

Research Unit Update – Summer 2023

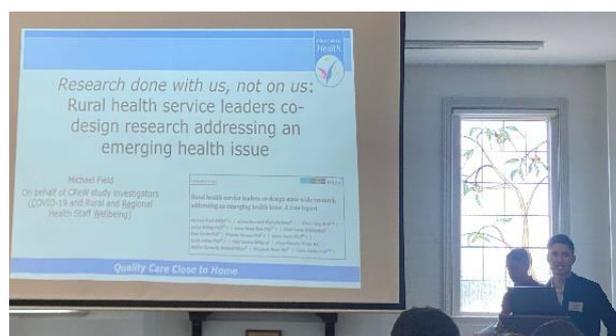
2022 Western Alliance Research Symposium

In November 2022, several CAH staff attended the Western Alliance Research Symposium in Dunkeld. The two-day meeting included the launch of the DELIVER study of optimising home-based care of older persons in rural Australia. A number of current and former CAH staff presented their research including Tamara Holmes (embedding Learning Circles through Dadirri), Cara Hill (meal provision and swallowing safety), Michael Field (research co-design) and Laura Alston (rural food environments).



Reconnecting through rural and regional research
21-22 Nov 2022 | Dunkeld, Victoria

The 2023 Western Alliance Research Symposium will be held in Warrnambool later this year and details of the event will be posted on the CAH Research Unit intranet page.



Presentation at Rural Allied Health Conference



In November 2022, Alison Buccheri presented online at the SARRAH (Services for Australian Rural & Remote Allied Health) Annual Conference. Alison's presentation was entitled "Exploring factors influencing the well-being of health service staff in rural Victorian communities during the COVID-19 pandemic". Well done Alison!

Recently published

Laura Alston has published a comment article in the prestigious journal The Lancet Regional Health Western Pacific on how research conducted at rural hospitals can address health inequalities experienced by rural Australians. The article is available online [here](#).



Coming soon – New part-time research position available at CAH

In early March, application will open for a new research role with the CAH Research Unit. The part-time role will be for 2 years working on a heart failure research project called I-HEART (Implementation of HEART failure guidelines in Regional Australia). Please look out for communications on the CAH intranet over the next few weeks when applications open!

Placement Students Profile – Brooke Baker and Paige Rae

Brooke and Paige completed a Food Services placement at CAH in late 2022. During this placement, they completed an audit of mid-meals to assess texture-modified diet and allergy diet-code compliance and option availability.

What course are you studying? What drew you to this field of study?

Brooke: I am studying my Master of Dietetics. I have always been interested in health and nutrition and I enjoy helping people, so dietetics seemed like the perfect fit for me.

Paige: I am studying the Master of Dietetics at Deakin University. I was drawn to study this because I wanted a career where I could help people and had previously had a really positive experience with a dietitian.

What is something you have learned during this placement?

Brooke: I have learned about the processes involved in completing an audit, including how to collect and analyse quantitative data using an online electronic data capture system.

Paige: During this placement I have learnt how to collect data using REDCap and collate and analyse the results in a simple and meaningful way.



Any suggestions for future students doing placement at CAH?

Brooke: Don't be afraid to ask questions, everyone I have had the opportunity to talk to and work with has been welcoming and extremely helpful. There is amazing support available to you at CAH so don't hesitate to reach out!

Paige: My advice would be to take on as many opportunities and experiences as you can. Although my placement was a Food Service placement, I got the opportunity to sit in outpatient appointments which was one of my highlights of the 4 weeks.

What area do you hope to work in once you have completed your course?

Brooke: I have a few interest areas and hope to work in sports dietetics, food intolerance management and/or policy development when I graduate.

Paige: I would love the opportunity to work in clinical dietetics to begin with and potentially private practice in the future.

The CAH Research Unit was formed in 2020 and is led by the Health Service Executive and Director of Research Dr Laura Alston. The Research Unit aims to contribute to ongoing improvements in the care and health of our community through research, translation and implementation, and has partnerships with Deakin University (including departments Deakin Rural Health, Institute for Health Transformation and the Global Obesity Centre) and the Western Alliance Academic Health Science Centre.