Lindsey Brett
Lecturer
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Centre for Health Systems and Safety Research
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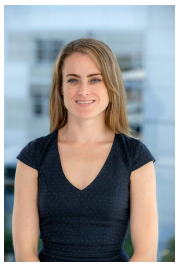

## Biography

*BSc (Hons) Coventry University, PhD University of Wollongong*
**Dr Lindsey Brett** is a Postdoctoral Research Fellow at the Department of Health Sciences. Her position is a conjoined role at Macquarie University and the Prince of Wales Hospital that involves clincal work, research and teaching focused on gerontology physiotherapy.
Lindsey completed her PhD in 2017 at the University of Wollongong. Her research focused on the impact of physical exercise on individuals living with dementia in aged care. She completed her BSC (Hons) in Physiotherapy at Coventry University, UK. She gained clinical experience working as a physiotherapist both in the UK and Australia since 2008, predominantly working in the aged care sector.

## Qualifications

Physiotherapy, Doctor of Philosophy, Evaluating the Impact of Physical Exercise on Agitation and Physical Performance for Individuals Living with a Dementia in Nursing Homes, University of Wollongong
3 Mar 2014 → 20 Jul 2017
Award Date: 22 Sept 2017

Physiotherapy, Bachelor of Science in Physiotherapy (First Class Honours), Honours thesis title: Physiotherapy only versus physiotherapy and corticosteroids for adhesive capsulitis: Systematic review, Coventry University
1 Sept 2005 → 1 Aug 2008
Award Date: 3 Nov 2008

31 Mar 2020 HDR30: HDR Supervision Orientation 2020-2023, HDR31

## Employment

**Honorary Lecturer**
Lecturer
School of Health Sciences and Nursing
Macquarie University
1 Apr 2022 → present

**Centre for Health Systems and Safety Research**
Macquarie University
25 Jul 2017 → present

**Senior physiotherapist**
Encara
Australia
1 Jun 2016 → 1 Jun 2017

**Physiotherapist**
St George Physiotherapy
Australia
1 Feb 2016 → 1 Jun 2016

**Physiotherapist**
Metropolitan Rehabilitation Hospital
Sydney, NSW, Australia
18 Jan 2016 → 1 Jun 2016

**Physiotherapist**
Repatriation General Hospital
Daw Park, Australia
1 Mar 2012 → 1 Sept 2012

**Physiotherapist Manager**
Total Care Healthcare
Australia
1 Mar 2011 → 8 Jan 2016

**Physiotherapist**
Back in Motion
Australia
1 Nov 2010 → 1 Mar 2011

**Senior 2 Physiotherapist**
Sandwell and West Birmingham Hospitals NHS Trust
United Kingdom
1 Apr 2010 → 1 Sept 2010

**Junior Physiotherapist**
Sandwell and West Birmingham Hospitals NHS Trust
United Kingdom
11 Aug 2008 → 31 Mar 2010

## Research outputs

**Virtual reality-based training has potential to improve dementia knowledge, attitudes, and sense of competence of physical therapists and occupational therapists**
Brett, L. & Kwok, A., 2025, In: Physical and Occupational Therapy in Geriatrics. 43, 2, p. 95-107 13 p.

**Emergency department physiotherapists: consideration of perceived barriers and facilitators to help optimise their role in the Australian emergency department**
Vickery, T., Brett, L. & Jones, T., 4 Oct 2024, In: International Journal of Emergency Medicine. 17, 1, p. 1-14 14 p., 136.

**Demographics and scope of Australian emergency department physiotherapists**
Vickery, T., Brett, L. & Jones, T., 2 Oct 2024, In: International Journal of Emergency Medicine. 17, 1, p. 1-9 9 p., 133.

**Co-production processes for translation and validation of psychosocial assessments for older adults in aged care**
Siette, J., Nguyen, A. D., Dodds, L., Brett, L. & Georgiou, A., Sept 2024, In: Australasian Journal on Ageing. 43, 3, p. 645-650 6 p.

**Perceived barriers and facilitators to the provision of physiotherapy in residential aged care facilities: a national survey of Australian physiotherapists**
Brett, L., Pocovi, N. C. & Traynor, V., Mar 2023, In: Australasian Journal on Ageing. 42, 1, p. 165-175 11 p.

**'I go home with a happy heart'. Enhancing community aged care services to sustain togetherness: perspectives from Australian staff and clients**
Siette, J., Knaggs, G., Nguyen, A. D., Brett, L., Jorgensen, M., Gow, E. & Georgiou, A., Sept 2022, In: Health and Social Care in the Community. 30, 5, p. e1746-e1755 10 p.

**The type and scope of physiotherapy is under-utilised in Australian residential aged care facilities: a national, cross-sectional survey of physiotherapists**
Brett, L. & Ilhan, E., 28 Jul 2022, In: BMC Geriatrics. 22, p. 1-11 11 p., 625.

**Characteristics of older Australian community aged care clients who fall: incidents reported by care staff**
Brett, L., Jorgensen, M., Myton, R., Georgiou, A. & Westbrook, J. I., Feb 2022, In: Health and Social Care in the Community. 30, 2, p. 469-475 7 p.

**Social participation among older adults receiving community care services**
Siette, J., Berry, H., Jorgensen, M., Brett, L., Georgiou, A., McClean, T. & Westbrook, J., Sept 2021, In: Journal of Applied Gerontology. 40, 9, p. 997-1007 11 p.

**Advocating for effective care in a disjointed residential aged care sector**
Brett, L. & Pocovi, T., Apr 2021, In: InMotion. April, p. 40-42 3 p.

**Funding tool must cover allied health**
Brett, L., Pocovi, N. & Dawson, R., Mar 2021, In: Australian Ageing Agenda. March-April 2021, p. 22-23 2 p.

**Effect of physical exercise on physical performance and fall incidents of individuals living with dementia in nursing homes: a randomized controlled trial**
Brett, L., Stapley, P., Meedya, S. & Traynor, V., 2 Jan 2021, In: Physiotherapy Theory and Practice. 37, 1, p. 38-51 14 p.

**Measuring the prevalence of 60 health conditions in older Australians in residential aged care with electronic health records: a retrospective dynamic cohort study**
Lind, K. E., Raban, M. Z., Brett, L., Jorgensen, M. L., Georgiou, A. & Westbrook, J. I., 8 Oct 2020, In: Population Health Metrics. 18, 1, p. 1-9 9 p., 25.

**The co-design of timely and meaningful information needed to enhance social participation in community aged care services: think tank proceedings**
Brett, L., Nguyen, A. D., Ng, J., Dove-Pizarro, J., Hourihan, F. & Georgiou, A., Mar 2020, In: Australasian Journal on Ageing. 39, 1, p. e162-e167 6 p.

Impressions of using the Cohen-Mansfield Agitation Inventory as an outcome measure: lessons learnt for future clinical researchers (innovative practice)
Brett, L., Traynor, V., Meedya, S. & Stapley, P., 1 Feb 2020, In: Dementia. 19, 2, p. 464-471 8 p.

**The use of physiotherapy in Residential Aged Care Facilities (RACFs) internationally: a systematic review**
Brett, L., Noblet, T., Jorgensen, M. & Georgiou, A., 10 Dec 2019. 1 p.

**At the grassroots of home and community-based aged care: strategies for successful consumer engagement**
Brett, L., Siette, J., Nguyen, A., Jorgensen, M., Miao, M., Westbrook, J., Lee, W., Gow, E., Hourihan, F. & Georgiou, A., 21 Nov 2019, In: BMJ Open. 9, 11, p. 1-7 7 p., e028754.

**The use of physiotherapy in nursing homes internationally: a systematic review**
Brett, L., Noblet, T., Jorgensen, M. & Georgiou, A., 11 Jul 2019, In: PLoS ONE. 14, 7, p. 1-16 16 p., e0219488.

**Ageing well: evaluation of social participation and quality of life tools to enhance community aged care (study protocol)**
Brett, L., Georgiou, A., Jorgensen, M., Siette, J., Scott, G., Gow, E., Luckett, G. & Westbrook, J., 12 Mar 2019, In: BMC Geriatrics. 19, 1, p. 1-8 8 p., 78.

**Exercise and dementia in residential care: evidence and policy incoherence**
Brett, L., Traynor, V., Stapley, P. & Meedya, S., 19 Nov 2018, *17th National Conference of Emerging Researchers in Ageing: Bringing Researchers and the Community Together: Conference Program & Proceedings.* Melbourne: Monash University Publishing, p. 23 1 p.

**Social participation tools in community aged care: initial findings from client and support staff focus groups**
Brett, L., Georgiou, A., Jorgensen, M., Ng, J. & Westbrook, J., 19 Nov 2018, *17th National Conference of Emerging Researchers in Ageing: Bringing Researchers and the Community Together: Conference Program & Proceedings.*

Melbourne: Monash University Publishing, p. 23 1 p.

**Sufficient exercise for Australians living with dementia in residential aged care facilities is lacking: an exploration of policy incoherence**
Brett, L., Stapley, P., Meedya, S. & Traynor, V., Oct 2018, In: Australian and New Zealand Journal of Public Health. 42, 5, p. 427-429 3 p.

Five facts about … gerontological physiotherapy
Jessup, V., Wallwork, F., Lowry, M., Lynch, S., Tan, J., Cooke, A., Brett, L., Gibson, T. & Ciccarello, E., Sept 2018, In: InMotion. September 2018, p. 48-51 4 p.

**Exercise for individuals living with dementia in residential aged care facilities: a neglected issue**
Brett, L. & Traynor, V., Feb 2018, In: Australian Nursing and Midwifery Journal. 25, 7, p. 38 1 p.

Exercise and dementia in nursing homes: views of staff and family carers
Brett, L., Traynor, V., Stapley, P. & Meedya, S., Jan 2018, In: Journal of Aging and Physical Activity. 26, 1, p. 89-96 8 p.

**Exercise and dementia: family and residential care staff perspectives**
Brett, L., Traynor, V., Stapley, P. & Meedya, S., 2018, p. 25. 1 p.

**SECG Blog: A focus on social participation of community aged care clients**
Brett, L., Georgiou, A., Jorgensen, M. & Westbrook, J., 2018, Australian Association of Gerontology Website 1 p.

**SECG Blog: The post-PhD job search: where to start**
Brett, L., 2018, Australian Association of Gerontology Website 1 p.

**Social participation discussions: capturing important information in community aged care**
Brett, L., Georgiou, A., Siette, J., Nguyen, A. & Westbrook, J., 2018, p. 148. 1 p.

**Understanding social participation amongst community aged care clients**
Siette, J., Jorgensen, M., Brett, L., Scott, G., Georgiou, A. & Westbrook, J., 2018.

**You can't ask that! The Student and Early Career Edition**
Brett, L., Cash, B. & Rahn, A., 2018.

Acceptability of the Cohen-Mansfield Agitation Inventory in an Australian residential aged care facility
Brett, L., Traynor, V., Stapley, P. & Meedya, S., Dec 2017, In: Collegian. 24, 6, p. 579-584 6 p.

**Where have all my friends gone? Ageing well and targeting loneliness and isolation**
Brett, L., Georgiou, A., Jorgensen, M., Siette, J., Scott, G. & Westbrook, J., Oct 2017, The Health Advocate, 44, p. 34-35 2 p.

Effects and feasibility of an exercise intervention for individuals living with dementia in nursing homes: Study protocol
Brett, L., Traynor, V., Stapley, P. & Meedya, S., 1 Sept 2017, In: International Psychogeriatrics. 29, 9, p. 1565-1577 13 p.

How physical exercise can benefit individuals living with a dementia in nursing homes
Brett, L., Traynor, V., Stapley, P. & Meedya, S., Nov 2016. 1 p.

Physical exercise for individuals living with a dementia in residential care
Brett, L., Traynor, V., Stapley, P. & Meedya, S., Nov 2016, p. 33. 1 p.

How physical exercise can benefit individuals living with dementia in nursing homes
Brett, L., Traynor, V., Stapley, P. & Meedya, S., Jul 2016. 1 p.

Peer Review #2 of "Feasibility and benefits of group-based exercise in residential aged care adults: a pilot study for the GrACE programme (v0.1)"
Brett, L., 18 May 2016, In: PeerJ. 4

Peer Review #2 of "Feasibility and benefits of group-based exercise in residential aged care adults: a pilot study for the GrACE programme (v0.3)"
Brett, L., 18 May 2016, In: PeerJ. 4

Effects of physical exercise on health and well-being of individuals living with a dementia in nursing homes: a systematic review
Brett, L., Traynor, V. & Stapley, P., 1 Feb 2016, In: Journal of the American Medical Directors Association. 17, 2, p. 104-116 13 p.

An evidence-based physical activity protocol for people living with dementia in nursing homes
Brett, L., Traynor, V., Stapley, P. & Meedya, S., Nov 2015, p. 6. 1 p.

An evidence-based physical exercise protocol for people living with dementia in nursing homes
Brett, L., Traynor, V., Stapley, P. & Meedya, S., Sept 2015, p. 27. 1 p.

Effects of physical activity on health and well-being of individuals living with a dementia in residential accommodation: a systematic review
Brett, L., Traynor, V. & Stapley, P., Nov 2014. 1 p.

Measuring the effects of physical activity on individuals living with a dementia in residential accommodation: a systematic review of RCTs
Brett, L., Traynor, V. & Stapley, P., 2014, p. 22-23. 2 p.

## Activities

### Hospital to Residential Aged Care: The role of physiotherapists in transition and advocacy
Brett, L. (Speaker)
7 Sept 2021

### Faculty of Medicine, Health and Human Sciences Disciplinary committee member (External organisation)
Brett, L. (Member)
2021 → …

### Macquarie University Medal Committee (External organisation)
Brett, L. (Member)
2021 → …

### Macquarie Ageing and Aged Care Researchers Network (External organisation)
Brett, L. (Member)
2019 → …

### Australian Physiotherapy Association NSW Branch committee (External organisation)
Brett, L. (Member)
2018 → 2019

### Public Health Association of Australia (External organisation)
Brett, L. (Member)

2018

**Using data analytics to enhance the quality of community care**
Brett, L. (Speaker)
8 Nov 2017 → 10 Nov 2017

**AAG Student and Early Career group - Communications working group (External organisation)**
Brett, L. (Member)
2017 → 2019

**Australian Physiotherapy Association (External organisation)**
Brett, L. (Member)
2017 → …

**Australian Physiotherapy Association Gerontology specialty group (External organisation)**
Brett, L. (Member)
2017 → …

**Health Informatics Society of Australia (External organisation)**
Brett, L. (Member)
2017 → 2019

**NSW APA Gerontology Committee (External organisation)**
Brett, L. (Member)
2017 → …

**Australian Association of Gerontology Limited (External organisation)**
Brett, L. (Member)
2014 → 2019

**Australian Health Practitioner Regulation Agency (External organisation)**
Brett, L. (Member)
2010 → …

**Australian Physiotherapy Association (External organisation)**
Brett, L. (Member)
2010

**Australian Physiotherapy Association Gerontology specialty group (External organisation)**
Brett, L. (Member)
2010

**UK Chartered Society of Physiotherapy Steward (External organisation)**
Brett, L. (Member)
2009 → 2010

**UK Chartered Society of Physiotherapy (External organisation)**
Brett, L. (Member)
2008 → 2010

**UK Health Professions Council (External organisation)**
Brett, L. (Member)
2008 → 2010

## Prizes

**2019 ALLIED HEALTH CROSS BOUNDARY GRANT PROGRAM**
Brett, L. (Recipient), 10 Jul 2019

**Prince of Wales Foundation Grant**
Brett, L. (Recipient), 13 Jun 2019

## Press/Media

**Far from happy bowels: The most common condition afflicting aged care residents**
Raban, M., Lind, K. E., Jorgensen, M., Brett, L., Westbrook, J. & Georgiou, A.
20/10/20
1 Media contribution

**Study highlights data gap in residents' health status**
Raban, M., Lind, K. E., Jorgensen, M., Brett, L., Westbrook, J. & Georgiou, A.
3/11/20
1 item of Media coverage

## Awards

## Projects

**Impact of virtual reality training on allied health professional's knowledge and perception of dementia**
Brett, L. (Primary Chief Investigator), Pocovi, T. (Research Assistant) & Treacy, D. (Associate Investigator)
3/07/19 → 31/01/22