A recently completed evidence check review addresses important issues relating to the safe management of expressed breast milk (page 3)
## CONTENTS

<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Safe management of expressed breast milk project completed</td>
<td>3</td>
</tr>
<tr>
<td>New Foundation Advisory Committee member</td>
<td>4</td>
</tr>
<tr>
<td>Impact Report for 2014</td>
<td>4</td>
</tr>
<tr>
<td>Acting Executive Director featured on radio</td>
<td>5</td>
</tr>
<tr>
<td>Shanghai presentations</td>
<td>5</td>
</tr>
<tr>
<td>CSR training in Thailand</td>
<td>5</td>
</tr>
<tr>
<td>Master of Public Health</td>
<td>6</td>
</tr>
<tr>
<td>Over 1750 downloads!</td>
<td>6</td>
</tr>
<tr>
<td>Latest JBISRIR issue</td>
<td>6</td>
</tr>
<tr>
<td>New appointment</td>
<td>6</td>
</tr>
<tr>
<td>Evidence-Based Clinical Fellowship Program</td>
<td>7</td>
</tr>
<tr>
<td>Clinical Leadership Program</td>
<td>7</td>
</tr>
<tr>
<td>Comprehensive Systematic Review Full Training Program (Modules 1, 2 and 3)</td>
<td>7</td>
</tr>
<tr>
<td>The University of West London Centre for Evidence Based Health Care for JBI</td>
<td>8</td>
</tr>
<tr>
<td>Nursing Symposium 2015</td>
<td>8</td>
</tr>
<tr>
<td><strong>Collaboration Matters</strong></td>
<td>9</td>
</tr>
<tr>
<td>53rd Face-to-Face Committee of Directors meeting in Adelaide</td>
<td>9</td>
</tr>
<tr>
<td>Centre changes</td>
<td>9</td>
</tr>
<tr>
<td>CSIRO Food and Health</td>
<td>9</td>
</tr>
<tr>
<td><strong>Member Matters</strong></td>
<td>10</td>
</tr>
<tr>
<td>Welcome to our new HDR Student Group</td>
<td>10</td>
</tr>
<tr>
<td>Why our HDR program is distinctive</td>
<td>10</td>
</tr>
<tr>
<td>HDR Feb 2014 intake – completion of major review</td>
<td>10</td>
</tr>
<tr>
<td>Student profile</td>
<td>11</td>
</tr>
<tr>
<td>Students to present at first seminar for 2015</td>
<td>11</td>
</tr>
<tr>
<td>The student voice</td>
<td>12</td>
</tr>
<tr>
<td>School blog</td>
<td>12</td>
</tr>
<tr>
<td><strong>Alumni Matters</strong></td>
<td>13</td>
</tr>
<tr>
<td>Alumni presence in JBI Strategic Plan Working Group</td>
<td>13</td>
</tr>
<tr>
<td>A warm welcome to new alumni members</td>
<td>13</td>
</tr>
</tbody>
</table>
Insights into the safe management of expressed breast milk

The Joanna Briggs Institute recently completed an Evidence Check review for the Sax Institute and NSW Kids and Families on the safe management of expressed breast milk (EBM) in hospital, home and community settings.

Four main issues were the focus of this review.

- EBM may become contaminated by viruses and bacteria due to reasons including blood-borne maternal transmission and improper handling.
- EBM may lose its nutritional value or become contaminated due to improper storage or transport.
- EBM may become contaminated due to improper disinfection and/or cleaning practices during expression and/or storage.
- There is always a small risk that a baby (‘wrong baby’ as opposed to the ‘right baby’) unintentionally receives EBM that does not come from the baby’s mother.

The literature search located 7093 articles. After screening, 43 articles were selected for quality appraisal and inclusion in the review.

Regarding risks of pathogen transmission from mother to child, benefits for the infant to continue receiving EBM must be considered against the possible severity of the disease. Some pathogens (e.g. HIV) with clear evidence of transmission through breast milk can cause significant morbidity and mortality, and in these cases the administration of breast milk should be avoided. The potential risk for transmission of pathogens through EBM misdelivery, although extremely low, is considered a hospital error and poses a risk to patient safety.

In regard to the impact of storage of EBM, EBM can be safely stored at -20°C for up to 12 months (longest storage reported in literature included in this review was six months in one study). However frozen storage at any temperature will result in degradation of the immunological components of EBM that provide protection against contamination. While outside the capacity of most clinical settings -80°C may an option for moderate term (up to two months) storage of EBM (as opposed to long term storage, e.g. over two months).

The type of container that EBM is stored in seems to have a very slight impact upon bactericidal activity and nutrition of EBM.

The bacteriological profile of EBM at the time of expression seems to directly influence the composition of EBM tested after storage, adequate cleaning and disinfection of EBM expression and storage equipment.
should be performed in all contexts. This is especially necessary for shared equipment.

Existing grey literature guidelines and recommendations from Australia, the UK and the USA provide clear guidance around advisable storage temperatures, durations, and disinfection/cleaning of EBM equipment but however do not discuss the risks of contamination or impact upon nutritional content.

Regarding the risk of misdelivery of EBM, continuous education, training and monitoring of the policy is recommended. Although it may not be feasible at this point in time, barcoding processes and the establishment of dedicated milk technicians may be considered and discussed in the future.

The results of this evidence check review upheld many of the findings and recommendations of the current policy developed by NSW Health (Maternity – Breast Milk: Safe Management). Regarding the storage and transport of EBM as well as the handling, cleaning and disinfection practices surrounding its collection and storage, the latest NHMRC infant feeding guidelines are accurate and in concurrence with the evidence located in this review.

In individual units where misdelivery of EBM is occurring, healthcare professionals may like to consider implementing quality improvement initiatives and risk analysis to implement strategies (potentially in line with the NSW health policy) to reduce this risk.

The project team comprised Dr Zachary Munn, then Acting Director Synthesis Science, Research fellows Alexa McArthur and Dr Micah Peters, and Research Officer Vincent Chu.

New Foundation Advisory Committee member

The Foundation has completed changes to its Advisory Committee and has secured one additional member. Nicole Walker is the Treasury Finance Manager with Santos in Adelaide and brings a wealth of corporate knowledge to the Committee. She is very passionate about the work of the Joanna Briggs Institute in developing countries and is keen to assist the Foundation.

The Executive Committee met regularly during 2014 and is now poised to raise the funds needed to support the Clinical Fellowship programs in developing countries and Australia’s Indigenous communities. In addition, the Foundation will be assisting the JBI team in raising awareness of the Institute’s work.

Impact Report for 2014

The JBI 2014 Impact Report is now live. Read about JBI’s activities, outputs and progress towards achieving its vision and mission of improving global health through the provision of the best available evidence to inform decision making at the point of care.

The report covers JBI’s impact in the following: global reach, short courses, higher degrees, publications, events, JBI Foundation, what people say and media.
Acting Executive Director featured on radio

On 17 Dec 2014 Acting Executive Director Assoc Prof Zoe Jordan was interviewed by 891 ABC Adelaide’s Sonya Feldhoff about the Joanna Briggs Institute. Assoc Prof Jordan spoke about JBI’s global activities and impact on evidenced based health care, including the Joanna Briggs Foundation and its work with clinical fellows in developing countries.

Search strategy paper published

A paper written by Director Synthesis Science Assoc Prof Ed Aromataris and former JBI staff Dagmara (Aromataris, E & Riitano D. 2014, Constructing a search strategy and searching for the evidence. American Journal of Nursing, 114(5): 49-56), was well received at the end of last year and made it into the AHRQ Scientific Resource Centre Methods Alerts and also been recommended on PubAdvanced by readers.

Shanghai presentations

Implementation Science Research Fellow Dr Xue Yifan presented at an Evidence-based Health Care Workshop held at the Fudan Evidence Based Nursing Centre in Shanghai on 19–23 January. This is the one of three core courses in the Group 8 top nursing schools in China. During the five-day workshop, Dr Xue made two presentations: one on clinical audit using JBI-PACES, and another on accessing evidence-based resources via JBI-COnNECT+.

He also attended a full day PhD student protocol review with three deans and two professors from the nursing schools. He conducted a live performance test of JBI COnNECT+ in the Fudan Centre on Internet Explorer which passed the test – the internet speed was reasonable.

CSR training in Thailand

Over the holiday period last year (22–26 December), the Thailand Centre for Evidence Based Nursing, Midwifery and Health Science conducted a Comprehensive Systematic Review Training program for 42 participants comprising nurses, nurse educators, doctors, and physical therapists for all over the country.
Master of Public Health

From this year, JBI is offering a Translational Health Science specialisation to the Master of Public Health. Implementation Science Research Fellow Dr Kylie Porritt and Instructional Designer – Flexible Learning Coordinator Tim Price are currently developing the online courses under this specialisation.

This Translational Health Science specialisation consists of the following courses:

- Introduction to translational health science (offered 2015 semester 1)
- Introduction to qualitative evidence (offered 2015 semester 2)
- Introduction to economic evidence (offered 2015 semester 2)

From 2016, the following electives will be offered:

- Clinical wisdom
- Teaching evidence based healthcare
- Developing clinical guidelines

In 2016 semester 2, the capstone course will be offered.

More information

Over 1750 downloads!

An article by JBI staff (Establishing confidence in the output of qualitative research synthesis, The ConQual approach: the launch of BMC Medical Research Methodology, Zachary Munn, Kylie Porritt, Craig Lockwood, Edoardo Aromataris and Alan Pearson. BMC Medical Research Methodology, 14:108 [20 Sep 2014]), has had over 1750 downloads since it was published at the end of September last year!

Latest JBISRIR issue

Don’t forget to check out the latest issue of the JBI Database of Systematic Reviews and Implementation Reports.

The editorial is open access. Happy reading!

New appointment

Tim Price joined JBI on 19 January as the new Instructional Designer – Flexible Learning Coordinator. He is part of the Transfer Science team under Dr Zachary Munn.

Tim has a Diploma in Multimedia Development, a Bachelor of Science and a Diploma of Education from Melbourne University, and a Commercial Pilot Licence.

He previously worked as eLearning Developer for Department of Health NT – Alcohol and Other Drugs Service, as eLearning Developer for Department Health SA – Country Health SA Rural and Remote, and in training manager roles at Bridgestone Australia, and Stones and Muirden Business College.

He has extensive experience developing online courses and for seven years he was the Training/Business Manager and Flight Instructor for Anglo-American Aviation International in California.
Evidence-Based Clinical Fellowship Program

Learn about clinical leadership and how to implement evidence in practice to improve patient outcomes.

The Evidence-Based Clinical Fellowship Program is a six-month workplace, evidence-based, implementation program involving two five-day intensive training workshops in the Joanna Briggs Institute, and a workplace evidence implementation project in the intervening months. Dates for 2015 are now available:

March intake
Week 1: 16-20 March
Week 2: 17-21 August
Enrol by 30 January

May intake
Week 1: 11-15 May
Week 2: 12-16 October
Enrol by 27 March

June intake
Week 1: 15-19 June
Week 2: 16-20 November
Enrol by 1 May

July intake
Week 1: 6-10 July
Week 2: 7-11 December
Enrol by 22 May

Clinical Leadership Program

The Clinical Leadership Program is open to all clinical leaders and leaders-to-be in all health care disciplines. Dates for 2015 are now available for this one-day program delivered by Proteus Leadership:

March intake
Tuesday 17 March
Enrol by 30 January

May intake
Tuesday 12 May
Enrol by 27 March

June intake
Tuesday 16 June
Enrol by 1 May

July intake
Tuesday 7 July
Enrol by 22 May

For information on these two programs and to enrol contact jbieducation@adelaide.edu.au.

Comprehensive Systematic Review Full Training Program (Modules 1, 2 and 3)

Five days
Learn how to conduct reviews using qualitative and quantitative data.

Program dates for 2015:
2-6 March
4-8 May
20-24 July
7-11 September

For information and to enrol contact jbieducation@adelaide.edu.au
CSR Module 1: Introduction to Evidence-Based Healthcare and the Systematic Review of Evidence
One day (Mandatory pre-requisite for Modules 2 and 3)
Program dates for 2015:
2 March
4 May
20 July
7 September
CSR Module 2: The Systematic Review of Quantitative Data from Experimental and Non-experimental Studies
Two days
Program dates for 2015:
3–4 March
5–6 May
21–22 July
8–9 September
CSR Module 3: The Systematic Review of Evidence Generated by Qualitative Research, Narrative and Text
Two days
Program dates for 2015:
5–6 March
7–8 May
23–24 July
10–11 September
The University of West London Centre for Evidence Based Health Care for JBI
Mon 23 February - Fri 27 February 2015
Comprehensive Systematic Review Training Course
(5-day intensive course):
Modules included:
An introduction to evidence based healthcare and the systematic review of evidence (1 day)
The systematic review of evidence generated by quantitative research (2 days)
The systematic review of evidence generated by qualitative research, narrative and text (2 days)
Venue:
Brentford Campus, Paragon House, Boston

Manor Road, Brentford, Middlesex, TW8 9GA
Cost:
£850
For further information please contact:
Meg Morse meg.morse@uwl.ac.uk

Nursing Symposium 2015
“Sustaining Excellence”
14–15 October 2015/0–02 Muharam 1437
King Faisal Specialist Hospital and Research Centre is holding a Nursing Affairs Symposium on 14–15 October 2015 (01 to 02 Muharram 1437) at the Post Graduate Centre in KFSH&RC Riyadh.
You are invited to submit an abstract focusing on “Sustaining Excellence” utilising advanced practice nursing models. The topics include quality initiatives, patient safety, research and evidence-based practice and nursing ethics. We welcome topics with innovative approaches in managing staffing issues locally.
Call for Abstract online form
Last date of submission: 01 March 2015 (10 Jumada Al Awal 1436)
53rd Face-to-Face Committee of Directors meeting in Adelaide

The dates have been confirmed for the 53rd Face-to-Face CoD meeting, to be held in Adelaide, Australia, from 31 August to 4 September 2015. The five-day meeting will follow the strategic business review, and will replace the biennial Adelaide Convention for 2015. The last two days will comprise of methodology workshops, open sessions and other activities as determined the Committee and JBI. Further details regarding registration for the two-day open sessions will be forthcoming.

A preliminary email has been sent to the Committee of Directors requesting the departure city of each director and any requests for visa invitation letters.

Any further enquires may be sent to the collaboration liaison team at jbc@adelaide.edu.au

Centre changes

**The Joanna-Briggs Institute – Institute of Mental Health (Singapore) Centre for Evidence-Based Practices in Mental Health Care**

JBI farewells Ms Poh Chee Lien, who has stepped down as Director of the JBI-IMH Centre. JBI welcomes Dr Xie Huiting as the new Director. Dr Huiting is a Nurse Educator at the Institute of Mental Health, Singapore.

Additionally, Ms Rajni P has stepped down as Deputy Director of the JBI-IMH Centre, with Ms Li Ziqiang taking over as the new Deputy Director.

**The Western Australian Centre for Evidence Informed Healthcare Practice**

JBI farewells Emeritus Professor Robin Watts AM, who has retired as the Director of The Western Australian Centre for Evidence Informed Healthcare Practice, after founding the Centre in 1996. Dr Sally Wilson is stepping up from her position as Deputy Director to take over as the new Director for the WA Centre.

Additionally, JBI welcomes Dr Lucia Gillman as the new Deputy Director of The Western Australian Centre for Evidence Informed Healthcare Practice.

CSIRO Food and Health

Due to structural changes within the organisation, CSIRO Food and Health have regrettably made the decision to disassociate as a JBI Centre. The JBI thanks the directorate and staff for their four years of partnership and collaboration.
Welcome to our new HDR Student Group

The School of Translational Health Science welcomes its latest cohort of higher degree students. Interest in the program has been stronger than ever and the selection process was rigorous, with Assoc Prof Craig Lockwood meeting with all interested candidates to assess their suitability to the program and to consider the relevance of their proposed research topic.

Those selected for placement make up a diverse group of healthcare professionals, with backgrounds ranging from nursing to surgery. We wish our new candidates the best of luck as they commence candidature.

“Keep on the lookout for novel ideas that others have used successfully. Your idea has to be original only in its adaptation to the problem you’re working on”

~ Thomas Edison (1847-1931)

Why our HDR program is distinctive

Although our program is predominantly promoted by word of mouth, the School has received an overwhelming response from potential candidates wanting to secure a spot in our Feb 2015 placement. Given the amount of interest and strength of candidates, it’s been proposed the school conduct a mid-year intake in July 2015. The HDR team is already meeting with potential candidates for a second intake this year.

The Master in Clinical Science is unique to our School, and the absence of any tertiary fees to Australian and New Zealand residents makes it a highly attractive qualification. With no requirements to attend weekly lectures or submit regular written assignments, there has also been considerable interest from healthcare professionals with high workloads who find the program well suited to their time constraints. A growing number of people are becoming familiar with our distinctive form of intensive training in the unique Joanna Briggs Institute methodologies and software, and the possibility of undertaking a systematic review on a topic of choice, under the guidance and assistance of JBI allocated supervisors.

All who participate in the program have the opportunity to be published in the international Joanna Briggs Institute Database of Systematic Reviews and Implementation Reports, which also forms the basis of the requirements for a dissertation that is accepted by the University for the Master of Clinical Science. It is a full-two year program, and students who complete all the academic requirements within 12 months of enrolment may be eligible to apply for an upgrade to PhD.

HDR Feb 2014 intake – completion of major review

By 10 February 2015, students enrolled in February 2014 will have completed their Major Review of Progress.

The Major Review is a significant point in candidature, when the School and University assess whether a student is making adequate progress with their work and has the skills, aptitude and ability to complete their degree within the expected timeframe. The outcome of this assessment can have a major effect on how a student progresses with their candidature. We wish those HDR students luck with their successful completion of this milestone.
Student profile

Rochelle Kurmis, BND, APD, CF JBI

On Friday, 27 February 2015, Masters student Rochelle Kurmis will be presenting her findings at the first of our school seminars for the year.

Currently appointed as the Allied Health Project Manager for the Adult Burns Service at the Royal Adelaide Hospital, Rochelle commenced working in the field of burns as a Dietician at the Royal Adelaide Hospital in 2006. She is currently a member of the Australian and New Zealand Burns Association (ANZBA) and has presented at various ANZBA Annual Scientific Meetings in oral and poster formats. As an active member of the Burns Dieticians Special Interest Group since 2006, Rochelle has also contributed to multiple burn quality improvement projects conducted by this group.

Through being involved in multiple burns related journal publications as a lead and co-author, Rochelle has gained an interest in extending her research methodology understanding. Her experience in guideline development as a co-author on the COSA Evidence Based Guidelines for the Nutritional Management of Patients with Head and Neck Cancer have been endorsed by the Dietician’s Association of Australia, British Dietetic Association and Dieticians NZ and the ANZ Head and Neck Cancer Society. Rochelle has also been an editor and chapter author for the Burn Trauma Rehabilitation: Allied Health Practice Guidelines which fostered her interest in translation of evidence into clinical practice.

Whilst acting as a Co-Chair of the Joanna Briggs Institute (JBI) Burns Node, Expert Reference Group, Rochelle became aware of the Masters of Clinical Science program offered by the JBI. She saw our Masters in Clinical Science program as a way of combining her interests in burns, nutrition and research methodology, whilst providing her with knowledge and skills that she would be able to utilise in her professional role.

Rochelle has been an exceptional student of our school and her supervisory staff are impressed by her competent management of candidature requirements and quality of work. Rochelle is currently working at her thesis and is expected to complete this year.

“Einstein didn’t go around racking his brain, muttering to himself, ‘How, oh how, can I come up with a Great Idea?’ The bottom line is that invention is much more like falling off a log than like sawing one in two.”

~ Douglas R Hofstadter

Students to present at first seminar for 2015

In 2014, the School of Translational Health Science ranked highly across the Faculty of Health Science in terms of higher degree student completions. With so many of our students reaching the end of their studies early in 2015, there will be a greater focus on students presenting their findings at our monthly seminar series.

To kick off the new year, the School has invited Masters students Heather Glaser and Rochelle Kurmis to present at the first Graduate Research Seminar on Friday, 27 February 2015.

Staff and students are strongly encouraged to attend our scheduled presentations at the end of each month. As always, wine and cheese will be served.

In 2014, the School of Translational Health Science ranked highly across the Faculty of Health Science in terms of higher degree student completions. With so many of our students reaching the end of their studies early in 2015, there will be a greater focus on students presenting their findings at our monthly seminar series.

To kick off the new year, the School has invited Masters students Heather Glaser and Rochelle Kurmis to present at the first Graduate Research Seminar on Friday, 27 February 2015.

Staff and students are strongly encouraged to attend our scheduled presentations at the end of each month. As always, wine and cheese will be served.

“Einstein didn’t go around racking his brain, muttering to himself, ‘How, oh how, can I come up with a Great Idea?’ The bottom line is that invention is much more like falling off a log than like sawing one in two.”

~ Douglas R Hofstadter
The student voice

A word from incoming Student Representative Melissa Saliba

Being a Student Representative is a great way to contribute to ensuring a great learning experience for all students of the School of Translational Health Science and to get to know your fellow students and the School from another perspective. The role of the Student Representative is to: (a) represent the experiences and views of HDR students on issues that directly affect their academic study and matters relating to decision making concerning changes to requirements or undertaking of the course of study; (b) represent the student body at the School Board and School’s Higher Degree Committee; and (c) facilitate the development of a culture of student collegiality and the establishment of a formal student body.

At the August 2014 Research School, Stephanie Newell remained in her position as Student Representative and the student body elected me to replace outgoing Student Representative Stephen Richards. Stephen contributed greatly to representing students during his term and confidence by the student body to represent them was reflected in Stephen being re-elected for an additional six-month term. Overall Stephen served as a Student Representative for almost three years. Stephen was thanked by his fellow representatives, and the student body for his tireless support and the commitment he made to the role for the benefit of students.

Several other students took the opportunity to be involved in a supporting role to the Student Representatives via the Student Representative Working Group. Thanks to Chris Hunt, Trish McReynolds, Arisa Patthum, Gordon Parbery and Stephen Walters for volunteering for this important role. Best wishes and thanks go to outgoing Student Representative Working Group member Judith Hocking who provided valuable insight and practical assistance in undertaking her role. The working group consists of a cross-section of students from both new and ongoing Master and PhD cohorts, who offer their opinions and ideas to the Student Representatives, enabling a broader student voice to be heard on a range of matters. The Student Representative Working Group also assists with the planning and organising of student social activities, such as the Cocktail Evening held at last year’s August Research School.

As the March Research School approaches, students are asked to consider themselves or others to be nominated for the Student Representative role, as Stephanie will be stepping down as her two-year term ends in April 2015, or for the Student Representative Working Group. The Student Representative Handbook (2014) outlines the roles and responsibilities of the student representatives and working group roles.

Student representatives can be contacted via their Adelaide University email at any time, and there will also be opportunity to speak with them during the 2015 February (new students) and March (ongoing students) Research Schools.

School blog

Don’t forget to visit the School of Translational Health Science blog to read the latest news, events and important information. Note that the blog does not replace the current HDR Facebook page, which is a ‘closed group’ to active students and supervisors.
Alumni presence in JBI Strategic Plan Working Group

It is wonderful to see our Alumni Executive becoming more engaged with JBI processes. As most of you will have seen in the emails flying about, you would already know that following the annual meeting of the JBI Centre Directors in Singapore in November last year, it was agreed that there be two Clinical Fellow Alumni members involved in the development of the JBI Strategic Plan.

The nominations were made and put to vote and we are very pleased to advise that the successful candidates for membership on the JBI Strategic Plan Working Group are (pictured):

- Mr Garumma Tolu Feyissa, representing the Africas
- Ms Katherine Trowbridge, representing the non-Africas and all other nations.

This is a fantastic opportunity to have Clinical Fellow representation in a group of highly articulate, accomplished clinical experts and critical thinkers, offering a frank and honest approach to planning for the future direction of the Joanna Briggs Institute.

A warm welcome to new alumni members

Another group of amazing Clinical Fellows completed their clinical fellowship programs in December 2014. Their topics covered a wide variety of clinical settings, including:

- Facial burn management
- Fasting times for burns patients
- Skin tear management in the community setting
- Use of physical restraints
- Clinical handover in residential aged care
- Chemotherapy documentation
- Chlorhexidine Gluconate (CHG) bath wash in ICU settings
- Inflammatory bowel disease self-management
- Discharge planning for patients with acute coronary syndrome.

Alumni members are pictured below:

Standing (l to r): Lu Minmin, Sara Giuliani, Karen Porter, Susan Beirne, Natalia Adanichkin, Rebekah Beechey.

Seated (l to r): Ma Hui, Chen Ruobing, Laura Priest, Lizanne Dalgleish, Allison Tumer.

Congratulations and welcome to the JBI Alumni!