



Tāmaki Update

December 2015
A newsletter for
Tāmaki Innovation
Campus

New Zealand Family Violence Clearinghouse celebrates ten years



The NZFVC team (L-R): Co-Director Associate Professor Robyn Dixon, Claire Gear, Nicola Paton, Gay Richards, Dr Pauline Gulliver, Co-Director Associate Professor Janet Fanslow.

Ten years of the New Zealand Family Violence Clearinghouse was celebrated with an event at Tāmaki Campus on 22 October, attended by over 100 people from academia, government and non-government agencies who work to prevent family violence.

As the national centre for family and whānau violence research and information, the role of the Clearinghouse is to provide access to high quality research and information about family violence to people who work in policy, practice and research. It is jointly led by co-directors

Associate Professors Janet Fanslow (School of Population Health) and Robyn Dixon (School of Nursing), with the team based in the School of Population Health.

At the event, speakers discussed the role of the Clearinghouse in New Zealand's efforts to prevent family and whānau violence, achievements of the Clearinghouse, and future plans and directions. A report, 'New Zealand Family Violence Clearinghouse: Overview and Highlights', was launched and sets out the work and impact of the Clearinghouse. In the past four years, the

Clearinghouse has responded to almost 1000 requests for information and initiated over 600 community engagement activities. There have been more than 42,000 users of the website in the last twelve months.

Associate Professors Fanslow and Dixon said, "We are encouraged by a growth in use of the Clearinghouse services over the last four years. It is a strong indicator that the sector is developing an appetite and an aptitude for using evidence to inform policy and practice. The sustained growth and positive feedback from our stakeholders demonstrates that the information we provide is regarded as trustworthy and relevant."

"However, information and evidence in the field is still emerging. Further research investment is required as we continue to work toward answers. In the meantime, we are committed to providing a platform for accessible, high quality information about what is currently known, and an 'institutional memory' for what has been tried in the past."

The event also included the launch of a University of Auckland pathway in violence studies, commencing in 2016 with a Postgraduate Certificate.

The Clearinghouse was launched in 2005 and has been hosted by the University of Auckland since 2011. UniServices is contracted to provide the service by the Social Policy Evaluation and Research Unit (Superu).

The latest family violence research, resources, news and events can be accessed through the Clearinghouse website www.nzfvc.org.nz.



Message from Head of Tāmaki Innovation Campus

Dear Colleagues

2015 has been a year of milestones for the Tāmaki Innovation Campus. As mentioned in my last message, the Section of Audiology celebrated 25 years since its clinical audiology programme was introduced, and the Department of Sport and Exercise Science its 21st birthday. Recently, the New Zealand Family Violence Clearinghouse celebrated 10 years since its establishment. Congratulations to Associate Professors Robyn Dixon and Janet Fanslow and their team, which although small is making a huge difference in the fight to prevent family and whānau violence.

These milestones involved large celebrations bringing many people together who have been directly involved and associated with these groups throughout the years. However, Tāmaki has had many more milestones and achievements this year, punching well above its weight for the size of our campus. We try to highlight as many of these achievements in the Tāmaki Update as possible, and I would like to mention some of them.

Dr Daniel Exeter from Epidemiology and Biostatistics received a Marsden Fund grant of \$685,000 for his study into 'Unravelling the complexities of socio-economic position (SEP) in the elderly'; Professor Boyd Swinburn was jointly appointed to lead a new international commission on obesity, launched by prestigious medical journal, The Lancet; the Sport and Exercise Science clinical exercise physiology programme, led by Dr Stacey Reading, received accreditation from CAAHAP (Commission on Accreditation of Allied Health Education Programs), becoming the first course outside North America to receive this accreditation; a study to improve understanding of the root causes of violence and violence-related harm, led by my Associate Professor Janet Fanslow, received \$2.88 million from MBIE; Dr Elana Curtis was awarded a national Tertiary Teaching Excellence Award for her innovative teaching and kaupapa Māori approach to education; and Dr Cate Macinnis-Ng (Biological Sciences) and Dr Gwenda Wills (Psychology) were awarded Rutherford Discovery Fellowships.

This is certainly not an exhaustive list, and I congratulate all those who have had successes and achievements throughout the year. Keep up the good work.

We are looking forward to bringing you an exceptional line-up of speakers for the Head of Campus Seminar Series next year. The first seminar will take place on 18 March and we are very fortunate to have Randal J. Thomas, a professor of medicine from the Mayo Clinic in the United States. Professor Thomas is an expert in cardiac rehabilitation and is the international member of the University of Auckland Clinical Exercise Physiology advisory board. So, save the date now and watch out for more information to come!

I would like to take this opportunity to wish you and your families all the best for a happy and relaxing Christmas break. I look forward to seeing you all in the New Year for another outstanding year.

Best wishes

Associate Professor Greg Anson
Head of Tāmaki Innovation Campus



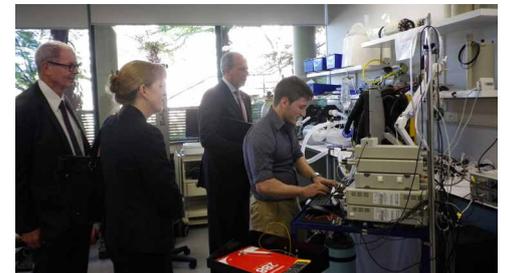
What's been happening?

US Ambassador visits Tāmaki

Mark Gilbert, United States Ambassador to New Zealand and Samoa, was the guest speaker at the Head of Tāmaki Innovation Campus Seminar Series in October. While he was on campus, he visited our world class research and teaching facilities.



Ambassador Mark Gilbert with Head of Campus Greg Anson.



Student, Jason Hart, demonstrates research he is undertaking at the Sport and Exercise Science Lab.



Bob Garcia introduces the Ambassador to a manikin at the Simulation Centre for Patient Safety.



The Ambassador delivers a fascinating insight into the Obama Administration's approach to clean energy strategies.



Say that again?



Senior Teaching Fellow, Liz Fairgray (right), with Master of Speech-language Therapy Practice student, Zahra Syed, in the Accent Modification Clinic.

Many of us are conscious of our accent, whether ‘BBC received’ or ‘Kiwi as spoken’. But an accent can also add to the difficulty of being understood, particularly when English is a second language for the speaker.

The newly-introduced Accent Modification Clinic at Tāmaki Campus offers one-on-one accent modification sessions to adults, who have difficulties being understood. Senior Teaching Fellow, Liz Fairgray who runs the Listening and Language Clinic, says the additional clinic is needed because of an increasing number of people for whom English is their second language. There is a corresponding increase in the number of people who may have difficulty being understood at work or in social settings.

“The people most likely to use this service may have moved to New Zealand at a time when they were still being educated at tertiary level or they may now be actively engaged in developing their careers and need to be easily understood by colleagues,” she says.

“This may assume greater importance when working with people who have communication difficulties themselves or when speaking on the phone.”

Interestingly, she also sees potential in the clinic for those who might want to lose a strong or regional ‘kiwi’ accent, or improve the way they speak to help with social situations or a career path.

But accent modification doesn’t mean you lose your vocal identity, Liz explains. “We work with clients to help them use age appropriate vocabulary, common social phrases and terminology. We can also help change aspects of speech which make it difficult for others to understand you, or which you have identified as needing modification.

“Speech-language therapists use their skills of speech analysis to a high level of expertise; listening to the particular features of each individual’s accent. After analysing the accent features, they determine goals which will have the biggest impact on improving intelligibility for a New Zealand listener, for example slowing down the rate of speech, placing final “t” sounds at the end of words when required, and using “s” for plurals, etc.”

The Accent Modification sessions will commence on 19 January 2016.

In brief

Boyd Swinburn to co-lead global obesity commission

Public health expert, Professor Boyd Swinburn will jointly lead a new international commission on obesity, launched by prestigious medical journal, The Lancet. The Lancet established the Commission on Obesity to contribute to accountability systems for action and to critically analyse systemic drivers and solutions for obesity. “The Commission aims to stimulate action and strengthen accountability to put in place agreed recommendations to reduce obesity and its related inequalities at global and national levels,” says Professor Swinburn.

Smartphones deliver nutrition labelling study

An exciting five-week study on nutrition labelling using smartphones is underway at the National Institute for Health Innovation. The Starlight trial uses smartphone technology to deliver the study intervention (nutrition labels) to participants and to record participant information, so there are no clinic appointments to attend and adults from all over New Zealand can take part. “New front-of-pack labels deliver simple, ‘at-a-glance’ nutrition information to buyers. Our aim is to see if these labels have an effect on the healthiness of foods bought by New Zealand shoppers,” says lead researcher, Professor of nutrition at NIHI, Professor Cliona Ni Mhurchu.

Domestic help needed by older people

Most people in advanced age have someone to provide extra help with daily activities, especially housework, washing, shopping and managing money according to the LiLACS NZ study. “More than 80 percent of people in advanced age had someone to provide extra help with daily activities when they needed it,” says study leader, Professor Ngaire Kerse. “Domestic activities were the most common activities that people received informal help with.” The study looked at the source of help and what assistance was required.



Reflecting on an illustrious career



Professor Fred Seymour retires this year after 28 years with the University of Auckland.

The boy from Eketahuna planned to be a lawyer, but in his very first legal studies lecture realised it was not the career for him. Never a quitter, he completed the course and switched to one of his other stage one subjects, Psychology.

But for the young lawyer-turned-psychologist, Fred Seymour, there must have been something genuine in his initial pursuit of law. Because during his illustrious psychology career, he has invested a great deal of time as a practitioner, policy advisor and researcher in law related work, particularly in the Family Court and criminal courts related to child complainant witnesses and sexual abuse trials.

Professor Seymour retires this year after 28 years with the University of Auckland. Following a period as Head of Department, since 2010 he has been based at Tāmaki as Professor in Clinical Psychology and Director of the Clinical Psychology programme. During most of his time at the University he also maintained a small practice.

He is a former President of New Zealand Psychological Society and served on the Psychologists Board for eight years. His work has been recognised with a number of

distinctions and awards, including Officer of the New Zealand Order of Merit in 2014. He has been primary supervisor for 15 PhD students, 40 DClinPsy students, 32 masters thesis students and 16 honours dissertations.

“My major interest has been in the development and evaluation of effective therapy interventions for children and their families, and in the effective delivery of social and mental health services. In particular, my research has concerned child abuse (especially child sexual abuse), impact of parents’ separation on children, chronic illness, adolescent suicidal behaviour and behavioural problems in children. In this research I have always worked closely with practitioners in order to maintain the relevance of the work and have sought to ensure there is maximum translation of research results into improved service delivery.”

Over the last two decades Fred Seymour developed a strong interest in research related to children and their role in processes related to child sexual abuse allegation investigation and litigation processes, including where children appear as witnesses in criminal trials, and the role of children in decision making in relation to living arrangements following their

parents’ separation.

He says his most enjoyable time as a psychologist was always in the therapy room. “I find it satisfying to be part of people’s attempts and achievements in making change. As an academic, my greatest satisfaction comes in a similar way: being part of clinical psychology students’ journey through their years of uncertainty about their knowledge and skills to completing their research projects and becoming competent practitioners. It’s perhaps an overused term, but the opportunity to experience these things really is a privilege. Working with a great team of like-minded colleagues is also a privilege.”

Reflecting on the one thing that changed the course of his career, he travels back to 1987, when Jenni Ogden invited him to apply for a position within the clinical psychology programme. “Fortunately I had the necessary credentials as I had managed to publish research throughout my career while working as a full-time practitioner and manager. I had not anticipated a second career as a university lecturer, but looking back I feel fortunate to have had this opportunity.”

He sees challenges for clinical psychology, with the greatest in maintaining a place in the mental health system through budget conscious times. He notes psychologists’ success within Corrections as an exemplar of flexibility and adaptability. Meeting this challenge will be assisted further by resistance to further splintering of psychology: the profession and academia, clinical and other professional disciplines.

Asked to identify his proudest moment, he says there is not a single standout. “I am proud of how I have lived my career. I leave university next February, and although it’s not the end of my career as a psychologist, it is gratifying that I have done this university-based work for 28 years.”

His parting advice for aspiring psychologists, “Always have a mentor. This may not be your supervisor or therapist. Don’t be afraid or embarrassed about asking for this mentor’s time. A true mentor gains satisfaction for being just that: it’s a pleasure to give. You owe them nothing.”



Milestone celebrated



Current & past Sport and Exercise Science HoDs (LtoR): Alan Lee, Greg Anson, Bob Marshall, Shona Thompson, Winston Byblow and Heather Smith

The Department of Sport and Exercise Science celebrated its 21st birthday in September with an evening that brought alumni, current students, past and present staff together to acknowledge and thank the people who have contributed to the rich history and bright future of the department.

Former student and Kaiarahi for the Faculty of Science, Michael Steedman, began proceedings with a Mihi and spoke fondly about his time studying sport and exercise science as one of the first intake of students in 1994.

Head of Department, Associate Professor Greg Anson acknowledged the former heads of department, managers and guests who retain unique historical connections with the department including Emeritus Professor Ray Meyer - former Dean of Engineering at the University of Auckland who along with former Vice-Chancellor Sir Colin Maiden, "engineered the idea of a department of sport science at the University of Auckland."

Professor Bob Marshall, founding Head of Department reflected on the history of the department and spoke about how the curriculum was initially "put together" and how they recruited the original staff, including Professor Winston Byblow and Associate Professor Heather Smith. Guests enjoyed the opportunity to accompany Heather on a tour of the department's research laboratories in Building 731.

The celebrations marked 21 great years for the department at Tāmaki, highlighted this year with international accreditation of the clinical exercise physiology programme by the (US) Commission on Accreditation of Allied Health Education Programs (CAAHEP) - the first programme in the world outside the US to receive this accreditation.

In addition, the approval to rename the department as "Department of Exercise Sciences" from 1st January 2016 is another reason to celebrate.

Creative thinking in health innovation



Sysmex Award winner, May Lin Tye (centre) with health informatics senior lecturer Dr Karen Day (left) and Sysmex product manager, Deborah Steele.

Creative thinking using health informatics has catapulted undergraduate health informatics students from the Bachelor of Health Sciences into the limelight, with some exciting results.

Dr Karen Day, self-confessed champion of the Health Information and Analytics pathway for Bachelor of Health Sciences, and Director of the Postgraduate Programme in Health Informatics, asked her class to write a business case proposing a health informatics solution to a healthcare quality problem, and submit it to the Sysmex Prize for Health Informatics.

The winning business case came from third year student May Lin Tye, looking to improve the follow-up of abnormal laboratory test results in primary care.

May Lin named the winning innovation proposal LOOP in reference to the idea of 'closing the loop' on test results. Her business case essay was on the development of a solution to better manage the follow-up of abnormal laboratory test results in primary care settings. It draws on statistics indicating delayed abnormal test result follow-up is a high contributor to medical error.

Dr Day says May Lin's idea to enhance existing health IT systems to assist with timely management of abnormal lab test results and actively keeping the patient informed has the potential to improve this process, which would improve patient safety and quality of care.

She was so proud of the high standard of submissions, that this year Dr Day hosted an event showcasing the work of the six shortlisted students, demonstrating the depth of talent students showed in solving healthcare quality issues.

Emeritus Professor John Werry endorsed the showcase, noting to Dr Day, "Thanks for an impressive set of presentations but also for training a group of students in a most important, but neglected, clinical science."

Now in its fifth year, the Sysmex Award was created to encourage excellence in health informatics education by helping to foster innovative thinking and is presented each year to a student enrolled in the third year Health Informatics course.



An exercise in technology for cardiac benefit



Jonathan Rawstorn is developing an alternative method for delivering supervised exercise-based cardiac rehabilitation programmes.

Applying technology to measure exercise performance in new and different ways is exercising Jonathan Rawstorn's mind, as part of addressing coronary heart disease.

Jonathan completed his undergraduate study at the School of Physical Education, Sport and Exercise Sciences in Dunedin, where he became fascinated by the effect of exercise on the body.

Moving to Auckland to undertake a BSc (Hons) in Sport and Exercise Science, he got his first taste of hands-on research, fuelling his interest in using technology to transform traditional approaches to measuring exercise performance.

Now part way through his PhD on mobile health exercise-based cardiac rehabilitation intervention, supervised by Ralph Maddison from the National Institute of Health Innovation and Nick Gant from Sport and Exercise Science, Jonathan is well down the track in developing an alternative method for delivering supervised exercise-based cardiac rehabilitation programmes.

"Using smartphones, mobile broadband

wireless physiological sensors, and mobile and web-based software we developed ourselves, we're able to remotely monitor cardiac patients' exercise in real-time from almost any location, and provide them with live exercise coaching based on their performance. Our remote exercise monitoring platform helps to overcome the most common barriers that stop patients from participating in cardiac rehabilitation, and could help many more to experience the health and survival benefits of regular supervised exercise training."

He's particularly proud of receiving a research funding grant from the Auckland Medical Research Foundation to support his final experiment; comparing remotely monitored exercise against existing programmes in cardiac rehabilitation clinics. Recognition from peers in the health research community was a boost during this competitive process, he believes.

Jonathan is no techno-geek when it comes to software development, but he appreciates technology's problem solving potential and

has been lucky to collaborate with colleagues at the University's Department of Computer Science to make his ideas a fully functioning reality.

"I don't think technology is (or should be) the solution to all problems, but I enjoy the challenge of using technology to create effective, appealing, evidence-based interventions that make it easier for people to include exercise as a regular part of their lifestyle.

"I've enjoyed many aspects of my project, often for different reasons. The initial work I did to design the remote exercise monitoring platform was a great opportunity to indulge my creative side. Testing and validating the platform was very satisfying, as it was the first time I could really see things starting to come together, and see its potential to help people. I think, most of all, I enjoy patients' feedback about our remote monitoring platform. It's satisfying to see how much of a difference it makes in their lives, and to share their delight when they see improvement over the course of an exercise programme."

He acknowledges Tāmaki Campus for the freedom to develop his own ideas and solutions, with supportive supervisors who are quick to provide advice or assistance when needed. He feels his PhD has allowed him to develop skills with more independence than during honours research and provides a basis for a career in academia.

Post-thesis, he'd like to continue to develop the platform. "What we've got now is very close to a product that could be implemented in the real world but at this stage I refer to it as research-ready, not market-ready. There are some changes I'd like to make to close that gap, and some additional features that would allow us to deliver extra evidence-based components of cardiac rehabilitation. I'd also like to implement the programme outside of the research environment and think about adapting it to suit the needs of other health conditions."