

EIM Australia



Jeffrey Coombes

National Center Director

Jeff Coombes

Affiliation

Director of Research,
Queensland University

National Center Manager

Jennifer Alencar

Host Institution – Exercise & Sports Sciences Australia (ESSA)

Exercise & Sports Science Australia is the peak professional organization committed to establishing, promoting and representing the career paths of tertiary-trained exercise and sports science practitioners.



National Center Advisory Board

Anita Hobson-Powell

Elizabeth Flynn

Chris Askew, PhD

Robert Newton, PhD

Lynn Davies, MD

Sharon Stay, MD

Anne Matyear

Cris Massis

Michelle Thompson, MD

Professional Affiliation

CEO, Exercise and Sports Science Australia

Preventive Health Policy, Australian Department of Health

Associate Professor, School of Health & Sport Sciences,
University of Sunshine Coast

Associate Dean & Co-Director of the Exercise Medicine
Research Institute, Edith Cowan University

General Practitioner

Royal Australian College of General Practitioners

Former President, Australian Practice Nurse Association

CEO, Australian Physiotherapy Association

CEO, Australian College of Sports Practitioners

2016 Goals

- A key focus for 2016 is self-sustainability through education and a new EIM Australian Network
- Development of a customisable sponsorship proposal template that allows for a faster turnaround for submissions
- Greater priority to engagement of healthcare providers through education and provision of resources
- There is currently significant change underway in the Australian primary health sector. In previous years, EIM partnered with Medicare Locals (federally funded primary health organisations) to sponsor and facilitate education and other networking events for healthcare professionals. Due to Governmental changes, Medicare Locals ceased operation in June 2015, with Primary Health Networks launched in July. EIM and ESSA are working closely with the newly formed PHNs to rebuild relationships and provide opportunities moving forward.

- In 2015, EIM Australia completed the planning and development phase for a new initiative called EIM in Practice, which launches in February 2016. A selection of GP practices around Australia will implement the EIM Australia Framework, with data from medical software captured at baseline, at one, three, and six month intervals. Data captured will be used for future sponsorship proposals, to inform future resource development, and to provide a catalyst for more robust physical activity screening in primary care.

Past Accomplishments

- EIM Australia has worked throughout 2015 to tailor the EIM Solution to the Australian healthcare environment.
- EIM Australia's factsheets were ranked by Medical Observer as the 2nd best physical activity resource for healthcare providers and patients behind only behind the AUS PA Guidelines
- Development of EIM factsheets for Aboriginal and Torres Strait Islanders.
- A factsheet on Type 2 Diabetes was launched, and significant groundwork for cardiovascular disease and kidney disease factsheets was also completed.
- Update of several EIM Australia resources to reflect the latest evidence and improve usability including: Healthcare Provider Action Guide, posters, brochure, tips for starting an exercise program, referrals under Medicare.
- Re-endorsement of the EIM education package by the Australian Association of Practice Nurses.
- Conducted EIM workshops (2hrs) for primary healthcare practitioners. Over 1200 have attended the workshops and/or taken the online workshop
- Development of a EIM GP visit kit
- Workplace with over 2000 staff are undertaking the Be Active at Work Survey
- Reviewed and revamped factsheets. 6 new ones developed.