

Research Update



Lifestyle modification helping heart attack patients

People who have a heart attack generally improve their diet, stop smoking and eat healthy foods for several weeks after the event.

However, research shows that many heart attack patients often revert to the same pre-event behaviours within 12 months.

In addition, about 60% gradually become non-compliant for their prescribed medication such as lipid lowering drugs.

WRI, in collaboration with Wesley Hospital clinicians, is undertaking a study to determine whether behavioural intervention therapy for cardiac patients at 6, 12 and 24 months after a heart attack will help maintain lifestyle changes and medication compliance.

Participant entry into the study has now closed and collection of data is currently underway.

"The general information we are receiving is that participants are enjoying the cognitive behavioural therapy sessions, which involve assisting them to change unhelpful thought process hindering their lifestyle modification success," Cardiac Rehabilitation Clinical Nurse Manager Mrs Helen Callum said.

The program is being carried out at HeartWise Health Services at The Wesley Hospital and involves regular counselling, health checks and exercise program reviews.



"Following the success of WRI collaborative researcher Prof David Kavanagh's remote delivery study outcomes, a novel web-based system of programs has been developed to target several health related areas.

OnTrack will allow people in the rural and remote areas to access greater support and assistance with the ongoing management of several issues including alcohol use, depression, psychosis and recovery from natural disasters.

I'm currently based at WRI's Mitsubishi Development Rural and Remote Health Centre and my research concentrates on developing and evaluating an OnTrack program that will assist sufferers of Type 2 Diabetes to better manage their condition.

Initially, I undertook interviews with people with Type 2 Diabetes and General Practitioners to inform me about program content. Results indicate the need for additional, ongoing support to enable optimum Type 2 diabetes self-management. People with Type 2 diabetes reported that they require more information to assist particularly with understanding nutrition, appropriate physical activity, medications, and Type 2 diabetes in general. In addition, the need for motivational and emotional support and assistance to deal with the 'psychology' of living with Type 2 Diabetes was expressed.

OnTrack Diabetes will allow people with Type 2 Diabetes to register online at: www.ontrack.org.au/diabetes, access relevant information resources and be guided through

steps towards better diabetes management. This includes access to interactive tools and self-monitoring tools aimed to assist with improvements in physical activity, eating, health routines and emotional well-being, and guidance on building a support network. Users are supported in making personalised life changes and in addition receive information about where to get further help.

The main trial of the OnTrack Diabetes program commences in December 2011 across Australia. This will help us evaluate the program's effects on clinical, psychological, behavioural and psychosocial outcomes. We will also determine the program's cost-effectiveness, acceptability, perceived usability and utility, and implementation feasibility.

Thank you to WRI, Mitsubishi Development and the generous funding from the Sartain family for supporting this PhD project, and for placing an unwavering importance on the future of healthcare for Diabetes sufferers in all areas of Australia."

Mandy is a WRI researcher undertaking a PhD in Clinical and Health Psychology at QUT. She is based at WRI's Mitsubishi Development Rural and Remote Health Centre. If you would like to help support WRI's rural and remote research please contact Rod Knapp on 07 3721 1500.



From the Director

Welcome to the Summer edition of Research Update.

As another year draws to an end, we reflect on the contributions WRI has made to medical research throughout 2011.

This edition focuses on WRI's Mitsubishi Development Rural and Remote Health Centre, a collaboration with Queensland University of Technology and supported by Mitsubishi Development.

WRI PhD student Mandy Cassimatis provides an update on the OnTrack Diabetes program and its use in rural and remote Australia.

This issue also celebrates the achievements of a number of WRI Staff and highlights several WRI research studies requiring volunteers. I encourage you to approach friends or family who may meet the criteria to participate.

On behalf of everyone at WRI, thank you for your interest and support throughout 2011. I would also like to wish you a happy and healthy holiday season as we look toward 2012 and another year of important medical research.

Julie H. Campbell

Professor Julie Campbell AO, FAA, Director



From the Chairman

There is always so much to be done in medical research that it is essential to prioritise the effort and the spending.

In this regard, the Mitsubishi Development Rural and Remote Health Centre stands out, and is well named after our longest serving corporate supporter over the entire 17-year history of WRI.

Located within the Wesley Research Institute, the Centre focuses on the use of modern communications technologies to explore ways of helping isolated people in this vast country of ours. Overlay some of the contemporary health issues in our society – Type 2 Diabetes and dementia and Alzheimer's disease – and the research priorities become quite clear.

As a major force in the mining industry, Mitsubishi Development recognises the importance of research that aims to help people in regional Queensland where the company has its operations. The Centre's research is also being supported by other philanthropic sources including the White Foundation. It's satisfying to reflect that, over time, the benefits of this research into the development of online health programs will flow to people everywhere.

Concerned people wanting to make a difference in society naturally look for tangible and early outcomes from their generosity. At the Wesley Research Institute, we are driven by such priorities.

Martin Albrecht

Martin Albrecht AC, Chairman



Did you know?

- Male death rates from diabetes are 1.3 times higher in inner regional areas and 3.7 times higher in very remote areas than in major cities. (*NIHW*)
- Type 2 is the most common form of diabetes, affecting 85-90% of all people with diabetes. (*Diabetes Australia*)
- The term 'e-health' is about providing the right health information to the right person at the right place and time in a secure electronic form. (*National Rural Health Alliance*)



WRI needs research study participants

Model research study – for breast cancer survivors

About the study

The Wesley Research Institute and the University of Queensland are seeking volunteers to participate in a study for women who have completed breast cancer treatment.

The MODEL (Muscle mass, Omega-3, Diet, Exercise and Lifestyle) study is designed to help researchers understand changes in lean and fat mass and markers of inflammation following breast cancer treatment.

The study will evaluate the use of Omega-3 fatty acids alone and in conjunction with exercise, and their role in preventing this muscle mass loss after treatment.

Participant requirements

- Female
- 18 years or older
- Successfully completed initial treatment for breast cancer in the last 12 months
- No existing disease
- Body Mass Index between 20-35kg/m² (calculated by weight in kilograms divided by height in metres squared)
- No known history of cardiovascular disease or diabetes
- Otherwise healthy
- Not currently consuming significant doses of Omega-3

All study-related medical care will be at no cost to the participant.

Contact

Wesley Research Institute

P: 07 3721 1500

E: enquiries@wesleyresearch.com.au

This study is being conducted at the Wesley Research Institute, Auchenflower

Hyperbaric medicine - for non-healing venous ulcers

About the study

The Wesley Research Institute and the Wesley Centre for Hyperbaric Medicine are seeking volunteers for hyperbaric oxygen treatment for people suffering with a venous leg ulcer.

The purpose of this research is to determine the effectiveness of hyperbaric oxygen treatment on wound healing, quality of life and cost effectiveness, for these people.

Participants will be exposed to a concentration of oxygen combined with increased pressure, which greatly increases the amount of oxygen dissolved in the blood and the amount of oxygen delivered to the tissues.

Participant requirements

- Suffering from a venous leg ulcer
- Further assessments will be conducted at initial meeting to ensure study eligibility.

All study-related medical care will be at no cost to participants and includes free wound treatment, bandages and parking reimbursement.

Contact

Wesley Research Institute

P: 07 3721 1500

E: enquiries@wesleyresearch.com.au

Overactive bladder? New clinical study now open

Are you:

- ✓ Feeling like you're always rushing to the loo
- ✓ Female
- ✓ 18-80 Years

And would like more information about a clinical study determining the effectiveness of a new treatment (Oral capsule)

We are conducting a study on a drug used to treat Overactive Bladder

The study runs for 30 weeks and includes 8 visits to the clinic. Study medication will be provided at no charge.

This study has been approved by the UnitingCare Health Human Research Ethics Committee.

All medical information will be kept strictly confidential.

This study is being conducted at the Wesley Research Institute, Auchenflower.

PLEASE CONTACT: 1800 077 296

Congratulations: 15 years of service

Director Professor Julie Campbell and Research Liaison Administrator Annette Ganter have both celebrated fifteen years of service with the Wesley Research Institute.

Julie and Annette were praised for their dedication by WRI Chairman Martin Albrecht in a special ceremony at the November Rosalie Martin Event Series function.

"Julie and Annette have been with WRI from almost the beginning. They have contributed significantly to the success of WRI and I congratulate them for their commitment and enthusiasm," Mr Albrecht said.

Julie administers the Institute's scientific procedures and protocols, oversees research projects and maintains a pivotal role in the strategic direction of the Institute.

"I have witnessed many exceptional medical research developments at WRI throughout the past 15 years," Prof Campbell said.

"I'm honoured to be involved with an Institute so determined to making a difference to the wellbeing of people," she said.

Annette manages the Institute's research portfolio and is the first point of contact for all researchers.

"Working at WRI is extremely rewarding, it's always exciting to hear our researchers present their findings," Ms Ganter said.

Congratulations to both Julie and Annette for their devoted service to WRI and to medical research.



Elise Pelzer in the women's health laboratory

WRI researcher awarded doctorate

WRI researcher Elise Pelzer has been awarded her PhD for 'Microbial colonisation of human follicular fluid and *in vitro* fertilisation outcomes.'

"Infertility affects one in every six couples and despite medical advancements, clinicians can provide no reason for around 20 percent of infertile couples being unable to conceive," Dr Pelzer said.

"The findings of my thesis have established that follicular fluid is not sterile, often containing a diverse range of microorganisms that can survive for long periods within the fluid, elicit a host immune response and have adverse affects on *in vitro* fertilisation and pregnancy outcomes."

WRI would like to congratulate Elise for her achievement. Elise's research will form the basis of future studies that could result in anti-bacterial treatments and successful assisted reproduction in some infertile women.

Thank you to WRI's recent major supporters

The Albrecht Foundation
Dr J Allan and Dr J Allan
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November Advocates

Rosalie Martin Event Series

WRI's final Rosalie Martin Event Series for 2011 was held on Wednesday November 16.

More than 70 Advocates attended to learn about the developments taking place in WRI's Rural and Remote Health Centre.

Collaborative WRI researcher Prof David Kavanagh shared his studies on internet-based health programs and their place in rural and remote Australia.

Guests also welcomed two WRI-supported PhD students Mandy Cassimatis and Alicia Allan, presenting a summary of their work designed to assist Diabetes sufferers and Alzheimer's patient carers.

WRI Chairman Mr Martin Albrecht also made surprise presentations to Director Julie Campbell and Research Liaison Administrator Annette Ganter, for 15 years of service to the Institute.

Thank you to everyone who attended the Rosalie Martin Event Series throughout 2011, and we look forward to seeing you all again in 2012.



ROSALIE MARTIN
EVENT SERIES



Pictured: (from left) Advocates Chair Claire Davis, Professor David Kavanagh, WRI Researchers Alicia Allan and Mandy Cassimatis.

Your donation will help us make a difference today

I would like to support the Wesley Research Institute with a donation to:

☐ The research area with the most urgent need OR ☐ One or more of the research areas listed below (please tick)

☐ Cancer ☐ Cardiovascular ☐ Diabetes ☐ Men's Health ☐ Neurology ☐ Nutrition ☐ Rehabilitation
☐ Respiratory ☐ Seniors' Health ☐ Tissue Bank ☐ Women's Health ☐ Wound and Bone Healing

(If you choose to support more than one of the above, your donation will be equally shared between each area)

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Alternatively, you can phone 07 3721 1500 or send your new contact details to reception@wesleyresearch.com.au

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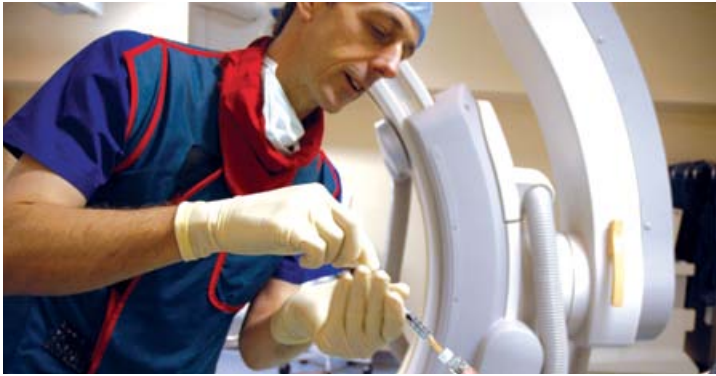
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Funding approved for new research projects

WRI is pleased to announce the funding of three new research projects, led by the following Wesley clinicians:

Ms Lin Bates – *A preliminary analysis of The Wesley Hospital 2010 Gynaecology Service data: a study of unplanned returns to theatre, unplanned readmissions, and post-operative bleeding complications.*

Currently clinical information, Limited Adverse Outcome Screening (LAOS) and revenue data are stored in separate locations, and to combine these data is not straightforward. In order to determine the number of unplanned readmissions, returns to theatre and post-operative bleeding complications, this study will conduct data linkage using the 2010 Gynaecological Surgery data to develop a process for data combination.

Prof Bala Venatesh, Dr Rebecca Box and Dr Simon Fleming – *An observational study measuring the free plasma cortisol levels in chronic renal failure patients undergoing dialysis – pre, post and during dialysis and also in the dialysate.*

This study will determine whether cortisol levels are altered during dialysis and whether free plasma cortisol is filtered by dialysis membrane. Results from this study should lead to further development of treatment/alterations in dialysis processes that benefit patients with end-stage renal failure.

Dr Melissa Buttini – *Isolation and identification of microorganisms in human endometrial curettings, the Fallopian tube fimbriae and the peritoneal cavity in women suffering from heavy, painful menstrual cycles.*

It is estimated that at least 30% of menstruating women experience heavy periods and up to 80% experience painful periods. Infections of the endometrium have previously been associated with menorrhagia and/or dysmenorrhoea but specific species of micro-organisms have not yet been identified as related to symptom presentation.

This study seeks to understand the uterine microflora in women with menorrhagia and/or dysmenorrhoea.

If you are a Clinician, Become a Wesley Researcher

Would you like to make a difference today and contribute to improving health care practices and quality of life for your patients through medical research?

Is there, as part of your clinical duties, something that has always puzzled you or is there some procedure that you believe should be improved?

If so, the Wesley Research Institute (WRI) can help you.

WRI is a not-for-profit organisation designed to promote and assist medical research within The Wesley Hospital environment. We take a collaborative approach to research, bringing together medical professionals, experienced scientific researchers, patients and the community to work toward a common goal.

WRI has a dedicated team of individuals with diverse talents, skills and experience across many multidisciplinary areas to assist you with your research needs whether you're new to research or an experienced researcher. We offer a wide range of services such as funding to carry out your research, design of valid research protocols and appropriate statistics to back up your research.

We are currently looking for individuals or groups of individuals to join our team of researchers. The current round of funding opportunities is now open. If you have a research idea we can assist you with please contact Annette Ganter on 07 3721 1503 or email research@wesleyresearch.com.au to obtain application guidelines. Applications are due by 1 February 2012. To be eligible the research must be done by or in collaboration with someone on The Wesley Hospital Campus.

