

<b>Project Title</b>	<b>Walking In Their Shoes</b>
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**Lead discipline (please select one)**

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|---|---|
| <input type="checkbox"/> Nursing and Midwifery    | <input type="checkbox"/> Health Economics       |
| <input checked="" type="checkbox"/> Allied Health | <input type="checkbox"/> Biostatistics          |
| <input type="checkbox"/> Medicine                 | <input type="checkbox"/> Value-based Healthcare |
| <input type="checkbox"/> Pre-clinical             | <input type="checkbox"/> Epidemiology           |
| <input type="checkbox"/> Health Policy            | <input type="checkbox"/> Other                  |

**Outline of the project 250 words max**

Designs of healthcare facilities aim to provide an environment that facilitates delivery of this high quality care for all patients. The design of building environments (eg single vs shared rooms, or the relative distance between spaces that have functional relationships) may impact staff work activities and thus the care and therapy they are able to provide to patients. This may include the distance walked by staff in their day-to-day activities, or the ease of delivering care and therapy. Ultimately this may impact on the amount of time staff have available to enact their primary role of delivering direct patient care.

This study is an observational study design with data collected at two time points with different rehabilitation building designs. Accelerometry monitoring was used to measure walking distance of staff working in the rehabilitation services so as to examine how this may differ (if at all) between the different environments.

The primary objective of the study is to determine how far clinical staff walk during a usual shift, in the “old sites” and in the “new site” to explore if there are any differences between the facilities with their varying building and environmental design in the distances staff walk during their work. Any differences between clinical staff groups (medical, nursing and allied health) will also be examined both within and between the pre-post phases.

This research provides a unique opportunity to increase understanding of the potential impact, if any, of building design and models of care on patient activity within rehabilitation units and contribute towards future health service design.

### **Proposed research methods**

This project is ongoing. Following project design and ethical approval, all quantitative data has been collected. The next step of the project is data analysis.

Descriptive statistics will be analysed via Excel. Aggregated participant data for the entire group will be reported as mean (SD) of daily steps, and distance walked in each phase. To examine differences between the environments, a between group comparison of the pre and post move data collection phases (mean/SD with 95% CI) will be analysed.

Participant activity bouts will also be aggregated to describe any potential trends of low/med/high walking activity across the shift to examine relationships with walking distance and the time of day.

Aggregated participant data for each of the three profession sub-groups (medical, nursing and allied health) will be calculated (presented as mean difference with 95% CI) with between group (professional sub-group) and setting (pre-post) differences calculated to examine differences in walking distance between the profession sub-groups.

Results will be compared between the different rehabilitation environmental designs, and other published research to contribute towards writing a research paper on the impact, if any, of differing healthcare facility designs for rehabilitation units.

### **Preferred study discipline being undertaken by the student**

Any – relevant to students from all professions as the research relates to rehabilitation practice in the context of interprofessional care.

### **Benefits to the student and to the department**

Participation in this project will assist the student to develop research skills including review and synthesis of evidence, quantitative data analysis, and report writing, and professional skills of interprofessional collaboration and communication in a healthcare setting.

Outcomes from this project have a real world clinical application, with the findings potentially influencing healthcare facility design nationally and internationally.

### **Alignment with Government Research Priorities 100w max**

The ACT Health Centre for Health and Medical Research has a vision of research and innovation that enhances the health and well-being of our community across the continuum of care, with priorities of developing our organisational research cultures and translating evidence into clinical practice. The draft Canberra Health Services and Allied Health Research Strategies also align with these aims. This research project is embedded within the CHS clinical spaces, involving staff and the impact on patient care, and has an

opportunity to contribute towards the knowledge base in this area locally, nationally and internationally.

**Department within ACT Health Directorate / Canberra Health Services where the student will be based**

University of Canberra Hospital  
Allied Health  
Rehabilitation, Aged and Community Services  
Canberra Health Services

Please submit form to [preclinical.research@act.gov.au](mailto:preclinical.research@act.gov.au)