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The Lifestyle Research Centre (LRC) was established in 2013 to foster multidisciplinary research relating to lifestyle, health and wellbeing. The LRC brings together academics from the various Faculties at Avondale College of Higher Education and collaborating researchers from other Australian and International institutions who are passionate about investigating the role of a positive lifestyle in the promotion of health and wellbeing. The aim of the LRC is to be a world-leading lifestyle research centre.

The LRC has three broad research domains:

1. Complete Health Improvement Program (CHIP)
2. Healthcare Associated Infections
3. Holistic Health and Wellbeing/ Sub domains including:
   - Live More
   - Nutrition
   - Resilience and Trauma Brain Injury
   - Medical Humanities
   - Lifestyle Medicine

LRC motto: “Optimising health outcomes”

LRC Director: Professor Brett Mitchell. Email: brett.mitchell@avondale.edu.au
LRC Board: Professor Brett Mitchell, A/Professor Rob McIver, Cathy McDonald, Dr Robyn Pearce, Dr Darren Morton
Research Area: CHIP

Complete Health Improvement Program (CHIP)

The Complete Health Improvement Program (CHIP) is a comprehensive lifestyle intervention program originally developed by Dr. Hans Diehl as a means to educate the American population about using lifestyle change as a means of reversing CAD. The programme was updated in collaboration with Sanitarium health and wellbeing and academics at the Lifestyle Research Centre and focuses on lifestyle management of a broad range of common major chronic diseases. The CHIP programme is now operating internationally in both developed and developing nations.

The program has been shown to be effective for the management and even reversal of chronic illnesses, based on studies in numerous peer-reviewed publications.

CHIP is now used in 10 countries around the world and is one of the most well published community-based lifestyle interventions in the medical literature.

The Lifestyle Research Centre coordinates the international research effort regarding CHIP.

Avondale lecturer Linda Cloete has been administering lifestyle programs for many years and has observed numerous individuals and families show enormous improvements in health and well being. When adopting recommendations made in the CHIP programme people have reported improved health, mood, sexual function and medical data show improved cholesterol, blood pressures and blood sugars. Studies done on some USA population groups have also shown reversal of coronary artery disease. Academics affiliated with the Lifestyle Research Centre are involved in a number of projects related to the CHIP program and are researching its benefits on a range of diseases including diabetes, heart disease, depression, and even dementia.

Current Projects:

- The effectiveness of the CHIP lifestyle intervention in the United States, Canada and Australasia
- The effectiveness of a modified version of the CHIP intervention for illiterate communities in the South Pacific
- The cost effectiveness of the CHIP lifestyle intervention in the United States
- Changes in lipid sub-fractions associated with a transition to a plant-based eating pattern

“A lot of people who adopted the lifestyle changes actually reversed their coronary artery disease”
Healthcare Associated Infections (HAIs)

Healthcare associated infections— infections resulting from a person receiving healthcare—are relatively common, but a large proportion can be prevented. World-first studies, led by researchers at the Lifestyle Research Centre, have demonstrated the impact of these infections on healthcare centres and individuals and emphasised the need for more conscientious practices.

Example of current projects:

<table>
<thead>
<tr>
<th>Project</th>
<th>Lead</th>
<th>Partners</th>
</tr>
</thead>
<tbody>
<tr>
<td>Reducing catheter associated urinary tract infections in hospitals: a randomised controlled study</td>
<td>Avondale</td>
<td>ACU, Monash University, ANU and QUT</td>
</tr>
<tr>
<td>Researching Effective Approaches to Cleaning Hospital (REACH)</td>
<td>QUT</td>
<td>Avondale, Wesley Medical Research Unit, UWA, ACU</td>
</tr>
<tr>
<td>Reducing catheter use: a randomised controlled study</td>
<td>Avondale</td>
<td>Deakin, Monash</td>
</tr>
<tr>
<td>Exploration of infection control in Australian aged care facilities</td>
<td>Avondale</td>
<td>Deakin University, Griffith University and Gold Coast Hospital</td>
</tr>
<tr>
<td>Patients experience with healthcare associated infections</td>
<td>Avondale</td>
<td>Glasgow Caledonian University</td>
</tr>
<tr>
<td>Electronic surveillance of healthcare associated infections: A systematic review</td>
<td>Avondale</td>
<td>Deakin University, Griffith University and Gold Coast Hospital</td>
</tr>
<tr>
<td>The burden of healthcare associated infection in Australian hospitals: A systematic review</td>
<td>Avondale</td>
<td>Deakin University, Griffith University and Gold Coast Hospital</td>
</tr>
<tr>
<td>Reducing environmental contamination using dilute hydrogen peroxide (DHP) technology: an observational cross over study</td>
<td>Avondale</td>
<td>Hunter New England Health District</td>
</tr>
</tbody>
</table>
Holistic Health and Wellbeing

Holistic Health and Wellbeing includes but is not limited to Healthy Eating and Nutrition, Avoidable Blindness, Lifestyle Medicine, Medical Humanities.

Current Projects:

- Community-based Lifestyle Education Program Addressing Non-communicable Diseases in Islands of the South Pacific.
- A project aimed at improving the wellbeing of College students: the Live More—Happy project.
- Investigating adolescent health and lifestyle in Adventist schools
- Live More project
- Narratives from patients with cancer
- A study exploring cancer metaphors and the representation of illness
- The impact of resilience on the longer term wellbeing of family caregivers
- Food and Nutrition in the Media - Recipe to Riches study including Health Star Ratings
- Therapeutic benefits of poetry writing for people with life threatening illnesses
- The ethical supervision of trauma narratives and well-being

Dr Darren Morton, Interviewed on Studio 10, on his new book, Live More Happy.
Our Impact

Research from the LRC has had a significant impact for the community in which we serve. Detailed below are some brief examples of impact and interest in our work.

Patient isolation room soon to be available to hospitals across the world

The introduced through a nurse graduate at Avondale, researchers at Avondale College and the Sydney Adventist Hospital worked with two entrepreneurs who developed an isolation room for hospitals. Following research led by Professor Mitchell, the RediRoom™ is set for distribution to hospitals in 2019.

Evidence for reducing urinary tract infections

A landmark study, lead by Professor Brett Mitchell, has found that the use of chlorhexidine as part of as part of urinary catheter insertion practices, can significantly reduce the incidence of infection. The randomised clinical trial was conducted in three Australian hospitals and has grabbed attention worldwide. Results will impact patient care in hospitals internationally as well as undergraduate curriculum.

Our findings have resulted in:

- Reporting in newspapers
- Online and radio interviews with the ABC
- Commercial radio interviews
- Large social media interest, with one research project (HAIs) have a reach of over 250,000 on Twitter
- Online publications such as The Conversation
Prof Brett Mitchell

Brett Mitchell is a Professor of Nursing and Director of the LRC. He has over 100 peer reviewed publications and is nationally and internationally recognised for his work in the area of healthcare associated infections. Brett is the Editor-in-Chief of Infection Disease and Health and is involved in national work in the area of infection control, including Chair of a NHMRC committee revising national infection control guidelines.

Dr Darren Morton

Dr Darren Morton is a senior lecturer in the Faculty of Education, Business and Science and is one of the lead researchers at the LRC. He has a PhD in human physiology and is passionate about the emerging field of lifestyle medicine. Darren is one of the key presenters for a worldwide lifestyle intervention called CHIP (Complete Health Improvement Program) and is researching the effectiveness of lifestyle interventions targeting chronic disease through the Lifestyle Research Centre at Avondale.

Dr Carolyn Rickett

Dr Carolyn Rickett is the Assistant Dean of Research for the faculty of Arts, Nursing and Theology as well as a senior lecturer of communication at Avondale College.

She works primarily within the field of medical humanities and is particularly interested in the way in which communication and literature can be beneficial to patients and medical professionals. She has worked on several projects in this area alongside high profile Australian poets, including publishing an anthology of poems narrating personal experiences with life threatening illness.

A/Prof Maria Northcote

Maria Northcote is an Associate Professor in Online Learning and Research. She teaches undergraduate and postgraduate teacher education students in the areas of mathematics education, research methods, assessment and HSIE (Human Society and its Environment). Her work also focuses on creating research opportunities within the institution and developing collaborative research opportunities with other institutions.
Dr Malcolm Anderson

Dr Malcolm Anderson is a Senior Lecturer in the Faculty of Arts, Nursing and Theology and Graduate Studies Convenor in nursing. His research projects have involved multi-site, multidisciplinary collaborations with the Ingham Institute of Applied Medical Research, and the Hong Kong Institute of Education. His main research interests include psychological stress in families such as examining the effects of traumatic brain injury on family relationships.

Dr Robyn Pearce

Dr Robyn Pearce is a senior lecturer in the Faculty of Education Business and Science, and Strand Convenor for Technology and Applied Studies. Robyn teaches undergraduate education and science students in the areas of food, nutrition and health promotion. Her research interests include nutrition and cognitive function in adolescents, plant based eating, practical issues in dietary sodium reduction, nutrition in the media and application of Health Star Ratings.

Dr Lillian Kent

Dr Lillian Kent researches and lectures on lifestyle medicine at Avondale College. She is particularly interested in the field of chronic disease and much of her research is based on it’s prevention and reversal through lifestyle. She also works with community groups locally as well as overseas to deliver lifestyle intervention programs.

Conjoint appointments at the LRC include:

- A/Prof Philip Russo, Monash University
- Dr Oyebola Fasugba, Australian Catholic University
- Dr Jill Gordon
- Dr Paul Rankin
Patricia Eastwood

Patricia Eastwood is a student undertaking a Masters of Philosophy at Avondale College. Her research is exploring the effects of an intervention; at reducing depressive symptoms in residential aged care facilities.

Bevan Craig

Bevan Craig is a PhD student at Avondale College, with a background in nursing and theology.

Bevan is interested in the field of adolescent health and wellbeing, and has been involved in youth work for many years. His research focuses on Lifestyle medicine, particularly in reference to adolescent health and the Adventist church.

Linda Cloete

Linda Cloete is a lecturer at Avondale College in the discipline of Nursing, and is currently completing her PhD.

She is passionate about lifestyle intervention as a means of preventing and reversing chronic diseases. Her PhD investigates the effectiveness and cost benefit of the CHIP program for sufferers of type II diabetes.
Grants & Donations

The LRC research centre has received generous donations from members of the community, to support research and work at the LRC.

Since 2013, the LRC has received a large number of donations. These have supported a range of projects including:

- Providing scholarships for residents in pacific island countries to Lifestyle Medicine courses at Avondale College
- Assisted six higher degree research students who are researching areas related to the LRC
- Support of a CHIP study in people with Type 2 diabetes
- Assisted with study aimed at reducing the risk of urinary tract infections in Australian hospitals.

Researchers at the LRC have also been successful in obtaining competitive research grants, including:

- Journalism Education and Research Association of Australia
- Health services grant from HCF Foundation
- Australasian College of Infection Prevention and Control
- Industry grant, from AusIndustry commercialisation grant
- Medtronic
- Ian Potter Foundation
- Investigators on NHMRC partnership grant

Donations to support research work at the LRC can be made online via: https://egiving.org.au/avondalecollege

LRC Scholarships

The scholarship provides seed money to Pacific islanders to begin postgraduate studies in lifestyle medicine—Vakamocea and other scholarship recipients receive full-fee waiver to complete the Graduate Certificate in Lifestyle Medicine, a one-year part-time course delivered via distance education. The aim: to empower those with influence to share their knowledge with those in their communities, many of which are now having to meet the challenge of treating lifestyle-related chronic conditions.
Publication Overview

The following provides an overview of publications linked to the LRC. The 2018 data was correct at the time of publishing but is subject to change.

<table>
<thead>
<tr>
<th>Year</th>
<th>Book</th>
<th>Journal</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>2018</td>
<td>2</td>
<td>14</td>
<td>16</td>
</tr>
<tr>
<td>2017</td>
<td>1</td>
<td>27</td>
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<td>2013</td>
<td>7</td>
<td>10</td>
<td>17</td>
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<td>2012</td>
<td>0</td>
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</tr>
<tr>
<td></td>
<td>21</td>
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<td>131</td>
</tr>
</tbody>
</table>

* A Q1 ranked journal is a journal with an impact factor in the top quartile of publications in the relevant discipline.
Since 2013, Avondale researchers have published work with authors internationally (Figure 1). Within Australia, researchers at the LRC have research collaborations with a number of higher education institutions, healthcare providers, professional association and industry. Examples of these include:

- Glasgow Caledonian University
- Queensland University of Technology
- Australian National University
- University of Sydney
- Monash University
- Deakin University
- Australian Catholic University
- Sanitarium Health and Wellbeing
- The Adventist Development and Relief Agency International
- University of Technology Sydney
- The University of Newcastle

Figure 1. Overview of international authorship collaborations
Presentations and Engagement

Members of the LRC have been invited to speak at numerous national and international conferences during 2018. These have provided considerable exposure for Avondale and the LRC. Further, there has been significant representation of Avondale (LRC) at national committees, including with the Australian Commission on Safety and Quality in Health Care and the National Health and Medical Research Council.

Conference presentations
Between 2015 and 2018, Avondale researchers have authored:
• 20 peer reviewed oral presentations at national and international conferences
• 21 peer reviewed poster presentations at national and international conferences
Full details of these presentations are provided at the end of this report.

Research Seminar Series
Established in 2013, this series is jointly supported by Avondale College, Sydney Adventist Hospital, Australasian Research Institute (ARI) and University of Sydney. The series showcases Avondale’s research achievements to the wider community. The seminar series is offered biannually to bring together academics, researchers, clinicians, undergraduate and postgraduate students to present papers on health or education related topics to peers, SDA church workers and general public. Since 2013, a total of 28 papers have been presented and attendance has been between 30-40 per session.

Academics from the Ingham Institute and Avondale College (Dr Malcolm Anderson)

Speakers from the research seminar series, Clinical Education Centre


Publications - peer reviewed

Journals & books 2014-2018

four infection control conferences. Infection Control & Hospital Epidemiology, Prepublished 22 August 2017, doi: 10.1017/ice.2017.170


Publications - peer reviewed

Journals & books 2014-2018


Oral presentations 2015-2018


13. Fasugba, O., Koerner, J., Gardner, A., Mitchell, BG (2016). The effectiveness of meatal cleaning with antiseptics for the prevention of catheter associated urinary tract infection: Findings of a systematic review and meta-analysis. 5th International Australasian Col-
Oral presentations 2015-2018


Poster presentations 2015-2017


4. Changes in knowledge and attitudes of hospital environmental services staff: The Researching Effective Approaches to Cleaning in Hospitals (REACH) study. Hospital Infection Society Conference, Liverpool, United Kingdom.


