

GAME CHANGERS



THE UNIVERSITY
OF QUEENSLAND
AUSTRALIA

ISSUE 1 2016

Faculty of Health and Behavioural Sciences



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in a research setting**

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– what does it mean
to our quality of life?

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GAME CHANGERS



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Game Changers is produced by the Faculty of Health and Behavioural Sciences,
The University of Queensland, Brisbane, QLD 4072

Telephone:

+61 3365 7487

Email:

gamechangers@uq.edu.au

Website:

game-changers.habs.uq.edu.au

Project Manager:

Kirsten O'Leary

Publication Designer:

Liz Christiansen

Web Designer:

Alice Bopf

Contributors:

Professor Bruce Abernethy, Rob Burgin, Paddy Hintz, Kirsten O'Leary,
Emma Mackenzie, Dani Nash, Loretta Porche, Danielle Koopman, Emily Anderson

Cover Image:

Professor Sue Kildea at the Whitty Building, South Brisbane.
Photography by Anjanette Webb.

PHOTOGRAPHY BY ANJANETTE WEBB



Welcome to Game Changers

*"In Game Changers
we are pleased to
share the inspirational
and commendable
achievements of those
leading the way in
their fields and to
highlight how we
are working with
partners across the
globe to create a better
healthcare future."*

Talented people are the driving force behind every successful organisation. At the Faculty of Health and Behavioural Sciences these are the high calibre of graduates produced, researchers whose studies make an impact globally, alumni in leading roles, and academic staff who consistently win national and international awards.

The Faculty's strong ties with key industries and healthcare providers are highly valued as these partnerships enable our teaching and research to be translated into best practice patient care for the benefit of the community and the healthcare system.

In **Game Changers** we are pleased to share the inspirational and commendable achievements of those leading the way in their fields and to highlight how we are working with partners across the globe to create a better healthcare future.

In this issue, Professor Sue Kildea describes how clinical research can be used as an effective change management strategy, UQ student and elite athlete Danielle Prince shares her inspiring dedication to prepare for the Rio Olympics, and CEO of Uniting Care Queensland Anne Cross gives advice on how to succeed and make an impact.

Students provide an insight into some of the practical opportunities they undertake as part of their studies, including how nutrition students worked with the Brisbane Broncos to improve the team's diet, how speech pathology students deliver a service to children over 300kms away via telerehabilitation, and how the Health Fusion Team Challenge assisted a student to secure a job in physiotherapy after she graduated.

You can also find out why Allison Mandrusiak's story was viewed 12,000 times on Facebook in the first 24 hours and shared by people worldwide, and what it means to our community now that people have a longer lifespan than previous years, according to leading ageing expert Nancy Pachana.

Enjoy issue one of **Game Changers** and we look forward to sharing many more of the Faculty's achievements, inspirational people and announcements in future issues.

Regards,




Professor Bruce Abernethy

Executive Dean
Faculty of Health and Behavioural Sciences
The University of Queensland

WRITTEN BY ROB BURGIN

World in the palm of her hands

From the scope of her work, it's evident Dr Allison Mandrusiak  cares about people from all around the globe.

And if reaction to the physiotherapy lecturer's recent success is anything to go by, it seems the feeling is mutual.

Dr Mandrusiak is one of those individuals everyone appears to wish well.

News of her Universitas 21 Teaching Excellence Award – one of only two bestowed world-wide in 2015 – was the most popular social media post by the Faculty of Health and Behavioural Sciences last year.

The story was read over 12,000 times on Facebook in the first 24 hours and commented upon and shared by people from far and wide, including Chile where the award was announced.



Unsurprisingly, Dr Mandrusiak has gained experience in a variety of nations outside Australia, impacting heavily on her appreciation of the bigger picture.

"Previously I've been involved with simulated learning in China, taught cardiorespiratory physiotherapists in Kuwait and fostered clinical placements in Vietnam," she reveals.

"It really was the time I spent in Vietnam supervising students from a range of health professions that opened my eyes to the value of inter-professional and cross-cultural learning experiences."

Allison's Universitas 21 Award will allow her to travel to the United Kingdom for the Health Sciences Group annual meeting in September of this year.

There she will present a workshop in collaboration with the other award recipient, Dr Hong Gao of China.

Recently Dr Mandrusiak has also been working with Professor Tracy Levett-Jones of Nursing & Midwifery at the University of Newcastle (Australia) to deliver virtual experiences of what it is like to be hospitalised in a foreign country.

"This simulated experience puts the student in the patient's shoes," Dr Mandrusiak explains.

"These types of immersive experiences help develop the appreciation of students for intercultural and international nuances.

"It stimulates empathy towards how a person from another culture may experience challenges in the Australian healthcare setting.

"I have already integrated these international perspectives into my physiotherapy curriculum, with plans in place to extend to other health professions."

Indeed, cultural sensitivity is interwoven into the curricula which Allison teaches.

She trains actors to portray patients who speak with English as a second language, along with characters who have conflicting expectations of the role their healthcare workers should fulfil.

Not only are her methods educational from a cultural perspective, but also teach students much about values, assumptions and the importance of multiple forms of communication, preparing them for global healthcare contexts.

"My time in Vietnam helped familiarise me with Asian culture and customs," Allison says.

"I am now aware how to negotiate cultural barriers to benefit clients and their families.

"Not only is it fantastic news for Allison and UQ, but it's a feather in the cap for Brisbane, Queensland and Australia."

"I was later invited to present a three-day workshop at Kunming Medical University in China, where my remit was to 'teach the teacher' about using simulation in clinical education.

"All of my resources needed to be culturally relevant and were translated into Chinese.

"I also filmed a full patient interaction with students and actors who spoke Mandarin."

Dr Mandrusiak regularly hosts visiting academics to observe her practices, including Singapore's Dr Clement Yan.

Her open approach to sharing information – along with her savvy style of simulating on a shoestring – continues to endear her to those from abroad and domestically.

Yet the industry leader is not only confined to small scale simulation ventures.

Dr Mandrusiak is the UQ representative for a \$5.75 million nationwide project focused on simulation in physiotherapy education.

The project requires working with a consortium of 16 universities, led by Curtin University.

Moving forward, Dr Mandrusiak is overseeing the creation of a mock hospital ward onsite, which will be pivotal for interprofessional simulated learning at UQ.

"Allison is quite clearly one of our most gifted teachers," says Faculty of Health and Behavioural Sciences Associate Dean

(Academic) Professor Sarah Roberts-Thomson.

"She is also one of the central figures in developing the new Faculty common course, a curriculum developed to enhance and interlink all of our students.


"As for her Universitas 21 Teaching Excellence Award... I have said before that it is something worth shouting from the rooftops.

"Not only is it fantastic news for Allison and UQ, but it's a feather in the cap for Brisbane, Queensland and Australia."

Universitas 21 is a global network of universities with a strong research focus and ambitions of improving life in the 21st Century.

There are collectively 25 universities in the network, encompassing 1.3 million students and over 220,000 staff.

UQ is one of three Australian members of Universitas 21, along with The University of Melbourne and The University of New South Wales.

Other network members include The University of Hong Kong, The University of Delhi, Ohio State University, The University of Edinburgh and The University of Amsterdam. 

COVER STORY

Effecting change in a research setting

WRITTEN BY DANI NASH

Professor Sue Kildea believes research can be a great change management strategy. Her current Water Birth Study at the Mater is a case in point.

“Women weren’t able to have water births at the Mater due to a lack of evidence, but they can in the water birth study,” she says.

The Water Birth research project is assessing a new procedure for the hospital for birthing. The use of warm water immersion during labour is known to provide comfort by allowing easier movement, pain reduction, and the speeding up of the first stage of labour. However, water birth is much more controversial, making it ideal for a research study.

It is not the only study Professor Kildea is investigating that utilises water for pain relief in childbirth.

Together with UQ colleague Dr Nigel Lee, Professor Lena Mårtensson and Professor Ingrid Bergh of University of Sweden, and McMaster University’s Professor Eileen Hutton, she is researching the use of sterile water injections for pain relief.

One of their studies is already up and running in 14 hospitals across Australia, with a trial site recently established in Oxford, UK.

The objective of the current research is to determine if sterile water injections, as an intervention for back pain in labour, will reduce the caesarean section rate.

“Honestly, they’re like magic pills! They are very painful for about 20 seconds to a minute, but they remove pain for up to two hours. Then you can administer more injections when required,” she says.

“Not only does it reduce the pain but it could reduce the C-section rate. We think that what happens is the minute they take the pain away all those tense muscles actually relax and start doing their job properly so that the baby can be born.

“We opened up trial sites in a number of Queensland hospitals, but none of the midwives wanted to randomise women in case they didn’t receive sterile water injections because they all believe it works. They wanted it for everyone! So we had to go interstate and overseas to hospitals where they aren’t allowed to be given.”

Professor Kildea is proud of the work she and her colleagues are doing in this field: “Arguably, we’re the group doing the most research on this.”

The reoccurrence of water in her research may be a coincidence, but she’s also part of a longitudinal study which involves the Queensland floods of 2011.

SPIRAL is the Stress in Pregnancy International Research Alliance, or as Professor Kildea calls it “the wind, water, and ice study”.

The program is aimed at increasing understanding of how maternal stress from natural disasters affects the fetus during pregnancy, and the growth and development of the child.

The study involves women who were pregnant during the January 1998 ice storm in Quebec, the Iowa flood of 2008, and our flood of 2011. Another cohort was added to the study after last year’s devastating cyclone in Vanuatu.

“Each (natural disaster) has their own unique factors to study – what we’ve got from the 2011 floods some of the others haven’t got. We’re building a database of quite unique features.”

With a recent application for funding it is hoped the SPIRAL project will continue for another seven years.

It is clear Professor Kildea is passionate about health services research and improving care for women during pregnancy and labour but her biggest area of interest, and concern, is in making a difference to the lives of Aboriginal and Torres Strait Islander families.

“There has been policy after policy that has recognised that we’re not providing culturally safe, responsive care to our Aboriginal and Torres Strait Islander Australians. That’s been well documented for 30 years. Many of those documents have said we should trial Birthing on Country in remote areas in the way that the Inuit have done it because their outcomes are amazing, and we could see the same improvements here.”

While Professor Kildea expresses disappointment in the lack of outcomes from the National Maternity Services Plan – a five year plan released in 2010 that led to a national workshop on Birthing on Country and a resultant report recommending services that enable Indigenous women in remote areas to give birth in their communities – she is hopeful of a reform of maternity services.

PHOTOGRAPHY BY ANJANETTE WEBB



Professor Sue Kildea holds a Clinical Chair in Midwifery and is the Inaugural Director of the Midwifery Research Unit, a collaboration between the Mater Health Services, the Mater Research Institute, UQ and the UQ School of Nursing, Midwifery and Social Work. Her expertise lies in introducing and evaluating innovative models of maternity service delivery, leading research across distances, strengthening rural and remote maternity services, care provision for Aboriginal and Torres Strait Islander families, care that promotes normal birth and translating research into practice.

“Birthing on Country is seen as a metaphor for the best start in life for Aboriginal and Torres Strait Islander Australians. To implement it requires system reform. We need to be brave, we need to be supportive of Indigenous women and their families and what they want. We have to go forward with the Birthing on Country work. If we want to close the gap we need governments who are prepared to do things differently, who are going to listen to the community. Aboriginal organisations need more control. It needs to be a holistic approach, a whole of community approach, one that brings in support for culture being at the centre of care, where Indigenous students are well supported to do midwifery training.”

Professor Kildea is playing an important role in bringing about these changes.

“We have developed a partnership with the Institute of Urban Indigenous Health, the Aboriginal and Torres Strait Islander Community Health Service and the Mater Health Service to work together to make a difference. Yes, of course it is another research project!” she laughs.

“UQ and the Mater funded a clinical chair in midwifery, which puts me in the community. You can effect change in this research setting. It is health services research. It’s messy, it rarely goes the way you want it to, but when you try you can

help make a difference. There’s never a dull moment, and we have a lot of fun making it work!”

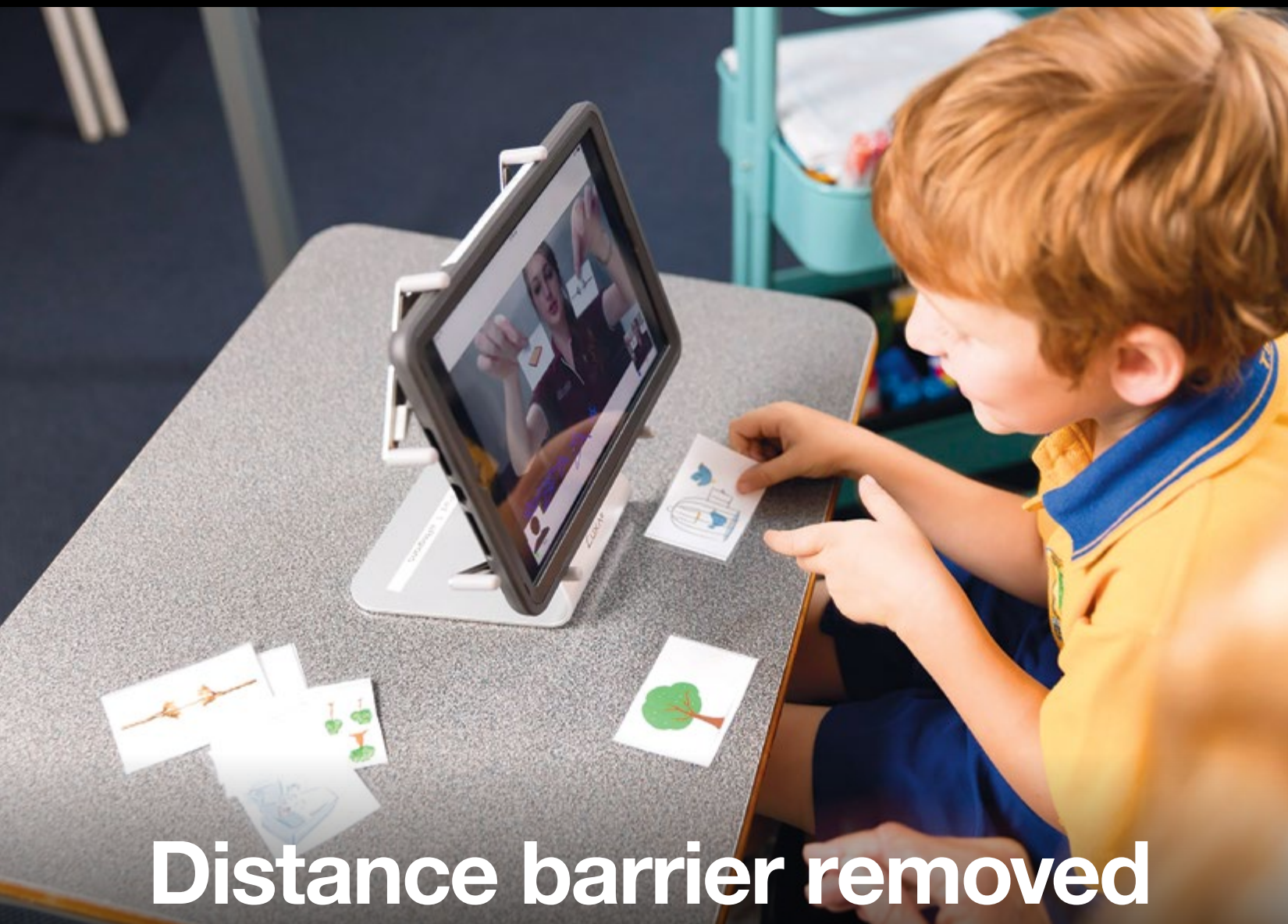
Along with clinical research, Professor Kildea guest lectures to midwifery and nursing students and supervises Masters and PhD students. She is particularly enthusiastic about the newly refurbished Whitty Building.

The 105-year-old heritage listed building in South Brisbane recently underwent a \$30 million redevelopment as a result of an alliance between The University of Queensland and Mater Health Services. The Whitty Building collaboration – to allow for delivery of customised UQ/Mater nursing and midwifery programs – is the first of its kind in Australia.

“It’s fantastic. It’s on the ground, in the coalface.

We’ve got the students and the academics on site, in the hospital. The more you have students on site, the more they become our students, the students of the health service. Once they become our students they get their own sense of ownership. It’s a great thing having them here and working with the next generation of health care providers.”

*find out
more about →*
School of Nursing Midwifery
and Social Work
www.nmsw.uq.edu.au



Distance barrier removed

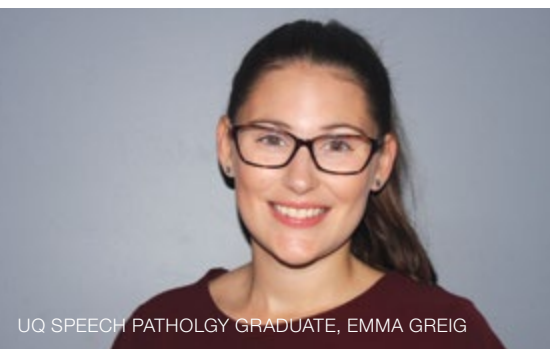
for students in Tara to receive speech pathology

WRITTEN BY KIRSTEN O'LEARY

Johnny, a 10 year old from the Western Queensland town of Tara was struggling with his classroom learning and social communication with his class mates.

It was identified by Queensland Education Speech Pathology Services that his speech and language issues were significant contributors to his learning and communication difficulties and speech pathology would be beneficial. However, living in Tara, where speech pathology services are limited, if he were to travel to the nearest face-to-face session, a full day for a one-hour appointment could have been required.

Using telerehabilitation, Johnny was able to receive tailored pediatric speech pathology sessions in the comfort of his own school. He was among eight Tara State Shire College (TSSC) students from prep to year four who received the speech pathology service offered by UQ Speech Pathology students as part of their final year clinical placement. This effective method of service delivery was provided from UQ's Telerehabilitation Clinic (TRC), among the first in Australia and the world.



UQ SPEECH PATHOLGY GRADUATE, EMMA GREIG

Made possible by a \$1million donation from the Bowness Family Foundation, the TRC is headed by Professor Deborah Theodoros and Professor Trevor Russell. Using sound, video clips and photos on an iPad, as well as toys, puppet characters, background sets and props, the Speech Pathology students each provided a tailored session that was required to engage the TSSC students. UQ Speech Pathology graduate Emma Greig looked after Johnny as part of her final year clinical placement.

"It was such a rewarding experience working with Johnny, especially as he responded so positively to the technology in my sessions," Emma says.

"Interacting via the iPad seemed to be less threatening or demanding than a face-to-face session for him. He was able to focus his attention and learn very effectively during the sessions. This positive response was something that had not been seen by his teacher in the regular classroom."

As the sessions were conducted from UQ's Telerehabilitation Clinic in Brisbane to the primary school students located over 300 kilometres away, it was a challenge for the UQ students who had to learn new skills quickly, beyond what is typically expected of a fourth-year student.

"I found this aspect of the placement rewarding, as I was able to contribute to the advancement of telerehabilitation services for UQ and the wider speech pathology and allied health communities. I enjoyed observing the improvement in my client's communication skills and especially that these improvements also generalised to the classroom and home environments," Emma says.

Speech Pathology Clinical Educator Judy Tait, who was responsible for the learning of the student clinicians, was extremely happy with the quality of the services provided to the primary school students.

"It was great to see the enthusiasm and hard work of the student clinicians and this was exemplified by the great results we achieved for the children at TSSC," Judy says.

"The placement required students to apply their specialist speech pathology knowledge and skills in the context of telepractice. In the process, they gained many new skills.

"One challenge the students faced was learning to look into the webcam rather than at the client's face on the screen. If the student clinician didn't look into the camera, the client on the other end would not have the sense that they were in eye contact.

"The students have done something that is quite 'out of the ordinary' for a final semester student placement. This unique placement will make their job applications stand out from the crowd, as telerehabilitation will be a major part of speech pathology practice in the future."

Speech Pathology graduate Emma believes that the placement broadened her perception of speech pathology as a profession.

"I was required to use lots of creativity to adapt to this service delivery model, so I developed new ways of thinking about how to do assessment and intervention in ways that are engaging for the children," Emma says.

"There are many techniques I learnt via telerehabilitation that I will now use in face-to-face service delivery. Completing the project as my clinical placement has inspired me to seek other research and quality improvement projects in the future."

Feedback from the primary school students, UQ students and clinical educators has indicated the first service offered by the Telerehabilitation Clinic was an exceptional success.

"To be able to provide a service to children who without this program may not have received the speech pathology they required, has made me feel like I was making a significant difference in their lives," Emma says.☺

"This effective method of service delivery was provided from UQ's Telerehabilitation Clinic, the first in Australia and among the first in the world."

find out
more about →

Telerehabilitation Clinic services
call 07 3365 2232 or you can visit
www.health-clinics.uq.edu.au/telerehabilitation



The Telerehabilitation Clinic was made possible in part by a \$500,000 philanthropic grant by The Bowness Family Foundation. The speech pathology program offered to the TSSC is one of the services the Health-e-Regions project provides to the Western Downs towns of Dalby, Chinchilla, Miles, Tara and Wandoan. The project is a whole of community model for providing health services. Natural gas company QGC has supported this telehealth project in the regions since 2012. Their recent commitment for a further two years makes for a total of over \$2.7 million in contributions to the Health-e-Region's project, demonstrating their commitment to social responsibility in the Western Downs.




PHOTOGRAPHY BY ANJANETTE WEBB

Q&A

with Professor Nancy Pachana

WRITTEN BY KIRSTEN O'LEARY

 Professor Nancy Pachana is a clinical psychologist, neuropsychologist and Professor at the School of Psychology. She is also the UQ Ageing Mind Initiative co-director. Her main research interests include anxiety in later life, early assessment of dementia and driving safety and dementia.

“Finally, I hope our students at UQ, in all disciplines, spanning research and applied practice and every blending in between, consider applying their talents to improve our ability to age with meaning and grace.”

What does it mean to our community that people now have a longer lifespan than in previous generations?

Longer lifespans do not only translate into more years at the end of life – really they can be seen as an opportunity to rethink how we spend *all* of the years we are allotted. People may have time to pursue multiple careers, stagger their education over their working life and pursue meaningful work as well as leisure for longer. The availability of grandparents and even great-grandparents can offer assistance with childrearing across generations.

However, more creative ways to re-envision retirement, more along the lines of continuing engagement rather than disengagement, are required. If we were to realign our expectations towards affording older adults the opportunity to remain engaged, this would offer economic and social benefits to industry and younger workers, in terms of harnessing the experiences and knowledge of older generations. Maintaining engagement in meaningful activities, along with keeping physically, mentally and socially active, are key ways to maintain healthy ageing.

Why is the ageing population often viewed as a burden on society?

This often arises from a narrow focus on perceived medical and economic support for increasing numbers of older persons by a shrinking younger workforce and stretched healthcare system. The more balanced reality encompasses the continued contributions of older generations to civic, workplace and family settings. Whether it is grandparents as part or full-time caretakers of grandchildren, older carers of persons in need, or older workers engaged in paid or voluntary work, older generations continue to contribute in socially and economically meaningful ways.

Furthermore, recent research highlights global decreases in time spent in more severe disability in the later years of life – a product of improved health, technological and lifestyle interventions. Although threats to this scenario remain real – including issues around obesity and inactivity – in many ways the greatest challenge for societies such as Australia, with increasing numbers of older adults, is that they will miss opportunities to utilise this growing resource effectively.

What are the UQ Ageing Mind Initiative's primary objectives?

The Ageing Mind Initiative, or AMI, is a virtual clinical ageing research group at UQ coordinated by myself from the School of Psychology in the Faculty of Health and Behavioural Sciences and Professor Gerard Byrne from Psychiatry in the Faculty of Medical and Biomedical Sciences.

Gerard and I hope that the informal and formal links between UQ researchers and clinicians with an interest in ageing can foster synergies and networking, strengthen investigator-driven research initiatives and partnerships, assist and mentor young investigators and facilitate linkages across disciplines and the wider community. We are currently engaged with our faculties, colleagues and students in a number of strategic and research initiatives, including projects in aged care, clinical trials and the expanding use of our Geriatric Anxiety Inventory instrument in research on late-life anxiety (gai.net.au).

As a co-director of the Ageing Mind Initiative what are your hopes for the future of Australia's older adults?

I hope that my fellow Australians of all ages continue to think creatively about what added years of life could mean for how we live our lives. We have solid data that shows actions taken today, whatever your age, can improve health and wellbeing in later years. I've mentioned physical, mental and social activity, but how we engage with each other across generations is important as well.

Relying on stereotypes to approach ageing is harmful not only to older persons but to all members of society. Intergenerational contact helps young and old – witness the many creative housing arrangements or shared work experiences that strengthen community ties and foster sharing of energy, assistance and ideas across generations. Finally, I hope our students at UQ, in all disciplines, spanning research and applied practice and every blending in between, consider applying their talents to improve our ability to age with meaning and grace. ☺

find out
more about →

School of Psychology
www.psy.uq.edu.au
UQ Ageing Mind Initiative
www.uq.edu.au/ami/

UQ to help Broncos eat their way to the top

WRITTEN BY ROB BURGIN

The Brisbane Broncos are known to have big appetites, but they'll be paying special attention to what they eat after announcing a scholarship for their own nutritional advisor.

The three-and-a-half-year scholarship worth \$112,000 is funding a doctoral student from The University of Queensland's [School of Human Movement and Nutrition Sciences](#) to research and improve the team's diet.

It's one of the latest developments of the landmark partnership announced in April 2015, joining the most successful Australian rugby league club of the past 30 years and one of Australia's top-ranked universities.

Senior Lecturer in Nutrition and Dietetics [Dr Michael Leveritt](#), who previously worked for the Australian Institute of Sport and Queensland Academy of Sport, said nutrition was vital for athlete development.

"Implementing and evaluating nutrition interventions are keys to the discovery of improved practices that can enhance on-field performances," Dr Leveritt said.

"The Brisbane Broncos are leaders when it comes to the science of rugby league and this investment will help keep them at the forefront."

PhD candidate Mr Dean Paningbatan was the first student awarded the scholarship.

He is one of many UQ Human Movement and Nutrition Sciences students working side-by-side with Broncos coaching and high-performance staff as they attack the 2016 season.

For the Broncos, NRL grand finalists in 2015, it is just as important to develop a reputation for leading the competition off the field as on it.

UQ School of Human Movement and Nutrition Sciences high performance expert [Vince Kelly](#) said there were several other research projects underway with potential impact for the Broncos.



"One interesting study is centred on what we call 'sleep hygiene', basically using sleep as a weapon for better performance," Mr Kelly said.

"Most people are aware that effective sleep helps recovery and tissue repair, so we're building an education intervention around that, particularly aimed at the Broncos' younger players."

"It considers everything from how long they should use their mobile phone through to the environment they sleep in."

"In the English Premier League they drill down to what specific type of pillow each player should use, but I don't know if we will go that far just yet."

Another UQ-developed tool which is already being utilised by the NRL powerhouse is the Match Difficulty Index.

Proving remarkably accurate, the index predicts the outcome of each game based on a number of factors, including home ground advantage, time between matches, the ranking of both teams and line-up changes.

"It actually becomes more interesting when the team performance does not reflect the prediction of the model," Mr Kelly said.

"If the model has said you should lose, but you end up winning, can you track that back to something you did in preparation or was it an extraordinary performance by the players?"

"Likewise, if you should have won, but in reality you lost, what has gone wrong there that you can identify?"

Mr Kelly said the Match Difficulty Index successfully predicted the Broncos' round 21 loss to Manly (44-14) in 2015, which took many by surprise at the time.

Other UQ projects underway with rugby league implications include an analysis of developmental pathways and methods of post-match recovery.

One of those students actively involved is PhD candidate Mr Johnpaul Caia, with his work centred around recovery in particular.

"It's been a fantastic opportunity to combine doctoral research with working alongside staff from an elite sporting organisation," Mr Caia said.

"We are learning from some of the best when it comes to sports performance."

"I've been really impressed by the club in terms of their professionalism and focus and it's a great environment to learn in."

Honours student Ms Marni Simpson also worked with the team. She graduated from UQ in December after spending eight months of practical placement with the Broncos.

"I learnt so many skills, particularly around collaboration and communication," Ms Simpson said.

"Being a Broncos supporter, I had to pinch myself at the chance to benefit from their feedback."

UQ Vice-Chancellor and President [Professor Peter Hoj](#) said the partnership recognised existing linkages in teaching and research activities and a desire to strengthen those links.

"The Broncos are synonymous with success – both on the football field and in the business world," Professor Hoj said.

"They have fans right across the state's regional and rural centres, plus plenty of loyal followers interstate."

"UQ is proud to be associated with the Broncos and we look forward to building a strong partnership that benefits both organisations."

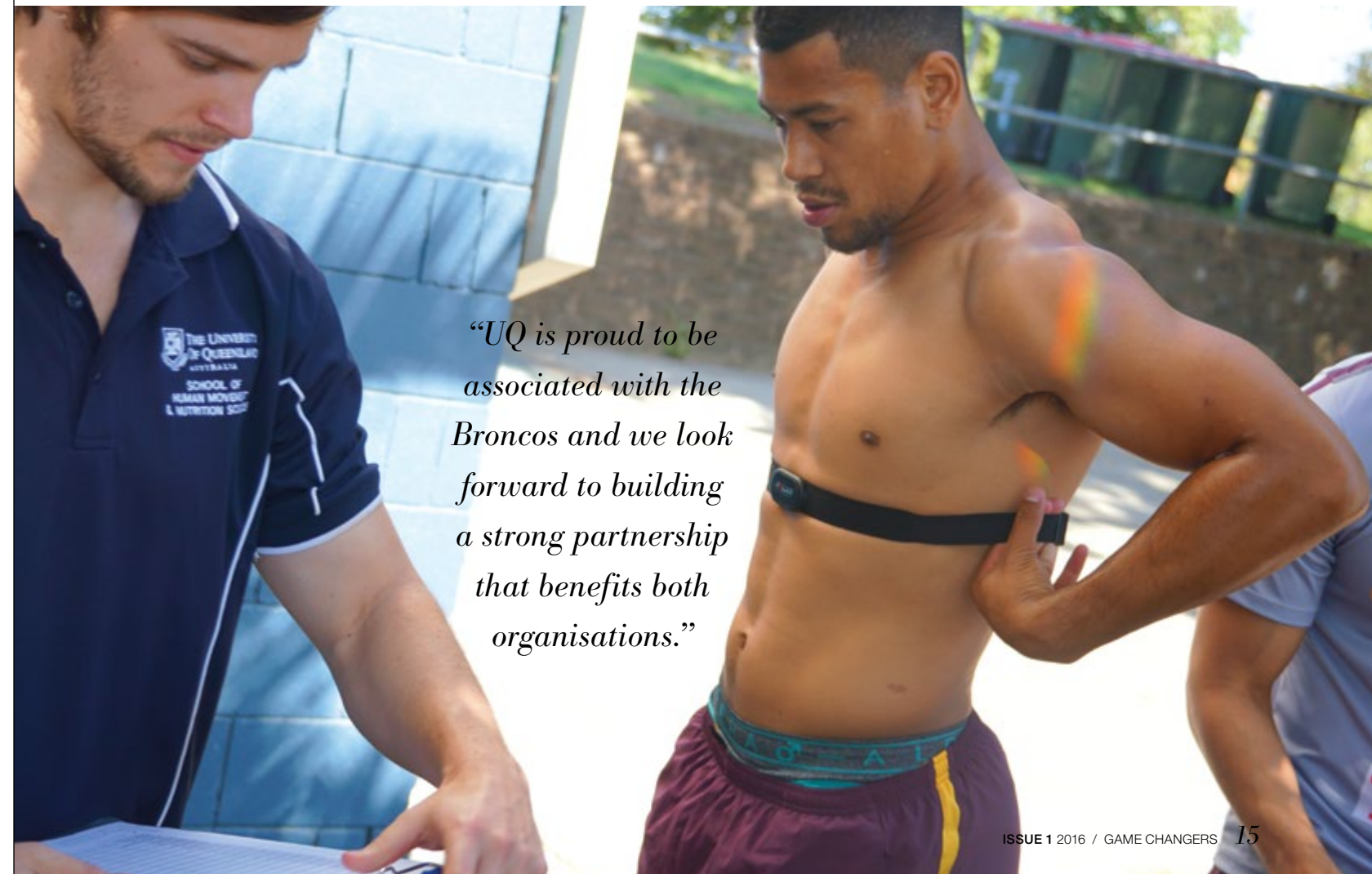
Broncos CEO Paul White said UQ and the Broncos shared many values.

"The Broncos are delighted to have an educational partnership with an iconic Queensland organisation such as The University of Queensland," Mr White said.

"We share many values with UQ and look forward to working with them to tell their wonderful stories across the state through our fans, our match days and our events across Queensland." ☺

*find out
more about →*

School of Human Movement
and Nutrition Sciences
www.hmns.uq.edu.au



*"UQ is proud to be
associated with the
Broncos and we look
forward to building
a strong partnership
that benefits both
organisations."*

Meth use has skyrocketed

Methamphetamine residue found in the wastewater of a Queensland city has multiplied five times since 2009, while the total number of users in Australia is greater than the population of Hobart.

Those are key findings of two scientific reports recently released, both of which feature The University of Queensland's Professor Wayne Hall of the [Centre for Youth Substance Abuse Research](#).

"There has been ongoing debate about whether the number of methamphetamine users in Australia has increased significantly or whether it is a small percentage of the population using a lot more," Professor Hall says.

"These studies when viewed together are consistent with there being exponential growth in the number of users."

Professor Hall collaborated with UQ colleagues from [The National Research Centre for Environmental Toxicology \(Entox\)](#) to test wastewater in South-East Queensland.

Following previously insightful studies of sewage contents, Entox researchers Professor Jochen Mueller, [Dr Phong Thai](#), [Ms Foon Yin Lai](#) and [Mr Jake O'Brien](#) lent their expertise to the project.

More than 1000 samples were taken from a coastal metropolitan city and a major inland regional city between 2009 and 2015.

Consumption increased 4.8 times in the metropolitan area over the timeframe, and 3.4 times in the regional area.

"Over a similar period across Australia from 2009 to 2014, a concurrent study showed an upsurge of more than 170,000 regular users to a total of 270,000 users," Professor Hall says.

"A regular user was defined as someone using at least once per month.

"The number of dependent methamphetamine users – those with impaired control over their usage – was estimated at 160,000.

"Highest usage rates were found among those aged 25-34, while the sharpest increase was in the 15-24 bracket."

The study on national estimates was led by Professor Louisa Degenhardt from the National Drug and Alcohol Research Centre at the University of New South Wales.

A total of 270,000 users is greater than 2014 population figures for Hobart (219,243) and Townsville (178,649), and marginally less than the Wollongong region (289,236).

Both the wastewater study and the study on Australian usage estimates have been published by The Medical Journal of Australia. ☺

find out
more about →

Centre for Youth Substance
Abuse Research
www.cysar.health.uq.edu.au
The National Research Centre
for Environmental Toxicology
www.entox.uq.edu.au

Want a longer life? Join the club

Joining a book club after retirement could extend your life just as much as doing weekly exercise.

[Dr Niklas Steffens](#) and [Dr Tegan Cruwys](#) of The University of Queensland [School of Psychology](#) have published findings that indicate social groups are vital to longevity and wellbeing.

"Retirees reported a 10 per cent drop in quality of life for every group membership they lost after retiring," Dr Steffens says.

"The research also shows that the more groups an individual belongs to in the first few years after they stop working, the lower their risk of death.

"For retirees who belonged to two social groups before retirement, their chance of death was two per cent if they maintained the same number of groups for six years afterwards.

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School of Psychology
www.psy.uq.edu.au

"For those who lost membership of one group, the risk of death rose to five percent, while those who lost membership of both groups had a 12 per cent chance of dying in the six years that followed."

Dr Steffens and Dr Cruwys collaborated with UQ researchers [Professor Catherine Haslam](#), [Professor Jolanda Jetten](#) and [Professor Alex Haslam](#) to

track the health of 424 people for six years after they retired.

All of the research subjects were living in England and at least 50 years of age.

The protective effect of maintaining group memberships in reducing the chance of death was similar to the effect of maintaining vigorous exercise over the same period.

If a person kept up one session of vigorous exercise a week in retirement, their chance of death was three per cent in the next six years.

Those who exercised less than once a week had a six per cent chance of death, while those who stopped altogether had an 11 per cent chance.

"Importantly, the benefits from maintaining social group memberships were not affected by the wealth, education or pre-retirement health of each participant," Dr Cruwys says.

"At present a lot is invested into financial and medical planning ahead of retirement.

"Our research indicates that planning to maintain or increase your social group connections might yield equally high dividends."

The research is published in BMJ Open. ☺

Malawi medicine advances with UQ help

When Judy Burrows first arrived in the African country of Malawi to help improve medication management at the Queen Elizabeth Central Hospital, what she saw was often "appalling, jaw-dropping".

But after two visits The University of Queensland [School of Pharmacy](#) lecturer is pleased to see progress is under way.

"Initially, I saw things such as morphine mixture being stored in an unlocked drug trolley in water bottles without labels," Ms Burrows says.

"There were a lot of out-of-date medicines, tablet containers with no expiry dates marked and different strengths and brands of tablets all mixed in together.

"Many supplies weren't locked or secured, so theft of medication was a significant problem."

Ms Burrows says on her initial trip to the impoverished nation – where the average wage is AU\$1.30 per day – pharmacists were reluctant to leave the pharmacy and venture into the hospital wards to provide services over and above procurement and dispensing.

Her link to Malawi came via former UQ student Dina Kamowa, who completed a Masters in Clinical Pharmacy in 2013.

Since returning to her home country, Ms Kamowa has been striving to implement clinical pharmacy into the pharmacy program at the University of Malawi, with a goal to prepare graduates to provide clinical services in the hospital wards.

"When the opportunity presented itself to assist Dina, it took me all of five seconds to agree to it," Ms Burrows says.

"A German organisation called GIZ made it possible and UQ has supported me all the way.

"It's been an amazing, rewarding – admittedly at times frustrating – experience, and I was so pleased to see in my latest visit a marked change in the pharmacists' and interns' morale and enthusiasm.

"They had developed a confidence in their expanded role and a stronger identity as pharmacists."

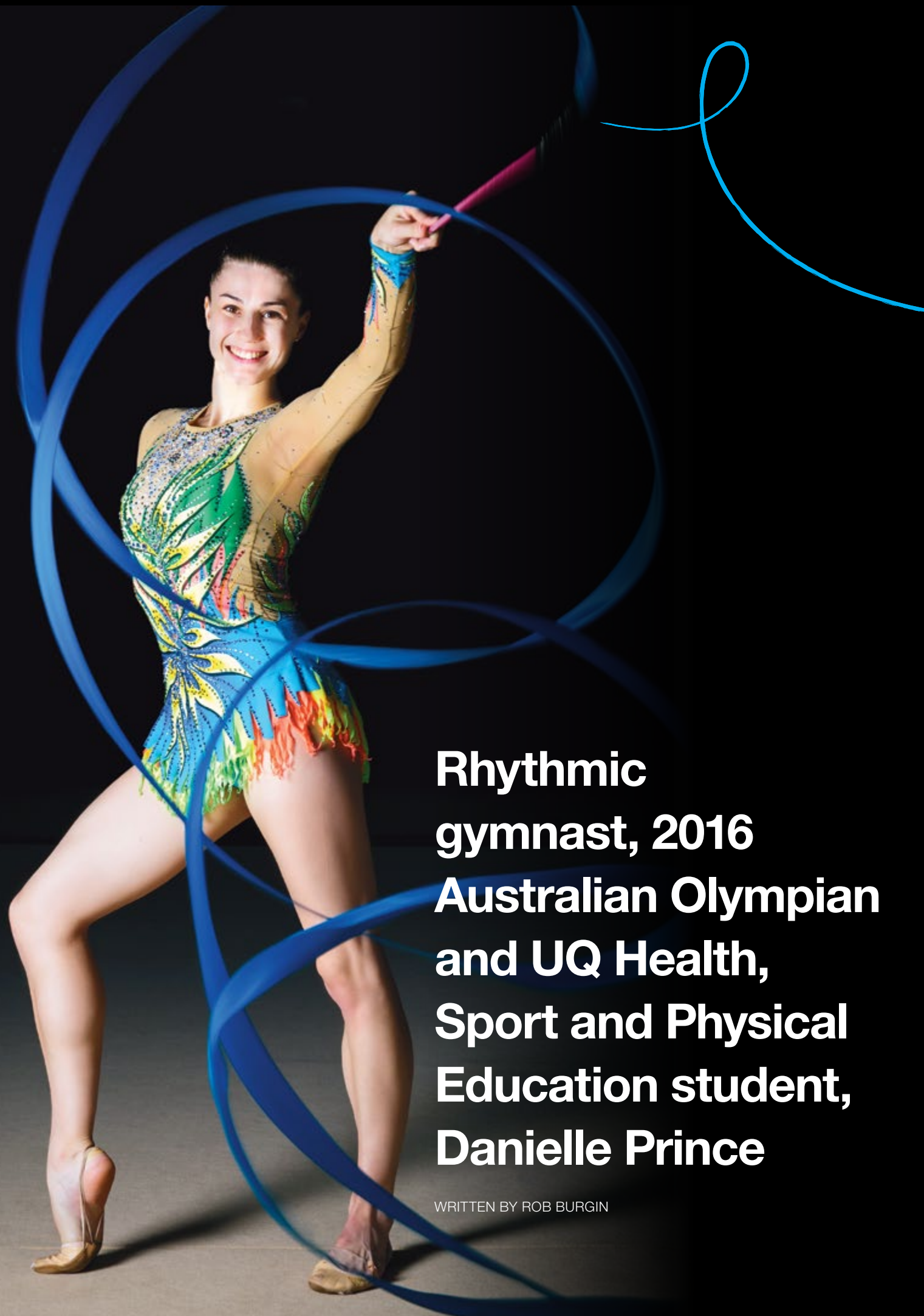
During her time in Malawi, Ms Burrows helped stage a medication safety workshop, taught a range of subjects to pharmacy students, performed ward rounds and attended a graduation.

Importantly, she supervised the implementation of a pilot project to introduce a ward pharmacy service.

Ms Burrows says the project's aim was to improve medication management, safety and efficiency, and to reduce costs and waste, enhancing the contribution that pharmacists could make to patient care. ☺

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more about →

School of Pharmacy
www.uq.edu.au/pharmacy



Rhythmic gymnast, 2016 Australian Olympian and UQ Health, Sport and Physical Education student, Danielle Prince

WRITTEN BY ROB BURGIN

PHOTOGRAPHY BY ANJANETTE WEBB

*Close your eyes
and imagine
standing poised,
15,000 people
surrounding you
and millions
watching from
every corner of
the globe.*

You're in Brazil, not far from those famous beaches of Copacabana and Ipanema, at a party that features more than 10,000 of the planet's most talented individuals.

As your name is called, a momentary hush falls before you walk to the centre of the stadium. The silence is broken in rapturous fashion by the opening chords of INXS's *Never Tear Us Apart*.

"I really love that song," explains Rio Olympics hopeful Danielle Prince.

"A lot of people recognise that relationship between the song and me being Australian."

It doesn't hurt that the distinctive tune features several dramatic pauses and instrumental cascades that lend themselves perfectly to rhythmic gymnastics.

Never Tear Us Apart has been a staple of Danielle's preparation as she crosses her fingers for a berth at Rio de Janeiro.

For her performance, The University of Queensland Bachelor of Health, Sport and Physical Education student is only allowed to select a singular song that features lyrics.

It's one of the intricacies of a sport that she admits gets missed by the majority of the population.

"Interest in what I do ebbs and flows a lot," the 23-year-old explains.

"Around the Olympics – so once every four years – it gets a bit mental and everyone wants a piece of you.

"Some of my friends see what I do and they're like 'Is that a new sport?'."

"And I have to explain, no, this is what I've been spending all that time in the gym over the past few years.

"It is such a minority sport here in Australia, but when people see it, their minds are blown at how amazing and creative it is."

Danielle's training regime is extremely disciplined.

She averages 30 hours in the gym per week, offset by her university coursework and working part-time at Camp Hill Primary School.

The disruption to her studies is significant but she is careful to avoid using the word 'sacrifice', rather thinking of it as the logical step to achieving the long-term goals she truly desires.

Already, she has featured at two Commonwealth Games, winning a team gold in 2010 in Delhi.

In fact, her first World Championships came in 2009 while she was still completing Grade 12 at Moreton Bay College.

She finished her Queensland Core Skills (QCS) test and then, that very night, flew to Japan for the titles.

"I've been at UQ since 2010, but due to my workload I won't actually graduate until around 2019," says Danielle.

“For instance, I was away for seven weeks alone in the first semester of 2015.

“I admit I struggle with the balance sometimes... being a perfectionist I try to do everything and want to do everything well.

“The people at UQ have been amazing and a real asset to me, especially Kim Cooper the Personal Development Advisor from [UQ Sport](#).

“She’ll reinforce that I need to be realistic about the workload I take on, plus all my lecturers and tutors are informed about when I will be competing or travelling.

“UQ really is an athlete-friendly university and they have procedures and support in place to help you combine elite sports with study.”

Over the holiday period Danielle was in Helsinki, Finland, honing her routines, focusing solely on being at her best if called upon by Australia for Rio.

Despite her past success at the Commonwealth Games, Danielle missed out on the 2012 Olympics in London.

Should she be announced as a competing athlete this time around – as is being hotly tipped – it will be not only her debut at an Olympiad, but also her first time in South America.

“At my age I’d be considered the grandma of the gymnastics team,” she says, only half-joking.

“UQ really is an athlete-friendly university and they have procedures and support in place to help you combine elite sports with study.”



“I’m the oldest rhythmic gymnast in Australia at the moment, but I definitely think with age comes experience and to have those things behind me is an advantage.

“I do a lot of rehab, pilates and strengthening to take care of myself, and am very conscious of avoiding injuries.

“People talk about how I don’t go out much or eat chocolate, but this sport has such a limited window and I’m just ensuring I make the most of my opportunities.”

A dancer during infancy, Prince only switched to gymnastics at age 11 after an instructor commented on her outstanding natural flexibility.

She has been with current coach Gina Peluso since 2009 and built a strong relationship training out of Premier Gymnastics, which operates at both Moreton Bay College and Somerville House.

Though Danielle’s regime still includes a healthy portion of ballet training, she admits there are now elements of her routine that excite her even more than dance.

“The ball fascinates a lot of people. Being able to throw it in the air, somersault and catch the ball in between your feet while doing a handstand is pretty cool,” Prince enthuses.

It’s hard to argue, when her passion for the sport so evidently oozes from every pore.

Even knowing that rhythmic gymnastics has long been dominated by Russia, other former Soviet states and European powerhouses such as Italy, Danielle is defiant in aiming for the top.

Seeing her in action, it’s clear that she’s a lot stronger than people may first give her credit for – both physically and mentally.

You sense that if she can bring that same dedication to her career as a primary school physical education teacher, she will leave an indelible impression on those under her guidance.

“I am really passionate about healthy lifestyles,” she says.

“On top of that I am a strong advocate for girls participating in sport.

“As an athlete who has gone right through from a young age, you see a lot of females who drop out because of body issues or other factors that make them think ‘sport is not for me’.

“I want to be there, encouraging them to push through.” ☺

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School of Human Movement
and Nutrition Sciences
www.hmns.uq.edu.au



TRIPLE P FOUNDER UQ
PROFESSOR MATT SANDERS

Triple P – Positive Parenting Program helping kids with anxiety disorders

WRITTEN BY PADDY HINTZ

Turkish researchers have become the first to show that The University of Queensland’s [Triple P – Positive Parenting Program](#) can successfully target and treat clinical levels of anxiety in children.

Triple P is one of the world’s most extensively researched parenting interventions and is estimated to have reached millions of families.

However, much of the previous research of the past three decades has focused on prevention and treatment of early onset mental health problems in children such as disruptive behaviour problems.

“Traditionally treatments for anxiety and depressive disorders have focused on the individual child and it’s only been in recent years that research has focused on what role parents can have,” program founder and director of UQ’s [Parenting and Family Support Centre](#), [Professor Matt Sanders](#), said.

Anxiety is one of the most common mental health problems in adulthood and the second most common mental health disorder experienced by children and adolescents in Australia after ADHD. An estimated 6.9 per cent of children and adolescents are estimated to be affected, latest government surveys suggest.

In their paper published in the Journal of Child and Family Studies, the Turkish authors point out that studies of humans as well as primates have shown that anxious children – or offspring – are particularly sensitive to the impacts of parenting, citing a study by Suomi (1997).

Parents who use harsh punishment, shouting and anger were likely to produce fear reactions in children, the authors, led by Gonca Özyurt, of the Child and Adolescent Psychiatry Clinic, in Nevsehir State Hospital, write.

Other parental factors such as anxious modelling, an over-controlling parenting style, ineffective disciplinary methods and child vulnerability factors such as their temperament, the way they think, and their age can also contribute to the likelihood of a child developing anxiety problems.

The children who participated in the Turkish study were on a waiting list at the Child and Adolescent Department outpatient unit at the School of Medicine in Dokuz Eylul University and were evaluated to have an anxiety disorder according by a child psychiatrist.

“We aimed to evaluate the effectiveness of Triple P on childhood anxiety disorders and to assess its effects on behavioural and emotional problems, general anxiety level, severity of the disorder and general psychosocial functioning,” the authors write.

They also looked at the effects of the program on anxiety and psychological well-being of the parents.

This was a randomised controlled trial with parents of the Triple P group participating in Group Triple P for eight weeks, with the two groups compared just before and four months after the intervention.

Turkish-speaking practitioners were trained in the delivery of the program by UQ [Associate Professor Alan Ralph](#) and the program was delivered with Turkish-translated resources.

The authors conclude that “children’s anxiety level and severity of the disorder significantly decreased and the child’s functionality significantly improved with applying Triple P to children’s parents”.

Although limited because of the size of the study (50 parents), they concluded that Triple P may be an effective and useful method of treatment for children and adolescents who have anxiety symptoms or anxiety disorders. ☺

find out
more about →

Triple P – Positive Parenting Program
www.triplep-parenting.net.au

CEO leads with heart in business

WRITTEN BY KIRSTEN O'LEARY

“It’s important to have your heart in your business and your business in your heart.”

This is something Anne Cross holds true for her working life and forms part of her personal values and beliefs.

“I think it’s really important to stay grounded in ‘the why’,” Anne says. “Understanding why an organisation exists; what its core purpose is; and why you work there, is fundamental to having an impact.”

Anne had a passion from a young age to improve opportunities for those not doing well in the world. She believed it was an obligation she had as an everyday person to do what she could to improve some of the situations that impact on humanity and our environment.

The ambitious leader has worked to realise these goals during her career as a frontline social worker and more recently during her 12 year tenure as Chief Executive Officer of UnitingCare Queensland.

“Throughout my career I’ve been very lucky to work in roles that are coherent with my own personal values. That’s been really important for me because I believe that you do your best work when you’re doing things that are coherent with who you are as a person.”

After completing a Bachelor of Social Work at The University of Queensland, Anne gained a role as a social worker in the Commonwealth Government. Her career path later took a turn into the policy and management areas, including the Commonwealth Rehabilitation Service which she credits as an extremely important foundation for her work today.

She has also worked in the non-government sector, contributing to significant change in disability services, focusing on leadership and the development of a range of demonstrational pilot projects that supported people with disabilities.

“The projects looked at different ways of providing support to people so that they could have all the ordinary

opportunities that most of us take for granted,” she explains.

In 2003 Anne was appointed as CEO of UnitingCare Queensland.

UnitingCare Queensland provides health and community services to thousands of people every day through its service groups – UnitingCare Community, UnitingCare Health, Blue Care and ARRCs (Australian Regional and Remote Community Services). As the health and community service provider of the Uniting Church, the not-for-profit organisation supports people from all walks of life, including older people, people with acute health conditions, people with a disability and children and families, including many Indigenous people.

“I am absolutely privileged to be the CEO of such an amazing organisation. I am motivated and passionate about the work we do and I see the difference our work makes in the lives of our clients, families and staff every day,” Anne says.

Within two years of her appointment, Anne led the transformation of the organisation’s governance by merging many disparate boards and committees involved in the hospitals, Blue Care aged care services and a wide range of community services spread throughout the state. This was an important step in the consolidation of UnitingCare’s services into four groups, which now employ 16,000 paid staff and 9,000 volunteers.

Anne has used her human services experience and business acumen to support the organisation to be a leading aged care, health and community service provider. In recognition of her outstanding achievements in the health and community services sector, Anne was the national Telstra winner in the Community and Government category and was also named the 2014 Telstra Business Women of the Year.

“Winning the 2014 Telstra Australian Business Women of the Year Award was a great honour for me, for the organisation, for the Uniting Church and for the not-for-profit sector,” Anne says.

You know Anne loves what she does when her face lights up talking about the positive impact of UnitingCare’s work with people in the Torres Strait Islander and Aboriginal communities.



“UQ certainly provided me with knowledge and it also allowed me to meet many inspiring people.”

watch

Watch a video on how Anne Cross has dedicated her career to helping people in need
www.uq.edu.au/create-change/anne

“I’m particularly pleased with the work we’ve been able to do in remote communities and much of that is with Aboriginal and Torres Strait Islander people. In North Queensland, we offer many services specifically for Indigenous people, and 80 per cent of our staff are Aboriginal and Torres Strait Islander people. It’s very heartening to be able to support service models where Indigenous people care for Indigenous people, restoring dignity to people’s lives.”

Anne also finds many ways to contribute to the sector where she can, outside of her role at UnitingCare Queensland. One of these ways is through her appointment as an Adjunct Professor at UQ. Through Anne’s role she facilitates meaningful partnerships between UQ and UnitingCare Queensland. She also provides advice on shaping UQ’s social work programs to meet industry needs and provide placement opportunities for social work students.

“Providing my knowledge and experience to UQ to help

shape the social work programs and assisting students with placement opportunities is really important to me, as this is a very important pipeline for future leaders.”

Reflecting on her years of study at UQ, Anne says, “UQ certainly provided me with knowledge and it also allowed me to meet many inspiring people. As a young person I found this incredibly motivating. You’re in such a rich environment where you can soak up all these different ideas, you’re expected to be curious about the world, and you get inundated with possibilities.”

Anne Cross is an inspiration to women who have an ambition to succeed, make an impact and ground that ambition in their own personal values and beliefs.

“Some might say it’s doing business differently, but I disagree. I think all successful people understand the value of having your heart in your business and your business in your heart. You need to care deeply about what you do.” ☺

New Director of Recover Injury Research Centre, Professor Michael Sullivan

A world-renowned expert in the psychology of pain and disability has been appointed to lead Australian researchers in discovering better ways to help people recover after injury.



Professor Michael Sullivan began as Director of the Queensland-based Recover Injury Research Centre in January this year.

Professor Sullivan's appointment was welcomed by Professor Bruce Abernethy, Executive Dean of Centre partner – UQ's Faculty of Health and Behavioural Sciences.

"Professor Sullivan has a depth of knowledge and experience that will be a tremendous asset to Recover," Professor Abernethy said.

"His work on risk detection and disability prevention has had a major impact on theory and practice in post-injury rehabilitation around the world."

Recover was formerly known as the Centre of National Research on Disability and Rehabilitation Medicine (CONROD) and is funded through a joint agreement between UQ, Griffith University and the Motor Accident Insurance Commission.

The Centre has produced world-class research focusing on injury rehabilitation and disability for almost 20 years, with a major focus on improving health outcomes after injury caused by road traffic crashes.

Previous to this appointment Professor Sullivan was a Professor of Medicine, Neurology and Neurosurgery for almost 10 years at the highly regarded McGill University in Quebec.

He also held cross-appointments in physical and occupational therapy.

In 2011, Professor Sullivan received the Canadian Psychological Association (CPA) Award for Distinguished Contributions to Psychology as a Profession.

Professor Sullivan was ranked among the top 10 most productive and cited clinical psychologists in Canada in a recent research impact survey in Canadian Psychology.

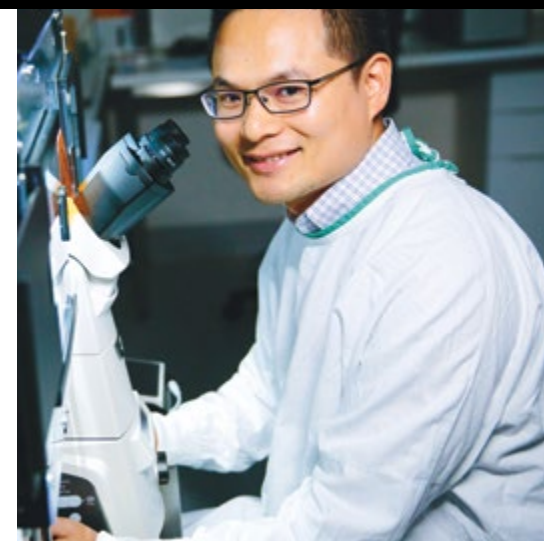
The international appeal of Professor Sullivan's work is reflected in the global scale of his speaking invitations, notably from several countries in North America, Europe, Africa, Asia and Australia.

The cross-disciplinary impact of his work is reflected in the wide range of disciplines he has been asked to address including psychology, psychiatry, anesthesiology, neurology, nursing, medicine, surgery, oncology, rehabilitation, physiotherapy, occupational therapy and palliative care.

Professor Sullivan has written five books, 185 scientific papers and 15 book chapters. 📖

find out
more about →

Recover Injury Research Centre
www.recover.edu.au



Ye brings vast experience to UQ Dentistry

An Australian, a Dutchman and a Chinese man all walk into a university at once.



Although it's not a punchline, the arrival of well-travelled Professor Adam Ye to The University of Queensland School of Dentistry has brought a smile to many faces.

Born in Linhai, China and educated at Sichuan University, Professor Ye has since become a resident of both the Netherlands and Australia – giving him three nationalities.

He has also earned several honours in the United Kingdom.

Professor Ye began as Professor and discipline lead of orthodontics at UQ in January this year.

He is also the new chair of research at UQ School of Dentistry. Prior to this, Professor Ye's most recent appointment was as head of the department in orthodontics at James Cook University in northern Queensland. He boasts broad global experience and has been invited to speak in more than 20 countries on themes of orthodontics, regenerative dentistry and evidence-based medicine. A Fellow of the World Federation of Orthodontists, he is also a fellow of the Royal Society of Medicine (UK) and Diplomat of Royal College of Surgeons of Edinburgh.

He holds a doctorate of both orthodontics and medical science, and is a member of orthodontic associations in America, Europe, Asia and New Zealand, as well as of the Australian Dental Association.

Professor Ye has over a decade's teaching experience and has research interests in the cellular and molecular mechanisms of tooth movement, stem cells, and the reaction of tissue to foreign bodies.

His wide range of dental interests includes how to best use information technology to improve the efficiency of teaching. 📖

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more about →

School of Dentistry
www.dentistry.uq.edu.au

One of the world's most prolific and influential psychologists will join UQ

He gave the world an equation for passion – now one of the most intriguing and highly-cited psychology researchers in the world is preparing to call Australia home.

At the forefront of research on self-control, the need to belong, free will, and self-defeating behaviour, Dr Roy Baumeister is set to take up a professorship with UQ's School of Psychology.

Currently employed at Florida State University, Dr Baumeister has authored more than 500 publications and been cited almost 100,000 times in research literature.

"Roy has conducted some of the field's most clever and provocative experiments," UQ School of Psychology's Professor Bill von Hippel said.

"For example, he has shown us that willpower is like a muscle – we can fatigue it if we overuse it, but we can also strengthen it through time and practise.

"Roy has also provided important correctives when the field of psychology goes astray.

"For instance, he showed us that high self-esteem is not actually a panacea for society's ills and often causes more problems than it solves.

Dr Baumeister has four decades' of experience in psychology, beginning his career at Princeton and Duke Universities.

At Duke he was mentored by one of the 20th Century's most prominent psychologists, Edward E Jones.

"Dr Baumeister's research has been wide-ranging, and he has answered questions across the psychological spectrum," Professor von Hippel said.

"He proposed the formula that passion equals change in intimacy, divided by time.

"This is still the best-known formula for explaining the role, and the decay, of passion in close relationships.

"He also conducted some of the most notable work on the difference between living a happy life and a meaningful life, and his work on the role of conscious thought is heavily cited in ongoing debates."

The researcher also somewhat controversially concluded there is no such thing as a self-defeating urge.

Instead, he argues that self-defeating behaviours are symptomatic of trade-offs, backfiring strategies or escapism.

Dr Baumeister is an author on 25 publications alone in 2015, his most recent of which was 'Role of self-control in immoral and unethical actions'.

He will commence his professorship with UQ midway through 2016. 📖



find out
more about →

School of Psychology
www.psy.uq.edu.au

Great Barrier Reef turtles exposed to thousands of chemicals

Queensland research has indicated that green turtles living near urban and farming areas are absorbing possibly thousands of chemicals.



University of Queensland researcher Associate Professor Caroline Gaus said many of the chemicals were associated with industry and agriculture.

"There used to be a theory that the ocean was so huge it would dilute contaminants to such an extent that it remained a relatively healthy environment for marine creatures," Dr Gaus said.

"But people should be aware that many of the chemicals we flush down the toilet, apply to our gardens, spray on crops, or use in factories can end up in turtles and we don't yet know how it is affecting them," she said.

This revelation about the vast number of chemicals found in turtles is among the preliminary findings from a major research project investigating the impact of contaminants on turtles in the Great Barrier Reef.

In June and July 2012, more than 100 green turtles were found stranded at Upstart Bay, Queensland, and the cause remains unknown.

This inspired the Rivers to Reef to Turtles research project, which in its first year sampled 1131 turtles across three study sites – the relatively pristine Howick Group of Islands and the two coastal sites of Upstart Bay and Cleveland Bay. The health of turtles is seen as indicative of the larger food chain and identifies possible threats to human life.

Dr Gaus is based with the Queensland Alliance of Environmental Health Sciences (QAEHS), a joint venture of UQ and Queensland Department of Health.

"We found chemicals associated with industry and agriculture in the blood of turtles from both Upstart Bay and Cleveland Bay," Dr Gaus said.

"But the preliminary data highlighted that Upstart Bay turtles have particularly higher levels of the metals cobalt, molybdenum and antimony, and higher levels of stress-related compounds than turtles at the other locations. These stress-

related compounds are often a sign of chemical exposure.

"Other tests indicated that turtles from Upstart Bay also had signs of systemic stress with markedly higher inflammatory responses in a high proportion (45 per cent) of animals.

"Our team used new forensic screening techniques for this research. There are more than 30,000 chemicals in wide commercial use and many of these have never been measured in the environment.

"We have found indications of potentially thousands of chemicals in coastal turtles and we will keep drilling down into the data to identify the substances of most concern.

"We think it is the combination of chemicals, rather than one or two chemicals on their own, that could be having the biggest impact on turtle health.

"The next step in our research is to see if we can find a correlation between turtle health and the complex mixture of chemicals they are exposed to in urban locations."

Great Barrier Reef Marine Park Authority Manager of Operations Support Dr Mark Read said the early findings were a significant step to improving understanding of the links between the land and inshore areas, and marine animals.

"This highlights the benefit of bringing together so many different experts to work on the same wildlife mystery – it is a true, multi-disciplinary approach," Mr Read said.

Banrock Station Wetland Manager and Environmental Trust panel member Dr Christophe Tourenq said the early results were fascinating.

"Often researchers look for the single smoking gun to explain poor health in animals, but Rivers to Reef to Turtles is showing that the real answers are incredibly complex and there is probably not a single cause," Dr Tourenq said.

Dr Gaus revealed that tests were expanded in early 2016 to test the chemical mixtures involved in endocrine disruption and inflammation pathways. 📷

PHOTOGRAPHY BY ANGIE SIMMS

"But people should be aware that many of the chemicals we flush down the toilet, apply to our gardens, spray on crops, or use in factories can end up in turtles and we don't yet know how it is affecting them."

find out
more about →

The National Research Centre
for Environmental Toxicology
www.entox.uq.edu.au

“By helping establish the Centre for the Business and Economics of Health, the Taylors will assist UQ develop a critical mass of established researchers and next-generation educators.”



UQ VICE-CHANCELLOR AND PRESIDENT PROFESSOR PETER HØJ WITH ALUMNI AND DONOR MR PAUL TAYLOR

\$1.25 million donation to improve health

WRITTEN BY DANIELLE KOOPMAN

A generous donation from two University of Queensland alumni will kick-start a new research centre focused on one of Australia's most pressing problems – providing affordable and sustainable healthcare.

Fidelity Worldwide Investments Head of Australian Equities Paul Taylor and his wife Sue have donated \$1.25 million towards establishing UQ's Centre for the Business and Economics of Health.

The centre will bring together researchers and resources from the [Faculty of Business, Economics and Law \(BEL\)](#), [Faculty of Health and Behavioural Sciences \(HABS\)](#), Mater Health Services and the Mater Research Institute – UQ.

The centre will aim to complete vital research into cost-effective healthcare solutions against the backdrop of an ageing population.

It will also provide leadership and management courses for health professionals moving into administrative roles, and healthcare courses for businesspeople entering the health sector.

Mr Taylor said the Centre for the Business and Economics of Health was an initiative that he believed strongly in.

“It feels like the time has come for this sort of initiative. Health is one of Australia's largest and fastest growing sectors, and the rising cost of healthcare is a critical issue,” Mr Taylor said.

“As my wife and I are psychology and commerce graduates, the centre also reflects our own backgrounds and interests in a unique way.”

Mr Taylor said they felt it was important to give back to UQ. “Universities are finding it tougher and tougher to access government funding,” he said.

“We feel strongly that it is up to alumni to fill the gap; helping to keep UQ among the top echelon of educational institutions worldwide while continuing to make university education accessible to the next generation.

“I also wanted to honour my parents, Eric and Marion Taylor, with this donation, who were the driving force behind my own education and community service.”

BEL Executive Dean Professor Iain Watson said the Taylors' donation was instrumental in establishing the centre.

“The generosity of alumni such as Paul and Sue Taylor cannot be overstated,” Professor Watson said.

“The Taylors have maintained strong links with UQ and made several significant contributions over the years. Their donations have supported student scholarships, the emergency student welfare fund, the library and medical research.

“This donation is by far their largest single gift and will give the University the opportunity to conduct valuable interdisciplinary research across the important fields of business, economics and health, while building important partnerships with providers of health services nationally and internationally.”

HABS Executive Dean [Professor Bruce Abernethy](#) also paid tribute to the gift from the Taylor Family.

“By helping establish the Centre for the Business and Economics of Health, the Taylors will assist UQ develop a critical mass of established researchers and next-generation educators,” Professor Abernethy said.

“These researchers and educators will then lead the nation in the development of healthcare that is both effective and economically sustainable.”

The Centre for the Business and Economics of Health is expected to be operational by mid 2016. ☺



UQ students co-operate their way to victory

WRITTEN BY EMMA MACKENZIE

Each year UQ students from varying health disciplines collaborate and compete with other universities nationally in the HealthFusion Team Challenge (HFTC).

For the second year in a row, health students from UQ have won a national competition focused on multidisciplinary healthcare. The 2015 team also won the Audience Choice Award.

Inspired by a program at the University of British Columbia, the annual HealthFusion Team Challenge (HFTC) prepares students for today's changing workplace by encouraging greater collaboration between students and professionals from different healthcare professions.

Dr Emma Beckman from the School of Human Movement and Nutrition Sciences mentored the winning team consisting of Joanna Standen (Social Work), Michael Honnery (Occupational Therapy), Nicole Atkinson (Physiotherapy), Elizabeth Coomer (Speech Pathology), Mariam Rizk (Medicine) and Brittany Martin (Pharmacy) (pictured above).

"We have some fantastically talented health professionals coming through the Health at UQ ranks," Dr Beckman says.

"The win was a great endorsement of not only the individuals concerned, but for the education and support provided by UQ's health faculties. To be outstanding in one area is an achievement, but this team brought together students from six different disciplines and they were all quite remarkable."

For the 2015 competition, students were given a gruelling case study based around a diabetic patient who lost part of his foot after an infection. After four weeks of preparation, the teams presented their management plans to a panel of judges before participating in a day of extension questions and activities.

UQ Physiotherapy graduate Nicole Atkinson says the skills developed through the challenge helped her to secure a role as a physiotherapist at the Royal Brisbane and Women's Hospital.

"One of the greatest benefits of the HFTC, which I believe greatly assisted me in landing the job, was getting used to speaking in front of an audience and judging panel, both off a script for the presentation but also off-the-cuff," Nicole says.

"The quick decision making skills I developed gave me confidence in my abilities which calmed my nerves prior to the interview.

"Also being a very practical degree, studying physiotherapy at UQ prepared me for tackling my graduate interviews with confidence. In-class patient mock-up interactions and other practical opportunities such as the HFTC refined my communication skills and self assurance."

The HFTC is one of the many practical opportunities in which UQ health students can participate to take the theory they learn and practice it in a real-life setting, as well as developing skills in an interprofessional workplace environment. These skills ensure students are attaining the experience required to be successful in their future careers. ©



The Very Best of Health

The Faculty of Health and Behavioural Sciences is at the forefront of innovation in health education and research and is comprised of six schools and three research centres:

- School of Dentistry
- School of Health and Rehabilitation Sciences
- School of Human Movement and Nutritional Sciences
- School of Nursing, Midwifery and Social Work
- School of Pharmacy
- School of Psychology
- Centre for Youth Substance Abuse Research
- Recover Injury Research Centre
- National Research Centre for Environmental Toxicology.

Our state-of-the-art teaching and learning facilities include:

- Oral Health Centre: \$134 million centre is Australia's largest and most advanced tertiary oral health facility
- Telerehabilitation Clinic: one of the first telerehabilitation clinics in Australia and the world
- Pharmacy Australia Centre of Excellence: \$100 million specialist facility with particular focus on pharmacy and pharmaceutical science
- Human movement facilities: \$1.2 million innovative student learning centre and human performance laboratories
- Whitty Building at the Mater Hospital: a \$30 million redevelopment of a heritage-listed building into a cutting-edge clinical teaching environment for nursing and midwifery students.

Excellence in research

By comparison with the Group of 8 Australia universities, and with local comparator universities, UQ has the strongest Excellence in Research for Australia (ERA) results across the broad scope of health sciences. In 2015, UQ's health and behavioural sciences research achieved the top score of 5 (well above world standard) for dentistry, human movement and sports science, nursing, nutrition and dietetics, pharmacology and pharmaceutical sciences, social work and psychology.

The Faculty is home to two National Health and Medical Research Council Centres of Research Excellence:

- The NHMRC Centre of Clinical Research Excellence in Spinal Pain, Injury and Health
- The NHMRC Centre of Clinical Research Excellence in Aphasia Rehabilitation.

Industry partnerships

Industry partnerships are central to translating knowledge into action and creating change. The Faculty has formed a multitude of productive partnerships, including:

- Queensland Health
- Federal Police
- National Institute of Forensic Sciences Australia
- Defence Science and Technology Organisation
- Boeing Research and Technology Australia
- Australian Paralympic Committee
- Brisbane Broncos
- Red Cross Blood Services
- Great Barrier Reef Marine Park Authority
- Australian Maritime Safety Authority
- beyondblue.

Fast Facts

More than
\$23 million
in research income (2015)

6 National Teaching Awards,
one National Fellowship and
one Universitas 21 Teaching
Excellence Award since 2010



students



5776 number of undergraduate students

postgraduate students **1509**

834 international students

from **42** different countries

2015 QS World University Rankings:
Psychology ranked in the world's
top 20

State-of-the-art teaching
and learning facilities

6 schools and **3** research centres

find out
more about →

Health at UQ
www.health.uq.edu.au

UQ HEALTH CLINICS



UQ Health Clinics offer high quality and professional healthcare in:

- Audiology (hearing)
- Dentistry
- Nutrition and Dietetics
- Occupational Therapy
- Physiotherapy
- Psychology
- Speech Pathology (speech and language)
- Telerehabilitation

Our students are supervised by qualified staff at all times, ensuring our clients receive the best possible assessment, care and treatment.

Our fees are very competitive with private practice. Applicable fees will be discussed with you when booking your appointment as fees vary by service and practitioner.

To book an appointment or enquire further visit
www.habs.uq.edu.au/health-clinics



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