Communications 2
Research skills
COMMUNICATIONS 2

1.) Group Presentation – Health Care Issues in Australia
Assessing:  HLTHIR301C (6);  Weeks 7,8,9

In small groups of 2 – 3 students present to the class information relating to contemporary issues in health care in Australia and the role of organizations and legislation in the health care system which are related to these issues. The talk should last around 30 min and include how massage fits into the picture. Topics could include:

- eating disorders
- domestic violence
- indigenous health
- grief & loss
- obesity
- depression
- mental health disorders
- post traumatic stress disorder

- refugee/asylum seeker health
- substance abuse/addiction/dependency
- post natal depression
- disabilities
- cancer
- anxiety
- multiculturalism
Some organizations that may relate:

- Beyond Blue
- SANE
- Black Dog Institute
- Karitane/Tresillian
- mental health outpatients hospital clinics
- counseling services: Relationships Australia and/or Centacare
- meals on wheels or similar community services
- Parent Line
- Breast Feeding Association
- Australian Council on Health care Standards
- Home and Community Care Standards
- National Health & Medical Research Council
How to approach this assignment

Choose your topic and then research and write about;

1. Causes of the ailment/disorder
   • Include statistics and
   • Examples if they are relevant

2. Symptoms

3. Risks or complications
   • To the individual and to the community

4. Treatments
   • Particularly lifestyle and support services
   • Psychological treatments

5. Referral Services

6. Relevance to massage
   • How can massage assist people with this condition
   • Any adjustments for treatment?
Key web resources

BioMed Central - free access to 200 biomedical and scientific journals, incl BMC Complementary and Alternative Medicine, and Chinese Medicine. Free registration

Cochrane Library - evidence based systematic reviews

Inner body - guide to human anatomy online from

Complementary and Alternative Medicine Index (CAM) - University of Maryland Medical Center. Encyclopedia of diseases and alternative treatments

Keep them safe

National Center for Complementary and Alternative Medicine - US agency for scientific research on complementary therapies

PubMed - free Medline index of medical journals. Some articles are available free

St James Ethics Centre - not-for-profit organisation providing a non-judgemental forum for the promotion, exploration and exploration of ethics

Touch Research Institute - brief abstracts of massage research

Health statistics

Public Health Information Development Unit - information is available in both map and data formats; down to LGA level. Click on your required subject area under ‘Quick links to all tables, charts, data and reports’

Australia’s Health - biennial report from Australian Institute of Health & Welfare

Communications 2 websites

- Beyond Blue
- SANE Australia
- Black Dog Institute
- Karitane
- Tresillian
- Mental Health Services - Nenad Blue Mountains Local Health District
- Relationships Australia
- Centacare
- Meals on Wheels Australia
- Parentline
- Australian Breastfeeding Association
- Australian Council on Health Care Standards (ACHS)
- National Health & Medical Research Council
To access the following eBooks you will need your DEC Username and password.

**Issues in Society series eBooks**

The Issues in Society series of books are a good place to start your research. These books provide clear and concise information on current issues.

Read these eBooks online by clicking on the title and entering your DEC username and password. Hardcopy print versions of these books are also available in the Library.

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How do you make sure your information is reliable?

Evaluating Information
How do you make sure your information is reliable?

**Author**  who is writing the information and why should you trust them?

**Bias**  What is the information’s purpose and point of view? Do they treat both sides of an issue fairly?

**Content**  Is the information complete and accurate?

**Date**  Is the information current? When was the website last updated?
Author
- ... is named.
- ... is qualified. Check for their degree or their experience.
- ... contact information - their email or a link is included to their website.
- The information is sponsored by a reputable group.

On a website look for:
- About us, Who Am I, FAQs, Our Staff, Company Information, Profiles, Home
- To find out more about the author or sponsor, look for them using a search engine such as Google

Bias
- Refers to the point of view and personal prejudice of an individual or organisation.
  Be aware of biases when you choose information to use.

  For example;
  Would you use information from a Coca Cola brochure to explain the benefits of vending machines in schools?
  Would you use Tony Abbot’s website for a description of the qualifications of Kevin Rudd to continue as Prime Minister?

Content & Coverage
- Information is accurate.
- If a website, links all work.
- Sources—stated and cited
- Information is verifiable—compare to other sources
- No spelling or grammatical errors.

Date
- How recently was the information published or updated?
  Last Updated (Aug 15, 2007 at 04:57 PM)
  © 1996-2007 National Geographic Society

- Why would you want to know when information was created or updated?
Search engines, for example Google  www.google.com.au
Massage Therapy for Depression - Help for Depression
www.helpfordepression.org › Alternative Methods
Find out how massage therapy for depression works, what the pros & cons are, and what the experts say about it.

Massage Can Reduce Symptoms of Depression — American ...
www.amtamassage.org › ... › Approved Position Statements
It is the position of the American Massage Therapy Association (AMTA) that massage therapy can be effective in reducing the symptoms of depression.

Massage - American Cancer Society
www.cancer.org › ... › Manual Healing and Physical Touch
May 23, 2013 - Studies of massage for cancer patients suggest massage can decrease stress, anxiety, depression, pain, and fatigue. Many health care ...

Massage Therapy for Depression | MGH Center for Women's Mental...
www.womensmentalhealth.org/massage-therapy-for-depression/
Aug 23, 2010 - There are currently 100 clinical trials registered on clinicaltrials.gov using massage as a treatment. Six are listed for the indication of depression ...
Advanced Search

Find pages with...

all these words: depression massage

this exact word or phrase:

any of these words:

none of these words:

numbers ranging from:

Then narrow your results by...

language: any language

region: any region

last update: anytime

site or domain: .org
Massage therapy
“Postnatal depression” PND
.gov
Advanced Search

Find pages with...

all these words:

this exact word or phrase:

massage therapy

depress anxiety

any of these words:

none of these words:

numbers ranging from:

Then narrow your results by...

language:

region:

last update:

site or domain:

beyondblue.org.au
Questions?