

# CRE in Frailty & Healthy Ageing Newsletter



Issue 6 - Apr 2020

## From the Chief Investigator

2019 was a successful year for the CRE. Our students were acknowledged with awards. We once again had tremendous support from consumers and enjoyed our showcase event with them. Dr Rachel Ambaghsheer from the general practice theme has been awarded her PhD with two other candidates awaiting decisions on their thesis.



2020 however will be one of the most challenging year for society. Our research has been partially impacted and we have had to adjust to working from home. Nevertheless, we aim to persevere with producing new knowledge where we can and adding to the evidence base.

We will increase our communication with through regular newsletters with the aim of sharing new research findings from the team, especially since we will be without our annual research showcase this year.

In the meantime, please continue to care for vulnerable members of our community. Kindness will be an important value and that will be our focus.

## Winning News

*Higher degree students of the Centre of Research Excellence (CRE) in Frailty and Healthy Ageing took part in the 2019 Research Expo.*

On October 10th and 11th the Basil Hetzel Institute hosted The Queen Elizabeth Hospital 2019 Research Expo. The event provides researchers in training the opportunity to gain valuable experience in delivering an oral or poster presentation before a broad audience. Professor John Rasko AO an Australian clinical hematologist, pathologist and scientist gave the plenary lecture.

Higher degree students of the CRE took part in the event.

The winning presenters included third year PhD candidate Mr Mark Thompson who won Best Oral Presentation: Clinical Higher Degree Students for his presentation on *Frailty is a Dynamic Condition Where Repeated Measurement is important for Mortality Prediction* (Prize Sponsored by The University of Adelaide). First Year PhD student Mr Unyime Jasper also won an award for Best Lay Description of his work on *Knowledge Attitudes and Strategies for Reducing Sedentary Behaviour and Increasing Physical Activity in Hospitalized Older Patients* (Prize sponsored by Chem Supply). The awards were presented by the Minister for Health and Wellbeing The Honourable Stephen Wade MLC.



The Hon Stephen Wade MLC (left) presenting award to Mr Mark Thompson



Mr Unyime Jasper (right) with other Clinical Trainee Presenters at the Research Expo

Dr Beatriz Martins presented on *Built Environment and Frailty*. Dr Anupam Datta Gupta discussed *Botulinum Toxin in Healing Treatment-resistant Hand Ulcers Caused by Focal Spasticity* whilst Dr Bavand Bikdeli spoke about *Clinical Characteristics and*

*Outcomes of Venous Thromboembolic Events After Hellux Valgus Surgery.*

Ms Rachel Ambaghsheer presented her work on *Diagnostic Accuracy of Several Common and Novel Frailty Screening Instruments Within a Primary Care Setting* and Dr James Smyth presented his work *Roles of Assessment Activities of Daily Living and Frailty Transfers of Nursing Home Residents to the Emergency Department.*

# Healthy Ageing: Every Step Matters

On Thursday 12th September the 2019 Frailty and Healthy Ageing Research Showcase was held.

This successful event showcased the latest frailty and healthy ageing research being undertaken by researchers and students.

The keynote speaker was The Honourable Jennifer Cashmore AM. Jennifer gave a fascinating and entertaining presentation to the audience drawing on both her personal experience of ageing and professional experience as a member of parliament. Jennifer was elected to the South Australian House of Assembly in 1977 and was appointed Minister of Health and Minister of Tourism from 1979 - 1982. Following retirement from Parliament she served on boards and committees including the Environment Protection Authority and the Ministerial Advisory Board on Ageing. She was Chair of the Palliative Care Council and Patron of the Alzheimer's Association. In 1998 she was appointed Member in the Order of Australia for services to the community in palliative care, women's issues and economic development, and for services to Parliament.



Dr Agathe Daria Jadczak, The Hon Jennifer Cashmore & Mr Mark Thompson (L to R)



Prof Renuka Visvanathan (centre) speaks to guests during a table top session.



Dr Michael Lawless presenting the premier of the Frailty - Every Step You Take Matters video.



Dr Joanne Dollard (Left) talking to guests during the Table Top presentations.

Many consumers attended the event where they had the opportunity to hear from many of the researchers of the CRE, engage them, ask questions and contribute to the refinement of research ideas. The afternoon tabletop session was especially lively when 12 researchers presented their work to attendees table by table.



The research showcase event was generously sponsored by the The South Australian division of the Australian Association of Gerontology (AAG) and Office for Ageing Well, SA Health.

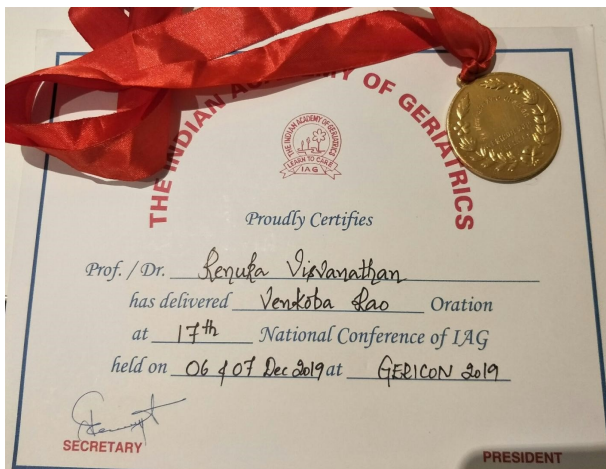
Left: Dr Beatriz Martins presenting a seminar session. Right: Guest asks question of seminar speaker

## Venkoba Rao Oration 2019

*The Annual Indian Geriatric Conference December*

Prof Renuka Visvanathan was invited to attend the National Conference of the The Indian Academy of Geriatrics: GERICON 2019 - in Vellore, India where she gave the Venkoba Rao Oration *Frailty: Disease Burden and Screening* and received an oration medal.

Whilst in India, Prof Visvanathan took the opportunity to meet up with a number of with clinicians and research that had participated in training programs in Adelaide. Dr Benny Wilson, A/Prof Gopi Gopal, Dr Steve Manjaly and Prof Prasad are using the knowledge they obtained during training in Adelaide to drive change in the field of geriatric medicine.



Left: Venkoba Rao Oration Medal awarded to Prof Renuka Visvanathan 2019 Near Left (L - R): Dr Benny Wilson, A/Prof Gopi Gopal, Dr Steve Manjaly, Prof Renuka Visvanathan & Prof Prasad

## Fellowship of the Australian Association of Gerontology

Professor Renuka Visvanathan was awarded the fellowship by the Australian Association of Gerontology at their November 2019 annual conference. The fellowship recognizes high professional standing of members in the field of gerontology.

## Dr Olga Theou- Canadian Research Chair

Dr Olga Theou was awarded a Canadian Research Chair at Dalhousie University in 2019. Working within physiotherapy, she will continue her research on the epidemiology and clinical aspects of frailty, ageing, physical activity and sedentary behaviour.

The highly competitive and prestigious Canadian Research Chairs Program attracts and retains some of the world's most accomplished and promising minds to Canadian Universities.



Dr Olga Theou

## Rising Star Award

At the ANZSSFR 2019 Annual Meeting



Dr Mark Thompson

At the November Australian and New Zealand Sarcopenia & Frailty Research Annual Meeting, Dr Mark Thompson was awarded the Rising Star Best Publication Award for Sarcopenia and Frailty Research 2020 at the Annual Meeting in Sydney for his paper entitled:

*Frailty is a dynamic condition where repeated measurement is important for mortality prediction: findings from the North West Adelaide Health Study* MQ Thompson, O Theou, GR Tucker, RJ Adams, R Visvanathan. J Am Geriatrics Soc. 2019 Nov;67(11):2311-2317.

## PhD Completed

CRE researchers Dr Rachel Ambagtsheer and Dr Mark Thompson gain their PhDs

Dr Mark Thompson from the Gerontology theme was awarded his PhD in April this year and received a Dean's commendation for his thesis entitled:

*Frailty in Older Adults: Findings from Longitudinal Studies.*

Dr Rachel Ambagtsheer from the General Practice theme lead by Professor Beilby passed her PhD and her thesis entitled:

*Assessing the Appropriateness of Frailty Screening in the Australian General Practice Context: Ethics, Accuracy, Feasibility and Acceptability.*

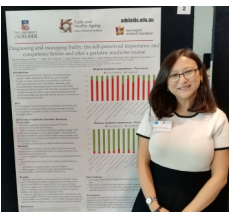


Dr Rachel Ambagtsheer

Dr Ambagtsheer continues her excellent work as a post-doctoral fellow within the general practice arm.

## Florey Post Graduate Conference

Tues 24th September 2019



Dr Beatriz Martins

Dr Beatriz Martins presented her research *Diagnosing and Managing Frailty: the Self-Perceived confidence before and after a Geriatric Medicine Course* at the 2019 annual Florey Postgraduate Research Conference. The conference was held at the National Wine Centre. All higher degree by research students enrolled with the Faculty of Health and Medical Sciences at The University of Adelaide were eligible to submit abstracts.

Dr Martins has submitted her PhD thesis for which outcomes are anticipated early in 2020. Dr Martins is continuing her advance training in geriatric medicine at the Austin Hospital in Melbourne, Victoria.

## Dr Mandy Archibald- Assistant Professor

University of Manitoba, Canada

Dr Archibald who was previously a post-doctoral fellow in the knowledge translation theme has been appointed Assistant Professor in the Children's Hospital Research Institute of Manitoba. She aims to continue her research focus in using arts to improve understanding and complexities of research and the lived experience.



Ass/Prof Mandy Archibald

## 2019 RM Gibson Research Fund

Australian Association of Gerontology

Following a competitive grant round, Dr Mandy Archibald was one of 4 early career researchers awarded \$7,000 to undertake a project entitled: Mobilizing Research Evidence Through Video Co-Design- Consumer Driven Videos for Frailty Awareness and Education.

**Contact Us** For further information on the CRE in Frailty & Healthy Ageing connect with us online at:  
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