

VARIO vario
health
institute



2008 VARIO HEALTH INSTITUTE ANNUAL REPORT



**FACULTY OF COMPUTING, HEALTH AND SCIENCE
EDITH COWAN UNIVERSITY**

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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 cardiovascular disease, dementia, diabetes, obesity, osteoporosis, sarcopenia, mental health problems, and cancer and treatment related side effects.

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:

- Diabetes Wellness
- Cancer Survivors
- Parky's Pumpers (people with Parkinson's)
- Fighting Fit Veterans (Department of Veterans Affairs – gold card holders)
- Weigh To Go Kids
- Living Longer Living Stronger (Strength training for people over 55)
- Motor Vehicle and Work Injury Rehabilitation
- Osteoporosis Management

PARKINSON'S CENTRE

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 Joondalup Campus with affiliations to the Cambridge Parkinson's Disease Research Clinic, 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.

2008 FINANCIAL OVERVIEW - VARIO HEALTH INSTITUTE ADMINISTRATION ACCOUNT

Operating Income		\$299,099
Operating Expenses		
Salaries and Oncosts	303,582	
Travel, Entertainment & Training	9,710	
Computing & Facilities	2,078	
Equipment	1,469	
Other Operating Expenditure	-37,778	
Subtotal		\$279,060
Operating Result		<u>\$20,039</u>

2. GOALS AND STRATEGIES FOR THE REPORTING PERIOD MARCH 2008 – 30 JUNE 2009**STRATEGIC PRIORITY 1: ENGAGING AND SERVING COMMUNITIES**

Goal	Strategies	Indicators of Success
Provide industry leading allied health services to the public in a truly integrated team model	<ul style="list-style-type: none"> ▪ Attract & retain high quality allied health professionals from a range of disciplines ▪ Develop & refine specific programs to address the major contemporary health issues facing Australia ▪ Ensure that all developed programs contain an appropriate mix of allied health disciplines ▪ Put processes in place that optimise a team approach to patient management & facilitates referral & consultation between disciplines 	<ul style="list-style-type: none"> ▪ Range of targeted programs ▪ Number of patients per annum ▪ Variety of disciplines employed within each health & wellness program
Organise, promote & deliver relevant public lectures & seminars in health & wellness	<ul style="list-style-type: none"> ▪ Invite all relevant visiting fellows & key ECU staff to present their work at a series of public forums at ECU ▪ Present timely public forums on key issues e.g. stem cell research, Alzheimer's disease, as needs are highlighted within the community 	<ul style="list-style-type: none"> ▪ Number of public forums & seminars provided by the Institute each year ▪ Range of topics & quality of speakers ▪ Relevance & significance of topics addressed

STRATEGIC PRIORITY 2: PROVIDING A SUPPORTIVE & STIMULATING LEARNING ENVIRONMENT

Goal	Strategies	Indicators of Success
Provide extensive student practicum placements in a best practice allied health clinic	<ul style="list-style-type: none"> ▪ Integrate practicum placements into the processes & procedures of the Clinic including the business plan ▪ Liaise with practicum coordinators from all the health disciplines to maximize student numbers requesting placement within Vario & ensure quality & breadth of experience for students ▪ Expand the range & scope of allied health programs to maximize the experience for students ▪ While managing risk, provide autonomy to students in their practicum placements 	<ul style="list-style-type: none"> ▪ Number of practicum placements provided by Vario each semester ▪ Range of courses supported by Vario placements each year ▪ Feedback from students on the value of the Vario practicum experience
Develop a vibrant postgraduate research environment	<ul style="list-style-type: none"> ▪ Seek funding opportunities for postgraduate scholarships ▪ Provide accommodation & infrastructure for postgraduate students to pursue research within the Institute ▪ Facilitate multidisciplinary supervision teams ▪ Engage postgraduate students in large research projects 	<ul style="list-style-type: none"> ▪ Number of graduating postgraduate students that have utilised Vario resources & facilities
Engage students in the health research process	<ul style="list-style-type: none"> ▪ Recruit students to participate in research projects where appropriate as both assistants & subjects ▪ Provide paid & voluntary work for students on research projects 	<ul style="list-style-type: none"> ▪ Number of students involved in research

STRATEGIC PRIORITY 3: DEVELOP RESEARCH FOCUS, DEPTH AND IMPACT

Goal	Strategies	Indicators of Success
Identify research needs/gaps with regards to key priorities & strengths	<ul style="list-style-type: none"> ▪ Monitor regional, national & international policies to identify major issues & opportunities (suggest special topics to key researchers) ▪ Maintain close links with public, private & voluntary organisations working in the field of health to assess situational needs & priorities ▪ Develop mechanisms to foster active & sustained collaboration between inter-disciplinary researchers to identify & improve areas of research strength ▪ Seek seed/pilot funding to preliminary/formative studies which will provide data for future proposals 	<ul style="list-style-type: none"> ▪ Publications outlining exploratory areas ▪ Number of staff contributing to grant writing process & publications ▪ Number of successful starter grants
Enhance the quality & quantity of collaborative research in health	<ul style="list-style-type: none"> ▪ Maximise collaboration between faculties, research centres, schools, universities, government sectors, nonprofit & private institutions to build expertise in select areas of excellence ▪ Attract high caliber graduate research students, especially post-doctoral ▪ Formalise times for key staff to generate ideas & proposals, develop publications & mentor other researchers 	<ul style="list-style-type: none"> ▪ Extent of collaboration on grant applications (number of staff involved in grant writing process) ▪ Number of grant applications submitted ▪ Number of successful grants ▪ Size of grants ▪ Quantity of funding received to supplement current grants ▪ Funder's feedback on annual reports
Develop strategies to raise awareness & increase access to external funding & facilitate staff training in grant writing	<ul style="list-style-type: none"> ▪ Work with Office of Research & Innovation (ORI) to strengthen knowledge/access to COS, GEM ▪ Work with ORI to disseminate information on health related grants & tenders through emails & Institute web page ▪ Maintain & build upon traditional funding sources e.g. NHMRC & Healthway ▪ Develop new funding sources ▪ Submit at least 3 major national competitive grants per year which involve collaboration between schools ▪ Explore feasibility of developing collaborative funding mechanisms to support innovative multi-level interventions ▪ Develop a foundation fund to support new projects/pilot formative research 	<ul style="list-style-type: none"> ▪ Total external grants ▪ Total RAI points ▪ Total RAI/FTE ▪ Numbers of staff attending grant writing seminars ▪ Level of collaboration between junior & senior researchers on grants submitted
Develop strategies to generate publications from major research projects	<ul style="list-style-type: none"> ▪ Conduct mentoring & training programs in publication writing ▪ Ensure writing teams are clearly established for all publications ▪ Encourage project teams to schedule writing times to improve timeliness of project reports & other publications ▪ Encourage staff to set & monitor target dates for completion of publications ▪ Establish regular meetings with staff to discuss research findings & potential publications ▪ Encourage system whereby senior researchers publish in conjunction with junior researchers & postgraduate students ▪ Adopt the authorship procedures outlined by Faculty Research & Higher Degrees policy 	<ul style="list-style-type: none"> ▪ Total number of publications submitted ▪ Number of publications accepted by nationally & internationally peer reviewed journals ▪ Number of staff actively involved in writing publications ▪ Number of citations of Institute publications

<p>Provide opportunities & information to link researchers within the faculty to external & international partners</p>	<ul style="list-style-type: none"> ▪ Liaise with corporate board & academic advisory group to strengthen contacts with community/industry partners ▪ Support teams of researchers to lead national research priority setting teams ▪ Use fellowships to bring well-connected external national/international researchers & industry partners to ECU ▪ Encourage the development of long term collaborations through focusing research on key issues, & raising level of publications & organising workshops in those areas, working towards the development of a centre of excellence 	<ul style="list-style-type: none"> ▪ Participation on national research priority setting teams ▪ Number of Public Presentations & conference papers accepted ▪ Lectures/Conferences organised ▪ Number of people attending conferences/seminars/workshops ▪ Number of formal & active MOUs
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STRATEGIC PRIORITY 4: BUILDING ORGANISATIONAL SUSTAINABILITY

Goal	Strategies	Indicators of Success
<p>Attract & retain highly qualified & motivated students staff.</p>	<ul style="list-style-type: none"> ▪ Promote the achievements of the Institute & Clinic both internally & externally to the University ▪ Regularly review our work environment to ensure cohesiveness & teamwork are facilitated ▪ Provide opportunities for professional development 	<ul style="list-style-type: none"> ▪ Number of postgraduate students, postdoctoral fellows & staff ▪ Level of staff turnover
<p>Maximise the quality & quantity of scientific output of the staff & students</p>	<ul style="list-style-type: none"> ▪ Actively seek funding for new equipment & capabilities to provide the greatest opportunities for staff to be successful in their scientific endeavours ▪ Facilitate collaboration & mentorship to build a stimulating & supportive academic environment 	<ul style="list-style-type: none"> ▪ RAI statistics ▪ RAI/FTE statistics
<p>Responsible financial management</p>	<ul style="list-style-type: none"> ▪ Review & revise all business plans, strategic plans & operational plans each year ▪ Conduct careful budget planning & monitoring of the Institute & Clinic overall & all projects within the Institute 	<ul style="list-style-type: none"> ▪ Balanced budget each year
<p>Achieve effective & efficient computer & information technology</p>	<ul style="list-style-type: none"> ▪ Develop & strengthen the Institute's website ▪ Implement & maintain industry best practice for electronic management of the clinic, appointments & communications 	<ul style="list-style-type: none"> ▪ Use of web-site by researchers ▪ Practice software used exclusively for financial, scheduling & management of the Wellness Clinic.
<p>Provide a safe physical working environment & a fulfilling psychosocial environment for staff</p>	<ul style="list-style-type: none"> ▪ Ensure that the ECU buildings & environment is a model for WHO's "Health Promoting University" & promote the development of a healthy environment ▪ Play an active role on Committee's for the design of physical buildings & social based activities at the University ▪ Maintain & continue to support the Faculty's Occupational Safety & Health Committee 	<ul style="list-style-type: none"> ▪ Level of participation on Committee for the design of physical buildings ▪ Affiliation with WHO's network on Health promoting universities
<p>Actively secure intellectual property commercialisation</p>	<ul style="list-style-type: none"> ▪ Develop expertise of services & products for commercialisation ▪ Obtain financial advice on the potential market & profitability of the services/products ▪ Patent &/or obtain intellectual property rights ▪ Establish a policy for managing funds generated ▪ Encourage re-investment of revenue into the pursuit of further research 	<ul style="list-style-type: none"> ▪ Number of patents/copyrights ▪ Income obtained from commercial ventures ▪ Client satisfaction with services & products

3. 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 - Department 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	Professor Robert Newton
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 2008, the VHI appointed Greg Levin as an exercise physiologist to work with the prostate cancer research team. Cara Pollard commenced in April 2009 as the Administration Assistant to Professor Robert Newton. Darren Webb, Senior Research Assistant and Shane Johnstone, Research Assistant commenced in June 2009. Darren is researching e-Health projects, and Shane, a qualified exercise physiologist, is responsible for sourcing the content and moderating the forum that will feature on the website based projects.

The VHI has advertised for a Postdoctoral Research Fellow in Exercise in Human Performance (Level A or Level B) with a closing date of 13th July 2009.

In 2008 Paula Fievez, was appointed as the Business Manager for the VWC to manage all non-clinical aspects of the business including finance, staffing, marketing and office administration. Paul Fievez commenced maternity leave at the beginning of April 2009. Catherine Bell has replaced Paula for 6 months. Tanya Dalecki from ECU International is on a six month secondment in the Project Coordinator position for the VHI while Catherine replaces Paula.

Other new staff employed at the VWC in the reporting period include: Lucia Holt, Administration Officer – Finance; Dr Terry Simpson, Clinical Psychologist; Lynette Weir, Psychologist; Janine Spilby, Physiotherapist; Lesley Smith, Physiotherapist and Luke Ballin, Masseuse. All are expected to increase income for the VWC.

Roger Pegoraro was employed as a Research Assistant in December 2008, and commenced work at Park C in January 2009 to assist with research into Parkinson's Disease.

4. FUNDING

GRANTS

Cruise, K., Thomas, M., Bucks, R.S., & Loftus, A.M. (2008). ECU Early Career Researcher Grant. Profiling non-motor symptoms in early Parkinson's Disease. \$24,935.

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.U., Spry, N., Taaffe, D.R., Denham, J., Lamb, D., Duchesne, G., & Joseph, D. (2009-2012). Prostate Cancer Foundation of Australia. Population-based exercise intervention for prostate cancer patients - RADAR. \$476,024.

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

Newton, R.U., & Galvão, D.A. (2008). Prostate Cancer Foundation of Australia. 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., & Gardiner, F. (2009). Prostate Cancer Foundation of Australia. Let's Go Men's Health. \$65,000.

Newton, R.U., Taaffe, D.R., Spry, N., Galvão, D.A., & Gardiner, F. (2008). The Cancer Council Western Australia. A randomized controlled trial of exercise to reduce treatment side-effects in men receiving therapy for prostate cancer. \$70,000.

Newton, R.U., Taaffe, D.R., Spry, N., Galvão, D.A., & Gardiner, F. (2008). The Cancer Council of Queensland. A randomized controlled trial of exercise to reduce treatment side-effects in men receiving therapy for prostate cancer. \$41,247.

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 Project Grant 534409. 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.

INTERNAL FUNDING

Newton, R.U., Galvão, D.A., McGuigan, M., & Peiffer, J. (2008). Edith Cowan University. Research Infrastructure Block Grant. \$82,316.

AWARDS

Galvão, D.A. (2008). Edith Cowan University Vice-Chancellor's Award for Research by Early Academics. \$5,000.

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

DONATIONS

Thomas, M. (2009) Royal Freshwater Bay Yacht Club. Donation from the Annual Melbourne Cup luncheon held in November 2008. \$12,500.

5. PUBLICATIONS, PRESENTATIONS & CONFERENCES

BOOK CHAPTERS

Ackland, T.R., Kerr, D.A., & Newton, R.U. (2008). Modifying physical capacities. *Applied Anatomy and Biomechanics in Sport, 2nd Edition*, T.R. Ackland, B.C. Elliott & J. Bloomfield (Eds), Human Kinetics, Champaign, Illinois. Chapter 13.

Newton, R.U., & Kraemer, W.J. (2008). Maximal Power. *Applied Anatomy and Biomechanics in Sport, 2nd Edition*, T.R. Ackland, B.C. Elliott & J. Bloomfield (Eds), Human Kinetics, Champaign, Illinois. Chapter 9.

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., & Newton, R.U. (2008). Comparison of Lower Body Strength, Power, Acceleration, Speed, Agility, and Sprint Momentum to Describe and Compare Playing Rank among Professional Rugby League Players. *Journal of Strength and Conditioning Research, 22*(1), 153-158.

Baker, D.G., & Newton, R.U. (2008). Observation of 4-year Adaptations in Lower Body Maximal Strength and Power Output in Professional Rugby League Players. *Journal of Australian Strength and Conditioning, 16*(1), 3-10.

Bryant, A., & Newton, R.U. (2008). J. Steele. Successful feed-forward strategies following ACL injury and reconstruction. *Journal of Electromyography and Kinesiology*, doi:10.1016/j.jelekin.2008.06.001.

Bryant, A., Creaby, M., Newton, R.U., & Steele, J. (2008). Dynamic restraint capacity of the hamstring muscles has important functional implications following ACL injury and ACL reconstruction. *Archives of Physical Medicine and Rehabilitation, 89*, 2324-31.

Cormack, S.J., Newton, R.U., & McGuigan, M.R. (2008). Neuromuscular & Endocrine Responses of Elite Players to an Australian Rules Football Match. *International Journal of Sports Physiology & Performance, 3*(3), 359-374.

Cormack, S.J., Newton, R.U., McGuigan, M.R., & Doyle, T.L.A. (2008). Reliability of measures obtained during single and repeated countermovement jumps. *International Journal of Sports Physiology and Performance, 3*, 131-144.

Frost, D.M., Cronin, J.B., & Newton, R.U. (2008). Have we underestimated the kinematic and kinetic benefit of non-ballistic motion? *Sports Biomechanics, 7*(3), 372-38.

Galvão, D.A., Newton, R.U., Taaffe, D.R., & Spry, N. (2008). Can exercise ameliorate the increased risk of cardiovascular disease and diabetes associated with androgen deprivation therapy in men with prostate cancer? *Nature Clinical Practice Urology, 5*(6), 306-7.

Galvão, D.A., Nosaka, K., Taaffe, D.R., Peake, J., Spry, N., Suzuki, K., Yamaya, K., McGuigan, M.R., Kristjanson, L.J., & Newton, R.U. (2008). Endocrine & immune responses to resistance training in prostate cancer patients. *Prostate Cancer & Prostatic Diseases, 11*(2), 160-5.

Galvão, D.A., Spry, N.A., Taaffe, D.R., Newton, R.U., Stanley, J., Shannon, T., Rowling, C., & Prince, R. (2008). Changes in muscle, fat, & bone mass after 36 weeks of maximal androgen blockade for prostate cancer. *British Journal of Urology International, 102*, 44-47.

Galvão, D.A., Taaffe, D.R., Spry, N., Joseph, D., & Newton, R.U. (2009, June 2). Cardiovascular & metabolic complications during androgen deprivation: exercise as a potential countermeasure. *Prostate Cancer and Prostatic Diseases*. Doi: pcan200912 [pii] 10.1038/pcan.2009.12.

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, D.A., Taaffe, D.R., Spry, N., Joseph, D., Turner, D., & Newton, R.U. (2008). Commentary on Beyond the Abstract Section: Prostate Cancer. *Urotoday*.

Hayes, S.C., Spence, R.R., Galvão, D.A., & Newton, R.U. (2009, January 7). Australian Association for Exercise & Sport Science position statement: Optimising cancer outcomes through exercise. *Journal of Science & Medicine in Sport, 12*(4), 428-434.

Hori, N., Andrews, W.A., Nosaka, K., McGuigan, M.R., & Newton, R.U. (2008). Observation of load-power curves in the hang power clean. *Journal of Australian Strength and Conditioning, 16*(1), 11-19.

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- Hori, N., Newton, R.U., Kawamori, N., McGuigan, M.R., Andrews, W.A., Chapman, D., & Nosaka, K. (2008). Comparison of weighted jump squat training with and without eccentric braking. *Journal of Strength and Conditioning Research*, 22(1), 54-65.
- Hori, N., Newton, R.U., Kawamori, N., McGuigan, M.R., Kraemer, W.J., & Nosaka, K. (2008). 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.
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- McGuigan, M.R., Dayel, A.A., Tod, D., Foster, C., Newton, R.U., & Pettigrew, S. (2008). Use of Session Rating of Perceived Exertion for Monitoring Resistance Exercise in Children who are Overweight or Obese. *Pediatric Exercise Science*, 20, 333-341.
- McGuigan, M.R., Tatasciore, M., & Newton, R.U. (2009). Eight weeks of resistant training can significantly alter body composition in children who are overweight or obese. *Journal of Strength & Conditioning Research*, 23(1), 80-85.
- Newton, R.U., & Galvão, D.A. (2008). Exercise in Prevention and Management of Cancer. *Current Treatment Options in Oncology*, 9(2-3), 135-46.
- 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.
- Pua, Y.H., Bryant, A., Newton, R.U., Steele, J., & Wrigley, T. (2008). Isokinetic dynamometry in anterior cruciate ligament deficiency & reconstruction, *Annals, Academy of Medicine, Singapore*, 37(4), 330-40.
- Sarris, J., Kavanagh D.J., & Newton, R.U. (2008). Depression & Exercise. *Complementary Medicine*, 48-51, 62.
- Sgro, M., McGuigan, M.R., Pettigrew, S., & Newton, R.U. (2008). The effect of duration of resistance training interventions in children who are overweight or obese. *Journal of Strength and Conditioning Research*, 23(4), 1263-70.
- Sheppard, J.M., Cormack, S., Taylor, K., McGuigan, M.R., & Newton, R.U. (2008). Assessing the force-velocity characteristics of the leg extensors in well training athletes: the incremental load power profile. *Journal of Strength & Conditioning Research*, 22(4), 1320-1326.
- Sheppard, J.M., Cronin, J., Gabbett, T.J., McGuigan, M.R., Etxebarria, N., & Newton, R.U. (2008). Relative importance of strength, power and anthropometric measures to jump performance of elite volleyball players. *Journal of Strength and Conditioning Research*, 22(3), 758–765.
- Sheppard, J.M., Hobson, S., Barker, M., Taylor, K., Chapman, D., McGuigan, M.R., & Newton, R.U. (2008). The effect of training with accentuated eccentric load counter-movement jumps on strength & power characteristics of high-performance volleyball players. *International Journal of Sports Science & Coaching*, 3(3), 355-363.
- Spry, N., Galvão, D.A., Davies R., La Bianca, S., Joseph, D., Davidson, A., & Prince, R. (2009, March 5). Long term effects of intermittent androgen suppression therapy for prostate cancer preserves bone mineral density: results of a 33 month observational study. *British Journal of Urology International*, doi: 10.1111/j.1464-410X.2009.08458.x.
- Sturgess, S., & Newton, R.U. (2008). Design & Implementation of a Specific Strength Program for Badminton. *Strength & Conditioning Journal*, 30(3), 33-41.
- Yamaya, K., Suzuki, K., Nosaka, K., Ogawa, K., Galvão, D.A., Oksutsu, M., Peake, J., McGuigan, M.R. & Newton, R.U. (2008). Effects of resistance training on prostate cancer patients receiving androgen deprivation therapy. *Japanese Journal of Complementary and Alternative Medicine*, 5, 57-63.

PRESENTATIONS

Galvão, D.A. Cancer Council Western Australia 50th Anniversary Research Dinner. Perth Western Australia, March 2008.

Galvão, D.A. Resistance exercise in men receiving androgen deprivation therapy for prostate cancer. PhD Award invited presentation. Proceedings of the 3rd Australian Association for Exercise and Sports Science Conference and the 5th Sports Dieticians Australia Update: *From Research to Practice*. Melbourne, Australia, 27th – 30th March 2008.

Galvão, D.A. Cancer and Exercise (Session Chair). Proceedings of the 3rd Australian Association for Exercise and Sports Science Conference and the 5th Sports Dieticians Australia Update: *From Research to Practice*. Melbourne Australia, 27th – 30th March 2008.

Galvão, D.A. Staying strong for life: the role of resistance training. Critical Horizons. Edith Cowan University Bunbury Quality of life Seminar, 16th April 2009.

Galvão, D.A. Exercise in the management of chronic disease. Parkinson Disease Support Group. Sir Charles Gairdner Hospital, Perth Western Australia, June 22nd 2008.

Galvão, D.A., Taaffe, D.R., Spry, N., Joseph, D., & Newton, R.U. Resistance and aerobic exercise reverses muscle loss in hypogonadal prostate cancer patients: a randomized controlled trial. *The Cancer Council Conference*. Perth, Australia, 23rd Oct 2008.

Galvão, D.A. Exercise and reduction of treatment side effects in prostate cancer patients. Vario Health Conference. - Physical and Mental Wellness. Perth, Australia, 1st and 2nd December 2008.

Galvão, D.A. 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), 25th June 2009.

Galvão, D.A. 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, 26th June 2009.

Galvão, D.A., Taaffe, D.R., Spry, N., Turner, D., Smith, K., Gibbs, Z., & Newton, R.U. Altered body composition and poorer muscle strength and functional performance in men with prostate cancer undergoing androgen deprivation. *Proceedings of the 3rd Australian Association for Exercise and Sports Science Conference and the 5th Sports Dieticians Australia Update: From Research to Practice*. Page 113. Melbourne Australia, 27th – 30th March 2008.

Gibbs, Z., Newton, R.U., Galvão, D.A., Turner, D., & Smith, K. Resistance training in older adults: A comparison between group-and home-based exercise training for improvements in functional performance, muscle function, and balance. *Proceedings of the 3rd Australian Association for Exercise and Sports Science Conference and the 5th Sports Dieticians Australia Update: From Research to Practice*. Page 130. Melbourne Australia, 27th-30th March 2008.

Newton, R.U. Myeloma. Leukaemia Foundation Seminar, St John of God Hospital, Subiaco, 12th January 2009.

Newton, R.U. Research conducted at the Vario Health Institute funded by the Prostate Cancer Foundation. Prostate Cancer Foundation of Australia Luncheon, 19th May 2009.

Newton, R.U. Research at the Vario Health Institute. AICC(WA) Cocktails with Paul McNamee, 18th June 2009.

Newton, R.U. Exercise & cancer. Humanmotion Exercise & Cancer Management Seminar, Holland, 27th June 2009.

Newton, R.U. PCFA Funded Research in WA for all Australian Men - Exercise as Medicine for Cancer. Prostate Cancer Foundation of Australia – Men's Health Promotion Forum, Canberra, 31st May 2008.

Newton, R.U. Exercise as medicine for the management of chronic disease. National Strength & Conditioning Association – European Conference 2008, Amsterdam, 28-29 April 2008.

Newton, R.U. Assessment & monitoring of athlete strength & power. National Strength & Conditioning Association – European Conference 2008, Amsterdam, 28-29 April 2008.

Newton, R.U. Assessment & monitoring of athlete strength & power. Presentation to South Australian Chapter of AAESS. Port Power Football Club, Adelaide, 1st April 2008.

Newton, R.U. Exercise as Medicine for Prostate Cancer. Prostate Cancer Forum, Westmead Hospital, Sydney, 26 August 2008.

Newton, R.U. Exercise for the prevention & management of dementia. WA Dementia Training Study Centre for Health-Care Professionals - Dementia Networking Series, Perth, 21 August 2008.

Newton, R.U. Exercise & Chronic Disease. "Health At The Heart Of Australia" Conference. 12th Annual Conference of the Chronic Diseases Network of the NT & 18th Annual Scientific Meeting & Exhibition of the Australian Cardiovascular Health & Rehabilitation Association, Alice Springs Convention Centre, 13- 15th August 2008.

Newton, R.U. Exercise as Medicine for Prostate Cancer. Memorial Sloan Kettering Hospital – Gr& Rounds, New York City, 16 July 2008.

Newton, R.U. Assessment & monitoring of athlete strength & power. National Strength & Conditioning Association – National Conference, Las Vegas, 10-12 July 2008.

Newton, R.U., Turner, D., Gibbs, Z., Smith, K., Spry, N., Taaffe, D.R., & Galvão, D.A. Exercise improves muscle function, physical performance and body composition in cancer patients. *Proceedings of the 3rd Australian Association for Exercise and Sports Science Conference and the 5th Sports Dieticians Australia Update: From Research to Practice*. Page 112. Melbourne Australia, 27-30th March 2008.

Thomas, M. Pax6 in Parkinson's Disease. 29th Annual Meeting of ANS, Canberra, 27th January 2009.

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

Thomas, M., & Cruise, K. University of Western Australia (UWA) post graduate neuropsychology seminar series, 13th May 2009.

CONFERENCE ATTENDANCES

Galvão, D.A. Strategy for Health and Medical Research – Career Development & Fellowship Workshop (NHMRC), 9th July 2009.

Thomas, M. 2nd China- Australia- Japan Bio therapeutic Meeting. Hang Zhou, China, 22-26th April 2009.

6. RESEARCH & HIGHER DEGREES

NAME AND 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.

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.

RESEARCH & HIGHER DEGREES COMPLETIONS, INCLUDING THE FULL TITLE OF THE 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.

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.

7. KEY VISITORS & COLLABORATORS

VISITORS THAT TOURED THE VARIO HEALTH INSTITUTE & VARIO WELLNESS CLINIC

- Ms Wanda Prior, QBE – discussed health insurance and the services provided by the VWC.
- Mr Arthur Edgar, Deputy Commissioner, Department of Veterans Affairs WA – discussed the new Veterans Wellness Program provided by the VWC.
- Honorable Jim McGinty, Minister for Health, officially opened the VHI & VWC, 23rd June 2008.
- Honorable Nicola Roxon, Federal Minister for Health and Ageing, 20th August 2008.
- 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.
- 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.

COLLABORATIONS

- Professor Robert Newton met with Honorable Nicola Roxon the Federal Minister for Health and Ageing, and Professor Mick Reid, Chief Advisor, to discuss health research and funding for the VHI, 20th August 2008.
- 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.

8. 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. Cancer Council of Australia. Research Highlights 2008, Page 64. ISBN: 0977506053, June 2008.
- Galvão, D.A. Directions. Fighting Fit. AstraZeneca PtY Ltd, Issue 1. Page 18-19, December 2008.
- 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 and health research. Channel 30 – Wakeup show, 17th April 2008.
- Newton, R.U. Exercise key to Parkinson's fight. Joondalup Weekender, 7th April 2009.
- Newton, R.U. Contribution regarding the importance of exercise for prevention of chronic disease as a panel member to the WA Newspaper's Health & Medicine 500th Special Edition published on 29th April 2009.
- Newton, R.U. Research at VHI and the programs offered to the community after completion of research. Radio Fremantle, 10th June 2009.
- Newton, R.U. Near Infrared Breast Scanner and research at the VHI. Channel 9 News, 21st June 2009.
- Newton, R.U. Campus Cups flow over with kindness. Joondalup Weekender, 22nd June 2009.
- Newton, R.U. New Scanner aims to detect breast cancer in young women. WA Newspaper, 26th June 2009.
- Thomas, M. Research at Park C. ABC 720 radio, 1st May 2009.
- Thomas, M., & Cruise, K. Exercise intervention research project at Park C. The West Australian, 6th May 2009.
- Thomas, M. Research at Park C. Fremantle radio, 13th May 2009.
- Thomas, M. Park C Exercise Research Program – Update. Parkinson's news (Parkinson's WA Newsletter) Volume 24, Issue 3, Page 9, June/July 2009.

PRESENTATIONS TO LOCAL GROUPS

- Newton, R.U. Importance of exercise for health. Northbridge RSL Club.
- Newton, R.U. Exercise and mental health. Curtin University for the WA Dementia Training Study Centre.
- Newton, R.U. Community Vision Inc North Metropolitan Community Care Networking Meeting, 20th April 2009.
- Newton, R.U., & Fremantle, R. Chronic conditions, exercise and the VWC DVA and LLLS classes. Ocean Reef RSL Club, 13th May 2009.
- Newton, R.U., & Fremantle, R. Chronic conditions, exercise and the VWC DVA and LLLS classes. Osborne Park RSL Club, 10th June 2009.
- Thomas, M. Research conducted at Park C. Support group meeting for people diagnosed with early onset Parkinson's disease, 22nd February 2009.
- Thomas, M. Outline of research being conducted at Park C. Lumen Christie College, 30th April 2009.
- Thomas, M., & Cruise, K. Outline of research being conducted at Park C. Parkinson's Support Group of Mandurah, 1st May 2009.
- Thomas, M., & Cruise, K. Disseminate the results of the exercise intervention research project for Park C. Parkinson's support group of Morley, 11th May 2009.
- Thomas, M., & Cruise, K. Results of exercise intervention research project for Park C. Rotary Club of Morley, 9th March 2009.
- Thomas, M., & Rowland, K. Outline of research conducted at Park C. Rotary Club of Nedlands, 23rd March 2009.
- Thomas, M. Outline of research being conducted at Park C. Support group meeting for people diagnosed with early onset Parkinson's disease, 28th June 2009.

OTHER EVENTS

- Newton, R.U. NHMRC Public Health Research Advisory Committee forum, 11th June 2008.
- Newton, R.U. Research Australia seminar at UWA, 12th June 2008.
- Newton, R.U. Cancer Council of WA launch of the "Dig Deep" fundraising campaign at West Coast Eagles Football Club, 16th June 2008.
- Vario Health Institute 2008 Physical and Mental Wellness Conference – Integrative Approaches to Health, 1st & 2nd December 2008 (see Appendix A: Vario Health Institute 2008 Physical and Mental Wellness Conference Presentations).
- Newton, R. U. Diabetes – Ageing Health Expo, 4th May 2009.
- Newton, R. U., & Thomas, M. Jones Lang La Salle Fundraising movie night. Money raised was donated to the Parkinson's Centre, 4th June 2009.
- The VWC participated in the ECU Wellness EXPO at the ECU Joondalup Campus, 23rd April 2009.
- The VWC participated in the ECU Wellness Launch at the ECU Mount Lawley Campus on 6th May 2009.

9. SUMMARY OF ACTIVITIES AND ALIGNMENT WITH THE GOALS OF THE RESEARCH UNIT

The VHI hosted the 2008 Physical and Mental Wellness Conference – Integrative Approaches to Health on the 1st and 2nd of December 2008. The purpose of the conference was to showcase the latest research and clinical practice addressing the epidemic of chronic disease, both physical and mental. During the past three decades we have experienced a spiralling increase in largely preventable diseases, which are predominantly a result of our lifestyle choices exacerbated by our changing social and work environments and an ageing population demographic. Governments are unable to meet the growing social and economic demands for support and care. Collaborative research focused on the development of more effective preventative health promotion and wellness management strategies integrated across the disciplines has become an issue of considerable contemporary significance. The importance of such research was well reflected in the quality of speakers that the conference attracted. A revolutionary series of papers were presented on the following topics:

- Nutrition and how it relates to physical and mental wellbeing
- Exercise and how it relates to physical and mental wellbeing
- The interaction of physical and mental health
- The role of the professional in the holistic management of health
- Strategies for prevention and management of depression
- Strategies for prevention and management of dementia

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 400 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.

The VHI has purchased one of two Near Infrared Breast Scanner (NIBS) devices in Australia. The NIBS device has been developed by a Chinese company, Daheng Group, as an alternative to mammograms and ultra-sound methods for detecting breast cancer. The high resolution imaging enables early screening and diagnosis of breast cancer. The VHI will conduct clinical trials in Perth with breast cancer patients to determine if the system can provide a more accurate, user friendly alternative to traditional scanning techniques. The results from the trial will be available in early 2010.

Daniel Galvão has joined the research grants committee of the medical and scientific advisory panel from the Cancer Council of WA. The aim is for Daniel to oversee the Cancer Council's competitive research grants process.

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.

A key aim of the VWC is to provide practicum places for exercise science, nutrition and psychology students in a real world environment. In 2008 15 exercise students worked in the clinic on practicum, 2 psychology students commenced their PhDs within the VWC, and 3 psychology students worked as Research Assistants. In the first half of 2009, 15 students were on practicum places at the VWC. This included 8 fourth year students carrying out 100 hours in mid July and 7 second year students who are carrying out 100 hours over the year. There will be another 8 fourth year students commencing in July 2009. As part of collaboration with the psychology department of UWA, there are 2 honours students from UWA conducting their research under Park C. These students presented their research proposals to a board of academics and their peers at UWA. Two more postgraduate psychology students (1 ECU and 1 UWA) have been recruited and are in the process of writing their research proposals.

The VWC hosted a number of First Aid Training courses throughout the year for new and refresher senior first aiders. 12 staff attended a 2 hour First Aid Defibrillator course on 17th June. Exercise physiologists are required to refresh annually for accreditation purposes for AAESS.

The results of an exercise intervention research program conducted by Park C enabled the development of the commercial Parkinson's Specialised Exercise Program currently offered by the VWC. The commercial program has been offered to members of the Parkinson's community since January 2009 and the majority of participants involved in the commercial program have been referred from the exercise intervention research program conducted by Park C. Park C has therefore provided support for VHI infrastructure by promoting and recruiting people from the Parkinson's community to be involved in the commercial program.

Financial Strength

VHI continues to operate well within budget while still growing activities and outputs. Park C has been instrumental in engaging community support which has seen the Young Onset Parkinson's Support Group raise \$15,000 for their PhD top-up scholarship.

Enabling infrastructure and robust, adaptable and flexible systems and processes

A new swipe card system is about to be implemented for the VWC. This will allow clients to have credit stored on their cards and:

- Track in real time who is in the Clinic in case of emergency.
- Determine on entry if the patient/client has paid for their session.
- Maintain a database of patient/client attendance.
- Provide reports on individual attendance, group and session summaries.
- Log clinicians on and off so that we know who is in attendance at any given session or time.

10. 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.

Key Projects for the Future Include:

- Application of Internet technologies for delivery and assessment of integrative health interventions.
- Weight loss programs for adults.
- Investigation of exercise therapy for patients receiving chemotherapy for metastases cancer.
- Delivery of the Vario Wellness Clinic programs in other locations, metro, regional and rural.
- Integrate occupational therapy and physiotherapy teaching and research programs into the VWC.

Appendix A**Vario Health Institute 2008 Physical and Mental Wellness Conference Presentations**1st December 2008

- Professor Kerryn Phelps - Keynote Address - Integrate or disintegrate: The future of health care.
- Professor Robert Newton – Application of exercise physiology for integrative management of chronic Disease.
- Professor Donna Cross - A most preventable cause of mental illness: bullying.
- Dr Matt Sharman - The use of nutritional strategies in the prevention of cardiovascular and Alzheimer's diseases
- Professor Bob Marshall - a government sponsored group physical activity program targeting obese and overweight participants.
- Mrs Stacey Waters - Investigating a school ecology and its influence on adolescent mental health.
- Ms Stephanie Mcfaull - The role of vegetables & fruit in health.
- Mr Liam Johnson - Combined functional & aerobic exercise improves aerobic capacity in patients with sporadic inclusion body myositis.
- Ms Sarah Falconer - Reality bytes: what is it about the cyber and non cyber environments, that impact upon the prevalence, types and harm of bullying?
- Dr Karena Burke - The effect of food allergy & food intolerance on the development of concepts of healthy eating & nutrition: incidence rates in an Australian population.
- Ms Elizabeth Aumand - Your mission is possible!
- Ms Sandy Allen-Craig and Edward Gillespie - The effects of a wilderness therapy program on the resilience of male youth at-risk.
- Dr Jennifer Bell - The effects of a high saturated fat diet and environmental enrichment on activity and spatial learning in female Swiss mice.
- Dr Meghan Thomas, Post Doctoral Research Fellow and Director of Parkinson's Centre, Edith Cowan University, Mr Chris Lind, Consultant Neurosurgeon at Sir Charles Gairdner Hospital and Clinical Senior Lecturer at the University of Western Australia Dr Andrea Loftus, Lecturer, University of Western Australia - Panel discussion - treating movement disorders by linking the lab, clinic and patients.
- Dr Michael McGuigan - Exercise and child obesity.
- Miss Patricia Cardoso - Identifying the characteristics of approachable school staff: students have their say!
- Professor Ralph Martins - Approaches to the prevention and treatment of Alzheimer's disease.
- A/Professor Wayne Maschette – Good, good, good vibrations!
- Ms Margaret Miller - Prevention of childhood obesity in the pre-school years: parent expectations and experiences of GPs and child health nurses.
- Dr Kate Cruise - Improving cognition through exercise: a critical review of the Literature on exercise and Parkinson's disease.
- Dr Rod Giblett - Health recovery: the Taoist Tai Chi way.
- Dr Lydia Hearn - Promising approaches to engaging parents and primary care providers in prevention of obesity in the pre-school years.
- Ms Lynsey Uridge - Enhancing wellness through the HeartNET online community: progress towards an integrative environment to support people with cardiovascular disease.

2nd December 2008

- Associate Professor David Dunstan - Keynote Address - Physical Activity Research & VicHealth Research Fellow, International Diabetes Institute Physical Activity and Sedentary Behaviour in Relation to Type 2 Diabetes.
- Daniel Galvão – Exercise and reduction of treatment side effects in prostate cancer patients.
- Professor Cobie Rudd - Building sustainability: health policy priorities, leadership and responsibilities.
- Professor Alfred Allan - The health benefits of open disclosure.
- Ms Jena Buchan - Effects of a combined exercise & recreational therapy counselling program on selected physiological & psychological parameters in post-treated breast cancer patients.
- Professor Anne Wilkinson - Caregiving to advanced chronic illness (chf/copd) patients: similarities and differences with other caregivers.
- Dr Vivienne Lewis - Body image, mental health and adult intervention.
- Dr Michelle Byrnes - Clinical audit of the relationship between a goal planning rehabilitation program and physical and psychological functioning after spinal cord injury.
- A/Professor Chris Toye - Wellbeing in old age: the role of modified pain assessment.
- Dr Maria Kangas - Can journal writing lead to better health? An investigation of how writing about stressful life events can improve mental and physical wellbeing.
- Mr Voon Pang - Clinical audit of the need for a multi-disciplinary outreach service for individuals with spinal cord injury living in the community.
- A/Professor Maureen Harris - How good communication and support - or their absence - affect labour and birth outcome.
- Mr Richard Syrkiewicz - Perceived multi-dimensional locus of control over young to older adults: a contemporary Australian cross-sectional study.
- Mrs Laura Thomas - Factors predicting participation in sport extra-curricular activities.
- Dr Richard Brightwell & Mr Steve Johnston - Planning for the expanding role of paramedics.
- Dr. Nigar Khawaja - Depression among university student.
- Ms Ilonka Guse - The relationship between exercise and life satisfaction in older adults (50-80 y.o.).
- Professor Neil Thomson - Bridging the gap between research and practice in indigenous health.
- Mr Mitch Read - The relationship between cyber bullying, traditional bullying and depressive symptomology.
- Mr Ralf Rauker - Emotional intelligence in the workplace - what we can learn from the performing arts.
- Dr Lauren Breen - Wellness: the art and science of holistic health.
- Dr Peter Kremer - Associations between the physical and social environment and depressive symptomatology among Australian adolescents.