

2009
VARIO HEALTH INSTITUTE
ANNUAL REPORT



**FACULTY OF COMPUTING,
HEALTH AND SCIENCE**

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1. OVERVIEW OF THE VARIO HEALTH INSTITUTE

VARIO HEALTH INSTITUTE

The Vario Health Institute (VHI) is the first research institute at an Australian University focussing on integrative health and wellness. The VHI is located in the Health & Wellness building of the Faculty of Computing, Health and Science (FCHS) on the Joondalup Edith Cowan University (ECU) Campus.

With extensive national and international networks the VHI builds collaboration between researchers, educators, industry and government to optimise health and improve the quality of life for people of all ages, within differing social, cultural, political and environmental contexts. The VHI brings together a significant group of research centres, internationally recognised investigators and local industry partners with recognised strengths in areas related to biochemistry, computer imaging, communications and information technology, environmental management, exercise science, health promotion, human biology, nursing and palliative care, nutrition, occupational therapy, psychology and public health.

The groundbreaking research conducted at the VHI aims to understand the interactions of lifestyle and environment and develop more effective preventative, health promotion, wellness and chronic disease management strategies to greatly reduce the social and economic burden of illness. Key health issues currently addressed by the institute include cancer and treatment related side effects, cardiovascular disease, dementia, diabetes, obesity, osteoporosis, sarcopenia, and mental health problems.

VARIO WELLNESS CLINIC

Located within the VHI is the Vario Wellness Clinic (VWC), which is the commercial entity that delivers best practice, evidence-based wellness programs, integrated consulting and assessment services to the community. The VWC utilises a holistic and multidisciplinary approach to health and wellness with exercise physiology, psychology, physiotherapy, occupational therapy and dietetics. The VWC is open to the public and offers specialised programs that have been developed for people with existing chronic conditions. Programs include:

- Cancer Survivors
- Diabetes Wellness
- Fighting Fit Veterans
- Living Longer Living Stronger
- Parkinson's Program
- Osteoporosis Program
- Weightloss for Wellness Program
- Weigh To Go Kids
- Motor Vehicle and Work Injury Rehabilitation
-

PARKINSON'S

At the beginning of 2008, the VHI established the Parkinson's Centre (Park C). Park C is a collaborative group of research scientists based at the ECU's Joondalup campus with affiliations to the Cambridge Parkinson's Disease Research Clinic, the University of Western Australia, Curtin University of Technology and the Parkinson's Association of Western Australia. The aim of Park C is to lessen the burden of Parkinson's disease on the community by developing a better understanding of the problems associated with the disease and developing physical and psychological care systems based on research.

SURVEY RESEARCH CENTRE

On 7th May 2009 the **Survey Research Centre (SRC)** was officially opened within the VHI in the FCHS at ECU. The SRC specializes in providing research surveys that are deemed to have a community benefit and offers a flexible and customised approach in working with ECU, government departments, medical and health-related organisations, non-government organisations, private companies and other universities. With state of the art technology and equipment the SRC is able to provide high quality telephone and field surveys to assist organisations and groups in their research and decision making objectives. The SRC has specialised knowledge of research methods and decision making processes and access to a high level of expertise in the areas of survey design, implementation and analysis of surveys.

2. MEMBERSHIP & STAFF**MANAGEMENT AND EXECUTIVE COMMITTEE**

Management Board - Internal Members	Professor Tony Watson (Chair) Professor Donna Cross Professor Cobie Rudd Professor Alfred Allan Professor Barry Gibson Professor Robert Newton Professor Ralph Martins
Management Board - External Members	Dr Mal Washer, MP Mr Ron Alexander, Director General - Dept of Sport & Recreation Professor Stephen Zubrick, Head of Division – Population Sciences
Executive Committee	Professor Tony Watson Professor Paul Lavery Professor Robert Newton

VARIO HEALTH INSTITUTE

Director	A/Professor Daniel Galvao
Project Coordinator	Tanya Dalecki
Administration Assistant	Cara Pollard
Senior Research Assistant	Darren Webb
Research Assistant	Gregory Levin
Research Assistant	Shane Johnstone

VARIO WELLNESS CLINIC

Business Manager	Catherine Bell
Program Coordinator	Rebecca Freemantle
Finance Admin Officer	Lucia Holt
Administration Assistant	Chrys Payne
Exercise Physiologist	Kyle Smith

PARK C

Director	Dr Meghan Thomas
Post Doctoral Research Fellow	Dr Kate Cruise
Research Assistant	Jules Weeks
Research Assistant	Roger Pegoraro

SURVEY RESEARCH CENTRE

Project Coordinator	Vicki Graham
Survey Data Officer	Theresa Wilkes
Administration Officer	Rowena Fairweather

STAFF APPOINTMENTS DURING THE PERIOD

In November, 2009, Dr Daniel Galvao was appointed as the acting Director whilst Professor Rob Newton was on academic study leave. Cara Pollard commenced in April 2009 as the Administration Assistant to Professor Robert Newton, Darren Webb was appointed as a Senior Research Assistant and Shane Johnstone as a Research Assistant. Tanya Dalecki was appointed Acting Programme Coordinator whilst Catherine Bell relieved in the Business Manager's position during Paula Fievez's maternity leave.

Dr Prue Cormie was appointed as a Postdoctoral Research Fellow in Exercise in Human Performance until 2012.

3. FUNDING**GRANTS**

Chipungu, T., and Thomas, M. Parkinson's Association WA, (2009). "Comparison of the rat and marmoset deep brain stimulation zona incerta target region". \$7,000

Galvão, D. A. 2009 Government of Western Australia Department of Health. New Independent Researcher Infrastructure Support (NIRIS) Grant. \$10,000

Galvão, D. A., Newton, R., Taffe, D., Spry, N., Denham, J., Lamb, D., Duychesne, G. (2009). The Prostate Cancer Foundation of Australia: A Population Based Exercise Intervention for Prostate Cancer Patients. \$476,024

Newton, R.U., Taaffe, D.R., Spry, N., & Galvão, D.A. (2008-2010). The Cancer Council of Western Australia. A Randomised Controlled Trial of Exercise to Reduce Treatment Side-Effects in Men Receiving Therapy for Prostate Cancer. \$112,247

Newton, R. U., Bonniface, L., & Galvão, D. A. (2009). The Back Shed – A Virtual Community for Men's Health and Wellness. \$71,500

Newton, R.U., Taaffe, D.R., Spry, N., & Galvão, D.A. (2008-2010). Prostate Cancer Foundation of Australia. Randomised Controlled Trial of Exercise to Reduce Comorbidity in Men Receiving Therapy for Prostate Cancer. \$244,328

Newton, R. U., Taaffe, D. R., Spry, N., Galvão, D. A., & Gardiner, F. (2009). Department of Health & Ageing and the Prostate Cancer Foundation of Australia. Let's Go Men's Health. \$65,000

Newton, R. U., & Galvão, D. A. (2009). Abbott Australia. Lucrin Exercise Support Program \$50,600

Newton, R. U., Taaffe, D. R., Spry, N., Galvão, D. A., & Gardiner, F. Fairbairn, J., McHugh, B. (2009-2011) National Health and Medical Research Council. A Phase III Clinical Trial of Exercise Modalities on Treatment Side-Effects in Men Receiving therapy for Prostate Cancer. \$500,000

Newton, R.U., Taaffe, D.R., Spry, N., & Galvão, D.A. (2008-2010). Prostate Cancer Foundation of Australia. A Randomised controlled trial of exercise to reduce treatment side-effects in men receiving therapy for prostate cancer. \$244,328

Oswaldo, A., Newton, R., Sim, M., Rosenberg., Pfaff, J., Flicker, L. (2009). Healthways WA. Promoting physical activity to improve the outcome of depression in later life. \$359,927

Survey Research Centre

Graham, V. (2009). National Heart Foundation. Find 30 Data.	\$55,055
Graham, V. (2009). University of Western Australia. Perth Air Quality-CEMA	\$18,894
Graham, V. (2009). Institute of Child Health Research. Child Brain Tumours	\$62,619
Graham, V. (2009). Public Health Division, Department of Health	\$964,923

INTERNAL FUNDING

Cruise, K., Thomas, T., Bucks, R., and Loftus, A. ECU, Early Career Research Grant, (2009). Profiling non-motor symptoms in early Parkinson's disease". \$24,935

AWARDS

Galvão, D.A. (2009). Western Diagnostic Pathology award for recognition of research into exercise and prostate cancer in Western Australia. \$5,000.

Galvão, D.A. (2009). Australian Sports Medicine Federation Fellows Awards Highly Commended Paper in the category of Performance Enhancement and Basic Science. Be Active, Brisbane, 14-17 October Australia.

Newton R.U. (2009) Edith Cowan University Vice Chancellor's Award for Excellence in Research.

DONATIONS

Thomas, M. (2009) Royal Freshwater Bay Yacht Club. Donation from the Annual Melbourne Cup luncheon held in November 2008. \$14,500.

4. PUBLICATIONS, PRESENTATIONS & CONFERENCES

BOOK CHAPTERS

Newton, R. U. (In Press February 2009). Exercise as Therapy. . In K. Phelps & C. Hassad (Eds.), *General Practice: The Integrative Approach*. . Sydney: Elsevier.

ARTICLES

Aoun, S., Colins, F., Osseiran-Moisson, R., Newton, M., & Newton, R.U. (2009). A Self-management Concept for Men at the Community Level: The 'Waist' Disposal Challenge. *Journal Of Health Psychology*, 14(5), 664-675.

Baker, D.G. & R.U. Newton. (2009). Effect of kinetically altering a repetition via the use of chain resistance on velocity during the bench press. *Journal of Strength and Conditioning Research*, 23(7): 1941–1946, Impact factor 1.741. Times cited -.

Bryant, A., & R.U, Newton, J. Steele. (2009). Successful feed-forward strategies following ACL injury and reconstruction. *Journal of Electromyography and Kinesiology*, 19(5): 988-997. Impact factor 2.150. Times cited -.

Buchheit, M., Cormie, P., Abiss, C., Nosaka, K. & Laursen, P.B. (2009). Muscle deoxygenation during repeated sprint running. *International Journal of Sports Medicine*. 30(6): 418-425. Impact factor 1.200.

Cormie, P., McBride, J.M & McCaulley, G.O. (2009). Power-time, force-time and velocity-time curve analysis during vertical jumping: Impact of training. *Journal of Strength and Conditioning Research*. 23(1): 177-186. Impact factor 1.336.

Cormie, P., M.R. McGuigan & R.U. Newton. (2009). Changes in the eccentric phase contribute to improved SSC performance after training. *Medicine and Science in Sports and Exercise*. Impact factor 3.688. Times cited 0.

Cormie, P., M.R. McGuigan & R.U. Newton. (2009). Influence of strength on the magnitude & mechanisms of adaptation to power training. *Medicine and Science in Sports and Exercise*, Impact factor 3.688. Times cited 0.

De Villarreal, E.S., B. Requena & R.U. Newton. (2009). Does Plyometric Training Improve Strength Performance? A Meta-Analysis. *Journal of Science and Medicine in Sport*. Impact factor 1.608. Times cited 0.

Galvão, D.A., Taaffe, D.R., Spry, N., Joseph, D., Turner, D., & Newton, R.U. (2009). Reduced muscle strength and functional performance in men with prostate cancer undergoing androgen suppression: a comprehensive cross-sectional investigation. *Prostate Cancer and Prostatic Diseases*, 12, 198–203.

Galvão DA, Spry N, Taaffe DR, Denham J, Joseph D, Lamb D, Levin G, Duchesne G., & Newton RU. (2009). A randomized controlled trial of an exercise intervention targeting cardiovascular and metabolic risk factors for prostate cancer patients from the RADAR trial. *BMC Cancer*. 2009 Dec 2;9 (1):419. Impact Factor: 3.08

Galvão DA, Taaffe DR, Spry N, Joseph D., & Newton RU. (2009). Cardiovascular and metabolic complications during androgen deprivation: exercise as a potential countermeasure. *Prostate Cancer and Prostatic Disease*. 12(3):233-40. Impact factor 2.034. Times cited -.

Galvão, D.A., D.R. Taaffe, N. Spry, D. Joseph, D. Turner & R.U. Newton. (2009). Reduced muscle strength and functional performance in men with prostate cancer undergoing

androgen suppression: a comprehensive cross-sectional investigation. *Prostate Cancer and Prostatic Diseases*, 12, 198–203. Impact factor 2.034. Times cited -.

Hayes, S.C., Spence, R.R., Galvão, D.A., & Newton, R.U. (2009). Australian Association for Exercise & Sport Science position stand: Optimising cancer outcomes through exercise. *Journal of Science & Medicine in Sport*. 12(4), 428-434. Impact factor 1.608. Times cited 1

Hori, N., R.U. Newton, N. Kawamori, M.R. McGuigan, W.J. Kraemer & K. Nosaka. (2009). Reliability of performance measurements derived from ground reaction force data during countermovement jump and the influence of sampling frequency. *Journal of Strength and Conditioning Research*, 23(3): 874–882. Impact factor 1.741. Times cited -.

Kraemer WJ, MF Joseph, Volek, JS., Hoffman, JR., Ratamess, NA., Newton, RU., Fragala, MS., French, DN., Rubin, MA., Scheett, TP., McGuigan, MR., Thomas, GA., Gome, AL., Häkkinen, K., & Maresh, CM. (2009). Endogenous opioid peptide responses to opioid and anti-inflammatory medications following eccentric exercise-induced muscle damage. *Peptides*. [Epub ahead of print]

McCaulley G.O., McBride, J.M., Cormie, P., Hudson, M.B., Nuzzo, J.L., Quindry, J.C. & Triplett, T.N. (2009). Acute hormonal and neuromuscular responses to hypertrophy, strength and power type resistance exercise. *European Journal Applied Physiology*. 105(5): 695-704. Impact factor 1.601.

McBride, J.M., McCaully, G.O., Cormie, P., Nuzzo, J.L., Cavil, M.J. & Triplett, N.T. (2009). Comparison of methods to quantify volume during resistance exercise. *Journal of Strength and Conditioning Research*. 23(1): 106-110. Impact factor 1.336.

McGuigan, M.R., Tatasciore, M., Newton, R.U. & Pettigrew., S. (2009). Eight weeks of resistance training can significantly alter body composition in children who are overweight and obese. *Journal of Strength and Conditioning Research*, 23(1): 80-85. Impact factor 1.741. Times cited -.

McGuigan, M.R., Cormack, S., & Newton, R.U. (2009). Long term power performance of elite Australian Rules football players. *Journal of Strength & Conditioning Research*, 23(1), 26-32.

Newton, R.U., Taaffe, D.R., Spry, N., Gardiner, R.A., Levin, G., Wall, B., Joseph, D., Chambers, S.K., & Galvão, D.A. (2009). A Phase III clinical trial of exercise modalities on treatment side-effects in men receiving therapy for prostate cancer. *BMC Cancer*, 9, 201. Impact factor 3.08. Times cited -1.

Peiffer, J.J., Galvão, D.A. Gibbs, Z., Smith, K. Turner, D., Foster, J., Martins, R. & Newton, R.U. (2009). Strength and functional characteristics of men and women 65 years and older. *Rejuvenation Research*, In press November 2009. Impact factor 5.008. Times cited -.

Pettigrew, S., Pescud, M., Donovan, R., Newton R. U. & Boldy. D. (2009). Mature adults' attitudes to mental health service utilisation. *Australian Psychologist*. Impact factor 1.007. Times cited - 0.

Sheppard, J.M., Chapman, D.W., Gough, C., McGuigan M.R., & R.U. Newton. (2009). Twelve-month training-induced changes in elite international volleyball players. *Journal of Strength and Conditioning Research*, 23(7): 2096–2101, 2009. Impact factor 1.741. Times cited -.

Spry N.A, Galvão D.A, Davies R, La Bianca S, Joseph D, Davidson A, & Prince R. (2009). Long-term effects of intermittent androgen suppression on testosterone recovery and bone

mineral density: results of a 33-month observational study. *British Journal of Urology International*. 104(6):806-12. Impact Factor: 2.704

Sgro, M., McGuigan, M.R., Pettigrew, S., & Newton. R.U. (2009). The effect of duration of resistance training interventions in children who are overweight or obese. *Journal of Strength and Conditioning Research*, 23(4):1263-1270, 2009. Impact factor 1.741. Times cited -.

Thomas, M. Tyers, P., Lazic, S.E., Barker, R.A., Beazley, L., & Ziman, M, (2009). Graft outcomes influenced by co-expression of Pax7 in graft and host tissue. *Journal of Anatomy*. 214:396-405. (Impact Factor = 2.547).

PRESENTATIONS

Thomas, M. (January 2009) Pax6 in Parkinson's Disease. 29th Annual Meeting of ANS, Canberra.

Newton, R. U. (January 2009). Myeloma. Paper presented at the Leukaemia Foundation Seminar, St John of God Hospital, Subiaco.

Thomas, M. (January, 2009). Pax6 in Parkinson's Disease. Paper presented at the 29th Annual Meeting of ANS, Canberra.

Thomas, M. (2009, 19th February). Stem cell therapy & Parkinson's disease. Paper presented at the Neurofinity Surgical NeuroDiscovery Group Meeting.

Cormie, P., Newton R.U., Taaffe D.R., Spry, N., Levin G.T., Joseph, Galvão DA. (2009). Exercise maintains sexual activity in men undergoing androgen suppression for prostate cancer: a randomized controlled trial. Paper presented at the WA Cancer Council Symposium. Perth, Australia.

Cruise, K. E. (2009). Cognitive and motor heterogeneity in idiopathic Parkinson's disease. Paper presented at the Seminar presentation for postgraduate clinical psychology students, Edith Cowan University. Perth, WA.

Cruise, K. E., & Thomas, M. (2009). Exercise: Does it help people with Parkinson's? Yes it does. . Paper presented at the Presentation to the Parkinson's Support Group of Morley, Perth, WA.

Cruise, K. E., & Thomas, M. G. (2009). Exercise induced neurobiological changes: Implications for the treatment of Parkinson's disease. Paper presented at the Seminar presentation for postgraduate clinical neuropsychology students,, University of Western Australia. Perth. WA.

Cruise, K. E., & Thomas, M. G. (March 2009). Exercise: Does it help people with Parkinson's? Yes it does. Paper presented at the Presentation to the Rotary Club of Morley, Perth, WA.

Galvão, D.A. (April 2009). Staying strong for life: the role of resistance training. Paper presented at the Critical Horizons. Edith Cowan University Bunbury Quality of life Seminar.

Newton, R. U. (May 2009). Research conducted at the Vario Health Institute funded by the Prostate Cancer Foundation. Paper presented at the Prostate Cancer Foundation of Australia Luncheon.

Galvão, D.A. (June 2009). Exercise guidelines for cancer survivors: prostate cancer. American College of Sports Medicine (ACSM). Washington University School of Medicine/Barnes Jewish Hospital & Siteman Cancer Center, St Louis, USA. (invited).

Galvão, D.A. (June 2009). Exercise guidelines for cancer survivors: roundtable discussion. American College of Sports Medicine (ACSM). Washington University School of Medicine/Barnes Jewish Hospital & Siteman Cancer Center, St Louis, USA.

Newton, R. U. (June 2009). Exercise & cancer. Paper presented at the Humanmotion Exercise & Cancer Management Seminar, Holland.

Newton, R.U. (June 2009) Research at the Vario Health Institute. AICC(WA) Cocktails with Paul McNamee.

Newton, R.U. (June 2009) Exercise & cancer. Humanmotion Exercise & Cancer Management Seminar, Holland.

Cormie, P., McGuigan, M. R., & Newton, R. U. (July 2009). Influence of training status on timing of improvement in jump performance throughout 10 weeks of lower body power training. Paper presented at the National Strength and Conditioning Association, Las Vegas.

Freemantle, R., & Cruise, K. E. (July 2009). Exercise: Does it help people with Parkinson's? Yes it does. Paper presented at the Presentation at the Joondalup Day Therapy Unit, Joondalup Health Campus, Western Australia.

Pettigrew, S., Donovan, R., Newton, R. U., & Boldy, D. (July 2009). Conceptions of Wellbeing, Physical Health, and Mental Health. Paper presented at the IX ISQOLS Conference, Florence

Galvão D.A. (October 2009). Men's health day for GP's and practice nurses. The Cancer Council of Western Australia and Prostate Cancer Foundation of Australia. University of Western Australia. University Club. Perth, Australia.

Galvão DA, Taaffe DR, Spry N, Joseph D, Newton RU . (October 2009). Effects of combined resistance and aerobic exercise in hypogonadal prostate cancer patients: a randomized controlled trial. Australian Conference of Science and Medicine in Sport, the Seventh National Physical Activity Conference and the Sixth National Sports Injury Prevention Conference Brisbane, Australia.

Taaffe, D. R., Galvão, D. A., Spry, N., Joseph, D., & Newton, R. U. (October 2009). Increased prevalence of sarcopenia in men taking androgen suppression treatment for prostate cancer. . Paper presented at the Australian Conference of Science and Medicine in Sport, the Seventh National Physical Activity Conference and the Sixth National Sports Injury Prevention Conference, Brisbane, Australia.

Taaffe, D.R., Galvão, D.A., Spry, N., Joseph, D., Newton, R.U., (October 2009). Increased prevalence of sarcopenia in men taking androgen suppression treatment for prostate cancer. Australian Conference of Science and Medicine in Sport, the Seventh National Physical Activity Conference and the Sixth National Sports Injury Prevention Conference Brisbane, Australia.

Galvão DA. Annual Research Update Meeting. (November 2009) Prostate Cancer Foundation of Australia and National Breast Cancer Foundation. AstraZeneca Conference Centre. Sydney, Australia.

Levin G.T., Newton, R.U., Taaffe, D.R., Spry, N., Wall B., Joseph, Galvão D.A. (December 2009). Aerobic capacity is associated with functional performance and quality of life in men

receiving androgen deprivation therapy for prostate cancer. WA Cancer Council Symposium. Perth, Australia.

CONFERENCE ATTENDANCES

Thomas, M. (February 2009). Stem cell therapy & Parkinson's disease. Neurofinity Surgical NeuroDiscovery Group Meeting, 19th

Newton, R. U. (February 2009). Exercise as Medicine for Cancer. Paper presented at the Leukaemia Foundation – Multiple Myeloma Seminar, St John of God Hospital, Subiaco.

Galvão, D. A. (July, 2009). Strategy for Health and Medical Research – Career Development & Fellowship Workshop (NHMRC).

Thomas, M. (April, 2009). 2nd China- Australia- Japan Bio therapeutic Meeting. Hang Zhou, China. Invited Presentations

Newton, R.U. (May 2009). Research conducted at the Vario Health Institute funded by the Prostate Cancer Foundation. Prostate Cancer Foundation of Australia Luncheon.

Thomas, M., & Cruise, K. (May 2009). University of Western Australia Postgraduate Neuropsychology Seminar Series.

5. RESEARCH & HIGHER DEGREES

NAME & RESEARCH DEGREE OF CURRENT RESEARCH & HIGHER DEGREES LOAD

Brad Wall - PhD Candidate. Edith Cowan University. A randomized controlled trial of exercise to reduce cardiovascular toxicities in men receiving therapy for prostate cancer. Supervisors: Rob Newton, Daniel Galvão and Dennis Taaffe.

Sirikul Karuncharernpanit – PhD Candidate. Edith Cowan University. The effect of an exercise intervention on activities of daily living, and physical and cognitive function among older adults with dementia in Bangkok. Supervisors: Christine Toye, Rob Newton, Daniel Galvão.

Zoe Gibbs – PhD Candidate. Edith Cowan University. Title: Effects of aerobic and resistance exercise in breast cancer patients during radiotherapy: a randomised controlled trial. Supervisors: Rob Newton and Daniel Galvão.

Favil Singh – PhD Candidate. Edith Cowan University. The Effect of Pre-operative exercise intervention on prostate and Colorectal cancer Supervisors: Rob Newton and Daniel Galvão

Gregory Levin – PhD Candidate. Edith Cowan University. Population based exercise intervention for prostate cancer patients. Supervisors: Rob Newton and Daniel Galvão

Kyle Smith – Masters Candidate. Edith Cowan University. Effects of a one-year clinic versus home-based exercise program on muscle strength, body composition and bone mineral density in older adults. Supervisors: Rob Newton, Daniel Galvão and Darryl Turner.

Tiza Chipungu - Bachelor of Science Honours (Human Biology), ECU

RESEARCH & HIGHER DEGREE COMPLETIONS, INCLUDING FULL TITLE OF THESIS

Zoe Gibbs – Masters Degree. Edith Cowan University. Resistance training in older adults: a comparison between group-and home-based exercise for improvements in functional performance, muscle function and balance. Supervisors: Rob Newton, Daniel Galvão and Darryl Turner.

Samantha Shooter - Doctor of Psychology (Clinical, School of Psychology), ECU

EXPERT EVALUATIONS OF ACADEMIC THESIS

Daniel Galvão. Evaluation of Doctor of Philosophy Thesis (PhD). University of South Australia: Amanda Lee Foley. A randomized controlled trial comparing the effectiveness of different exercise frequencies for maintaining rehabilitation outcomes for older adults.

6. KEY VISITORS TO VARIO

VISITORS TO VARIO HEALTH INSTITUTE & VARIO WELLNESS CLINIC

- Honorable Robyn McSweeney, Minister for Child Protection, Community Services, Seniors and Volunteering, 13th January 2009.
- Specialist nurses from Parkinson's Western Australia (PWA), 15th January 2009.
- Mr John Cluer, Chief Executive, Australian Israel Chamber of Commerce (AICC) WA, 2nd February 2009.
- Ms Joanne Horvat from Women's Healthwork in Joondalup, 26th March 2009.
- Honorable Barry House, Member for South West Region, 8th May 2009.
- 15 WA Senators, 18th May 2009.
- 9 Thai and Malaysian Journalists, 3rd June 2009.
- Workcover, 20th May 2009.
- Representatives of the Prostate Cancer foundation of Australia (WA Division).
- Peter Purnell, Cardiologist.
- Community Vision visited Vario on 8th June, 2009
- Jim Fremantle, Prostate Cancer Foundation of Australia & Julie Sykes, Cancer Nurse Coordinator for Urology, Department of Health.
- Medic Technology.
- Babu Simon and Ondine Gordon, State Health Research Advisory Council (SHRAC) – discussed research development.
- Lee Verios, Senior Partner, Deacon's Lawyers.
- Singapore Football Association.
- Parkinson's Support Group.
- Parkinson's WA.
- Freemasons WA.
- Andrew Giles, CEO, Prostate Cancer Foundation of Australia.
- The Vario Health Institute had its 5 year review on the 7th October, 2009 (Review Panel consisted of:
 - Professor Patrick Garnett (Chair) Emeritus Professor;
 - Professor Jeanette Ward, Director, Health Strategies Division, The Cancer Council NSW;
 - Dr Terry Slevin, Director of Education & Research, The Cancer Council WA;
 - Professor Mark Hackling Associate Dean, Research & Higher Degrees, Faculty of Education & Arts, Edith Cowan University.

COLLABORATIONS

Professor Sian Maslin-Prothero from the University of Keele visited the Vario Health Institute and gave a seminar entitled: 'Engaging older people in research in disadvantaged communities: the challenge of participatory approaches to the Vario Health Institute, ECU', 11th February 2009.

Professor Robert Newton met with Professor Jill Downie, Pro Vice-Chancellor, Faculty of Health Sciences at Curtin University to discuss the Curtin Health Innovation Research Institute (CHIRI), 22nd April 2009.

VHI Sponsored the AICC (WA) Cocktails with Paul McNamee, 18th June 2009.

VHI hosted the Breast Cancer WA Purple Bra Morning Tea Gold Coin Fundraiser for ECU staff, 19th June 2009. During the morning tea Professor Robert Newton and Ros Worthington OAM, founder of the Breast Cancer Foundation of WA, launched the Near Infrared Breast Scanner (NIBS) research project.

VHI and the Electron Science Research Institute (ESRI) collaborated for Professor Song from Daheng Group, China to deliver a presentation on the Near Infrared Breast Scanner (NIBS), 20th May 2009.

ONGOING COLLABORATIONS

Vario has extensive research collaborations within the University, the State, nationally and internationally. Major examples of current research collaborations include:

- Internal
 - Vario is collaborating with ESRI, Professor Kamal Alameh and staff are research the use of Near Infrared Breast Scanner (NIBS) for detection of breast cancer.
 - Dr. Leesa Bonniface, Dr. Donald McDermid, Dr. Lisa Armstrong, Professor Lelia Green, Dr Justin Brown – e-Health applications and evaluation.
 - Professor Nadine Henley – social marketing of physical activity and health.
 - Professor Ralph Martins – exercise and the prevention and management of Alzheimer's.
 - Associate Professor Mike McGuigan – overcoming obesity in children.
 - Dr Rodrigo Becerra (School of Psychology, ECU) on the Theory of Mind (ToM) project.
 - Professor Rob Newton (Vario) on the benefits of exercise for reducing the motor and non-motor symptoms of PD: A preliminary study.
- Western Australia
 - Professors Osvaldo Almeida and Leon Flicker (UWA) - Promoting physical activity to improve the outcome of depression in later life (ACTIVEDEP).
 - Dr. Simone Pettigrew (UWA) - Strengthening the role of Exercise Physiologists in Overcoming Childhood Obesity.
 - Dr Simone Pettigrew (UWA), Professor Rob Donovan (Curtin) and Professor Duncan Boldy (Curtin) - Investigating older Australians' beliefs about and understanding of mental health and their practice of relevant protective behaviours.
 - Dr. Nigel Spry and Dr. David Joseph (Sir Charles Gairdner Hospital) – various studies in prostate cancer and treatment toxicities.
 - Lyle Palmer, Osvaldo Almeida, Marcus Atlas, John Beilby, Romola Bucks, Ian Constable, George Davey-Smith, Jonathon Emery, Jonathon Foster, Joseph Hung, Alan James, Matthew Knuiman, Sutapa Mukherjee, Arthur Musk, Peter Thompson – Busselton Healthy Ageing Study.
 - Dr Romola Bucks, Andrea Loftus, Natalie Gasson – various studies in subtyping PD.
 - Professor Charles Watson, Chris Lind – various studies on deep brain stimulation for PD.
- Nationally
 - Dr. Dennis Taaffe, Professor Susanne Chambers, and Professor Frank Gardner are collaborators from the University of Queensland actively involved in our cancer research.
 - Professor James Denham, University of Newcastle, involved in our prostate cancer exercise research.
- Internationally
 - Professor William Kraemer, University of Connecticut – collaborates on a range of projects including osteoarthritis, sarcopenia, cancer and peripheral arterial disease.
 - Dr Roger Barker - Cambridge University.
 - Professor David Lamb, Otago University, involved in our prostate cancer exercise research.

7. COMMUNITY ENGAGEMENT

MEDIA COVERAGE

- An editorial and Vario Wellness Clinic advertisement ran on page 6 and 7 in the Health and Wellness Liftout of the West Australian Newspaper, 27th May 2009.
- Galvão, D.A. Directions. Fighting Fit. AstraZeneca PtY Ltd, Issue 2, Page 16-17, March 2009.
- Galvão, D.A. Directions. Keeping Fit. AstraZeneca PtY Ltd, Issue 3, Page 8-9, March 2009.
- Newton, R.U. Exercise key to Parkinson's fight. Joondalup Weekender, 7th April 2009.
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PRESENTATION TO LOCAL GROUPS

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- Newton, R.U. Exercise and mental health. Curtin University for the WA Dementia Training Study Centre.
- Thomas, M. Research conducted at Park C. Support group meeting for people diagnosed with early onset Parkinson's disease, 22nd February 2009.
- Thomas, M., & Cruise, K. Results of exercise intervention research project for Park C. Rotary Club of Morley, 9th March 2009.
- Thomas, M., & Cruise, K. (March 2009). Results of exercise intervention research project for Park C. Rotary Club of Morley.
- Thomas, M., & Rowland, K. (March 2009.) Outline of research conducted at Park C. Rotary Club of Nedlands,
- Newton, R.U. (April 2009). Community Vision Inc North Metropolitan Community Care Networking Meeting.
- The VWC (April 2009). Participated in the ECU Wellness EXPO at the ECU Joondalup Campus.
- Thomas, M. (April 2009). Outline of research being conducted at Park C. Lumen Christie College.
- Thomas, M., & Cruise, K. (May 2009). Outline of research being conducted at Park C. Parkinson's Support Group of Mandurah.
- Newton, R. U. (May 2009). Diabetes – Ageing Health Expo,
- The VWC (May 2009). Participated in the ECU Wellness Launch at the ECU Mount Lawley Campus.
- Thomas, M., & Cruise, K. (May 2009). Disseminate the results of the exercise intervention research project for Park C. Parkinson's support group of Morley.
- Newton, R.U., & Fremantle, R. (May 2009). Chronic conditions, exercise and the VWC DVA and LLS classes. Ocean Reef RSL Club, 13th.
- Newton, R. U., & Thomas, M. (June 2009). Jones Lang La Salle Fundraising movie night. Money raised was donated to the Parkinson's Centre.

- Newton, R.U., & Fremantle, R. (June 2009). Chronic conditions, exercise and the VWC DVA and LLLS classes. Osborne Park RSL Club, 10th
- Thomas, M. (June 2009). Outline of research being conducted at Park C. Support group meeting for people diagnosed with early onset Parkinson's disease.

8. SUMMARY OF ACTIVITIES/ ALIGNMENT WITH GOALS OF THE RESEARCH UNIT

Current research projects within the VHI include:

- ACTIVEDEP funded by Healthways which involves promoting physical activity to improve the outcome of depression in later life.
- Phase III Clinical Trial of Exercise Modalities on treatment side-effects in men receiving therapy for Prostate Cancer funded by the NHMRC which is looking at overcoming the side effects of bone and muscle loss, diabetes and insulin resistance in cancer patients.
- RADAR funded by the PCFA Young Investigators Grant which is a population based exercise intervention for Prostate Cancer Patients and involves 370 patients being enrolled in an exercise program over 12 months.
- Lucrin Exercise Program funded by Abbott Pharmaceuticals which involves developing and evaluating an exercise support program for men receiving Lucrin for prostate cancer.
- Abbott Research program funded by Abbott Pharmaceuticals which involves initiation of exercise therapy and Lucrin concurrently.
- Let's Go Men's Health funded by the PCFA which involves a virtual online community for men.

Dr Daniel Galvão has been appointed to the research grants committee of the medical and scientific advisory panel from the Cancer Council of WA.

Professor Robert Newton and Dr Daniel Galvão have produced the national position statement of exercise and cancer survivors. Hayes, S.C., Spence, R.R., Galvão, D.A., & Newton, R.U. (2009). Australian Association for Exercise & Sport Science position stand: Optimising cancer outcomes through exercise. *Journal of Science & Medicine in Sport*. 12(4), 428-434. Impact factor 1.608.

The VHI has committed \$20,000 to sponsorship of the AICC (WA). The sponsorship is designed to assist the VHI with marketing, promotional and targeting needs with the aim of providing tangible branding and business benefits including:

- Strategic marketing through promotion of VHI to a broader market through AICC (WA) networks, plus broader based advertising and niche market opportunities.
- Business matching and development through key introductions to business leaders and opportunities to network with other Chamber sponsors and members.
- Staff development through business networking functions.
- Corporate entertainment and hospitality through priority privileges at major business luncheons and other events.

The AICC (WA) aims to promote the VHI's expertise, services and infrastructure in health and wellness to the WA business community in the hope of receiving philanthropic donations.

9. OVERVIEW OF FUTURE PLANS, STRATEGIES and DIRECTION

As per the recommendations of the Garnett Report, The Institute is narrowing its focus to prevention and management of chronic disease. Given the facilities, growing reputation and staff profiles, the Institute is well placed to make significant National and International impact in this area of research while still ensuring sufficient breadth to encourage team collaboration.

Vario has submitted an application for NHMRC Centre for Research Excellence funding in September 2009. Whether successful or not, Vario must actively pursue such applications to secure large and longer term external funding. The ultimate goal should be for Vario to be awarded Cooperative Research Centre funding from the Commonwealth.

Vario undertook its 5-year external review in 2009 and has been highly commended in a number of points from its in depth research activities to clinical practice. A summary of key recommendations from the review panel has been listed:

1. Institute builds on the range and depth of professional and community engagement developed in its first five years with an additional and explicit focus on the health and social needs of the northwest metropolitan region;
2. Establish an Advisory Board that meets biannually comprising the Executive Dean, the Institute Director and several external members representative of key professional or community groups and research end-users;
3. Establish a Management Committee that meets regularly comprising the Executive Dean, the Associate Dean (Research and Higher Degrees), the Associate Dean (Health) and the Director of the Institute;
4. Develop a membership list, readily available to any staff or students who are engaged in research in the area of chronic disease prevention and management;
5. Faculty/University to consider financial and other effective incentives that would attract the involvement of staff and HDR students from faculties and schools in the Vario Health Institute (e.g. allocation of some targeted small grant opportunities, HDR student scholarships and postdoctoral appointments);
6. Building research capability by attracting more staff and HDR students to work on Vario-related projects (including ParkC);
7. Continuing to work towards financial sustainability of the Vario Wellness Clinic.
8. Exploring opportunities to exploit the research and teaching potential offered through the Survey Research Centre, including the establishment of a steering committee to provide academic guidance and support to the SRC;
9. Encourage continuing cooperation between the Institute and the School of Exercise, Biomedical and Health Science in the provision and utilisation of critical infrastructure; and
10. The Institute ensures that its website is regularly updated.

Work is currently in progress towards implementing all recommendations by the 2009 review.

ParkC and SRC

ParkC must get up to pace on publication as quickly as possible if this group is to attract competitive research funding. This is achievable but the time frames are very short. The SRC was established in a relatively short time frame and has successfully maintained and increased its research funding and outputs. This group now must attract more ECU researchers into collaboration and aim to fund and recruit its own PhD students, postdoctoral fellows and academic staff.

Wellness Clinic

The VWC plans to have the reputation in Western Australia as the foremost facility for a holistic and wellness approach to health and wellbeing. This goal should be measured by the following objectives:

- Increased client contact hours by 20%
- Being financially viable
- Provide practicum places in those areas which are not currently utilised (occupational therapy and physiotherapy)
- Development of a Vario hub for team education and intra-professional learning

Proposed areas for improvement for the VWC are:

- Space and timetabling issues between the VWC and the degree programs. There is a need for more effective planning of timetabling and space usage in the exercise clinic. As teaching, research and community engagement expand, space is becoming more of an issue. This will require careful planning and coordination.
- Ability (and sometimes inability) to work within the confines of the Universities financial and other systems. While great advances have been made in delivering a viable commercial enterprise within the University structure, there remain many issues stifling further growth. As just one example, the practice management system used in the Clinic still does not integrate with Oracle. Further work must be done in this area and it is hoped that the new commercialisation policies currently under consideration will assist this.
- Lack of parking which results in patients returning home and not keeping their appointment. The designated parking area set aside for the VWC/Simulation Centre needs to be more closely monitored as it is currently being used by students. Clients and patients are often unable to park and this is causing reputational risk and lost income.
- Financial viability. The VWC needs to increase income which could be achieved by reducing the cost of some individual consulting services. Also, much higher utilization of the existing facilities is required.

Inter Professional Learning (IPL)

Vario Wellness Clinic is well placed as a hub for IPL and this was a key component of the business plan accepted by the University. We have the business models in place. The risk, insurance, marketing, professional liability, public indemnity, finance, GP and hospital relations etc. are all in place. Our practitioners are already working collaboratively and inter-professionally in particular across exercise physiology, dietetics, physiotherapy and psychology. Vario is ready and able to serve as the launching pad for IPL. IPL will not only be a new teaching method but also will provide more opportunities for research and community engagement and this potential should be maximised.