



## Metro South Health is one of Australia's leading health research organisations.

MSH has highly developed research programs in a wide range of health specialty areas including cancer, medical, surgical, mental health, rehabilitation and allied health services.

MSH is recognised for improving health outcomes and preventing disease through translational research. Our clinical and laboratory research endeavours have benefitted generations of families around the world.

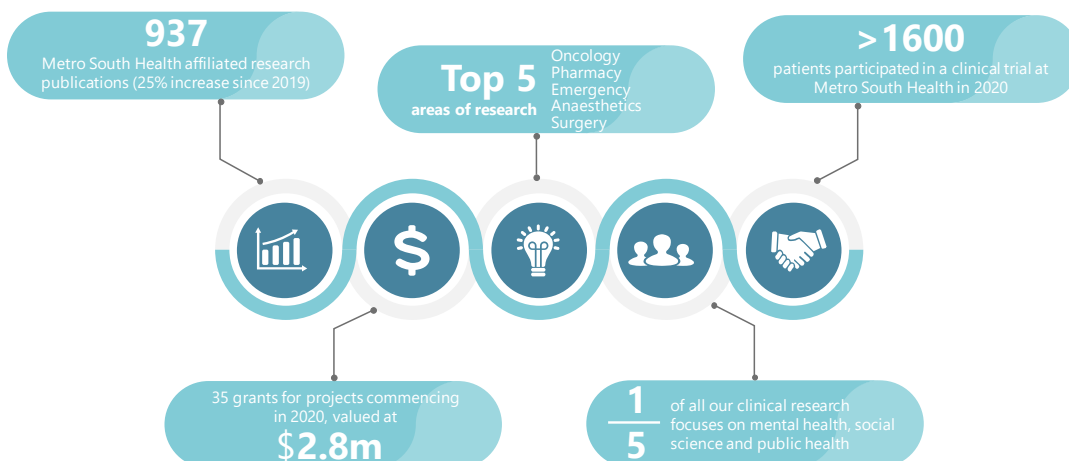
Our major research precinct is the Princess Alexandra Hospital, which hosts Australia's most advanced medical research facilities, the Translational Research Institute (TRI) and the Clinical Research Facility (CRF).

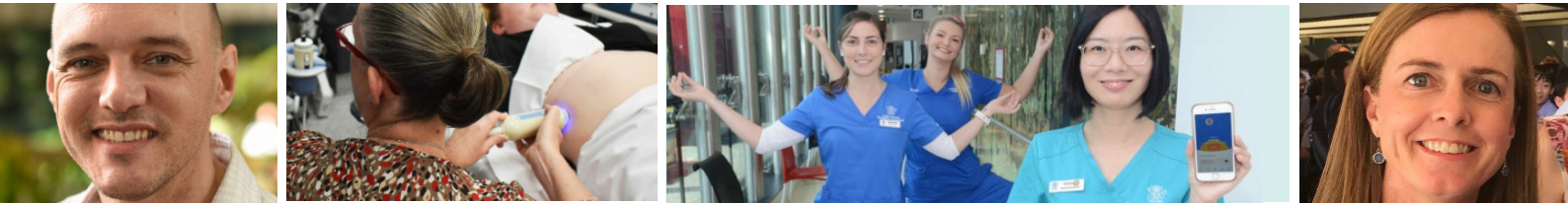
Metro South Health also supports research:

- at the Logan, Redland and QEII hospitals;
- in Addiction Drug and Mental Health Services;
- Aboriginal and Torres Strait Islander Community Health; and
- Oral Health

MSH is committed to ensuring all research conducted within its facilities, or in collaboration with external entities, is of the highest ethical and scientific standard and undertaken in a manner that provides optimal outcomes for patients, our community, our researchers and our organisation.

Metro South Human Research Ethics Committee is certified under the National Health and Medical Research Council certification scheme and is a Certified Reviewing HREC under the National Mutual Acceptance Scheme.





## Highlights 2020

### May 2020 – Caring for ED Workers

QEI Jubilee Hospital Emergency Nurse Practitioner and PhD Candidate, Hui (Grace) Xu, is researching a user-friendly smartphone app to manage occupational stress and reduce burnout in hospital Emergency Departments (ED).

Research has shown that meditation may impact on brain structure and can be effective in lowering stress and improving mindfulness. This ground-breaking study, which includes 148 ED staff from Redland and Logan Hospitals, explores the effectiveness of a meditation-based app in helping ED workers improve their mental, emotional and physical wellbeing.

If successful, the app could aid in reducing human error in EDs, enabling better patient care and outcomes.

### August 2020 – Improving Diagnostic Screening for Breast Cancer

Magnetic Resonance (MR) spectroscopy may be a new golden bullet in the fight to eliminate breast cancer according to PAH and TRI scientists and clinicians who are working in partnership to research its potential as a diagnostic screening tool. Project Researcher and PAH Director of Training Diagnostic Radiology, Dr Thomas Lloyd indicated that the technology may lead to vastly improved treatment outcomes for women at risk and, if proven effective in breast cancer cases, could have far-reaching applications in other medical settings. This work forms part of Natali Naude's PhD project, which is using 2D COSY to compare various lipid and metabolite levels in women at high risk with those at average risk of developing breast cancer. This project also involves a collaboration with clinicians and surgeons at the PAH, including radiologist Dr Gorane Santamaria and breast surgeon Dr Ian Bennett.

### October 2020 – Driving with Acquired Brain Injury (ABI)

PA Hospital Occupational Therapist (OT) and PhD candidate Louise Bassingthwaite is investigating the potential for a driver rehabilitation intervention program to be used to support patients with acquired brain injury to get back safely behind the wheel. Louise, who commenced her doctoral studies in 2019 through Griffith University and has more than two decades of experience as a specialist driver trained OT, is interested in not only exploring the effectiveness of on-road driving rehabilitation following acquired brain injury, but understanding the impact of driving assessment process on how, where and with whom individuals who have acquired brain injury access their community.

### November 2020 – New model of care for chronic liver disease

A new clinical trial co-led by PAH Hepatologist Professor Elizabeth Powell and Dietitian Dr Ingrid Hickman is set to introduce better and faster assessment and treatment of patients with Non-alcoholic Fatty Liver Disease (NAFLD) in the community. NAFLD is the most common type of chronic liver disease in Australia, impacting around 30 percent of the general population. The local assessment and triage evaluation of NAFLD (LOCATE-NAFLD) study will examine a change to the current system of how people with suspected liver disease are treated, and to see if outcomes can be improved for patients and cost reduction for the health system. LOCATE-NAFLD is an initiative of the Australian Centre For Health Services Innovation (AusHSI) and Dr Hickman and Prof Powell are working with colleagues from QUT, USC, UQ, and QIMR Berghofer Medical Research Institute.