



A Note from the new CMO : Western Health.

I am delighted for the opportunity to appear in this AIMSS newsletter, and can hopefully tell you a bit about my previous experience and future goals. I have lived in Deer Park for most of my life, I attended school in the Keilor region and completed my internship at Western Health, so I am still very much connected to this community and still passionate about serving the Western region of Melbourne.

Previously, I was the Deputy Chief Medical Officer and Director of Quality and Patient Safety at Austin Health, also acted as the Divisional Medical Director of the Anaesthetic, Perioperative and ICU Division for 18 months. I also had a stint at Epworth HealthCare as a medical leadership and management trainee, plus worked at Medibank Private as an occupational and immigration medical adviser.

During my clinical years, I worked in ED, surgery and General Practice, and worked in a research lab for 2 years (as part of a PhD) in the field of neuroscience, plus multiple roles in medical education. I'm also one of two medical ambassadors for "Beyondblue", an affiliation I'm very proud of and hope to translate some of their great work at Western Health.

My current Chief Medical Officer role has replaced the previously named Executive Director of Medical Services role, thus medical staff continue to be represented at the executive table and it's my duty to ensure all medical staff and academics are engaged, listened to and empowered to make change, as we continue to provide excellent care to our community. I must say I'm blown away by the 'can-do' culture at Western Health and the long list of innovations that have put Western Health on the map, regionally and nationally.

I'm also blown away by the rapid ascent that AIMSS has made and the remarkable achievements in the academia space, that this relatively young Institute has posted. I know under Gustavo's visionary leadership, AIMSS will continue to make headlines on behalf of Western Health, Victoria University and the University of Melbourne.

My leadership style centers on open and two-way communication with all medical and academic staff through multiple avenues, and through a revised and succinct medical staff communication that will provide salient updates from around the organisation. I also want to create an accessible forum for communication, so please don't hesitate to connect through my office or via Gustavo, other academics, Clinical Service Directors or Clinical Leaders, in their important work which I am sure will result in lasting and meaningful impact. Our organisation is going through very exciting changes over the next 12 months so we'd rather hear from you early and work together on managing any concerns. I'm hoping to be a great support in continuing to grow our research and academic service, and truly become a national leader in delivering evidence-based excellence throughout our unique and connected community. Feel free to contact me at paul.eleftheriou@wh.org.au to chat more. I look forward to seeing our organisation continuing to kick goals!

Dr Paul Eleftheriou : Chief Medical Officer: Western Health.



AIMSS is Young

Part of the success of any organisation relies in its capacity to attract new members while also adjusting itself to generational changes. Research Institutes, such as AIMSS, have the opportunity of renewing its membership by constantly integrating a young generation of researchers. That's the rationale for the implementation of our Members-in-Training (MITs) membership. This special category allows our MITs to apply for scholarships, travel grants and seed grants and to participate at our regular academic and faculty development activities. The role of AIMSS is to complement the support that they usually receive from their supervisors and academic institutions. We add a major value to their membership by encouraging them to interact with students and trainees from our two Universities and members of Western Health thus creating an environment of scholarship and collaboration.

Our current representative James Sorensen is a PhD student at VU under the supervision of Prof. Alan Hayes. James has done an excellent job representing the MITs at the Committee, presenting their suggestions for improvement, and organising welcoming activities to our new MITs. Our strategy to attract new MITs consists of inviting any new student who is expected to spend more than 6 months at our Institute and also all Western Health trainees practising at our affiliated Clinical Units (Endocrinology, Aged Care, Rheumatology, Rehab Medicine and Orthopaedics) to join our Institute. I'm therefore glad to inform that our current number of MITs is 35 and growing. All of us are just accidents within an organisation; the day will arrive in which the new generations will take over leadership positions at AIMSS. I'm sure that what we are planting today will be a great tomorrow for our Institute.

Prof. Gustavo Duque – Director AIMSS

From our Director

Our Team Member of the Month



Dr Rachel Duckham:

**AIMSS Project Director:
Musculoskeletal Health for Children
and Adolescents Research Program.**

Following a career as an Exercise Scientist, Rachel earned her PhD in Human Biology from the Center for Global Health and Human Development at Loughborough University, UK.

Rachel's research focuses on childhood bone growth, with a vision to establish effective interventions to recognise precursors of osteoporosis risk during childhood, and to prevent the onset of osteoporosis later in life. Recently she was awarded a Fellowship to work with Prof Richard Lewis at the University of Georgia in 2018.

Rachel is also the 2018 Winner of the Capstone Editing Grant for Mid-Career Researchers. The funds received will contribute to her worthy research into the dietary patterns, bone and gut function of children with Autism Spectrum Disorder (ASD).

Rachel studies involve children with ASD having a greater risk of hip fracture and hospitalisation than children who do not have ASD.

AIMSS Publication of the Month

This article with Senior researcher Dr Sharon Brennan-Olsen -AIMSS Program Director for Social Epigenomics and Population Health, has received much international media coverage between April 4-6th 2018 (China, Russia, Italy, Greece, Great Britain, USA, and New Zealand) via Radio and Written press.

"Associations between asthma status and radiologically-confirmed fracture in children"

It is written by investigators: Degabriele EL, Holloway KL, Pasco JA, Hyde NK, Vuillermin PJ, Williams LJ, Brennan-Olsen SL. Associations between asthma status and radiologically-confirmed fracture in children: A data-linkage study. J Paediatric Child Health.

<https://doi.org/10.1111/jpc.13895>

AIMSS Seminar Series

Our AIMSS Seminars for 2018 in February and March have been very well attended with a high quality of the presentations, and outstanding speakers.

Guest presenters: A/Prof Cathy Said on "*Gait rehabilitation in older people with Stroke*" and Prof Lorenz Hofbauer: (University of Dresden): "*Communication Pathways between Cancer and Bone*." sponsored by AMGEN.



Prof Alan Hayes, Deputy Director AIMSS thanking A/Prof Cathy Said, Dr Sharon Brennan-Olsen welcomes new Project Director, Dr Lynne Millar and the invaluable networking enjoyed by all seminar attendees in the Atrium.

Our Collaborator of the Month



Prof Alfonso J. Cruz chairs the Geriatric Department of the Hospital Universitario Ramón y Cajal in Madrid, Spain and is Professor of Geriatrics at the Universidad Europea de Madrid.

He is Past President of the European Geriatric Medicine Society (EuGMS) and is member of its Academic Board. He was recently appointed the Editor-in-Chief of European Geriatric Medicine, the official EuGMS journal. He also chairs the European Working Group on Sarcopenia in Older People (EWGSOP). He is a representative of Spain on the Board of the International Association of Gerontology and Geriatrics (IAGG).

Prof Cruz's present areas of research include sarcopenia, frailty and nutrition in older people, geriatric pharmacotherapy, inclusion of older subjects in clinical research, comprehensive geriatric assessment and geriatric education. He currently leads the EWGSOP, in preparing an update of the 2010 European definition of sarcopenia to be presented at the EUGMS congress in October 2018 in Berlin. He is Editor-in-Chief of the EUGMS official journal, European Geriatric Medicine, that has a specific section head for frailty and sarcopenia, so papers on the topic are welcome.

Good News!

We have published more papers this year than ever before in AIMSS history. For your information, our average impact factor (IF) for 2015 was 1.1, this year our average IF is 4.6! This is outstanding for a (relatively) small Research Institute.

To calculate our 5-year IF, we will have to wait until the end of 2018.

The fracture committee at the International Osteoporosis Foundation has evaluated our Fracture Care and Prevention Program at Western Health (Sunshine, Footscray and Williamston Hospitals) and has recognized our services with a Silver 84%.

This is a major achievement considering that our program is just one year old.

Short News:

*Welcome to our AIMSS 2018 Project Directors: A/Prof Cathy Said, Dr Sean Yan and Dr Lynne Millar.

*Farewell Rita Kinsella; Clinical Research Manager and Merima Muthardozić; Clinical Research Trial Coordinator.

*Congratulations to AIMSS 2018 PhD Scholarship Recipient- Darci Green & Dr Ahmed Al-Saedi on successful completion of his PhD.

ANZSSFR Annual Meeting

Registration and abstract submissions are open:

ALL SUBMISSIONS OPEN – 1 April 2018

SYMPOSIUM SUBMISSIONS CLOSE – 31 May 18



**Australian and New Zealand Society
for Sarcopenia and Frailty Research**

2018 ANNUAL MEETING • DUNEDIN, NZ • 23-25 NOVEMBER

