

## MONTHLY BULLETIN FOR TQEH RESEARCH COMMUNITY WINNING NEWS www.basilhetzelinstitute.com.au

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# BHI interactive displays a hit at Science Alive! 2017







Clockwise from top left: Some of our volunteers - Dr Martin Bruening, Dr Simon Wood, Dr Dan Wijesundara, Dr Markus Trochsler and Dr Ha Nguyen - helping out at the BHI booth.

The Basil Hetzel Institute set up a hands-on display at Science Alive! for the fourth consecutive year. Event organisers estimate that more than 30,000 people visited over the 3 day event (4-6 August). Interactive activities at the BHI booth included two laparoscopic box-trainers, on loan from the Royal Australasian College of Surgeons, and hand-held spirometers with which people could test their FEV1 (forced expired volume of air in 1 second), which is one measure used during lung function tests. We are very grateful to all the BHI researchers and TQEH surgeons who volunteered their time over the weekend. A list of those involved, and a few more photos, are included on page 8 of this edition of Winning News.

### THRF News

SEPTEMBER

2017

**ISSUE 104** 

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#### **BHI SEMINARS**

Tuesdays 1pm Staff Seminars

Wednesdays at 12pm External Invited Speaker Seminars

Thursdays at 9am Postgraduate Student Seminars

#### **UPCOMING EVENTS**

**Tuesday 12 September** University of Adelaide 3MT Final

Wednesday 20 September Uni Adelaide Florey International Postgraduate Research Conference

> Thursday 28 September BHI "Off the Clock"

Thurs 19 & Fri 20 October TQEH Research Days

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## **BHI HUB**

### From the BHI Facility Manager Kathryn Hudson

BHI Ground Floor Phone ext: 27427 kathryn.hudson@sa.gov.au



The annual lab audit provides an excellent opportunity to review the state of the BHI laboratories with 'fresh eyes'. As mentioned by Prof Maddern (see p3) there will be a concerted effort to remove old equipment that is no longer being used or has been modernised and to consolidate space usage.

We had already started this process prior to the audit by removing a lot of old and relegated equipment in the gel room. Liam is in the process of clearing out the plant rooms of stored equipment which are surplus to requirements. Following the audit, the compactus has been relocated to the level 1 storage area for use. We will continue to identify old equipment, and remove it from the main labs and into long term storage. Thank you to all BHI researchers for your support and assistance with this.

Some relocations have also occurred within the laboratories to better make use of the space available. The Breast Biology and Cancer Unit have moved to the northern end of Level 1 labs, and have isolated some RNA only areas for their work which has co-located their working areas.

Room BH1-016 is being prepared for the anaerobic chamber and associated equipment required by Dr Sam Costello and the Faecal Microbiome Transplant (FMT) research group. This is new research activity at the BHI. FMT has shown some promising results so far. We look forward to welcoming Sam and his group once the anaerobic chamber arrives.

#### From the BHI Communications Officer Rebecca Anderson

BHI Ground Floor Phone ext: 27345 <u>rebecca.anderson@adelaide.edu.au</u> Work days: 9-3pm Tuesday - Thursday



I encourage all BHI researchers to take some time to look over their profiles and pages on the BHI website. Please send any changes through to me via email. Everyone is also encouraged to create links between their University profiles and relevant pages on the BHI website.

All BHI researchers, especially students preparing their first presentations, are reminded that templates for poster and powerpoint presentations (containing all relevant logos) are available on the BHI Intranet - look for "Working at the BHI" on the left menu. Contact Kathryn or me if you've forgotten how to access the Intranet!

## NEWS

### **Annual BHI Walk Around**

On the 27th July 2017 I had the opportunity to walk around the BHI with Richard Bennett, from the University of South Australia, in order to assess the current state of the laboratory space. On this occasion, again no warning had really been given and overall the area was in a reasonable state of occupancy. Nonetheless, the frustration I feel with the retention of old, unused equipment continues to occur. There are many items that have not been used for many years, yet they continue to occupy valuable space within the building. This is something that probably needs to be attended to over the next twelve months, and equipment that is well passed its use by date and never likely to be used again should be scrapped or sold in order to maintain a professional and modern appearance of our laboratories.

There was also some housekeeping that was less than ideal, with dirty stainless steel sinks harbouring rubbish and material that should have been removed. There were some work spaces that had piles of old laboratory gowns and rubbish which, again, provides anything but a professional appearance. Boxes and discarded material were piled up on old fridges and obvious laboratory glassware that was broken and unused was lying around.

There are also three high speed centrifuges being clung to for reasons that seem to be less than clear. The good news, however, was the day after the walk the University has now

provided us with a new high speed centrifuge which should mean the three old and disused ones can now be sent for scrap.

I was very grateful for the laboratory insights that could be provided by Richard on the walk around. As someone who has a relatively modest laboratory background, to have someone with a deep understanding of modern laboratory design was invaluable. As the need for high quality laboratory space continues, new groups arrive and the cost of creating new build in this style becomes prohibitive, the BHI will find itself under increasing pressure. It is important that we use the resource well, maintain it at a high standard and continue to look for more clever ways to manage the area.

I have asked Kathryn to begin increased efforts over the next six months to remove unused and clearly derelict equipment from the laboratory space and I trust that in my next visit, which I plan for early 2018, the situation will have been substantially remedied.

#### **Professor Guy Maddern**

BHI Director of Research July 2017

## Dr Sathish Paramasivan awarded Bertha Sudholz Research Scholarship

The 2017 Bertha Sudholz Research Scholarship was awarded to <u>Dr Sathish Paramasivan</u> from the ENT Surgery research group at the BHI. This is a top-up scholarship for a domestic PhD student in the Adelaide Medical School studying diseases of the ear, nose and throat. It is funded by the bequest of Bertha Sudholz and is valued at \$5,000 for one year. Dr Paramasivan's PhD project, supervised by Professor PJ Wormald and Associate Professor Sarah Vreugde, is titled "Host-microbe interface and interactions in chronic rhinosinusitis."



## NEWS CONTINUED

## \$200,000 available for THRF Scholarships

The 2018 Basil Hetzel Institute student research project booklet outlining opportunities for Honours and Postgraduate research students is now available on the <u>BHI website</u>.

The Hospital Research Foundation (THRF) has generously allocated \$200,000 to support Honours and Postgraduate research scholarships at TQEH/BHI in 2018, providing Honours scholarships of \$8,000 (1 year) and Postgraduate Scholarships in the vicinity of \$26,682 (2017 APA rate), initially for 1 year (conditions for subsequent years apply).

Students intending to submit an application for a THRF Postgraduate Scholarship are also strongly encouraged to apply for relevant University and other sponsored scholarships. Please refer to the University of Adelaide's <u>Adelaide Graduate Centre Postgraduate Research</u> <u>Scholarships website</u>, or the <u>UniSA's Graduate Research</u> <u>team scholarship website</u>. The call for Vacation, Honours and Postgraduate Scholarship applications is now open.

THRF Scholarship Advice to applicants, Application forms, Referee information and Report forms for Vacation, Honours and Postgraduate research students are available on the <u>BHI</u> website.

#### THRF scholarship closing dates (by close of business)

Vacation scholarships	Tues 10 October 2017
THRF Postgraduate scholarships	Tues 24 October 2017
THRF Honours scholarships	Thurs 23 November 2017

Student enquiries are very welcome. Contact <u>Kathryn</u> <u>Hudson</u> or <u>Gwenda Graves</u> to resolve any queries and find out information. Please note that Gwenda Graves is on leave until 16 October.

### **CSANZ** presentations in Perth, Australia

Members of the <u>Translational Vascular Function Research</u> <u>Collaborative</u> and <u>Health Performance and Policy Research</u> <u>Unit</u> attended the Cardiac Society of Australia and New Zealand (CSANZ) annual scientific meeting in Perth from August 10-13.

Second year PhD student, <u>Clementine Labrosciano</u> presented her national findings on heart failure readmission and mortality rates in an oral presentation. Clementine also presented a poster on Acute Myocardial Infarction (heart attack) readmission and mortality rates. Clementine said, "It was a great opportunity to network with other researchers and find out what is new in Australian cardiology research". Following the conference, Clementine also had her work on heart failure featured in the <u>Cardiology Update of the Medical</u> <u>Observer</u>.

<u>Dr Rosanna Tavella</u> presented a poster titled "Evaluation of Coronary Angiography Risks in the Development of a Statewide Patient Risk Information Sheet and Consent Form", while <u>Dr Isuru Ranasinghe</u> presented a poster on "Early Mortality after Isolated Coronary Artery Bypass Grafting (CABG) Surgery Among Hospitals in Australia and New Zealand."





Clementine Labrosciano (above) and Dr Rosanna Tavella (left) presenting their research at the recent CSANZ meeting in Perth, Australia.

## NEWS CONTINUED

## New Equipment funded by THRF "InBody 570 Analyser"



An "InBody 570 analyser", valued at \$25,150 exGST has been generously donated by The Hospital Research Foundation as part of the 2016/2017 equipment allocation. The InBody 570 is available for use in the Biometrics suite in the Ground floor clinic rooms at the BHI.

A person's weight consists not only of fat but also of water, bone and muscle. All these tissues contribute to a person's health and well-being. The InBody 570 provides a fast and accurate method of multi-frequency bioelectrical impedance analysis of over 40 parameters relevant to a person's body composition.

Dr Beatriz Martins from the Centre of Research Excellence in Frailty and Healthy Ageing is using the analyser for her study on the influence of the neighbourhood's environment on healthy ageing. She will look at the body composition of older South Australians, as well as other physiological parameters, to determine the relationship between local environment and the development of sarcopenia (loss of muscle mass and strength) and frailty. As we age the proportion of fat mass against muscle mass changes, and this may contribute to loss of independence, increase risk of falls, reduced quality of life and increased likelihood of death. Finding the connection between how body composition changes occur in the elderly population with the environment may help us understand how sarcopenia and frailty develops in our communities.

This new analyser makes this type of research possible and will be essential to many researchers using biometric measures.

For more information and training on the InBody570 please contact:

Dr Beatriz Martins Ground floor, BHI beatriz.martins@adelaide.edu.au



## NEWS CONTINUED

## European Cardiac Society Meeting, Barcelona

Dr Nathan Procter, Professor John Horowitz, Dr Cher-Rin Chong and Dr Ha Nguyen (*left to right in photo*) have presented work from the Cardiovascular Pathophysiology and Therapeutics Research Group at the ECS meeting in Barcelona, Spain. Results from research undertaken by current PhD student Hasan Imam have also been presented. Nathan and Cher-Rin both completed their PhDs when based at the Basil Hetzel Institute, and are now undertaking postdoctoral fellowships in the UK.



## Leigh Hodson, BHI researcher and mammography technologist



Congratulations to Leigh Hodson, Breast Biology and Cancer Unit, for completing her Graduate Diploma in Mammography from Charles Sturt University and for obtaining a part-time position as a mammography technologist with BreastScreen SA. Leigh will also continue to work part-time as a research assistant at the BHI.

Leigh Hodson, second from left, celebrates with members of the Breast Biology and Cancer Unit.



## Dean's Commendation awarded to Dr Kevin Fenix

Congratulations to **Dr Kevin Fenix**, who recently joined the Liver Metastasis Research Group as a research officer, for being awarded a Dean's Commendation for Doctoral Thesis Excellence from the University of Adelaide. Kevin completed his PhD thesis entitled "The role of chemokine receptors CCR2 and CXCR5 in CD8 positive T cell biology" under the supervision of Professor Shaun McColl in the School of Biological Sciences at the University of Adelaide.

## BHI STUDENT NEWS

BHI STUDENT REPS 2017-2018



Zenab Dudhwala (Level 2) zenab.dudhwala@adelaide.edu.au



Maddison Archer (Level 1) maddison.archer@adelaide.edu.au



Chris DiFelice (Level 1) christopher.difelice@adelaide.edu.au

## PhD student Rong Hu into University-wide 3MT final

Congratulations to all 6 BHI PhD students, either based at or affiliated with the BHI, who competed in the University of Adelaide's Faculty of Health and Medical Sciences 3MT (Three Minute Thesis) competition final on Thursday 24 August (*see list of names below*).

Particular congratulations go to **Rong Hu**, whose supervisors include A/P Betty Sallustio from the Clinical Pharmacology Research Group at the BHI, for making it into the University-wide 3MT Final on Tuesday 12 September. This event will be held in the AHMS building from 6pm.



Rong Hu

BHI students at 3MT	Supervisor/Research Group
Vahid Atashgaran	Dr Wendy Ingman (Breast Biology & Cancer Unit)
Sarah Bernhardt	Dr Wendy Ingman (Breast Biology & Cancer Unit)
Rong Hu	A/Prof Betty Sallustio (Clinical Pharmacology Research Group)
Panos Panayiotou	Prof Andreas Evdokiou (Breast Cancer Research Unit)
Melanie Wittwer	A/Prof Margaret Arstall (Northern Cardio- vascular Research Group)
Joe Wrin	Dr Wendy Ingman (Breast Biology & Cancer Unit)

### BHI "Off the Clock"

Another successful late afternoon get-together was run by the BHI student representatives on Friday 25 August. The next BHI "Off the Clock" will take place on Thursday 28th September from 4pm. The Hospital Research Foundation are thanked for their ongoing support.



## Adelaide Medical School honours expo

BHI researchers from the Cardiovascular Pathophysiology & Therapeutics Group, Translational Vascular Function Research Collaborative, Liver Metastasis Research Group, Virology Research Group and The Health Observatory all participated in the Adelaide Medical School Honours expo that was held on Friday 11 August.

## COMMUNITY ENGAGEMENT



#### **Community Group Presentations**

THRF are always looking for BHI researchers to present at community events. It is a wonderful opportunity for you to practice your public speaking skills, and present your work to a lay audience! If you are interested or would like some more information, please contact Tamara at THRF on 8244 1100 or tpietraszuk@hospitalresearch.com.au

## Science Alive! 2017 4-6 August

<u>Science Alive!</u> forms part of the celebrations for National Science Week each August, and is held at the Adelaide Showground in Wayville. Around 60 different organisations participated in the 12th Science Alive!

We would like to thank the following people for volunteering during Science Alive! 2017:

BHI Researchers	Zoe Kopsaftis	TQEH Surgeons
Ruth Battersby	Jo Dollard	Jonathan Yong
Ellen Lyrtzis	Joe Wrin	Lilian Kuan
Ha Nguyen	Sarah Bernhardt	David Rodda
Zenab Dudhwala	Irene Stafford	Peter Hewett
Dan Wijesundara	Kati Richter	Markus Trochsler
Prue Cowled	Beula Panchatcharam	Simon Wood
Rajan Sundaresan	Helen Palethorpe	Martin Bruening

Kathryn Hudson and Rebecca Anderson





BHI researchers who volunteered at Science Alive! 2017 enjoying a "thank you" lunch in the BHI atrium. Why not join us next year?!

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## COMMUNITY ENGAGEMENT CONTINUED

### Sue Lester: BHI Public Tour, 27 July



Rheumatology Research Group Chief Medical Scientist **Sue Lester** took a lively group of interested people on a tour of the BHI laboratories after presenting a talk about arthritis and other musculoskeletal disorders.

### Dr Dan Wijesundara: U3A Flinders, 3 August



<u>Dr Dan Wijesundara</u>, THRF Early Career Research Fellow in the Virology Group at the BHI, spoke about his research to the University of the Third Age group at Flinders University on Thursday 3 August. He then continued his community engagement activities over the weekend by volunteering at the BHI booth at Science Alive! 2017.

## Professor Toby Coates: Tea Tree Gully Probus Club, 11 August

<u>Professor Toby Coates</u> spoke to members of the Tea Tree Gully Probus Club about diabetes. Toby is the Director of Kidney and Islet Transplantation at the Royal Adelaide Hospital and Professor of Medicine - Renal Transplantation at the University of Adelaide. His research is undertaken in the Centre for Clinical and Experimental Transplantation, located in the Hanson Centre Laboratories and the BHI. Read this <u>Advertiser article</u> to learn about the first kidney transplant from a live donor which was done at TQEH in 1965.



## **GENERAL INFORMATION**

#### STATISTICIAN AT THE BHI

Dr Stuart Howell works at the BHI on Tuesdays and Thursdays. He is available and can be consulted by TQEH/University of Adelaide Faculty of Health Sciences staff and research higher degree students. Support is limited to 15 hours on a per project basis.



Tuesdays & Thursdays BHI Level 1 Room 1E.07 Phone: 8222 6679 <u>stuart.howell@adelaide.</u> <u>edu.au</u>

Dr Stuart Howell Senior Statistician Data, Design and Statistics Services Adelaide Health Technology Assessment (AHTA) School of Public Health The University of Adelaide

### **TQEH Librarians**

A librarian from the SA Health Library Service, The Queen Elizabeth Hospital Campus, is available to assist you with constructing suitable literature and database searches for your research requirements and to help you obtain relevant material. AutoAlerts can also be configured by library staff to automatically deliver the latest results from a saved database search directly to your preferred email account.

Please contact <u>anna.holasek@sa.gov.au</u> or <u>rachel.davey@sa.gov.au</u> to arrange a meeting with them at TQEH Library on level 5B of the main building. In the new year they will resume their visits to the BHI.

Alternatively, visit our website at <u>http://salus.sa.gov.au/salus</u> to view our services and resources or use the quick online chat option to contact us. To access any of the electronic resources you will need to register for a SALUS username and password with the library.

### Roy Sneddon: 1st Thursday of each month

**Roy Sneddon**, from the Office of Research Development and Research Education in the Faculty of Health and Medical Sciences at the University of Adelaide spends a day at the BHI each month.

He attends the postgraduate seminars, and is available afterwards to speak to postgraduate students about anything concerning their candidature.



You will find Roy at the Ground Floor hot-desk computer!

Roy can also be contacted at any time: roy.sneddon@adelaide.edu.au

# GENERAL INFORMATION CONTINUED

## TQEH Human Research Ethics Committee (TQEH/LMH/MH) Submission and Meeting Dates for Applications 2017

Final Submission Date	SRS Meeting	HREC Meeting	
Mon 23 January	Tues 7 February	Mon 13 February	
Mon 13 February	Tues 28 February	Mon 6 March	
Mon 20 March	Tues 4 April	Mon 10 April	
Tues 18 April	Tues 2 May	Mon 8 May	
Mon 15 May	Tues 23 May	Mon 5 June*	
Mon 19 June	Tues 4 July	Mon 10 July	
Mon 24 July	Tues 8 August	Mon 14 August*	
Mon 21 August	Tues 5 September	Mon 11 September	
Mon 18 September	Tues 3 October	Mon 9 October*	
Mon 16 October	Tues 31 October	Mon 6 November	
Mon 20 November	Tues 5 December	Mon 11 December*	

\* Note: If required. Meeting could be moved to alternate HREC if not enough submissions.

#### For more information please contact:

Mrs Heather O'Dea Executive Officer, Team Leader Human Research Ethics Committee (TQEH/LMH/MH) CALHN Ethics Committees Heather.O'dea@sa.gov.au or health.CALHNResearchEthics@sa.gov.au

### **CALHN Animal Ethics Committee**

Last date to submit a new appli- cation to PRE-SCREEN	Last day to submit final applica- tion without PRE-SCREEN	Date of AEC Meeting
11 January	18 January	Wednesday 1 February
22 February	1 March	Wednesday 15 March
5 April	12 April	Wednesday 26 April
17 May	24 May	Wednesday 7 June
5 July	12 July	Wednesday 19 July
9 August	16 August	Wednesday 30 August
27 September	4 October	Wednesday 18 October
8 November	15 November	Wednesday 29 November

contact: Amy Brunato, Secretary SA Patholoy/CALHN AEC Committee <u>SAPathologyAEC@sa.gov.au</u>

# WORK, HEALTH & SAFETY

## ADJUSTING AND ADAPTING YOUR COMPUTER WORKSTATION

# 

### EVERYTHING WITHIN REACH...

- Place the mouse next to the keyboard and at the same height. (See over, Note 7)
- Document(s) should be on a documentholder that is placed either between the keyboard and the screen or next to and at approximately the same height as the monitor screen.
- A task light improves lighting on the document(s) you are reading. *(See over, Note 8)*

A properly adjusted workstation allows you to adopt a natural and comfortable posture. To benefit from these adjustments, your work should be properly organized. (See over, Note 9)

## **7** YOUR THIGHS SHOULD BE PARALLEL TO THE FLOOR

• Adjust the height and/or angle of the chair seat.

## YOUR FEET SHOULD LAY FLAT ON THE FLOOR OR ON A FOOTREST

 Adjust the height of the chair seat. (See over, Note 1)

#### BACK OF THE KNEES SHOULD BE CLEAR OF THE FRONT EDGE OF THE SEAT

- Adjust the depth of the chair seat so that you can easily place your fist behind your knee.
- Be sure to specify the appropriate seat depth length when ordering a new chair.

#### YOUR BACK: LOWER AND MID-BACK SHOULD BE WELL SUPPORTED

 Adjust the height, tension, and angle of the backrest, to ensure the lumbar support is positioned at your waist.

#### YOUR FOREARMS SHOULD BE SUPPORT-ED AND YOUR SHOULDERS RELAXED AT ALL TIMES

- The height of and distance between your armrests should allow freedom of movement for your forearms when performing tasks, yet provide support for them during rest periods or when using your mouse.
- Avoid hunching your shoulders and ensure that the elbows/upper arms remain close to your torso. (If armrests do not adjust, see over, Note 2)

#### **5** YOUR ELBOWS SHOULD BE AT APPROXI-MATELY THE SAME HEIGHT AS THE KEY-BOARD

 Adjust the height of your keyboard tray or work surface so the keyboard is at the height of your elbows.
 (If this is not possible, see over, Notes 3 and 4)

### YOUR WRISTS SHOULD BE STRAIGHT AT

#### ALL TIMES AND YOUR HANDS IN LINE WITH YOUR FOREARMS

- Adjust the angle and height of the keyboard tray or work surface to ensure straight wrists.
- If your keyboard tray or work surface is not adjustable, adjust your seat to ensure straight wrists. You will need to use a footrest if you have raised the seat and your feet are not flat and well supported on the floor. (See over, Notes 4 and 5)

#### THE MONITOR SHOULD BE AT A COM-FORTABLE READING DISTANCE AND HEIGHT

- The viewing distance should be within 16" to 29" (40cm-74cm). About one arm's length.
- The monitor height should allow the neck to be in a neutral position when looking at the top row of text on the screen. (See over, Note 6)

# WORK, HEALTH & SAFETY

## MORE INFORMATION

### ADJUSTING AND **ADAPTING** YOUR COMPUTER WORKSTATION



#### NOTE 1 **ADJUSTING THE HEIGHT OF YOUR CHAIR SEAT**

· Adjust the height of your chair seat so that it is below or at knee height.

#### **NOTE 2** ARMRESTS

- Your forearms can be supported by
- armrests. If your armrests are not adjustable, replace with adjustable armrests if possible.

#### NOTE 3 WORK SURFACE

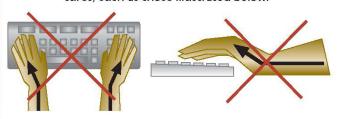
- · If your work surface is not adjustable, adjust the height of your chair seat so that your elbows are at the same height as the keyboard.
- The height of the chair should be adjusted considering the height of the work surface and the work being done.

#### **NOTE 4**

- FOOTREST
- A footrest may be necessary when the chair is raised for a worker to reach a work surface and when feet are unsupported.
- If a worker moves his or her chair frequently between different work surfaces, more than one footrest may be required.

### **NOTE 5**

- HAND POSITION · The purpose of a hand/wrist support is to prevent your wrists from resting on hard surfaces
- during rest periods between keyboard tasks. · Good habits include avoiding extreme wrist postures, such as those illustrated below.



#### NOTE 6 **POSITION OF COMPUTER** MONITOR

· If you wear bifocals and view the screen with the lower portion of the lenses, it may help to position the monitor lower or tilt it back slightly. (Watch out for glare!)

#### NOTE 7

#### SIZE AND POSITION OF THE MOUSE

- · Your mouse should be the proper size to fit your hand and be positioned directly beside your keyboard.
- If you have a keyboard tray that is not wide enough to accommodate the mouse, consider the use of adjustable shelves that may be attached to the work surface or those that may extend the keyboard tray.



- Another option is to eliminate your keyboard tray by placing your keyboard and mouse on the work surface. Note that if you choose this option, remember to apply the necessary adjustments to the chair and monitor height as required.
- · Ensure your arms are close to your body while using the mouse.

#### NOTE 8

#### LIGHTING AND GLARE

To avoid glare and increase monitor screen visibility, you can:

- Reduce, eliminate or diffuse any overhead lighting that is reflected on your screen;
- Position your monitor so that your line of vision is parallel to the window;
- · Ensure that the monitor screen has a light background colour and dark characters;
- An antiglare screen should be avoided unless other measures are not applicable.

Please note: glare control measures should ensure that a comfortable posture can be maintained.

#### NOTE 9 WORK ORGANIZATION

Even the most comfortable posture should be changed periodically.

- · Tilt your chair seat and backrest to vary posture; Take short breaks frequently to avoid prolonged
- static postures; Alternate work at the computer with noncomputer tasks;
- Adopt a work pace that is regular and reasonable for you;
- Periodically look away from the screen to a farther distance;
- Stretch regularly and perform relaxation exercises;
- Swivel your chair to face your next task instead of twisting your body.

#### Conception

Direction de la santé publique de Montréal-Centre – Santé au travail

Health Santé Norkolace Health and Canada Canada Public Safety Programme

nme de santé au travail et de sécurité du public





Québec :::

# UPCOMING EVENTS

## THE QUEEN ELIZABETH HOSPITAL



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www.basilhetzelinstitute.com.au/events

**BHI Research Seminars** 

September 2017

Seminars commence at 12pm every Wednesday Ground Floor Seminar Rooms, Basil Hetzel Institute, TQEH

#### Wednesday 6 September

- **SPEAKER:** Dr Steven Wiederman, ARC DECRA, Senior Lecturer, Head, Visual Physiology & Neurobotics Laboratory, ARC Centre for Nanoscale BioPhotonics, Adelaide Medical School, The University of Adelaide
- **TITLE:** Predicting and selecting features in visual clutter: from neurobiology to autonomous robotics
- CHAIR: Dr Lorraine Mackenzie, Centre Manager, Therapeutics Research Centre, Level 2, BHI, TQEH. lorraine.mackenzie@unisa.edu.au

#### Wednesday 13 September

- **SPEAKER:** Dr Damien Belobrajdic, Senior Research Scientist, CSIRO Food Futures Flagship, Adelaide
- **TITLE:** Functional health effects of nutrients from the sea for bowel and bone health: insights into our research and health product commercialisation journey
- CHAIR: Dr Chandra Kirana, Research Officer, Liver Metastasis Research Group, Discipline of Surgery, University of Adelaide, Level 1 BHI, TQEH. <u>chandra.kirana@adelaide.edu.au</u>

#### Wednesday 20 September

- **SPEAKER:** Dr Eugene Roscioli, Postdoctoral Research Fellow, The Chronic Inflammatory Lung Disease Research Laboratory, Dept. of Thoracic Medicine, The Royal Adelaide Hospital. Adjunct Lecturer, The University of Adelaide, Adelaide Health and Medical Sciences Building
- **TITLE:** Zinc Homeostasis in Airway Epithelial Cells as a Fundamental Contributor to Dysregulated Autophagy in COPD
- CHAIR: Dr Peter Zalewski, Research Officer, Discipline of Medicine, University of Adelaide, Level 2 BHI, TQEH. <u>peter.zalewski@adelaide.edu.au</u>

#### Wednesday 27 September

- **SPEAKER:** A/Prof Billy Kaambwa, Associate Professor in Health Economics and Head of the Health Economics Unit within the School of Medicine, Flinders University of South Australia
- **TITLE:** Is the use of high-sensitivity troponin among patients presenting with undifferentiated chest pain cost-effective? Results from an economic evaluation conducted alongside a randomised controlled trial.
- CHAIR: Dr Isuru Ranasinghe, National Heart Foundation Future Leader Fellow, Discipline of Medicine, University of Adelaide, Ground Floor BHI, TQEH. <u>isuru.ranasinghe@adelaide.edu.au</u>

<u>Please Note</u>: All Honours and Postgraduate students are required to attend two thirds of BHI Research Seminar Program run between April and October. Attending students are requested to sign the attendance sheet each session. University of Adelaide students attending this seminar gain 1hr CaRST (refer to UoA website).



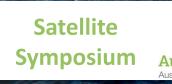
## At the Frontiers of Neuroscience: Feelings & Forgetting

Free Registration: symposium@bionomics.com.au



## 26 OCTOBER 2017

Adelaide Convention Centre, North Terrace, Adelaide





www.basilhetzelinstitute.com.au

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## 5<sup>th</sup> Annual Symposium

## **The Frontiers of Neuroscience: Feelings & Forgetting**

Adelaide Convention Centre, North Terrace, Adelaide Thursday 26 October 2017

Free registration (email Lauren Nicotra: <a href="mailto:symposium@bionomics.com.au">symposium@bionomics.com.au</a>)

Time	Speaker		Торіс
	SESSION 1:		
9.15	<b>Dr Deborah Rathjen</b> CEO & Managing Director,	Bionomics	Welcome
9.30	<b>Professor Steve Williams</b> IoPPN Kings College London & Maudsley Hospital		MR Neuroimaging to Facilitate the Drug R&D Process - from Mouse to Man
10.00	<b>Dr Ann Hayes</b> The Ann Hayes Consultancy; formerly Director of CNS Therapeutic Research, GlaxoWellcome		Multiple Mechanisms for Pain – How Can We Improve the Chances of Success?
10.30	MORNING TEA		
	SESSION 2:		
11.00	<b>Dr Richard Hargreaves</b> Corporate Vice President Neuroscience & Imaging, Celgene		Seeing the Problems and Devising Solutions for Neurodegenerative Disease
11.30	<b>Professor Ole Isaacson</b> Professor of Neurology & Neuroscience, Harvard Medical School		Novel Concepts from Human Cell Biology and Genetics for Neurodegenerative Disease Treatments
12.00	<b>Dr Michael F Egan</b> Associate Vice President, Clinical Neuroscience, MSD		Development of BACE Inhibitors for the Treatment of Alzheimer's Disease
12.30	LUNCH		
	SESSION 3:		
1.30	<b>Dr Paul Coleman</b> Executive Director, Discovery Chemistry, MSD		Discovery of Belsomra, a First-in-Class Orexin Antagonist for the Treatment of Insomnia
2.00	<b>Professor Alexander McFarlane</b> Director of the Centre for Traumatic Stress Studies, Professor of Psychiatry, University of Adelaide		The Importance of a Staging Approach to Psychiatric Illness in Understanding the Role of Biomarkers and Treatment Response
2.30	Professor Paul Rolan Director of Innovation, University of Adelaide		Innovation in Clinical Trial Design
3.00	AFTERNOON TEA		
	SESSION 4:		
3.30	<b>Professor Malcolm Hopwood</b> Ramsay Health Care Professor of Psychiatry, University of Melbourne		PTSD: Treatment Opportunities
4.00	<b>Dr Sue O'Connor</b> VP Neuroscience, Bionomics		BNC210 – A Novel Therapeutic in Development for PTSD
4.30	<b>Mr Ben Thorner</b> Senior Vice President, Business Development & Licensing, MSD		Close
4.45-5.45	NETWORKING WITH D	RINKS & CANAPES	
		Satellite Symposium	AusBiotech 2017

## 2017 EMBL Australia Postgraduate Symposium

Overcoming Chaos: Understanding big data and complex problems

Garvan Institute, Sydney 29<sup>th</sup> Nov - 1<sup>st</sup> Dec

25<sup>th</sup> Aug Early bird registrations and travel grant applications close 1st Sept Registrations and abstract submissions close

### EAPS 2017

A three day symposium for research students by research students.

This year we're aiming to overcome chaos in big data and complex problems during a broadly themed symposium.

Join us and meet interstate and international speakers and researchers from many disciplines and develop exciting new cross-disciplinary projects.

### Invited speakers

Dr. Niklas Blomberg, ELIXIR Prof. Grant McArthur, Victorian Comprehensive Cancer Centre Prof. Leann Tilley, Bio21 Molecular Science and Biotechnology Institute Prof. Terry Speed, Walter and Eliza Hall Institute of Medical Research Institute of Medical Research Institute - University of Queensland Dr. Nic Waddell, QIMR Berghofer Medical Research Institute Dr. Sarah McKay, The Neuroscience Academy

www.eaps.org.au



## PUBLICATIONS

If you wish to have a recent publication included, please send details to the BHI Communications Officer rebecca.anderson@adelaide.edu.au

Ambagtsheer R, Visvanathan R, Cesari M, Yu S, Archibald M, Schultz T, Karnon J, Kitson A, Beilby J. Feasibility, acceptability and diagnostic test accuracy of frailty screening instruments in community-dwelling older people within the Australian general practice setting: a study protocol for a cross-sectional study. *BMJ Open*. 7(8):e016663, 2017 Aug.

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Chionh F, Lau D, Yeung Y, Price T, Tebbutt N. Oral versus intravenous fluoropyrimidines for colorectal cancer. *Cochrane Database of Systematic Reviews*. (7), 2017 Jul. Article Number: CD008398 DOI: 10.1002/14651858. CD008398.pub2.

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## THRF NEWS

## Your Dream Lifestyle is Calling!

The Hospital Research Home Lottery is back and the grand prize is one not to be missed! Just by buying a ticket you have a 1 in 10 chance of winning over 11,600 prizes, including our grand prize - a stunning fully-furnished Malvern Home, a Range Rover Sport SE AND \$1 million cash!

Built by Scott Salisbury Homes, this stunning home is nestled in the leafy streets of Malvern, with soaring cathedral ceilings, an enviable wine wall, a refreshing plunge pool and alfresco dining.

If you purchase tickets before September 21, you'll also go in the draw to win one of five luxury BMW X1s!

Visit <u>www.homelottery.com.au</u> and grab yourself a ticket before they sell out! Good luck!





# THRF NEWS CONTINUED

## Angela Yi has joined THRF!

We are excited to introduce you to our newest staff member, Angela Yi. In a newly created role, Angela has joined us as our Digital Marketing Specialist.

Joining the marketing team, Angela brings significant knowledge and experience in the digital marketing space. If you see Angela around at the BHI don't hesitate to say hi!



## Thank you for helping us to #forkcancer!



Your generous contributions towards The Longest Table has helped us raise over \$230,000 for vital cancer research. 100 per cent of these funds will be directed to cancer research at the BHI and other research institutions around Adelaide.

Thank you to everyone who participated in this year's Longest Table fundraiser! We are blown away by not only a record number of hosts but also a record amount raised!

## Purchase your 2017/2018 Entertainment™ Membership today!

At a great value of **\$70**, you can still purchase an Entertainment Membership from THRF, filled with over \$20,000 in valuable offers, which is \$5,000 more than last year! When you purchase your membership through THRF, 20% of the sale goes to research and patient care initiatives and could potentially go towards your very own research!

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