**2021 Summer Research Project Description**

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| **Project title:** | **Analysis of IUIHs Exercise Physiology team service delivery under new model.**  |
| **Positions available:** | **1** |
| **Project duration and delivery**  | * *20 hours per week*
* *8 – 10 weeks negotiable*
* *Mixed attendance*
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| **Description:** | The Institute for Urban Indigenous Health (IUIH) Ltd is a not-for-profit, Aboriginal and Torres Strait Islander Community Controlled Organization which leads the planning, development and delivery of comprehensive primary health care to Indigenous communities of the South East Queensland Region. The IUIH and its Members serve Australia’s second largest but fastest growing Indigenous population. IUIH’s mission is to ensure Aboriginal and Torres Strait Islander peoples in South East Queensland have access to comprehensive, high quality and timely primary health care services, integrated with the broader health and human services system.The Work it Out (WIO) program is a culturally responsive, chronic condition self-management program that has been implemented since 2011 across participating Community Controlled Health Services (CCHSs) in South East Queensland.With the recent changes to the Exercise Physiology Team’s service delivery in response to Covid-19 restrictions to include individual, one-on-one sessions as well as the WIO Program moving to a small group 12 week ‘graduate’ format, versus a rolling attendance model, it is timely to assess the effectiveness of these changes. The WIO program now runs on a 12 week cycle, with clients able to participate in one cycle. The aim is once clients have completed a cycle, they will graduate from the program with the skills to self-manage their health needs. They will also be individually prescribed an exercise program and will have an awareness of various supports offered in their local community. The program remains flexible in supporting client’s health and family needs and is one of many of the Exercise Physiology Services IUIH has to offer.A WIO session is led by an Accredited Exercise Physiologist (AEP) and delivered in partnership with a multidisciplinary team of Allied Health professionals. Each WIO session consists of a group education session delivered by a variety of health professionals in a culturally appropriate yarning style. Each client participates in an individually tailored exercise prescription developed by an AEP and performed in a supportive group setting. This program is developed around the clients goals, local community and home environment and individual needs and preferences to support them to take the steps towards self-management upon graduation.The program not only provides a safe and supported setting for exercise, but an opportunity for clients to stay socially and culturally connected.By coming to WIO, our clients have seen improvements in their:* Confidence and ability in managing their health and wellness.
* Cardiovascular fitness.
* Muscular strength and endurance.
* Balance and movement in day to day tasks.
* Mental health and wellbeing.

WIO is currently being delivered from IUIH clinics in the following locations: Morayfield, Strathpine Deception Bay, Woolloongabba, Goodna, Miami, Capalabla, Wynnum, North Stradbroke Island, Woodridge and Northgate.This project/review will ask the question what is the impact of the changes on service delivery under the new model? This will include a comparison of all Exercise Physiology services including; attendance numbers, Medicare Billing data, client satisfaction and access to services as well as feedback from the team in regards to client graduation stories and goal achievements. This project will involve collating, comparing and reporting on outcomes, outputs, and any known patterns. There would also be the expectation that some client follow up may be involved to collect qualitative data. In addition to this, based on team and client feedback, further CQI suggestions might also be included as relevant. |
| **Expected outcomes and deliverables:** | * Quantitative data analysis of data already collected and recorded.
* Collect qualitative data and analyse.
* Report and disseminate results, including recommendations in a summary report.
* Present a quick 10 minute summary to the wider network via IUIH research forums (online via Microsoft teams).
* Scholars may have an opportunity to contribute towards conference presentations.
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| **Suitable for:** | The student needs to be able to work independently and proactively and follow directives effectively. Students will be given some cultural awareness training and will get the most out of their placement if they come with an ability and willingness to be flexible, reflect on their own values and culture and humility to learn.This project is open to applications from students with a background in Public Health. |
| **Primary Supervisor:** | Katrina Ghidella – Exercise Physiology Clinic Lead & Accredited Exercise PhysiologistDr Alison Nelson – Director Organisational Development & Occupational Therapist  |
| **Further info:** | The successful student(s) will be required to complete an induction with the Student Placement Coordinator at IUIH’s Windsor head office before commencing their placement. All project students are required to have a Blue Card and Police Check prior to placement. |
| **Will you be collaborating with an external organisation on this project (for example NGO, government agency or private industry)?**  | No.  |