality research to improve the health and wellbeing of Australians.

OUR STRENGTH

**WE SPECIALISE IN
TRANSLATIONAL RESEARCH
THAT IS CO-DESIGNED,
CO-IMPLEMENTED AND
CO-EVALUATED WITH
CONSUMERS, HEALTHCARE
ORGANISATIONS AND POLICY
MAKERS TO OPTIMISE
HEALTHCARE QUALITY,
OUTCOMES, SAFETY AND
PATIENT EXPERIENCE.**



IMPACT: HEALTH, KNOWLEDGE, POLICIES

IMPACT REFERS TO THE CHANGES OR BENEFITS REALISED AS THE RESULT OF SPECIFIC INITIATIVES

For the ARCH, the realisation of successful impact comes from fulfilling the needs of our industry partners, policy makers, researchers, healthcare consumers, students and public.

The needs are as diverse as our stakeholders themselves, and include the formation of partnerships, conducting world-class research, training the research workforce, student education, and co-production of knowledge.

Impact is facilitated by direct translation of research into better clinical care, knowledge generation and evidence-based policies.

Healthcare impacts are multi-faceted, and the beneficiaries encompass patients, families, clinicians and healthcare providers as well as policy makers, researchers, and members of the public.

They can be quantitative, such as a reduction in hospital fall rates, injuries and deaths, or qualitative, such as improvements in experiences of mothers and babies receiving research-informed midwifery care.

Impact is a cyclical process, and further research is directed by the challenges identified through our clinical networks. Knowledge exchange provides a two-way path to impact, which is reinforced by our collaborative approach to developing, implementing and evaluating effective solutions.

The depth and stability of our industry, consumer and public relationships ensures that foundations established through the ARCH continue to make a sustainable, long-term difference to health and wellbeing.

ARCH RESEARCH IMPACT IS EVIDENCED BY IMPROVEMENTS IN:

- ✓ **Patient outcomes, safety, knowledge, and experience**
This includes better health, wellbeing and survival for mothers and babies, children, teens, adults, older people and their families and diverse people and communities from a range of geographical locations, cultures, and settings.
- ✓ **Healthcare quality, efficiency, and safety** for people with a wide range of health conditions and diagnoses, in emergency, acute, rehabilitation, community and aged care settings.

- ✓ **Health Professional knowledge, skills and capability**
This applies to the care workforce, research workforce and health professional students.
- ✓ **Infrastructure and resources**
Infrastructure and resources for knowledge exchange that support research, workforce training and student clinical education.
- ✓ **Clinical guidelines**
Clinical guidelines based on research that foster evidence-based care.

- ✓ **Technology and training**
Access to 21st century technology and training, affording improvements in digital literacy and capability in care workers and care recipients.
- ✓ **Evidence-based health policies**
Evidence-based health policies locally, nationally, and internationally.



PUBLIC INVOLVEMENT

ENSURING OUR RESEARCH IS RELEVANT AND BENEFITS AUSTRALIANS IS CENTRAL TO THE ARCH

We do this by involving the people whose lives we are helping to improve by shaping healthcare. The ARCH involves the public at every stage of our research and its translation.

ARCH partners and activities actively involve the public, patients, service users, communities, healthcare consumers, First Nations people and people from underserved populations.

We involve people in many ways by sharing power in decision making, including setting research priorities, co-designing research, and healthcare, and by sharing learning and knowledge to ensure it benefits people.

We proudly report who we involve, how, and any impacts, using the reporting tool 'Standardised Data on Initiatives' (STARDIT) (PMID: 35854364).

ARCH AT EASTERN HEALTH

TRANSFORMING CLINICAL PRACTICE THROUGH A RANGE OF PROJECTS THAT IMPROVE THE QUALITY OF HEALTHCARE

Eastern Health provides care for almost 800,000 Victorians at acute and rehabilitations hospitals, community rehabilitation and community health from the eastern suburbs of Melbourne to regional areas. The strong industry partnership between Eastern Health and La Trobe University is making an impact in research and education. Key research themes at Eastern Health ARCH are to improve the way health services are delivered and improve rehabilitation outcomes to help people live at home.

Reducing time to healthcare access

The Eastern Health ARCH has developed an innovative, demand-driven approach to reduce waiting times in healthcare called STAT: Specific Timely Appointments for Triage. Across health services, STAT has consistently reduced waiting time by 30 to 40%. Beyond the studies, 532 clinicians from Australia, New Zealand and USA/Canada have been trained in STAT, attending workshops supported by web-based resources (stat.trekeeducation.org).

In 2020, over 50% workshop respondents reported implementing STAT (PMID: 36188815). One workshop participant from NSW stated: "We had an 18-month waitlist for adult Neuropsychological Assessment [and] 10-year history of waitlist management projects...with little success... WOW what a different clinic we have because of this training... we have started 2023 with no waitlist. So big thank you to you and the STAT team at La Trobe for sharing your work and making a significant difference." (Personal communication, 3/2/2023).

Improving the physical activity of cancer survivors

The Eastern Health ARCH program of research has played a pivotal role in improving access to cancer supportive care nationally by discovering and addressing key gaps in provision and the exercise content of cancer rehabilitation services. The safety of cancer exercise rehabilitation was confirmed and for the first time identified the optimal dose as moderate intensity (PMID: 26996098).

It was discovered that nationally, only 1 in 200 cancer survivors can access cancer-specific rehabilitation programs to support them to be physically active (PMID: 28004526). The Cancer Exercise Toolkit was developed to guide exercise professionals in delivering exercise rehabilitation and has been accessed by >400 clinicians in 26 countries. This research has shown that including rehabilitation in cancer care enhances patient outcomes such as quality of life, and prevention of future chronic disease and cancer recurrence.

Psychological rehabilitation to improve mobility after physical injury

The Eastern Health ARCH team have led studies to understand how addressing psychological factors can improve mobility outcomes for people recovering from hip fracture. The "MIHip" research program has found that motivational interviewing, an evidence-based counselling style that encourages patients to develop their own arguments for behaviour change, can result in clinically important improvements in confidence, mobility, and physical activity (PMID: 26603892). Through a University of Sydney co-partnership, La Trobe is contributing to "ComeBACK", a telephone-based health coaching program designed to improve physical activity behaviour for people with impaired mobility. This program of work has reappraised the role of rehabilitation for people recovering from physical injuries, emphasising the importance of addressing psychological as well as physical factors.

Professor Nick Taylor
ARCH Director, Eastern Health

ARCH AT NORTHERN HEALTH

ADVANCED LEARNING AND RESEARCH-FOCUSED OUTCOMES FOR MELBOURNE'S NORTHERN COMMUNITY

Northern Health is the major provider of acute, maternity, sub-acute and specialist services in Melbourne's rapidly growing outer north region. Our emergency department treats over 110,000 patients each year, cares for over 97,000 patients admitted to hospital, and assists with the delivery of over 3,200 babies each year. La Trobe University provides support for clinician-led research, with a particular focus on the impact of new models of care.

Northern Health Virtual Emergency Department

Led by clinician-researcher Dr Loren Sher, Northern Health established Australia's first Virtual Emergency Department (ED) to provide triage for non-life-threatening emergencies. This model of care was prompted by evidence of healthcare avoidance during the COVID pandemic, particularly for hospital emergency department presentations (PMID: 36927862). Our evaluation of the virtual ED data from over 12-months of data (n>6000) informed the state-wide expansion with operational investment of over \$21M by the state government. We are continuing to analyse health service outcomes to supplement positive patient stories (PMID: 35570401).

COVID Monitoring Pathways

A telephone-based program was developed by Northern Health to monitor patients who tested positive to COVID-19. The program was rapidly implemented during the peak of the pandemic. An analysis of the program described how a simple, low-technology monitoring system can successfully identify those who are more likely to develop prolonged symptoms (PMID: 33977436). Further qualitative evaluation of patient and staff experience demonstrates that the program enabled early identification of

symptom deterioration and provided an opportunity to disseminate trustworthy and accurate information to isolate at home (PMID: 35831887). This information has been used to refine the program for further iteration.

BackTrAC: a digital care pathway for people presenting to emergency with low back pain

Back pain is a debilitating condition affecting one in six Australians and is the second leading cause of disease burden. This research responds to the urgent need for cost-effective, accessible, inclusive digital solutions in healthcare. Funded by the Transport Accident Commission (TAC; \$150,000), this project will co-develop, implement and evaluate a digital care pathway for back pain patients, including transport accident victims, who present to the emergency department at Northern Health. This project is a collaboration with clinicians and the digital care team at Northern Health to implement a pathway that will provide objective data to allocate and tailor resources for people with back pain. This has potential to ultimately reduce hospital re-presentations for this burdensome condition.

Associate Professor Adam Semciw
ARCH Director, Northern Health



ARCH AT THE ROYAL MELBOURNE HOSPITAL

STRENGTHENING THE EVIDENCE BASE FOR ALLIED HEALTH AND NURSING

The Royal Melbourne Hospital has been providing care to people in Victoria since 1848. As one of the largest hospitals in Victoria, the Royal Melbourne Hospital provides a comprehensive range of health services across three campuses. The partnership between the Royal Melbourne Hospital and La Trobe University facilitates high-quality research to achieve this vision. Through clinician research capacity building and collaboration, The Royal Melbourne Hospital ARCH team helps research to be embedded into everyday practice to deliver effective models of care to improve patient safety and health outcomes.

Recovering from COVID-19 (ReCOV): An allied health-led multidisciplinary outpatient rehabilitation service for people with long COVID

Allied health clinicians and researchers at the Royal Melbourne Hospital have been trialling a novel allied health-led clinic to help people with symptoms of long COVID. As one of only two clinics running in Victoria, the 12-week ReCOV service provides us with vital information about people's recovery from long COVID and the role that allied health therapy may play. The Royal Melbourne Hospital ARCH team will assist clinicians to determine the feasibility of such a program in terms of demand, acceptability, implementation, practicality and limited efficacy testing to inform future delivery.

ReCOV for staff: An allied health-led workplace clinic to help Melbourne Health staff recover from COVID

Healthcare Workers have been at a higher risk of COVID-19 infection and thus, a growing number are now living with long COVID symptoms. In response to recommendations that services for long COVID be offered within workplaces, Melbourne Health developed an allied health clinic for Melbourne Health staff with long COVID. In a mixed-methods study involving in-depth semi-structured interviews and pre- and post-intervention patient reported outcome measures, Melbourne Health ARCH will help evaluate the acceptability and efficacy of the workplace-delivered program.

Associate Professor Casey Peiris
ARCH Director, Melbourne Health

ARCH AT ALFRED HEALTH

COMBINING CLINICAL AND IMPLEMENTATION RESEARCH, WITH EDUCATION AND TRAINING, TO CREATE TRANSLATION OUTCOMES

The strong industry partnership between La Trobe University, Alfred Health, the Baker Heart and Diabetes Institute, the Alfred Nursing Clinical School and the School of Allied Health, Human Services and Sport are making a big impact in research and education. There is a major focus on nursing and nurse student experiences, digital technology, cardiac care, diabetes, metabolic syndrome, and rehabilitation to improve outcomes in chronic conditions. Alfred Health provides a comprehensive range of healthcare at acute hospitals, inpatient and community rehabilitation, community health and state-wide services.

The Alfred nursing clinical school engages in teaching and research activities co-created with healthcare professionals at Alfred Health and A+ Alliance. These are focused on understanding the experiences of students and assessors working in nurse education as well as the impact of the expanding scope of practice of nurses working clinically.

Co-designing digital healthcare delivery

Led by Professor Brian Oldenburg, this project uses a participatory research approach to co-design and adapt an existing digital cardiac rehabilitation delivery model (Smart-CR). ARCH has also partnered with the Baker Heart and Diabetes Institute and Northern Health to investigate knowledge about health navigation and issues affecting access to programs and services for people with Acute Coronary Syndrome. The aim is to understand how individual knowledge, functionality, features, and existing technologies (e.g., apps, conversational agents, chatbots, wearable sensors) can be integrated into a digital cardiac rehabilitation delivery model.

THE EXPERIENCE OF STUDENTS AND NURSES DURING CLINICAL PLACEMENTS

The School of Nursing and Midwifery in conjunction with the Alfred Clinical School team is conducting an in-depth analysis of the role of the clinical placement appraisal process in nurse education.

Clinical placements are integral to student progression towards professional registration.

Orientation programs for both students and clinical assessors, in addition to formal training in assessment and feedback for assessors, help to facilitate positive learning experiences.

Data arising from this project is informing the development of targeted orientation and training programs at the Alfred nursing clinical school and beyond.

Getting to the Heart of It: Improving Heart Failure Outcomes with the SmarHF program

Digital-enabled virtual delivery of heart failure management narrows the geographical divide by providing accessible support to people in regional and rural communities, who may otherwise not have access to heart failure services. This approach also has potential cost savings via reduced costs to deliver, reduced readmissions and fewer days spent in hospital. Digital technology can improve healthcare significantly and to make it more accessible and flexible, and it has been pivotal in enhancing care and outcomes for patients with diabetes and other chronic diseases.

The Baker Department of Cardiovascular Research, Translation and Implementation at La Trobe University

This department is led by La Trobe researcher Professor Peter Meikle. Department researchers are experts in cardiovascular disease, diabetes and public health research. Baker scientists are designing new diagnostic, preventative and therapeutic strategies to tackle cardiovascular disease, diabetes and its complications. They are working to understand the cellular mechanisms of disease, biomarkers in the progression of disease and the pathways of gene expression. This work is helping to inform policy guidelines, influence chronic disease management, offer new evidence-based therapies for health professionals, and inform government and health authorities about the scale of these health problems.

Professor Brian Oldenburg
ARCH Director, Alfred Health

ARCH AT THE ROYAL WOMEN'S HOSPITAL

THIS PARTNERSHIP IS UNDERPINNED BY A HIGH-QUALITY RESEARCH PROGRAM AND CLINICAL PLACEMENTS SCHEME

Recognised as a leader in its field, the Women's is Australia's largest independent specialist hospital dedicated to improving the health and wellbeing of women and newborn babies. The Women's strong industry partnership with La Trobe University is impacting how care is provided so the best outcomes are achieved. This includes research on the midwifery workforce, midwifery-led models of care, breastfeeding, and perinatal mental health.

Baggarrook Yurrongi: Improving the health of Aboriginal mothers and babies through continuity of midwife care

The Women's ARCH team has been instrumental in implementing a culturally responsive continuity of midwife model of care for Australian First Nations women and babies. As part of this NHMRC funded project and in conjunction with the Victorian Aboriginal Community Controlled Organisation, First Nations women (and non-Indigenous women having a First Nations baby) were offered antenatal, intrapartum and postpartum care from a known midwife (caseload care) with one or two antenatal visits conducted by a 'back-up' midwife. This research translational study found 90% of women wanted care within the model, leading to a 21-fold increase in First Nations families accessing this 'gold standard' model of care (PMID: 35747161). Women reported positive aspects of the culturally responsive care as knowing their midwife, feeling emotionally and clinically safe, reassured and supported in the relationship. Women also viewed the care as accessible, flexible and personal, and said the model helped them feel comfortable and safe to seek care (PMID: 35803869). The team also improved identification and documentation of Aboriginal and Torres Strait Islander mothers and babies in maternity services through staff education and modifications to procedures and systems (PMID: 36529131).

The FUCHSIA Study: Future proofing the midwifery workforce in Victoria: statewide cross-sectional survey exploring health, wellbeing, and sustainability

In the wake of the COVID-19 pandemic, a team of clinicians, academics and midwifery researchers identified an urgent need to map the midwifery workforce in Victoria and identify factors that affect sustainability of the current and future workforce. An online cross-sectional survey was distributed to midwives and midwifery managers employed in public and private maternity services, privately employed midwives and midwifery students enrolled in 2021. This was the largest study of midwives in Victoria, including over 1,000 participants. It was identified that there is a significant workforce shortage in Victoria of experienced midwives, with experiences of high levels of burnout and stress. Midwives reported being 'worn out' and many were thinking of leaving the profession. Recommendations include improvement of working conditions and implementation of flexible work options. A report was compiled of the major findings in 2022 and disseminated to every maternity service in Victoria and to a media audience of 3.3 million. The data from the FUCHSIA study was provided to state government bodies to assist with midwifery workforce planning.

Professor Della Forster
ARCH Director, The Royal Women's Hospital

ARCH AT AUSTIN HEALTH

**PRODUCING RESEARCH
AND EDUCATION THAT IS
INNOVATIVE, COLLABORATIVE
AND FOSTERS EVIDENCE-
BASED PRACTICE**

The ARCH partnership between Austin Health and La Trobe University aims to strengthen the evidence base of nursing, allied health, psychology, public health and life sciences research, education and practice.

There is a focus on person-centred care, health outcomes for older people and people with dementia, cancer, stroke, cardiology, and those in ICU and rehabilitation. Health workforce education and training also feature strongly.

The ARCH encourages and facilitates clinicians and researchers to translate findings into policies and practice. Activities are consumer-oriented and co-produced with stakeholders.

The Austin Nursing Clinical School has a special interest in maternal, sexual and reproductive health. The research focuses on the implications of medical and technical advancements in maternity care on maternal autonomy, reproductive rights and reproductive decision making across low, middle high-income settings; perinatal outcomes of women with mental illness and those socially disadvantaged; and prevalence and variations in unintended pregnancy and induced abortion in Australia. Key findings include improved measurements for sexual and reproductive health risk factors and outcomes, including a valid and reliable measure for reproductive coercion.

Associate Professor Kristina Edvardsson
ARCH Director, Austin Health

CLINICAL EDUCATION

The ARCH supports clinical education of students from allied health, psychology, public health, nursing and midwifery. By co-partnering in high quality clinical placements and teaching and learning programs, we are helping to build capability and capacity in the future health workforce. Students gain valuable clinical skills whilst learning about implementation of research evidence into clinical practice.

ARCH AT MERCY HEALTH

CREATING EVIDENCE-BASED SERVICES TO IMPROVE HEALTH, SAFETY, WELLBEING AND THE PATIENT EXPERIENCE

Mercy Health offers acute and subacute hospital care, aged care, mental health programs, specialist women's healthcare, early parenting services, palliative care, home and community care, and staff training and development. Together with La Trobe, world-class research is undertaken across a range of clinical areas to improve the way care is delivered and how support is provided for people in need.

Exploring postpartum haemorrhage

Mercy ARCH is examining how the known risk factors for postpartum haemorrhage apply to the different populations seeking care at either the Mercy Hospital for Women (Heidelberg) or the Werribee Mercy Hospital. Each of the services applies evidence-based clinical guidelines, however there are different factors that influence the risk of postpartum haemorrhage. This research will facilitate a good understanding of individual risk factors and the impact of the quality of care provided. Further consideration will be given to best practice methods of evaluating estimates of blood loss and the impact this will have on care processes.

Integrating midwifery and academia

Through the La Trobe Professional Doctorate program, midwives at Mercy Health are combining their clinical and academic expertise to address real-world issues. One issue being addressed is the potential challenge of subsequent pregnancies following a traumatic birth. Women with this experience and clinical experts are co-designing a pathway aiming to improve the ensuing maternity care journey. A second project is looking at what is meant by 'normal' or 'physiological' birth today. So much has changed in recent decades, that women and clinicians are often left wondering what is within the range of normal. Mercy Health and ARCH are working to develop definitions that will be meaningful to both those having babies and those helping them through labour and birth. This will potentially inform others within Australia and internationally, influencing childbirth education and professionals' training.

Professor Christine East

ARCH Director, Mercy Health



ARCH AT HEALTHSCOPE

DEVELOPING WORLD-CLASS, EVIDENCE-BASED SERVICES TO IMPROVE HEALTH, SAFETY, AND THE PATIENT EXPERIENCE

Healthscope has 39 hospitals across Australia as well as delivering online services, outpatient clinics and rehabilitation in the home. The strong industry partnership between Healthscope and La Trobe University has spearheaded major research projects and new educational resources for clinicians, to quickly implement new evidence into clinical practice. Co-designing research in priority areas such as patient safety, patient experiences and patient reported outcome measures has a positive impact on patient outcomes, quality, productivity and consumer engagement. The care workforce has also benefited by linking evidence to policies and procedures.

World-leading Falls Prevention in Hospitals

The Healthscope ARCH team has taken a leadership role in preventing hospital falls. We participated in a global initiative to create new World Falls Guidelines for Prevention and Management of Falls in Older Adults (PMID: 36178003). The guidelines and a meta-analysis by our team show the power of educating hospital patients and clinicians in how to prevent falls, as well as the roles of exercise, rehabilitation, footwear, sound medical management and environmental factors (PMID: 35524748). The impact of incorporating this new evidence into policies has been a reduction in falls and serious injuries. Health professionals have valued opportunities for professional development and working in hospitals with a strong research culture.

Improving Hospital Patient Experiences

Throughout Australia, hospital patients fill in a consumer-driven Patient Experience Questionnaire (PEQ) to give feedback on care delivery, food, hospital facilities and other factors. The Healthscope-ARCH team evaluated the Australian PEQ tool for acceptability, adoption, feasibility and sustainability. Analysing data from over 86,000 patients showed the value of investing staff time and resources in implementing the PEQ, which improved staff engagement as well as improving quality of service delivery and patient experiences (PMID: 34340745). The study highlighted the power of consumers to influence change.

Encouraging Independent Practice Improves Rehabilitation Outcomes

The Healthscope ARCH team contributed to a multi-organisation, large set of studies to understand the impact of increasing the amount of independent practice during rehabilitation on the ability of patients to walk and do other activities of daily living. Led by Monash University and co-partnered with La Trobe, Healthscope, Cabrini Healthcare, Alfred Health, and Eastern Health, the "My Therapy" project for rehabilitation patients gave usual care with the addition of more self-directed, individualised physical activities to improve hand function, leg strength, gait, and balance. Preliminary findings show that incorporating self-management exercises as part hospital rehabilitation is safe and feasible (PMID: 35154583). Positive outcomes were achieved, including for people with cognitive impairment. This initiative shows the impact of clinicians, policy makers and consumers working together to improve rehabilitation outcomes.

Professor Meg Morris

ARCH Executive Director and Site Director, Healthscope

SPOTLIGHT: IMPACT ON CARE WORKFORCE

THE ARCH IS HAVING A MAJOR IMPACT ON THE CARE WORKFORCE

Since the pandemic, global challenges have been identified in recruiting, retaining, training and ensuring the safety of health and social care workers. The care workforce includes registered health professionals such as nurses, midwives, doctors, surgeons and a wide range of allied health professionals.

The care workforce also includes allied health assistants, personal care assistants, nurse assistants and others who provide care in home, community, hospital and residential aged care settings. The ARCH works closely with La Trobe Universities Care Economy Research Institute (CERI) to co-partner with our stakeholders on care workforce research and education. A recent example of ARCH care workforce research aimed to impact care worker knowledge, skills and capability by closing the gap between current digital literacy and new digital technologies that are available to improve healthcare outcomes (PMID 37046921).

This digital healthcare project involved eight ARCH partner sites, with evaluation of digital health capabilities, literacy and knowledge across nursing, midwifery and allied health workforces.

Through surveys and focus groups, gaps were identified between contemporary tools available for digital healthcare delivery and the organisational adoption of evidence-based digital healthcare.

Care workers and managers highlighted the importance of consumer inclusion in the design of digital care delivery as well as involving research experts in workforce redesign.

Health professional digital literacy training, combined with revision of site-specific policies were seen as priorities for ensuring high quality digital health service delivery.

THE ARCH: TRANSFORMING HEALTH AND WELLBEING



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TRANSFORMING HEALTH AND WELLBEING

The ARCH brings together people across our networks, to support, mentor and develop researchers, clinicians, students, industry partners and members of the public, and to support innovative ideas, evidence-based practice and research training. Together, our impact reaches far beyond what any single organisation or person can achieve. Our united approach builds research with impact and global reach, to the benefit of a diverse range of patients and communities, across the lifespan.



RESEARCH WITH GLOBAL IMPACT



WORKFORCE TRAINING



TRAINING FUTURE RESEARCH LEADERS



PUBLIC INVOLVEMENT IN RESEARCH



INDUSTRY ENGAGEMENT



CLINICAL EDUCATION



IMPLEMENTATION SCIENCES



EVIDENCE-BASED PRACTICE