



May 2025

Your 60 second update

General Research Updates

New Partner - RHRF partners with [ANZUP, the Australian and New Zealand Urogenital and Prostate Cancer Trials Group](#)

Research Awards- Professor Rosemary Saunders awarded Excellence in Research Award at the [WA Nursing & Midwifery Excellence awards](#)

Free Biostatistics Support - for anyone conducting research at a Ramsay facility. [Register here](#)

Research Outputs

Publications - New publications from RHRF funded studies [SuPeR Knee](#), [MAMBO](#) and [EPIK](#).

Conferences - Two RHRF funded studies, COASTAL led by Prof. David Hunter, and EPIK led by Prof. Sam Adie, were presented at [OARSI World Congress](#) in South Korea in April.

Ramsay Rapid Research - [Latest Rapid Research Video released](#) - Dr Sue Thackwray and the Psoriasis Trial she is leading at Sunshine Coast University Clinical Trials & Research Unit.

RHRF Funded Project Updates

Plasma Neurofilament Light (NfL): A blood test for identification of neurological and neurodegenerative disorders in people presenting with mood and anxiety disorders
Led by Prof. Dennis Valakoulis - Successfully recruited 300 participants.

Detect-PM: Peritoneal Tumour DNA to Detect Clinically Occult Peritoneal Metastasis in Locally Advanced Colorectal Cancer

Led by Prof. Jeanne Tie- Successfully activated 4 sites and recently begun recruitment, with 8 participants recruited already.

IMPOSTERS: Should InterMittent Pneumatic cOMpression devices be Standard therapy for the prevention of venous Thrombo-Embolic events in major surgery?

Led by Prof. Stephen Smith - Successfully recruited 67 participants to date.

RHRF's New Partnership with ANZUP



RHRF & ANZUP'S

New Partnership



Ramsay Hospital Research Foundation have signed a Memorandum of Understanding (MoU) with the Australian and New Zealand Urogenital and Prostate Cancer Trials Group.

This MoU marks the beginning of a dynamic and impactful partnership aimed at fostering, identifying, investigating, and acting upon opportunities to establish and deliver cutting-edge clinical trials in the field of genitourinary oncology.

The collaboration will strive to accelerate the development of innovative treatments and significantly improve patient outcomes for those affected by prostate, bladder, kidney, testicular, and other below-the-belt cancers.

Beyond clinical trials, the partnership will provide a wealth of opportunities, including grant funding, pioneering research initiatives, and the generation of new ideas to not only enhance the understanding of genitourinary cancers but also lead to the development of more effective treatments.

RHRF Funded Project Updates

Detect-PM Study

Principal Investigator: Professor Jeanne Tie

Successfully activated 4 sites and begun recruitment.

The study "Exploring the Utility of Peritoneal Tumour DNA to Detect Clinically Occult Peritoneal Metastasis in Locally Advanced Colorectal Cancer (Detect-PM)" has successfully activated 4 sites including;

- Royal Melbourne Hospital
- Western Health
- Austin Health
- Ramsay's Warringal Private Hospital.

A bit more about the study...

Colorectal cancer (CRC) is the second leading cause of cancer-related deaths worldwide and in Australia, accounting for 880,792 deaths per year globally and 5,350 deaths per year in Australia. With the rising incidence rates of colorectal cancer in young adults, it is now the leading cause of cancer death in adults under 50 years old in Australia, claiming the lives of 315 young people per year. This project seeks to improve the diagnosis and outcome of patients with CRC peritoneal metastases.



Detect-PM Study Team

NfL Study

Principal Investigator: Dennis Velakoulis

Successfully recruited 300 participants and collected 300 samples currently being analysed

The study "Plasma neurofilament light: A simple screening blood test to help in the early identification of neurological and neurodegenerative disorders in people presenting with mood and anxiety disorders." has successfully recruited 300 participants with 300 samples processed and currently being analysed.

This study will provide opportunity for people with mental health conditions to have access to a simple blood test that could screen for neurological and neurodegenerative conditions including dementia.

IMPOSTERS

Principal Investigator: Professor Stephen Smith

67 participants successfully recruited

The study "Should InterMittent Pneumatic cOmpression devices be Standard therapy for the prevention of venous Thrombo-Embolic events in major surgery? Protocol for a RandomiSed clinical trial (IMPOSTERS)" has successfully recruited 67 participants.

A bit more about the study...

Venous thromboembolism (VTE) poses a significant postoperative morbidity risk, especially following major surgery. The current strategies to mitigate this risk involve chemical prophylaxis strategies. While Australian guidelines advocate the combined use of LMWH,

GCS, **and/or** IPCDs after surgery, a notable gap exists in the clinical evaluation of IPCDs when used alongside chemical prophylaxis. Currently surgeons are adopting all three options of prophylaxis without evidence to support this.

This study tackles the widespread, potentially unnecessary use of pneumatic compression devices on almost all major surgery patients. The primary objective of this study is not to introduce novel products or interventions but rather to eliminate an extraneous element from standard care practices.

Excellence in Research Award

Professor Rosemary Saudners was awarded the Excellence in Research Award at the WA Nursing & Midwifery Excellence awards on 10th May 2025.

"This is a result of the great teams I work with, particularly at Hollywood Private Hospital and the research we have undertaken and are currently doing." - Rosemary Saunders

View the other winners and photos from the event [here](#).



Right: Professor Rosemary Saunders
Photo credit: WA Nursing and Midwifery Excellence Awards

A Participants Perspective

The TRENA Trial, is a RHRF funded study led by Dr Donel Martin. The study is a Randomised Controlled Trial comparing the effectiveness of two brain stimulation treatments (tDCS vs rTMS) in the treatment of anorexia nervosa.

One patient shared their perspective on being a participant in the trial...

What has been your experience being involved in the TRENA Trial?

"My experience in the TRENA trial has been very positive. When I first started I felt my mood actually got worse for the first month or so, at around 6 weeks I found a marked improvement in my mood, my clarity of mind and my motivation to do daily activities. I have felt a slight burning sensation from each treatment I have received although that has not bothered me at all. The routine has also helped with motivation as it has added

What would you tell someone who is considering participating in a clinical trial?

I would inform anyone who is considering doing the trial "you have nothing to lose". Be open and know it may not have any effect till around the 6 week mark but just stick to it as in my experience it has helped me so much with my mood and clarity of thought. If you don't gain anything from the trials, then you haven't lost anything but if it helps, it changes everything. I was very well

something else to my day. Knowing that I am a part of research which could possibly help patients with an eating disorder has given me a sense of purpose which I have absolute loved. The team I have been involved with from the start has been wonderful, helpful, supportive and available whenever I have had questions etc. this has made the experience seem less."

informed before the trial therefore wouldn't require anything else to be explained."



What motivated you to be a part of a clinical trial?

"The thought of adding to society through research. Knowing that I could be part of a cure or way forward for what is an awful disorder makes my heart sing. I also felt I had nothing to lose as research has shown the treatment is very effective with depression. Whether I had been given the placebo or not didn't factor into my decision as I see it that I had absolutely nothing to lose, only something to gain"

Latest Rapid Research Video Released

Dr Sue Thackwray, a clinician researcher at Sunshine Coast Private Hospital Clinical Trials & Research Unit shared a bit about a Psoriasis Trial being run at site.

Watch the 5 minute video [here](#)



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-ANONYMOUS RAMSAY RESEARCHER

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Recent Publications

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

SuPeR Knee Project: Principal Investigator, Michael Nilsson

[Determining patient activity goals and their fulfillment following total knee arthroplasty: Findings from the prospective, observational SuPeR Knee study](#), *PloS One*

[Biopsychosocial based machine learning models predict patient improvement after total knee arthroplasty](#), *Scientific Reports*

MAMBO Study: Principal Investigator, Sarah Price

[Maternal Metabolic Health and Mother and Baby Health Outcomes \(MAMBO\): Protocol of a Prospective Observational Study](#), *JMIR Research Protocols*

EPIK Study: Principal Investigator, Sam Adie

[719 - Stakeholders' Perceptions of the Early Pain Intervention After Knee Replacement Model of Care: A Qualitative Study](#), *Osteoarthritis and Cartilage*

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