



March 2025

Only have 60 seconds?

Social Determinants of Health Innovation Grant Round: Applications open 30th April.

RHRF Impact Report Released: Read the report [here](#)

RANZCP Senior Research Award for 2025 awarded to Professor Colleen Loo

RHRF funded project Highlights

- 'DrumBeat.ai' project team are presenting at Australian Society of Otolaryngology Head and Neck Surgery 75th Annual Scientific Meeting 28th - 30th March.
- 'Improving Mobility' project team are presenting at the International Society of Behavioural Nutrition and Physical Activity (ISBNPA), on 11th - 14th of June
- 'Pharmacogenetics for Severe Mood Disorders' project has recruited 372 patients and maintained a follow-up rate of over 90% at one year.
- 'eCLIPSE' study have completed development of their online mental health and substance use portal and are ready to roll this out in the coming weeks.

5 New publications from some of our researchers. See below.

Improving Health Literacy and Self-Management of Heart Failure



Yesterday, the RHRF team listened to an incredible presentation by our Grant Recipients Professor Diana Slade, Professor Christopher Etherton Beer and their team.

They presented the evolution of their RHRF funded project titled **"Improving**

communication to enhance patients' health literacy, empowerment and self-management of heart failure", along with some initial findings and future plans.

The team have collected **the most comprehensive dataset of it's kind** with a number of context interviews and patient journeys tracked via video and audio recordings of real-life interactions between clinicians and heart failure patients. It became evident that there was ambiguity around heart failure diagnosis and communication of those diagnoses to the patient.

One patient said to the research team *"this nice doctor today he was using medical jargon which was a bit hard to follow at times [...] you get to listen and then, at the end of it, they'll ask you if you've got any questions. But the problem is, the question you've thought about right at the start is too late. You've forgotten it yourself."*

Clear communication between clinician and patient and high health literacy are important factors for self-management of heart failure and to reduce hospital re-admissions and improve outcomes. The team aim to understand what system changes are necessary to put into place to enhance communication to help patients' self-manage and be actively involved in shared decision making. Congratulation to the team for all their work so far.

Listen to the team speak about their study in our [Rapid Research Video here](#).

RHRF Grant Rounds

Social Determinants of Health (SDH) Innovation Grant Round Opening Soon

We are excited to announce that the RHRF SDH Innovation Grant Round will be opening on April 30th, and closing on 21st July.

This grant aims to address disadvantage by funding research that targets the social determinants of health. We encourage all eligible researchers to apply and contribute to creating a more equitable and healthier society.

External Grant Rounds

NHMRC 2025 Ideas Grants Round - Now Open

The objective of the Ideas Grant scheme is to support innovative research projects addressing a specific question(s).

The expected outcomes are:

- innovative and creative research
- funding of researchers at all career stages, and
- funding any area of health and medical research from discovery to implementation.

Applications open on Wednesday 12 March 2025 and close Wednesday 7 May 2025

MRFF 2025 Cardiovascular Health Grant Opportunity - Now Open

The Medical Research Future Fund (MRFF) Cardiovascular Health Mission aims to make transformative improvements in cardiovascular health and stroke management for all Australians.

Applications must propose research that addresses one of the four Streams of research, outlined here: [Current Grant Opportunity View - GO7554: GrantConnect](#) and will only be accepted from approved MRFF Eligible Organisations.

As Ramsay Hospital Research Foundation (RHRF) has recently been accepted as an MRFF Eligible Organisation, we are able to assist with applications and administer funds if successful. Contact info@rhrf.org.au if you would like information on how to apply with RHRF.

RHRF Impact Report Released



The latest RHRF Impact Report has recently been released. This report showcases the projects we fund, their transformative impact on healthcare, and the foundation's commitment to advancing medical knowledge and improving patient outcomes through high-quality research.

View the report [here](#)

"I'm delighted to share our annual Impact Report. As we reflect on the past year, it is wonderful to witness the continued growth of Ramsay Hospital Research Foundation, and the ongoing development of research activities within Ramsay Health Care."

- Ms Nicola Ware, CEO, RHRF & Head of Research, Innovation & Integrated Care, RHC

RHRF Funded Project Updates

The project team have successfully been accepted to speak at the **Australian Society of Otolaryngology Head and Neck Surgery 75th Annual Scientific Meeting** at the International Convention Centre (ICC) in Sydney on 28th - 30th March.

The presentation titled, 'Multi-Stage Artificial Intelligence (AI) for Otoscopic Image Classification: Improving Middle Ear Diagnosis in Remote Australian Indigenous Communities' will be presented, along with four poster presentations.

Dr Al-Rahim Habib, one of the study leads, featured in a video *"Preventing hearing loss with AI / the prompt with Trevor Noah"*.

View the video [here](#)



Improving Mobility

PI: Professor Peter Youseff

The project team have been accepted to present their work titled *'SureStep: Improving mobility in hospitals - Part 1 Adaptation of an effective and cost-saving program'* at two conferences:

Sydney MSK Annual Scientific Meeting, where they presented on the 4th of December 2024.

International Society of Behavioural Nutrition and Physical Activity (ISBNPA), where they will present on 11th - 14th of June 2025.



Professor Peter Youseff, PI on the RHRF funded project Improving Mobility

Pharmacogenetics for Severe Mood Disorders

PI: Professor Malcolm Hopwood

We are excited to share an update on the RHRF funded study, "Pharmacogenetics for Severe Mood Disorders: A Randomised Controlled Trial," led by Professor Mal Hopwood.

The study has recently achieved a significant milestone, with 372 patients recruited and an impressive follow-up rate of over 90% at one year.

The study utilizes the Amplis-EVO™ genetic test, developed by CNSDose, which examines variations in 16 genes associated with the metabolism and transport of

The study is the largest non-industry sponsored trial of its kind, and while precision medicine is widely recognised in oncology, this study brings its benefits to mental health, potentially transforming the often trial-and-error approach to medication. This could lead to more reliable and faster treatment options for patients, significantly reducing the burden of severe mood disorders within the community.

"Patients with severe Mood Disorders want and need to get well as quickly as possible, any tool that can help us individualise early treatment will be a major step forward"

antidepressant medications.

By identifying genetic markers, this test aims to assist doctors in making informed prescribing decisions for patients with Major Depression and Bipolar Disorder



Professor Mal Hopwood, PI on the RHRF funded project CNS Dose

eCLiPSE Study

PI: Frances Kay Lambkin

The eCLiPSE study aims to facilitate free 24/7 access to evidence based online screening, eHealth treatments and resources for people experiencing co-occurring mental health and substance use problems, as well as any clinical services supporting them.

The team have recently hit a study milestone, with the development of the online portal finalised and ready to roll out in the coming weeks.

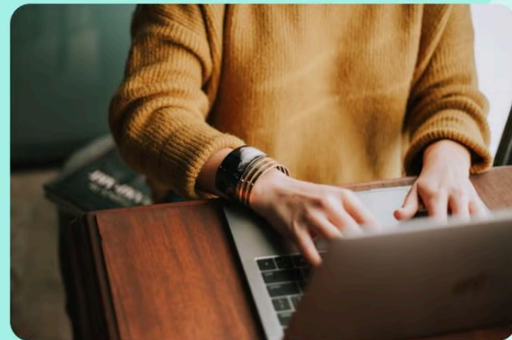
Supporting you through mental health and substance use issues

Giving you access to free treatment programs and resources that work

Login or register today!

How are you doing?

View Mental Health & Substance Use Programs



Professor Colleen Loo Recipient of RANZCP Senior Research Award for 2025

Clinical psychiatrist, Professor of Psychiatry at the University of New South Wales, and RHRF Grant Recipient, Professor Colleen Loo, has been awarded the RANZCP Senior Research Award for 2025 and has been invited to be a keynote speaker at the 2025 RANZCP Congress in the Gold Coast from 4th – 8th May.

The RANZCP Senior Research Award was established in 1978 and recognises excellence in research in psychiatry in Australia and New Zealand. Professor Loo's extensive research and contributions to the

Professor Loo is the PI on [The CARE Network](#) Project, a co-funded project by RHRF and NHMRC, established to improve clinical services in Neurostimulation and Interventional Psychiatry. Congratulations Professor Loo.

field of neurostimulation made her stand out among a strong field of applicants.



Elissa's journey in breast cancer clinical trials

Elissa Simms, a breast cancer patient and clinical trial consumer advocate, shared her story recently with 'Women's Agenda'.

Elissa is participating in the Cambria-2 Trial, led by Dr Nick Zdenkowski at Lake Macquarie Private Hospital Clinical Trials & Research Unit. The trial aims to find out if giving a new endocrine therapy treatment known as a 'selective estrogen receptor degrader' (SERD) is better at stopping cancer from returning, compared with the usual endocrine treatments.



Pictured above: Elissa Simms

Photo credit: Womens' Agenda Article accessible [here](#)

Read Elissa's story with 'Women's Agenda' [here](#).

Hear Dr Zdenkowski speak about the Cambria-2 Trial [here](#).

Interested in attending an online Q&A on the latest updates on breast cancer research. Register through Breast Cancer Trials [here](#)

RHRF Accepted as MRFF Eligible Organisation

We are thrilled to announce that RHRF has registered and been accepted as a Medical Research Future Fund (MRFF) Eligible Organisation. This means that RHRF can support our researchers through the application process for MRFF funding, and can manage and administer the funds for research in accordance with MRFF standards.

Contact info@rhrf.org.au if you would like more information on how to apply with RHRF.

Recent Publications

Congratulations to some of our grant recipients and investigators on their and their teams recently published work.

Jane Fisher

[Behavioural Interventions for Problematic Infant Sleeping and Cry/Fuss Behaviour: A Systematic Review and Meta-Analyses](#), *Infant and Child Development*

Samuel MacDessi

[Statistical analysis plan for the Robotic-Assisted Surgery and Kinematic ALignment in total](#)

[knee arthroplasty_\(RASKAL\)_registry-nested randomized trial.](#) *Bone Jt Open*

Sarah Price

[Using continuous glucose monitoring \(CGM\) to understand glucose control in women with obesity during pregnancy.](#) *Clin Obes*

[Considering the use of GLP-1 receptor agonists in women with obesity prior to pregnancy: a narrative review.](#) *Arch Gynecol Obstet.*

Marjolein Kammers

[Providing emotional care for early pregnancy loss: Development and evaluation of a new training module for healthcare providers.](#) *Midwifery*

Colleen Loo

[Safety outcomes of ketamine for treatment-resistant depression in clinical settings and development of the ketamine side effect tool-revised \(KSET-R\).](#) *Psychiatry Res.*

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