

Welcome Back

We're excited to bring you the latest updates, events, and achievements from the Ramsay Hospital Research Foundation (RHRF).

In this bi-monthly newsletter, we'll share important dates, update you on our latest activities, highlight the incredible work of our researchers and showcase the latest publications and accomplishments.

Please share this with your network and thank you for being a valued part of our community!

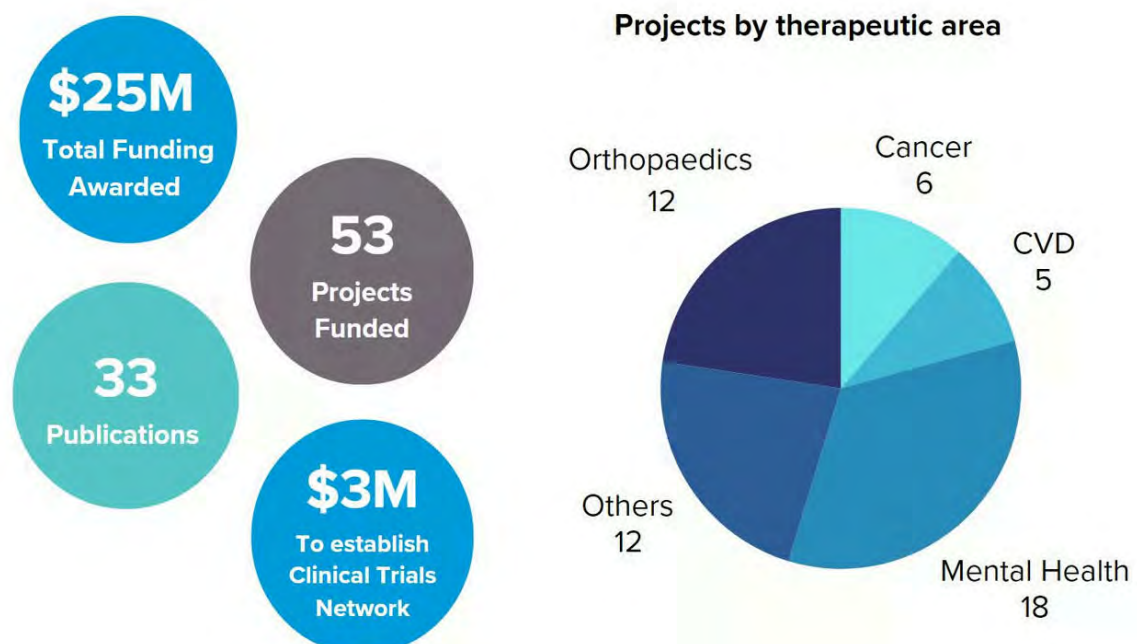
About RHRF Grants Program

Ramsay Hospital Research Foundation offers two grant schemes, made possible by the Paul Ramsay Foundation.

Translational Challenge Grant: The Translational Challenge Grant (TCG) is RHRF's most prominent grant stream that specifically seeks to fund translational research projects that will break the cycle of disadvantage and improve patient outcomes. A maximum of **\$400,000** is available per project, for projects of duration up to **three** years.

Collaborative Research Request: To foster a culture of cross-system collaboration, RHRF will consider requests to financially support and be involved in collaborative research projects including; NHMRC grants, MRFF grants, ARC grants, CRC grants, or other similar Australian based grant schemes. A maximum of **\$500,000** is available per project, for projects of duration up to **five** years.

RHRF grants summary to date



Newly Awarded Grants

Congratulations to the following Principal Investigators and their teams on their successful RHRF Translational Challenge Grants.

Keep your eyes peeled for more grant announcements in the near future, as we continue to finalise additional projects.

MAMBO

Maternal metabolic health And Mother and Baby health Outcomes

Dr Sarah Price
Principal Investigator

Principal Investigator

Dr Sarah Price

Primary Ramsay Research Site

Frances Perry House, VIC

Aim

Young women with metabolic diseases such as obesity, diabetes, and hypertension face significant risks of having offspring with serious health issues. This project aims to provide all Australian women with adequate access to preconception care, by developing an app-based risk calculator and integrating high-risk women into existing maternity services.

IMPOSTERS

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

Professor Stephen Smith
Principal Investigator

Principal Investigator

Professor Stephen Smith

Primary Ramsay Research Site

Lake Macquarie Private Hospital, NSW

Aim

Venous thromboembolism (VTE) is a significant risk following major surgery, with current prevention strategies including low molecular weight heparin (LMWH) and mechanical methods like graduated compression stockings (GCS) and intermittent pneumatic compression devices (IPCDs). This study, aims to determine if using only LMWH and GCS is as effective as including IPCDs, potentially improving patient comfort, reducing costs and contributing to more sustainable and efficient healthcare practices.

Collaboration between a public and a private **early parenting centre** to improve social disadvantage though continuous quality improvement

Professor Jane Fisher
Principal Investigator

Principal Investigator

Professor Jane Fisher

Primary Ramsay Research Site

Masada Private Hospital, VIC

Aim

An electronic patient-reported outcome system was implemented and evaluated at Ramsay Healthcare's Masada Private Hospital Early Parenting Centre (MPHEPC), and was shown to improve maternal and infant health. The current project now aims to extend this system to Tresillian Family Centre's Nepean Residential Service, forming a research collaboration to adapt and implement the system, ultimately enhancing care for families with considerable psychosocial and economic vulnerabilities.

Upcoming dates...

Biostatistical Consultation Service Launched



We have launched a new [biostatistical consultation service](#) for any Ramsay accredited practitioner or staff to assist with research.

Our biostatistician, Nazim Bhimani, works in medical research as a Biostatistician & Data Manager for the Gastrointestinal Department at Royal North Shore Hospital and is a Lecturer in Surgical Education at the University of Sydney.

He is available to provide assistance on a range of research activities, including the feasibility of your project proposal, clarification of research questions and the identification of outcomes, management of confounding variables, sample size requirements/ power analysis, practicality of data collection, assistance conducting analyses and the interpretation of results.

An initial 1-hour consultation is free of charge during the pilot phase of this service (June to October 2024).

For more information and to book in a consultation click [here](#)

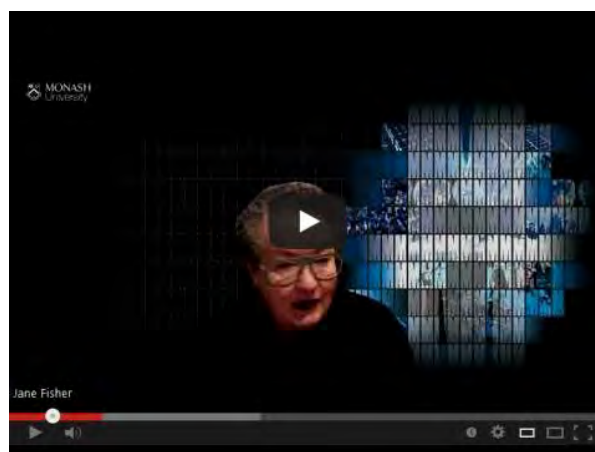
Ramsay Rapid Research

Get to know our Researchers and their work through our Rapid Research segments.

This month we're highlighting the wonderful work done by two RHRF Translational Grant Recipients, Professor Jane Fisher and Dr Donel Martin.

Professor Jane Fisher is a clinical psychologist working at Ramsay's Early Parenting Centre at Masada Private Hospital.

Dr Fisher's research aimed to understand the characteristics of women admitted to Ramsays Early Parenting center by implementing an electronic medical record for data collection. It also aimed to identify indicators of immediate- and medium-term impact of the program on a range of psychological and behavioural outcomes.



Dr Donel Martin is a clinical neuropsychologist and is the Principal Investigator on the TRENA Trial conducted at the Ramsay Northside Clinic.

The TRENA trial is a Randomised Control Trial comparing the effectiveness of two brain stimulation treatments (tDCS vs rTMS) in the treatment of anorexia nervosa.



Publications

Congratulations to a few of our grant recipients and investigators on their recently published work.

Professor Jane Fisher

["Effects of a residential psychoeducational parenting program on maternal anxiety and fatigue symptoms"](#) *Journal of Reproductive and Infant Psychology*

["Impact of a private sector residential early parenting program on clinically significant postnatal depressive symptoms experienced by women: Audit of routinely collected data"](#) *Acta Psychiatrica Scandinavica*

Dr Donel Martin

["Randomised controlled trial of neurostimulation for symptoms of anorexia nervosa \(TRENA study\): study protocol."](#) *Journal of Eating Disorders*

Dr Sarah Price

["An audit of the maternal medicine clinic: Cancer and pregnancy."](#) *Aust N Z J Obstet Gynaecol*

Professor Victoria Traynor

["Comparing the delirium objective structured clinical examination \(OSCE\) education package to standard education for post-registration nurses: A randomised controlled trial"](#) *Nurse Education Today*

Other Achievements

eCLIPSE Study

At Hunter Medical Research Institute on Clinical Trials Day – Jane Rich presented "Implementing digital interventions for comorbid mental health and alcohol and other drug use problems in health and community settings: eClipSE, a cluster randomised controlled trial" on behalf of the eCLIPSE study team (Dr Jane Rich, Dr Louise Thornton, Dr Dara Sampson and Prof Frances Kay-lambkin).





Multi-Modal Delirium Management Education

Professor Victoria Traynor and her team have developed educational resources from their project, including updated versions of a 'Delirium Care Flip Chart' and 'Delirium Care Booklets' that are available via the [ADHERE website](#) and available for purchase as hard copy resources.

RHRF at the 2024 ARCS Annual Conference

RHRF attended this years ARCS Annual Conference held at the International Convention Centre (ICC) in Sydney in June.

Dr Yordanka Krastev, Andrew McFazden, Radhika Butala and Jactina Stevens all presented at different sessions throughout the conference.

Topics focused on consumer engagement in research development and execution, building a collaborative culture in research, Australia's clinical trials market and the challenges that exist, and the current state and future development of Ramsay's Clinical Trials Network.

Thank you to ARCS for putting on such a valuable event and for the opportunity to be involved.



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