

Lindsey Brett
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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 clinical 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, University of Wollongong

3 Mar 2014 → 20 Jul 2017

Award Date: 22 Sep 2017

Physiotherapy, Bachelor of Science in Physiotherapy (First Class Honours), Coventry University

1 Sep 2005 → 1 Aug 2008

Award Date: 3 Nov 2008

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

Employment

Academic Casual

Academic Casual

Department of Health Sciences

Macquarie University

21 Feb 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 Sep 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 Sep 2010

Junior Physiotherapist

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

Research outputs

'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., Sep 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., Sep 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.

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.

The use of physiotherapy in nursing homes internationally: a systematic review

Brett, L., Noblet, T., Jorgensen, M. & Georgiou, A., 1 Jan 2019, In: PLoS ONE. 14, 7, p. 1-16 16 p., e0219488.

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., Sep 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 Sep 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., Sep 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

Lindsey Brett (Speaker)

7 Sep 2021

Faculty of Medicine, Health and Human Sciences Disciplinary committee member (External organisation)

Lindsey Brett (Member)

2021 → ...

Macquarie University Medal Committee (External organisation)

Lindsey Brett (Member)

2021 → ...

Macquarie Ageing and Aged Care Researchers Network (External organisation)

Lindsey Brett (Member)

2019 → ...

Australian Physiotherapy Association NSW Branch committee (External organisation)

Lindsey Brett (Member)

2018 → 2019

Public Health Association of Australia (External organisation)

Lindsey Brett (Member)

2018

Using data analytics to enhance the quality of community care

Lindsey Brett (Speaker)

8 Nov 2017 → 10 Nov 2017

AAG Student and Early Career group - Communications working group (External organisation)

Lindsey Brett (Member)

2017 → 2019

Australian Physiotherapy Association (External organisation)

Lindsey Brett (Member)

2017 → ...

Australian Physiotherapy Association Gerontology specialty group (External organisation)

Lindsey Brett (Member)

2017 → ...

Health Informatics Society of Australia (External organisation)

Lindsey Brett (Member)
2017 → 2019

NSW APA Gerontology Committee (External organisation)

Lindsey Brett (Member)
2017 → ...

Australian Association of Gerontology Inc. (External organisation)

Lindsey Brett (Member)
2014 → 2019

Australian Health Practitioner Regulation Agency (External organisation)

Lindsey Brett (Member)
2010 → ...

Australian Physiotherapy Association (External organisation)

Lindsey Brett (Member)
2010

Australian Physiotherapy Association Gerontology specialty group (External organisation)

Lindsey Brett (Member)
2010

UK Chartered Society of Physiotherapy Steward (External organisation)

Lindsey Brett (Member)
2009 → 2010

UK Chartered Society of Physiotherapy (External organisation)

Lindsey Brett (Member)
2008 → 2010

UK Health Professions Council (External organisation)

Lindsey Brett (Member)
2008 → 2010

Prizes**2019 ALLIED HEALTH CROSS BOUNDARY GRANT PROGRAM**

Brett, Lindsey (Recipient), 10 Jul 2019

Prince of Wales Foundation Grant

Brett, Lindsey (Recipient), 13 Jun 2019

Press/Media**Far from happy bowels: The most common condition afflicting aged care residents**

Magda Raban, Kimberly E. Lind, Mikaela Jorgensen, Lindsey Brett, Johanna Westbrook & Andrew Georgiou
20/10/20

1 Media contribution

Study highlights data gap in residents' health status

Magda Raban, Kimberly E. Lind, Mikaela Jorgensen, Lindsey Brett, Johanna Westbrook & Andrew Georgiou
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., Pocovi, T. & Treacy, D.

3/07/19 → 31/01/22