

Gill Course

Florence Nightingale Grants and Award Recipient Report

Impacts of severe mountain bike injury on health services in Tasmania

The overall aim of my research is to determine the impacts of severe mountain bike injury on health services in Tasmania, as well as identify risk factors, with a view to understanding critical gaps and needs. The Leonie Sidebottom Grant has been instrumental in supporting this study.

Mountain biking is growing in participation; however, it also carries inherent risks of severe injuries, placing a burden on health systems. Despite this, little is known about the impact of these injuries on emergency medical services and definitive healthcare, as well as the contributing factors to accidents. Therefore, the overall aim of my research is to fill these knowledge gaps by comprehensively investigating the impacts of mountain bike injuries on health services in Tasmania.

Thanks to the generous support of the Leonie Sidebottom Grant, I have been able to allocate funds for publishing my findings in open-access journals. By contributing to the article processing fees, this grant enables me to disseminate my research findings more widely and maximise their impact. Although manuscript preparation has taken longer than anticipated, I have acquired valuable insights and am now close to finalising the submission.

My first manuscript, a narrative review of the epidemiology of mountain bike injuries, is nearing completion for submission to the Accident Analysis and Prevention Journal. This review highlights the scarcity of literature internationally on health service impacts of mountain bike injuries, emphasizing the need for further research on risk factors for severe injury.

Following on from this, I am conducting a descriptive retrospective cohort study using data from mountain bike-related presentations to Tasmanian emergency departments from 2009 to the present day. The objectives include describing the epidemiology of mountain bike injuries, evaluating the healthcare resources utilisation and costs, exploring risk perceptions from severe injury patients, and informing public health policy and injury surveillance in Tasmania.

Progress has been made in ethics approval and data collection, and I anticipate publication of the results in 2023. The Leonie Sidebottom Grant has generated early publicity for my research, and increased clinician awareness of my objectives. From this, several past patients have come forward to share their personal stories, providing valuable insights into the long-term impact of injuries on their lives and opportunities for practice improvement.

I am immensely grateful for this grant, enabling wider dissemination of my findings and raising local awareness of the importance of further research in this area. I remain committed to delivering high-quality outcomes and advancing knowledge in mountain bike injury prevention and healthcare.