

easternhealth RESEARCH

LEADING IN
RESEARCH AND
INNOVATION

Together we
care, learn,
discover and
innovate



Eastern Health's pilot research has shown 3D mammography drastically improves breast cancer detection – read more on page 3.



A BIG YEAR FOR RESEARCH 2019 IN REVIEW

EASTERN HEALTH IS PROUD TO BE A LEADER IN RESEARCH AND INNOVATION. WE PROVIDE EXCELLENT HEALTHCARE FOR THE COMMUNITY WE SERVE, AND OUR PATIENTS ARE AT THE CENTRE OF EVERYTHING WE DO. IN ORDER TO CONTINUE STRIVING FOR EXCELLENCE, WE INVEST SIGNIFICANTLY IN RESEARCH AND INNOVATION.

As part of realising our vision of Great Care Everywhere, Every time, we work towards the *Eastern Health Research Plan 2018-22*, which guides the current and future direction of research at Eastern Health. One of the strategic initiatives is "*leading in research and innovation*". This is part of our aspiration to become an organisation that is renowned for research, striving for performance excellence and translates research evidence into the care we provide our community.

In 2019, Eastern Health continued to make outstanding progress with a number of significant research projects. This research is finding new and improved ways to provide care for our patients, informing best practice, providing leadership for the health care sector and having real world impact.

Adjunct Professor David Plunkett
Chief Executive

Dr Alison Dwyer
Executive Director, Research
and Chief Medical Officer

Professor David Taylor
Director, Research and
University Relations



More than
800
currently active
projects



252
new research
applications
approved



Research conducted
across all disciplines



61
new clinical trials
commenced across
Eastern Health in the
last 12 months



\$500,000
awarded to Eastern Health
Foundation Research and
Innovation Grants



Over
20
individual and Trust
and Foundation
philanthropic funders
contributing to
research in 2019



95
Eastern Health Foundation
Research Grants
awarded across medicine, surgery,
pharmacy, nursing, midwifery
and mental health since 2012



Eastern Health is working in partnership with Monash University and community pharmacies to help reduce the risk involved in patients using multiple medications.



Turning Point, in partnership with Monash University and Eastern Health Foundation, was awarded a \$1.2 million grant from Google to develop a national suicide monitoring system over the next three years. The project will involve using artificial intelligence to assist with the coding of national ambulance suicide-related attendance data.



In partnership with Beyond Blue, the Movember Foundation, Monash University and ambulance services around Australia, Eastern Health, through Turning Point, officially launched its three-year study findings into ambulance responses to men's mental health in May.



Dementia diagnosis is set to be transformed with plans to develop a simple, non-invasive blood test that can predict dementia risk. The *Using blood biomarkers to predict dementia risk and aid dementia diagnosis* project is set to commence in early 2020, following a \$150,000 medical research grant from The Ian Potter Foundation. Funds will be used to purchase a Simoa Quanterix HD-1 machine, which will be based at Box Hill Hospital and used to detect markers of neurodegeneration early in the disease process.



Our nursing and midwifery research continued to focus on improving patient outcomes in a number of programs across Eastern Health, and included postgraduate students. There are many examples across the service including research into nurses' decisions and management of medications in intensive care, recognising and responding to clinical deterioration, examining the patient experience of medical emergency team calls and a clinical audit of managing medications through the electronic medical record.

Research is a vital component of providing world-class healthcare. Eastern Health has made substantial progress on a number of significant projects this year, which will provide wide-spread benefits for our community.



In 2019, we launched the DC MedsRec trial, which is a community pharmacy-based service for patients discharged from Box Hill Hospital with four or more medicines, designed to help reduce the risk of harm from dangerous drug interactions. The service is an Australian Digital Health Agency (ADHA) pilot project, undertaken by Eastern Health in partnership with Monash University.



Recent research has also contributed to community outpatient health clinics slashing their waiting times using a model of patient care known as Specific Timely Appointment for Triage (STAT). The joint La Trobe University, Eastern Health and Department of Health and Human Services trial – supported by the National Health and Medical Research Council – resulted in thousands of outpatients spending significantly fewer days waiting to see a health professional.



From cover: In October this year, findings from our pilot trial into 3D mammography at the Eastern Health Breast Cancer Centre were released. This is the first study of its kind in Australia and showed breast cancer detection improved for 3D than standard mammography.



For more information about the many research initiatives currently underway, please visit www.easternhealth.org.au



LEADERSHIP AND COLLABORATION

Eastern Health acknowledges the significant contribution of the Eastern Health Human Research Ethics Committee, the Office of Research and Ethics, as well as the many staff who have dedicated time and expertise to research in 2019.

In celebrating research outputs, we gratefully acknowledge the contribution of granting bodies such as the National Health and Medical Research Council, Australian Research Council, trusts and philanthropic agencies, as well as the many donations to the Eastern Health Foundation. We are also grateful to our major university partners, Monash University, Deakin University and La Trobe University for their outstanding contribution to research and education at Eastern Health.

We also acknowledge the numerous participants in research and thank them for their contribution.



If you would like to be involved in research at Eastern Health, please visit **www.easternhealth.org.au** for more information about a range of opportunities.

CONTACT US

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In 2018, Box Hill Hospital (Eastern Health) was the highest ranked Australian hospital and the second highest ranked Australian research organisation in the Times Higher Education global rankings of non-university and non-commercial research organisations, coming in at number 36 in global rankings, equal to the world-renowned Scripps Institute in the US.

**This ranking recognises the impact
of Eastern Health's research-based
citations.**