

Brightwater Research Centre

# ANNUAL REPORT

2020 – 2021

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# ABOUT BRIGHTWATER

Brightwater is a not-for-profit organisation that supports people of all ages to live a better quality of life.

The organisation's services are extensive, from short and long-term residential accommodation and rehabilitation services, to assistance in the home and include specialist skills in supporting people with dementia, Huntington's disease and Acquired Brain Injury.

In residential aged care we have 13 homes from Mandurah to Joondalup in the Perth and Peel region in Western Australia. The services include residential care and transitional care, as well as specialist accommodation for people living with dementia, and respite care.

There are nine Disability Services locations in the Perth metropolitan area which provide transitional care, residential and community rehabilitation programs, and specialist homes for people living with Huntington's disease.

Our Brightwater At Home service delivers services to people with low and high support needs within their own home. Home Care Packages are flexible programs of services developed in consultation with the individual (and carer) and tailored to meet consumer-directed care needs. Services can include clinical support, allied health service and other individual services to support and enable people to continue to live in their own home.

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*In the spirit of reconciliation, Brightwater acknowledges the Traditional Custodians of country throughout Australia and their connections to land, sea and community.*

*We pay our respect to their elders past and present and extend that respect to all Aboriginal and Torres Strait Islander peoples today.*

# WELCOME

## Our Brightwater Research Centre puts the spotlight on wellbeing.

The Centre strives to embody and promote a research culture that reflects Brightwater's mission; one that is informed by the knowledge and experience of clients, staff and collaborators, and is underpinned by evidence that can be translated into real-world outcomes through practice, policies and processes.

Dissemination of the Centre's research findings, through client and family newsletters, academic publications, book chapters, conferences, staff notices and the media, has been critical to our goal to move the findings of this research into the hands of the people, groups and organisations who can put it into use.

This report showcases the work of the Research Centre over 2020 and 2021.

These two years have been highly productive for the Brightwater Research Centre and its collaborating partners, yielding many findings with clear potential to improve the lives of our clients and their families, as well as to positively impact our staff, the organisation and broader community.

The 2020-2021 Report covers 39 studies, of which 19 were new in 2021 and 14 were completed.

We continue to actively seek opportunities to work with universities, consumer groups and other service providers nationally and internationally, in order to conduct rigorous research related to our core motivation. Such valuable partnerships enable us to build capacity in our staff, support research students and work together to translate research into practice.

Continuing to support Brightwater staff and research students to find new and innovative ways to support our clients, their families and our staff remains an important goal. We are honoured to offer a number of scholarships for staff members and research students to conduct projects, research or further learning that will contribute to improving the lives of our clients.

To close, I would like to extend a warm thanks to all who have been involved in our research, particularly those clients, families, and staff who so generously contributed their time, experiences, and insights.

When I commenced with Brightwater in 2022, I was so impressed with the work of the centre and I hope you enjoy our first Brightwater Research Centre Report.

**Professor Catherine Stoddart PSM**  
Chief Executive Officer

# FROM THE DIRECTOR

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The foundation of our Research Centre is built on shared ideas, expertise, passion and commitment, and is underpinned by evidence that can be translated into real-world outcomes.

We continue to be ever grateful to our clients and families in supporting the activities of the Research Centre, particularly through the COVID-19 challenges of 2020 and 2021. I am also greatly appreciative of the Brightwater staff who worked tirelessly during this time, and remain supportive of our vision to provide informed, evidence-based practice.

Our work is based on the strategic priorities identified by Brightwater staff, clients and families, as well as external colleagues. It includes an understanding of wellbeing within clinical, psychological, social, and physical health, and has implications for health practice, service delivery and policy; and is underpinned by a governance model that establishes standards and expectations for all research undertaken at Brightwater.

Much of the research highlighted in this Annual Report was conducted by early career researchers who have been driven by a deep commitment to the wellbeing of our clients and staff, and to innovation and future change. Our staff span multiple disciplines—including biostatistics, epidemiology, dentistry, information systems, media, medicine, nursing, occupational therapy, physiotherapy, psychology, public health, and speech therapy - reflecting the interdisciplinary work needed to support our clients. The dedication to collaboration with other industry groups and research organisations, has enabled successful partnerships with universities, public and private health, and community sectors.

Brightwater continues to recognise the important role that industry-based research plays in improving the lives of our clients, and the health of the broader community. The foundation of our Research Centre is built on shared ideas, expertise, passion and a commitment to making a difference for those that need our care the most.

**Associate Professor Angelita Martini**  
Director, Brightwater Research Centre

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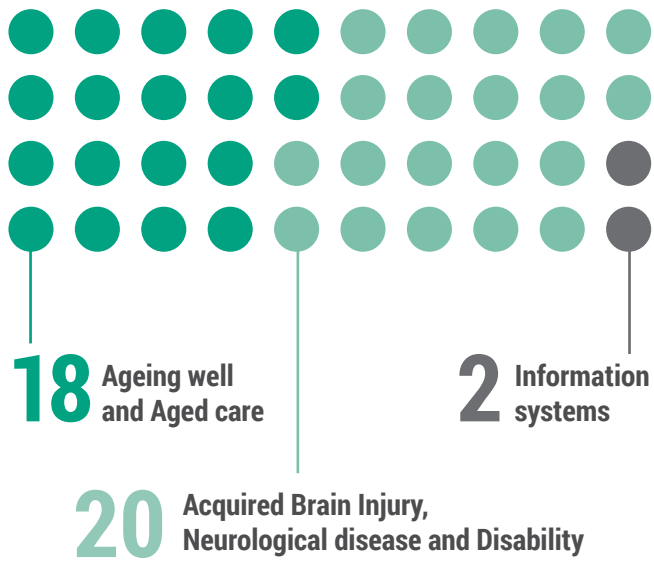
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# RESEARCH AREAS AND OVERVIEW

Acquired Brain Injury  
Ageing well  
Clinical Information Systems  
Dementia care  
Disability  
Huntington's disease  
Neurorehabilitation  
Nutrition  
Younger onset dementia

## 40 RESEARCH STUDIES



15 Acquired brain injury and neurorehabilitation

2 Continence studies

2 COVID-19

2 Family wellbeing

4 Hearing and vision

2 Information systems and clinical data

2 Mental health

2 Nurse Practitioner

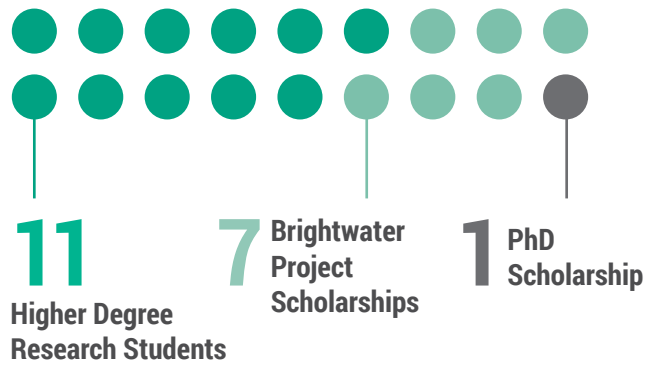
6 Nutrition

1 Oral health

1 Outcome measures in aged care

1 Palliative Care

## 19 EDUCATION



## 24 PUBLICATIONS



## 14 ACADEMIC CONFERENCE PRESENTATIONS

## 9 GRANTS

**6** grants totalling **\$2.35 million** as Lead Investigator

**3** grants totalling **\$3.59 million** as Co-Investigator

# RESEARCH STUDIES





# ACQUIRED BRAIN INJURY AND NEUROREHABILITATION

## Measuring the complexity and outcomes of brain injury rehabilitation and support services at Brightwater: The Acquired Brain Injury Community REhabilitation and Support Services OuTcomes CohoRT (ABI-REStART) Study

<b>Study 01</b> Characteristics of Brightwater clients with an acquired brain injury, 1991–2020 [data linkage study]	<b>Study 02</b> Effects of comorbidity on post-acute rehabilitation outcomes and length of stay of Brightwater clients	<b>Study 03</b> Rehabilitation outcomes at discharge from Brightwater's Staged Community-based Brain Injury Rehabilitation	<b>Study 04</b> Psychosocial functioning as a mediator of change in motor and cognitive function throughout Brightwater neurorehabilitation
<b>Study 05</b> Sex and gender differences in service use patterns, clinical outcomes and mortality risk for adults with acquired brain injury	<b>Study 06</b> Predictors of length of stay, discharge destination, and readmission to post-acute neurorehabilitation	<b>Study 07</b> Ten-year survival after discharge from post-acute neurorehabilitation	

 **Lead Organisation:** Brightwater Care Group

 **Researchers:** Dr Lakkhina Troeung, Associate Professor Angelita Martini, Dr Georgina Mann, Janet Wagland

 **Researcher affiliations:** Brightwater Care Group, University of Western Australia


 **Duration:** 2019 - 2022

 **Funding source:** Harken Philanthropic Fund

 **Study Status:** Ongoing

## Quality of life and functional independence in individuals undergoing community-base rehabilitation post acquired brain injury

 **Lead Organisation:** Brightwater Care Group

 **Researchers:** Dr Harshana Seneviratne, Dr Georgina Mann, Associate Professor Angelita Martini, Hayley Jackson, Dr Lakkhina Troeung

 **Researcher affiliations:** Brightwater Care Group

 **Duration:** 2020 - 2022

 **Funding source:** Harken Philanthropic Fund

 **Study Status:** Ongoing

# CONTINENCE

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## Improving independence and quality of life, and reducing the cost of care, for catastrophically injured clients through enhanced assessment of continence needs and delivery of services

-  **Lead Organisation:** Brightwater Care Group
-  **Chief Investigators:** Associate Professor Angelita Martini and Dr Chebiwot Kipsaina
-  **Researchers:** Dr Georgina Mann, Ann-Marie Kearney, Selina Roberts, Dr Li Chen, and Lee Shan Siow
-  **Researcher affiliations:** Brightwater Care Group
-  **Duration:** 2021 - 2023
-  **Funding source:** The Insurance Commission of Western Australia
-  **Study Status:** Ongoing








# COVID-19

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## Reducing COVID-19 related risk in Residential Aged Care Facilities: A WA sector-wide approach for the culturally and linguistically diverse workforce and residents with cognitive impairment

-  **Lead Organisation:** Brightwater Care Group
-  **Partner organisations:** Brightwater Care Group, Amana Living, Baptistcare, Bethanie, and Juniper
-  **Chief Investigators:** Associate Professor Angelita Martini, Professor Osvaldo Almeida, Professor Loretta Baldassar
-  **Researchers:** Dr Lakkhina Troeung, Dr Michael Clark, Dr Lukasz Krzyzowski, Dr Catriona Stevens, Dr Simone Marino, Dr Silvia Lozeva, Carleze Du Plooy, and Johanne Eldridge
-  **Researcher affiliations:** Brightwater Care Group, University of Western Australia
-  **Duration:** 2021 - 2022
-  **Funding source:** Lotterywest
-  **Study Status:** Ongoing








## Feasibility trial of point-of-care testing for the routine screening, monitoring and management of COVID-19 and Influenza in aged care

-  **Lead Organisation:** Brightwater Care Group
-  **Chief Investigators:** Jennifer Lawrence, Dr Andrew St John, Associate Professor Angelita Martini
-  **Researchers:** Dr Michael Clark, Emma Dean and Tahira Gale
-  **Researcher affiliations:** Brightwater Care Group, Drajon
-  **Duration:** 2021
-  **Funding source:** Internal
-  **Study Status:** Complete

# FAMILY WELLBEING

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## **An intervention to support children and youth impacted by a family member with an acquired brain injury or younger onset dementia**

-  **Lead Organisation:** Brightwater Care Group
-  **Chief Investigators:** Associate Professor Angelita Martini and Associate Professor Jeneva Ohan
-  **Researchers:** Robyn Bett, Hayley Jackson, Joanne Scotney and Glenda Farmer
-  **Researcher affiliations:** Brightwater Care Group, University of Western Australia
-  **Duration:** 2019 - 2022
-  **Funding source:** Lotterywest
-  **Study Status:** Ongoing

# THE NURSE PRACTITIONER

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## **Nurse practitioner-pharmacist telehealth collaboration to simplify complex medication regimens**

-  **Lead Organisation:** Brightwater Care Group
-  **Chief Investigators:** Associate Professor Angelita Martini and Professor Simon Bell
-  **Researchers:** Sheila Craik, Lorraine Martin, Rebecca Walton and Choon Ean Ooi
-  **Researcher affiliations:** Brightwater Care Group, Monash University (Centre for Medicine Use & Safety)
-  **Duration:** 2020 - 2022
-  **Funding source:** The Western Australian Nurses Memorial Charitable Trust
-  **Study Status:** Ongoing







## **The role of the nurse practitioner in residential aged care medication management**

-  **Lead Organisation:** Brightwater Care Group
-  **Chief Investigators:** Associate Professor Angelita Martini and Lorraine Martin
-  **Researchers:** Hayley Jackson, Jack Hodge and Dr Lakhina Troeung
-  **Researcher affiliations:** Brightwater Care Group, Monash University (Centre for Medicine Use & Safety)
-  **Duration:** 2019 - 2020
-  **Funding source:** The Western Australian Nurses Memorial Charitable Trust
-  **Study Status:** Complete





# NUTRITION

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## Food additives and severe dementia in the elderly: Effect on agitation

-  **Lead Organisation:** Brightwater Care Group
  -  **Researchers:** Dr Alexandra Seewann, Melissa Hawksley, Dr Lakkhina Troeung, Associate Professor Angelita Martini
  -  **Researcher affiliations:** Brightwater Care Group
  -  **Duration:** 2018 - 2020
  -  **Funding source:** Harken Philanthropic Fund
  -  **Study Status:** Complete
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## Nutritional composition of menus in residential aged care facilities

-  **Lead Organisation:** Brightwater Care Group
  -  **Researchers:** Dr Alexandra Seewann, Melissa Hawksley
  -  **Researcher affiliations:** Brightwater Care Group
  -  **Duration:** 2019 - 2021
  -  **Funding source:** Harken Philanthropic Fund
  -  **Study Status:** Complete
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## Prevalence of weight loss and malnutrition in residential aged care and disability


-  **Lead Organisation:** Brightwater Care Group
  -  **Researchers:** Dr Alexandra Seewann, Melissa Hawksley, Associate Professor Angelita Martini
  -  **Researcher affiliations:** Brightwater Care Group
  -  **Duration:** 2019 - 2021
  -  **Funding source:** Harken Philanthropic Fund
  -  **Study Status:** Complete
- 

## Comparison of nutrition in off-site and on-site cooking in disability and residential aged care facilities







-  **Lead Organisation:** Brightwater Care Group
  -  **Researchers:** Dr Alexandra Seewann, Terry Wragg, Melissa Hawksley
  -  **Researcher affiliations:** Brightwater Care Group
  -  **Duration:** 2018 - 2020
  -  **Funding source:** Harken Philanthropic Fund
  -  **Study Status:** Complete
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## Food satisfaction of Brightwater clients

-  **Lead Organisation:** Brightwater Care Group
  -  **Researchers:** Dr Alexandra Seewann, Melissa Hawksley, Associate Professor Angelita Martini, Dr Wendy Chan She Ping-Delfos
  -  **Researcher affiliations:** Brightwater Care Group
  -  **Duration:** 2020
  -  **Funding source:** Harken Philanthropic Fund
  -  **Study Status:** Complete
- 

## Nutrition and Huntington's Disease: Comparison between specialised and non- specialised facilities

-  **Lead Organisation:** Brightwater Care Group
-  **Researchers:** Dr Alexandra Seewann, Associate Professor Angelita Martini
-  **Researcher affiliations:** Brightwater Care Group
-  **Duration:** 2019 – 2022
-  **Funding source:** Harken Philanthropic Fund
-  **Study Status:** Complete

## PALLIATIVE CARE

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### Palliative Care service model for aged and disability services

-  **Lead Organisation:** Brightwater Care Group
-  **Researchers:** Associate Professor Angelita Martini, Kate Gersbach, Michelle Fernandes, and Hayley Jackson
-  **Researcher affiliations:** Brightwater Care Group
-  **Duration:** 2019 – 2020
-  **Funding source:** Internal
-  **Study Status:** Complete

## OUTCOME MEASURES

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### Measuring client outcomes and service impact in residential aged care

-  **Lead Organisation:** Brightwater Care Group
-  **Researchers:** Rebecca Walton, Associate Professor Angelita Martini, Dr Susan Taylor
-  **Researcher affiliations:** Brightwater Care Group, Curtin University
-  **Duration:** 2020 - 2023
-  **Funding source:** Brightwater Care Group
-  **Study Status:** Ongoing

# CLINICAL INFORMATION SYSTEMS

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## Optimising clinical documentation and data systems

-  **Lead Organisation:** Brightwater Care Group
-  **Chief Investigators:** Dr Lakkhina Troeung, Gap Tshering, Associate Professor Angelita Martini and Martin Roberts
-  **Researcher affiliations:** Brightwater Care Group
-  **Duration:** 2021 - 2024
-  **Funding source:** Brightwater Care Group
-  **Study Status:** Ongoing







# MENTAL HEALTH

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## The BAN-Dep Trial: A trial to decrease the prevalence of depression in older Australians

-  **Lead Organisation:** University of Western Australia, WA Centre for Health and Ageing
-  **Researchers:** Professor Osvaldo Almeida, Professor Nicola Lautenschlager, Professor Leon Flicker, Dr Andrew Ford, Associate Professor Dina LoGiudice, Associate Professor Christopher Etherton-Ber, Professor Simon Gilbody, Associate Professor Angelita Martini
-  **Researcher affiliations:** University of Western Australia, Western Australian Centre for Health and Ageing, Curtin University, University of Melbourne, University of York, Brightwater Care Group
-  **Duration:** 2018 - 2020
-  **Funding source:** NHMRC
-  **Study Status:** Complete

## The cognitive basis of resilience in older adults living in the community

-  **Lead Organisation:** University of Western Australia, School of Psychological Science
-  **Researchers:** Dr Lies Notebaert, Dr Julian Basanovic, Professor Colin Macleod, Associate Professor Angelita Martini
-  **Researcher affiliations:** University of Western Australia, Brightwater Care Group
-  **Duration:** 2019 - 2021
-  **Funding source:** UWA Research Centre for the Advancement of Research on Emotion
-  **Study Status:** Complete

# HEARING & VISION

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## **SENSEcog aged care: Hearing and vision support to improve quality of life for people living with dementia in residential aged care**

 **Lead Organisation:** University of Queensland

 **Chief Investigators:** Professor Piers Dawes, Dr Yuanyuan Gu, Professor Johanna Westbrook, Professor Ralph Martins, Associate Professor Angelita Martini, Professor Lisa Keay, Professor Iracema Leroi, Professor Colette Browning, Chyrisse Heine, Professor Hamid Sohrabi, Emma Scanlan

 **Duration:** 2021 - 2025


 **Funding organisation:** NHMRC MRFF Dementia, Ageing and Aged Care Mission


 **Study Status:** Ongoing

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## **Prevalence, impact and management of cognitive and sensory impairment in people living in supported living and residential care settings in Australia, UK and South Africa**

 **Lead Organisation:** Macquarie University

 **Researchers:** Professor Piers Daws, Professor Iracema Leroi, Professor Rob Eikelboom, Associate Professor Angelita Martini, Dr Dona Jayakody

 **Researcher affiliations:** Macquarie University, University of Manchester, Lions Eye Institute, University of Western Australia, Brightwater Care Group, Ear Science Institute


 **Duration:** 2019 - 2020

 **Study Status:** Complete

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## **GoSign – An innovative model to reduce social isolation for residents with hearing loss**

 **Lead Organisation:** Adult Better Hearing WA Services

 **Researchers:** Julie Edmonds, Barbara Alcock, Barney Clarkson, Peter Alcock, Aryana Eraman, Chris Kueh , Angelita Martini


 **Researcher affiliations:** Adult Better Hearing WA Services, Edith Cowan University, Brightwater Care Group

 **Duration:** 2020 - 2021

 **Funding source:** Lotterywest

 **Study Status:** Complete

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# HIGHER DEGREE RESEARCH STUDENTS



# PHD

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Student name

**Lily Cullinan**

University

**Curtin University,  
School of Allied Health**

Title

**The impact of post-acute  
rehabilitation over time on  
community participation and  
functional independence  
outcomes for adults with  
acquired brain injury**

Supervisors

**Associate Professor  
Courtenay Harris**

**Dr Nigel Gribble**

**Dr Lakkhina Troeung**

Student name

**Sarah Green**

University

**The University of Western  
Australia, School of  
Psychological Science**

Title

**The relationship between thinking  
skills & daily functioning in adults  
with brain injuries**

Supervisors

**Associate Professor  
Michael Weinborn**

**Associate Professor  
Carmela Pestell**

**Dr Gilles Gignac**

Student name

**Naomi de Kleine**

University

**The University of Western  
Australia, School of  
Psychological Science**

Title

**Augmenting communication  
among persons with aphasia:  
Can gesture lend a hand?**

Supervisors

**Associate Professor Nicolas Fay**

**Associate Professor  
Michael Weinborn**

**Professor Miranda Rose**

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Student name

**Natalie Pepping**

University

**The University of Western  
Australia, School of  
Psychological Science**

Title

**Improving emotion regulation: A  
pilot study of a group intervention**

Supervisors

**Associate Professor  
Rodrigo Becerra**

**Associate Professor  
Michael Weinborn**

**Associate Professor  
Carmela Pestell**

**Dr David Preece**

Student name

**Prue Watson**

University

**The University of Western  
Australia, School of  
Psychological Science**

Title

**Prospective memory as a  
neuropsychological predictor  
of outcome in adults with ABI**

Supervisors

**Associate Professor  
Michael Weinborn**

**Associate Professor  
Carmela Pestell**

**Dr Gilles Gignac**

Student name

**Yong Yeo**

University

**The University of Western  
Australia, School of  
Psychological Science**

Title

**A multidimensional investigation  
of metacognition and its  
association with outcomes  
in individuals with acquired  
brain injury**

Supervisors

**Associate Professor  
Michael Weinborn**

**Associate Professor  
Carmela Pestell**

**Professor Romola Bucks**

# MASTER OF AUDIOLOGY

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Student name

Jason Currie

University

The University of Western Australia, Ear Science Institute Australia

Title

Prevalence, impact and management of cognitive and sensory impairment in people living in supported living and residential care settings in Australia

Supervisors

Associate Professor Wilhelmina Mulders

# BACHELOR OF SCIENCE

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(Speech Pathology) (Honours)

Student name

Hanna Beach

University

Curtin University, School of Occupational Therapy, Social Work and Speech Pathology

Title

Executive functions and discourse performance in people with cognitive-communication deficits – A preliminary study

Supervisors

Adjunct Professor Anne Whitworth  
Dr Lydia Timms

# BACHELOR OF HEALTH SCIENCE

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(Honours)

Student name

Parisa Malekpour

University

Edith Cowan University, School of Medical & Health Sciences

Title

Investigating the perspectives of older adults in residential aged care on issues related to oral health-related quality of life

Supervisors

Dr Julie Dare  
Dr Leesa Costello  
Professor Amanda Devine

# BACHELOR OF SCIENCE

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(Occupational Therapy) (Honours)

Student names

Hasmine Boase  
Myiesha Brice  
Keren Daly  
Lily Simpson

University

Curtin University, School of Occupational Therapy, Social Work and Speech Pathology

Title

Identification and recommendations of educational resources for families following acquired brain injury

Supervisors

Associate Professor Courtenay Harris

# MASTER OF MANAGEMENT INFORMATION SYSTEMS

---

Student name

Gap Tshering  
Priya Alex  
Tandin Wangchuk  
Samten Chhophel  
My Anh Hoang

University

Edith Cowan University, School of Business and Law

Title

Developing an information system to manage research governance

Supervisors

Dr Richard Fulford  
Associate Professor Angelita Martini



# SCHOLARSHIPS

## EXTERNAL

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### The Brightwater Lyn Beazley Scholarship

The Brightwater Lyn Beazley Scholarship aims to investigate the impact of the Oats Street acquired brain injury rehabilitation program. The scholarship was established thanks to a donation from Professor Lyn Beazley after winning the Governor's Award for Giving, combined with a donation from the Southern Districts Rotary Club.

#### 2020 RECIPIENT

Lily Cullinan, Curtin University

#### TITLE

Investigation of community participation outcomes for adults with acquired brain injury after discharge from post-acute rehabilitation.

#### OVERVIEW

Staged Community-Based Brain Injury Rehabilitation (SCBIR) has been found to improve functional and psychosocial outcomes for people who have sustained an acquired brain injury (ABI). However, longer-term outcomes after discharge are not well understood. The aim of this research is to investigate community participation outcomes for adults with ABI after discharge from SCBIR.



“The Brightwater Lyn Beazley PhD Scholarship has supported me to develop my knowledge in the field of post-acute acquired brain injury rehabilitation, specifically in relation to the Brightwater Oats Street Facility. I am in the process of commencing a systematic review that will improve my understanding of community participation for adults with acquired brain injury living in the community that will directly link with the future stages of my PhD. Without this scholarship funding, this PhD would not be possible. I am very grateful that I have the opportunity to explore this area further to better understand how Brightwater Oats Street clients are living in their homes once they have left Oats Street.”

**Lily Cullinan (2020 Lyn Beazley Scholarship Recipient)**

## INTERNAL

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### The Don Hutchison Scholarship

Don Hutchison served on the Brightwater Board for 25 years, with 13 of those years served as Chairman. In 2001, to honour his lasting and outstanding achievement, the annual Don Hutchison Scholarship was established in his name. The scholarship is for staff members to conduct a project, research or further learning that will contribute to improved quality of life for our clients.

#### 2021 RECIPIENT

Jenni Gamble

Manager, Brightwater at Home

#### PROJECT TITLE

Preventing, recognising and managing depression in old adults living at home – a service model for Brightwater At Home clients.

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#### 2020 RECIPIENT

Niall Taylor

Speech Pathologist, Capacity Building Team

#### PROJECT TITLE

The development and validation of a dysphagia screening tool for people living in residential aged care.

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#### 2020 RECIPIENT

Gap Tshering

Disability Support Worker, Hamilton House

#### PROJECT TITLE

The Weekend Entrepreneur: Disability and work/activity engagement

## The Peter Lane Scholarship

The Peter Lane Scholarship was established in 2008 with a generous donation from the Lane family in memory of their son, Peter. Peter had an acquired neurological disability and lived at Brightwater prior to his death in 2004. This scholarship is for a staff member/s to conduct a project, research or further learning to create opportunities that will improve the quality of life of Brightwater clients, and increase expertise in the delivery of specialised services to young people with neurological disability.

### 2021 RECIPIENT

#### Thila Raja

Rehabilitation Coordinator/Speech Pathologist,  
Oats Street

### PROJECT TITLE

Efficacy of dance movement therapy for people undergoing rehabilitation for an acquired brain injury.

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### 2021 RECIPIENT

#### Angela Leitch

Speech Pathologist, Oats Street

### PROJECT TITLE

Oral Health: It's more important than you realise (Improving the oral health of clients with acquired brain injury).

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### 2020 RECIPIENT

#### Keith Bocks

Counsellor, Oats Street

### PROJECT TITLE

Develop a best practice model for a spirituality service at Brightwater.



“The scholarship enables me to provide spiritual care and support for those coping with various illnesses, loss, grief or pain. Spending quality time with clients is important... to listen to them and through meaningful conversations understand their concerns, both emotional and spiritual; and offer them hope and the will to press on... I am thankful for this scholarship which has awarded me the necessary TIME and means to help serve the clients at Brightwater in a meaningful way, to help them find peace and purpose in life and to press on into the future with hope and dignity.”

**Keith Bocks (2020 Peter Lane Scholarship recipient)**

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### 2019-2020 RECIPIENT

#### Curtis Reddell

Rehabilitation Coordinator, Oats Street

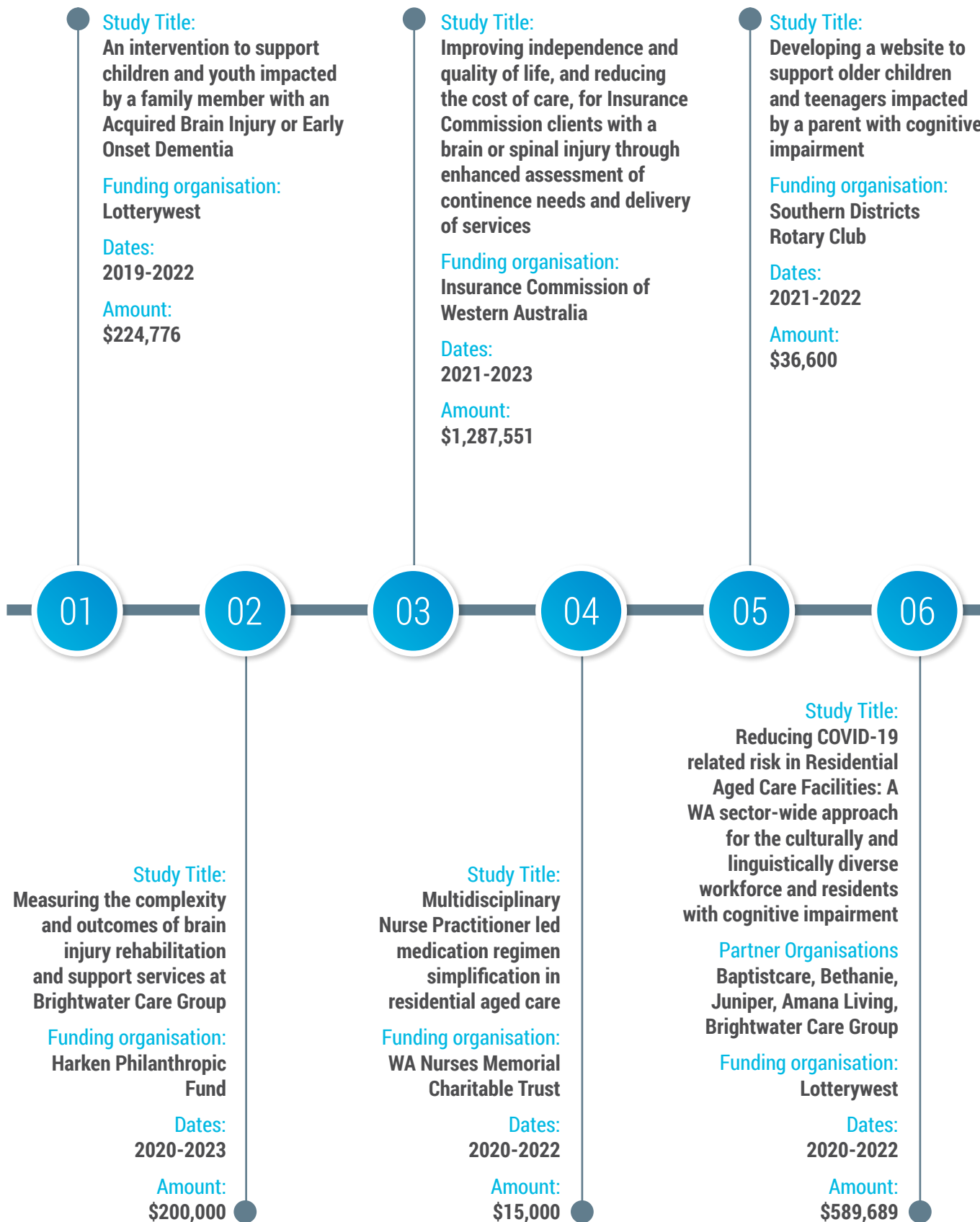
### PROJECT TITLE

A community-based return to work readiness program for people with acquired brain injury

# CURRENT RESEARCH GRANTS



# AS LEAD INVESTIGATOR



# AS CO-INVESTIGATOR

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**Study Title:**  
SENSEcog aged care: Hearing and vision support to improve quality of life for people living with dementia in residential aged care

**Funding organisation:**  
Medical Research Future Fund (MRFF) 2021 Dementia, Ageing and Aged Care

**Dates:**  
2021-2024

**Lead Organisation:**  
University of Queensland

**Amount:**  
\$1,140,645

**Brightwater Role:**  
Chief Investigator

01

**Study Title:**  
AUS-TBI: An informatics approach to predict outcomes and monitor intervention efficacy following moderate to severe traumatic brain injury

**Funding organisation:**  
MRFF 2020 Traumatic Brain Injury, Stream 1

**Dates:**  
2021-2023

**Lead Organisation:**  
Curtin University

**Amount:**  
\$499,815

**Brightwater Role:**  
Associate Investigator

03

02

**Study Title:**  
Knowledge brokers for evidence translation to improve quality use of medicines in residential aged care

**Funding organisation:**  
MRFF 2021 Quality, Safety and Effectiveness of Medicine Use and Medicine Intervention by Pharmacists

**Dates:**  
2021-2025

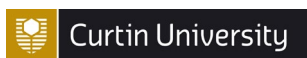
**Lead Organisation:**  
Monash University, Centre for Medicine Use and Safety, School of Primary and Allied Health Care

**Amount:**  
\$1,952,566

**Brightwater Role:**  
Chief Investigator



# RESEARCH COLLABORATIONS



Harken Philanthropic Fund



The Brightwater Research Centre actively seeks opportunities to work with universities, consumer groups and other service providers to conduct research related to our core motivation - improving the wellbeing of our residents and clients.

**Valuable partnerships enable us to build capacity in our staff, support research students and work together to translate rigorous research into practice.**

# PUBLICATIONS AND CONFERENCE PRESENTATIONS



# PUBLICATIONS

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## Journal Articles

Dawes, P., Leroi, I., Chauhan, N., Han, W., Harbishettar, V., Jayakody, D.M., Jones, L., Konstantinou, A., Maharani, A., **Martini, A.** & Politis, A. (2021). Hearing and vision health for people with dementia in residential long-term care: Knowledge, attitudes and practice in England, South Korea, India, Greece, Indonesia and Australia. *International journal of geriatric psychiatry*.

<https://doi.org/10.1002/gps.5563>

Dwyer, J., Tenbenschel, T., Lavoie, J., **Martini, A.**, Brown, C., Devitt, J., Myott, P., Tilton, E., & Boulton, A. (2020). Public administration reform for Aboriginal affairs: An institutionalist analysis. *Australian Journal of Public Administration*, 1-17.

<http://doi.org/10.1111/1467-8500.12422>

**Hawksley, M., Seewann, A., & Chan She Ping-Delfos, W.** (2020). Cross-sectional assessment of food satisfaction in residential aged care (131). Accepted abstracts from the Dietitians Australia 37th National Conference. *Nutrition & Dietetics Journal*, 77(S1), 1-104.

<http://doi.org/10.1111/1747-0080.12627>

**Jackson, H., Troeung, L., & Martini, A.** (2020). Prevalence, Patterns, and Predictors of Multimorbidity in Adults with Acquired Brain Injury at Admission to Staged Community-Based Rehabilitation. *Archives of Rehabilitation Research and Clinical Translation*.

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Hawksley, M., Chan She Ping-Delfos, W., Seewann, A., & Martini, A. (2020). *Assessment of food and mealtime satisfaction in residential aged care; a trigger for change*. Brightwater Care Group, Perth, WA, Australia.

Martini, A., Troeung, L., Hodge, J., & Martin, L. (2020). *The role of the nurse practitioner in residential aged care medication management*. Brightwater Care Group, Perth, Australia.

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## Books

Bett, R. & Ohan, J. (2021). *The Get Around* (A. Mutton, Illus.). Brightwater Care Group.

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## Resources and Guides

Bett, R. & Ohan, J. (2021). *Helping children and adolescents when a parent has a brain injury: A guide for Parents, Caregivers, and Professionals*. Brightwater Care Group, Perth, WA, Australia.

Bett, R. & Ohan, J. (2021). *Helping children and adolescents when a parent has younger onset dementia: A guide for Parents, Caregivers, and Professionals*. Brightwater Care Group, Perth, WA, Australia.

## PRESENTATIONS

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### Academic Conference Presentations

Taylor, S., Walton, R., & Martini, A. (2021, November 9-12). *Assessment of health, well-being and quality of life for older persons in aged care* [Oral presentation]. The 54th Australian Association of Gerontology Conference 2021, Gold Coast, QLD, Australia.

**Mann, G., Seneviratne, H., Troeung, L., & Martini, A.** (2021, October 28-30). Recovery following acquired brain injury: Correlates and predictors of quality of life in individuals with acquired brain injury during post-acute rehabilitation. In L. Notebaert (Chair), Predictors of individual differences in recovery from adversity [Symposium]. Australian Association for Cognitive and Behaviour Therapy 41st National Conference, Perth, WA, Australia.

**Mann, G., Troeung, L., Wagland, J., & Martini, A.** (2021, June 30-July 3). The Acquired Brain Injury Community REhabilitation Services OuTcomes CohoRT Study (ABI-REStART), 1991-2020. [Oral presentation]. 6th Pacific Rim Conference, Melbourne, VIC, Australia.

**Reddell, C.** (2021, June 23-25). A community-based return to work readiness program for people with an acquired brain injury: Partnering with a local sports club [Oral presentation]. Occupational Therapy Australia 29th National Conference and Exhibition 2021, Cairns, QLD, Australia.

**Taylor, S. & Walton, R.** (2021, June 23-25). Measures of health, well-being and quality of life in residential aged care and community home care: A systematic review of measurement properties [Oral presentation]. Occupational Therapy Australia 29th National Conference and Exhibition 2021, Cairns, QLD, Australia.

**Martini, A. Troeung, L., Hodge, J., & Martin, L.** (2021, March 4-6). The nurse practitioner and residential aged care medication management [Oral presentation]. Australian College of Nurse Practitioners National Conference, Gold Coast, QLD, Australia.

**Seewann, A., Hawksley, M., Troeung, L., Duggan, L., & Martini, A.** (2020, December 4-6) Elimination of additive-rich cordials decreases agitation in severe dementia [Oral Presentation]. Lifestyle Medicine Conference, Melbourne, VIC, Australia.

**Hawksley, M., Chan She Ping-Delfos, W., Seewann, A., & Martini, A.** (2020, November 18-20). Assessment of food and mealtime satisfaction; a trigger for change [Oral presentation]. The 53rd conference of the Australian Association of Gerontology (AAG). Perth, WA, Australia.

**Jackson, H., Martini, A., Bett, R., Ohan, J.** (2020, October 7-11). The experiences and support needs of children (0–18yrs) affected by a parent's Acquired Brain Injury: A systematic review and thematic synthesis [Poster presentation]. The 11th World Congress of Neurorehabilitation, Lyon, France.

**Jackson, H., Troeung, L., & Martini, A.** (2020, October 7-11). Prevalence and patterns of multimorbidity in staged community-based neurorehabilitation for acquired brain injury [Poster presentation]. The 11th World Congress of Neurorehabilitation, Lyon, France.

**Martini, A., Jackson, H., & Beros, K.** (2020, October 7-11). Economic cost of incontinence in acquired brain injury rehabilitation: A pilot study [Poster presentation]. The 11th World Congress of Neurorehabilitation, Lyon, France.

**Martini, A., Troeung, L., & Wagland, J.** (2020, October 7-11). Characteristics of 18-65 year olds with brain injury entering community-based neurorehabilitation in Western Australia, 1991-2016: A retrospective cohort study [Poster presentation]. The 11th World Congress of Neurorehabilitation, Lyon, France.

Senevirante, H., **Martini, A., & Jackson, H.** (2020, October 7-11). Community rehabilitation following acquired brain injury: Correlates of health-related quality of life [Poster presentation]. The 11th World Congress of Neurorehabilitation, Lyon, France.

**Hawksley, M., Seewann, A., & Chan She Ping-Delfos, W.** (2020, August 23-25). Cross-sectional assessment of food satisfaction in residential aged care. Dietitians Australia 37th National Conference, Melbourne VIC Australia.

# RESEARCH CENTRE STAFF



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Our research initiatives are supported by a team committed to promoting high quality and innovative research that informs best practice.

## ASSOCIATE PROFESSOR ANGELITA MARTINI

### Director, Brightwater Research Centre

Angelita has worked in public health practice, education and research, and holds a PhD and qualifications in health, education and primary health care. Her research is focused on the health needs of vulnerable Australians, including the elderly, people with disabilities, and families impacted by illness. She has extensive experience in policy and health services research, leading to substantial influence on policy and practice through successful collaboration with community, government, industry and non-government organisations.

Angelita holds adjunct appointments with The University of Western Australia, and Flinders University.

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## DR ALEXANDRA SEEWANN

### Clinical Research Lead

Alexandra obtained her medical degree at The Medical University of Graz, Austria in 2004. Since qualifying she has worked as Neurology registrar in Austria, the Netherlands and Australia. She developed a special interest for neurodegenerative and neuro-inflammatory disorders, which led to PhD studies at the Free University in Amsterdam, The Netherlands, which focused on imaging and histopathology in Alzheimer's disease, multiple sclerosis and stroke.

Alexandra is passionate about disease prevention and the influence of lifestyle choices, especially nutrition and exercise, on health and disease, with her work at Brightwater centred around nutrition in neurological disease and dementia.

Alexandra is also a Senior Lecturer at the Curtin University Medical School.

## DR LAKKHINA TROEUNG

### Brain Injury Program Lead, and Principal Biostatistician

Lakkhina is a clinical researcher with a background in neurodegenerative disease and neurotrauma. She has over 8 years postdoctoral of training in biostatistics, epidemiology, population health and general practice research at leading universities including UNDA Medicine, UWA Population Health, and UNSW Medicine. She has worked on a wide range of research and evaluation studies including clinical trials, case-control studies, epidemiological and epigenetics studies, big data research and data linkage. At Brightwater, she leads the Brain Injury Research Program as well as oversees all quantitative analytics within the Research Centre.

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## DR CHEBIWOT KIPSAINA

### Study Lead

Chebiwot Kipsaina is a Public Health specialist with a medical background. She has over 20 years of experience as a health practitioner and researcher having worked in Government, private and Non-Governmental organisations both in Australia and Internationally.

Chebiwot holds a medical degree from Patrice Lumumba, Moscow, Russia, with a PhD in Public Health from Monash University, Australia. Prior to joining Brightwater, she worked as a Research Fellow in the Australian Institute of Family Studies (AIFS) at Monash University, as well as a Public Health Senior Lecturer at Kabarak University, Kenya. While at Monash University, Chebiwot worked with the World Health Organisation (WHO) where she played a key role in the design, piloting and evaluation of the first Global Mortuary Based Injury and Violence Surveillance manual for WHO and available globally.

Chebiwot's professional interests include working at the nexus of evidence, policy and practice, particularly biased towards injury prevention among vulnerable groups in society. She is passionate about the role that research entities, academic institutions and industry can play to improve service delivery to citizens by translating evidence into high quality practice. Chebiwot is also a Sessional Lecturer at the Curtin University Medical School.



## DR SOMAYYEH AZIMI

### Senior Research Consultant

Dr Somayyeh Azimi (Somy) is a Doctor of Dental Surgery with post-graduate training in oral and maxillofacial diseases. She also holds a PhD in Human Sciences focusing on head and neck cancer from the University of Western Australia.

Somy has over 10 years of experience as a dental surgeon and researcher. She is an honorary research fellow at International Research Collaborative - Oral Health and Equity Centre (IRCOHE) at UWA, and a volunteer researcher at Telethon Kids Institute.

Somy's field of research has been in clinical dental health, people with disabilities and telehealth, and has included a variety of research methods including, observational, experimental, and data linkage. Her research focus is on addressing issues in health disparities, and she is passionate about ensuring that research findings translate into high-impact outcomes.

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## ROBYN BETT

### Clinical Psychologist

Robyn graduated from Murdoch University with a Master of Applied Psychology (Clinical) in 2003. Since then Robyn has worked in government and non-government agencies providing psycho-therapeutic treatment for children, young people and families.

At Brightwater, Robyn has the opportunity to use her experience of working with children in distress and her curiosity about what helps families thrive, within a project that aims to develop support for children with an acquired brain injury or younger onset dementia.

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## DR WENDY CHAN SHE PING-DELFO

### Senior Research Officer

Wendy has worked at leading Western Australian Universities and Telethon Kids Institute, managing clinical, epidemiological and primary care research. Her research has been primarily on nutrition and cardiovascular health. Wendy holds a PhD from Curtin University and a PRINCE2 practitioner certification. Wendy is passionate about making research projects come together and seeing research outcomes being translated into practice.

## DR LI CHEN

### Research Officer

Li Chen holds a PhD in media and cultural studies, a Master of communications, and Bachelor of Arts majoring in journalism. Her research has focused on multicultural Australia and cross-cultural communications. Lily has published widely in academic journals as well as the local media.

With experience in teaching, supervision, and research development, Li is also an expert in communications and journalism. She has 15 years' experience working as an award-winning journalist, documentary filmmaker and news editor. Over the years, she has worked with many environmental and community development NGOs from an interdisciplinary perspective, allowing her research to have academic and industry reach and impact.

Li also works as a postgraduate supervisor in Arts and Humanities at Edith Cowan University.

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## LILY CULLINAN

### Research Assistant

Lily holds a Bachelor of Science with First Class Honours in Occupational Therapy from Curtin University and is the 2021 recipient of the Brightwater Lyn Beazley PhD Scholarship. As a Curtin University PhD candidate, Lily will be investigating community participation outcomes for adults with acquired brain injury after discharge from post-acute rehabilitation. This will involve working with both staff members and clients at the Brightwater Oats Street facility. Lily is passionate about enabling Brightwater clients living with an acquired brain injury to live meaningful and purposeful lives in the community as independently as possible.

Lily completed her undergraduate honours project at Brightwater Oats Street on the usefulness of a modified upper limb program on upper limb functioning for Brightwater clients who had sustained an acquired brain injury. She has also previously worked as an Occupational Therapist at Brightwater Oats Street for 6 months and will be working closely with Brightwater throughout her PhD.



## MELISSA HAWKSLEY

### Research Dietitian

Melissa holds a Master of Nutrition and Dietetics from Edith Cowan University, and a Bachelor of Health Science from University of Tasmania. She has been working as a private practice dietitian since graduating in September 2017. Research formed a significant part of Melissa's studies and has led to her developing a strong passion for research that improves health outcomes and quality of life of individuals within the local and broader community.

At Brightwater, Melissa has worked on nutrition studies with Dr Alexandra Seewann and Dr Angelita Martini that aim to assess the influence of food additives on behaviour in elderly with dementia, and measure nutrition and wellbeing in aged care.

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## HAYLEY JACKSON

### Research Officer

Hayley holds a Bachelor of Arts with First Class Honours in Psychology from the University of Western Australia, and is currently a PhD candidate with The University of Western Australia.

She has been involved in a range of research studies in psychology and public health, including focused on improving access to interventions for mental health problems and addressing the needs of children affected by chronic parental illness or disability.

At Brightwater, Hayley has worked on studies aimed at understanding community rehabilitation outcomes following acquired brain injury and addressing the needs of children who have a parent with acquired brain injury or younger onset dementia.

## ANNIE KEARNEY

### Continence Lead

Annie holds a Bachelor of Nursing Science degree from Galway, Ireland, and completed a Graduate Certificate in Continence Management & Promotion in 2015. Annie has worked as an acute care Nurse in public hospitals in both Ireland and Australia. In 2015 she joined a community transdisciplinary continence service and is now an Advanced Continence Clinician. In this role Annie is involved in assessing and planning for clients with disabilities and bladder and bowel dysfunction in metropolitan and regional Western Australia. Annie is passionate about ensuring clients have access to quality continence services within the community so they have an improved quality of life. In her Brightwater role, Annie is the Continence Lead for a study aiming to improve independence, quality of life and the cost of care of catastrophically injured clients with brain and spinal injuries through enhanced assessment and planning of continence needs and delivery of services.

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## DR GEORGINA MANN

### Research Officer Quantitative

Georgina is a quantitative researcher who has completed a PhD in Psychological Science from the University of Western Australia. Georgina has a background of research into executive functioning deficits and disordered mood and a passion for the integration of psychological principles and evidence-based best practice to support individuals living with complex disabilities.

At Brightwater Research Centre, Georgina is involved in the Brain Injury Research Program alongside Dr Lakkhina Troeung and Dr Angelita Martini. Her work focuses on examining the effects of complex physical and mental health conditions on rehabilitation outcomes and goal attainment for Brightwater's clients with acquired brain injury.

## YOUQI SUN

### Research Administration Officer

Youqi is the Research Administration Officer within the Brightwater Research Centre. He holds a Master of Public Health from the University of Western Australia, a Postgraduate Diploma in International Financial Management, and a Bachelor of Administrative Management and Law; and is a qualified welfare worker.

During his career, Youqi has held a variety of senior management roles in sales and marketing, online media intellectual property, IT, and as Chief Editor for media companies in China and Australia. He also currently consults to Microsoft China as an insider reviewer for MS Windows. At Brightwater, Youqi worked in administration and as the Oats St Resource Facilitator and established a systematic service framework.

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## DR SUSAN TAYLOR

### Senior Research Officer

Suzi is an occupational therapist who holds a PhD in Health Sciences from Curtin University. Her research is focused on outcome measure development, evaluation and translation within clinical settings. She has over four years' experience working as a Research Coordinator in tertiary hospital Occupational Therapy Departments. Suzi has a strong passion for building the research capacity of clinical staff and embedding new evidence-based knowledge in practice.

At Brightwater Research Centre, Suzi led the study to determine the most valuable outcome measures for health status, wellbeing, quality of life and goal attainment for Brightwater's aged care clients.

## GAP TSHERING

### Information Systems Analyst

Gap Tshering holds a Master of Business Administration International, Postgraduate Diploma in Financial Management and a Bachelor of Business Administration. He has extensive experience working in both the government and private sectors.

While in Bhutan, Gap worked in the Department of Employment where he was largely involved in administering entrepreneurship development programmes. He also worked within Policy and Planning Division of the Ministry of Labour and Human Resources where his assignments mainly entailed formulating sectoral policies, strategic planning and monitoring and evaluation of programmes and projects within results-framework.

During his employment with Brightwater, Gap was awarded the 2019 Don Hutchison Scholarship to implement his idea of engaging disabled clients in entrepreneurial activities through his project titled, "The Weekend Entrepreneur", which later earned him the annual Brightwater Innovation Award 2020. Gap is currently working on a clinical data optimisation study to improve quality of clinical data and documentation across Brightwater services.

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## REBECCA WALTON

### Occupational Therapist and Senior Research Officer

Rebecca holds a Bachelor of Science in Occupational Therapy and a Bachelor of Communications in Journalism and Public Relations. Rebecca has worked as an occupational therapist in the aged care sector and NDIS/community sector, and as an assessor and interventionist on paediatric upper limb studies within a tertiary hospital.

Rebecca has a particular interest in the implementation of research into evidence-based best practice. At Brightwater Research Centre, Rebecca is working to determine and implement the best-practice outcome measures for use in residential aged care to measure health, wellbeing and quality of life. She is passionate about achieving the best outcomes and quality of life possible for residential aged care clients at Brightwater.





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