



G-TRAC News

Director Update



Prof Renuka Visvanathan

2020 will be one of the most challenging years for society. Our teaching, training and research programs have all been impacted and we have had to adjust to working from home and teaching students online.

The move to develop online teaching materials whilst busy is being pursued with enthusiasm as it will set us up well for the future.

We have modified our research strategy and are sure that we will continue to be in a position to bring new evidence that will contribute to changed practice.

In the meantime, as always, let us be there for those vulnerable in our community. Let kindness will be an important value that we especially cherish during these challenging period.

International Older Persons Day 2019 in Sarawak Malaysia

26th Oct 2019

Dr Sally Ahip, PhD candidate and GP took part in the International Older Persons Day (IOPD) 2019 Celebrations at Kota Samarahan Health Clinic in Sarawak, Malaysia.

Approximately 450 guests from Samarahan Division took part in the event. The IOPD 2019 theme is “The Journey to Age Equality” where the rights to health applies to all, regardless of age, ability, gender, geographical location and socio-economic status without discrimination of any kind.

In conjunction with the IODP 2019 celebration, the Kota Samarahan Health Clinic launched the “Community Geriatrics Unit” @Unit GeKo (Geriatrik Komuniti), an initiative committed to meeting the complex and diverse health needs of the older people with multidisciplinary involvement in primary care.

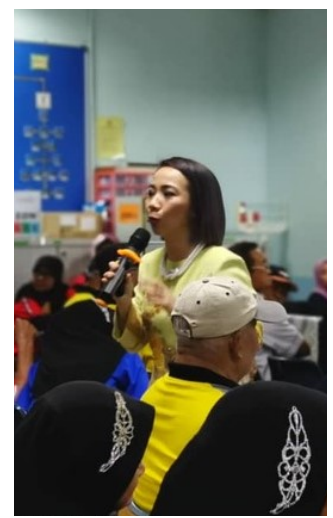
GeKo unit was officiated by Sarawak State Health Director, Dr Jamilah Hashim and is the first primary care comprehensive geriatric assessment and management unit in Malaysia.



Dr Sally Ahip (centre front) & the Kota Samarahan Health Clinic staff



Guests took part in the International Older Persons Day



Dr Sally Ahip (centre) speaking at the event

Healthy Ageing: Every Step Matters

2019 Frailty and Healthy Ageing Research Showcase

On Thursday 12th September the 2019 Frailty and Healthy Ageing Research Showcase was held at the Adelaide Pavilion. Hosted by Mr Mark Thompson, an occupation therapist and PhD student, the event showcased the latest frailty and healthy ageing research being undertaken by researchers and students.

The keynote speaker was The Honorable Jennifer Cashmore AM. Jennifer gave a fascinating and entertaining presentation to audience drawing on both her personal experience of ageing and professional experience as a member of parliament.



Dr Agathe Daria Jadczyk, The Hon Jennifer Cashmore AM & Mr Mark Thompson (left to right)



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



Guest asks a researchers questions during the seminar session.



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

After the event The Honorable Jennifer Cashmore wrote to the organizing committee and an excerpt is below:

'I have just arrived home from the Research Showcase and feel so exhilarated by the experience that I want to thank Dr Agathe Jadczyk and A/Prof Solomon Yu straightaway for the invitation to speak.

I congratulate you and your committee, for the flawless organisation, and the speakers on the quality of their research and presentation. I feel that research on ageing and frailty in South Australia is in good hands and I hope that more people can be made aware of it and that its practical application can be adopted by governments at all levels and also by relevant authorities.

After my initial anxiety, it was a true pleasure to speak to such an appreciative audience. Thank you for giving me the opportunity and my best wishes for the success of your continuing work with post-graduate students. I would be grateful if you could pass on my congratulations to all those who spoke, and to Mark Thompson, for his engaging facilitation.'

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.



Dr Beatriz Martins presenting a seminar session.



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

Finalist for a SA Health Award

Our research trial was nominated for an award.

The Ambient Intelligent Geriatric Management (AmbIGeM) team, led by CRE investigator Prof Renuka Visvanathan, was thrilled to have the AmbIGeM system and trial nominated as a Finalist for a SA Health Award- The Minister's Research and Innovation Award, for "Partnering with staff and Consumers in Co-Designing a Technological Innovation (AmbIGeM) to Prevent Falls and Harm from Falls". The team celebrated their achievements at the SA Health Awards Ceremony on the 22nd November at the Adelaide Town Hall. This [video](#) was shown at the Awards Presentation Ceremony.



Left to right: Dr Joanne Dollard, Mr Stephen Hoskins, Prof Renuka Visvanathan, A/Prof Damith Ranasinghe, Ms Fiona Rainsford & Ms Janice Manning

The AmbIGeM system is a technological solution to prevent falls in older patients in hospital, through wearable sensors. The system detects movement of older patients who are assessed as needing supervision when moving. Nurses receive an alert of the movement via a mobile phone, giving them the opportunity to provide supervision.

The trial, funded by a \$1.6 million NHMRC project grant with Professor Renuka Visvanathan as Chief Investigator, was to see if it reduced the falls rate in three wards at The Queen Elizabeth Hospital in Adelaide and Sir Charles Gairdner Hospital in Perth. The trial is complete with over 3,000 participants recruited over two years and results are forthcoming.

A [video animation](#) about AmbIGeM was created in partnership with University of South Australia Bachelor of Design (Visual Communication) students.

Women of Impact and Influence Breakfast

November 12th 2019

In November Professor Renuka Visvanathan took part in the inaugural Women of Impact and Influence Breakfast with the University of Adelaide. Professor Visvanathan participated on a panel with other Professor Helen Marshall and Dr Kate Vandyke from the Faculty of Health Sciences at the inaugural breakfast. The event was run by the Florey Medical Research Foundation and took place at the Wine Centre in honour of an inspirational female role model Helen Mary Mayo OBE.

In attendance were other women who lead the way in our Faculty of Health Sciences.

Professor Visvanathan said "As women in academia, we proudly stand on the shoulders of the giants that came before us and aspire to pave the path forward for those who will come after us and surely do better than us."



Left to right: Prof Anna Chur-Hansen, Prof Renuka Visvanathan, Prof Rebecca Robker



Left to right: Kate Freebairn, Prof Renuka Visvanathan, Prof Helen Marshall and Dr Kate Vandyke

My Observership Experience

Dr Roberto Hernandez-Zermeno reflects on his observership experience with Adelaide G-TRAC

As a senior registrar in Geriatrics in Mexico (2013), I went to Australia and completed an observership at The Queen Elizabeth Hospital. I spent most of the time at the wards doing rounds and discussing cases with clinical leaders. I joined the Domiciliary Care office which involved tracking the patients at their homes and gaining insight into how to tailor strategies to promote autonomy in the real world.

My time in Australia was really useful as both a professional and personal international experience. I got inspired with fresh ideas to take back to my country.

Back to Mexico I have moved to my hometown of Puebla where I work as a Geriatrician consultant and have launched my private practice and started as Assistant Professor in the local medical school. I got married with the love of my life Tatiana. One year on I met the second love of my life, our first son Santiago. I feel blessed with my beautiful family and I think we will live happily forever after.



Left to right: Dr Roberto Hernandez-Zermeno, Tatiana and baby Santiago

Babies of G-TRAC

2019 brought new bundles of joy to current and former GTRAC Team members



Left: Nina, Shane and baby Samson Wiltshire

Congratulations Nina

Former office administrator at G-TRAC Nina Wiltshire and her husband Shane gave birth to their baby boy Samson in late December.

Nina's dogs Frankie and Ava enjoy sniffing his feet with their cold wet noses!

From the entire G-TRAC team we wish Nina, Shane and Samson the very best.

Congratulations Jasper

In October PhD Student and Physiotherapist Unyime Jasper and his wife welcomed their daughter Makayla.

Makayla is their 3rd child so Jasper has plenty to keep him busy when he is not carrying out research for his PhD!

From the entire G-TRAC team we wish Jasper and his family the very best.



Left to right Mikayla and Unyime Jasper

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