



School of Health Sciences



Photo courtesy of Darren Grattidge

Welcome

Not only poets, almost everyone loves autumn! Why? Perhaps it is the most beautiful and attractive season of the year when nature is bathed in constantly changing colours. It is also the time of dynamism and inspiration in the garden of graduate research in the School of Health Sciences. It is dynamic as there are many stories of individuals' research journeys to share and it is inspirational as there are wonderful achievements to add optimism to our research horizon. As Helen Keller, the first deaf and blind person to earn a B.A degree, shared her success story, saying "*Optimism is the faith that leads to achievement. Nothing can be done without hope and confidence.*"

GRADUATE RESEARCH NEWS

In the spirit of optimism and confidence, and also in the context of beautiful autumn, we would like to share with you this issue of the School of Health Sciences Graduate Research Newsletter. We would also like to welcome the 27 new graduate research students who have commenced in the last six months and wish them all the best in their research and time in the School.

Good news from students

We are so proud and delighted to share the following wonderful achievements of our students:

- **Debi Cowan:** has a strong commitment to practice development through participation in professional activities in her specialty area of renal nursing. Debi has received full ethics approval for her study.
- **Kate Herbert**, PhD student, has recently had a paper published with her supervisors A/Prof **Liza Snow** and Dr **Tony Cook** in the Journal of Dermatological Science. Herbert, K.J., Cook, A.L., Snow, E.T. SIRT1 modulates miRNA processing defects in p.53-mutated human keratinocytes (2014) *Journal of Dermatological Science* 74(2) pp. 142 – 149.
- **Alexandra King**, PhD candidate, was awarded a bursary of \$500 from the Tasmanian Division of the Australian Association of Gerontology towards the cost of attending the 46th National AAG Conference in Sydney. Alexandra has also expressed her interest to submit her PhD thesis on 30th June 2014.
- **Dana Lis**, PhD student working with Dr **Cecilia Shing** and Dr James Fell, has recently had a manuscript accepted for publication in the *International Journal of Sport Nutrition & Exercise Metabolism*, entitled 'Exploring the popularity, experiences and beliefs surrounding gluten-free diets in non-coeliac athletes'.
- **Sofia Omari** will be admitted to

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the degree of Doctor of Philosophy at the August graduation ceremony in Launceston for her thesis entitled, *Transient Receptor Potential Vanilloid 1 (TRPV1) in Haematological Malignancies*. Sofia was supervised by Prof **Dominic Geraghty** and Dr **Murray Adams**.

New achievement: Doctor of Health program at Darlinghurst campus in Sydney

The Darlinghurst Campus in Sydney is excited to announce the commencement of 9 candidates in the Doctor of Health program, an initiative of St Vincent's Private Hospital and the School of Health Sciences led by Professor **Kim Walker** who holds a conjoint appointment with both. Supported by Clinical Research and TRIP Fellow Dr **Jed Duff**, HDR coordinator Dr **Liz Cummings** and a number of supervisors from the School this cohort will commence studies in early May. Joining them are four new PhD candidates (two with APAs), one new Masters by Research candidate, as well as 3 continuing candidates. Collectively this comprises a very robust graduate profile in Sydney and will significantly add to the productivity of the School while enhancing the healthcare outcomes of patients in the hospitals.

Embarking on a new dental research frontier in rural health – Jacqueline Stuart

Jackie Stuart graduated from University of Queensland, Brisbane in 1986 with a degree in Dentistry. She worked in the government dental service in rural Queensland for 4 years after graduation.

Subsequently, she went into partnership in a group practice in Mackay. She stayed in private practice for the next 24 years. During this time Jackie developed a special interest in advanced dental technologies such as laser surgery and teledentistry.

In addition, Jackie has been active in rural placement and mentorship of dental students and has commenced her Masters study with the Centre for



*Jackie Stuart
(Masters Candidate)*

Rural Health recently. Jackie is going to examine the "relationship of Dental practitioners to the primary care network in rural and remote Queensland and the application of technology in the management of dental conditions" and is under the supervision of A/Prof **Tony Barnett**, Dr **Ha Hoang** and A/Prof **Leonard Crocombe**.

Inspiration and achievement within and beyond – Linda Nichols

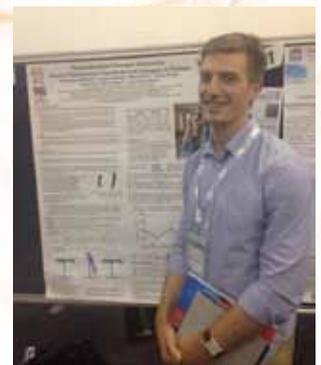
Linda Nichols, PhD candidate, has been engaging with international and national professional groups in her research area of neuroscience nursing. Recently Linda has been awarded two external scholarships, published in 2 conferences, numerous professional seminars as well as several research articles.

Linda was invited to be a keynote speaker at the 1st Scientific Meeting Update in Neurology, Jakarta, 21-23 February 2014 with two presentations entitled "*Intervention to manage Cerebral Vasospasm following an Aneurysmal Subarachnoid Haemorrhage*" and "*Trends and Issues in Neuroscience Nursing*."

Linda was also invited to be a keynote presenter by the Association of Indonesian Nurse Education Centre (AINEC) Surabaya Indonesia and a panel presenter for the Rural Health Education Foundation, entitled "Beat Stroke: Keep the Pressure Down" (www.rhef.com.au/programs/ac/beat-stroke/). Well-done Linda!

Being active with the research world – Ned Brophy-Williams

Ned Brophy-Williams, a PhD student based at the Australian Institute of Sport (AIS) in Canberra (Supervisors: Dr **James Fell** and Dr **Cecilia Shing**, UTAS), recently attended and presented at the Exercise and Sport Science Australia Conference in Adelaide. His poster, "*Haemodynamic Changes Induced by Sports Compression Garents and Changes in Posture*," was a true international collaboration, with contributors from UTAS, the AIS, University of the Sunshine Coast, University of Waikato and the University of Copenhagen. The results of this study suggest sports compression garments provide a degree of efficacy for athletes, in a mechanistic sense at least (performance based data is currently being collected). At the moment Ned is combining the data from the Doppler ultrasound measures taken with whole limb blood flow assessments to investigate the changes induced by compression garments.



*Ned Brophy-Williams
(PhD Candidate)*

Living and researching in different inspiring horizons – Daryl Foy

Daryl Foy, is a PhD student based in Dunedin, New Zealand. Daryl's study, 'Socially Networked, Sensor-Based Pervasive Health Systems and Exercise Adherence in Type 2 Diabetes Patients,' originally commenced in the School of Information Systems, changed to the School of Human Life Sciences, and now the School of Health Sciences. Daryl has to date completed 20,000 user quantitative analyses, with qualitative analysis to follow and be completed by July. He presented late last year at the Sports and Exercise Science NZ Conference on, 'Modelling Behaviour in Online Exercise Communities.' Later in 2014 Daryl will be an assistant coach for NZ Association men's hockey in an affiliate international tournament and aim to be part of a coach exchange to Hoofdklasse (Dutch Premier League Hockey) club Kampong SV.

Learning swimming by swimming and learning writing by writing – Thao Doan and Joanne Yeoh

We recently participated in a "Writing Manuscripts for Publication - A Professional Development Workshop for Researchers" conducted by Professor Robert Glew from School of Medicine, University of New Mexico, U.S.A., organised by the Faculty of Health, University of Tasmania. This workshop provides an opportunity for Faculty academic staff and postgraduate students to develop skills in completing a research manuscript for submission for publication to a scientific journal.

This was the first time we met Professor Robert Glew, the instructor of writing workshop. He is extremely enthusiastic, funny and a good communicator. His great sense of humour kept our attention during workshop.

Although it was a lengthy workshop that required many



From left to right:
Professor Robert Glew and
Thao Doan
(PhD Candidate)

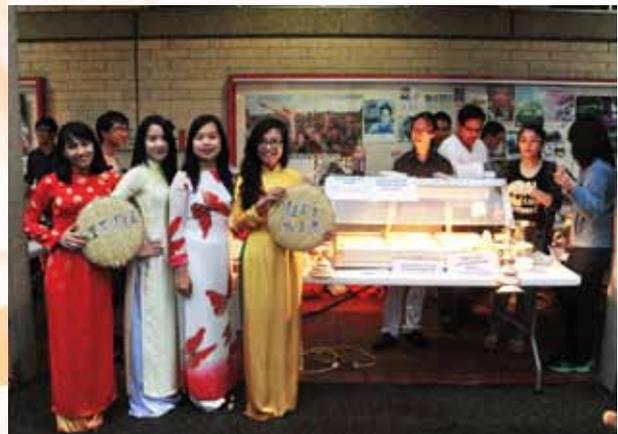


From left to right:
Professor Robert Glew and
Joanne Yeoh
(PhD Candidate)

commitments, we would sincerely say it provided a lot of information about manuscript writing, including the steps and the structures in writing. Thus, the key to become a good writer is to keep writing. Besides, two-hours writing rule is a good practice to foster writing habit too. Frank Smith once wrote: "We learn swimming by swimming and we learn writing by writing. It is a realistic view of research writing."

Our life in harmony with all existence: Harmony Day – 21st March 2014

Tagore, a poet and the first non-European to win the Nobel Prize in Literature in 1913, once said: "The highest education is that which does not merely give us information but makes our life in harmony with all existence." In Tagore's inspirational spirit, our international research students and others from Education, Computing and AMC took an active part on the Harmony Day on Friday 21st March 2014 at Newnham campus.



International research students on Harmony Day at Newnham Campus



Melissa Terry (Masters candidate - second from the left) performed bagpipe on Harmony Day at Newnham Campus

The day was full of happy social interactions, musical performance, yummy international foods (with chili or without chili). Students wore traditional dresses of their countries. Though it rained a bit on that day, the happy laughing, cheerful faces, and kindness filled the campus with beautiful and harmonic togetherness.

Dental practitioners in rural and remote areas in Australia – Diana Godwin

Diana Godwin is a PhD student with the Centre of Research Excellence in Primary Oral Health Care researching the maldistribution of Australian dental practitioners between urban and rural areas. She has recently conducted a qualitative study of the opinions and experiences of dental practitioners across Australia. Diana has had a joint paper accepted for publication entitled *“Dental practitioner rural work movements: A systematic review. Rural and Remote Health”* accepted for publication with the Rural and Remote Health Journal. This paper builds the foundation for her research, discovering what is and is not known about the rural dental practitioner workforce.

Diana has also presented a paper entitled *“Why dental practitioners do and don’t practise in rural areas in Australia: A qualitative study”* at the 6th International Meeting on Methodological issues in Oral Health Research, Adelaide, South Australia on the 1-3rd April 2014. This conference discussed the methods to improve the design, conduct and analysis of oral health research. Diana presented preliminary findings from her qualitative study, focusing on one of the questions from the literature review: are there different factors influencing recruitment and retention in rural areas?



Diana Godwin (PhD candidate)

Diana presented a poster on *“Factors in recruiting and retaining dental health practitioners to rural and remote areas in Australia: A qualitative study”* at the IPHCRC – 2nd International Primary Health Care Reform Conference in Brisbane, Queensland on the 17-19th March 2014. This conference focused on policy development, quality and capacity building, and integration between the Primary and Secondary care sectors. This presentation outlined the difficulties in attracting and retaining dental practitioners to rural practice.

A journey outward is a journey inward with Daniel Terry – Postcard from Vancouver

I recently attended the Health, Wellness, and Society Conference in Vancouver, Canada, 14-15 March 2014.

I was fortunate enough to be one of the recipients of the Graduate Scholar Award for the Conference. As a result, I received financial support to attend and present at the conference, but more importantly it provided me with the opportunity to chair several parallel sessions throughout the conference.

I was also a chairperson of ‘Talking Circles’, which was an excellent informal way to network and discuss specific issues around health. These talking circles were reported to be the most effective way to network and exchange ideas among all delegates. As part of the conference team, I also served as a resource to the delegates by answering logistics questions or referring them to the appropriate staff for specific requests and issues.

The Graduate Scholar Award with its accompanying responsibilities provided a strong professional development opportunity for each of the graduate students who participated at the conference. It was through this opportunity that we were able to meet experts in the various health field, interacting with colleagues from other parts of the world, and creating networks and friendships.

I came away privileged and enriched by the opportunity to serve others, assist with the success of the conference and network and meet so many likeminded academics.



Daniel Terry
(PhD Candidate)



Health, Wellness, and Society Conference venue - University of British Columbia, Vancouver

Dealing with sensitivity in qualitative research: Challenges and considered priorities – Melissa Terry

The experiences of women with postnatal depression (PND) and how they deal with these experiences on a daily basis has been under researched, particularly within a rural setting. As part of my research, I wanted to find out how women try to manage—what's happening and does music help?

For qualitative researcher, there are issues of privacy which need to be carefully considered when asking women to share experiences about things that they had not necessarily shared with friends, families or partners. How should we go about collecting the stories of these women?

First thing to enter our consideration is ethics. We need to go through a very necessary process of seeking ethics approval. This requires thinking about the questions to be asked, and more importantly how they should be asked. In my research, I wouldn't know the background of any of these women. They were total strangers to me, and I to



Melissa Terry (Masters candidate)

them. Though there were a few scenarios that I thought would be very unlikely, however, I need to be aware and prepared. My greatest assistant in knowing what to do in these situations is the National Statement and the Australian Code for Responsible Research. These two resources provide the perspective I need.

The second item in my serious consideration is methodology, which should be appropriate to human sensitivity. Informal interview allows for women to speak openly and honestly with each other. Particularly with feminist researchers, interviewing can turn to be more of a conversation, where it is safe to share ideas, rather than a series of questions according to a set standard. Phenomenology guides my focus towards the experiences for a particular person in a particular place with a particular background. Though there may be commonalities within each story, the experience is specific to each individual.

Happy endings in a research journey: Time for celebration with completed HDRs

Cecily Pollard

Cecily Pollard has successfully completed her Masters by Research with her thesis titled "*Delirium: The Lived Experience*". Her thesis explored the lived experience of delirium in the acute inpatient orthopaedic population with the anticipation that increased understanding and knowledge of this lived experience will support the development of evidence-based nursing care management of the delirious patient. Cecily's supervisors were Professor **Mary Fitzgerald** and Dr **Karen Ford**. She will graduate in August 2014. Congratulations to Cecily.

Dr Liz Witherden

Congratulations to Dr **Liz Witherden**, who recently had her PhD thesis passed (Supervisors: Dr **Stephen Tristram**, Dr **Murray Adams**). The title of her PhD was, '*Phenotypic and genotypic characterisation of altered penicillin-binding protein 3 (PBP3) mediated resistance in Haemophilus influenzae and Haemophilus haemolyticus.*'

During her PhD, Liz had four peer-reviewed manuscripts accepted for publication;

- Witherden EA, Kunde D, Tristram SG (2012). An evaluation of SNP-based PCR methods for the detection of β -lactamase-negative ampicillin-

resistant Haemophilus influenzae. *J Infect Chemother*; 18 (4): 451-455.

- Witherden EA, and Tristram SG (2013). Prevalence and mechanisms of β -lactam resistance in Haemophilus haemolyticus. *J Antimicrob Chemother*; 68 (5): 1049-1053.
- Witherden EA, Kunde D, Tristram SG (2013). PCR screening for the N526K substitution in isolates of Haemophilus influenzae and Haemophilus haemolyticus. *J Antimicrob Chemother*; 68 (10): 2255-2258.
- Witherden EA, Bajanca-Lavado MP, Tristram SG, Nunes A (2014). The role of inter-species recombination of the ftsI gene on the dissemination of altered penicillin-binding protein 3 mediated resistance in Haemophilus influenzae and Haemophilus haemolyticus. *J Antimicrob Chemother*; In Press [doi: 10.1093/jac/dku022].

The Journal of Antimicrobial Chemotherapy is one of the top ranking international journals in the area of microbiology, so it was an outstanding effort by Liz to have one, let alone three papers accepted for publication in this journal. During 2012, Liz spent some time working in the laboratory of Dr Maria Paula Bajanca-Lavado, from the Department of Infectious Diseases at the National Institute of Health in Lisbon, Portugal, which helped to generate a significant amount of data for her PhD thesis.

The 2014 Tasmanian Health Research Student

conference

The Tasmanian Health HDR Student Conference will be held on July 28th July 2014 in the Medical Sciences Precinct. This one day conference is an opportunity to showcase the research being undertaken by HDR students working in all aspects of health across the Faculty of Health and Menzies. This will be an opportunity for students to meet, discuss their research and form new connections with other students and researchers. For supervisors and other researchers this will be a great opportunity to support the development of a new cohort of health researchers. HDR students, supervisors, and prospective HDR students are especially encouraged to attend. All HDR students are invited to submit an abstract, the call for abstracts will be made soon.

For further information, please contact Dr Kathleen Doherty at: Kathleen.Doherty@utas.edu.au

Event Calendar

- **28 July 2014:** Tasmanian Health Research Student conference, Hobart.
- **31 May 2014:** Closing date for applications for the University of Tasmania Graduate Research Conference and Research Travel Funding.

Each season brings to Tasmania its own natural beauty, vitality and challenges. It is the same in our graduate research discourse as we are living our academic experiences in a changing and challenging world. The stories that our students share reflect their dynamic engagement in their research journeys. Each step in the journey onwards is also a valuable personal phenomenon in an inward journey. This is truly a dualistic achievement, academically and personally. The encouraging thing for them is that they are not alone in their research journey, there are caring others here who walk with them as learning and research companions.

Quynh, Liz and Murray

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