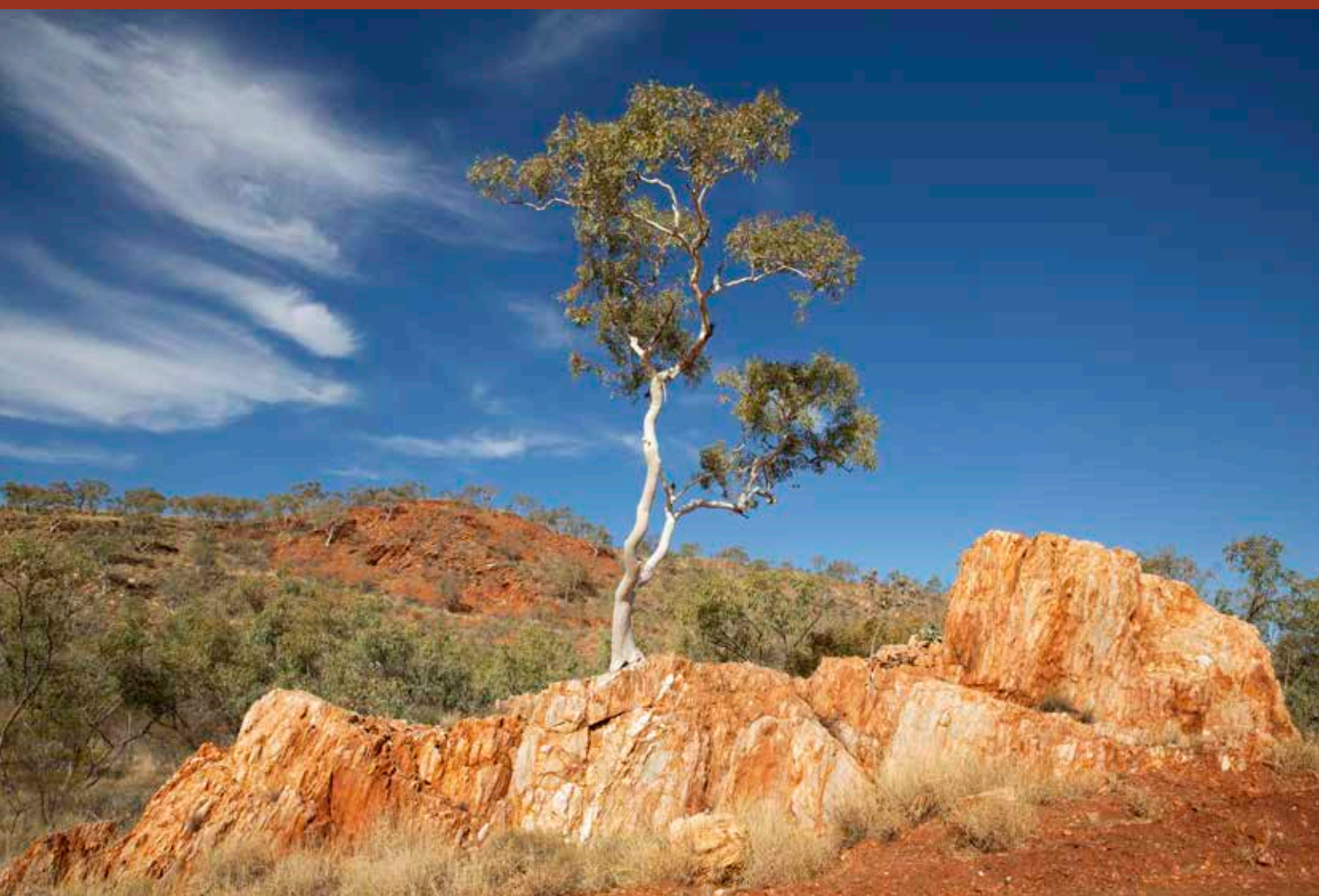


James Cook University Murtupuni Centre For Rural And Remote Health

2021 Rear View Mirror



PREPARED FOR THE JAMES COOK UNIVERSITY MURTUPUNI
CENTRE FOR RURAL AND REMOTE HEALTH ADVISORY BOARD

Funded by the Australian Government Department of Health
Rural Health Multidisciplinary Training Program



MURTUPUNI
CENTRE FOR RURAL
& REMOTE HEALTH



We acknowledge and pay our respects to Australian Aboriginal and Torres Strait Islander Peoples as the first inhabitants of the nation and acknowledge traditional custodians of the lands where our staff and students live, learn and work.

2018



The Murtupuni Story

The JCU Centre for Rural and Remote Health (CRRH) Mount Isa campus has been named Murtupuni (pronounced *Mer-da-pun-ni*), which means to “come together, gather together” in the Kalkadoon language.





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Director's Report

I am pleased to present to the advisory board "2021 in the rear vision mirror". The report outlines strategies and activities that we at JCU have undertaken to deliver effective rural training experiences for medical, nursing, midwifery, dental and allied health students (prior to gaining professional registration) as required by the Australian Government's Department of Health Rural Health Multidisciplinary Training (RHMT) program.

Our core focus on the RHMT priority areas align with JCU:

- ensure rural training experiences are of a high quality;
- undertake student selection and rural student recruitment;
- engage with key partners and the local community to support the delivery of training to students;
- maintain and progress an evidence base and the rural health agenda;
- facilitate improvement of Aboriginal and Torres Strait Islander health through a range of strategies; and
- provide regional leadership in developing innovative training solutions to address rural workforce recruitment and retention.

The release of the evaluation of RHMT and associated expansion programs have provided opportunities for us to reflect on our approaches and plan, enthusiastically supported by the Shire Councils, for potential expansion in more remote settings with a hub and spoke proposal for the Western Corridor. This would see additional student accommodation in Winton and Dajarra and allied health service learning placements between Cloncurry, Winton, Dajarra and Boulia.

The second was a proposal to expand RHMT in Aged Care Services. We partnered with Torres and Cape Hospital and Health Service and Star of the Sea Aged Care to develop a proposal to base the Top of Australia Aged Care project proposal in Bamaga for the NPA and Star of the Sea.

The process of developing these complex proposals building on existing relationships with health services, professional organisations, key stakeholders and community organisations has been a very positive experience. It has crystallised the gaps in our UDRH and priorities for the future. Both student accommodation and supervision are the major rate limiters in addressing these.

The third is a proposal to establish a new UDRH in Central Queensland and this has been successful.

I am very pleased to report that despite the challenging year impacted by border issues, lockdowns and more recently a few students not being vaccinated against COVID-19, we have more than met the core requirements. We will graduate 5 nurses in Mount Isa with 45 enrolled across the program and see several of our past students take up allied health careers in the area.

Across our sites of North West, Lower Gulf, Central West, Western Cape and Emerald, 567 allied health, nursing and medical students undertook 3356 weeks of placement. Thank you to the clinicians, services and communities who have hosted our students and to our service learning team who have developed high quality placements



in areas of need increasing our capacity to provide effective training experiences for students. I commend to you the most recent service learning innovations detailed in the report.

It's been a big year promoting rural health careers from high profile events such as Beef Week to the small, with School of the Air 'Bush Children's Sports Week', school career days, sporting and ag events across the patch. In an all-out effort to support the community achieving 100% vaccination, staff have stepped up to promote public health and have volunteered weekend after weekend – an effort I am tremendously proud of.

Our research active staff have secured several important grants including two from TAAHC, plus several recognised for their work, including Dr Fatima Yaqoot who received the QLD Young Tall Poppy Science Award, and Selina Taylor, who was awarded QLD Pharmacist of the Year by the Pharmaceutical Society of Australia. The team continue to contribute to the evidence base at the very cutting edge of rural and remote health and workforce, watch this space.

Finally, we were able to celebrate and open the Burketown Student accommodation facility "Midithinda Yardilathi Birrjilda" with our partners, the Burke Shire Council and Carpentaria Land Council. The nurse practitioner in Burketown has had a steady flow of nursing and medical students who have all rated the experience highly, as do the allied health students engaged in service learning at the school.

We welcome Professor Richard Murray DVC as the Advisory Board Chair and farewell Professor Ian Wronski. We also farewell Pam Stronach, Director of Quality and Strategy, and Professor Maxine Whittaker, Dean of the College of Public Health, Medical and Veterinary Sciences – the woman who made things happen! We say goodbye to our senior occupational therapy clinical lead, from North West Community Rehab, Miriam Gerber. Miriam has been hugely influential in the success of the program and we wish her well. We celebrate Associate Professor Catrina Felton-Busch's 20 years of invaluable contribution with JCU. Our achievements and successes are through our wonderful people – professionals one and all who continue to grow, develop and innovate all with the end goal in mind – a vibrant and healthy outback Queensland.

Professor Sabina Knight AM
MCRRH Director

Member Organisations

Apunipima Cape York Health Council

Australian Government – Department of Health

Australian Rural Health Education Network

Boulia Shire Council

Burke Shire Council

Carpentaria Shire Council

Central West Hospital and Health Service

Cloncurry Shire Council

Gidgee Healing

Health Workforce Queensland

Indigenous Allied Health Australia

McKinlay Shire Council

Mount Isa City Council

North and West Remote Health

North Queensland Primary Health Network

North West Hospital and Health Service

Royal Flying Doctor Service

Torres and Cape Hospital and Health Service

Western Queensland Primary Health Network

Corporate Memberships

MCRRH IS PROUD TO BE CORPORATE MEMBERS OF:

CATSINaM

Commerce North West

CRANaPlus

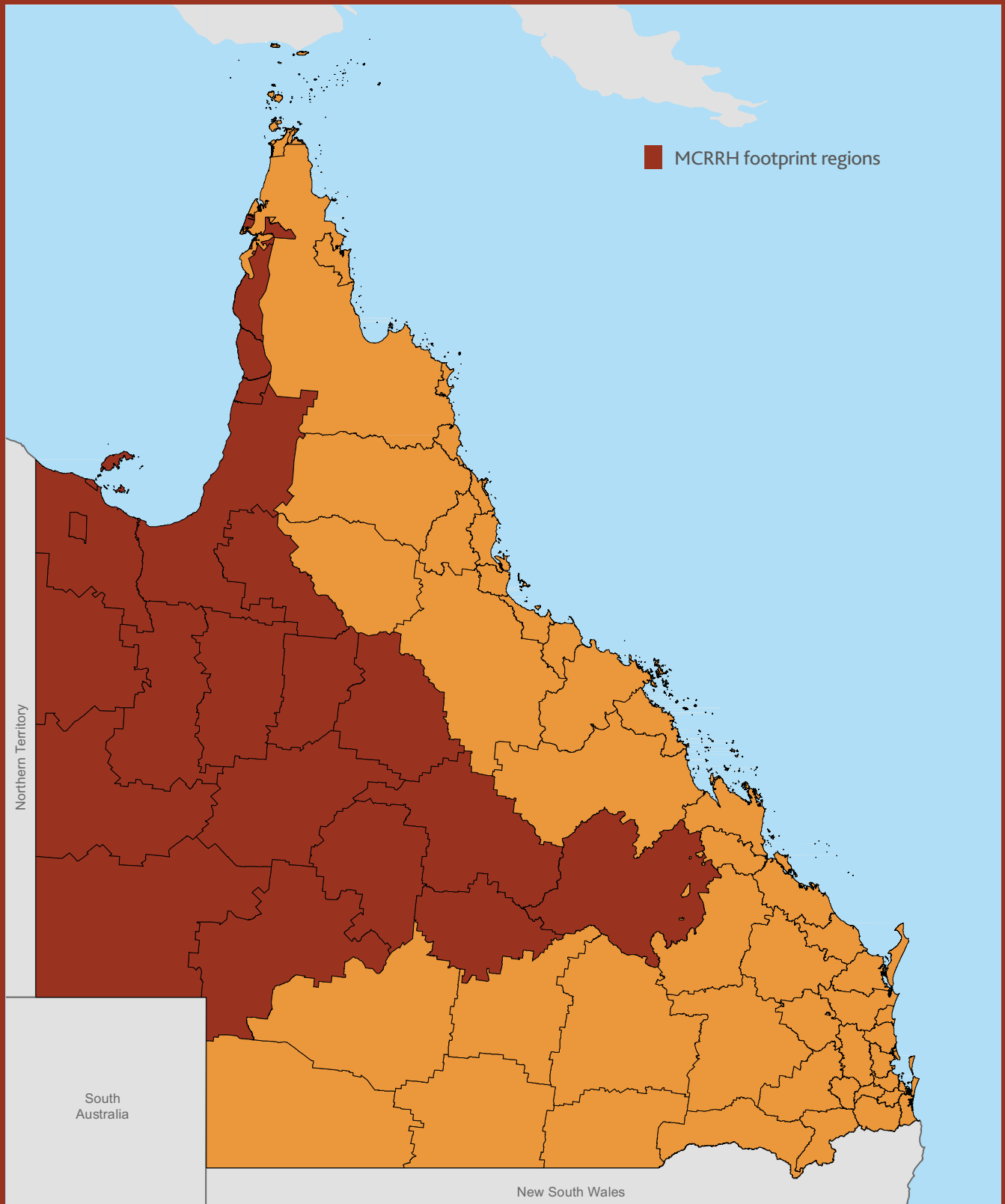
Indigenous Allied Health Australia

National Rural Health Alliance – Friends of the Alliance

Rural Doctors Association of Queensland

Our Footprint

MCRRH is one of two University Departments of Rural Health in Queensland, where our footprint lays across a significant amount of the state. Our scope is to support health workforce initiatives throughout rural and remote communities as far North to Weipa, South to Roma, and East to Emerald.



Student Accommodation and Facilities

OPENING CEREMONY OF MIDITHINDA YARDILATHI BIRRJILDA LEARNING CENTRE IN BURKETOWN

Midithinda Yardilathi Birrjilda Learning Centre was officially opened by the Hon. David Gillespie, Minister for Regional Health and Minister Assisting the Minister for Trade and Investment in Burketown. The name of the centre was provided by the Gangalidda people, traditional custodians of the land upon which the centre stands. Murrandoo Yanner, Gangalidda leader and Director of the Carpentaria Land Council Aboriginal Corporation, provided the English translation of the centre name 'Medicine to be Strong and to Feel Good'. MCRRH's Director,

Professor Sabina Knight AM, put forward a proposal to Burke Shire Council Mayor Ernie Camp for the centre in 2018, as a way of bringing the future health workforce into the Lower Gulf to experience work and life in a rural and remote community. The Burke Shire Council generously gifted a block of land to James Cook University to bring the proposal to fruition.



Clockwise from top left:: Attendees watching the Burketown building opening via zoom. Some of these include: Gisela Jung, CA Architects, Bill Tweddell, JCU Chancellor and Joanne Hutchinson, National Director of ARHEN

Murrandoo Yanner, Gangalidda leader and Director of the Carpentaria Land Council Aboriginal Corporation and Patrick Collins, MCRRH Operations Manager Associate Professor Catrina Felton-Busch, Professor Sabina Knight AM, and nursing student Holly Kimmit

Associate Professor Remote Indigenous Health & Workforce Catrina Felton-Busch, Gangalidda Elder John Yanner, Professor Sabina Knight AM and Mayor Ernie Camp JCU MCRRH team and Gangalidda Elder John Yanner in front of the newly opened centre

BLACKALL

There has been a lack of student accommodation in Blackall for several years with limited suitable options. Fortunately, a suitable rental property became available mid-2021. The four-bedroom air-conditioned house was designed for accommodation, with a two-

bay carport, two bathrooms and a large yard that complements the outdoor deck – ideal for a mixed group of students. It is a valuable asset for student placements, resulting in 2022 bookings exceeding the capacity for most of the first six months.



Blackall student accommodation



MOUNT ISA

Mount Isa has a total of 53 beds in student accommodation as it is our most established site with some buildings undergoing some timely refreshment. We have finalised our Spence Street upgrades where we house 20 students in 4 self-contained pods.

These include:

- Replacement of the main electrical switch board
- All new split system air conditioners in each bedroom
- New floating timber floors
- New bedroom and common room furnishings
- New blinds in student bedrooms that are designed specifically for those sleeping during the day to work nightshift

We have also installed a new electric security gate system at our Gray Street accommodation for easy, safe access for students.

Fleet

The vastness of our geographical footprint requires access to reliable fit-for-purpose vehicles to support our staff transporting students and servicing the region. A motorhome provides accommodation for supervisors and serves as a moving billboard to advertise MCRRH throughout outback Queensland. Four-wheel drive vehicles at each of our sites ensures we have the means to safely transport students and deliver education and research activities across our entire footprint.



Above: JCU MCRRH Prado at Budjamulla National Park

Left: JCU MCRRH motorhome at the Curry Merry Muster in Cloncurry

Below: JCU MCRRH Mount Isa Vehicle Fleet



Student Support and Facilities

We have continued to improve the quality of our student learning spaces, facilities and accommodation. This includes NBN upgrades in Mount Isa, Cloncurry, Longreach and Blackall delivering much improved internet speeds.

CLONCURRY LEARNING CENTRE

Operated in partnership with the Cloncurry Shire, the learning centre has become an important hub for promoting careers and providing academic support. The centre is a focal point for local nursing, medicine, and other allied health students to attend lectures and tutorials. The centre is staffed by an administration officer and a part-time nursing academic who supports undergraduate and TAFE nursing, medical and allied health students as well as health workers, and post-graduate students. The team also hosts health career promotion events at the schools and in the community.

LONGREACH

Our Longreach facility is equipped with a lecture and board room that can be used for video conferencing using our high-quality sound and large screen set up that was upgraded this year to zoom. Our facility is conveniently located adjacent to the local hospital deeming it very useful for students to complete their studies before and after work.

MURTUPUNI MOUNT ISA CAMPUS

The physical headquarters for MCRRH has upgraded the floor carpeting this year in the West boardroom, lecture rooms, computer lab, Yacca library and tutorial rooms. This new instalment improves the soundproofing of the rooms allowing for clearer sounded lectures, tutorials and video conferencing for staff, students and our health service partners in the region.



Above: Longreach zoom and webinar facility rooms

Below & left: Murtupuni Mount Isa campus computer lab, lecture room and West boardroom



TARABADA HOUSE

The Tarabada House comprises of three webinar equipped lecture rooms, a staff area and tea room that can be used by staff, students, and other health professionals using the facility. The facility accommodates several of the service learning team members as well as our Head of Indigenous Health. It is also the hub for our Indigenous student support that is made use by current and future University undergraduate and post-graduate students in rural and remote North West Queensland.

TJIRTAMAI HALL

We have now finished installing our new picture system that runs around the outskirts of the hall walls. This new system allows locally sourced paintings and Indigenous artwork to hang at different depths without damaging the walls providing a familiar, welcoming ambiance for Rehab clients and students alike.

YACCA LIBRARY

We welcomed a new librarian and library assistant to the team this year – Keith and Risharne. This is a crucial service to our students, clinicians and health service partners assisting with literature reviews, access to contemporary journals and texts. The Yacca library staff have extended the opening hours to accommodate staff and students with flexible times before and after usual working business hours which has seen a positive impact on visitors to the library. Many draft assignments have been proof read by the skilled and talented team. A daily count has been implemented of visitors to the library with a total number of visits between September and November being 267. Since the beginning of September, 90 new books have been added to the library.



Above: Tarabada common room and lecture room

Middle row: Tjirtamai Hall new picture hanging system fully installed

Bottom row: Yacca Library and Tutorial room facilities including student collaboration spaces



Student Placements

Across the MCRRH footprint 575 allied health, nursing and medical students undertook placement for a total of 3,356 weeks. The sustained increase in numbers of students and associated student weeks has been achieved through the combination of the continuing commitment and generosity of our partner health services, practices, health professionals, schools and our own service learning program. Feedback from students and supervisors has been pleasingly positive. This year we have expanded remote placements for medical and nursing students supervised by the remote practitioners in Camooweal, Karumba and Burketown.

"It was good to see how welcoming they are to people who come in no matter who they are or how often they come; those remote area nurses and nurse practitioners are amazing, they are really willing to teach and supervise you to do things, one even offered herself for me to draw blood for the first time really building my confidence"

4th year medicine student.

"I think I saw PHC as it should be, we were so lucky"

4th year medicine and 3rd year nursing student

"we had 3 urgent cases together so had to role up our sleeves and step up – she was so good explaining what needed to be done and afterwards, what we learnt"

"The session made me reflect on my previous clients and how we centred their treatment".

Interprofessional structured Learning (IPL) continues to be led by clinical academics at each major training site:

- Selina Taylor in Mount Isa who also leads the overall program
- Sharon Varela in Longreach
- Sally West in Weipa

All students – allied health, dental, nursing and medical students on placement for four weeks or more are offered and encouraged to attend structured IPL sessions. Students report these as valuable experiences that increase their awareness of other disciplines' contribution to care, patient issues, rural remote and Indigenous health, communication and improves professional relationships. Fortnightly IPL sessions focus on competencies within the interprofessional framework. Scenarios are exchanged, expanded and a community of practice established between our organisations.

Our ongoing IPL collaboration and community of interest with Southern Queensland Rural Health continues to deliver benefits to both University Departments of Rural Health and our students.

"The information presented around psychological safety was new and prompted some reflection on my own practice and how I can try new methods of engagement to foster this more among my team and clients".

SERVICE LEARNING

A key part of our RHMT activity is service learning which we purposefully utilise as a vehicle for structured interprofessional placements, enhancing our rural and remote work readiness effort primarily in the North West, Lower Gulf and Weipa. These placements pair or trio students of various professions to undertake placement together. Discipline-specific and interprofessional supervision is provided and this interprofessional practice is also role modelled, some using remote technologies by our clinical lead supervisors.

Our team of Allied Health Clinical Leads include the disciplines of exercise physiology, nutrition and dietetics, occupational therapy, physiotherapy, psychology, speech pathology, and social work. They supervise students to provide services in a range of settings including aged care, primary and early childhood schools, community rehabilitation, disability services, dialysis, drug and alcohol recovery services and community with a particularly strong focus on Aboriginal and Torres Strait Islander health.

Good news travelled, and the Western Cape College approached us to establish a service learning program with them as they have contributed the speech pathologist position in a hybrid model. The successful Napranum wellness and rehabilitation program has now transitioned to Cape and Torres Hospital and Health Service and is continuing with our students

Student orientation continues to be important and is provided in a very structured way via pre-placement on zoom, upon arrival and during their first weeks of the placement.

This includes:

- Communication
- Policies and procedures
- Supervision and expectations
- Person centred goal-setting
- Living and working in a rural or remote location
- Interprofessional teams and effective communication
- Telehealth and Zoom
- Self-care and support
- Documentation processes
- Rural health and life

"Understanding how important communication and language differences are"

MENTAL HEALTH – PSYCHOLOGY AND SOCIAL WORK

Psychology placements continue to be a challenge. MCRRH continues to advocate for and facilitate psychology student and internship placements across our footprint and has provided supervision capacity in Central West and North West Queensland. The pandemic has had both a positive and negative impact on psychology placements. With more universities moving to distance learning in some of their psychology programs, students now have the flexibility to study from their local region; however, border closures have impacted on some placements with the current psychology honours students completing their placements virtually. Our leads have continued to provide valuable support to student and provisional psychologists. Overall, two provisional psychologists, one early career psychologist, one Clinical Masters student (JCU), one Professional Masters student (La Trobe) and five honours students (UQ) have benefited from supervision and support from our psychology clinical leads.

The service learning team also works to connect students to a range of services not only for experience but for potential graduate employment. We provide many references for students when applying for new graduate positions as well as assistance with graduate position applications and interview practice. This has been incorporated into our work and has been quite successful resulting in a number of graduates of our student programs being employed in the North West and other rural areas. We plan to collate this data and incorporate into ongoing promotions and reporting.

INNOVATIVE MODELS

Over the year, a number of projects were completed by Nutrition and Dietetics and Occupational Therapy student disciplines. The community and public health projects were:

- Dietetic students evaluated a tuckshop menu for a Remote Western Queensland school.
- A nutrition education program for people recovering from alcohol and drug addictions at a residential rehabilitation service based in Mount Isa was evaluated.
- Occupational therapy students provided Gulf Christian College with evidence-based and culturally relevant fine motor skill development information and resource for teachers in Prep – Year 2.
- Occupational therapy students developed culturally appropriate and evidence-based education resources and programs for stroke participants, caregivers and the community regarding stroke rehabilitation in the North West.
- Dietetic and nutrition students engaged with Young People Ahead to support healthy eating.



"The role swap activity was really great. I always find putting myself in another person's shoes helps me understand and gain a greater appreciation for others roles".

CAPACITY BUILDING AND FUTURE SERVICE LEARNING

We are keen to be able to demonstrate the value and return on investment in providing rural health learning placements. To this end, our Clinical Lead in Public Health Nutrition, and Clinical Lead in Speech Pathology, have been led by our research fellow, Alice Cairns in the development of a research proposal exploring the value of service learning placements from the community perspective.

SERVICE LEARNING PARTNERS AND PLACES

Burketown State School, Burketown

Paediatric developmental services – this year saw 3rd year occupational therapy students from JCU complete their placement in Burketown State School, collaborating with the Department of Education. The students completed individual and group sessions with the children, looking at emotional regulation, learning readiness, social skills, and ASD awareness. They also assisted in the development of the school's yarnning circle, which was built in August 2021.

Injilinj Pre-School and Kindergarten & Estelle Cardiff Community Kindergarten Assoc, Mount Isa

Paediatric developmental services, speech pathology and occupational therapy students worked with Estelle Cardiff in terms 1 and 4, providing support to the kindergarten staff in terms of paediatric developmental services, focusing on social skills, fine motor skills, play with others, safe hygiene (e.g. nose blowing and washing) and emotional regulation.



Above: Occupational therapy students on outreach placement at the Burketown State School

Left: Occupational therapy students on placement at Injilinj Community Kindergarten

Gulf Christian College Normanton

Occupational therapy students worked with the school in terms 2 and 4. Students completed a project on developing fine motor skills in a school setting, and also provided student-assisted programs. Students collaborated with teachers and school staff during both the clinical and project placements. A change in the allied health clinical lead speech therapy impacted on speech student's participation here this year.

North West Community Rehabilitation (NWCR), MCRRH Mount Isa

North West Community Rehab is a student assisted service for people with neurological and musculoskeletal conditions commissioned by North West Hospital and Health Service – the core team including an occupational therapist, physiotherapist, and Indigenous rehab assistant – together with the students provide individual and group rehab designed to meet pathway goals. The exercise physiology and speech pathology students work alongside the NWCR. Occupational therapy and physiotherapy students provide community rehabilitation services including groups and individual sessions. The main clientele is for musculoskeletal and neurological rehabilitation, we have a Mamas and Papas falls prevention group including individual sessions and aqua group sessions. The exercise physiology students are also involved in clinical meetings, SOAP notes, and session planning with other disciplines to promote interprofessional practice.



Top: Occupational therapy students on placement in Normanton at the Gulf Christian College

Middle Left: The Mamas and Papas Group end of year morning tea celebration for 2021

Middle Right: Allied health student with the Mamas and Papas group

Right: Health science students at the Mount Isa Recovery Services Centre facilitating a nutrition and cooking session with residents

The Salvation Army, Mount Isa Recovery Service Mount Isa

Students and clinical leads provide basic health screening, group exercise physiology classes, general health education, nutrition, individual program development, collaboration and upskilling of support workers. The primary focus is client autonomy, recovery, and quality of life. Evidence-based interventions are used and guided by the clients to ensure it is appropriate for each individual and group.

Renal Unit Rehabilitation, Mount Isa Hospital, Mount Isa

The exercise physiology service learning team firstly collaborated with the Senior Renal Dietitian and Transplant Nurse for the planning of the program to determine a focus group that would benefit the most from the program. The dietitian and exercise physiology team began discussions with the patients regarding their interest in partaking in the program. The sessions included: goal setting, initial consult, quality of life questionnaire, physical assessment, discussing the program with the patient, then intra-dialysis exercise sessions. The patients are also offered a home program if they wish to complete between dialysis sessions.

Injilinjji Aged Care, Mount Isa

Speech pathology students embedded in the aged care centre performing communication & swallowing reviews, communication group and staff capacity building. They have also been playing a range of different games each week. Through playing these games, we have spent time laughing and telling jokes, reminiscing about the past and learning new things about Australian animals.

The exercise physiology students in collaboration with NWRH exercise physiologist's conduct a bi-weekly falls prevention class at the PCYC. This consists of lower limb strengthening and endurance, functional tasks, cognitive challenges, and a cardiovascular component. They also assist the cardiac team once a week at a cardiac rehabilitation session at PCYC with evidence-based phase 2 cardiac rehabilitation that is only offered in Mount Isa. The students also develop their motivational

interviewing and behaviour change skillset. These activities promote the role of exercise physiologist to the broader community as many would not have previously encountered one. Two past participants bought a grandchild to one of the JCU career days to explore the options of exercise physiology as a future career.

Cootharinga North Queensland – Mount Isa

The students also assist Cootharinga participants with exercise classes, whilst also obtaining important experience in working with people with intellectual impairment. The classes are fine and gross motor skills focused. The support workers at Cootharinga assist in guiding the students in their education and experience.

Pharmacy

Pharmacy placements are facilitated throughout the MCRRH region from the Lower Gulf to Central West and North West Queensland. Students are offered a variety of pharmacy settings including community, hospital, Aboriginal medical services, primary health care clinics, aged care settings and home medication reviews. Intern pharmacists in the region are also supported by a structured fortnightly program including examination preparation and interprofessional education sessions.



Above: JCU Pharmacy student on placement at Pharmacy First in Mount Isa
Left: Speech pathology students and residents at Injilinjji Aged care

Placements Feedback

STUDENTS HAVE THE OPPORTUNITY TO WORK IN RURAL AND REMOTE COMMUNITIES AND ENJOY THE DIVERSE WORK EXPERIENCE. HERE ARE TWO OF OUR STUDENT TESTIMONIALS FROM THEIR PLACEMENTS THIS YEAR.

Ashlee Moon – 3rd year Occupational Therapy Student

"I am a 3rd Year Occupational Therapy student studying at James Cook University in Townsville. Growing up, I always had the mindset that I wanted to help people but was uncertain of what pathway I would choose that would lead to the profession that I would ultimately enjoy. This led me to the realisation that I needed to explore my options which eventually led me to occupational therapy, enabling me to fulfill my aspirations of helping others. With the experiences, I have encountered so far, I discovered that occupational therapy is one of the most holistic health care professions, where we help individuals across their lifespan to regain independence in meaningful everyday occupations of life, taking into consideration all aspects of an individual's need such as their physical, psychological, and emotional wellbeing, social and environment. With this in mind, it gives a clear indication of how diverse occupational therapy can be, which is one of the many reasons why I love OT. This year, I completed my first 7-week placement at the Townsville University Hospital at the Hands Therapy Department. This is predominantly an outpatient caseload treating conditions such as fractures of the hand/wrist, carpal tunnel syndrome, finger amputations, volar plate injuries, arthritis, and soft tissue injuries such as dog bites. I could not have hoped for a better first 7-week placement, as I have gained a tremendous amount of professional and personal skills during this time. I would highly recommend this profession for placement to students working in this field. I am currently on my second 7-week placement in Mount Isa and Normanton. The caseload is based on the younger population in a kindergarten and school setting, age ranging from 3 to 14 years old. As this is a rural and remote placement, it presents the opportunity to expand on my knowledge and skills, enhancing my professional development whilst providing me with a higher sense of autonomy and responsibility, whilst increasing my confidence in an environment that has its challenges. It also provides a realistic understanding of rural health service providers and the many skills required to live in such places. Again, I am super thankful to have experienced such an incredible placement so far, and therefore, I look forward to increasing my knowledge and skills with the remaining 3 weeks I have left on this placement."



Occupational therapy student Ashlee Moon on outreach in Normanton

Hayden Stringer – 3rd year Physiotherapy Student

"I was on a clinical placement for Physiotherapy in Emerald for five weeks beginning on the 27th of September, at both Construct Health and Emerald Hospital. I would firstly like to say, living and working in Emerald was a great experience that I'll never forget, and I'd recommend it to anyone with the capacity to choose to go. It's certainly drawn me a lot closer to wanting to practice rurally after graduation I can't go by without an enormous thank-you to Kali-Jean for generously putting me up in accommodation at one of the lovely homes near the hospital, which took a great deal of stress and anxiety out of the whole experience and allowed me to focus a great deal more on my study. The homes are very nice, and very homely, and almost everything you need when you get there which is great. The proximity to the hospital and the central part of town also makes them a great place for health students. To anyone considering rural, particularly Emerald, I'd say it's a great place worth experiencing"



Hayden Stringer at an education event on Eating Disorders in Emerald

Student Placements Rural Experiences

Boodjamulla National Park Student Trip



Students on their trip to Budjamulla National Park

Exploring Burketown



Occupational therapy students exploring Burketown in their down time

Fishing in Karumba



5th year medical student Vidhushan Paheerathan on a fishing charter in Karumba

Outback Furry Friends



4th year medical student Kelsey Popham getting to know the friendly locals





Occupational therapy, exercise physiology, and physiotherapy students on their first day of placement

567 STUDENTS 

3356 CLINICAL PLACEMENT WEEKS 

Travel restrictions across Australia and at times within Queensland, as well as the requirements for COVID-19 and Flu vaccinations, impacted on placements. MCCRH Clinical Leads again partnered with university placement coordinators to prioritise and support completion of placement hours for final year allied health students, and offered a number of additional placements to facilitate this. James Cook University and Griffith exercise physiology & exercise science placement coordinators were able to visit with stakeholders in Mount Isa to obtain feedback and source future potential placements.

Unlike last year, allied health students were able to continue with extra-curricular activities that enabled students to fully experience a rural lifestyle, build relationships with each other and other discipline

students as well as key stakeholders in the region. This community immersion broadens the students' understanding life, the services in the region as well as community needs, current supports, and opportunities for collaboration.

Recent funding allocated from Check-up Australia means students can accompany allied health clinicians on traditional placement to outreach previously unavailable due to costs such as accommodation and travel. This has allowed us to partner with our key service providers to offer a broader range of experiences for allied health students and continue to develop our hub and spoke supervision and placement model.

INNOVATION

Our team continues to innovate increasing the reach and diversity of student placements. Two examples being the Paediatric Assessment Clinic for Mental Health; and Early Years – Western Cape College intervention.

Paediatric Assessment Clinic for Mental Health

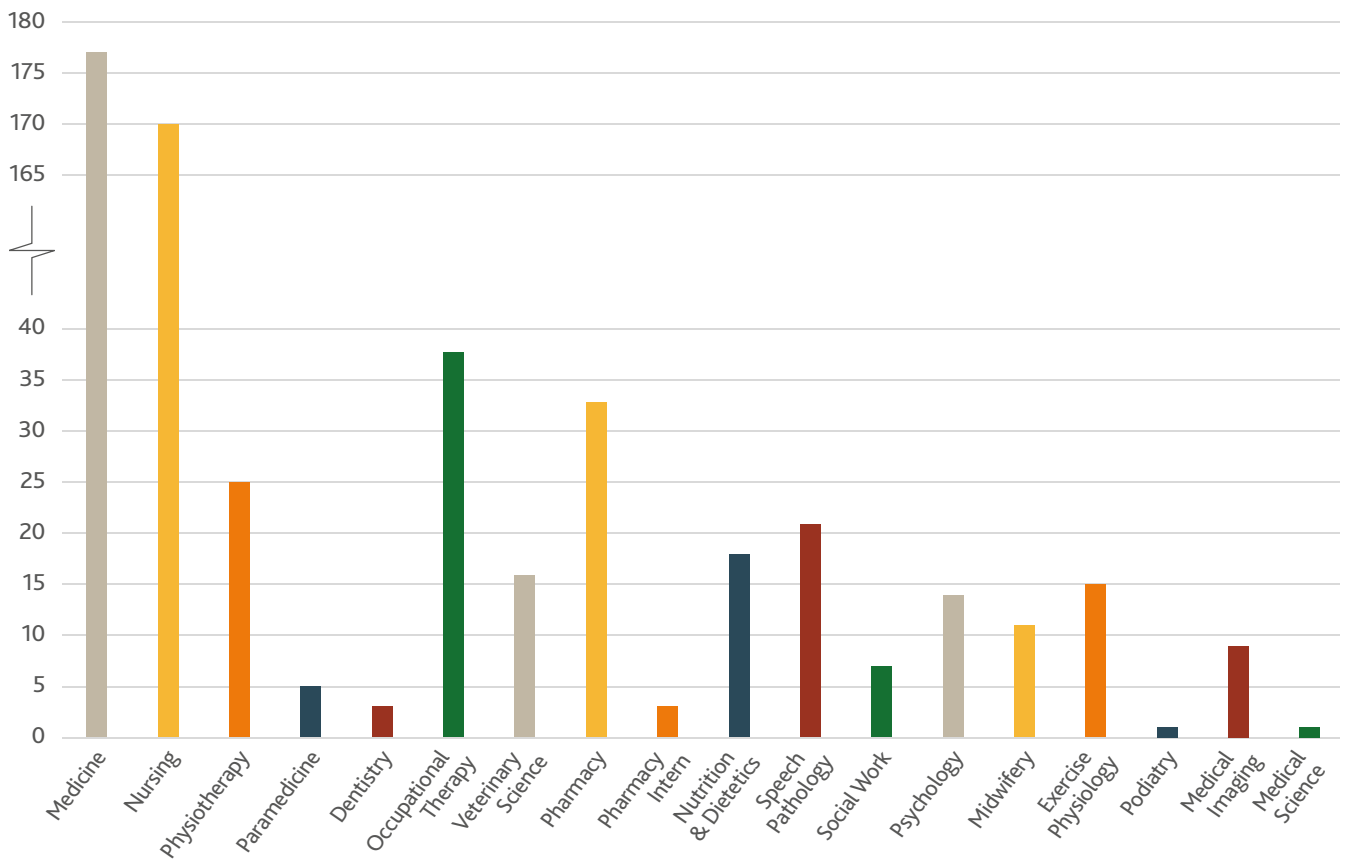
A "pop-up" student-led child and youth assessment clinic was successfully implemented through a partnership with the MCCRH and the NWHHS, meeting a gap in available services and expertise in the region. The "pop-up clinic model" was developed by our psychology senior clinical lead, along with Dr Prema Subramaniam (A/Director of Paediatrics, NWHHS) and Lynette Stenhouse (Team Leader, Child and Youth Mental Health [CYMHS], NWHHS), and trialed with a psychology Masters student from La Trobe University in the second half of 2021. The student was placed in the Child Development clinic and worked across three NWHHS services: Allied Health, CYMHS, and Child Development. As a part of this project, Dr Prema Subramaniam trained four health professionals to administer the child development Griffiths III (ARICD) assessment, with more health professionals being

trained in early 2022. Developing the expertise locally, with support from student-led clinics, is critical to meet the demands of child and youth assessment, enabling local services to provide targeted early-intervention.

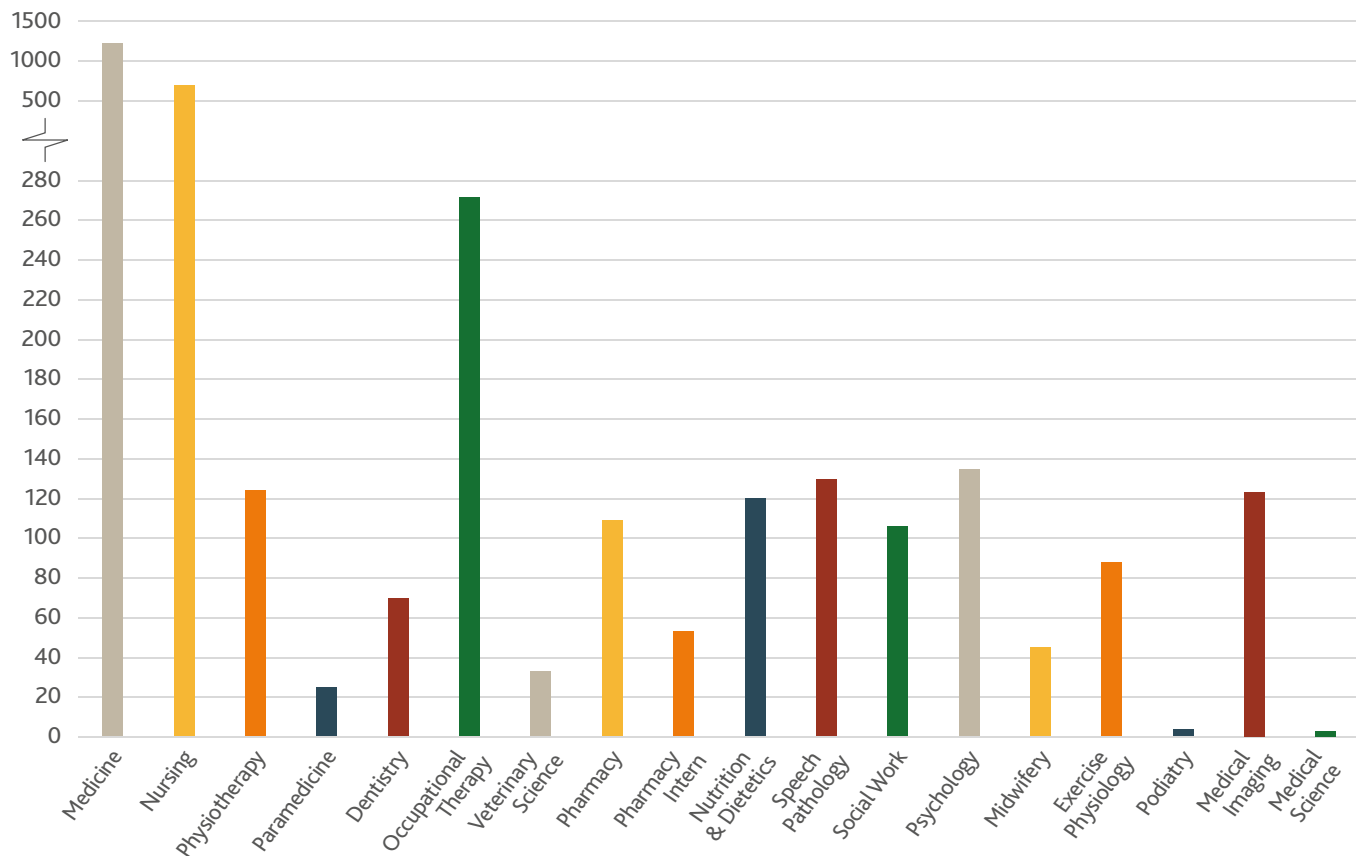
Early Years – Western Cape College

Western Cape College (WCC) has partnered with MCCRH to improve access to allied health early school assessment and interventions with speech pathology and occupational therapy student assisted services in Weipa, Napranum and Mapoon. Commencing this year, WCC has employed a speech pathologist and with support of MCCRH occupational therapy deliver an integrated, interprofessional school-based program where occupational therapy and speech pathology students work in classrooms with teachers to improve learning outcomes for remote and Indigenous children. The 2021 year saw eight university students participate in the program, delivering over 200 individual or small group therapy sessions and 135 whole class supports focusing on vocabulary, emotional regulation and handwriting for Prep – Year 4. This program will expand in 2022.

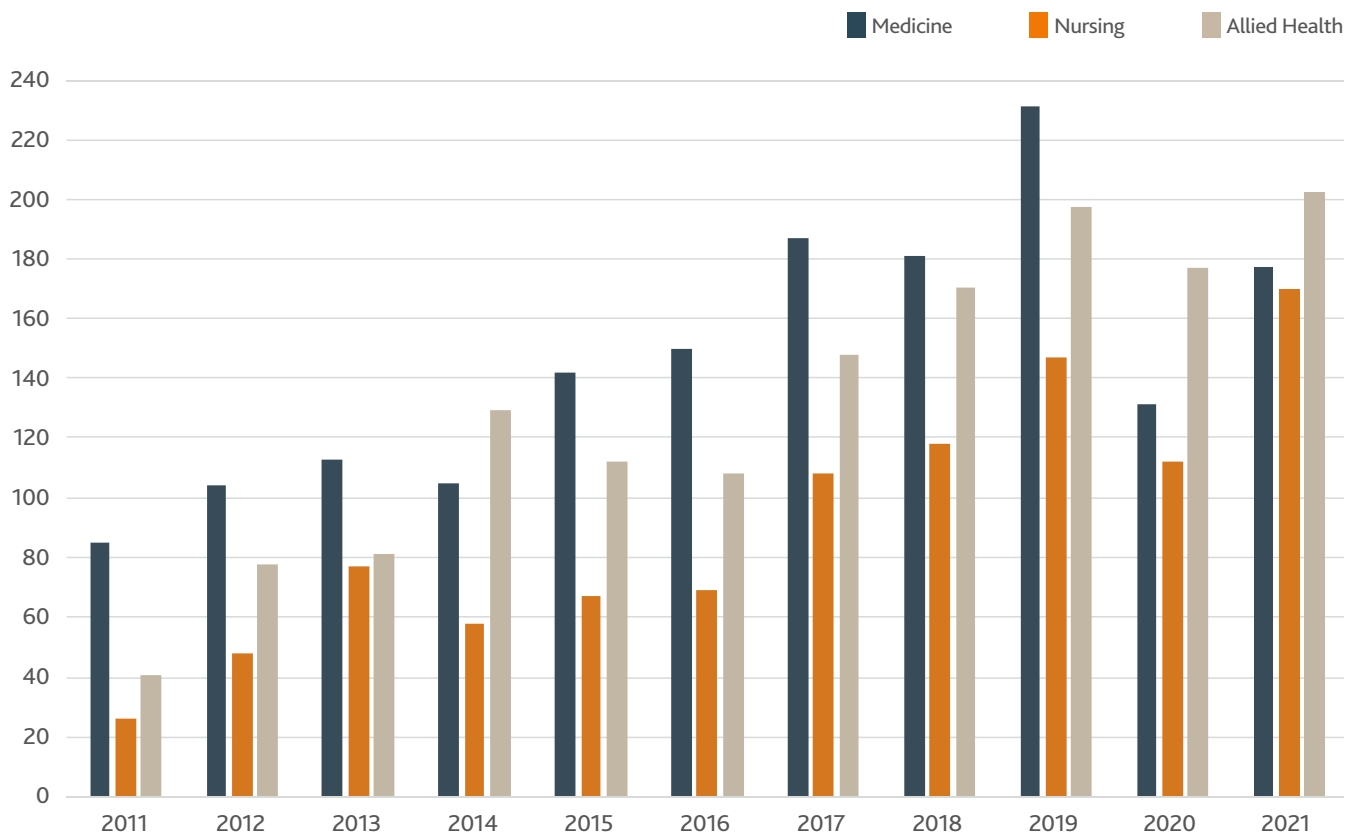
ALLIED HEALTH STUDENT NUMBERS BY DISCIPLINE



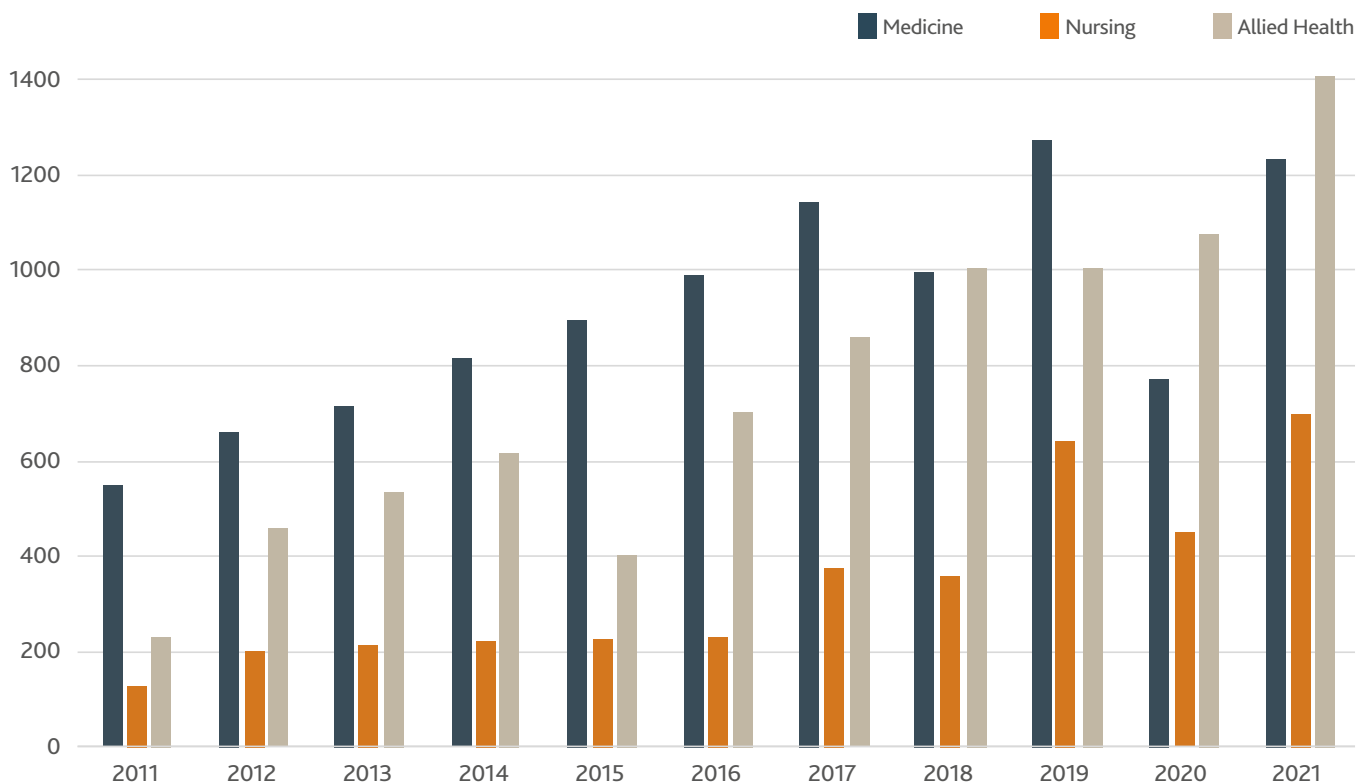
ALLIED HEALTH STUDENT WEEKS BY DISCIPLINE



STUDENT NUMBERS OVER THE YEARS



STUDENT WEEKS OVER THE YEARS



Rural Health Career Promotion

Community events are our biggest opportunities for promoting health careers and health awareness. The peak time for these events is March to September when agricultural shows, races, rodeos, cultural events and sporting carnivals occur.

Major activities included Beef Week 2021 – the largest gathering of rural people in Queensland over 5 packed days. More than 115,000 people attended including: Prime Minister, Deputy Prime Minister,

Premier and 39 Politicians Ag leaders. The JCU pavilion hosted a primary and secondary schools program with diverse activities for the school students and families.

Throughout the week, we hosted a Rural Leadership Seminar, Rural Health Career Seminar, Agriculture Leaders Seminar and specific information sessions on JCU application programs.

OTHER EVENTS THROUGHOUT THE YEAR INCLUDE:

| | |
|---|---|
| Blackall Cattle Sales health stall | Isisford Sheep and Wool Show |
| Boulia Camel Races | Mount Isa and Cloncurry Show |
| Boulia Campdraft and Rodeo | Mount Isa Rodeo |
| Boulia Spring Fair | Mount Isa Show |
| Children by Choice - Abortion in Rural Setting | Normanton Careers Day |
| Cloncurry Saint Joseph's School Career Presentation | Normanton Rodeo |
| Curry Merry Muster | Post traumatic stress syndrome - fact or fiction or both |
| DSDSATSIP Career Day including attendees from: Good Shepherd Catholic College, Spinifex State School, School of the Air, and Distance Education | Qld Day in the Park at Boulia |
| Eating Disorders Workshop | School of the Air sports week |
| Emerald Christian College Careers Day | UNWS Rural Allied Health and Medical Society panel presentation – Exercise Physiology |
| Go Rural Virtual panels for Social Work and Dietetics | Mount Isa Campdraft, Cloncurry Stockmans' Challenge and Veterinary placement tour |
| Good Shepherd Catholic College Career Day | Weipa Bull Ride |
| Heroes in Health | Women in Mining and Resources Queensland |



Heroes in Health



Students from Mount Isa high schools learning about different health disciplines for future career opportunities

School of the Air Sports Week



Mount Isa Rodeo



Cloncurry Saint Joseph's School Career Presentation



JCU MCRRH staff talking to year 7's, 8's and 9's at St Joseph's Catholic School

Women in Mining and Resources Queensland Stall



JCU MCRRH Communications Officer, Operations Manager and Director at the WIMARQ event

Blackall Cattle Sales Health Stall



Medical student, Kenta Sen, does some simple health checks on a Blackall Cattle sales participant

Weipa Bull Ride Health Stand



JCU MCRRH Weipa staff hosted a Kidney Care stall at the 2021 Weipa Bull Ride

Beef Week





Left page clockwise from top: Professor Sabina Knight AM and the JCU team at Beef Week in Rockhampton
 Preg testing horses - pregnant or not? Sally West and physio student ambassador
 Dingo drone fascinates young attendees, Australian Rural Leadership Fellows networking session; Interactive activity for Beef Week attendees

Boulia Camel Races



Health promotion stall at the Boulia Camel Races



Exercise physiology students helping kids participate in the obstacle course at Boulia Camel Races

Camooweal Rodeo and Campdraft



Students camping out at the Camooweal Rodeo & Campdraft

DSDSATSIP Careers Expo



Social work students and their placement supervisor at the DSDSATSIP Careers Expo with JCU MCRRH staff

Cloncurry Show

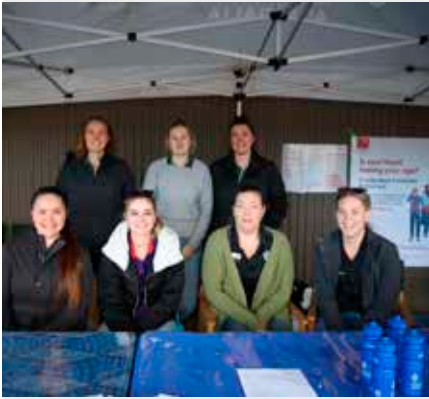


Cloncurry Show staff and show-goers



JCU MCRRH staff at the Cloncurry Show getting up close with the friendly stock

Mount Isa Show



MCCRHH JCU students on placement volunteering at the Mount Isa Show



1st year nursing student Emma Murray taking show-goers blood pressure



Emerald Careers Expo



Above: Emerald MCCRHH JCU staff at a local career expo

Below: Kali-Jean Duncombe, Emerald Site Coordinator talking to Emerald Christian College students



Curry Merry Muster



Above: JCU MCCRHH staff at the Curry Merry Muster

Below: Director Professor Sabina Knight AM with Cloncurry Showgirl



Good Shepherd Catholic College Careers Day



Good Shepherd Catholic College Careers Talk with JCU MCRRH staff and medicine & allied health students

Isisford Sheep and Wool Show



JCU medicine students attending the Isisford Sheep and Wool Show

Veterinary Placements - Mount Isa Campdraft, Cloncurry Stockmans' Challenge and Corella Park Station

Vet and other students on placement with MCRRH volunteer at the Mount Isa Campdraft, Cloncurry Stockmans' Challenge – it is an opportunity to promote an animal health career and JCU as well as gain experience and communication skills around large elite sports animals.



JCU Veterinary students on their campdraft and station placement

Normanton Careers Day



Associate Professor Catrina Felton-Busch at the Normanton Careers Day

Aboriginal and Torres Strait Islander Health

Indigenous health is central to MCRRH and outback rural and remote Queensland. We are committed to improving the health of Aboriginal and Torres Strait Islander peoples by embedding Indigenous health into rural training and providing opportunities for Aboriginal and Torres Strait Islander people to develop health careers. Aboriginal academic leadership, organisational responsiveness, community engagement and authentic teaching and learning experiences are a major focus and guided and led by our Indigenous staff.

Aboriginal and Torres Strait Islander Workforce

OUR ABORIGINAL AND TORRES STRAIT ISLANDER HEALTH TEAM INCLUDES:

| NAME | AFFILIATION | POSITION |
|------------------------|-------------------------------------|---|
| Catrina Felton Busch * | Yankaal and Gangalidda Woman | Associate Professor Remote Indigenous Health and Workforce, Head of Education |
| Shaun Solomon * | Birri and Ewamain Man | Head of Indigenous Health |
| Linda Ford * | Bigambul Woman | Senior Academic Lead Allied Health |
| Leanne Shaw * | Nugubu and Wik Woman | Indigenous Community Rehabilitation Assistant |
| Stephanie King * | Wanyyi and Garrawa Woman | Research Officer |
| Kimberley Walton | Kalkadoon Woman | Administrative Assistant |
| Morgan Booth | Waanyi, Gangalidda & Garrawa Woman | Administrative Assistant |
| Keith Stalling * | Wiradjuri Man | Librarian and Research Governance Officer: Yacca Library |
| Risharne Punch | Waluwarra and Eastern Arrente Woman | Library Assistant |
| Rickisha Hills | Waluwarra and Eastern Arrente Woman | Administrative Assistant (NWCR) |
| Natasha Chong Burns | Waanyi, Gangalidda & Garrawa Woman | Research Officer |
| Malama Gray | Wagadagam Woman | Student and Trainee Coordinator, Western Cape |

*Leadership role on Health Board, Community organisation and or professional association

MCRRH Indigenous employment strategy has a focus on further developing health and community leadership and providing opportunities in health and for building and influencing cultural safety and respect in our organisation for the benefit of students, staff and communities.

HEALTH EQUITY REFORM IN THE NORTH WEST

An ongoing development for Queensland and our region this year involved the Centre's staff participating in several activities and initiatives linked to health equity reform in Queensland. Several MCRRH staff participated in the Health Equity consultations session held at our local neighbourhood centre to discuss and learn about the health equity reform initiative that the NWHHS will be undertaking with a range of key stakeholders in our region.

In line with the health equity reform agenda, Mount Isa was one of the sites chosen for development and feedback of the 'Health Equity Strategy Toolkit and Template' resource for the health equity reform agenda across Queensland. Several stakeholders participated in this through an online session which involved Gidgee Healing, including our Head of Indigenous Health, Mr Shaun Solomon, NWHHS, Queensland Aboriginal and Islander Health Council QAIHC, and the Aboriginal Health Division of Queensland Health and Deloitte's Financial Advisory PTY LTD, Health Advisory facilitators.

ABORIGINAL STUDENT SUPPORT

Support to Aboriginal students enrolled in the JCU Bachelor of Nursing program continues. A number of new students were enrolled at the start of 2021 as well as mid-year. One on one student support and tracking of student participation and engagement has been maintained by Jodi Brown, Senior Nursing Lecturer, and Shaun Solomon, Head of Indigenous Health.

The Centre has supported four Aboriginal students enrolled in the Sydney University, post-graduate Diploma of Indigenous Health Promotion (SEWB) which culminated in these students finishing their post-graduate studies this year. As we continue to operate in an environment where we are COVID-19 considerate, the Centre is waiting to celebrate with these students in terms of local recognition of their achievements.

First year nursing student Jenna Grieve received the MCRRH Indigenous Undergraduate Student's Leadership, Academic Achievement & Role Model Award this year at the 2021 JCU Indigenous Student Awards. Jenna had the highest academic achievements in her nursing cohort, and was endorsed for going above and beyond to assist fellow students.

MCRRH CULTURAL TRAINING AND NWHHS CULTURAL CAPABILITY TRAINING

This series of cultural training for students on placement in North West Queensland continues to be delivered by Shaun Solomon. Shaun also continued, based on our contractual relationships with the NWHHS, to deliver the NWHHS Cultural Capability Training across the reporting period. Additional targeted sessions were also delivered to graduate nurses as part of the nursing graduate program within the NWHHS.

Shaun participated in a recorded lecture/interview content development for the JCU Masters of Public Health – Indigenous Health subject with Renee Blackman, CEO of Gidgee Healing and Kris McBain, Subject Coordinator, JCU, focusing on the Aboriginal Community Controlled Health sector and rural and remote health system and service delivery.

11 sessions (days) of Cultural training were delivered for students and staff throughout 2021 as well as the NWHHS Cultural Capability Training comprising 13 sessions (days) for 175 participants by the Head of Indigenous Health.



Daan Felton-Busch, Kerry Grieve, Jenna Grieve, Professor Sabina Knight AM (Director, MCRRH) & Professor Martin Nakata (Pro Vice Chancellor, Indigenous Education and Strategy)

NAIDOC WEEK

NAIDOC Week is our biggest week of the year across the sites. Staff and students join in a wide range of activities across the week.

This year's theme was 'Heal Country' which included a call for action to seek greater protections for First Nations lands, waters, sacred sites and cultural heritage from exploitation, desecration and destruction. COVID-19 restrictions were a consideration again this year, but we were committed to doing what we could to celebrate NAIDOC in our community.

NAIDOC in Mount Isa ran the same time as the national week, from Sunday 4 July to Sunday 11 July. All staff and students were involved in the NAIDOC Day March, many in the Family Fun Day, Quiz night, Murrioke, Elders Luncheon and several other events throughout NAIDOC week.

The Family Fun Day deeply engages students – we had one of the most popular stall attractions again this year with activities and games and gift vouchers for prizes.



Professor Roianne West (left) delivered the University of Sydney's Distinguished Lecture to mark World Indigenous People's Day. She was accompanied by her family, Kalkadoon elders and Indigenous nurses and nursing students.



Top left: JCU Med Student Hannah at the Emerald Medical Group site at the NAIDOC Many Mobs Festival at the Emerald Botanical Gardens

Above: JCU MCRRH nursing student volunteering to help participants through the obstacle course



Bottom left: JCU MCRRH staff and students participating in the Mount Isa NAIDOC Week March

INDIGENOUS HEALTH PROFESSIONALS DINNER

A highly regarded event on the annual calendar – MCRRH hosted the Indigenous Health Professionals dinner on 29th October. The event is one of the Centre’s activities to support and recognise Indigenous Health Professionals in our region. Coinciding with a major ramp up in vaccination effort across the region numbers were reduced this year. Indigenous Health Professionals are invited to gather in Mount Isa to acknowledge and celebrate their contributions to the health of rural and remote people in North Queensland, to network with each other across the professions and services and hear from an inspirational speaker.



Collage of the Indigenous Health Professionals Dinner



CATSINAM WORLD INDIGENOUS DAY DISTINGUISHED LECTURE



Professor Roianne West, CEO, CATSINaM delivering distinguished lecture

Community Engagement

Giving back to the communities who support our UDRH is an important component of our rural integrity. Leadership and board roles, committee roles and volunteering with organisations such as PCYC, Boys Brigade, Young People Ahead, Headspace or Guides are among activities members of the team undertake as well as fundraising for worthy causes.

Beat the Heat

Camooweal Rodeo and Campdraft

COVID-19 clinics

Do it for Dolly Day

DSDSATSIP school holiday activity day

NAIDOC Week march

Presentation to the Queensland Police Service

R U OK? Day

Reconciliation Week morning tea

Walk, Ride & Run for Palliative Care Fundraiser

Weipa fishing competition

Weipa Ruchook Cultural Festival

Weipa Running Festival

Weipa Running Festival

Walk, Ride & Run for Palliative Care Fundraiser



Two staff members participated in the Walk, Ride and Run for Palliative Care. Chelsey rode her horse and Danae walked from Cloncurry to Mount Isa – 135kms over seven days. Between the two they raised more than \$2000 for the cause.

Weipa Ruchook Cultural Festival



CRRH students enjoying the performances at the Napranum Aboriginal Communities Ruchook Cultural Festival

R U OK? Day



R U OK Day staff and nursing & allied health students



R U OK Day in Weipa with staff and students



Weipa Running Festival



Alice Phillips, speech pathology student who placed second at the Weipa Running Festival

Do it for Dolly Day



JCU MCRRH Staff together for Do it for Dolly Day

Reconciliation Week Morning Tea



Head of Indigenous Health, Shaun Solomon and Aunty Judith at the MCRRH Reconciliation morning tea



Mayor Danielle Slade talking at the MCRRH Reconciliation morning tea

DSDSATSIP School Holiday STEM Activities



JCU MCRRH staff at the DSDSATSIP School Holiday STEM Activities

COVID-19 Vaccination Clinics

A major disruption, distraction and community engagement has been supporting the roll out of the COVID-19 Vaccination Clinics. Staff and students have volunteered at pop up COVID-19 vaccination clinics across the sites on more than 35 occasions. Several staff are vaccinators. The race to vaccinate is front of mind for us all.



Professor Sabina Knight AM, MCRRH Director, with Aunty Dolly getting her COVID-19 jab



Associate Professor Catrina Felton-Busch and Professor Sabina Knight AM at the COVID-19 Clinic at Good Shepherd Catholic College

Supporting the Rural and Remote Health Workforce

In addition to supporting our current students, another important focus of the allied health clinical leads is to support the current rural workforce. Over 400 hours were provided to mentoring and supervising of allied health professionals and nurses across private, non-government and government organisations. This mentoring and supervision of local early career health professionals has supported transition to rural and remote practice and has been successful as a strategy to increase capacity for student placements in the region. Allied health professionals Bridget Greathead and Kirsten Russell, and nurses Jodie Brown and Sally West, facilitated a meet and greet at the beginning of the year to encourage networking and support in the Mount Isa and Weipa areas.



3rd year nursing celebrations



Nursing

A total of 46 students across the 3 years – 14 external and 32 internal, have been enrolled in the Mount Isa Bachelor of Nursing program this year.

5 students are graduating in 2021 with graduate positions secured for 2022 with the NWHHS. All 5 local students have full time Registered Nurse positions locally. One, a current employee of Mount Isa Medical Centre whom sponsored her to do her Bachelor of Nursing Science, will continue employment as a Registered Nurse in 2022.

3 of the 4 graduates from last year have been retained locally with one working at the Royal Brisbane and Women's Hospital undertaking a theatre program not locally attainable. The remaining are working in emergency department, surgical ward and one in a remote hospital.



International Nurses Day: Nursing student Kirra Cunningham, Nurse & MCRRH Director, Professor Sabina Knight AM, and Senior Nursing Lecturer Jodi Brown

Savannah Anderson

Student Testimonial

"I have just graduated with a Bachelor of Nursing Science with Distinction after 4 years of studying nursing with JCU at the Mount Isa campus where we were generously supported in by the Centre for Rural and Remote Health.

I hope to remain in rural nursing and focus my career on areas of importance in rural and remote areas, such as preventative health care, palliative care, and mental health.

To begin this journey, I have been accepted into the North West Hospital and Health Service's 2021 First Year Practitioner Program and offered a full-time 12-month appointment as a Graduate Nurse to maintain and further develop my clinical skills."



Allied Health

Outback Allied Health Forum

The biannual Outback Allied Health Forum was held this year, in collaboration with North West Remote Health and North West Hospital and Health Service, on the 24th and 25th of June at Tjirtamai Hall, MCRRH. It was well attended by 58 Allied Health practitioners and 14 students from Mount Isa and surrounding areas as well as some far-reaching invited guests such as Kylie Stothers, Director of Workforce Development at IAHA, Dr Ruth Barker, James Cook University and Joanne Hutchinson, National Director of ARHEN. The forum provided some outstanding presentations which were well received and showcased some innovative and exciting rural practice happening across our area.

Awards were presented in four different categories:

- Best visual content: Dr Leanne Mullan (WQPHN) & Hope Kallinicos (Diabetes Queensland); Kirsten Russell (CRRH) & Victoria Williams (NWHHS)
- Emerging presenter: Hannah Russell (NWHHS)
- Innovative project: Selina Taylor (MCRRH)
- Overall best presentation: Tammi Vuong (NWHHS)



Top: JCU MCRRH Allied Health Clinical Leads at the Outback Allied Health Forum

Right: Joanne Hutchinson, ARHEN National Director presenting at the Outback Allied Health Forum

Allied Health Clinical Leads

The MCRRH Allied Health Clinical Lead Team has responsibility service learning, the provision of the North West Community Rehabilitation service, Napranum Community Rehab Service and support for new and emerging allied health professionals and includes support for the Rural Generalist program and participation in Murtupuni Centre for Rural and Remote Health's ongoing health career promotion and community engagement – "if you haven't met one you can't aspire to be one".

The North West Community Rehabilitation Service provides community rehabilitation to people within the North West through a continuous five days a week, year-round service and includes assessment, transition to sub-acute care, one on one sessions, and rehabilitation group programs such as balance and mobility and strength building in a range of community setting. This is in conjunction with maintaining telehealth rehabilitation and activities which assist with the individuals goal achievements in their homes, shops, park or pool. The service also provides in-reach service for patients and staff of the Mount Isa Hospital admitted at the time of referral and importantly clinical education. The NWCR service has delivered over 1,300 occasions of service for 81 Western Queenslanders in 2021 and provided hours of upskilling and support to allied health professionals in the field of rehabilitation.

The Napranum Community Rehab Service also provides these activities as well as in-reach to the Weipa Multipurpose service aged care wing.



IMPACT

It's encouraging to see students return to practice in rural and remote areas. Prior to the introduction of service learning there was a lone exercise physiologist in NWQ – now there are six – all past students. Nine exercise physiology student graduates of QUT, JCU and ACU that were on placement in Mount Isa from 2017 – 2021 have been employed in Mount Isa, Longreach, Inverell and Dalby. Six occupational therapy student graduates of JCU that were on placement in Mount Isa from 2017 – 2021 have been employed in Mount Isa and Bowen. Two JCU speech pathology graduates who did placement in Mount Isa are currently working in Mount Isa and Rockhampton.

NEW WAYS OF WORKING

As we sharpen our focus on developing the rural and remote workforce, we identified that to continue grow and strengthen allied health placements and workforce, we continue to evolve models. This includes the deployment of clinical leads in extremely remote locations and the introduction of hybrid or hub and spoke supervision student support models which take advantage of various new technologies. We are commencing these models with our partners at North West Remote Health, Glencore, and North West Hospital and Health Service.

This year two major proposals were developed for RHMT – expanding of the Rural Health Multidisciplinary Training Program in more remote settings; and expansion of the Rural Health Multidisciplinary Training Programs in aged care.

The 1st proposal was to develop the Western Corridor Hub and Spoke Model from Cloncurry and Winton to Dajarra and Boulia. We proposed to establish new student accommodation in Winton on the Hospital campus and in Dajarra on land provided by Cloncurry Shire Council. The support of the Western Queensland PHN, Gidgee Healing, Central West Hospital and Health Service, North West Hospital and Health Service, IAHA, CRANA Plus, Office of Rural Health, HWQ and importantly the communities through the Mayors and Councillors of Boulia, Cloncurry and Winton Shires. This proposal would signal a significant shift in allied health placements in more remote settings bringing benefits and additional services to the people.

The 2nd proposal was to expand RHMT to aged care through the Top of Australia Aged Care Project: *A distributed model of interprofessional training in very remote Indigenous aged care across the far North of remote Queensland and Torres Strait* in Thursday Island, the Northern Peninsula Area (NPA) and Gulf of Carpentaria, all category MM7 (very remote communities) in collaboration with Star of the Sea Elders Village, Torres and Cape Hospital and Health Service and Gidgee Healing Residential Aged Care. The project proposes to establish student accommodation in Bamaga on the TCHHS Multipurpose Health Service Site and establish a service learning program as well as facilitate traditional health service placements.

This proposal also received wide ranging support, Bamaga being the priority for our next steps from the Torres and Cape Hospital and Health Service.

Both of these proposals are in competitive rounds with only 7 projects in each to be funded in each of the 2 categories across Australia.

Mental Health

MENTORING, SUPERVISION AND SKILLS DEVELOPMENT

Our Psychology clinical leads have continued to focus on workforce development through peer mentoring, training, and supervision. Our Mount Isa based psychology clinical lead has been instrumental in providing interprofessional peer supervision to students and allied health professionals across the region and has delivered interprofessional education sessions. Our clinical leads have also delivered training in psychometric and developmental assessments for children and youth, with a focus on iPad assessments and developmental assessments for a broad range of health professionals.

SUPERVISOR TRAINING PROGRAM

The Psychology Board of Australia's annual review of our supervisor training program (STP) was completed in March 2021, with the Board providing the following feedback on our program delivery:

"We are pleased with your organisation's performance this year and noted the high standard of training delivery during 2020. We were happy to see that Centre of Rural and Remote Health and the College of Healthcare Sciences, James Cook University (CRRH-CHS JCU) maintained high participant ratings and are satisfied with CRRH-CHS JCU's overall compliance with the guidelines for supervisor training providers."

All supervisor training workshops are developed on an interprofessional model and are open to all health professionals. Dr Sharon Varela has led the development of the full training package for new supervisors, with Chris Foley as program support. The program welcomed a new trainer, Sharyn Jones, and a new research/program support officer, Andrew Varela, in mid-2021. They have been critical to the activities of the program, supporting the curriculum review, research, and training delivery.

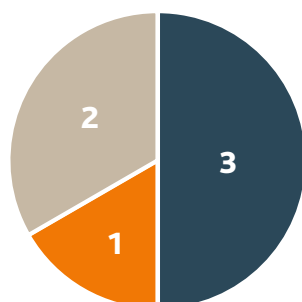
The STP would also like to thank the Australian Association of Psychologists (AAPi) for their support of the rural and remote psychology workforce through their support of the MCRRH STP. The STP also has a vibrant relationship with Department of Education in WA and Southern Queensland Rural Health, who through collaboration have provided trainers who teach into the program extending its reach. We have also worked with public health, education, and universities across Australia to increase the number of rural and remote competent supervisors available for student and provisional psychologists.

SUPERVISOR TRAINING PROGRAM NUMBERS

The advantage of a rural and remote focus in the development of our training programs is that we have been able to create training workshops that are based on peer and active learning models, with a focus on smaller numbers. Our full training for new supervisors has been designed to be self-paced, where participants can complete the course at their own pace. A summary of our training numbers is provided.

MASTERCLASS DELIVERY (1-DAY WORKSHOP)

6 WORKSHOPS 

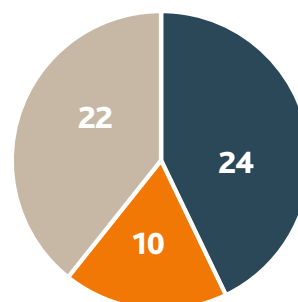


■ Online (live VC)

■ Toowoomba (Face-to-Face)

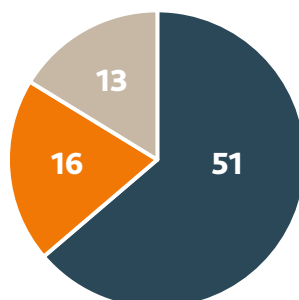
■ Perth, WA (Face-to-Face)

56 PARTICIPANTS 



FULL TRAINING (PARTS 1-3)

72*
**CURRENTLY
ENROLLED** 

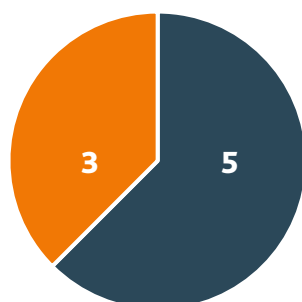


■ Part 1: Self-Paced Knowledge Assessment

■ Part 2: 2-Day Skills Workshops

■ Part 3: Competency Assessment (video of supervision session)

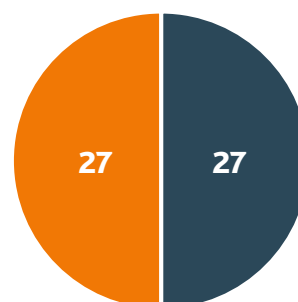
8 WORKSHOPS 



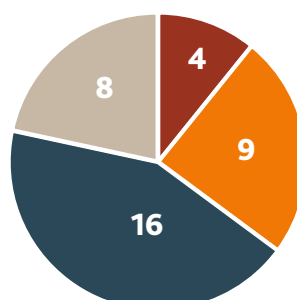
■ Part 2: 2-Day Skills Workshop, VC (online)

■ Part 2: 2-Day Skills Workshop, Face-to-Face

54 PARTICIPANTS 



37
**COMPLETED
PROGRAM IN 2021** 



■ Quarter 1 (Dec 2020-Feb 2021)

■ Quarter 2 (Mar 2021 - May 2021)

■ Quarter 3 (Jun 2021 - Aug 2021)

■ Quarter 4 (Sep 2021 - Nov 2021)

*Participants can be enrolled in Part 2 while completing Part 1.

North West Community Rehabilitation, Mount Isa

North West Community Rehabilitation has continued to provide high quality, evidence-based integrated community rehabilitation programs and in-reach rehabilitation in the North West. The clinical leads for occupational therapy and physiotherapy, in conjunction with the Indigenous rehabilitation assistants, provided clinical education for pre-entry 3rd and 4th year university occupational therapy and physiotherapy students. We also supported placements for exercise physiology, exercise science and speech pathology students through the opportunity for these students to partner with the NWCR students and educators.

Programs have continued to be responsive to the changing requirements and COVID-19 restrictions, with particular attention to the health and well-being of the participants, many of whom are vulnerable due to medical conditions, age and socio-cultural factors. Programs over the course of 2021 include:

- Balance and Mobility group twice weekly
- Morning Movers group twice weekly (specifically for participants with a diagnosis of Parkinson's Disease)
- Mamas and Papas Group twice weekly
- Aquatic Group twice weekly (pool-based rehabilitation)
- Park Group twice weekly (higher level functional mobility to be challenged in the community environment)
- Men's Group twice weekly
- Lady's Group twice weekly
- Telehealth sessions predominantly for people based outside of Mount Isa, but is offered to all participants and an intervention option
- Individual sessions – located in Tjirtamai Hall, participants' home or in the community
- Provision of home exercise programs to all participants as well as regular written communication with GPs
- In-reach program – six hours a week providing rehabilitation to inpatients of the NWHHS

- 10-week UQ student project: Topic was to research and develop stroke education resources to be used with the participants of NWCR and can be delivered by future students and educators. This project produced physical resources to accompany the literature review and final report detailing the consultations and process of the project. The students also had a cultural mentor for the project who was one of the participants based in Doomadgee.

In addition to the clinical services, the occupational therapy and physiotherapy clinical leads along with Indigenous rehabilitation assistants have also engaged in the following activities:

- Partnership with Gidgee Healing services with joint sessions, case conferencing for mutual participants, and sharing of resources.
- Partnership with NWRH Allied Health and community service providers to facilitate participants' access to education, services and supports through referrals and visiting education session (eg. Continence advisor presented to Mamas and Papas Group in response to group identified need).
- Ongoing partnership with the NWHHS in relation to participant care, both in-reach and community participants, as well as through ongoing collaborations in relation to the in-reach model of care.
- Our Indigenous rehabilitation assistant has been implementing the two session "Hey you Mob" cultural learning and awareness program for Allied Health students. This runs alongside the formal Cultural Awareness training which is mandatory for all students to complete.
- Occupational therapy and physiotherapy clinical leads have provided regular professional mentoring and supervision to a number of early career professionals working in North West Queensland.
- Our Occupational therapy clinical lead and Indigenous rehabilitation assistant are contributing to the work of Sarah Jackson as she completes her PhD around tele-rehabilitation for stroke recovery in rural and remote North West Queensland.

Allied Health Rural Generalist Program

This collaborative project evolved in response to the well documented challenges pertaining to recruitment and retention of allied health professionals (AHPs) in rural and remote Australia. The overarching goal was to identify a collective place-based strategy to support early career AHPs and develop a place-based model of allied health rural generalist training. The Mount Isa Allied Health Rural Generalist Program has been developed as a dual strategy for building the capacity of early career professionals to meet the needs of local communities, and to provide them with formal supports. The group is a partnership between the Allied Health Professions' Office of Queensland, Gidgee Healing, Health Workforce Queensland, North West Hospital and Health

Service, and North West Remote Health. This group continues to coordinate a cohort to support allied health rural generalist trainees in the region with MCRRH. Some of the partnership organisations have had difficulty recruiting early career graduates which has resulted in a decreased number of current students. Despite this, a number of early career AHP's have completed the program or are currently enrolled in the program across all the services. MCRRH are now in the process of undertaking an evaluation of the program which will be finalised by the end of 2022 and will provide insights into the current challenges, enablers and future opportunities.

RURAL PHARMACY LIAISON PROGRAM (RPLO)

RPLO funds 0.4 FTE pharmacy academic with RHMT funding the remainder. The pharmacy program at MCRRH focuses on attracting and retaining pharmacists in the region as well as maintaining the pipeline from student placement to registered pharmacists – an achievement we are very proud of.

2021 saw us retain two pharmacy intern graduates and commence a further three. This adds to the now total of 10 JCU pharmacy grads working in our region, well and truly developing critical mass.

The RPLO program provided three CPD events and support to the hospital and community pharmacies across the footprint who hosted the students providing them with the depth and breadth of rural and remote pharmacy experience.

Community pharmacists are spread thinly across the towns of Mount Isa, Cloncurry, Normanton, Karumba, Julia Creek, Winton, Longreach, Barcaldine, Blackall and Alpha. With the exception of Mount Isa and Emerald, all others are solo pharmacist pharmacies. Hospital pharmacists are also located in Mount Isa, Longreach and Emerald.

JCU General Practice Training

Despite it being a challenging year with COVID-19, JCU GP Training was able to rise to the challenge to find innovative ways to not only support our registrars, supervisors and Training Posts, but find creative and holistic ways to deliver training, collaborate, manage and support our stakeholders. 2022 will see a more structured practical skills program, with more sessions being held locally, reducing the need for registrar travel and encouraging cohort interaction.

In the North West, persistence has finally paid off and we will see a number of our initiatives become reality. 2022 will see a number of JCU graduates who also completed their internship in the North West continue on to commence their JCU GP Training, all still within our patch. In turn, a number of JCU students completing placements in the North West move into our intern posts here in the Mount Isa Hospital, proving that our grow our own strategy is reaping long lasting rewards.

In the Central West, we see a record number of supervisors engaging and supporting registrars across our patch and are proud of our

ever-increasing retention rate. Innovative supervision models will see some novel methods for wrap around support in the Central West Registrar Group.

Collaboration between NWHHS, Gidgee Healing and JCU has finally been able to deliver innovative solutions to workforce challenges in the creation of not one but two shared Gidgee and HHS positions. We are very excited for this and it shows how far we have come to build collaborative and long-term positions in our region.

Whilst the cancellation of our key recruitment networking channels like RDAQ, RMA and Junior Doctor conferences have been set aside, we are still proud to boast the largest number of registrars and supervisors commencing in 2022 across both Central West and North West regions. The activities of the Regional Training Hub – Regional Medical Training and stakeholders sees our “grow our own doctors” creating a nursery of mutually beneficial training pathways, meeting both community needs and trainee career aspirations.



Developing the Evidence Base

The work of Murtupuni Centre for Rural and Remote Health (MCRRH) has undertaken research to provide the evidence base to improve health service delivery, the recruitment and retention of medical, nursing, dental and allied health professionals in rural and remote Australia and the health and Aboriginal and Torres Strait Islander health and wellbeing.



JCU MCRRH Research members Associate Professor Santosh Jatrana, Catherine Hays, Stephanie King and Dr Yaqoot Fatima



MDH Ringers on Mount Windsor Station

The research efforts of staff and students have focused on partnering with health, community, and education services to build research capacity within the local workforce and community. Our aim is to improve health outcomes through evidence-based and culturally responsive service planning, implementation, and evaluation. The research ranges from student led projects to large scale Category 1 projects and partnership research and evaluation projects. It is also important to note that many of our research projects fall under multiple research priority areas for MCRRH.

HEALTH SERVICES DELIVERY

Sleep Project

Our work aims to reduce the societal burden of poor sleep and associated health issues through coordinated multidisciplinary research, mainly focusing on mental health, chronic conditions and service delivery models. We are using large population datasets, e.g., UK Biobank cohort, Footprints in Time cohort, to identify sleep phenotypes and link these with health outcomes. The research outputs from this work have drawn widespread attention from Australian/international media and clinicians and highlight how poor sleep impacts health outcomes. We are also leading the first-ever sleep research program targeting the sleep health of Aboriginal and Torres Strait Islander youth and trialling an innovative service model to offer specialist sleep services in remote communities.

Western Queensland Primary Health Network Health Care Home Trial Evaluation project

The aim of the project is to: a) Develop a place-based approach for cross-service/practice model of After-Hours Primary Care service delivery and b) Develop a framework for the development of After-Hours services, make recommendations for the next steps in appropriate After-Hours service delivery, and provide recommendations with regard to how to move toward implementation

Mount Isa Emergency Department project

The aim of the project is to develop a place-based approach for cross-service/practice model of After-Hours Primary Care service delivery and develop a framework for the development of After-Hours services; make recommendations for the next steps in appropriate After-Hours service delivery, and provide recommendations regarding how to move toward implementation

Economic modelling of allied health and disability models of care

Remote and rural communities across northern Australia have fewer health professionals, particularly allied health services. This lack of services and preventive health often leads to more expensive costs associated with avoidable hospital admissions and preventable medical treatments. For state or federal governments or their agencies like NDIS to fund ongoing disability and rehabilitation services, economic modelling and business cases are needed. These analyses need to be conducted for the remote and rural context and include input from the local communities. This project will evaluate a new service

model in several communities, and collect economic data (costs, and benefits relating to health outcomes and community engagement) on this model plus two other existing service models. The purpose of the analysis is to prepare a business case from the case studies that can be used for a funding submission to government agencies for additional health services across northern Australia. The two existing service models, the Fly-In-Fly-Out model and the full-time resident allied health professional will not be funded from the research budget, but economic and health outcome data will be collected from communities currently using these models to inform the analyses.

RURAL AND REMOTE HEALTH WORKFORCE RESEARCH

Our research team, including Dr Alice Cairns, Dr Santosh Jatana, Selina Taylor, Laura Wright, and Catherine Hays are involved in research that investigates and contributes to the stability of the rural and remote Australian health workforce, from students to registered health professionals.

Evaluation of a student-assisted healthy ageing service for Weipa, Napranum and Mapoon

To address the gap in cultural safe and accessible community rehabilitation services in remote communities, stakeholders in two Cape York communities co-designed and implemented an interprofessional student-assisted community rehabilitation and lifestyle service. The development of the model was published this year. Funding for the service has been provided by the NQPHN, for the last three years and has resulted in job creation for an allied health professional and Aboriginal and Torres Strait Islander allied health co-workers. This program has resulted in practice change for delivering healthy ageing services to the remote communities, including a more integrated and expanded scope of practice for workforce involved. The evaluation of this service is ongoing and will involve the participant experience, the feasibility and acceptability of the service, patient and health service outcomes including economic analysis. This program has received national attention with an invitation to be one of only 3 models presented at the National Rural Allied Health Service and Learning Consortia Workshop.

Evaluation framework for community rehabilitation services in remote northern Australia

An evaluation framework for community rehabilitation services in northern Australia will be developed. In Stage 1, a guiding framework will be devised following a systematic literature review. In Stage 2, routinely collected data relevant to the framework will be identified through data scoping. In Stage 3 the framework will be refined using a modified Delphi consensus approach and in Stage 4, tested for data accuracy and to determine rules for application. Processes and outcomes responsive to Aboriginal and Torres Strait Islander communities will be prioritised. This evaluation framework will enable continuous quality improvement, benchmarking against national standards and evidence-informed investment.

ARHEN Quality of Student Placements Project

This project is being undertaken as part of a collaboration of researchers from several UDRHs across Australia. UDRHs, funded through the RHMT Program facilitate rural clinical placements to allow students

to experience rural health practice, thereby encouraging them to join the rural health workforce after registration. Currently, understandings of the factors that contribute to quality rural clinical placements are based on broad, national recommendations. Therefore, there is a need to define "quality" regarding rural clinical placements to guide effective development, resourcing, and evaluation of these programs.

Attitudes and Practices Towards the COVID-19 Pandemic in Australia

This project involves follow up interviews from those initial participants who indicated their willingness to be involved in follow-up interviews in an online, primarily quantitative questionnaire. These interviews were conducted by investigators across the institutions involved in the research. The opportunity to interview these participants about their attitudes and practices related to COVID-19 across different geographical classifications was timely and important. Thus, between 150 and 200 interviews were conducted to ensure sufficient coverage of the issues faced by different participants in the study. The interviews covered the following broad themes aligned with the research questions:

1. Concerns regarding the COVID-19 pandemic.
2. Adherence to social distancing and hygiene guidelines.
3. Additional changes to everyday life in response to the COVID-19 pandemic.

The results from this research study will be used to explore how the COVID-19 pandemic has been communicated and received and actioned by the Australian public. This can provide valuable information to inform public health policy when communicating future disease precautions in different Australian geographical locations (metropolitan, regional, rural, and remote areas).

Impact of COVID-19 on Rural Student Placements

University Departments of Rural Health (UDRHs) facilitate clinical placements in rural and remote settings throughout Australia for students enrolled in tertiary health courses. UDRHs support students to travel to rural and remote regions, provide accommodation, and ensure clinical learning needs are met for students to complete their rural placement. In 2019, the 16 UDRHs across Australia supported over 16,500 students (mostly in nursing, midwifery, and allied health) to complete a placement facilitated by a UDRH. In 2020, as many placements were planned but due to the risk of COVID-19, associated travel restrictions and the constraints within health services, many of these placements were altered, postponed or cancelled. This had repercussions for student progress through their university courses and the types of placements that were offered. Student responses to these placement changes were not well understood. As a result, UDRHs were interested in student experiences of their organised rural or remote placement during 2020. To this end, all 16 UDRHs agreed to participate in a study of students who had a placement organised by a UDRH. The aims of the study were to:

1. Identify student perspectives of impacts to UDRH-facilitated placements due to COVID-19;
2. Identify student perspectives of UDRH-facilitated rural/remote placements during COVID-19; and
3. Understand student experiences of UDRH-facilitated rural/remote placements during COVID-19.

Rural and Remote Expanded Pharmacy Practice

Expanded pharmacy services in Australia is an emerging area of practice that pharmacy academic Selina Taylor's research has advanced through the identification of enablers and barriers for an expanded scope of service delivery for rural community pharmacy. The level of support for the implementation of expanded services was very high for consumers, pharmacists and stakeholders, however other health professionals, predominately those in the medical profession reported some reservations. Expectation that pharmacists could be better utilized to address gaps in healthcare in rural and remote communities was proposed with an expected result of improved health outcomes for community. Ear health was identified as an area of concern for rural communities and a service area that pharmacists could provide with additional skills and training. An ear health intervention (LISTEN UP) was trialled in two rural communities and findings from the project will provide an evidence base for expanded services in the future.

This LISTEN UP trial has provided a springboard for the design and development of other expanded services for rural community pharmacy. Barriers and enablers need to be closely examined to ensure that any new service is meeting a community need and has strong foundations for sustainability into the future. Rural and remote people, although faced with adversity through poor health and harsh living environments, remain in our country as major contributors to the Australian society and economy. As highly qualified, passionate, and motivated health professionals, pharmacists' skills need to be harnessed to better address gaps in healthcare to improve health outcomes for the resilient folk living in the bush – expanded practice is one strategy that will facilitate this change.

Remote Area Safety Project

Workplace Health and Safety (WHS) is an ongoing issue for remote health staff. The risks have been known for decades, but the recommendations on how to keep staff safe in remote clinics have largely been ignored by employers. In 2016, the murder of Remote Area Nurse (RAN) Gayle Woodford somewhat brought this into the spotlight. In response, Gayle's Law was legislated in South Australia, NT Health pledged to improve call-out safety for their remote staff, and CRANApplus, the peak body for remote health professionals, released a set of recommendations on how to improve RAN safety in remote clinics. However, there was little evidence that these recommendations had been implemented.

In response, the director identified this as a priority project and an opportunity to build research capacity, Laura Wright was appointed. The Remote Area Safety Project (RASP) drew on an expert collaborative group of RAN researchers from across Australia. The project identified how well the recommended strategies had been implemented in remote clinics across Australia, and explored the strengths, weaknesses, barriers, and enablers of those strategies. By assessing the current approach to WHS in remote clinics across Australia and identifying avenues for improvement, the RASP provides an evidence base for improved WHS policies and a safer remote health sector. To encourage the sector to make WHS a priority, Laura Wright has widely disseminated the project findings through media reports, conferences, symposiums, invited presentations at stakeholder meetings, collaboration with CRANApplus, and one published journal article so far. It is envisaged that this project will lead to a safer, more sustainable remote health workforce.



MCRRH JCU Pharmacy Academic Selina Taylor at Pharmacy First



Exploring the Remote Campus Nursing Student Experience

Nurses constitute the majority of the rural and remote Australian health workforce. Understanding the experiences of nursing students attending a remote nursing campus has the potential to result in changes to teaching and support strategies, which could improve retention and completion rates, and contribute to a more sustainable nursing workforce. Students who participated in this study were generally positive regarding education delivery methods, including videoconferencing and recorded lectures. Small cohort sizes were especially valued, however barriers related to demographics and some difficulties with course engagement including staffing issues and technical difficulties were experienced. These nursing students, although facing additional barriers due to their rurality, benefited from attending a university in their region by experiencing enabling factors including their close relationships with other students and local staff, and their family, friends, and community.

ABORIGINAL AND TORRES STRAIT ISLANDER HEALTH

Our researchers, particularly Associate Professor Catrina Felton-Busch, Dr Alice Cairns, Dr Yaqoot Fatima, and Ms Sally West are involved in projects focussing on improving the health of Aboriginal and Torres Strait Islander Peoples.

Providing kidney care close to home: Evaluating the Cape York Kidney Care model

The Cape York Kidney Care team is an integrated health care team that was formed in September 2019 to provide consistent, frequent and client centred tertiary-level (specialist) care, in the communities of the Western Cape. This project is reporting on outcomes and impacts associated with the program, cost efficiency and an implementation evaluation framework to allow for further adaptation of service to best suit the context and needs of the delivery environment. In this manner, the implementation factors deemed by the clients, primary health care services, community stakeholders, and the Cape York Kidney Team as barriers or facilitators to success can be identified. The preliminary results have attracted considerable health service attention with a recent ongoing funding commitment and expansion of the service to other Cape York communities. This service employs the FIRST Aboriginal and Torres Strait Islander health practitioner in the state.

Women's action for Mums and Bubs (WOMB): A pragmatic trial of participatory women's groups to improve Indigenous maternal and child health

It is clear that Indigenous community involvement in health care is of vital importance. But there is limited evidence in mainstream health thinking about how or why it is important. This project is valuable because it provides an opportunity to learn from communities and from women's groups about how and why we should all work in partnership to continue to improve the health of mums and bubs.

Quality improvement in Indigenous primary health care: Leveraging Effective Ambulatory Practices (LEAP)

There is a gap between evidence-based best practice and actual practice in primary care. Although Continuous Quality Improvement (CQI) initiatives are successful in improving primary health care (PHC) quality, particularly in chronic disease and maternal and child health care, this is not the case for all health services. PHC services are complex systems, and many things affect CQI success: organisational culture and engagement, workforce stability, workflows and team functioning, strong data systems, long term funding, supportive management, and networks. We need to understand what is needed for all services to succeed. Through partnering with PHC services and building on their strengths it may be possible to improve PHC quality across a broader population.

CRE-STRIDE: Centre for Research Excellence

CRE-STRIDE builds on an established partnership of researchers and service providers, working to improve the quality of health care services for Aboriginal and Torres Strait Islander peoples. In over two decades of collaborative research, we have built a diverse network that includes more than 360 individuals from 85 primary health care services and other institutions across NSW, QLD, NT, VIC, WA and SA. Over time, we have responded to the emergent needs of the health sector and the communities they serve; seeking to advance research and practice

of quality improvement for health system strengthening that pursues the Alma Ata and recent Astana vision of comprehensive primary healthcare for Indigenous communities.

VOICE – Validating Outcomes by Including Consumer Experience

The aim of this project is to develop a Patient Reported Experience Measure for Aboriginal and Torres Strait Islander people accessing primary health care.

Working it Out Together! Aboriginal and Torres Strait Islander led co-design for a strong and deadly health workforce

This project has been designed to strengthen the quality of health care provided to Aboriginal and Torres Strait Islander communities through an Indigenous-led, participatory and systems-focused approach to designing, implementing, and evaluating workforce models with PHC service partners in three jurisdictions. The overall question to be addressed is: How do we systematically embed Aboriginal and Torres Strait Islander perspectives into place-based planning and action for a stable and effective workforce that engenders community trust in local PHC delivery?

PARIS Remote: The implementation of nasal high flow therapy for children in the remote setting (study sites: Thursday Island, Weipa, Cooktown)

This innovative health services implementation research project is changing how very remote hospital staff care for babies and small children – the greater majority being Indigenous with acute respiratory disease – a frequent reason for aero medically transfer to far away tertiary hospitals. Most commonly bronchiolitis, the umbrella term is called Acute Hypoxaemic Respiratory Failure (AHRF) and the treatment is oxygen and fluids. The PARIS team's randomized control trials have demonstrated the effectiveness of nasal high flow (NHF) oxygen therapy in these tertiary settings and for the use of NHF therapy outside of an ICU setting and into the ward/emergency department setting. The PARIS Remote Team led by Sally West aim to reduce social and economic disruptions to the remote family and health services and prevent unnecessary retrievals. They consider that it is important for the remote patient to receive the same standard of treatment that they would in the urban setting and within the same timeframes and by having access to NHF therapy within the remote site provides a local option for families, produces resilience for the staff treating the unwell child by increasing their knowledge base and confidence as well as prepares the remote setting in times where retrievals are simply not possible such as cyclones. The project has upskilled remote clinical staff through twelve workshops and secured the equipment required to deliver the therapy.

The implementation of nasal high flow therapy project is within two phases: first the development of guideline recommendations for the remote use of nasal high flow therapy, which is complete. The second phase involves the evaluation of the implementation of this guideline and is currently underway. One publication is ready for submission and another publication is within the draft manuscript phase. Twelve workshops for clinical staff for the use around the guideline, the research and the use of NHF therapy have been undertaken and will occur over the next year at a minimum of one per month. These workshops have been a wanted collaboration with TCHHS education and clinical staff and are in high demand. Over \$150 000 worth of

grants have been acquired so far for this project and NHF therapy devices and consumables to the value of >\$30 000 have been provided by Fisher & Paykell. Through the publication of the QLD Health clinical guideline as a result of this research children can now access this breathing device with robust transfer criteria and without the absolute mandate of retrievals which is significantly burden reducing for the patient and their families/friends.

MENTAL HEALTH

Co-designing and evaluating youth mental health services in remote Queensland

In partnership with NWPHN, this project will develop, trial and evaluate co-designed mental health service models for young people (aged 12-24 years) in remote Northern Australia (NA). The project will begin with community survey and health services data analysis to assess the burden of youth mental health issues and identify youth mental health service gaps in selected remote communities in North West Queensland (NWQ) i.e., Cloncurry, Normanton, and Burketown and Central West Queensland (CWQ), i.e. Boulia. This will be followed by co-design workshops in collaboration with young people, their families and other key stakeholders. The workshops will consider current service arrangements; assess and prioritise service needs; incorporate young people's views in shaping the service design; structure and delivery; identify service effectiveness indicators; and consider the influence of local cultural protocols, needs and challenges in service planning and delivery.

Building on the workshop findings, WQPHN will tailor existing commissioned services and general practice support and where needed, introduce new service providers to improve access to mental health assessments, referral, and clinical and nonclinical interventions in NWQ. In the final stage, using the co-designed evaluation framework, process and outcome evaluation will be conducted to assess the feasibility, acceptability, uptake and effectiveness of services. These findings will be used to identify the opportunities for improvement and enhance service quality in NWQ and will be used as the case study to inform services rollout in CWQ.

Community engagement to address mental health of adults living in a remote Australian community

This project will explore community engagement as a strategy to address mental health of adult remote Australians. A systematic review will examine how community engagement, participation and empowerment addressed community mental health of adults living in rural communities at a global level. The project will also explore a remote community's level of readiness to engage in a physical activity intervention to address community mental health, using qualitative descriptive research guided by the Community Readiness Model. This will inform future research and policy in the development and implementation of a community engaged physical activity intervention to address mental health of adults living a remote Australian community.

OTHER PROJECTS

Investigating the dynamics of migration and health in Australia: A Longitudinal Study

Using multiple rounds of panel data from the Building a New Life in Australia (BNLA) survey and longitudinal techniques, this project will address the following key research objectives, which are central to our understanding of humanitarian migrants' settlement:

1. Investigate the economic settlement outcomes of humanitarian migrants
2. Examine the sociocultural settlement outcome of humanitarian migrants
3. Investigate the political settlement outcome of humanitarian migrants
4. Examine access to and use of government and non-government services and welfare benefits and their contribution to economic, sociocultural, and political settlement of humanitarian migrants



Mental health first aid training held in Mount Isa

Research

The team at MCRRH has undertaken pioneering research which has a significant impact on policy, practice and community as detailed below.

NATIONAL AND INTERNATIONAL POLICY IMPACT

The research team has more than 2000 citations in Google Scholar and has informed and been cited in various seminal policy documents nationally and internationally including the National Parliamentary Standing Committee's recommendations to improve Sleep Health Awareness in Australia (2019), UK Parliament briefing notes (2018), and the advisory committee report to the Commonwealth of Pennsylvania. The citations on sleep research have highlighted the need for further research into Indigenous Australians' sleep health and demonstrated the long-term impact on health of poor sleep, sleep deprivation in adolescents, supporting the case for delaying secondary school start times.

HEALTH SERVICE DELIVERY

The focus of our innovative service delivery models is on rural and remote Aboriginal and Torres Strait Islander Health with interdisciplinary collaboration. Expanding on some of these service delivery model, the availability of the new sleep clinic will reduce the average wait time for sleep apnoea diagnosis from 8-10 months to 2-3 months and will significantly reduce the financial and logistical barriers in accessing specialist services. The clinic is supported by a research grant from the Tropical Australian Academic Health Centre (TAAHC) and in-kind support (Nurse Manager and Aboriginal Health Workers) from Mount Isa Hospital. This service model will guide the design and delivery of specialist sleep services in rural areas across Australia. Dr Fatima has also established a partnership with Diabetes Victoria and Victorian Aboriginal Community Controlled Health Organisation to adapt a Diabetes Education tool (FeltMan) for sleep education in Indigenous Australian communities.

Our research and partnership with WQPHN and NWHHS have also helped strengthen primary care services in NW QLD. For example, recently, the recommendations from the research undertaken at the Centre were implemented by health services in Mount Isa to strengthen primary care services and reduce Emergency Department presentations for primary care type problems.

Similarly, we have implemented a student-assisted allied health early intervention service at Western Cape College. As a result, the school has employed a full-time speech pathologist to support this initiative.

COMMUNITY APPRECIATION OF LOCAL CAPACITY BUILDING

Dr Fatima has invested in improving community awareness and appreciation of sleep health in the past five years, leading to tangible outcomes. There is growing interest from the community to embrace sleep health. Kalkadoon Elders from the community have signed a research agreement with ISSR, University of Queensland, to facilitate the co-design of a sleep health program and sleep health resources for Indigenous Australian youth. Dr Fatima is also involved with a raft of

local capacity building activities to ensure sustainable service delivery (please see the section on capacity building for details of activities).

In Thursday Island, Weipa and Cooktown, research findings have been disseminated through education around how research has been conducted. This includes education on the methodology to health professionals and students in the nursing, medicine, physiotherapy, and occupational therapy disciplines. Administration, stores, and hospital courier staff and services who have assisted with the research throughout these sites have also been notified how their contribution impacts on research, and potential options for their inclusion in future projects and study as part of a research team.

SUPPORTING ABORIGINAL AND TORRES STRAIT ISLANDER RESEARCHERS

In 2021, MCRRH has continued to support our Aboriginal and Torres Strait Islander researchers.

Importantly, Stephanie King and Shaun Solomon have contributed to the authorship of a chapter in *In Family Dynamics over the Life Course: Foundations, Turning Points and Outcomes*, published in 2021. Stephanie was also supported in 2021 to complete training for the FeltMan diabetes education tool as part of the milestones of the Sleep Project. Stephanie and Shaun continue to provide cultural mentorship to HDR MCRRH research staff, HDR students, and students on placement, including supporting Nutrition & Dietetic Student Project Presentations by providing Indigenous knowledge. This proved to be a culturally appropriate tool for students to use and the Aboriginal and Torres Strait Islander young people were actively engaged and felt safe to participate in the sessions that were run by the students. Shaun Solomon and Stephanie King are the also the Cultural Mentors for two external PHD students working on the *Co-designed sleep health program to achieve better sleep and improved mental health symptoms in Indigenous adolescents* project.

Shaun Solomon is currently studying a Bachelor of Social work with JCU and is involved in several MCRRH and HDR student projects, in both research and cultural advisory roles. He has also collaborated with Dr Kris McBain-Rigg at the College of Public Health, Medical and Veterinary Sciences, JCU on the Aboriginal and Torres Strait Islander wellbeing subject that is delivered as part of the Master of Public Health program at JCU.

Catrina, Felton-Busch is currently undertaking her PhD and multiple research projects designed to improve Aboriginal and Torres Strait Islander health and healthcare experiences with researchers across Australia.

Natasha Burns commenced her position as a research officer in late 2021 and will be contributing to the Sleep and Remote Youth Mental Health projects. Natasha will be working with Dr Fatima and Alycia Jacob to assist with Indigenous youth engagement for these projects.

Linda Ford, a Social Worker and Senior Academic Lead, Allied Health has been accepted to commence her PhD in early 2022.

ABORIGINAL AND TORRES STRAIT ISLANDER HEALTH

Sally West has a strong focus on the Aboriginal and Torres Strait Islander workforce throughout the consultation of research throughout three study sites (Thursday Island, Cooktown and Weipa) and have been able to implement and disseminate research with the assistance and support from these contributions of time, enthusiasm and efforts. Not only she is primarily advised from people who are Aboriginal and Torres Strait Islander people, but she has been guided by Aboriginal and Torres Strait Islander people throughout the entire process of implementing research on-the-ground. Without this she would not have been able to conduct the research to the extent that she has been able to.

Through living, working, and conducting research in locations within a majority population of Aboriginal and Torres Strait Islander people (65% of people within The Torres Strait Islands and Cape York are Aboriginal and Torres Strait Islander people) the team at Weipa is able

to first understand a needs base in collaboration with the community of whom we are embedded within. They are then able to direct research towards the health needs of the Aboriginal and Torres Strait Islander community. This research is collaborated and consulted with the Aboriginal and Torres Strait Islander community from the outset in developing research methodology and conducting the research. They are then able to disseminate research outputs to the stakeholders involved throughout the consultation process.

COLLABORATION WITH NARN

As part of MCRRH's collaboration with the Northern Australian Research Network (NARN), Research team member Dr Alice Cairns is part of the NARN leadership team; while Catherine Hays is working with NARN to create a new website, which will be hosted by MCRRH as part of our continuing support of NARN.

Grants & Funding

The team has been successful in attaining and attracting numerous health research grants this reporting period, including:

GRANTS* (SUBMITTED AND SUCCESSFUL)

Cairns A. CRC-NA "Economic assessment of disability models of care for remote communities" \$240,000.

Cairns A. "Providing kidney care close to home: Evaluating the Cape York Kidney Care model." Tropical Australian Academic Health Centre (TAAHC) Seed Funding. \$50,000.

Cairns A. "A Community Driven Approach to Health Care Partnership with Health Care Outcomes with Indigenous Communities in North Queensland." TAAHC Seed Funding. \$27,000.

Cairns A. Research assistance. TAAHC. \$18,328.

Cairns A. "Developing an evaluation framework for community rehabilitation in remote Northern Australia". TAAHC Seed Funding. \$50,000.

Currie N, Cairns A, Barker R, Armstrong E, O'Hara A, Geia L, and McDermott R. Health Practitioner Research Scheme, Queensland Health "Evaluation of a student-assisted community rehabilitation and lifestyle service in Cape York.". \$30,000.

Fatima Y. Nurse-led and Aboriginal health worker supported model for Obstructive Sleep Apnoea diagnosis and management in remote Queensland. TAAHC Research Seed Grants. \$50,000

Fatima Y. Co-designing and evaluating youth mental health services in remote, Central and NW Qld funded by Western Queensland Primary Care Collaborative Limited Research Grant. \$207,800

Felton-Busch, C. WOMen's action for Mums and Bubs (WOMB): A pragmatic trial of participatory women's groups to improve Indigenous maternal and child health. NHMRC Project Grant. \$1,766,216.40.

Felton-Busch, C. Quality improvement in Indigenous primary health care: Leveraging Effective Ambulatory Practices (LEAP). NHMRC Partnership Grant. \$1,129,210.90.

Felton-Busch, C. CRE-STRIDE: Centre for Research Excellence. NHMRC CRE Grant. \$2,498,733.

Felton-Busch, C. VOICE – Validating Outcomes by Including Consumer Experience. Developing a Patient Reported Experience Measure for Aboriginal and Torres Strait Islander people accessing primary health care. NHMRC MRFF Grant. \$1,430,917.85.

Felton-Busch, C. Working it Out Together! Aboriginal and Torres Strait Islander led co-design for a strong and deadly health workforce. NHMRC Partnership Grant. \$904,772.20.

Miller A. Research assistance "Developing research capacity in Weipa, Cape York". TAAHC. 38,863.

Varela S. (2021) 2021 Service Critical Workforce Project. Queensland Health. \$140,000

West, S. (2020) Children's Hospital Foundation (CHF). 2020 Health Services Research Grant Round. \$100,000.

Yaqoot Fatima, Sam May, Timothy Skinner, Romola Buck, Santosh Jatrana, Stephanie King. Co-designed Sleep Apnoea awareness and education program for First Nations peoples in remote Queensland (Topical Australian Academic Health Centre Grant 2021: \$50K)

*Only lead investigator name is listed

GRANTS* (SUBMITTED AND UNSUCCESSFUL)

Fatima Y. Prevention of Obesity and Behavioural/Emotional Problems in the First 2000 days: Multilevel Sleep Health Programme for Children in Rural, Remote and Indigenous Communities (MRFF)

Fatima Y. Co-designing and evaluating youth mental health services in remote Queensland (CRCNA)

Fatima Y. Nurse-led and Aboriginal health worker supported model for Obstructive Sleep Apnoea diagnosis and management in remote Queensland (TAAHC RA support grant scheme)

Jatrana, S. Rethinking rural and remote mental health services for pandemics and natural disasters: co-designed and data-driven solutions for Western Queensland (MRFF)

*Only lead investigator name is listed

COMMISSIONED RESEARCH:

Knight S, Ford L, King S, and Cairns A. Queensland Health, Allied Health Professions' Office of Queensland, Evaluation of the North West Allied Health Place Based Workforce Strategy. \$26,250.

Building research capacity

The work of MCRRH has focused on not only supporting the local Higher degree Research students but has also partnered with health, community, and education services to build research capacity within the local health workforce and community to improve health outcomes through evidence-based and culturally responsive service planning, implementation, and evaluation.

SUPERVISION OF HDR STUDENTS

Our academics are also building research capacity through supervision of higher degree research and post-graduate students in 2021:

- Dr Sharon Varela supervised one Masters student and two Honours students.
- Christine Foley supervised two Masters students, one provisional psychologist, and two psychology honours students.
- Dr Alice Cairns is currently supervising three PhD and one Masters student.
- Dr Yaqoot Fatima is currently supervising three MPhil students and six PhD students.
- Associate Professor Santosh Jatana is currently supervising one MPhil and two PhD students.

POST-GRADUATE RESEARCH STUDENTS AND STUDIES

The research team members continue their personal journeys of skill and knowledge development in areas that they are passionate about. Staff have attended research workshops locally and nationally through a range of physical and virtual platforms. We are proud of their ambitions and achievements towards them so far.

HDR STUDENT RESEARCH PROJECTS

Jessica Muller: "Development of a cultural responsiveness audit tool for organisations." (PhD)

Khadija Fatima: "The link between sleep and educational outcomes in Indigenous Australian children." (MPhil)

Kirsten Russell: "Exploring community needs for physical activity as part of mental health services using the Community Readiness Model." (MPhil)

Laura Wright: Remote Area Safety Project (RASP): A mixed methods study of health workforce safety policies and implementation." (MPhil)

Muhammad Anwar Hossain: "Humanitarian Migrants' Settlement in Australia: A Longitudinal Study." (PhD)

Sally West: "PARIS-REMOTE: Implementation of Nasal High Flow in the Remote Context." (PhD)

Sarah Jackson: "Stroke survivors harnessing technology to drive their own recovery in remote NWQ." (PhD)

Selina Taylor: "Expanded pharmacy practice in rural and remote Australia." (PhD)

Terese Collins: "Exposure to violence in childhood and perpetration of domestic violence/ Intimate Partner Violence (IPV) in adulthood." (PhD)

MASTERS RESEARCH PROJECTS

Catherine Hays: "Exploring the remote campus nursing student experience: a phenomenological study." (MPH, Completed with Distinction)

Tahlia Colley: "Understanding the Interaction between Trauma and Autism Spectrum Disorder in Young Children." (MProfPsy)

GRADUATE DIPLOMA OF RESEARCH METHODS

Stephanie King: "Yarning about the effectiveness of yarning circles in sleep research"; "Healthcare students' experience and satisfaction with sharing the accommodation on rural and remote placements and its impact on the opportunities for Interprofessional Learning (IPL)."

HONOURS STUDENTS

Archana S & Wattum, S. Professional psychology in practice. Psychology Honours Project. Virtual placement with the Centre for Rural and Remote Health and NWHHS. (July-November 2021)

SUPPORTING LOCAL CLINICIANS AND HEALTH SERVICES

MCRRH researchers have supported six novice clinician researchers to co-author these publications, including two Indigenous health workers. This collaboration and capacity building has been further recognised with successful TAAHC research assistant applications for both 2020/2021 and 2021/2022.

Shaun Solomon has also been working with the local Aboriginal Community Controlled Health Organisation, Gidgee Healing, to support them to establish their own research capacity. He has also been collaborating on the NWHHS Health Equity Reform initiative, which included participation in the development and feedback of the *Health Equity Toolkit* for HHSs across Queensland. Once the toolkit has been produced, NWHHS plans to implement it in our region.

OUTBACK ALLIED HEALTH FORUM

The third biennial Outback Allied Health Forum (OAHF), a collaboration between Murtupuni Centre for Rural and Remote Health and Queensland Health was held in Tjirtamai Hall on the 24th and 25th of June 2021. The OAHF provides clinicians in the region with a chance to present research findings to other health professionals and researchers and build professional networks. It also provides novice researchers and first-time presenters with a chance to develop their research skills. The MCRRH Research Team supported the OAHF by facilitating a "How to write an abstract for a conference" workshop, which was presented by Dr. Yaqoot Fatima.

BI-MONTHLY MCRRH RESEARCH SEMINARS

In 2021, MCRRH researchers commenced bi-monthly seminars, which are presented to the research and academic team staff. Members of our wider networks including local Hospital and Health Service staff, other health providers and researchers are also invited to attend, to learn more about MCRRH's current and completed research topics.

WEEKLY MCRRH RESEARCH TRAINING WORKSHOPS (OCTOBER-NOVEMBER 2021)

In October and November 2021, the MCRRH research team held weekly research training workshops with the aim to educate each other and local clinicians and research on a variety of topics.

SUPPORTING OUR LOCAL COMMUNITIES

The focus of work for our research team in Weipa has been to support and build rural, remote and Indigenous workforce capacity for research and innovative health models within the Weipa community and health services through weekly research drop-in sessions and targeted research and project development for interested teams. This has resulted in three research active multidisciplinary health teams, all who have been successful in securing grant funding, and one enrolment in a higher research degree. These teams have attracted between \$50,000 – \$165,000 of grant funding each, allowing novice clinicians to purchase dedicated research time and produce two peer-reviewed publications with three currently under review. MCRRH researchers have supported six novice clinician researchers to co-author these publications, including two Indigenous health workers. This collaboration and capacity building has been further recognised with successful TAAHC research assistant applications for both 2020/2021 and 2021/2022.

The research team at Weipa is also involved with cooperative research throughout Northern Australia to develop innovative allied health workforce models and provide robust and aligned evaluation protocols and processes. For example, through her role on the leadership team for the Northern Australian Research Network (NARN), Dr Cairns has hosted the Queensland NARN networking events to support cross sector collaboration and research planning and alignment. All of Dr Cairns' current project are collaborative with end users, funding, and service delivery organisations. Dr Cairns has active partnerships with the Northern Queensland Primary Health Network, CRC-Northern Australia, Indigenous Allied Health Australia, Napranum Aboriginal Shire Council, Torres and Cape Hospital and Health Service, Cairns and Hinterland Hospital and Health Service, North West Hospital and Health Service, Flinders University, University of Queensland, Queensland University of Technology, Menzies School of Health Research and Edith Cowan University.

Similarly, our researcher, Sally West from Weipa, from being present and developing research capacity within the predominant Aboriginal Torres Strait Islander population community, further contacts and discussion around potential future research projects that would benefit



Professor Sabina Knight AM facilitating National Rural Service and Learning Workshop in Queenstown

this community have now occurred and this effect will snowball into developing further capacity and beneficial impact for the health of Aboriginal and Torres Strait Islander people. Further collaborations with other research groups have been a result in the betterment of the planning, conduct and dissemination of research throughout these connections. Being present within the community makes a significant difference and also matters to the community in improving trust, reliability and further collaborations/consultations together.

The team at Mount Isa is co-designing health promotion programs in-collaboration with community members and key stakeholders from the community. The research process is centred on community empowerment so that community members can participate in research as equal partners. Furthermore, the team has developed workforce upskilling activities in consultation with community members so that future workforce is developed in response to community needs, challenges, and expectations. For example, Dr Fatima is leading the first Australian research program to train and upskill two Aboriginal youth workers to become the "Sleep Coach" and promote sleep health and hygiene in Aboriginal and Torres Strait Islander communities in QLD. The training framework is based upon a multi-pronged approach developed in consultation with community elders, service providers, parents and carers. To ensure effective delivery of sleep apnoea diagnosis and management services in the community, she is also leading Aboriginal Health Workers and Nurses' education and training activities. This will ensure that the staff are equipped with adequate clinical knowledge and facilitate timely diagnosis and management of sleep apnoea.

ARE YOU REMOTELY INTERESTED...? CONFERENCE, 2022

Planning has begun for MCRRH's next biennial *Are you remotely interested...?* Conference, which will be held in Mount Isa in mid-2022.

Our team in the media



PROFESSOR SABINA KNIGHT

In 2021, Professor Knight was granted membership of the Order of Australia (AM) for significant service to rural and remote health, nursing, and education.

DR YAQOOT FATIMA

Dr Fatima is a leading and recognised voice advocating for sleep health promotion, particularly in Aboriginal and Torres Strait Islander communities. Her research is frequently featured in international, national, state, and regional media and covered by over 250 media outlets nationally and internationally, including The Guardian, Daily Telegraph, Xinhua News Agency, Courier-Mail, The Age, The Hindu, The Tribune, 7 News etc. She has also undertaken print interviews (8), radio interviews (>25) with SBS, ABC (Regional and National), 2GB, 4BC, National Indigenous Radio Service, and television interview with ABC to disseminate research outside academia. Her work is also featured in news portals catering to specific groups, such as the newsletters from the National Association of Special Education Teachers and Koori mail (National Indigenous Newspaper). She also uses other platforms for information sharing, such as contributing to Science News for Students and writing for the Conversation. Her recent article in The Conversation has been read over 47,000 times and translated into French (>35,000 reads) and Japanese (News Sphere), suggesting her research is offering important information to the readers. Her project entitled *Co-designed sleep health program to achieve better sleep and improved mental health symptoms in Indigenous adolescents* was selected as one of the focus pieces in the Research Australia report, showcasing the benefits of the Medical Research Future Fund (MRFF). Additionally, her research paper *Late bedtime and BMI gain in Indigenous*



Australian children in the longitudinal study of Indigenous children was selected to feature in Wiley's Research Headlines, recognising the paper as one of the most newsworthy research published across Wiley's journals for that week.

Dr Fatima was the recipient of the Queensland Young Tall Poppy Science Award in 2021, for her contributions towards science and research promotion, communication, and advocacy to improve access to sleep services and empower rural, remote, and Indigenous Australian communities.



SALLY WEST

Sally West, based in Weipa, has recently been in the media for her research and related workshops for her PhD project, *PARIS-REMOTE: Implementation of Nasal High Flow in the Remote Context*. Sally's work has been featured by the National Rural Health Alliance's *Partyline* magazine, the Australian Institute of Tropical Health and Medicine's annual report, and the Paediatrics Research in Emergency Departments International Collaborative (PREDICT) newsletter.

SELINA TAYLOR

Selina Taylor, MCRRH's Remote Pharmacy Academic and PhD student, has been featured in the *North West Star* for her research project investigating rural and remote community pharmacists' expanded scope of practice. This project also included the trial and evaluation of a pilot program, in which pharmacists undertook nationally accredited tympanometry and otoscopy training to deliver an ear screening service in two community pharmacies.

Selina was the winner of the James Cook University 3-Minute Thesis (3MT) competition in 2021 for the College of Medicine and Dentistry. Selina was also awarded the Pharmaceutical Society of Australia's Queensland Pharmacist of the Year, 2021.



LAURA WRIGHT

Laura Wright's recently published literature review, undertaken as part of her M.Phil project regarding RAN safety, was featured in the *Australian Nursing and Midwifery Journal* and an interview on *Radio National Breakfast*. RAN safety has been in the spotlight since the tragic murder of South Australian nurse Gayle Woodford in 2016, and Laura's research project has investigated current safety strategies for RANs working in rural and remote regions, as well as research-based recommendations.

Publications

JOURNAL ARTICLES

- Begum T, **Fatima Y**, Perales F, Anuradha S & Mamun A. Associations of caesarean section with body mass and waist circumference trajectories from age 2 to 13 years: a nationally representative birth cohort study in Australia. *International Journal of Pediatric Obesity*. Article: e12769, doi:10.1111/ijpo.12769. In press.
- Begum T, Saif-Ur-Rahman K, **Fatima Y**, Stekelenburg J, Anuradha S, Biswas T, Doi S & Mamun A. Global incidence of caesarean deliveries on maternal request: a systematic review and meta-regression. *British Journal of Obstetrics and Gynaecology*, 128(5), 798-806. <https://doi.org/10.1111/1471-0528.16491>.
- Blunden S, **Fatima Y** & Yiallourou S. (2021) Sleep health in Indigenous Australian children: a systematic review. *Sleep Medicine*, 80, 305-314. <http://doi.org/10.1016/j.sleep.2021.01.065>
- Cairns A**, Geia L, Kris S, Armstrong E, O'Hara A, **Rodda D**, McDermott, R & Barker R. (2021). Developing a community rehabilitation and lifestyle service for a remote Indigenous community, *Disability and Rehabilitation*. <https://doi.org/10.1080/09638288.2021.1900416>
- Carlisle K, Matthews V, Redman-MacLaren M, Vine K, Turner NN, **Felton-Busch C**, Taylor J, Thompson S, Whaleboat D, & Larkins S. (2021). A qualitative exploration of priorities for quality improvement amongst Aboriginal and Torres Strait Islander primary health care services. *BMC Health Services Research*, 21(431). <https://doi.org/10.1186/s12913-021-06383-7>
- Cheek C, **Hays RB**, & Smith JD. (2021). What's in a name? Research learning outcomes in primary medical education. *The Asia Pacific Scholar*, 6(3), 99-103. <https://doi.org/10.29060/TAPS.2021-6-3/PV2343>
- Constantinou G, **Varela S**, a& Buckby B. (2021). Reviewing the experiences of maternal guilt – the “Motherhood Myth” influence, *Health Care for Women International*. <https://doi.org/10.1080/07399332.2020.1835917>
- Drakatos P, Olaithe M, Verma D, Ilic K, Cash D, **Fatima Y**, Higgins S, Young AH, Chaudhuri KR, Steier J, Skinner T, Bucks R, Rosenzweig I. Periodic limb movements during sleep: a narrative review. *Journal of Thoracic Disease*. doi: 10.21037/jtd-21-1353. In press.
- Fatima Y**, **Hays R**, **Knight S**., Neilson A, Fleming R, Panaretto K, **Jatrana S**, & Skinner I. (2021). Drivers of General Practice Type Presentations to the Emergency Department in a Remote Outback Community. *Australian Journal of Rural Health*, 29(3), 391-398. <https://doi.org/10.1111/ajr.12706>
- Fatima Y**, **Hays R**, Neilson A, **Knight S**, **Jatrana S**. (2021). Why patients attend emergency department for primary care type problems: views of healthcare providers working in a remote community. *Rural and Remote Health*. In press. <https://doi.org/10.22605/RRH7054>
- Fatima Y**, Bucks R, Mamun A, **Skinner I**, Rosenzweig I, Leschziner G & Skinner T. (2021). Shift work is associated with increased risk of COVID-19: findings from the UK Biobank cohort. *Journal of Sleep Research*, 30(5). <https://doi.org/10.1111/jsr.13326>.
- Gunnarsson RK, **Orda U**, Elliott B, Heal C, Gorges H, Glasziou P, & Del Mar C. (2021). Improving antibiotics targeting using PCR point-of-care testing for group A streptococci in patients with uncomplicated acute sore throat. *Australian Journal of General Practice*, 50(1-2), 76-83. <https://doi.org/10.31128/AJGP-07-20-5518>
- Hasan M, Soares Magalhaes R, **Fatima Y**, Ahmed S & Mamun A. (2021) Levels, trends, and inequalities in using institutional delivery services in low- and middle-income countries: a stratified analysis by facility type. *Global Health: Science and Practice*, 9 (1). <https://doi.org/10.9745/GHSP-D-20-00533>.
- Hasan MM, Magalhaes RJS, Ahmed S, Pervin S, Tariquijaman M, **Fatima Y**, & Mamun AA. (2021). Geographical variation and temporal trend in anemia among children 6-59 months of age in low- and middle-income countries during 2000-2018: forecasting the 2030 SDG target. *Public Health Nutrition*. Accepted.
- Hasan MM, Ahmed S, Magalhaes RJS, Begum T, **Fatima Y**, & Mamun AA. (2021). Temporal trends in between and within country inequalities in caesarean section use in low- and middle- income countries. *British Journal of Obstetrics and Gynaecology*. Accepted.
- Hasan MM, **Fatima Y**, Pandey S, Tariquijaman M, Cleary A, Baxter J, & Mamun AA. (2021). Pathways linking bullying victimisation and suicidal behaviours among adolescents. *Psychiatry Research*. Accepted.
- Hasan MM, Ahmed S, Magalhaes RJS, **Fatima Y**, Biswas T, & Mamun AA. (2021). Double burden of malnutrition among women of reproductive age in 55 low- and middle-income countries: progress achieved and opportunities for meeting the global target. *European Journal of Clinical Nutrition*. Accepted.
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- Hoang H, Jessup B, Obamiro K, Bourke L, Hellwege B, Podubinski T, Heaney S, Sheepway L, Farthing A, Rasiah R, Fitzroy R, **Jatrana S**, Argus G, & **Knight S**. "The Impact of COVID-19 on Rural and Remote Student Placements in Australia: A National Study".
- Hossain MA**, & Dawson, A. (2021). Sexual and Reproductive Health Needs, Experiences, Access to Services, And Interventions Among the Rohingya and The Afghan Refugee Women of Reproductive Age in Asia: A Mixed Methods Systematic Review Protocol. *Women, Midwives and Midwifery*, 1(3). Accepted.

- Jackson SM, Solomon SD, & Barker RN.** (2021) Recovering is about *living my life, as it evolves: perspectives of stroke survivors in remote northwest Queensland. Disability and Rehabilitation.* <https://doi.org/10.1080/09638288.2021.1890242>
- Jackson S, Nielbling B, & Barker R.** Stroke survivors' perspective on recovering in rural and remote Australia: A systematic mixed studies review. *Australian Occupational Therapy Journal.* Accepted.
- Jacob A, McCann D, Buykx P, Thomas B, Spelten E, Schultz R, Kinsman L, & Jacob E.** The 'disease' of violence against healthcare workers is a Wicked Problem: Managing and Preventing Violence in Healthcare. *Journal of Aggression, Conflict and Peace Research.* Accepted.
- Jatrana S, Hasan MM, Mamun AA, & Fatima Y.** (2021). Global Variation in Hand Hygiene Practices Among Adolescents: The Role of Family and School-Level Factors. *International Journal of Environmental Research and Public Health*, 18, 4984. <https://doi.org/10.3390/ijerph18094984>
- Jatrana S.** (2021). Gender differences in self-reported health and psychological distress among New Zealand adults. *Demographic Research*, 45, 693-726.
- Kanmiki EW, **Fatima Y, Mamun AA.** Multigenerational Transmission of Obesity: A Systematic Review and Meta-Analysis. *Obesity Reviews.* Accepted.
- Malau-Aduli BS, **Hays RB, D'Souza K, Smith AM, Jones K, Turner R, Shires L, Smith J, Saad S, Richmond C, Celenza A, & Sen Gupta TK.** (2021). Examiners' decision-making processes in observation-based clinical examinations. *Medical Education*, 55(3): 344-353. <https://doi.org/10.1111/medu.14357>.
- Neibling, BA, **Jackson SM.,** Hayward KS, & Barker RN. (2021). Perseverance with technology-facilitated home-based upper limb practice after stroke: a systematic mixed studies review. *Journal of Neuro Engineering and Rehabilitation*, 18(43). <https://doi.org/10.1186/s12984-021-00819-1>
- O'Sullivan B, Gurney T, & **Cairns, A.** (2021). Consensus-based framework for the growth and sustainability of rural health research. *Australian Journal of Rural Health*, 29(4). 1-5. <https://doi.org/10.1111/ajr.12746>
- Ramani S, McKimm J, Forrest K, **Hays R, Bishop J, Thampy H, Findyartini A, Devi Nadarajah V, Kusurkar R, Wilson K, Filipe H, & Kachur E.** Collaborative writing in Health Professions Education: Co-creation of Scholarship. *Medical Teacher.* In press.
- Ramani S, McKimm J, Findyartini A, Nadarajah V, **Hays RB, Chisolm MS, Filipe HP, Fornari A, Kachur E, Kusurkar RA, Thampy H, & Wilson KW.** (2021). Twelve Tips for Developing a Global Community of Scholars in Health Professions Education. *Medical Teacher*, 43: 966-971. <https://doi.org/10.1080/0142159X.2020.1839034>
- Sen Gupta T, Wong E, Doshi D, & **Hays R.** (2021) "Stability" of Assessment: Extending the Utility Equation', *MedEdPublish* 10(1), 155. <https://doi.org/10.15694/mep.2021.000155.1>
- Skinner TC & **Skinner IK.** (2021), Willpower beliefs and diabetes distress: a preliminary cross-sectional study. *Practical Diabetes*, 38(1). 11-16a. <https://doi.org/10.1002/pdi.2314>
- Taylor S, Cairns A, & Glass, B.** (2021). Consumer perspectives of expanded practice in rural community pharmacy. *Research in Social and Administrative Pharmacy.* <https://doi.org/10.1016/j.sapharm.2020.03.022>
- Taylor S, Cairns A, & Glass B.** (2021). Developing an ear health intervention for rural community pharmacy: Application of the PRECEDE-PROCEED model. *International Journal of Environmental Research and Public Health*, 18(6456), 1-14. <https://doi.org/10.3390/ijerph18126456>
- Taylor SM, Cairns A, & Glass BD.** (2021). Rural pharmacists and stakeholders perspectives of expanded pharmacy practice: A descriptive study. *Australian Journal of Rural Health*, 00, 1-13. <https://doi.org/10.1111/ajr.12739>
- Taylor SM, Cairns A, Mantzourani E, & Glass BD.** (2021). LISTEN UP (Locally Integrated Screening and Testing Ear and aUral Programme): a feasibility study protocol for a community pharmacy-based ear health intervention. *Pilot and Feasibility Studies*, 7(124), 1-8. <https://doi.org/10.1186/s40814-021-00856-6>
- Taylor S, Cairns A, & Glass, B.** (2021). Expanded Practice in Rural Community Pharmacy: A Macro, Meso and Micro-level Perspective. *Rural and Remote Health.* <https://doi.org/10.22605/RRH6158>
- Taylor S, Cairns A, & Glass B.** (2021). Expanded Practice for Rural Community Pharmacy: What are we waiting for? *International Journal of Pharmacy Practice.* Accepted.
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- Varela SM, Hays C, Knight S, & Hays, R.** (2021). Models of remote professional supervision for psychologists in rural and remote locations: A systematic review. *Australian Journal of Rural Health*, 29(2), 211–225. <https://doi.org/10.1111/ajr.12740>

Varela SM, Stenhouse L, Collins D, Henderson M, Wells G, & Subramaniam P. (2021). Rapid evidence assessment of student-assisted assessment and brief intervention clinics: Addressing the gaps in rural and remote health care. PROSPERO, CRD42021244797. Available from: https://www.crd.york.ac.uk/prospERO/display_record.php?ID=CRD42021244797

Wright L, Jatrana S, & Lindsay D. (2021). Workforce safety in the remote health sector of Australia: A scoping review. *BMJ Open*, 11. <https://doi.org/10.1136/bmjopen-2021-051345>

BOOK CHAPTERS

Fatima Y, Cleary A, King S, Solomon S, McDaid L, Hasan MM, Mamun AA, & Baxter J. (2021). Cultural identity and social and emotional problems in Aboriginal and Torres Strait Islander Children. In *Family Dynamics over the Life Course: Foundations, Turning Points and Outcomes*. Springer.

BOOKS

Malau-Aduli BS, **Hays RB**, & van der Vleuten CPM. (2021). Understanding Assessment in Medical Education through Quality Assurance. McGraw Hill Professional, New York, NY, USA.

SUBMITTED/UNDER REVIEW

Green E, Quilliam C, Sheepway L, **Hays CA**, Moore L, Rasiah RL, Baile J, Howard C, Hyde SJ, Inyang I, Draper KM, Ferns J, Brown LJ, Jones S, & Collett M. Identifying features of quality in rural placements for health students: A scoping review. Submitted.

Hays C, Devine S, & Glass B. Exploring the remote campus nursing student experience: a phenomenological study. Submitted.

Jessup B, Hoang H, Podubinski T, Obamiro K, Bourke L, Hellwege B, **Jatrana S**, Heaney S, Farthing A, & Sheepway L. "I can't go, I can't afford it": Financial Concern Amongst Health Students Undertaking Rural and Remote Placements During COVID-19". Submitted.

Taylor S, Cairns A, & Glass B. LISTEN UP: An Ear Health Intervention for Rural Community Pharmacy. Submitted.

CONFERENCE & SYMPOSIUM PRESENTATIONS

Cairns, A. (2021). *Invited speaker*. An integrated model of care for healthy ageing in Cape York: Acceptability, feasibility and future plans. HOT NORTH Final Scientific Symposium. Darwin, Australia. 4-5 November 2021.

Cairns, A, Barker, R. (2021). *Invited speaker*. Rehabilitation research. Tropical Australian Academic Health Centre (TAAHC). Communities of Practice.

Cairns, A. (2021). *Invited case study speaker*. Student-assisted community rehabilitation service – Weipa. National Rural Allied Health Service and Learning Consortia Workshop. Queenstown, Tasmania. 1 June 2021.

Cairns A & Rodda, D. (2021). *Invited speaker*. Rural allied health rehabilitation services. Occupational Therapy Department, Cairns Hospital and Health Service, Queensland, Australia.

Cairns A & Rodda D. (2021). Integrating care in remote communities: the feasibility and acceptability of a student-assisted community rehabilitation service. Occupational Therapy Australia 29th National Conference. 23-25 June 2021.

Fatima Y. (2021). Sleep health promotion in Aboriginal and Torres Strait Islander communities: Role of Indigenous youth workers as Sleep Coaches. Sleep DownUnder 2021. 10-13 October 2021.

Fatima Y. (2021). Indigenous Australians' conceptualisation of sleep health differs from Western interpretations (Poster Presentation). Sleep DownUnder 2021. 10-13 October 2021.

Fatima Y. (2021). Trajectories of emotional and behavioural problems in Aboriginal and Torres Strait Islander children: Role of sleep and cultural attachment (Poster Presentation). Sleep DownUnder 2021. 10-13 October 2021.

Fatima, Y. *Chair of Symposium Session* "Sleep health of Indigenous Australians: untapped opportunities to improve health outcomes". Sleep DownUnder 2021. 10-13 October 2021.

Fatima Y, & King S. (2021). Aboriginal and Torres Strait Islander youth workers as Sleep Coaches: Co-designed training and upskilling program. Ngar-wu Wanyarra Aboriginal & Torres Strait Islander Health Conference. 13 October 2021.

Henderson M, Wells G, Collins D, **Subramaniam P, Stenhouse L, & Varela S.** (2021). Student-assisted assessment and brief intervention clinics: Addressing the gaps in rural and remote health care. Outback Allied Health Forum. 24-25 June 2021.

Perrin, B, Allen P, Condon D, Chappell A, Massey C, Gardner M, Phillips B, **Skinner I**, Skinner T (2021). The foot-health and mortality of adult patients with diabetes in regional Australia: findings from an epidemiological study with two-year follow-up. La Trobe. Conference contribution. <https://doi.org/10.26181/6108a6586619b>

Quinlan F, Mason M, & **Varela S.** (2021). Remote Health: Going the Extra Mile. National Rural Health Alliance Webinar Series. 17 June 2021.

Skinner I. (2021), The State of the Worlds Nursing. Nursing Informatics International Congress. 23 August-2 September 2021.

Taylor S. (2021). Developing an Ear Health Intervention for Rural Community Pharmacy: Application of the PRECEDE-PROCEED. Health Services Research and Pharmacy Practice Conference, United Kingdom. 8-9 April 2021.

Taylor S. (2021). LISTEN UP: Expanded Ear Health Service for Rural Community Pharmacy. Outback Allied Health Forum. 24-25 June 2021.

Taylor S. (2021). LISTEN UP: Application of the PRECEDE-PROCEED model for the development of a rural community pharmacy ear health intervention. James Cook University Cohort Doctoral Studies Program 10-year Anniversary Conference. 6-8 September 2021.

Varela S, Stenhouse L, and Subramaniam P. (2021). Meeting Child and Youth Health Service Needs Through Student-assisted Clinics. Australian Rural & Remote Mental Health Symposium. 3-5 November 2021.

West S. (2021). Community of Practice, Southern Queensland Rural Health. What inter-professional education looks like in a remote setting. 31st Aug 21.

West S. (2021). Nasal high flow implementation study in a remote community. James Cook University Cohort Doctoral Studies Program 10-year Anniversary Conference. 6-8 September 2021.

Wright L. (2021). Assessing workplace safety and wellbeing for Remote Area Nurses in Australia, 8th Rural and Remote Health Scientific Symposium. 6-7 October 2021.

Wright L. (2021). Findings from a mixed methods study of workplace safety for Remote Area Nurses in Australia, CRANaplus Symposium. 17 September 2021.

Wright L. (2021). A review of workplace health and safety policies and guidelines for Australian remote primary health clinics. James Cook University Cohort Doctoral Studies Program 10-year Anniversary Conference. 6-8 September 2021.

SUBMISSIONS, COMMITTEE HEARINGS AND OTHER REPORTS

Bourke L, Hellwege B, Jessup B, Heaney S, Sheepway L, Hoang H, Podubinski T, Farthing A, Rasiah R, Fitzroy R, Obamiro K, **Jatrana S**, Argus G, & **Knight S.** (2021). The Impact of COVID-19 on Student Placements facilitated by University Departments of Rural Health. Australian Rural Health Education Network (ARHEN).

Hutchinson J, Bourke L, & **Varela S.** (2021, April). ARHEN Submission to the House of Representatives Select Committee Inquiry into Mental Health and Suicide Prevention (Sub. 189). <https://www.aph.gov.au/DocumentStore.ashx?id=8542ab9b-6cfc-40b8-8a75-65eef9e7f4bd&subId=706254>

Hutchinson J, Bourke L, & **Varela S.** (2021, June 17). House of Representatives Select Committee Inquiry into Mental Health and Suicide Prevention: Public Hearing. https://www.aph.gov.au/Parliamentary_Business/Committees/House/Mental_Health_and_Suicide_Prevention/MHSP/Public_Hearings

WORKSHOPS AND SEMINARS

Cairns A & Rodda D. (2021). Rural allied health rehabilitation services. Occupational Therapy Department, Cairns Hospital and Health Service, Queensland, Australia.

Cairns A and Wright L. Is this research or quality improvement? MCRRH Research Training Session, 29th October 2021.

Hays C. Building your search strategy. MCRRH Research Training Session, 22nd October 2021.

Hays C. Exploring the remote campus nursing student experience: a phenomenological study. CRRH Research Seminar, 6th August 2021.

Fatima Y. How to write an abstract for a conference. Outback Allied Health Forum

Fatima Y. Evidence quality appraisal. MCRRH Research Training Session, 19th November 2021.

Jacob A. Google Scholar: how to search the evidence like the smart people. MCRRH Research Training Session, 15th October 2021.

Jatrana S. How to write an abstract. Allied Health Rural Generalist Program, 10th June 2021

Jatrana S. How to prepare a presentation. Allied Health Rural Generalist Program, 10th June 2021.

Jatrana S. Presenting to peer/ department and Conference presentation . 10th June 2021 to Allied Health Rural Generalist Program.

Varela S. 2-Day Autism Diagnostic Observation Schedule [ADOS] Video Training Workshop. Clinical Workshop Series, Murtupuni Centre for Rural and Remote Health, June 2021.

Varela S. 1-Day Psychometric Assessment and Report Writing Workshop. Clinical Workshop Series, Murtupuni Centre for Rural and Remote Health, April 2021.

Varela S. 1-Day Motivational Interviewing Skills Workshop. Clinical Workshop Series, Murtupuni Centre for Rural and Remote Health, March 2021.

Varela S, Foley C, Jones S, Aniftos M, Lord A, Weatherilt T, Kuruckchi E, Thomason A, Declerck S & McClaren L. Supervisor Training Program New Supervisors Program. Multiple dates, 2021.

Varela S, Foley C, Jones S, Aniftos M, Lord A, Weatherilt T, Kuruckchi E, Thomason A, Declerck S & McClaren L. Supervisor Training Program Masterclass Series. Multiple dates, 2021.

West S. PARIS Remote: The remote implementation of nasal high flow therapy. MCRRH Research Seminar, 4th June 2021.

West S. PARIS Remote: nasal high flow therapy research. Clinical Workshop for QLD Health and Queensland Ambulance Service, Murtupuni Centre for Rural and Remote Health. 19th July 21 (x 4 workshops) Cooktown, 20th July 21, 21st July 21 (x 2 workshops) Thursday Island, 23rd July 21 (x 4 workshops) Thursday Island, 13th October 21, Weipa.

West S. Implementation science. MCRRH Research Training Session, 12th November 2021.

Wright L. Assessing workplace safety and wellbeing for Remote Area Nurses in Australia. MCRRH Research Seminar, 1st October 2021.





Our People

Leadership Roles

Alice Cairns

Leadership team for the Northern Australian Research Network

Associate Professor Catrina Felton-Busch

Board Director, NWHHS to June 2021

Lead for Aboriginal and Torres Strait Islander Health College of Medicine and Dentistry Indigenous Health

Jodi Brown

Regional Chair, North West Queensland, Australian College of Nursing

Kirsten Russell

James Cook University Sports and Exercise Science Advisory Committee

Laura Wright

Chair of CARPA (the Central Australian Rural Practitioners Association Inc)

Leann Shaw

Vice President Gidgee Healing Board, Mount Isa
Ordinary Member, Young People Ahead Youth and Community Services (YPA)

Linda Ford

Vice President of the Australian Association of Social Workers

Peter Coombes

Chair, Student Placement Coordinators Network (SPCN), Australian Rural Health Education Network (ARHEN)
Panel member, Medical student selection, James Cook University

Professor Sabina Knight AM

Committee Member, Townsville and North West Queensland Regional Development Australia until April 2021
Board Director Western Queensland PHN
Health Reform Group Queensland Health
National COVID-19 Clinical Evidence Taskforce
Small Rural and Remote Working Group; Independent Hospital Pricing Authority

Sharon Varela

Chair, ARHEN Mental Health Network

Shaun Solomon

Board Chair Gidgee Healing
Member of the North West Health Equity Collaborative Group

Stephanie King

Member of Indigenous Local Community Education Body (LCEB), Spinifex State College
Community Member, Community Connect Advisory Group
Member, Reconciliation Action Plan & ESafe committee, St Kieran's Catholic School

Tullita Miller

Secretary, Young People Ahead Youth and Community Services (YPA)

Bradly Weeks

Ordinary Member, Young People Ahead Youth and Community Services (YPA)

Keith Stalling

Warrant Officer, 1st Mount Isa Boys Brigade

Recognition and Awards

Associate Professor Catrina Felton-Busch

Associate Professor Catrina-Felton Busch received an award for working at James Cook University for 20 years.

Professor Sabina Knight AM

In 2021, Professor Knight was granted membership of the Order of Australia (AM) for significant service to rural and remote health, nursing, and education.

MCRRH Research Team

placed 1st in the 2021 JCU Awards for Excellence in the Research Category



Above: Professor Roianne West, CATSINaM CEO, received the JCU Chancellor's Outstanding Alumnus Award

Far Left: Associate Prof Catrina Felton-Busch receiving her 20 years of service award

Left: Professor Sabina Knight AM honoured at Government House



Clockwise from Left:

*Pharmacy Academic Selina Taylor awarded Queensland Pharmacist of the Year
MCRRH JCU Researcher Dr Yaqoot Fatima wins Qld Young Tall Poppy Science Award
Dr Dennis Pashen and Chancellor Bill Twedell
Dr Dennis Pashen and Professor Sabina Knight AM*

Dr Yaqoot Fatima

Dr Fatima was the recipient of the Queensland Young Tall Poppy Science Award in 2021, for her contributions towards science and research promotion, communication, and advocacy to improve access to sleep services and empower rural, remote, and Indigenous Australian communities.

Selina Taylor

Selina was the winner of the James Cook University 3-Minute Thesis (3MT) competition in 2021 for the College of Medicine and Dentistry. Selina was also awarded the Pharmaceutical Society of Australia's Queensland Pharmacist of the Year, 2021.

Dr Dennis Pashen

Dr Dennis Pashen was awarded an Honorary Doctor of Medicine recognising his exceptional contribution to advancing rural and remote health in Australia.



Team Development

WE ARE DEDICATED TO SUPPORTING OUR OWN PEOPLE TO ADVANCE THEIR ACADEMIC AND CLINICAL SKILLS. CURRENTLY THE TEAM IS ENGAGED IN A RANGE OF POST-GRADUATE AND HDR COURSES AND MANY HAVE COMPLETED COURSES THIS YEAR.

Linda Ford

Commencing a Doctor of Philosophy program with James Cook University.

Selina Taylor

Currently undertaking a Doctor of Philosophy program with James Cook University.

Kirsten Russell

Currently is undertaking in a Master of Philosophy with James Cook University.

Miriam Gerber

Enrolled in the Graduate Certificate of Health Professional Education with James Cook University

Lauren Jeffs

Enrolled in the Graduate Certificate of Health Professional Education with James Cook University

Chelsey Carr

Enrolled in the Graduate Certificate of Health Professional Education with James Cook University

Bridget Greathead

Graduates this year for her Graduate Diploma of Public Health and has applied to articulate into the Masters of Public Health program for 2022

Leann Shaw

Currently undertaking a Bachelor of Social Work with James Cook University.

Dr Sharon Varela

Completed a Graduate Diploma in Rural Allied Health Generalist Practice through James Cook University.

Stephanie King

Currently completing Graduate Diploma in Research Methods through James Cook University.

Catherine Hays

Completed a Master of Public Health with distinction

Tullita Miller

Completed a Bachelor of Business and is now completing a Master of Social Work

Catrina Felton-Bush

Completing a Doctor of Philosophy program with James Cook University.

Shaun Solomon

Currently completing a Bachelor of Social Work through James Cook University

Laura Wright

Currently completing a Master of Philosophy through James Cook University

Jodi Brown

Completed this year a Graduate Certificate in Health Professional Education through James Cook University

Lyndy Skea

Completed a Bachelor of Environmental Science with distinction

Our Team

LEADERSHIP GROUP



Professor Sabina Knight AM
Director



Associate Professor Catrina Felton-Busch
Associate Professor Remote Indigenous Health and Workforce, Head of Education



Shaun Solomon
Head of Indigenous Health



Patrick Collins
Manager, Operations



Associate Professor Santosh Jatrana
Senior Principal Research Fellow, Head of Research



Linda Ford
Senior Academic Lead Allied Health



Christine Mylchreest
JCU GP Training Team Leader

EDUCATION



Selina Taylor
Remote Pharmacy Academic & Interprofessional Learning Coordinator



Jodi Brown
Senior Lecturer Nursing



Ana Waqairawaqa
Lecturer, Nursing Cloncurry (*part time*)



Dr Sharon Varela
Senior Allied Health Clinical Lead - Mental Health



Dr Christine Foley
Allied Health Clinical Lead - Psychology



Sharyn Jones
Clinical Lead Psychology - Supervisor Training (*works from home*)



Erika Finnilla
Allied Health Clinical Lead - Occupational Therapist



Kirsten Russell
Allied Health Clinical Lead - Exercise Physiology



Lauren Jeffs
Allied Health Clinical Lead - Nutrition and Dietetics (*maternity leave*)



Bridget Greathead
Allied Health Clinical Lead - Speech Pathology



Dr Pablo Scherl Dight
Associate Lecturer, 4th Year Medical Educator



Dr Sabiena Van Es
Associate Lecturer, 4th Year Medical Educator CPC



Dr Tom Currie
Associate Lecturer, 5th Year Medical Educator

NORTH WEST COMMUNITY REHAB



Miriam Gerber
NWCR Program Manager, Senior Allied Health Clinical Lead - Occupational Therapy



Chelsey Carr
NWCR Allied Health Clinical Lead - Physiotherapy



Leann Shaw
NWCR Indigenous Community Rehabilitation Assistant



Kirra Cunningham
NWCR Allied Health Assistant (*casual*)



Rickisha Hills
NWCR Administration Assistant

JCU GP TRAINING



Christine Mylchreest
JCU GP Training Team Leader



Courtenay Tohovaka
JCU GP Training Training Officer



Lyndy Skea
JCU GP Training Training Officer



Professor Richard Hays
Professor Rural and Remote Health and Medicine, GP Educator

RESEARCH



Associate Professor Santosh Jatrana
Senior Principal Research Fellow, Head of Research



Dr Yaqoot Fatima
Senior Research Fellow



Dr Alice Cairns
Senior Research Fellow



Professor Isabelle Skinner
Professor Rural and Remote Health



Stephanie King
Research Officer



Sally West
Interprofessional Learning Coordinator & Research Officer, Weipa



Catherine Hays
Research Officer / Peer Assisted Learning Advisor



Professor Richard Hays
Professor Rural and Remote Health and Medicine



Natasha Burns
Research Officer



Alycia Jacob
Research Officer



Laura Wright
Research Officer



Muhammad Anwar Hossain
PHD Candidate



Sarah Jackson
PHD Candidate



Jacky Oribin
Research Officer

OPERATIONS



Patrick Collins
Operations Manager



Tullita Miller
Communications Officer



Spandana Talari
Information Technology Services and Support Officer



Amanda Kaminski
Operations Officer, Personal Assistant to Director



Bradly Weeks
Maintenance Officer



Fallan Willis
Student Placement Coordinator



Kimberley Walton
Administrative Assistant



Morgan Booth
Administrative Assistant



Marjorie Renouf
Administrative Assistant, Exam Coordinator - casual



Malama Gray
Western Cape Student and Trainee Coordinator



Kali-Jean Duncombe
Emerald Site Coordinator



Lisa Dickson
Cloncurry Site Coordinator



Peter Coombes
Central West Site Coordinator



Andrew Varela
Research Worker, Supervisor Training Program



Jagama Yanner
Burketown Site Support Officer (*casual*)



Soraya Yanner
Burketown Site Support Officer (*casual*)



Risharne Punch
Library Assistant



Anthony Perkins-Simkin
Transport Officer (*casual*)



Jonna Keegan
Cleaner



Jenn Ventura
Cleaner



Filma Caampued
Cleaner (*casual*)



Anthea Thompson
Pathways Facilitator



Our Adjuncts

Adjunct Associate Professor Associate Professor Alan Sandford

Adjunct Associate Professor Mr Chris Mitchell

Adjunct Associate Professor Ms Christine Mann

Adjunct Associate Professor Mr Dallas Leon

Adjunct Associate Professor Dr David Rimmer

Adjunct Associate Professor Dr Don Bowley

Adjunct Associate Professor Associate Professor Faye McMillan

Adjunct Associate Professor Ms Jane Hancock

Adjunct Associate Professor Dr John Douyere

Adjunct Associate Professor Ms Karen West

Adjunct Associate Professor Dr Kate Panaretto

Adjunct Associate Professor Dr Lawrence Brown

Adjunct Associate Professor Ms Lindy Swain

Adjunct Associate Professor Ms Lisa Davies Jones

Adjunct Associate Professor Ms Michelle Garner

Adjunct Associate Professor Dr Nadeem Siddiqui

Adjunct Associate Professor Ms Renee Blackman

Adjunct Associate Professor Dr Sandy Campbell

Adjunct Associate Professor Associate Professor Sandy Gillies

Adjunct Associate Professor Dr Ulrich Orda

Adjunct Associate Professor Dr Umayal Lakshman

Adjunct Lecturer Ms Amy O'Hara

Adjunct Lecturer Mr Andrew Hayward

Adjunct Lecturer Ms Ann Thomason

Adjunct Lecturer Ms Ann Lord

Adjunct Lecturer Mr Christopher Bertolo

Adjunct Lecturer Ms Danielle Rodda

Adjunct Lecturer Mr David Wellman

Adjunct Lecturer Mr Dean Workman

Adjunct Lecturer Ms Eileen Kuruckchi

Adjunct Lecturer Dr Jacqueline Olley

Adjunct Lecturer Mr Jamie Small

Adjunct Lecturer Ms Janelle Falconer

Adjunct Lecturer Ms Julia House

Adjunct Lecturer Ms Kaye Smith

Adjunct Lecturer Ms Kiera McClelland

Adjunct Lecturer Mrs Ludana Avery

Adjunct Lecturer Ms Lynette Stenhouse

Adjunct Lecturer Ms Lynn McLaren

Adjunct Lecturer Ms Michelle Aniftos

Adjunct Lecturer Mrs Sabine Orda

Adjunct Lecturer Mrs Sarah Jackson

Adjunct Lecturer Ms Sarah Venn

Adjunct Lecturer Ms Sharon Declerck

Adjunct Lecturer Ms Sigrid Tagaloa

Adjunct Lecturer Ms Sophia Rodert

Adjunct Lecturer Miss Tahnee Elliot

Adjunct Lecturer Mr Timothy West

Adjunct Lecturer Ms Tracey Weatherilt

Adjunct Lecturer Ms Zena Martin nee Horton

Adjunct Professor Professor Roianne West

Adjunct Professor Dr Stephen Duckett

Adjunct Professor Professor Timothy Skinner

Adjunct Research Associate Ms Shannon Hope

Adjunct Research Associate Ms Sharon Malliband

Adjunct Senior Lecturer Dr Andrea Miller

Adjunct Senior Lecturer Dr Christopher King

Adjunct Senior Lecturer Dr Clare Walker

Adjunct Senior Lecturer Dr David Walker

Adjunct Senior Lecturer Ms Deirdre Murphy

Adjunct Senior Lecturer Dr Desire Banda

Adjunct Senior Lecturer Ms Donna Murray

Adjunct Senior Lecturer Miss Ella Dunsford

Adjunct Senior Lecturer Ms Fiona McKenzie Lewis

Adjunct Senior Lecturer Mrs Frances Harlow

Adjunct Senior Lecturer Dr Francis Asomah

Adjunct Senior Lecturer Dr Jacqueline Montwill

Adjunct Senior Lecturer Mrs Karen McLellan

Adjunct Senior Lecturer Dr Kristine Battye

Adjunct Senior Lecturer Mrs Kylie Stothers

Adjunct Senior Lecturer Ms Leeona West

Adjunct Senior Lecturer Dr Marilyn Hatcher

Adjunct Senior Lecturer Dr Marjad Page

Adjunct Senior Lecturer Dr Nadish Kariyawasam

Adjunct Senior Lecturer Dr Nicholas Cairns

Adjunct Senior Lecturer Dr Prema Subramaniam

Adjunct Senior Lecturer Dr Rachael Seadon

Adjunct Senior Lecturer Ms Rahni Cotterill

Adjunct Senior Lecturer Dr Shavindra Dias

Adjunct Senior Lecturer Mr Stuart Gordon

Adjunct Senior Research Fellow Dr Kylie Armstrong

Fond Farewells

Paul Woodhouse – Chair, NWHS

Pam Stronach – Directory Strategy, DTHM

Maxine Whittaker – Dean, DTHM

Julia House – Yacca Librarian

Kimberley Walton – Administration, MCRRH

Fallan Willis – Student Placements, MCRRH

Miriam Gerber – Senior Occupational Therapist, NWCR



*Above: Farewell gift to Pam Stronach at MCRRH
farewell afternoon tea event*

*Right: Dr Don Bowley and Paul Woodhouse at
Paul's farewell event*





