



ISMA HANIS BINTI ABD GHAFAR

Australia Malaysia Virtual PhD
Internship Program - 2023

Development and Evaluation
of a Caregiver Training
Guidebook to Enhance Daily
Activity Participation of
Elderly Stroke Patients

Thesis Outline

A guidebook was developed to train caregivers in supporting older stroke patients. Using a three-phase method, it showed strong validity and improved daily function, fall risk, and readmission.

Supervisors & Institutions

Dr. Nor Afifi Razaob @ Razab
Universiti Kebangsaan Malaysia

Prof. Alison Mudge
The University of Queensland

Future Goals

Advance geriatric rehab research and caregiver education.
Foster collaboration across Australia to support evidence-based OT practice and improve quality of life for older adults.

AMVPIP Experience

AMVPIP was a rewarding experience that enriched my PhD journey. I gained research skills in qualitative and pilot studies, learned frameworks like Re-AIM and i-PARIHS, and applied the Equator Network guidelines. Mentors like Prof. Alison, Prof. Lynette, Azra, Suraya, and Azad offered valuable support. The program fostered close bonds among diverse interns, offering fresh perspectives and cross-disciplinary learning that deeply shaped my academic growth.

Key Takeaways

- 1) Translating Evidence into Practice: Gained practical knowledge of implementation frameworks such as Re-AIM and i-PARIHS, which guide the integration of research into real-world healthcare settings.
- 2) Clear and Structured Research Communication: Learned to apply reporting guidelines from the Equator Network and to deliver content that is precise, concise, and impactful—both in writing and presentations.
- 3) Value of Networking and Interdisciplinary Collaboration: Built strong connections with mentors and peers from diverse backgrounds, gaining new perspectives and fostering a supportive research community.