



Project Title: Physical activity patterns in people undertaking inpatient and post-hospital rehabilitation as part of the AMOUNT rehabilitation trial		Code: SPH5
Host School / Institute: Sydney School of Public Health		Address: Institute for Musculoskeletal Health, Level 10 North, KGV building, Missenden Rd, Camperdown
Certificates & Clearances required: No		
Primary Supervisor: Dr Leanne Hassett		
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Co-Supervisor/team: The student will work within the Physical Activity, Ageing and Disability research stream within the Institute for Musculoskeletal Health. The project team includes Professor Cathie Sherrington and Mr Daniel Treacy (PhD candidate, University of Sydney and Physiotherapy Advisor SESLHD) as well collaborators in the Netherlands (Dr Femke van Nassau and A/Prof Hidde van der Ploeg from Department of Public and Occupational Health and Amsterdam Public Health research institute, VUmc).		
Project Type: Data Analysis; Clinical		
Project Category: Rehabilitation; Physiotherapy		
Skills / Attributes of a successful student: -motivated with good attention to detail and enjoys working with numbers and with good problem solving skills. -experience using excel software is preferable as is an interest in physical activity and/or rehabilitation.		
Project Keywords: Physical activity; wearables; rehabilitation; data analysis; technology		
Project Description: The AMOUNT rehabilitation trial (Hassett L et al 2016; BMJOpen) was a large (300 participants) randomised controlled trial that demonstrated important and significant improvements in mobility in people undertaking rehabilitation who received additional exercise using a range of affordable digital devices (virtual reality gaming systems, wearable activity trackers, apps on tablet and phones) supported by a physiotherapist. Unfortunately we were not able to demonstrate significant improvements in physical activity although there were some indications of benefit from objective and subjective measurement. Physical activity was objectively measured using the activPAL activity monitor, attached to the person's thigh for 7 days and provided information on time spent sedentary and upright, and number of steps per day. Because of our findings and to help guide future trial intervention development we wish to further explore the activity monitor data. This student project will use the already collected activity monitor data to evaluate the pattern of activity and inactivity in the 300 trial participants.		