Getting Involved in Research at Work

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What’s going on

- Look around you – who is beside you and what are they doing?
- Watch and learn – start thinking, evolving
- Talk to colleagues – join networks
- Attend conferences – see what others are doing
Mind the Gaps

- What’s the evidence behind your practice?
- What are the clinical problems?
- What are the gaps in evidence?
  - Can music influence stroke outcomes
  - Do OT home visits make a difference to outcomes
  - Does eating less help with weight loss
Overcome your Fears

- Don’t worry about the ‘R’ word
- Take on a minor role
- Don’t worry about not knowing ‘how’
- Learn skills as you go
- R is also for resources
Resources

- Newsletters
  - ACI; Dementia News

- Websites
  - International Centre for Allied Health Evidence

- Books
  - Discovering Statistics Using SPSS

- Colleagues

- Money
  - Wicking; Churchill; Menzies; HETI
Be Alert Not Alarmed

- Keep your ideas ‘in mind’ and
- Be watchful for opportunities
- Start small – reflect & measure
- Look for pots of money to get started
- Use alerts to stay up to date
Examples

- [http://www.mdlinx.com/internal-medicine/](http://www.mdlinx.com/internal-medicine/)
- [Evidenceupdates@mcmasterhkr.com](Evidenceupdates@mcmasterhkr.com)

- International Centre for Allied Health Evidence
- Alzheimer’s Australia
- The Dementia Centre (Hammondcare)
- Dementia Services Development Centre
PARTICIPANTS NEEDED
NEW EXERCISE PROGRAM

Avoiding the Double Whammy – Dementia and Falls:
Pilot testing a novel approach to falls prevention in the community

Jackie Wesson, Lindy Clemson, Jacqui Close, Henry Brodaty, Morag Taylor, Stephen Lord

Accumulating evidence from randomised trials has identified a number of simple, low-cost interventions that reduce falls, particularly in older people with dementia. One approach is to use gentle exercise programs. However, these are often delivered in small groups and are reliant on falls screening tools, which are not ideal for large community-based studies. The Double Whammy Study (WHAM; www.whamm.org.au) is an Australian trial of an exercise program for people with dementia, conceived to reduce falls and promote independence. The study offers a novel approach to falls prevention in the community, designed to be simple to conduct and inexpensive to deliver. It is being pilot tested in Prince of Wales Hospital and Randwick.}

Gentle Exercise Program for Older People with Depression

When: Monday 29 September for 9 weeks
9.30 – 10.30am
Where: Cardiopulmonary Rehab Gym, Campus Cent
Prince of Wales Hospital, Randwick
Cost: FREE! Transport to & from Hospital
No class fees

Inclusion criteria:
- Mild to moderate non-melancholic depression (may be chronic)
- Not attending another community, social or therapeutic group
- Unchanged psychotropic medication regime for the preceding 2 months
- Literate in English
- No history of schizophrenia or dementia

Please contact Jackie Wesson on 9383 8000

Functional Cognition and Performance of Everyday Tasks in Older People

Jacqueline Wesson
Don’t run in the opposite direction!
- Procrastination is the thief of time
- Be open minded
- No pain, no gain...

Use your team & networks to support you
- Two heads are better than one
- Three are are great!
What’s In It For Me?

- Creates space in your career for ...
- A chance to look at the big picture
- Strengthens clinical knowledge & confidence
- Allows for creativity
- Change is always on the agenda so why not be master of it
Let Every Man Skin his Own Skunk

- 19th century American proverb
  - Independence and responsibility
  - Adventurous spirit

- Nothing Ventured Nothing Gained
- It’s Time......
- Have a Go, You Can Do It
Thank you

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Dementia. Who gets it?

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