

Research Highlights and Awards

Thursday 8 October 2020
12.30-1.30pm



Presenter: Chris Lynch

Topic: The effectiveness of Fitness Trackers in Changing the Physical Activity of Breast Cancer Survivors

Synopsis: Physical activity is central to the aetiology and management of many cancer outcomes and improving physical activity among breast cancer survivors with low levels of activity is crucial. Popular emerging mobile technology such as the fitness tracker, has prompted the investigation of their potential application in clinical and public health settings, including the improvement or maintenance of health in oncology practice. The aim of this thesis was to investigate how effective fitness trackers are in changing the physical activity behaviour of inactive breast cancer survivors.

Bio: Chris has recently submitted his PhD thesis at RMIT University. His research focused on wearable technology and physical activity behaviour, specifically how fitness trackers could be used to increase the physical activity of breast cancer survivors. Publications from his PhD include a systematic review and meta-analysis as well as quantitative, and qualitative research articles.



Presenter: Dr Julie Wang

Topic: Prospective serial evaluation of new biomarkers of thrombosis in patients with newly diagnosed venous thromboembolism.

Synopsis: Brief overview of PhD project and progress so far.

Bio: Dr Julie Wang is a haematologist who has an interest in thrombosis and haemostasis. She is a PhD candidate at the University of Melbourne and recipient of a Northern Health Foundation PhD Scholarship.



Presenter: Natali Cvetanovska

Topic: Patient initiated teach back to overcome low health literacy and improve recall and retention of health information

Synopsis: An individual's health literacy affects their ability to engage with and navigate health services, understand health information and implement health decisions. An important factor in health literacy is communication between health professionals and patients. This research will explore how patients can be empowered to take a more active role in their communication with health professionals.

Bio: Natali has worked for Northern Health for over 12 years and her research interest is improving the health literacy of the people in Melbourne's north.



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INSPIRED RESEARCHERS
Northern Health



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Presenter: Mr Justin Wong

Topic: Use of novel device to decrease complications during ACL reconstruction

Synopsis: During ACL reconstruction, the graft is pulled into bone tunnels in the femur and tibia and then fixed in place. The sutures used to pull the graft into place can rupture which can lead to increased surgery time or incorrect positioning of the graft. We are testing the use of a custom designed instrument and a modified pulling technique to see if it reduces the risk of suture rupture. Grafts will be pulled into bone tunnels in cadaveric cow knees and a tensiometer will record the tensions in the sutures using the standard technique and comparing them to tensions when using the novel device and modified technique.

Bio: Mr Justin Wong is the Director of Research for the Northern Health Orthopaedic Unit an orthopaedic surgeon specialising in knee surgery. He has an interest in registrar teaching and is currently the Director of Training for the orthopaedic registrars at Northern Hospital.



Presenter: Dr Sanjeevan Muruganandan, NH Foundation Small Research Grant Recipient

Topic: Research in Pleural Medicine at Northern Health

Synopsis: In Australia, pleural disease affects 60,000 patients per annum. Pleural malignancies and infections are the commonest causes of exudative pleural effusions, and their incidence, mortality and health-care costs continue to rise. The STOPPE study is a pilot, multicentre, double-blinded, placebo-controlled randomised controlled trial to establish the feasibility and safety of adjunct corticosteroid therapy in patients with pneumonia and associated pleural effusions. The PLEASE-2 is a multicentre prospective study investigating the importance of the diaphragm in the mechanism of breathlessness and enable us to predict which patients are likely to benefit from drainage procedures.

Bio: Dr Sanjeevan Muruganandan is the research and the pleural lead for the Department of Respiratory Medicine at Northern Health. He has a keen research focus and his goal is to translate his research work into clinical practice to help reduce the mortality, morbidity and health care costs of patients with pleural diseases.



Presenter: Dr Rebecca Jessup NH Foundation Small Research Grant Recipient

Topic: How do health consumers interpret and apply health information during a pandemic?:

Synopsis: The **COM**munication during **COVID**-19 (COM-VID) study is a two phase study that aims to understand how patients who are high hospital users are accessing, interpreting and applying information during the pandemic. The study seeks to better understand how COVID-19 has influenced this cohorts health seeking behaviours.

Bio: Dr Rebecca Jessup is the Allied Health Research Lead at Northern Health, and an Adjunct Research Fellow at La Trobe University School of Allied Health, Human Services and Sport. Rebecca has a clinical degree in Podiatry, a Master of Public Health and a PhD in Health Literacy for which she received an NHMRC post-graduate scholarship. Rebecca's research interest areas include health literacy and communication, health equity, and alternative models of service delivery to improve health system sustainability.