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2009 was a year of challenges for the Collaboration. There was a changing of the guard as members of the Governing Board took on new responsibilities. Prof David Lyle was elected chairman of AHREN and relinquished his responsibilities as Director. Prof Brian Kelly was appointed Head of Psychiatry at the University of Newcastle and, while he maintains strong research links with the Collaboration, is no longer a board member. Associate Professor Jeff Fuller was appointed Professor at Flinders University and while he works closely with Collaboration members, his contribution to the Board will be missed. I would like to take this opportunity to thank them for the enormous contribution they have made to the Collaboration and look forward to many more years of fruitful collaboration in rural health research.

Prof Lesley Barclay has joined us as Director of Northern Rivers UDRH and while the CRRMH at Orange seeks a new Director Dr Helen Stain has made a valuable contribution to the Board. We also welcome the Institute of Rural Clinical Services and Teaching and the NSW Office of Mental Health, Drug and Alcohol offer membership. These memberships cement relationships that have been developing for several years as we attempt to contribute to rural health and health services through appropriate and timely research.

In December we received a letter from the NSW Deputy Premier and Minister for Health saying that we had been successful in winning a third infrastructure grant from the State against stiff competition. This grant is important since it funds many core activities necessary to a lively partnership that could not be afforded from core centre funds. Such grants do not fall from the sky and I would like to highlight the considerable work and expertise provided by Associate Professor Lyn Fragar and Jan Sidford our executive officer in crafting the proposal.

Our flagship project, the Australian Rural Mental Health Study, was successful in receiving a second NHMRC project grant enabling us to continue a unique cohort study to better understand the problems of rural mental health in the context of family, household and place. This project is complex and beginning to bear fruit as data is analysed interpreted and as researchers and clinicians work together to consider the application of its findings. This work is important in a country which sometimes appears to focus on major cities and acute hospital care.

Our biannual research symposium held in Ballina was a great success and thanks are due to Dr Vahid Saberi and his team for their considerable efforts. The quality of research presented was of a high standard and bodes well for the future of rural health research in the State.

On a personal note, I have enjoyed my first year attempting to steer the Collaboration and look forward to reporting greater achievements as we move forward together.

Associate Professor David Perkins
Director, ARHRC
This has been a busy year. Nationally it has been a year of committees and reports as the Australian Government addressed preventive health, hospital services and primary health care. At State level we witnessed the implementation of the Garling report with wide ranging implications for each of our health service partners and the communities they serve.

The Governing Board included a number of new faces as Professor David Lyle, Professor Brian Kelly and Associate Professor Jeff Fuller took on new responsibilities and were replaced by Associate Professor David Perkins as Director, Dr Helen Stain and Professor Lesley Barcley who joined us as the new Director of Northern Rivers UDRH.

Our biggest challenge of the year was our application for the NSW Health Capacity Building Infrastructure grant. This is now a truly competitive process and our third success continues a remarkable story about the growth of the Collaboration and its contribution to rural health and health policy in New South Wales. Particular thanks are due to Associate Professors Lyn Fragar and David Perkins who managed the process and to Jan Sidford our executive officer who oversaw the collection of data and development of the bid.

The Collaboration would be irrelevant without the assistance of our Advisory Council and I would like to thank them for their generous and voluntary contribution which keeps us on track.

I close by looking forward to the next triennium and the chance to build upon our achievements for the benefit of rural Australians.

Hon Christine Robertson MLC
Chair, Advisory Council
Who are we?

The Australian Rural Health Research Collaboration is a joint venture of research and health service partners that has been working to build rural health research capacity in NSW since 2002. It is administered through the University of Sydney and comprises:

1. Four rural health research centres:
   - The Australian Centre for Agricultural Health and Safety, University of Sydney, Moree
   - The Centre for Remote Health Research, Broken Hill University Department of Rural Health, University of Sydney, Broken Hill
   - The Centre for Rural and Remote Mental Health, University of Newcastle, Orange
   - The Centre for Rural Health Research, Northern Rivers University Department of Rural Health, University of Sydney, Lismore

2. Together with the following NSW Health Service agencies:
   - Greater Western Area Health Service
   - North Coast Area Health Service
   - Hunter New England Area Health Service
   - NSW Health, Mental Health and Drug and Alcohol Office
   - NSW Institute of Rural Clinical Services and Teaching

The Collaboration receives infrastructure funding from the NSW Health Research and Development Capacity Building Infrastructure Grants Program. The grant funds research leadership and skills development; data collection and warehousing; methodological skills; PhD student support; website and IT communications; a part time Executive Officer and meeting costs for the Collaboration and its Advisory Council.

What do we do?

We work in close association with our health service providers, industry and community partners to ensure research activities are relevant to needs and findings are incorporated into changed practices. This involves focusing on rural and regional health priorities. The key policy documents that guide our work are the *NSW State Health Plan* and *Future Directions for Health in NSW*.

We achieve our outcomes by:

- Establishing an effective research partnership between academia, industry, health services and local communities
- Fostering the development of a culture of inquiry and evidence based practice in health workers
- Building a skilled research-active workforce
- Establishing an effective mechanism for translation of research results into improved health practices
Our Partners are:

- The New South Wales Department of Health
- The University of Sydney
- The University of Newcastle
- The people and communities of New South Wales
- Members of New South Wales Health Area Health Advisory Councils
- Indigenous communities
- Peak industry groups such as the New South Wales Farmers Association

Our Vision

*Sustained improvement in the health of rural communities through strengthened capacity in research and development.*
Overview of the Collaboration

Research Centre Reports
Australian Centre for Agricultural Health and Safety

The Australian Centre for Agricultural Health and Safety is internationally recognised as a world leader in research and development aiming to improve the health, safety and wellbeing of those who live and work on farms. It is the only such centre in Australia, with core funding from the Hunter New England Area Health Service. Infrastructure funding from the NSW Health grant to the Australian Rural Health Research Collaboration has supported critical aspects of the Centre's work over the past seven years.

As has been the case in previous years, the Centre’s activities in 2009 have been strongly focused on the ‘translation of research’ into practical outcomes. The year saw the finalisation of the three and a half year National Farm Injury Prevention Project funded by the Commonwealth Department of Health and Ageing. This involved production and distribution of key resources for farmers, older farmers and rural doctors, as well as ensuring web-based access to the resource material. The Centre has continued to enjoy working with its FarmSafe Australia partners across Australia, with Centre staff making a number of presentations at the FarmSafe Australia conference hosted by FarmSafe Western Australia in Perth. Perhaps the greatest achievement was the rollout of the Older Farmer Safety Workshop program across six states with uniformly positive feedback from participants.

There was increasing involvement of the Centre with its partner agencies in the Collaboration – the Older Health Worker study with Hunter New England Health; preparation of a funding submission by the Collaboration to evaluate the Farmer Health and Safety Toolkit for General Practitioners; continued involvement in the Australian Rural Mental Health Survey; and participation in teaching in the Rural Research Capacity Building Program of the NSW Institute of Rural Clinical Services and Teaching. Another highlight was the awarding of 'Best Poster' by both judges and popular vote, for Julie Depczynski’s poster at the Rural Health Research Colloquium describing the Older Rural Health Worker study.

Following the global financial crisis, the Centre faces significant challenges to key national activities it has provided over many years. Notwithstanding these issues, the support provided by partners of the Collaboration has been invaluable and greatly appreciated. This partnership is assisting the Centre in achieving its academic goals including publication of papers, biostatistics and other research skills support, as well as in broadening the opportunities for research and development work.
The Centre for Remote Health Research has three broad objectives when all is said and done. We aim to produce good timely relevant research, to build research capacity so that more people can be active producers and users of research evidence, and to make a difference in our remote setting for consumers and providers of health services.

On the first theme we have been part of two mental health studies which have addressed the mental health problems in rural and remote settings (ARMHS) and the evidence for collaborative care provision underpinning mental health services in primary care settings. Both have been undertaken collaboratively, the first by the whole ARHRC collaboration and the second with our partners at Northern Rivers UDRH. The first is an empirical cohort study and the second a scholarly analysis of the international evidence about clinical organisational and economic effectiveness of services. Both studies provide a foundation for further applied research including studies of the effectiveness of mental health service models within the Greater West and further afield. Our stream of research about how the Broken Hill community can live with lead contamination continues to build international knowledge through top class publications and supports local practice in the city.

We face similar shortages of skilled staff as other rural organisations and so have worked hard at developing our own. The PhD Boot Camp attracted interest from Broken Hill and more broadly. We were able to focus on the task in hand (the requirements and skills for successful completion of a PhD) and now have two staff registered for higher degrees and two preparing their proposals. While we cannot expect to employ the range of skills found in a metropolitan university we can ensure that our staff have the opportunities to develop the skills needed for top class research. Speaking of which, it was a pleasure to attend Sue Selden’s doctoral graduation in the Great Hall of the University of Sydney and celebrate the end of one stage of the journey.

Our approach to staff and skill shortages in the research team is to work in partnership with researchers, service providers and communities. During 2009 we were able to provide a rapid evaluation of the collaborative dental services provided in Broken Hill to aid decisions about service development; to work with the Royal Flying Doctor Service in the development of its new primary mental health care service; and to sign a Memorandum of Understanding with the Greater Western Area Health Service Mental Health Drug and Alcohol Service to work together to improve the effectiveness of services and to provide supporting research evidence.

In addition, we published a strong range of research papers including one on the characteristics of frequent flyers with the RFDS which appeared in the Christmas edition of the Medical Journal of Australia. A summary of other publications and presentations and activities can be found at the end of this report. We continue to punch above our weight in state and national committees and are working to improve our skills and research capacity through a series of well-chosen partnerships.
The Centre for Rural and Remote Mental Health (CRRMH) is a joint initiative of NSW Health and the University of Newcastle to provide academic leadership for research, education and service development to address the mental health needs of rural and remote communities in NSW.

CRRMH has gained a strong reputation for leading research on mental health in rural and remote communities. The research program spans population health and clinical research to address the mental health needs of rural residents including issues such as health service utilisation, early intervention for children and adolescents, and the mental health impact of environmental adversity. The Centre’s research expertise has been acknowledged through invited keynote seminars at international conferences, collaboration on national projects and membership of health service policy committees.

Two inaugural National Health and Medical Research Council (NHMRC) funded projects for the Centre, the Australian Rural Mental Health Study (ARMHS), and the randomized controlled trial for youth - Detection, Evaluation and Psychological Therapy (DEPTh), will be completed at the end of 2009 and publication of results will occur in early 2010. The two projects have been critical to research capacity building for the Centre through the expertise of investigators from a number of organisations and rural locations, and the active involvement of rural area health services. The Centre’s partner membership of the Australian Rural Health Research Collaboration (ARHRC) has been critical in building capacity. The success of these two major projects has resulted in successful NHMRC project funding for a four year longitudinal follow up of the ARMHS cohort and a five year multi site study of youth at risk for developing psychosis.

Student and early career researchers have been supported through a series of workshops and opportunities for networking by the Centre and the ARHRC. This has resulted in an increase in post graduate student enrolments, successful scholarships and post doctoral fellowships. Overall there has been substantial growth in research skills for both staff and students across the Centre.

Key Achievements:

- A cohort of 2,600 residents recruited across rural NSW for the baseline of the NHMRC funded Australian Rural Mental Health Study (ARMHS). Four year NHMRC funding awarded for follow up with this sample.

- Student and early career researchers awarded scholarships from Australian Rural Health Research Collaboration and post doctoral fellowships from the University of Newcastle.

- Five year, $1.5million NHMRC project grant awarded for research into identifying early intervention strategies for young people at ultra high risk of developing schizophrenia to be conducted from Orange, Newcastle and Bondi Junction.
The Northern Rivers University Department of Rural Health is a joint venture of the University of Sydney and Southern Cross University, supported by the Australian Government Department of Health and Ageing and the North Coast Area Health Service. In 2009 our focus was on our ever expanding educational responsibilities and on building excellence in research leadership and capacity.

We have 18 postgraduate research students, a third of whom are, or were, rural health professionals. They meet regularly with our early career researchers to discuss issues around writing, supervision, preparing academic CVs, how to build grant profiles.

Our research profile continued to grow in 2009 with our staff publishing a book, two chapters, 33 papers in refereed journals (6 were in ERA’s new ‘A’ rated journals), and 13 invited or keynote speeches. They were also successful in applications for five grants and six consultancies amounting to more than $2.5 million dollars.

Our mental health research includes the recently completed Mapping Aboriginal Health Partnerships project and a systematic review of service linkage effectiveness in primary mental health care. Cognitive Behaviour Therapy research introduced large scale low intensity CBT interventions into Australian rural mental health and a Beyondblue funded feasibility study of low intensity CBT. A funded project on post birth trauma counselling has also begun.

A Health Improvement and Prevention Study completed recruitment and is in the intervention phase.

Our Rural Allied Health Workforce Study is investigating the timing and duration of retirement and the impact of staff illness.

Our Aboriginal and Torres Strait Islander research is based in Northern Rivers and in remote Northern Territory. “Stop Smoking in its Tracks” utilises the NSW Aboriginal Maternal and Infant Health Strategy to survey pregnant women. An NHMRC Healthy Start to Life project investigated and is now implementing service delivery to pregnant women in the NT; and an ARC project “Dealing with Difference” is aiming to raise cultural sensitivity in health staff.

The Home Medication Reviews project aims to make medications more culturally appropriate. PHCRED’s “Walking Through Research” is a course aimed at Aboriginal and Torres Strait Islander community based research assistants and “Yarning about Research” lectures on the conduct of Aboriginal health research. PHCRED instigated an Aboriginal Research Clinician position. There is also an NHMRC study on the role of fetal fibronectin in remote Australia and the Heart Foundation commissioned a needs analysis of chronic heart failure self-management in Aboriginal and Torres Strait Islander peoples.

Environmental health continues with the ARC study of the effects of drinking water quality on reproductive health and the effects of socio-economic factors and remoteness on reproductive health. An ARC Linkage Grant has funded a study into the health effects of bushfire smoke in Australia; and studies into the health costs of air pollution in cities, and the health costs of low emission unflued gas heaters in schools were also undertaken.

**Key achievements:**

- Establishing two weekly research and research student meetings and semester seminars for students for the first time that have been very useful and well attended
- Winning ARC and NHMRC Grants in relation to universal child and family health services and case load maternity care
- Establishing a Deputy Director role who is helping with research leadership in the Unit
Key Objectives

Objective 1: Building Capacity in Rural Health Research

Our objectives:

- A stronger role for the Collaboration Advisory Council
- Research leaders leading Centre based programs and research programs participating in leadership development programs
- Research partnerships with health, community and other industry stakeholders
- Building a skilled research workforce by:
  - More PhD students and clinicians skilled in research
  - High quality supervision of postgraduate students
  - Video conferenced research seminar series
  - Provision of relevant graduate courses
  - Research skills development through a series of workshops including biostatistics, application of health economics to policy, translation of research findings
  - Hosting the Rural Health Research Colloquium and other conferences
  - Supporting health professionals undertaking rural clinical placements including NSW public health trainees
The ARHRC works with the NSW Institute of Rural Clinical Services and Teaching (NSW IRCST) to build research capacity in rural NSW. Members of the ARHRC team provide academic support in the form of lectures and workshops to rural health professionals in the NSW IRCST Rural Research Capacity Building Program.

The collaboration began in 2006, when the NSW IRCST sought advice from the ARHRC about how the Institute might facilitate the development of research skills in rural NSW. Following these discussions, the Institute established the Rural Research Capacity Building Program, designed to increase the number and range of people with knowledge and skills in rural health care evaluation and research. This program had its fourth intake in September 2009.

Each year the Collaboration partners provide a two-day workshop for candidates in the Rural Research Capacity Building Program. This year the workshop had 31 participants.

Post Graduate Development Program

This program aims to help research students from rural NSW develop skills and provide an opportunity to undertake supervised research training in important rural health issues. The program links research students to the Collaboration’s research programs and should build research capacity and career opportunities in rural Area Health Services.

The research candidates value the opportunity to take part in the workshops and access academics of the calibre of those from the Collaboration. The evaluation of the workshops indicates that candidates find specific sessions (e.g., research transfer and writing for publication) of particular value along with project development workshops conducted by ARHRC members.

The Collaboration has established a network of students who actively participate in network teleconferences. They have assisted the Collaboration in establishing the training priorities and structuring the scholarship process.

The major training program for the year was a 2-day Writing Skills workshop. The workshop run by Tim Haydon at the Centre for Rural and Remote Mental Health, was attended by students from Moree, Broken Hill and Orange.

Another development in 2009 was the award of two short-term Fellowships valued at $12,500 each, to staff employed by research centres needing time away from day-to-day work commitments to make significant progress towards completing their PhDs. The successful applicants were Megan Passey from NRUDRH, and Jacqueline Wilson from CRRMH.
Rural Health Research Colloquium

On 27-28 October 2009 the Australian Rural Health Research Collaboration joined with the NSW Institute of Rural Clinical Services and Teaching to present the third Rural Research Colloquium, this time in Ballina.

Hosted by the North Coast Area Health Service and attended by 113 rural clinicians and other professionals involved in research, the event was a resounding success, attracting significant media coverage from newspaper, television and radio.

The Colloquium Program was spread over two days, a mixture of plenary and break out sessions; 36 rural researchers presented their work.

Speakers included Professor Jane Farmer, UHI Millennium Institute Chair of Rural Health Policy & Management and Co-Director of the Centre for Rural Health, Inverness in Scotland, Professor Lesley Barclay (Northern Rivers University Department of Rural Health), Dr Tony Lembke (Northern Rivers General Practice Network and Clinical Director, Australian Primary Care. Collaborative Program), Professor Sally Redman (CEO of the Sax Institute) and Professor Brian Kelly (from the School of Medicine and Public Health, University of Newcastle).

Sponsorship funding for the event was obtained from IRCST, NSW Department of ARHRC and Charles Sturt University as well as a number of local businesses.

The Collaboration provided $20,000 to support people undertaking research in primary health care to present a paper at the Colloquium. The funds were used to provide bursaries and sponsorship to assist rural clinicians to attend the conference. Without this support, most rural staff would not have been able to attend and benefit from this opportunity.
Collaboration Flagship Program

Flagship Collaboration projects provide a means to engage the expertise from within the Collaboration partners and focus our collective effort on a limited number of high profile priority issues that will enhance the contribution and reputation of the Collaboration within the sector.

Projects endorsed as part of the Collaboration Flagship Program aim to add significantly to new knowledge about rural health. They should have the potential for significant improvements in health care delivery in rural areas, and include a translation plan to ensure this is achieved. A prerequisite for endorsement is that the project is a multi-centre study which involves the majority of the collaboration partners, has external funding and supports training opportunities (eg postgraduates).

To date, the Collaboration has identified one project, the Australian Rural Mental Health Study, as a Flagship Program. The project, which is coordinated by the University of Newcastle’s Centre for Rural and Remote Mental Health in Orange, received its second NHMRC Project Grant in 2009.

The new grant supports a four-year mental health cohort study with over 2500 residents from rural, remote and coastal communities, building on an existing NHMRC funded cross-sectional study of the influence of individual, family and community factors on the mental health of people in rural and remote regions.

Despite growing concerns about the wellbeing of people living in rural Australia especially in times of drought and other adversity, there are significant gaps in our understanding about the mental health needs of people adapting to such changes. Examining changes over a longer period of time is vital to understanding the development and outcomes of mental health problems and impact on people.

Prof. Brian Kelly (right) being awarded 4 years of NHMRC funding by Prof. Warwick Anderson, CEO of the NHMRC

The Study aims:

1. To gather comprehensive mental health information alongside a broad set of measures of general health and functioning not only for individuals, but also for families and households.

2. To contribute to a better understanding of the services being used for mental health problems over time and the barriers to getting help for these problems at a personal, family and community level, so that we can improve accessibility and appropriateness of our services based on good evidence. This is critically important, and in line with the Collaboration’s commitment to translation of research into policy and practice that directly relates to rural communities.

The study has already provided the opportunity to work closely with Aboriginal communities to promote participation of Aboriginal people in mental health research.

It has a major focus on building capacity in mental health research in rural regions and links researchers with experience not only in mental health but also population health, working with farming communities, environmental health and health service research. It also provides necessary rural-based training in mental health research for junior and emerging researchers aligned with a key feature of the Flagship Program.
Objective 2: Leading Edge Research Addressing the Challenges of Ensuring Good Health for Rural People

Our objectives:

- To develop research programs led by leading researchers with a strong track record in relevant research
- To provide research programs that teach relevant skills and techniques for rural health research
- To build research programs based on NSW Health priorities, researchers’ skills and interests, and participating Centres’ core roles

Six areas of research form the basis of Collaboration research programs. These areas are built around existing research strengths and needs identified by rural communities and rural health services:

1. Mental health research
2. Health services research
3. Health workforce research
4. Remote and Indigenous health research
5. Agricultural health research
6. Environmental health research

A report on research grants gained, publications and conference presentations is available in the appendices attached to this report.
Mental health research

The Collaboration Flagship project is described in detail above. It is an important project which examines the factors that promote mental health and illness within households and communities in a variety of rural settings. The project has an important role in building research capabilities in the Collaboration centres, and provides opportunities for PhD study.

A research study undertaken by three research centres (NRUDRH, BHCRHR, CRRMH) and two mental health service directors (GWAHS and Country South Australia) examined the evidence for linkages between primary health care providers and mental health specialists in the provision of mental health services. This is particularly important in rural areas which often experience a shortage of specialist clinicians.

NRUDRH led a feasibility study on the introduction of low intensity cognitive behaviour therapy (CBT) in the North Coast area. The project informed a CBT training program for 140 rural and remote health practitioners.

Health services research

The Health Improvement and Prevention Study (HIPS) is being conducted by BHCRHR, NRUDRH and the University of New South Wales to examine the effectiveness of strategies in general practice to prevent cardiovascular disease. The majority of patients were from rural communities and the results will be of interest in the light of the preventative health agenda and the health service reforms.

The BHCRHR worked with the RFDS to understand the needs of so called frequent flyers, those who are evacuated by air from their communities more than three times or who attend more than 13 clinics in a year. The data pointed to the importance of chronic disease care and shared care for those with serious illnesses.

Cecily Barrack, the Chronic Care Coordinator for the North Coast Area Health tested the effectiveness of a model of care aimed at improving post discharge management of hospital patients with fractures designed to reduce the risk of another fracture. The model of care is being included in a state wide service improvement strategy.

The BHCRHR completed a study to evaluate the effectiveness of screening for Abdominal Aortic Aneurysms in Broken Hill. Such studies are important in communities without the facilities to treat aneurysms after the event.

Health and the workforce

The ACAHS and HNE Health collaborated in a study of older health workers to identify their specific needs and the policies and investments which might encourage them to remain in the workforce so that their skills and experience are not lost to rural health services.

Dr Sabrina Pit (NRUDRH) has a NHMRC post-doctoral fellowship to research ageing and workforce participation using large cross-sectional and longitudinal datasets such as the 45 and Up Study and the Australian Longitudinal Study on Women’s Health.

The BHCRHR is researching innovative developments in medical, nursing and allied health education with particular focus on extended placements and strategies to increase the rural clinical workforce.
Agricultural Health

The ACAHS continued its work on data analysis through the National Farm Injury Data Centre, which is providing crucial guidance in relation to deaths resulting from quad bike incidents on Australian farms. These data are central to the evidence based actions being developed by the Trans-Tasman Industry Solutions Working Group, addressing quad bike fatalities.

Environmental health

The NRUDRH researched the effects of drinking water quality on reproductive health and commenced a study on the health effects of bushfire smoke.

The BHCRHR has continued research on children’s blood lead levels in Broken Hill in close association with the local health service child and family health services. An invited paper on lessons learned from the lead management strategies in Broken Hill was presented at the 2009 Physicians Week. Two major papers on controlling sources of lead exposure and blood lead screening were published in Science of the Total Environment and Environmental Research.
Remote and Indigenous health

NRUDRH is trialling a new program "Stop Smoking in its Tracks", developed to assist pregnant Aboriginal women to quit smoking. This builds on previous research conducted by the department.

The ARMHS study is working closely with an Aboriginal community in the development of appropriate and acceptable tools and processes to research mental health.
Objective 3: Adoption of Research Outcomes in Improved Health Policy and Practice

Our objectives:

- Practitioners, policy makers and researchers working together
  - Joint workshops/ seminars involving researchers and health service personnel
  - Practitioners and policy makers co-investigators on research projects
  - Nomination of research leaders to policy and decision making boards and committee
  - Key stakeholders involved in research agenda setting

- Reporting research in appropriate and accessible forms
  - Reporting in peer-reviewed publications
  - Reports accessible on the Collaboration website
  - Reporting in conference presentations and reports including dedicated themes in the biennial Rural Health Research Colloquium
  - Reporting in media releases
  - Reporting to policy makers
  - Reporting as practice guidelines

- Evidence based practice in rural health services
  - Fostering the development of a culture of inquiry and evidence based practice
Hunter New England Area Health Service

HNE Health is an active member of the ARHRC. We welcome the opportunities the Collaboration provides to identify issues, influence research directions, and work together on research of relevance to the practice of rural health, on policies affecting rural health, and on issues that impact on the health outcomes of rural people.

HNE Health has been involved in a number of projects with ARHRC, including a study of the health and safety challenges for older health workers, mental health projects, and research capacity building. The report on older workers has been presented to the Area Executive Team, and a process of further action to address key findings agreed.

Staff of HNE Health also work closely with our partners, in particular the Australian Centre for Agricultural Health and Safety, on a range of projects and programs, including farm safety, hearing, and environmental health issues. We have facilitated presentations to HNE health senior managers on the findings of research such as the Older Farmers study.

Associate Professor Lyn Fragar is Chair of the HNE Health Area Health Advisory Council, further strengthening links between research centres and rural health services.

Greater Western Area Health Service

Greater Western AHS is an active member of ARHRC. Through ARHRC we have benefited from partnerships with others, particularly with The University of Sydney Department of Rural Health in Broken Hill and the Institute of Rural Clinical Services and teaching.

We are working with Broken Hill UDRH on a research project in partnership with Maari Ma Health Aboriginal Corporation to evaluate a smoking cessation program in Indigenous communities, the Paakintji Kiira-Muuku project. We are also collaborating with the department on the analysis of data from the Australian Rural Mental Health Study. We have had a longstanding association with the UDRH on the Lead Steering Committee for the AHS, the community Lead Reference Group and the Lead Program.

The UDRH is one of the key partners working with the Greater Western AHS in prioritising and encouraging research in western NSW. Our staff have benefited from scholarship programs through the UDRH.

To date seven staff members have had the opportunity to participate in the Capacity Building Research Program with IRCST, increasing their research knowledge and skills.
North Coast Area Health Service

North Coast Area Health Service (NCAHS) is an active member of ARHRC. In addition to involvement in the Governance and Advisory Boards of the Collaboration, NCAHS has participated in many Collaboration activities. Clinical and other staff have benefited from opportunities in the Collaboration has provided, which in turn has increased their involvement in research and use of evidence in delivery of healthcare in a rural setting.

In 2009 NCAHS hosted the third NSW Rural Health Research Colloquium (reported in detail above) on behalf of the Collaboration.

ACAHS is involved in a number of research projects in partnership with NRUDRH. A recent program is the Severed Chronic Disease Evaluation Project, which aims to better understand the reasons and circumstances under which people with chronic disease have repeated hospital admissions. This is the first study of its kind in NSW. Undertaking collaborative studies of this kind in rural NSW is vital to increased understanding of rural circumstances. NCAHS has also benefited from access to Collaboration resources and the co-location of staff.

Through financial support from the Collaboration, NCAHS staff are able to undertake doctorate and postgraduate studies and continue to work and make a valuable contribution to rural healthcare delivery in rural NSW.

NCAHS will continue to actively participate in the Collaboration’s activities which are making a singular contribution to developing and fostering a culture of research and evidence-based healthcare delivery in rural NSW.

Mental Health and Drug and Alcohol Office, NSW Health

The Mental Health and Drug & Alcohol Office (MHDAO) is responsible for developing, managing and coordinating the NSW Department of Health policy, strategy and program funding relating to mental health; and the prevention and management of alcohol and drug related harm.

MHDAO has a strong commitment to developing a research program that guides and supports high quality research into important issues around mental health and drug and alcohol and as such, welcomes the opportunity to collaborate with the Australian Rural Health Research Collaboration.

Of particular benefit to MHDAO is the potential to define and address important policy questions; to provide a substantial focus on the translation of research findings into policy and practice; and to draw from a pool of national and international researchers with a diverse range of interests. This research expertise adds considerable capacity and value to the mental health program area.

MHDAO does not engage directly in research studies but acts in an advisory capacity to provide advice and support in relation to research areas of investigation; translation of research into meaningful policy and practice, and dissemination of the Collaboration’s work for maximum policy and practice impact.
**Evidence of Performance**

The Collaboration’s peer reviewed papers fit well with NSW Health research priorities as shown in the following table.

<table>
<thead>
<tr>
<th>NSW Health Priorities (1 - 8)</th>
<th>Number of papers published</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Make prevention everybody’s business</td>
<td>15</td>
</tr>
<tr>
<td>2. Create better experiences for people using health services</td>
<td>8</td>
</tr>
<tr>
<td>3. Strengthen primary health and continuing care in the community</td>
<td>10</td>
</tr>
<tr>
<td>4. Build regional and other partnerships for health</td>
<td>3</td>
</tr>
<tr>
<td>5. Make smart choices about the costs and benefits of health services</td>
<td>2</td>
</tr>
<tr>
<td>6. Build a sustainable workforce</td>
<td>11</td>
</tr>
<tr>
<td>7. Be ready for new risks and opportunities</td>
<td>2</td>
</tr>
<tr>
<td>8. Epidemiology of disease</td>
<td>10</td>
</tr>
<tr>
<td>9. Other, including methods</td>
<td>10</td>
</tr>
<tr>
<td><strong>TOTAL</strong></td>
<td><strong>71</strong></td>
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</tbody>
</table>

The case studies on the following pages have been prepared to show how the Collaboration’s research addresses rural health priorities and is translated into policy and practice. The Collaboration will publish its research translation report in 2010.
Case Study 1

Health and safety of older farmers

Australian Centre for Agricultural Health and Safety (ACAH)

Many farmers continue to work into older age, and there is strong evidence of higher risk of serious injury and death as they get older. The aim of this program is to reduce the number of on-farm injuries of older farmers by:

1. Working with farmers to develop and maintain The Great Idea Bank – advice to farmers on making themselves fitter for farming as they get older, and making the farm fit for older farmers to work safely.

2. Distribution of the resource to older farmers by workshops across Australia and evaluation of the resources and program.

The Great Idea Bank – Making farm work easier as we get older, was produced with older farmers and key experts and piloted in workshops during 2008. During 2009, Older Farmer Safety Workshops were held in Queensland, NSW, Victoria, Tasmania, South Australia and Western Australia, through state Farmsafe organisations with assistance of community agencies including the Country Women's Association. There has been strong interest and positive feedback by older farmer participants, with plans for further workshops across all states in 2010.

Funded by the Commonwealth Department of Health and Ageing, the project has received uniform positive feedback from participants. Fifty-seven Older Farmer Workshops were held in six states, with nearly 700 participants. This project has made a major contribution to improving health and safety on Australia farms.
Case Study 2

Older rural health worker study

Australian Centre for Agricultural Health & Safety (ACAHS)
Hunter New England Area Health Service (HNEAHS)

Based on the model adopted with the older farmer safety workshop program, this initiative focused on older nurses and allied health workers in rural health services to:

1. Identify tasks that become more difficult, take longer, or are avoided as a result of getting older, and the related physical and mental changes associated with these changes.
2. Identify and describe work systems and processes that may be amenable to adjustment to accommodate the changing needs of older health workers.
3. Make recommendations to Hunter New England Area Health about changes that may help to sustain an older rural workforce that undertakes important work in the health service.

Workshops were held with older health workers in six rural centres, attracting 80 participants. Information has been analysed and a report submitted to Hunter New England Health.

The study was a joint action research project with the Hunter New England Area Health Service. A Reference Group nominated by the Service provided guidance to Australian Centre for Agricultural Health and Safety personnel who undertook the study.

Following presentation of the results to senior management of Hunter New England Health, they have confirmed that they will be using this approach to assist with a range of workforce issues including health and safety, human resource and infrastructure development.

Case Study 3

Mapping Aboriginal Health Partnerships

Northern Rivers University Department of Rural Health (NRUDRH)

This study used action research, social network analysis and role clarification tools to investigate the development of partnerships between community-controlled and mainstream health services when addressing the health needs of Aboriginal communities. We sought to critically assess the partnerships of Aboriginal and mainstream services providers, managers, policy officers and researchers.

Within-case and cross-case analysis of qualitative and quantitative data provided evidence about the use of network analysis and role clarification tools by the partner stakeholders to develop and sustain each partnership.

This project identified significant issues in the process of the research, which took considerably longer than anticipated. It is important to consider the capacity and motivation of staff to engage in partnership, the availability of processes to promote partnership problem solving, and having problem solving processes for robust discussions that go further than just the problem identification stage. This requires considerable resources, time and a flexible approach.
Case Study 4

Evaluation of screening for abdominal aortic aneurysm in Broken Hill

Broken Hill Centre for Remote Health Research (BHCRHR)
Greater Western Area Health Service (GWAHS)
NSW Institute for Rural Clinical Services and Teaching (IRCST)

An abdominal aortic aneurysm (AAA) is a bulge in the artery that delivers blood from the heart to the lower half of the body. If pressure inside the bulge becomes too great, the artery can rupture, with catastrophic consequences: 80% of men with a ruptured AAA die before reaching hospital.

Many such deaths occur in rural areas where people have relatively poorer vascular health and need more time to travel to obtain urgent medical attention.

AAA affects 5-10% of men aged over 65, and can be detected with a simple, non-invasive ultrasound. If detected in time, the risk of death can be reduced substantially by surgery.

Following efforts by the Broken Hill community and the local Health Service, a trial screening was offered to men aged between 65 and 74; more than 500 (or 60% of the target population) participated.

While recent public policy has favoured screening, it was not clear how this might be achieved in a remote setting. Accordingly, the Institute for Rural Clinical Services and Teaching funded BHCRHR to report on the feasibility of running the program in Broken Hill.

The evaluation of the program examined attendance, occurrence of AAA in the target process. The research showed that targeted screening could be made available to a rural community using a mobile service visiting every three to five years. This screening should be part of a broader men’s health strategy – an idea raised by the program’s steering committee at local and federal level.

AAA team: Robyn Franklin, RN Broken Hill Health Service, Jan Sidford, Research Officer BHUDRHR, Karl Saker, Vascular Ultrasoundographer Westmead Hospital Sydney (missing from photo Dr Margaret Lesjak Senior Epidemiologist GWAHS).
Case Study 5

RFDS Frequent Flyers

Broken Hill Centre for Remote Health Research (BHCRHR)
Royal Flying Doctor Service (RFDS)

The Centre for Remote Heath Research at Broken Hill has worked closely with the RFDS for many years. Our medical academics have joint appointments as RFDS Medical Officers and we are working together to develop and assess new models of remote primary and mental health care.

A joint study published in the Medical Journal of Australia in 2009 examined the phenomena of frequent flyers – those who are evacuated by air from a community three of more times in a year or who attend 13 or more RFDS remote clinics. The issue is of importance since this is an expensive group to care for and the RFDS wanted to know whether they had common problems and whether preventive or planned care could be provided which would minimise emergencies and maximise patient wellbeing.

This research identified patients with single and co-morbid chronic diseases and others with diseases that would normally be addressed through shared care arrangements with medical specialists. The RFDS is working on service models that will strengthen chronic disease care and ensure that access to shared care in remote settings is improved to be more in line with the expectations and experiences of those who live in our cities.

Photograph by Adam Sebire, courtesy RFDS
AUSTRALIAN RURAL HEALTH
RESEARCH COLLABORATION

Statement of Income & Expenditure (Summary)
For the Period 1st January 2009 to 31st December 2009

Income

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<th>Item</th>
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<td>T/fer BHRCHR - Research Librarian</td>
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Surplus / (Deficit) as at 31/12/09 16,503

Summary of Income and Expenditure

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<td>444,722</td>
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<td>559,052</td>
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<td>405,670</td>
<td>327,513</td>
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### Appendix 1

#### Staff

**Australian Centre for Agricultural Health and Safety**

- Assoc Prof Lyn Fragar AO **Director, ACAHS**
- Mr John Temperley **Project Officer - Machinery Safety**
- Ms Julie Depczynski **Project Officer - Child Safety project**
- Ms Debbie Payne **Centre Manager**
- Dr Tony Lower **Assistant Director**
- Ms Jacqui Eather **Research Officer**
- Ms Emily Herde **Research Officer NFIDC**
- Ms Teresa Munro **Research Assistant**
- Ms Amy Wilkinson/Strahan **Research Assistant**
- Mr Nathan Sinclair **Research Assistant**
- Ms Kerri Lynn Peachey **Farmsafe NSW**

**Broken Hill Centre for Remote Health Research**

- Assoc Prof David Perkins **Director, Centre for Remote Health Research**
- Prof David Lyle **Head, University Department of Rural Health**
- Ms Sue Selden **Senior Research Fellow (resigned Feb 09)**
- Dr Margaret Lesjak **Senior Epidemiologist/Lecturer**
- Ms Helen Cameron **Senior Manager, Projects and Operations**
- Ms Frances Boreland **Research Officer & Education Coordinator**
- Ms Jan Sidford **Executive Officer, ARHRC**
- Ms Karen Hooper **Administration Assistant**
- Ms Emily Saurman **Research Officer**
- Ms Jocelyn Morris **Research Support Librarian**
- Mr Don Keast **Project Officer (resigned June 09)**

**Northern Rivers University Department of Rural Health, Lismore**

- Prof Lesley Barclay **Director, NRUDRH**
- Assoc Prof Jeffrey Fuller **Senior Researcher - Mental Health (resigned)**
- Assoc Prof Deborah Schofield **Director of Research (resigned)**
- Assoc Prof James Bennett-Levy **Mental Health Academic**
- Assoc Prof Geoff Morgan **Deputy Director, NRUDRH Environmental Epidemiologist**
- Assoc Prof Janelle Stirling **Aboriginal Health Academic**
- Dr Megan Passey **Senior Researcher - Primary Health Care**
- Ms Kathy Heathcote **Research Fellow - Epidemiology**
- Ms Lindy Swain **Pharmacy Academic**
- Ms Therese Dunn **Data Manager / Analyst**
- Dr Shawn Wilson **Research Fellow**
- Ms Sheila Keane **Allied Health Academic**
- Ms Jennifer Gale **Research Assistant**
- Dr Rupendra Shrestha **Research Officer**
- Dr Sabrina Pit **Post Doctoral Fellow**
- Miss Emily Callander **Research Assistant**
- Ms Liz Rix **Research Officer**
- Dr Judy Singer **Research Officer**
- Ms Trim Munro **Research Assistant, ARMHS**
- Dr Kristine Battye **Consultant, Senior Project Officer (Murdi Paaki)**
- Ms Darlene Rotumah **RDP Clinician**
- Dr Tania Lienert **PHCREDS Coordinator**
Ms Cecily Barrack     RDP Clinician
Dr Helen Ashwell     Research Fellow
Ms Deborah Donoghue     PhD Scholar
Ms Malinda Steenkamp     PhD Scholar
Ms Sarah Bar-Zeev     PhD Scholar
Dr Howard Edwards     Biostatistician / Statistician
Mr Arul Earnest     PhD Scholar

NSW Centre for Rural and Remote Mental Health, Orange

Dr Helen Stain     Program Leader (Research)
Assoc Prof Paul Fanning     Service Development Program Leader
Dr Clare Coleman     Senior Project Coordinator, ARMHS
Dr Gina Sartore     Post Doctoral Fellow (until Feb 09)
Assoc Prof Helen Berry     Academic Advisor (from Feb 09)
Ms Anne Tonna     Executive Officer (Development)
Dr Renate Thienel     Project Officer
Ms Lauren Anthes     Research Assistant, ARMHS
Ms Elaine Bennett     Research Officer, DEPTH (until Mar 09)
Ms Tracey Carne     Specialist Project Officer, DMHAP (until Jun 09)
Ms Kylie Crittenden     Research Officer, DEPTH (part-time)
Mr Geoffrey D’Hudson     NHMRC (ARMHS) (until Mar 09)
Ms Jennifer Green     Project Officer, SHIP (from Dec 09)
Ms Christine Green     Specialist Project Officer DMHAP (until Sep 09)
Mr Shaun Hanna     Project Officer, DMHAP
Ms Sophie Heathcote     MHEC Program (until Mar 09)
Mr Danny Hills     Lecturer, MHEC Program
Ms Anne-Marie Holley     Project Coordinator, Farm-Link
Ms Emily Killen     Research Assistant, ARMHS
Ms Sue Knight     Administration Assistant, DMHAP
Ms Rebel Lindsay-Egan     Research Assistant, ARMHS
Ms Sharyn Newman     Administrative Assistant, Farm-Link
Ms Denika Novello     Research Officer and Health Education Worker
Ms Kristy Payne     Project Officer, MINT (from Oct 09)
Ms Meg Perceval     Deputy Coordinator, Farm-Link (from Aug 09)
Mr John Polain     Specialist Project Officer DMHAP (until Jun 09)
Ms Georgia Pollard     Research Officer
Mr Dean Pung     Education IT Support Officer
Ms Tracy Robinson     Senior Lecturer (Education)
Mr Paul Stanfield     Information Services Officer
Ms Jacqui Wilson     Senior Research Assistant
Mr Jim Herbert     Farm-Link Site Coordinator
Ms Adelle Kennedy     Farm-Link Site Coordinator (until Jan 09)
Ms Bernadette Orange     Intervention Nurse, Palliative Care
Ms Nicola Barrie     Rural MH Project Officer, GSAHS (DMHAP)
Ms Kimberly Clarke     Rural MH Project Officer, GSAHS (DMHAP)
Ms Dianne Gill     Rural MH Project Officer, GWAHS (DMHAP)
Ms Margaret Greig     Rural MH Project Officer, GWAHS (DMHAP)
Ms Merilyn Limbrick     Rural MH Project Officer, GSAHS (DMHAP)
Mr Andrew Little     Rural MH Project Officer, NCAHS (DMHAP)
Mr Nick Power     Rural MH Project Officer, GWAHS (DMHAP)
Scholars

Research students supervised 2009

ACAHS:
Kirrily Pollock PhD Lyn Fragar / David Lyle

NRUDRH:
Richard Summerhayes PhD Geoff Morgan
Danielle Taylor PhD Geoff Morgan
Arul Earnest PhD John Beard / Geoff Morgan
Sabrina Pitt Post Doc Deborah Schofield
Deborah Donoghue PhD John Beard then Lesley Barclay
Sarah Bar-Zeev PhD Lesley Barclay
Ngaire Brown PhD Lesley Barclay
Terry Dunbar PhD Lesley Barclay
Marie Land PhD Lesley Barclay
Malinda Steenkamp PhD Lesley Barclay
Robyn Thompson PhD Lesley Barclay
Kayli Wayte PhD Lesley Barclay
Lorna Murakami-Gold Masters Lesley Barclay
Lindy Swain Masters Lesley Barclay
Emily Callander PhD Deborah Schofield / Rupendra Shrestha

BHCRHR:
Suzanne Selden PhD David Lyle / David Perkins

CRRMH:
Tracy Robinson PhD Brian Kelly
Leigh Underwood PhD Brian Kelly
Vicki Lynar PhD Helen Stain
Sophie Heathcote PhD Brian Kelly / Tracy Robinson
Jacqui Wilson PhD Helen Stain / Lynette Parkinson
Denika Novello B Psych (Hons) Elizabeth Murrel / David Mallard / Helen Stain
Amanda Green DCP/MSc Caroline Hunt / Marianna Szabo / Helen Stain
Pamela Stanford Clinician Research candidate Helen Stain
Doctorates awarded during 2009

**Suzanne Selden**, PhD: Unravelling the Primary Health Care (PHC) maze locally: rhetoric, reality and potential promise of primary health care in an isolated/remote setting. (School of Public Health, University of Sydney).

**Lisa Barnett**, PhD: The physical activity and skills study (School of Public Health, University of Sydney).

Fellowships and scholarships received in 2009

Career Enhancement Fellowship for Academic Women:
**Helen Stain CRRMH** $51,641

NHMRC Post Doctoral Fellowship:
**Sabrina Pit NRUDRH (PT)** $16,187

NHMRC Public Health Postgraduate Scholarship:
**Deborah Donoghue NRUDRH** $13,000
Publications and Presentations

Publications

Peer reviewed papers

Agricultural Health and Safety


Environmental Health


Health Services Research


Health Workforce


Indigenous and Rural/Remote Health


Mental Health


**Fuller JD, Kelly BJ, Law S, Pollard G & Fragar L.** Service network analysis for agricultural mental health. BMC Health Service Research. 2009; 9(87).


Other


Books and book chapters


Non peer reviewed papers


Reports


Fragar L, Temperley J, Eather J & Killey J. Effectiveness of risk control measures to reduce occupational exposure to pesticides. Rural Industries Research and Development Corporation, Kingston, ACT.

Fragar L & Temperley J. The impact of biotechnology and other factors on health and safety in the Australian Cotton Industry. Australian Centre for Agricultural Health and Safety, Moree.

Fragar L, Herde E et al. Quad bike deaths in Australia: Background paper prepared for Farmsafe Australia. Australian Centre for Agricultural Health and Safety, Moree.


Temperley J. A review of the safety of quad bike attachments and some accessories. Australian Centre for Agricultural Health and Safety, Moree.


Guidelines/Education Resources


Temperley J & Fragar L. Pre-start Farm Worker Safety Induction – a general introduction to farm health and safety workbook. Australian Centre for Agricultural Health and Safety, Moree.
Conference Presentations

Plenary and Keynote Presentations


Barclay L. Indigenous maternity services: problems of perceptions, priorities and power. Congress of the Perinatal Society of Australia and New Zealand, Darwin, NT.

Barclay L. A midwifery perspective of the NZ data. NZ Ministry of Health & Maternal Mortality Review Committee workshop. November. Auckland, NZ.


Barclay L. Primary health care models - research to practice in 2009 - a case study from the top end. PHCRED Tri State conference. October. Alice Springs.


Fragar L. Rural health - Responding to health need. Hunter New England Health Area Manager Forum. 18 March. Tamworth.

Fragar L. Why does the nation need a healthy country? Moree Health Harvest Health Forum. 9 May. Moree.


Kelly B. The Australian Rural Mental Health study. 3rd Rural Research Colloquium 28-29 October. Ballina.

Passey M "It's almost expected": Smoking initiation and maintenance by Aboriginal women in rural NSW. NSW Tobacco Control Forum, NSW Cancer Institute. October Sydney.

Singer J. Psychological and physical effects of detention on asylum seekers. Buddhist Peace Fellowship, July Melbourne.

Stain HJ. Keeping abreast of mental health problems in a rural community – caring for self and others. Rural Women’s Conference. 3 September. Condoblin.

Stain HJ. The mental health challenges for rural youth in Australia. Australian and New Zealand Mental Health Association Conference. 12-14 August. Surfers Paradise.

Published Conference Abstracts


Other conference presentations

Agricultural Health

Depczynski J & Fragar L. Older rural health workers speak about ways to make work better. 3rd Rural Health Research Colloquium. 27-29 October. Ballina.


Herde E & Fragar L. Quad Bike Fatalities: the issue rolls on.

3. 3rd Rural Health Research Colloquium. 27-29 October. Ballina.

Temperley J & Fragar L. Effectiveness of risk control measures to reduce occupational exposure to pesticides. 3rd Rural Health Research Colloquium. 27-29 October. Ballina.
Environmental Health


Health Workforce

Beck H, Garne D & Jones D. Introducing undergraduate medical students to a whole of community aged care experience in rural and remote NSW. 2009 Australian Association of Gerontology Rural Conference. 1-2 April. Broken Hill.


Fuller J, Hermeston W & Passey M. Social network research as a heuristic for rural managers to improve primary health care partnerships. International Sunbelt Social Network Conference. San Diego, USA.


Jones D, Naden K, Barlow V & Bennett P. Going the extra mile to make a world of difference. 10th National Rural Health Conference. 17-20 May. Cairns.

Jones D, Naden K, Barlow V & Bennett P. Supporting rural and remote parents and carers in understanding pathways into health careers. Integrating rural and remote parents and carers into a Nursing Academy Experience. 10th National Rural Health Conference. 17-20 May. Cairns, Qld.


Lyall P, Perkins D, Garne D & Boreland F. Remote medical student placements: views from students and their clinical supervisors. Local and Global Perspectives of Rural and Remote Medicine. University of WA Rural Clinical School scientific Meeting 7-9 August. Bunbury, WA.

Indigenous Health


Mental Health


Bennett-Levy J. CBT training and supervision: What should we be training and how should we be doing it? (One-day workshop). European Association of Behavioural and Cognitive Therapy. September. Dubrovnik, Croatia.


Blinkhorn S. Drought and Beyond - mental health needs of youth in drought affected NSW. 2nd Adolescent and Young People’s Health Research Forum. 7 September, Westmead Hospital, Sydney.

Bode A, Berry HL & Kelly B. Patterns and correlates of drinking and smoking in a rural sample reporting very low levels of psychological distress. Australasian Society for Psychiatric Research (ASPR) Conference. 2-4 December. Canberra.


Robinson T & Hills D. Enhancing skills in mental health emergency care. Australian Rural and Remote Mental Health Symposium. 1-3 November. Canberra.


Stain HJ, Crittenden K, Bennett E et al. The impact of geography and social context on ultra high risk for schizophrenia research in rural Australia. International Congress on Schizophrenia Research. 28 Mar-2 April. San Diego, USA.


Other Research Areas

Balnaves E & Keast DA. Open source systems bring Web 2.0 to special libraries. 10th International Congress on Medical Librarianship. 31 August-4 September 2009. Brisbane.


Keast D, Morris J, O’Neill S, Miles A & Toms S. Delivering library services to isolated rural health professionals: web 2.0, blogs and the tyranny of distance. 10th International Congress on Medical Librarianship. 31 Aug-4 September. Brisbane.


Scott L & Shepherd E. The role of the primary technician in quality use of medicine in outback hospitals. Society of Hospital Pharmacists of Australia Medicines Management Conference. 5-8 November 2009. Perth.
## Appendix 3

### Grants and Consultancies

<table>
<thead>
<tr>
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<tr>
<td>Indigenous birth and family: Pathways, places and professionals</td>
<td>Barclay L, Kruke S.</td>
<td>50,000</td>
<td>ARC – Linkage Grant</td>
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<td>Supporting Mums to Quit: Smoking intervention research for pregnant rural Aboriginal women</td>
<td>Passey M, Sanson-Fisher R.</td>
<td>172,727</td>
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### Mental Health

<p>| Improving the psychological wellbeing of family caregivers of home based palliative care patients: a randomised control trial | St Vincent’s Health, Vic: Hudson P, Trauer T, Kelly B. | 23,777 | NHMRC Palliative Care Priority Driven Research Grants Program Round 3 |
| Survey of High Impact Psychosis | Stain H, University of Western Australia | 167,716 | DoHA |</p>
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<th>Evaluation of RFDS Mental Strategy</th>
<th>Perkins D, Martin E, Saurman E, Boulton E</th>
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<tbody>
<tr>
<td>What evidence is there about the effectiveness of strategies to improve linkage in primary</td>
<td>Fuller J, Perkins D, Parker S, Holdsworth L, Kelly B, Fragar L, Martinez L, Roberts R</td>
<td>137,366</td>
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<tr>
<td>mental health care and how might this inform Australian policy and Practice?</td>
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<td>Care Research Institute</td>
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<td>Fuller, J.</td>
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<td>Effects of a midwife-led counselling intervention to improve postpartum women's mental</td>
<td>Creedy D, Gamble J, Fenwick J, Barclay L,</td>
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<td>Nagel T, Barclay L, Kavanagh D, Trauer T,</td>
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<td>Productive Australian Farms free from health &amp; safety risk-Action Research and Evaluation</td>
<td>L Fragar, J Depczynski Temperley</td>
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<td>(50%research)</td>
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<td>Project Description</td>
<td>Lead Researchers</td>
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<td>Productive Australian farms free from health and safety risk: Action Research and Evaluation (50% research)</td>
<td>Fragar L, Depczynski J, Temperley J with Farmsafe Australia member agencies</td>
<td>33,000</td>
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<td>Cotton biotechnology impact</td>
<td>Fragar L, Temperley J</td>
<td>25,000</td>
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<td>Farm Safety Induction</td>
<td>Fragar L, Temperley J</td>
<td>5,500</td>
<td>Workcover NSW</td>
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<td>Evaluation of adoption of interventions (RIRDC)</td>
<td>Fragar L, Temperley J, Lower T</td>
<td>28,700</td>
<td>Rural Industries Research and Development Corporation</td>
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<tr>
<td>Next Steps For Farming &amp; Fishing Health &amp; Safety</td>
<td>Fragar L</td>
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<td><strong>Health workforce</strong></td>
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<td>Economic impacts of disease on older workers: Costs to government and individuals and opportunities for intervention</td>
<td>Schofield D, Passey M, Earnest A, Percival R, Kelly S</td>
<td>68,887</td>
<td>ARC - Linkage Grant</td>
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<td>Ageing well and productively: Pathways to healthy workforce participation and care giving &amp; impact of medicines and health care on healthy workforce participation &amp; caregiving</td>
<td>Pit, S</td>
<td>34,875</td>
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<td>Evaluation of the Broken Hill Extended Clinical Placement Program</td>
<td>Perkins, D</td>
<td>45,000</td>
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<td><strong>Other</strong></td>
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<tr>
<td>The Evaluation of Midwifery Units (EMU) [Australia and New Zealand]</td>
<td>Tracey SK, Barclay L, Tracey M, Welsh A, Foureur M.</td>
<td>233,313</td>
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<td>A randomised controlled trial of a general practice based intervention to prevent chronic vascular disease</td>
<td>Harris M, Lyle D, Passey M.</td>
<td>240,900</td>
<td>University of NSW</td>
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<td>Geocoding the NSW Pap Test Register</td>
<td>Morgan G.</td>
<td>30,000</td>
<td>NSW Cancer Institute</td>
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</table>
Appendix 4

Membership of Professional Societies, Boards and Committees 2009

Boards, Councils and Policy-making Committees

1. National Boards, Councils and Policy-making Committees

Australian Commission on Safety & Quality in Health Care. Accreditation Implementation Reference Group
Sue Page Member
Australian Commission on Safety and Quality in Health Care. Primary Care Committee
Sue Page Member
Australian New Zealand Medical Education
Sheila Keane Member
Australian Pesticides and Veterinary Medicines Authority Community Consultative Committee
John Temperley Member
Australian Suicide Prevention Advisory Council
Brian Kelly Member
Australian Water Safety Council
Emily Herde Member
Beyondblue Perinatal Action Plan Implementation Committee
Lesley Barclay Member
Bonnie Babes Foundation Medical Committee
Lesley Barclay Member
Centers for Disease Control and Prevention Syndemics Prevention Network.
Hudson Birden Member
Farmsafe Australia
John Temperley Executive Officer
Mental Health Council of Australia
Jeff Fuller Member
National Rural Health Alliance Council
Jeff Fuller Councillor
National E-Health Transition Authority. Medication Management Reference Group
Sue Page Member
Department of Health and Ageing. Professional Programs and Services
Deborah Schofield Member
Advisory Research Evaluation Subcommittee
Julie Depczynski Member
Royal Australasian College of Surgeons Rural Trauma Sub-Committee
Sheila Keane Chair
Sax Institute. Scientific Program and Advisory Committee
Megan Passey Member
Standards Australia and New Zealand Farm Machinery Standards Committee
John Temperley Member
Standards Australia and New Zealand CS-096 Equestrian Helmets Committee
John Temperley Member
Standards Australia and New Zealand EL-021 Electric Fences Committee
John Temperley Member
Technical Committee for the Collaborative Partnership for Farming & Fishing Health & Safety
David Perkins Member
## 2. State Boards, Councils and Policy-making Committees

<table>
<thead>
<tr>
<th>Organisation/Group</th>
<th>Member/Chair</th>
<th>Position</th>
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</thead>
<tbody>
<tr>
<td>Aboriginal Mental Health and Wellbeing Reference Group</td>
<td>Tracy Robinson</td>
<td>Member</td>
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<tr>
<td>Australian Physiotherapy Association. NSW Neurology Group</td>
<td>Sheila Keane</td>
<td>Member</td>
</tr>
<tr>
<td>Farmsafe NSW</td>
<td>John Temperley</td>
<td>Member</td>
</tr>
<tr>
<td>Lyn Fragar</td>
<td>Member</td>
<td></td>
</tr>
<tr>
<td>Hunter New England Area Health Advisory Council</td>
<td>Lyn Fragar</td>
<td>Chair</td>
</tr>
<tr>
<td>Interdepartmental Expert Advisory Group on Drugs and Alcohol</td>
<td>Lyn Fragar</td>
<td>Member</td>
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<tr>
<td>National Palliative Care Referral Guidelines Advisory Group</td>
<td>Brian Kelly</td>
<td>Member</td>
</tr>
<tr>
<td>Northern Territory Advisory Council for Domestic and Family Violence</td>
<td>Lesley Barclay</td>
<td>Member</td>
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<tr>
<td>NSW Department of Agriculture. Interdepartmental Committee on Intensive Agriculture</td>
<td>Lyn Fragar</td>
<td>Member</td>
</tr>
<tr>
<td>NSW Disability Mental Health Advisory Committee</td>
<td>Anne Tonna</td>
<td>Member</td>
</tr>
<tr>
<td>NSW Disaster Mental Health Advisory Committee</td>
<td>Anne Tonna</td>
<td>Member</td>
</tr>
<tr>
<td>NSW Farmers Mental Health and Wellbeing Network</td>
<td>Lyn Fragar</td>
<td>Member</td>
</tr>
<tr>
<td>NSW Farmers Mental Health Network</td>
<td>Craig Hart</td>
<td>Member</td>
</tr>
<tr>
<td>NSW Farmers Mental Health Network</td>
<td>Anne-Marie</td>
<td>Member</td>
</tr>
<tr>
<td>NSW Health Care Advisory Council</td>
<td>Lyn Fragar</td>
<td>Member</td>
</tr>
<tr>
<td>NSW Health. Clinical Ethics Advisory Panel</td>
<td>Brian Kelly</td>
<td>Member</td>
</tr>
<tr>
<td>NSW Health Clinician and Community Expert Advisory Council on Caring Together</td>
<td>Lyn Fragar</td>
<td>Member</td>
</tr>
<tr>
<td>NSW Health Policy Implementation Working Party</td>
<td>Paul Fanning</td>
<td>Member</td>
</tr>
<tr>
<td>NSW Health Rural and Remote Health Priority Taskforce</td>
<td>Lyn Fragar</td>
<td>Member</td>
</tr>
<tr>
<td>NSW Mental Health Clinical Advisory Council</td>
<td>Brian Kelly</td>
<td>Member</td>
</tr>
<tr>
<td>NSW Mental Health Program Council</td>
<td>Anne Tonna</td>
<td>Member</td>
</tr>
<tr>
<td>NSW PHC RED Advisory Committee</td>
<td>Hudson Birden</td>
<td>Member</td>
</tr>
<tr>
<td>NSW PHC RED Advisory Committee</td>
<td>Megan Passey</td>
<td>Member</td>
</tr>
<tr>
<td>Royal Australian and New Zealand College of Obstetricians and Gynaecologists Specialist Obstetrician Locum Scheme</td>
<td>Lesley Barclay</td>
<td>Member</td>
</tr>
<tr>
<td>WorkCover NSW Industry Action Plan Working Group</td>
<td>John Temperley</td>
<td>Member</td>
</tr>
<tr>
<td>WorkCover NSW Ministerial Advisory Group</td>
<td>John Temperley</td>
<td>Member</td>
</tr>
<tr>
<td>Workcover NSW Industry Reference Group</td>
<td>John Temperley</td>
<td>Member</td>
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<tr>
<td>Workcover NSW Rural Solutions Working Group</td>
<td>John Temperley</td>
<td>Member</td>
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<tr>
<td>World Health Organization</td>
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## 3. Regional Boards, Councils and Policy-making Committees

<table>
<thead>
<tr>
<th>Organisation/Group</th>
<th>Member/Chair</th>
<th>Position</th>
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<tbody>
<tr>
<td>Broken Hill Liquor Accord Committee</td>
<td>Margaret Lesjak</td>
<td>Member</td>
</tr>
<tr>
<td>Cancer Council. Far North Coast Regional Advisory Committee</td>
<td>Sue Page</td>
<td>Member</td>
</tr>
<tr>
<td>Farmsafe North West</td>
<td>Debbie Payne</td>
<td>Member</td>
</tr>
<tr>
<td>Kerri-Lynn</td>
<td>Executive Officer</td>
<td></td>
</tr>
<tr>
<td>Mental Health Workforce Sub-Committee of MHPC</td>
<td>Paul Fanning</td>
<td>Member</td>
</tr>
<tr>
<td>North Coast Area Health Service Health Equity Committee</td>
<td>Sue Page</td>
<td>Member</td>
</tr>
<tr>
<td>North Coast Area Health Service Clinical Service Planning Taskforce</td>
<td>Lesley Barclay</td>
<td>Member</td>
</tr>
<tr>
<td>Northern Rivers Division of General Practice</td>
<td>Sue Page</td>
<td>Member</td>
</tr>
</tbody>
</table>
4. Academic Boards, Councils and Policy-making Committees

Australian Centre for Agricultural Health and Safety. Board of Management  David Lyle   Member
Broken Hill UDRH. Advisory Steering Committee     David Lyle   Member
Centre for Rural and Remote Mental Health (Qld), Board of Directors     Brian Kelly   Member
Cooperative Research Centre for Aboriginal Health     Janelle Stirling   Member
GP Logic Board     David Lyle   Member
Greater Western Area Health Service Advisory Council     David Lyle   Member
Southern Cross University Advisory Committee     Lesley Barclay   Member
Universities Australia Health Workforce Working Group     Lesley Barclay   Member

Boards, Councils for Educational/ Registration Programs

Auseinnet Workforce Development Program Advisory Group    Tracy Robinson   Member
Australian College of Mental Health Nurses Board     Jeff Fuller   Member
Australian Psychological Society, NSW Western Region Branch     Helen Stain   Member
Australian Psychological Society, Rural & Remote Psychology Interest Group     Helen Stain   Member
Australian Rural Health Education Network Board     Jeff Fuller   Member
Australian Rural Health Education Network Board     David Lyle   Chair
GP Synergy Board     Lyn Fragar   Director
GWAHS Learning and Development Committee     Tracy Robinson   Member
Mental Health Workforce Education, Training & Support Working Group     Tracy Robinson   Member
North Coast Area Health Service. Learning & Development Committee     Sue Page   Member
New England Area Training Scheme Board     Lyn Fragar   Director
NSW Institute of Psychiatry, Adult Mental Health Course Advisory Committee     Tracy Robinson   Member
NSW Institute of Rural Clinical Services & Teaching. Executive Committee     David Lyle   Member
NSW Institute of Rural Clinical Services & Teaching. Executive Committee     Brian Kelly   Member
NSW Mental Health Educators Network     Tracy Robinson   Member
NSW Mental Health Emergency Care Program: Evaluation Working Group     Paul Fanning   Member
NSW Public Health Officer Advisory Committee     David Lyle   Member
Psychiatric Emergency Care Reference Group     Tracy Robinson   Member
Rural Mental Health Emergency Care Evaluation Working Group     Paul Fanning   Member
Universities Australia Clinical Placement Advisory Group     Lesley Barclay   Member
University of NSW. Rural Clinical School Advisory Committee     Sue Page   Member
University of Sydney. Faculty Research Committee     David Lyle   Member
University of Sydney. School of Public Health Research Committee     Deborah Schofield   Member
University of Sydney, UDRH (Tamworth) & the Division of GPs. Nourishing Networks Advisory Committee for the development of education on eating disorders     Tracy Robinson   Member

Project/Program Steering Committees

Australian Rural Mental Health Study     David Lyle   Investigator
Australian Rural Mental Health Study     David Perkins   Investigator
Broken Hill Lead Steering Group     David Lyle   Member
Broken Hill Lead Steering Group     Frances Boreland   Member
Drought Mental Health Assistance Package NSW Advisory Committee     Paul Fanning   Member
Drought Mental Health Assistance Package NSW Advisory Committee     Craig Hart   Member
Drought Mental Health Assistance Package NSW Advisory Committee     Anne-Marie Holley   Member
## Research Boards and Committees

<table>
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<th>Group</th>
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<tr>
<td>Aboriginal Health and Medical Research Council</td>
<td>Helen Stain</td>
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<tr>
<td>Australian Collaboration on Climate Change, Rural Environments</td>
<td>Helen Stain</td>
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<td>&amp; Mental Health Research</td>
<td>Brian Kelly, Interim Co-Director</td>
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<td>Australian Primary Health Care Research Institute.</td>
<td>David Lyle</td>
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<td>Australian Rural Health Research Collaboration. Governing Board</td>
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<tr>
<td>Australian Rural Health Research Collaboration. Governing Board</td>
<td>David Perkins, Director</td>
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<td>Jeff Fuller</td>
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<td>Australian Rural Health Research Collaboration. Governing Board</td>
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<td>Brian Kelly</td>
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<td>Australasian Society for Psychiatric Research</td>
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<td>Greater Western Area Health Service. Human Research Ethics Committee</td>
<td>David Lyle</td>
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<td>Craig Hart, Member</td>
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<td>Anne-Marie Holley, Member</td>
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<td>GWAHS Youth Mental Health Model Committee</td>
<td>Helen Stain</td>
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<td>HealthOne. Pottsville Steering Committee</td>
<td>Lesley Barclay, Member</td>
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<td>Mental Health Emergency Care Project</td>
<td>Paul Fanning, Member</td>
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<td>Murdi Paaki Expert Working Group</td>
<td>Paul Fanning, Member</td>
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<td>Murdi Paaki Management Committee (COAG)</td>
<td>Dr Kris Battye, Member</td>
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<td>National Environment Protection Council. Health Advisory Group</td>
<td>Geoff Morgan, Member</td>
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<tr>
<td>School of Public Health &amp; Veterinary Science. Interdepartmental</td>
<td>Hudson Birden, Member</td>
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<td>Network of Public Health</td>
<td>Emily Herde, Member</td>
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<td>NSW Commission for Children and Young People Child Injury</td>
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<td>NSW Drought Welfare Coordinating Committee</td>
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<td>NSW PHC Conference. Scientific Advisory Committee</td>
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<td>Frances Boreland, Member</td>
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<td>NSW Rural Mental Health Conference. Management Committee</td>
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<td>NSW Rural Mental Health Promotion, Prevention &amp; Early Intervention</td>
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<td>North Coast Area Health Service. Workforce Development Plan</td>
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<td>North Coast Area Health Service Workforce Development Plan</td>
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<td>Northern Rivers University Department of Health, Advisory Committee</td>
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<td>RANZCP. NSW Branch. Rural Psychiatry Project</td>
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<td>Statewide Youth Mental Health Service Model Committee</td>
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<td>Statewide Youth Mental Health Rural Model Subcommittee</td>
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<tr>
<td>Transcultural Rural and Regional Outreach Project</td>
<td>Paul Fanning, Member</td>
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<tr>
<td>UNSW. Health Improvement &amp; Prevention Study. Management Committee</td>
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Mental Health Council of Australia. NGO Grants Panel
Mental Health Council of Australia. Research Grants Committee
National Climate Change Adaptation Research Group
National Health & Medical Research Council Grant Review Panel for Primary Health Care Research
Neuroscience Institute for Schizophrenia and Allied Disorders
North Coast Area Health Service. Advisory Committee
NSW Early Psychosis Advisory Group. Research & Clinical Committees
NSW Primary Health Care Collaboration
Regional Development Australia. Northern Rivers Board
Schizophrenia Research Institute. Cognition & Connectivity Panel

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