

D E A K I N U N I V E R S I T Y

FACULTY OF HEALTH, MEDICINE, NURSING AND BEHAVIOURAL SCIENCES

HMF701 Agricultural Health and Medicine

UNIT GUIDE TRIMESTER 1, 2010

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Produced by the Faculty of Health, Medicine, Nursing and Behavioural Sciences
Deakin University, Geelong, Victoria 3217, Australia

NATIONAL CENTRE FOR
**FARMER
HEALTH**

in partnership with



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Welcome from the National Centre for Farmer Health

Welcome to the next generation of Agricultural Health and Medicine. This unit will provide participants with a better – and broader – understanding of agricultural health issues, and help improve the health outcomes of farming men, women, children and agricultural workers.

At the National Centre for Farmer Health we believe that a healthy Australian farm requires a healthy farm family. For too long, too many farm men and women – and agricultural workers – have refused to even acknowledge illness, let alone allow it to slow the hectic work schedule now demanded by 21st century farming.

We have a habitual record of farmers literally working themselves to death because, not only did they not think they needed to take care of their health, not enough of them even understood what was happening.

Health, in its broadest sense, is the cornerstone of the family and the industry, and as such needs more attention, acknowledgement and respect than it currently receives. Globally there are few formal programs in the world which train rural professionals in agricultural health, well-being and safety. Many people who work in these areas only learn through experience and informal methods; through trial, and sadly, through error.

HMF 701 Agricultural Health and Medicine might sound a mouthful but it has, importantly, brought together an outstanding and diverse range of academics and hands-on professionals.

This unit is a specifically-designed course to encourage and develop relationships across agriculture, health sciences, medicine, public health, occupational health, veterinary science and health promotion, reflecting the true diversity of agriculture.

I look forward to hearing of your progress and contribution to agricultural health and medicine as you continue your careers in this new direction.

Yours sincerely,

Associate Professor Susan Brumby

Director National Centre for Farmer Health, Hamilton

School of Medicine

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Welcome from the unit chair

Welcome aboard the new unit HMF701, Agricultural Health and Medicine. We are excited to be offering this unique postgraduate level study through the National Centre for Farmer Health, a partnership between Deakin School of Medicine and Western District Health Service. This unit is for students and rural professionals from a diverse range of backgrounds that are united by the common interest of improving the health, well-being and safety of Australia's primary producers. The key goal of this unit is to detail the health issues faced by farmers, their families and communities in order to stimulate improved prevention, treatment and survival strategies.

I hope that you find this unit intellectually stimulating, an opportunity to expand your professional networks and a valuable milestone in the development of your future career objectives. This unit guide details the desired knowledge base that you should develop through learning activities and assessments and summarises the assessment tasks, their rationale and expectations of student performance.

This unit has been developed to provide a rural and agricultural health overview to complement your previous knowledge and skills. Your success in this unit is dependent on regular contact with the unit chair, other course participants and a thorough utilisation of the self-directed learning available through Deakin Studies Online.

I wish you good luck with your study and look forward to meeting you all in Hamilton. Should you need to contact me in the interim, please don't hesitate to call or email and I will respond as soon as possible.

Kindest regards,

Unit chair

Dr. Scott McCoombe

National Centre for Farmer Health, Hamilton

School of Medicine

Faculty of Health, Medicine, Nursing and Behavioural Sciences

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Telephone: (03) 5551 8574

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Email: scott.mccoombe@deakin.edu.au

Unit presenters

Ms. Jan Austin BSc (Hons psych) MSc



Jan has 13 years experience in adult and older adult psychiatry in addition to a background in farming, where she was a P1 woolclasser. In the early '90s she pursued her passion for psychology, completing her undergraduate studies in 1996 after which she immediately began work for South West Healthcare (SWHC). While working in 2002 she completed her masters by research and is now a senior psychologist at SWHC. Jan has seen firsthand the range of mental health conditions in agricultural and rural communities. She is involved in supervising and training more than 40 psychologists and also maintains a private practice.

Associate Professor Tim Baker MBBS (Hons) BMedSci (Hons) FACEM



Tim is a fellow of the Australian College of Emergency Medicine and has considerable experience in the field of rural emergency medicine. Tim is director of the new Centre for Rural Emergency Medicine (CREM), a joint initiative between the State Government, Alcoa of Australia and the Deakin Medical School. CREM contributes to the co-ordination and delivery of effective emergency medical management throughout western Victoria and provides national leadership in emergency medicine research. He combines this research with work in the emergency departments of South West Healthcare in Warrnambool and Portland District Hospitals.

Dr Andrew Bradbeer MBBS FRACP



Andrew is a specialist respiratory physician and accredited sleep physician. He graduated with an MBBS from Melbourne University in 1995 and then completed speciality training in Melbourne, at St Vincent's Hospital and Monash Medical Centre, and at the prestigious Royal Brompton Hospital in London. Dr Bradbeer was admitted a Fellow of the Royal Australasian College of Physicians in 2003 and started private practice in Hamilton in 2004, where he established – in partnership with Western District Health Service – the Hamilton Sleep Disorders Centre, which opened in 2005.

Dr Rodger Brough MBBS FACHAM FACRRM



Rodger has worked as an addiction medicine physician at South West Healthcare for the past 20 years and has 11 years general practice experience in Warrnambool. Until December 2006 he had a co-located position in this role at the Western Regional Alcohol and Drug Centre in Warrnambool. Rodger is a consultant with Turning Point Drug and Alcohol Centre's Drug and Alcohol Clinical Advisory Service (DACAS), and a fellow of the Australian College of Rural and Remote Medicine (ACRRM) and Australasian Chapter of Addiction Medicine (AChAM). Rodger was also director of the Australian Rural Centre for Addictive Behaviours and over the past 18 years has worked in a number of specialist alcohol and drug treatment services. His principle interests are in the management of drug withdrawal, medical alcohol and drug education generally and rural alcohol and drug issues in particular.

Clinical Associate Professor Susan Brumby RN RM Grad Dip Women's Studies MHM



Sue has developed, implemented and evaluated farm family health programs Australia wide through the award-winning Sustainable Farm Families. She has enhanced that critical role by delivering training programs for health professionals working with farm men and women. Her work has been recognised through various awards, including the Victorian Regional Careers Achievement Award in 2009, the Quality Council and Department of Human Services Travelling Fellowship in 2006 and the Rural Health Professionals award in 2005. She is a graduate of the Australian Rural Leadership Program and has also been active in the agricultural sector in a practical sense as managing partner of Bellwyn Pastoral, a performance Hereford stud and self-replacing fine wool Merino enterprise.

Dr Ananda Chandrasekara MSc PhD RMO



Ananda taught at the University of Peradeniya, Sri Lanka, as a senior lecturer for four years. He has 10 year's experience as a registered medical officer with the Sri Lankan government health care system, mainly in agricultural areas. Ananda graduated with a PhD in Biochemistry (Human Nutrition) from the University of Sydney; an MSc (Agriculture) in Food Science and Technology, BSc (Agriculture), RMO (SLMC) and a certificate of AMP from University of Peradeniya, Sri Lanka. He now works as a researcher at the National Centre for Farmer Health, where he is combining his expertise of human nutrition and rural healthcare.

Mr Stephen Clifforth MBBS FRACS



Stephen is a general surgeon with 24 years experience treating agricultural injuries and conditions through his tenure at Hamilton Base Hospital and as a partner in Glenelg Surgical Clinic. Stephen completed his training at St. Vincent's Hospital before spending three years working in the UK. He returned to Australia to spend two more years at St. Vincent's as well as the Alfred Trauma and Austin Repatriation hospital, before making the tree-change to Hamilton. Stephen is currently an examiner and instructor with the Royal Australian College of Surgeons and a member of the Victorian Surgical Consultation Council.

Dr Dale Ford MBBS FRACGP FACCRM

Dale is a general practitioner based in Hamilton. He was previously clinical director of Australian Primary Care Collaboratives, a role he held for approximately two years. Dale has also chaired the Diabetes Expert Reference Panel and undertook training with the Improvement Foundation in Manchester with the rest of the ANPCC team in 2004. He has interests in diabetes and cardio-vascular disease, working in ICU at Hamilton's hospital, and is involved in a Diabetes Prevention Project and research with Greater Green Triangle University Department of Rural Health. Dale is the principal clinical advisor of Improvement Foundation Australia and a partner and GP in the Hamilton Medical Group. He helped set up Greater Green Triangle GP Education and Training (a regional training provider), and was the inaugural chair for the organisation and still sits on its board.

Mr. Bill Hamill

Bill is passionate about rural Australia and ensuring that rural producers and their staff have affordable access to quality and up-to-date education and training. Bill is the CEO of Rural Industries Skill Training one of Australia's leading rural training organisations, with its headquarters in Hamilton, Victoria. Prior to joining RIST, he held a number of senior management positions in national companies within the rural industry sector. Bill is undertaking a Master of Education (by research) focusing on identifying the barriers that limit young people pursuing careers in agriculture. Bill is a Victorian committee member of the Australian Council for Private Education and Training and has held a number of State and National Board positions in the rural health field.

Dr David Kramer PhD

David holds a PhD in biology from the University of Pennsylvania. He is the Co-ordinator of Medical Education in the Deakin Medical School. Before that he was program leader of the undergraduate biomedical sciences course at Deakin University, where he taught units in human physiology, pathophysiology, medical microbiology and immunology and environmental health. He has conducted research into the development of the immune system, immunotherapy for type-1 diabetes and the cell biology of dietary copper uptake and mechanisms of cellular protection against copper toxicity.

Mrs Val Lang AM

Val is part of a farming family producing fine wool and cereal, legume and oilseed crops near Lismore, western Victoria. Her tertiary training is in agriculture; she is a graduate of the Australian Rural Leadership Program and has been honoured with an Australia Day Award, AM, for services to rural women. She has been active for over 30 years in local community organisations, including school councils and hospital boards. Her community experience translated to active involvement in State and national women's organisations and advisory groups to government. Amongst other achievements, she initiated a series of workshops to increase rural women's skills in dealing with contentious issues.

Dr Richard Lunz BSc (Hons) MBBCh, MPH&TM

Richard joined the National Centre for Farmer Health to oversee the development of a framework for the AgriSafe program, in keeping with the strategic direction and core activities of the Centre. He is an occupational and environmental medicine practitioner with a background in primary care, rural and emergency medicine and interests in public health and aviation and travel medicine. Richard has worked in various settings across Australia and Asia and was previously involved with part-time teaching and tutoring in Monash University's Department of Epidemiology and Preventive Medicine. He will continue with his academic interests and lecturing at Deakin University in Geelong.

Dr Scott McCoombe PhD

Scott's undergraduate and postgraduate studies were completed at the University of Melbourne, with his doctoral thesis investigating the sexual transmission of human immunodeficiency virus (HIV). After completing his PhD, Scott spent three years in Chicago further researching infectious disease transmission. After returning to Australia, Scott's focus moved toward public health research and higher education. He is today employed through the School of Medicine at Deakin University to develop and deliver Agricultural Health and Medicine training courses and be involved in the research activities of the National Centre for Farmer Health. Having grown up in the country, Scott is focussed on enhancing the delivery of health services and current medical knowledge to communities in need.

Ms. Jennifer Pollard BSc PT Grad Dip Manip Therapy

Jenny is a Manipulative Physiotherapist with 32 years experience and postgraduate qualifications in manipulative physiotherapy. After graduating from Melbourne's Lincoln Institute of Health Sciences, Jenny spent time working in hospitals, community health centres and private physiotherapy practices in Great Britain and throughout urban, regional and rural Australia. Jenny moved to the Western District to work as Chief Physiotherapist at Hamilton Base Hospital, subsequently opening her own private practice. Jenny has taught and mentored undergraduate and post-graduate physiotherapy students throughout the years and has maintains a strong community involvement.

Dr David Rendell BVSc MACVSc MBA

David has 30 years livestock veterinary practice experience. He has presented at forums throughout Australia, New Zealand and North America and developed and delivers sheep and cattle health Diploma of Agriculture courses for RIST. These include zoonoses and safe veterinary chemical training. David has considerable experience in both the management and treatment of cattle and sheep and currently operates a livestock veterinary consultancy and parasitological laboratory in Hamilton. He is a senior fellow of the University of Melbourne Veterinary faculty, a member of the Australian Veterinary Association and a Victorian animal welfare representative. David also serves on a number of animal welfare related committees.

Introduction

Your rights and responsibilities

Please take a moment to read the 'Student Charter' in the current Deakin University *Handbook* - <www.deakin.edu.au/handbooks>. Developed over a number of years, with input from both students and staff, this document provides an outline of your rights and responsibilities as a member of the University community.

All students in this unit are expected to acquaint themselves with the *Faculty of Health, Medicine, Nursing and Behavioural Sciences Student Manual*, which gives details of the Faculty's academic rules and procedures. The *Manual* can be found on the Faculty website - <www.deakin.edu.au/hmnbs>, under Forms and Guides.

If you experience difficulties with your studies

Deakin University is committed to providing equity and access to all students. If you have a disability, a non-English speaking background, are studying from a distance, or are coming back to study after a long break, you may find that you require particular support.

The *Division of Student Life* can help you with academic skills, distance orientation education, health and wellbeing, counselling, and disability support. If you have temporary or ongoing problems that are associated with your academic work, visit the Student Life website: <<http://www.deakin.edu.au/studentlife>>

The Disability Resource Centre (DRC) provides support for students who have a disability or a medical condition which could affect the achievement of their academic goals. To receive services from the DRC you must register and supply current supporting documentation. Unit chairs (coordinators) can best accommodate you when they are aware of your requirements. It is recommended that you communicate with them early in the trimester.

Students can contact the DRC on the following telephone numbers:

Melbourne (03) 9244 6300
Geelong (03) 5227 1221
Warrnambool (03) 5563 3256

Or visit the DRC website www.deakin.edu.au/studentlife/disability

HMF701 Agricultural Health and Medicine

Unit overview

HMF701 Agricultural Health and Medicine addresses the health and safety concerns commonly encountered by agricultural workers, their families and communities. The poor physical and behavioural health of rural Australians is well established. This unit aims to improve understanding of the common causes of physical and mental illness and injury that adversely affect the health and well-being of the human resource in agricultural industries. A better knowledge of these factors will enhance the effectiveness of current strategies aimed at improving the health outcomes of farming communities and the agricultural workforce. Topics include zoonotic infections, physical trauma, behavioural health, addiction, agricultural safety and climate change.

Unit aims

The aim of this unit is to provide an overview of the social, environmental, physical and behavioural factors that result in higher rates of injury, illness and mortality in agricultural communities.

Unit objectives

Upon completion of this unit and with further reading, candidates should be able to:

1. describe the factors contributing to poor physical and behavioural health outcomes in the agricultural workforce, nationally and internationally.
2. comment on the social, environmental, economical and cultural constraints experienced in farming communities and how these influence physical and mental health.
3. discuss the occupational health and safety risks associated with farming communities.
4. consider rural health, safety and well-being interventions including health promotion and primary care models.
5. critically evaluate the agricultural health and medicine literature.
6. use online communication technologies to investigate and address agricultural and rural health problems.

Graduate attributes

Knowledge and understanding

- understanding of, and the ability to work with, a systematic body of knowledge, appropriate to the focus and level of the qualification based on the highest standards of scholarship and research.

Where research is undertaken

- ability to initiate and formulate viable and relevant research questions
- contribution to new knowledge, or an original interpretation and application of existing knowledge
- understanding of the social, economic and cultural impact and application of their research, and its academic relevance and value
- understanding of the professional, social, economic and cultural contexts of the discipline and related fields
- awareness of ethical issues, social responsibility and cultural diversity
- understanding and appreciation of international perspectives in a global environment.

Skills

- critical analysis, problem solving, and creative thinking
- identifying, gathering, evaluating and using information
- communicating effectively and appropriately in a range of contexts
- developing, planning and managing independent work
- working effectively as part of a team
- effectively using information and communication technologies
- applying knowledge learned in the program to new situations

Teaching methods and resources

On-campus – National Centre for Farmer Health, Hamilton, Victoria

Students will undertake lectures, group work, problem-solving tasks, field tours and self-directed learning experiences in accord with the traditional learning activities associated with university life. This will occur over 5 days from February 22nd-26th, 2010 at the National Centre for Farmer Health in Hamilton, Victoria.

Off-campus – DSO

Students will be expected to interact with one another and the unit chair in the online environment of Deakin Studies Online (DSO). DSO will enable review of the lecture materials and associated readings as directed by the unit chair. Students should also utilise the prescribed textbook to complement these provided materials.

This is an advanced post-graduate unit. Students will be guided and mentored by Deakin teaching staff. Communication between students and teaching staff will occur in the usual way via DSO facilities. Students are expected to source appropriate materials and read widely to provide them with further information beyond that provided and to adopt a critical (but not cynical) attitude to the work.

Students are encouraged to maximise their experience in the unit through:

- regular contact with other students
- regular contact with the unit chair via DSO during the trimester
- Review of online materials in Deakin Studies Online (DSO) which needs to be regularly checked and may include links to websites and to other resources such as PowerPoint presentations, readings and other information about the Unit.

Unit organisation

Communication

As a student in this unit there will be a hierarchy in the ways in which you can communicate with the teaching staff involved in the delivery of this unit.

Email communication

Once enrolled, each student is expected to establish a Deakin University email address. Email is the University's primary method of communicating with students. It may be used to convey information about enrolment problems and so on, as well as important unit information. **You must check your Deakin email account regularly.** If you wish, you can have your email messages forwarded to another address. Note, however, that other service providers may limit the size of attachments allowed, and it is your responsibility to ensure that you do not exceed your message limits. For further information, refer to <<http://www.deakin.edu.au/its>>. In this unit if you have an urgent query you can expect the teaching staff to respond to emails within 1 working day.

Deakin Studies Online (DSO)

DSO will be the primary way of communicating about studying in this unit. All online communication with students will be via the discussion, announcement and mailing areas within DSO.

The discussion and mailing areas will be monitored by academic staff involved in teaching in this unit frequently so that responses to student questions or feedback will be made within 2-3 working days. In order to encourage a community of learners, the academic staff will endeavour not to be the first to reply to questions as this ultimately results in a decrease in peer-led learning.

Personal communication

In addition to being a member of the unit team, academic staff teaching in this unit are involved in other classes and meetings. All communications should be made either through the unit chair or the Director of the National Centre for Farmer Health. If they are not in their office when you telephone, please leave a message on their voicemail (clearly leaving a contact number and time called) or preferably email them and they will respond as soon as possible. (refer to contact details on page 3 and 4).

Commitment

As a general rule, students should expect to allocate approximately 3 hours per week following the 5-day intensive to fulfil the needs of this unit.

Timetable

Timetable: Day 1

Time and Location	Topics
Monday 22 nd February 2010 08:45am – 09:00am	Registration
09:00am - 10:00am Auditorium	Welcome to the National Centre for Farmer Health (Susan Brumby) Introduction to Agricultural Health and Medicine (Scott McCoombe) <i>Content:</i> <ul style="list-style-type: none"> - Introductions - Course structure/goals - Definition of agricultural health and medicine - Overview of differences between rural and urban health provision <i>Activity: Brief personal introductions</i>
10:00am -11:00am Auditorium	Agriculture today (Bill Hamill) <i>Content</i> <ul style="list-style-type: none"> - Agriculture in Australia today - Agricultural trends - Bigger farms, smaller margins - Sustainability
11:00am - 11:15am NCFH	MORNING TEA
11:15am - 12:15pm Ed. centre rooms 1 and 2	High risk remote populations (Susan Brumby) <i>Content</i> <ul style="list-style-type: none"> - Perceptions and stereotypes - Definition of high risk populations - Introduction to Sustainable Farm Families program - Key findings of SFF
12:15 – 12:45pm	Rural networks and farming women (Val Lang) <ul style="list-style-type: none"> - Rural networks (national and local) - Raising the profile of agricultural women - Agriculture, community and environment
12:45pm - 1:45pm Ed. Centre	LUNCH
1:45pm - 3:15pm Ed. Centre rooms 1 and 2	Climatic influences on farmer health and biosecurity (Susan Brumby and Scott McCoombe) <i>Content</i> <ul style="list-style-type: none"> - How climate change, weather events and natural disasters impact social, physical and behavioural health - Environmental change experienced by agricultural workers - Plant and animal biosecurity - The future of agricultural practices and sustainability
3:15pm - 3:30pm Ed. Centre	AFTERNOON TEA
3:30pm - 4:45pm Ed. Centre rooms 1 and 2	Agricultural respiratory health (Andrew Bradbeer) <i>Content</i> <ul style="list-style-type: none"> - Agricultural respiratory hazards and their effect on health <ul style="list-style-type: none"> o Organic dusts o Infectious agents o Non-organic inhalants o Pesticides/agricultural chemicals <i>Activity: Piko's, respiratory function testing</i>

Timetable: Day 2

Time and Location	Topics
Tuesday 23 rd February 2010 08:45am – 9:30am Ed. Centre	<i>Health check</i> <i>Blood glucose/cholesterol measurements/BP/weight/height</i> <i>(Note must fast from 10pm the night before)</i> <i>Breakfast provided</i>
9:30am – 10:45am Ed. Centre rooms 1 and 2	Rural obesity and diabetes (Susan Brumby) <i>Content</i> <ul style="list-style-type: none"> - Lifestyle diseases - Increasing burden of chronic disease - Rural dietary changes - Changes in farming practices (mechanisation) - Diabetes type 2 <i>Activity – determine target HR, 60 seconds exercise, BMI calculations.</i>
10:45am – 11:00am Ed. Centre	MORNING TEA
11:00am – 11:10am	Welcome to WDHS (Jim Fletcher, CEO)
11:10am – 12:15pm Ed. Centre rooms 1 and 2	Common cancers in agriculture (Richard Lunz) <i>Content</i> <ul style="list-style-type: none"> - Overview of rural cancer rates compared to urban - facts and myths - Cancer treatment in remote settings - Social and financial impact of cancer in rural/remote Australia - Bowel, breast, prostate, lung, pancreatic cancers - How distance impacts cancer treatment and outcomes
12:15pm – 1:00pm	LUNCH
1:00pm – 2:15pm Ed. Centre rooms 1 and 2	Australian zoonoses (David Rendell) <i>Content</i> <ul style="list-style-type: none"> - Overview of Australian zoonoses and their transmission - Symptoms and treatment of the more common Australian zoonoses - Difficulties in diagnosing and preventing zoonotic infections - Variables for severity of zoonotic disease.
2:15pm – 3:15pm Ed. Centre rooms 1 and 2	Other zoonoses (Scott McCoombe) <i>Content</i> <ul style="list-style-type: none"> - Rare and emerging zoonotic infections, their causes and disease. - Zoonotic vectors in disease. - More common protozoan infections. - Social and physical impact of influenza. - Climatic change and emerging zoonoses.
3:15pm – 3:30pm Ed. Centre	AFTERNOON TEA
3:30pm – 4:30pm Ed. Centre rooms 1 and 2	Veterinary chemicals (David Rendell) <i>Content</i> <ul style="list-style-type: none"> - Biological products, antibiotics and hormones - Adjuvants - Needle stick injuries - Positive and negative aspects of antibiotics and hormone use in agricultural production
4:30pm – 5:30pm Ed. Centre rooms 1 and 2	Agricultural chemicals (David Kramer) <i>Content</i> <ul style="list-style-type: none"> - Poisonings caused by agricultural chemicals - Organochlorines/organophosphates/carbamates - Storage and safe use - Historical use of agricultural chemicals and the challenges faced to be more productive and sustainable - Diagnosis and treatment of various chemical poisonings.
6:30-8:00pm	Southern Grampians Shire Council civic reception in Hamilton

Timetable: Day 3

Time and Location	Topics
8:30am - 1:00pm Bus tour – Hamilton region	<p>Agricultural tour (Hamilton stock exchange, Jigsaw farms) followed by healthy lunch</p> <p><i>Content</i></p> <ul style="list-style-type: none"> - Risks encountered in agricultural settings - Underlying causes of common agricultural injuries. - Relationships between the costs of safe farming practices and the practicality of such measures <p><i>Activity – Worksafe farm OH&S 15-minute safety check</i></p>
Wednesday 24 th February 2010 01:00pm -1:45pm Auditorium	<p>Farm dangers (Scott McCoombe)</p> <p><i>Content</i></p> <ul style="list-style-type: none"> - Agricultural implements and their dangers - Diversity of risks in agricultural settings - Agricultural equipment on roads - Animal dangers (traumatic and toxic) - Why agricultural workers experience higher injury rates than other professions - Dangers of working alone and living in an agricultural workplace.
1:45pm 2:45pm Auditorium	<p>Farm trauma (Stephen Clifforth)</p> <p><i>Content</i></p> <ul style="list-style-type: none"> - The severity and exceptionality of traumatic injuries in agriculture - Types of injuries caused by common agricultural practices - Methods of preventing farm injury - Trauma scenario's in rural areas
2:45pm - 3:00pm	AFTERNOON TEA
3:00pm-4:00pm Auditorium	<p>Skin cancer (Stephen Clifforth and Richard Lunz)</p> <p><i>Content</i></p> <ul style="list-style-type: none"> - Risks and epidemiology of skin cancer in the agricultural workforce - Diagnosis and treatment of skin cancers - Basal cell carcinoma - Squamous cell carcinoma - Melanoma - Skin cancer prevention strategies
4:0 0pm-5:00pm Auditorium	<p>Remote emergency medicine (Tim Baker)</p> <p><i>Content</i></p> <ul style="list-style-type: none"> - Issues of distance and education of health emergencies - Chest pain and heart attack - Living or working alone and the importance of communication - Ambulance/emergency services/air ambulance/patient transfer - Remote trauma responses and first aid training

Timetable: Day 4

Time and Location	Topics
Thursday 25 th February 2010 09:00am-11:00am Ed. Centre rooms 1 and 2	<p>Psychosocial conditions (Jan Austin) <i>Activity – DASS-21 questionnaire</i> <i>Content</i></p> <ul style="list-style-type: none"> - The culture of agricultural communities - Epidemiology of anxiety, stress and depression in agriculture - Common causes of psychosocial problems in rural and remote communities - Prevailing behavioural attitudes in rural Australia - Suicide - Links between mental and physical health - Mental health services and interventions
11:00am-11:15am	MORNING TEA
11:15am-12:30pm Ed. Centre rooms 1 and 2	<p>Addiction in agricultural and rural settings (Rodger Brough) <i>Content</i></p> <ul style="list-style-type: none"> - Substance abuse in rural communities - Alcohol and abuse (spousal, child, physical) - Dependence syndrome an - Alcohol and socialisation - binge drinking culture - Depression/drugs and drought - Prescription drug abuse - Substance use and psychosocial health - Harm minimisation, treatment and interventions
12:30pm-1:30pm	LUNCH
1:30pm-3:00pm Ed. Centre rooms 1 and 2	<p>Agricultural health education (Susan Brumby) <i>Content</i></p> <ul style="list-style-type: none"> - Challenging and changing stereotypes - Connecting with the agricultural workforce - Changing priorities - Education agencies and programs - Success and limitations of current education programs - Behaviour change interventions - The need for trained agricultural health care providers - PPE <p><i>Activity - Group exercise – Discussion of the 3 biggest issues facing agricultural health</i></p>
3:00pm-3:15pm	AFTERNOON TEA
3:15pm - 5:00pm Ed. Centre rooms 1 and 2	<p>Respiratory protection (Susan Brumby, Scott McCoombe, industry representative) <i>Content</i></p> <ul style="list-style-type: none"> - Introduction to respiratory Personal Protective Equipment (PPE) - Examples of the protection required for various situations - PPE requirements from an OH&S standpoint - The importance of proper fit and filtration - Social restrictions and peer group attitudes to PPE <p><i>Activity: PPE fitting, Straw walking</i></p>

Timetable: Day 5

Time and Location	Topics
Friday 26 th February 2010 09:00am-10:30am Ed. Centre rooms 1 and 2	Musculoskeletal injuries and ageing (Jennifer Pollard) <i>Content</i> <ul style="list-style-type: none"> - Spinal, low back pain - Common agricultural ailments of the upper and lower body - Taxing/strenuous farm practices - Ageing workforces, arthritis and osteoporosis - Chronic pain and pain killers - Ergonomics and agricultural workplaces
10:30am – 11:05am Ed. Centre rooms 1 and 2	Metabolic syndrome (Ananda Chandrasekara) <i>Content</i> <ul style="list-style-type: none"> - What is metabolic syndrome? - Risk factors of metabolic syndrome - Incidence of metabolic syndrome in agricultural workers - Impact of metabolic syndrome on rural health services - Glycaemic index - Strategies to treat metabolic syndrome
11:05am-11:15am	MORNING TEA
11:15am -12:15pm Ed. Centre rooms 1 and 2	General practice in farming communities (Dale Ford) <i>Content</i> <ul style="list-style-type: none"> - Common conditions encountered in rural general practice. - The process and importance of obtaining an accurate history - The lifestyle of a rural GP - Community interventions and primary care partnerships Learning Objectives <ul style="list-style-type: none"> - Discuss the more common presentations of agricultural health issues. - Comment on the challenges of living and working as a health professional in a rural community - Discuss the role of relationships in rural general practice
12:15pm-1:00pm	LUNCH
1:00pm-2:00pm Auditorium	Prevention and promotion (Susan Brumby/Scott McCoombe) <i>Content</i> <ul style="list-style-type: none"> - Successful prevention strategies - Engineering preventions - Health promotion in rural and remote communities - Creating a safe work environment - Small family agricultural operations and corporate operations - The importance of being a part of the community you are working with. - Agrisafe - Multiple interventions vs. singular interventions <i>Activity - group discussion – highlight some issues you have encountered and how you can fix these</i>
2:00pm-2:30	Summary and Farewell (Scott McCoombe)

Acknowledgment

Both the unit chair and Director of the National Centre for Farmer Health would like to acknowledge the helpful presentations, insights and activities provided by the following:

1. **Mark Wooton**, Jigsaw farms
2. **Peter Del-Gatto**, Sales representative, respiratory PPE for 3M
3. **Agnes Dobrzanski**, Sales representative, 3M
4. **Chris Dahlenberg**, Hamilton regional livestock exchange superintendant

Resources

Texts

The following text is highly recommended for this unit and is a prescribed text for HMF701 Agricultural Health and Medicine. This text is available through during the 5-day intensive at the National Centre for Farmer Health. The textbook will be available for cost which is \$125.00.

Kelley J. Donham, Anders Thelin, 2006, *Agricultural medicine: occupational and environmental health for the health professions*, Ames, Iowa; Oxford : Blackwell

You may find the following useful, but it is not essential to buy copies as they are both available through the Deakin Library.

James E. Lessenger, 2006, *Agricultural medicine: a practical guide*, New York : Springer

Siaw-TengLiaw and Sue Kilpatrick, 2008, *A Textbook of Australian Rural Health*, Australian Rural Health Education Network, Canberra

Computer access

Access to the University's IT facilities is governed by the 'Conditions of Information Technology Use' (refer to the *Handbook* at <www.deakin.edu.au/handbooks>). Failure to comply may result in loss of access, charges being payable and/or disciplinary proceedings.

All students are expected to have private access to a personal computer, as well as access to the Internet and electronic mail (see **Email communication**, above).

Refer to the current *Deakin Handbooks* for computer standards for students.

Additional learning materials for this unit will be available in Deakin Studies Online (DSO) at <www.deakin.edu.au/dso>. Information regarding access to DSO is contained in the *Deakin Learning Toolkit* (CD-ROM), and in the booklet *Online Learning at Deakin* (available from Student Connect).

Assessment

Assessment policies

The University's assessment regulations and policies can be found in the *Guide*. You are referred in particular to *Regulation 5.5(1) Assessment and Academic Progress* and the *Deakin University Assessment Policy*.

The Faculty of Health, Medicine, Nursing and Behavioural Science's rules and procedures relating to assessment are published in the *Faculty of Health, Medicine, Nursing and Behavioural Sciences Student Manual*. The *Manual* can be found on the Faculty's web pages at <www.deakin.edu.au/hmnbs> Forms and Guides. **Except where otherwise indicated, these rules and procedures apply to all students enrolled in this unit.**

Plagiarism and collusion

Plagiarism and collusion constitute extremely serious academic misconduct. They are forms of cheating, and severe penalties are associated with them, including cancellation of marks for a specific assignment, for a specific unit or even exclusion from the course. The University's definitions of plagiarism and collusion are as follows:

- Plagiarism occurs when a student passes off as the student's own work, or copies without acknowledgement of its authorship, the work of any other person.
- Collusion occurs when a student obtains the agreement of another person for a fraudulent purpose with the intent of obtaining an advantage in submitting an assignment or other work.

You should note that the University views plagiarism and collusion very seriously and may impose serious penalties.

The University's policy on plagiarism and collusion sets out your responsibilities as a student in regard to plagiarism and collusion. Students are responsible for ensuring that:

- they are familiar with the expected conventions of authorship and the appropriate use and acknowledgement of all forms of intellectual material relevant to their discipline
- work submitted for assessment is their own
- they take all reasonable steps to ensure their work cannot be accessed by others who might seek to submit it, in whole or in part, as their own.

Whenever you refer to another person's research or ideas (either by directly quoting or by paraphrasing them), you must acknowledge your source. If you are ever in doubt about how to properly cite a reference, consult your lecturer or the academic skills website <http://www.deakin.edu.au/studentline/academic-skills/>. The University policy of plagiarism and collusion is available from The Guide <http://theguide.deakin.edu.au/>. Regulation 4.1(1)-Student Discipline also contains important information regarding academic misconduct.

Unauthorised collaboration

Unauthorised collaboration is a form of collusion. It involves working with others with the intention of deceiving your markers about who actually completed the work. If you have collaborated with others in preparing an individual assessment item, you must disclose this to your lecturer. Assignments will sometimes be set as group work, but even in these cases generally you will still have to write up and submit your own report.

If you have any doubt as to what constitutes authorised or unauthorised collaboration, consult with your lecturer.

Penalties

The Assessment Panel or Faculty Academic Progress and Discipline Committee will impose a penalty on any student who is found to have committed an act of academic misconduct such as plagiarism, collusion, examination cheating or unauthorized collaboration. These penalties can include:

- a reprimand
- a fine up to \$500
- allocation of a zero mark in the relevant task (or another such mark as is appropriate)
- allocation of a zero mark in the relevant unit (or another such mark as is appropriate)
- allocation of a zero mark in other units in which the student is enrolled
- suspension of the student for up to one year
- exclusion of the student for a minimum of one year.

Things You Should Never Do

There are some activities that are never acceptable in the preparation of assignments at the tertiary level.

Students who engage in any of the following activities create some doubt in the mind of the reader that the student's work is original. Many of these activities leave the student open to charges of plagiarism.

Students should never:

- Submit an assignment without providing a list of references used.
- Copy one or more sentences from a reference source (book, journal, web page, etc.) without formatting the material as a quotation.
- Use data in the form of numbers, tables, graphs, diagrams or other images without citing the source of the material.
- Use program source code, even if it is freely available in the public domain, without citing the source of the code.
- Take material from reference material and paraphrase it (write it in your own words) without citing the source of the material.
- Use an idea made by another person without citing the source of the idea.

Students should note that all assessment item results are provisional until final approval by the Faculty Academic Progress and Discipline Committee (FAPDC), and that assessment item marks may be withdrawn or altered if the student is found to have committed an act of academic misconduct.

Assessment tasks

Assessment 1 - Literature review

Due date	23.04.10
Weighting:	50%
Requirements:	Written assignment (2000–2500 words) on an Agricultural Health and Medicine related topic.

Assignment topics

This assignment will be a literature review of an Agricultural Health and Medicine related issue which is encountered by today's primary producers. HMF701 participants are from diverse backgrounds; therefore students have the opportunity to choose their own topic in consultation with the unit chair. Agreed topics are to be finalised by March 5th, 2010 prior to beginning the assignment. If you do not have a preferred topic you may pick from a list provided by the unit chair. You will then have 7 weeks to complete this assignment with a due date of April 23rd, 2010.

Refer to **Assignment submission** and **Presentation requirements**, below.

Assessment 2 - Three (3) online tests

Due date	Test 1 – opens 08.03.10, closes 14.03.10 Test 2 – opens 22.03.10, closes 28.03.10 Test 3 – opens 05.04.10, closes 11.04.10
Weighting:	30%
Requirements:	A series of three short answer and multi-choice tests (20 questions each) completed through DSO. Spaced 2 weeks apart, each test will be available online for 7 days for your completion. You will only have 1 attempt to complete each test and time will be limited to 45 minutes.

Assessment 3 – Group work

Due Date:	16.04.10
Weighting:	20%
Requirements:	Group-work to form a fact-sheet on a given Agricultural Health and Medicine related topic. Fact-sheets are to be useful for agricultural workers and their families, health professionals and researchers. Topics, templates and further information to be provided on DSO following the 5-day intensive.

Assignment submission

You must keep a backup copy of every assignment you submit, until the marked assignment has been returned to you. In the unusual event that one of your assignments is misplaced, you will need to submit your backup copy. It is a University policy that the period between submission and marking of assignments should not normally exceed 15 days, to allow for timely feedback to students on their progress. If this timeline cannot be met then students should check DSO for the Unit Chair message giving reasons and providing details of when assignments will be made available.

NOTE: All feedback provided to students should be clearly linked to the assessment criteria.

All students enrolled in HMF701 must submit their assignments via DSO with an assignment cover sheet (provided in DSO). In exceptional circumstances only, students may request permission from the Unit Chair, to submit an assessment task as an email attachment, by post or facsimile.

Note: If submitting a group assignment all members are required to sign the approved assignment cover sheet.

Any work you submit may be checked by electronic or other means for the purposes of detecting collusion and/or plagiarism.

Due dates

The published due date is the last day on which an assessment task must reach the designated University submission point.

Late penalties [\[revised wording updated 15 July 2008\]](#)

The Faculty of Health, Medicine, Nursing and Behavioural Sciences' rule on assignments which are submitted late, without the approval of the Unit Chair, is that:

Except in extraordinary circumstances, assignments submitted late without prior approval will be treated as follows. A penalty of a reduction in the total marks available for the assignment of 10% for the first day and 5% per day thereafter, to a maximum of seven working days altogether, will apply after the assignment has been graded. (For example, if an assignment with a total maximum mark of 50 is submitted one day late, the maximum mark is now 45. The student is marked according to the normal marking scheme, and the mark is then reduced by 10%. Thus if the student scored 40/50, the final score will be 40 – 10% = 36.)

Assignments which are submitted more than seven working days after the due date will not be assessed: they will be awarded a result of zero.

Extensions

All applications for extensions to due dates must be made directly to the Unit Chair prior to the due date. It is recommended that you keep a record of the date, time and method by which approval has been granted. When submitting an assignment late, please ensure that you clearly record the approved new date for submission of the assignment on the assignment attachment sheet.

Presentation requirements

Students should consult the following reference for guidance on presentation of assignments and so on.

Harvard (author–date) referencing style: refer to the Commonwealth of Australia 2002, *Style manual for authors, editors and printers*, 6th edn, John Wiley & Sons Australia Ltd, Canberra.

Unit evaluation

Unit evaluation is an important part of the University's quality assurance program. Your comments provide valuable feedback for ongoing improvements to units and are taken into account when courses and units are reviewed.

Further information

Faculty Student Manual <<http://www.deakin.edu.au/hmnbs>>, under Forms and Guides.

Deakin Learning Toolkit (CD-ROM): <<http://www.deakin.edu.au/dlt>>

Library: <<http://www.deakin.edu.au/library>>

StudentConnect (enrolments, fees, timetables, results):

<<http://studentconnect.deakin.edu.au>>

Deakin Central: email aasd-enquiries@deakin.edu.au

StudentLife: <<http://www.deakin.edu.au/studentlife>>

<Insert the following for off-campus units only.>

Course Materials Hotline: email coursematerials@deakin.edu.au

Distance Education Support Services Guide:

<<http://www.deakin.edu.au/distancesupport/>>