




The Institute

basil hetzel institute for translational health research

MONTHLY BULLETIN FOR TQEH RESEARCH COMMUNITY

WINNING NEWS

www.basilhetzelinstitute.com.au

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The 29th TQEH Research Expo

I have spoken in the BHI Winning News before about the rhythms of the scientific year, measured by the occurrence of regular fixtures in our calendars. TQEH Research Expo is one such fixture – held in the third week of October each year. TQEH Research Expo is now part of a larger event, the CALHN Research Week and the Expo follows the RAH Research celebration, known as RAHsearch.

This year it was a little touch and go in the planning of the 29th TQEH Research Expo – how do you make decisions about an event when society is disrupted by a pandemic and no one knows what October will be like? How do you hold a conference and remain physically distant? Will we need to use Zoom? It is with a great sigh of relief that I can report that TQEH Research Expo organising committee held their nerve and were able to deliver a face to face conference experience for students and staff complete with COVID friendly catering! The event achieved its goal of providing a forum for BHI, TQEH based research students to present their work at a conference. This goal is especially important during the pandemic as conferences have been cancelled and students have had almost no opportunities to practice their presentation skills this year. Prizes were awarded, photos were taken and our community came together to celebrate research.



Back row L-R: Professor Guy Maddern (Director of Research, BHI, TQEH), Professor Andrew Zannettino (Executive Director of Research Strategy, CALHN), Minister for Health and Wellbeing The Honourable Stephen Wade MLC, Raymond Spencer (Chair, CALHN Governing Board), Paul Flynn (CEO, THRF), Professor John Beltrame (Director of Research, CALHN); front row L-R: Dr Giri Krishnan, Alannah Quinliven, Dawn Whelan, Lesley Dwyer (CEO, CALHN), Gohar Shaghayegh and Michelle Sims (absent from photo: Dr Michael Gouzos and Sean Mangion).

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BHI SEMINARS

BHI Staff Seminars
1-2pm Tuesdays

All seminars take place in the BHI
Ground Floor Seminar Rooms

UPCOMING EVENTS

BHI End of Year Lunch
1pm Thurs 17 November
in the atrium

BHI Mindfulness Sessions
from 12pm Monday
16 & 23 November

BHI HUB

Scientific Director Joy Rathjen

BHI First Floor
Phone: 8222 6524
joy.rathjen@sa.gov.au
Work days: Monday - Wednesday



On October 1, Professor Guy Maddern (Director of Research, BHI, TQEH) and Professor John Beltrame (Director of Research, CALHN) presented updates on research at the BHI and CALHN more broadly to researchers at the Basil Hetzel Institute, TQEH.

Documenting research productivity has been undertaken at the BHI, TQEH for over 20 years. In this process the BHI collates information on research inputs (people and funding), and outputs, (primarily papers and patents), and our Director meets with research leaders to discuss their progress and plans. This process is recognised within the BHI as one of great value, but this year the importance of what we do has been highlighted by the deliberations of the Productivity Commission's Inquiry into Health and Medical Research in South Australia. The BHI was able to draw on a rich longitudinal data set to provide evidence-based answers to many of the commission's prompts, and in some cases, uniquely so. Assessing research productivity, and annually collating research metrics, has been identified as something missing from the HMR landscape in SA, and we can expect to see changes to recording and more requests for research data in the future.

This leads me to the point of this month's blurb. To really explore and understand our research assessment processes, this year I undertook the search for journal articles for the audit, drawing on my own experience and database access. As Guy suggested, at least some of our impressive 18% increase in output could be attributed to the 'Joy factor'. What I found is that many of our researchers do not consistently affiliate BHI or TQEH on their papers, making life very difficult for the SA Health librarians – they use this information to capture outputs from the databases. Can I please urge all of you to make sure you affiliate BHI, TQEH or CALHN on all your published outputs, and watch out for the simple guide I will be circulating in the coming month to help you with this.

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BHI Communications Officer Rebecca Anderson

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rebecca.anderson@adelaide.edu.au
Work days: 9-3pm Tuesday - Thursday



NEWS CONTINUED

[continued from page 1] This year 34 of our research students submitted abstracts. Without exception the students gave excellent presentations and the job of the judges was an extremely difficult one. Attendance at the student sessions was healthy, averaging around 45 in the lecture theatre with another 15 or so on Zoom. Professor Toby Coates gave a wonderful plenary lecture discussing his ground-breaking surgeries for South Australian's suffering from chronic pancreatitis, and how the support of The Hospital Research Foundation (THRF) will revolutionise the service he is able to provide. It was inspirational, and if you missed it we will be posting the Zoom recording on our website soon.

In the final session we gave our five 2020 three minute thesis (3MT®) presenters the opportunity to revisit their presentations and give them to a live audience. It was a great way to finish what was an excellent two days.

We were joined during the Expo by supporters, stakeholders and friends, and even though there were changes, the event was everything I hoped it would be. TQEH Research Expo works because so many people give of their time and resources to support us, and so there are many to say thank you to:

- the sponsors without whom we would not be able to hold the Expo;
 - our plenary lecturer, Professor Toby Coates;
 - those who chaired the sessions;
 - the committee and the BHI research community who organise the event and give of their time to assess the student performance;
 - the CALHN Research Week committee and team for their support;
 - THRF staff especially the Communications team;
- and, finally,
- an especial thank you to Rebecca and Kathryn, whose work behind the scenes keep the wheels turning. Without their willing support Expo would not happen.

All that is left for me to do is ask you to save the date for next year – the 30th TQEH Research Expo will be held on Thursday 14th and Friday 15th of October 2021. We look forward to celebrating this important anniversary.

Associate Professor Joy Rathjen

Chair, TQEH Research Expo Organising Committee 2020



Lonza

eppendorf



29th TQEH Research Expo: Presenters

Presenters names and their abstracts can be found in the [Full Program](#) that is available on the BHI website.



On Thursday 15 October the Mini-Oral Presentation session was Chaired by Dr Prue Cowled and Dr Cher-Rin Chong. [photo left, Undergraduate Students; photo below, PhD Students].



The Honours Student session was Chaired by Professor Andreas Evdokiou (photo, above) and the Junior PhD Student (Laboratory) session was Chaired by Associate Professor Tania Crotti (photo, right).



29th TQEH Research Expo: Presenters (continued)

Presenters names and their abstracts can be found in the [Full Program](#) that is available on the BHI website.



The Senior PhD Student (Laboratory) session was Chaired by Professor Laura Parry (photo, left).

Plenary Lecture: Photo below L-R: Professor Guy Maddern, Director of the BHI, TQEH, Chaired the talk given by Professor Toby Coates, which was attended by the Federal Member for Hindmarsh, Mr Mark Butler MP and the State Member for Cheltenham, Mr Joe Szakacs.



Clinical Research Groups 1 (photo, above) and 2 (photo, right) were Chaired by Professors Ben Kile and John Beltrame respectively.



29th TQEH Research Expo: Presenters (continued)



Five BHI, TQEH students who submitted video entries for the 3MT competition run by the Faculty of Health and Medical Sciences, The University of Adelaide, gave “live” presentations in a session Chaired by Associate Professor Joy Rathjen, who is also Chair of TQEH Research Expo Organising Committee.



The BHI website has a [slideshow of photos](#) from the day (scroll down below the table of Award Winners!)



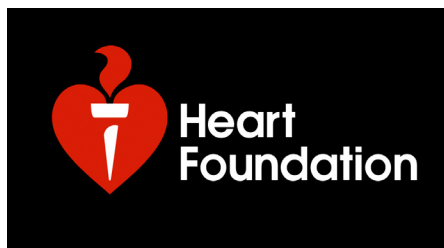
Emeritus Professor John Horowitz receives two Vanguard Grants from the Heart Foundation



Emeritus Professor John Horowitz (back row, third from right) with his Cardiovascular Pathophysiology and Therapeutics Group; Professor Sandra Peake, Intensive Care Medicine Research Group (photo, above); A/ Prof Chris Zeitz, TVFRC (photo, inset).

The Heart Foundation, an independent Australia-wide, not-for-profit health organisation, funded almost entirely by donations from the Australian public, aims to reduce premature death and suffering from heart, stroke and blood vessel disease in Australia. They recently announced \$17.2 million in funding for cutting-edge heart research [[media release](#)].

The Heart Foundation's Vanguard Grants are available to researchers for concept studies, with the potential to improve cardiovascular health in the short term. These grants are intended to test the feasibility of innovative concepts with the anticipation that a funded grant may lead to larger, more rigorous testing in the future. **Emeritus Professor John Horowitz**, The University of Adelaide, and Group Leader of the Cardiovascular Pathophysiology and Therapeutics Group at the Basil Hetzel Institute, TQEH, is a chief investigator of two of the three Vanguard Grants awarded to South Australian researchers, from a total of 24 grants. In addition, a BHI Alumnus of his, Dr Doan Ngo, now at the University of Newcastle, also received a prestigious Future Leader Fellowship. [Full listing of Research Award Recipients 2020](#)



Improving understanding of perioperative acute cardiac injury: importance of acute inflammation (Takotsubo syndrome) rather than acute myocardial infarction

\$150,000, 2021-2022

CIA: **Professor John Horowitz**, The University of Adelaide and the BHI, TQEH

CIB: **Professor Sandra Peake**, Intensive Care Medicine Research Group, BHI, TQEH

CIC: Dr Angela Kucia, University of South Australia

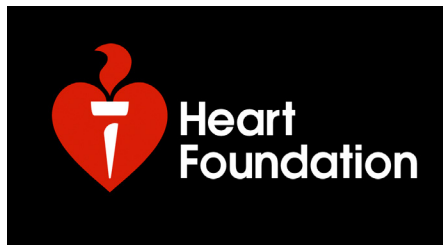
CID: **Dr Devan Mahadavan**, Cardiology, TQEH

CIE: **Associate Professor Christopher Zeitz**, Translational Vascular Function Research Collaborative, BHI, TQEH

Project Synopsis: Survival rates during most forms of non-emergent, major non-cardiac surgery have improved substantially over the past 30 years. However, the occurrence of low blood pressure during the early postoperative period is associated with release of markers of cardiac injury into plasma, suggestive of the occurrence of acute myocardial infarction ("heart attack"). Mortality rates in the 30 days following the occurrence of postoperative hypotension are very high indeed. Over the past 25 years, a number of investigations related to prevention of perioperative "myocardial infarction" have been reported, using interventions such as beta-adrenoceptor blockade, aspirin and clonidine: none of these interventions have improved outcomes. Over the same period of time, the condition of "Takotsubo Syndrome" (TTS) has been increasingly recognised and understood as an acute cardiac and coronary vascular inflammation, occurring predominantly in ageing women in response to acute surges of release

Emeritus Professor John Horowitz receives two Vanguard Grants from the Heart Foundation (continued)

of adrenaline, and affecting mainly the contractile performance of the apical region of the left ventricle. The planned study will evaluate a series of non-cardiac surgery patients for evidence of perioperative cardiac injury, and will characterise the nature of injury, measuring additional markers in plasma, patterns of ECG changes and of contractile anomalies on echocardiography, and correlation of these findings with perioperative severe hypotension. If most perioperative cardiac injury is due to TTS, this will open up a completely new direction in treatment of such patients, identifying high risk individuals and pre-treating these individuals with appropriate inflammation-suppressing drugs.



Randomised controlled trial of pErhexiline on regression Of Left Ventricular hypErtrophy in patients with symptomatic Hypertrophic CardioMyopathy (RESOLVE-HCM Trial)

\$150,000, 2021-2022

CIA: Professor Joseph Selvanayagam, Flinders University of South Australia

CIB: Professor Christopher Semsarian, Sydney Medical School

CIC: **Professor John Horowitz**, The University of Adelaide and the BHI, TQEH

CID: Dr Rajiv Ananthakrishna, SAHMRI

Project Synopsis: Hypertrophic cardiomyopathy (HCM) is an inherited condition that results in an abnormally thickened heart muscle. It is the most common inherited heart muscle condition affecting up to 1 in 200 of the general population. The genetic mutation (or 'spelling mistake' in the genes) leads to inefficient heart muscle contraction as it affects the genes that code for the heart muscle proteins usually critical to cardiac contraction. The inefficient heart muscle contraction over time is thought to lead to heart muscle thickening which then leads to symptoms such as chest pain, shortness of breath, dizziness, fainting episodes or palpitations. Occasionally, the disease may cause sudden death. The thickness of the heart muscle is the one of the most important predictors of symptoms in patients with HCM.

Treatment of HCM has focused on relief of symptoms by drugs such as β -blockers which slow the heart rate and improve heart function. However, symptom relief is often incomplete and there is no evidence on the benefit of β -blockers or related medications to reverse abnormal heart muscle thickening. Perhexiline, a drug currently used safely as an anti-anginal agent, increases the energy efficiency of the heart. As energy depletion of cardiac muscle cells is thought to be the principal driver of increased muscle thickness in HCM, and Perhexiline improves energy efficiency in the heart, there are plausible reasons (not yet tested) that it may reduce heart muscle thickness as well as improve patient symptoms. We aim to study the effects of Perhexiline treatment on heart muscle thickness in symptomatic HCM patients. If our study is positive, it would lead to the design of a definitive clinical trial that would address the question of whether Perhexiline use reduces heart failure and sudden death events in HCM patients.

Graduation Ceremony: Faculty of Health & Medical Sciences, The University of Adelaide

Congratulations to everyone who participated in the graduation ceremony on Wednesday 4th November!



PhDs: Dr Beatriz Martins & Dr Mark Thompson	Adelaide GTRAC
PhD: Dr Sven Surikow	Cardiovascular Pathophysiology and Therapeutics Group
PhDs: Dr Lisa Mary Cherian, Dr Stephanie Fong & Dr Mian Ooi	ENT Surgery
PhD: Dr Zoe Kopsaftis (<i>photo left, on left</i>)	Respiratory Research Group
PhD: Dr Rachel Black (<i>photo, right</i>)	Rheumatology Research Group
Master of Philosophy (Surgery): Dr Jacob Jervis-Bardy & Dr Claire Stevens	Surgical Science Research Group
PhD: Dr Clementine Labrosciano (<i>photo left, on right</i>)	Translational Vascular Function Research Collective



THRF announces funding of GEMS

The Hospital Research Foundation (THRF) has proudly announced their financial support of SA Health's Research GEMS (Governance and Ethics Management System), which aims to increase efficiencies for researchers. Their funding of \$860,000 will support the system for the first five years.

The implementation of this new system is the first recommendation of the 'Review of Research Governance' in the Department for Health and Wellbeing (SA) and related local health networks conducted by Jim Birch in July 2018.

The Office for Research, Department for Health and Wellbeing (DHW) will facilitate the implementation of GEMS in collaboration with the research offices within each of the Local Health Networks. They will also manage the ongoing contract and administration of the system.

The previous system, Online Forms, has now been turned off with GEMS anticipated to go live in December. SA Health has developed an interim process for each of the local health networks and information about this is available here.

In September 2020 Professor Nicola Spurrier, Chief Public Health Officer for South Australia officially open THRF's new head office at 62 Woodville Road Woodville.

During her speech, Prof Spurrier specifically mentioned the impending implementation of GEMS and thanked THRF and its supporters for their support of the system.

"While something like a software system may sound a little boring to the general public, as a clinician and researcher I can completely testify to the fact this new system will be a game-changer for research in South Australia," Prof Spurrier said.

"It will enable researchers to manage the essential governance and ethics required for their projects seamlessly, intuitively, and all in one place.

"A huge thank you to The Hospital Research Foundation for providing this funding to enable SA Health to implement the system."

For further information on the new system, please contact the Research GEMS team on gems@sa.gov.au.

Dr Maryam Nakhjavani wins Innovation and Commercial Partners Prize at Florey Conference

Dr Maryam Nakhjavani, PhD student with the Solid Tumour Group, received the “Innovation and Commercial Partners Prize” at the virtual 2020 Florey Postgraduate Research Conference, held by the Faculty of Health and Medical Sciences at The University of Adelaide. Maryam described this year’s event as follows:

“Due to the COVID-19 pandemic, this year’s conference was held online with 17 categories of research. Upon acceptance of the abstract, students were asked to prepare a poster, record a 5-minute presentation via Zoom to showcase their research and upload it to the Uni’s BOX. Everyone was given a poster number, date, and time of presentation for a virtual Zoom assessment. On the presentation date, judges would ask students to play their recorded video and this was followed by some questions from two judges on the panel. This step took 3 days (1st - 3rd September) to cover all the categories and students.

The virtual conference then occurred on the 30th of September as a professional development session, again on Zoom. The welcome and guest speaker was Dr Branka Grubor-Bauk, from the Viral Immunology Group at the BHI. Professor Benjamin Kile, Executive Dean of the Faculty of Health and Medical Sciences, held the awards ceremony at the end of the day and in between there were other sessions as follows:

- How to communicate your research effectively with your peers and the general public, by Professor Gary Wittert
- How to get yourself and your research out there using social media, by Dr Vanesa Stojanovska
- Identifying and articulating transferable skills/experience from PhD for jobs, by Professor Susan Hillier
- Combining teaching and research roles. Is teaching a legitimate career pathway and how to balance this with research and personal/family, by Associate Professor Gabrielle Todd
- Writing winning grant applications, by Professor Jozef Gecz, and
- Career options outside of research, by Michelle McKinnon”



Dr Maryam Nakhjavani (right) with her principal supervisor Dr Jenny Hardingham at TQEH Research Expo



Welcome back Chandra Kirana!

Dr Chandra Kirana

Senior Research Officer, Rheumatology Research Group

Level 2, Basil Hetzel Institute, TQEH (Monday - Thursday)

chandra.kirana@adelaide.edu.au

Chandra is back at the BHI having worked previously for the Surgical Science Research Group (Liver Metastasis Research Group).

Her new role is working with Associate Professor Maureen Rischmueller on Sjögren’s Syndrome Projects.

BHI STUDENT NEWS

BHI STUDENT REPS
2020 – 2021



Roshan Nepal (Level 1)
roshan.nepal@adelaide.edu.au

If you are a first or second year postgraduate research student based at the BHI, TQEH please consider volunteering to be a student representative.

Contact A/Prof Joy Rathjen for more information.

joy.rathjen@sa.gov.au

Dr Stephen Kao receives a Dean's Commendation for Doctoral Thesis Excellence

Dr Stephen Kao completed his PhD in ENT Surgery under the supervision of Associate Professor Alkis Psaltis and Dr Mahnaz Ramezanzpour. His PhD thesis "Nasal mucus: friend or foe? The effect of mucus on mucosal barrier dysfunction in chronic rhinosinusitis" has just been conferred by The University of Adelaide and he also received a Dean's Commendation for Doctoral Thesis Excellence.



Stephen was supported by three scholarships, a Research Training Program Stipend and Bertha Sudholz Research Scholarship from The University of Adelaide and an Academic Surgeon Scientist Research Scholarship from The Garnett Passe and Rodney Williams Memorial Foundation.

He is currently working as an ENT registrar at the Women's and Children's Hospital in North Adelaide. Stephen writes "The BHI has been an amazing, supportive and friendly environment for me to cultivate and enhance my knowledge on snort. A runny nose is snort a laughing matter!"

Mindfulness sessions at the BHI

Reverend Nicholas Rundle, a qualified secular meditation teacher, is holding these sessions for BHI and TQEH staff and students each fortnight on Mondays from 12pm. Please see the flyer in the "Upcoming Events" section of this newsletter for additional information.

BHI Off the Clock

Off the Clock is on hold for the moment, but we look forward to welcoming all staff and students back in the very near future!

GENERAL INFORMATION

STATISTICIAN AT THE BHI

Suzanne is available at the BHI each Tuesday (not 22, 29 Dec or 5 Jan) and can be consulted by TQEH/ The University of Adelaide Faculty of Health & Medical Sciences staff and research higher degree students. Support is limited to 15 hours on a per project basis.



Tuesdays
BHI Level 1
Room 1E.07
Phone: 8222 6679
suzanne.edwards@adelaide.edu.au

Suzanne Edwards
Statistical Consultant
Data, Design and Statistics
Services
Adelaide Health Technology
Assessment (AHTA)
School of Public Health
The University of Adelaide

Social News: BHI babies!

Nika was born in June to **Dr Yoko Tomita**, PhD student with the Solid Tumour Group (*photo, below*).



Dr Neil McMillan, Vascular Surgery Research Group, welcomed his first child, Elise, on the 7th of October (*photo, right - with Jasper!*).

BHI Alumnus, **Dr Saifei Liu**, welcomed Leo into the world on September 25th (*photo, right*). A little brother to 4.5 year olds Sophia and Mia.



TQEH Librarians

Due to COVID-19 and the advice to practice social distancing TQEH Librarian visits to the BHI have been postponed until further notice.

TQEH librarians anna.holasek@sa.gov.au or rachel.davey@sa.gov.au are however available to assist with your literature searches and research requirements via email, and the SALUS library site remains accessible 24/7 from any computer or device with internet access.

To access the Library Service's electronic resources you will need to [register online](#) for a SALUS username and password via the library homepage [<https://salus.sa.gov.au>].

Thank you for your understanding.
TQEH Library Team



The Institute

basil hetzel institute for translational health research

TQEH Research Secretariat Contact Details
Ground Floor, (DX465101)
Basil Hetzel Institute for Translational Health Research
The Queen Elizabeth Hospital
28 Woodville Rd, WOODVILLE SOUTH 5011
Phone: 08 8222 7836 Fax: 08 8222 7872
Email: gwenda.graves@sa.gov.au

GENERAL INFORMATION CONTINUED

Pre-review service for clinical research grants

All research studies, including grant funded research, require appropriate ethics and governance approvals before they can commence. Unlike the NHMRC, many funding bodies do not utilise a peer-review system as part of their grant funding rounds. This can lead to delays in researchers obtaining the post-award approvals that are required before they can start their projects. **The CALHN Research Office is offering pre-application scientific review of clinical human research projects by the CALHN HREC Chair, Mr Ian Tindall, with a view to facilitating efficient post-award approval processes.**

For further information and submission please contact the CALHN Research Office on Health.CALHNResearchEthics@sa.gov.au or call 7117 2230

CALHN Human Research Ethics Committee 2020 Submission and Meeting Dates for Applications

A list of all meeting dates can be found on the [BHI website](#)

HREC/IDSC Submission deadlines	CALHN HREC Meeting	IDSC Meeting
Monday 12 October 2020	Thursday 5 November 2020	
Monday 26 October 2020	Thursday 19 November 2020	
Monday 16 November 2020	Thursday 10 December 2020	Thursday 3 December 2020
Monday 23 November 2020	Thursday 17 December 2020	

The Central Adelaide Local Health Network Human Research Ethics Committee (CALHN HREC) will hold two meetings and with two submission deadlines each month in 2020.

The Investigational Drug Sub-Committee (IDSC) will continue to meet monthly.

Research studies involving investigational medicinal products require review and approval from both the IDSC and CALHN HREC.

ALL HREC meetings will continue to be held on Thursdays at Roma Mitchell House, Level 3, 136 North Terrace, Adelaide.

For more information please contact:

Investigational Drugs Subcommittee (IDSC) Mr Peter Siobodian or Dr Ada Lam Executive Officer, Specialist Pharmacist Phone: (08) 7074 1430 or (08) 7074 1150 peter.siobodian@sa.gov.au ada.lam@sa.gov.au	CALHN Human Research Ethics Committee (HREC) Ms Lisa Barrie CALHN HREC Level 3, Roma Mitchell House Phone: (08) 7117 2229 or (08) 8222 6841 Health.CALHNResearchEthics@sa.gov.au
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Animal Ethics

Animal ethics applications go through The University of Adelaide Animal Ethics Committee.

Details of meeting and submission dates: www.adelaide.edu.au/research-services/oreci/animal/applications/

Contact details for this committee:

Amanda Camporeale, Animal Ethics Officer

Phone: 8313 6310

Email: amanda.camporeale@adelaide.edu.au

WORK, HEALTH & SAFETY

Issued October 2020

CALHN - Electrical Safety

Mains Power Cords

Is the power cord on your electrical equipment damaged like these?



If the answer is **"YES"** - the power cord is dangerous and this may result in an electric shock if you continue to use it.

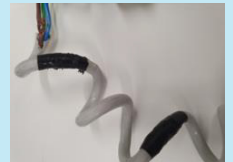
If deemed faulty the item/s should be isolated and if safe to do so, remove from use.

If the cord looks damaged or you think it may have internal damage, immediately send it to your Authorised Service Provider for replacement.

If the power cord cannot be detached from the electrical equipment, immediately send the equipment to your Authorised Service Provider for repair.



This also includes power points and switches. If this occurs label to stop others using it and contact the site electrician.



It is the user's responsibility to check all electrical equipment prior to use and to look for physical damage to both the power cable and the device.

Before operating electrical equipment:

- Visually inspect all electrical equipment
- Check cables and power plugs for any visible signs of damage
- Check the electrical inspection tag verifying device has been tested and tagged and is not out of date
- Workers are discouraged from bringing personal electrical items from home to the workplace. If personal electrical items are brought to the workplace they must be inspected, tested and tagged prior to use.



Medical Equipment

SA Biomedical Engineering is responsible for the maintenance and regular checking of medical equipment within the hospital which consists of electrical, electronic or mechanical devices used in the diagnosis, prevention, monitoring, treatment or alleviation of disease.

Other non-medical equipment is maintained by Spotless

UPCOMING EVENTS

Wellness and Spiritual Care

Monday Meditation Program Basil Hetzel Institute for Translational Health Research

'Meditation is the art of relaxing the body and calming the mind' (Eric Harrison)

Ground Floor Seminar Rooms, 37a Woodville Road

From 12 noon Nicholas is available to discuss meditation practices and resources.

1230 – 1250 hrs Guided Meditation

About our sessions –

- Meditation has always been part of human experience, stilling the restless mind and generating calm and focus to support good life choices.
- A typical session may include awareness of the breath, a word or a body scan. No religious or spiritual words are used allowing all to participate.
- We sit in a well-spaced circle of chairs.
- Sessions are subject to changing Covid 19 restrictions.

Dates –

7/9, 21/9, 5/10, 19/10, 2/11, 16/11, 30/11, 14/12

Contact –

Prof Benedetta C Sallustio BSc PhD FFSc(RCPA)

benedetta.sallustio@sa.gov.au

Our facilitator -

The Rev. Nicholas Rundle is the Uniting Church Chaplain at the Royal Adelaide He is an experienced, trained and accredited teacher of Meditation in its Christian and secular expressions.

For more information please contact:

T: + 61 870741122

E: nicholas.rundle@sa.gov.au



Health
Central Adelaide
Local Health Network



www.ausgoal.gov.au/creative-commons

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UPCOMING EVENTS

Adelaide BioMed City Webinars Tuesdays from 4:30 - 5pm

Date	Host	Chair	Theme	Presenter 1	Presenter 2
3 November	CALHN	Prof Randal Faull	Renal Disease	Prof Toby Coates	A/Prof Shilpa Jesudason
10 November	Statewide	Peter O'Loughlin	Genomics	Dr Peer Arts	A/Prof Anna Brown
17 November	UoA	Prof Andrew Zannettino	Hips & Falls	Prof Bogdon Solomon	Prof Renuka Visvanathan
24 November	UniSA	Prof Susan Hillier	Rehab	A/Prof Marie Williams	Dr Brenton Hordace

Join via Zoom: <https://sahmri.zoom.us/j/97270698207>

Sessions are recorded and are available on the ABMC website:
<https://adelaidebiomedcity.com/webinars-ff/>



GLOBAL SOLUTIONS FOR GLOBAL CHALLENGES

DATE
Tuesday 24 – Thursday 26 November 2020

On behalf of the ASCEPT-APSA organising committee, we are pleased to invite you to the inaugural virtual scientific meeting from 24–26 November 2020.

SHARE YOUR LATEST RESEARCH AND KNOWLEDGE

We welcome abstracts from a broad range of research topics for an oral or e-Poster presentation.

- Cardiovascular
- Clinical Pharmacology
- Clinical Pharmacology Trainee
- Drug Discovery
- Drug Disposition and Response
- Education
- Inflammation/respiratory
- Neuro- and Behavioural Pharmacology
- Pharmacogenomics
- Pharmaceutical Science
- Pharmacoepidemiology
- Pharmacy Practice
- Urogenital and Gastrointestinal
- Toxicology

Abstract submission closes on Monday 7 September 2020

KEYNOTE SPEAKERS

Opening keynote
Prof Jeremy Nicholson, Murdoch University, Perth

British Pharmacological Society keynote presentation
Prof Jackie Hunter, Benevolent Bio, UK

Pharmaceutical Society of Australia (PSA) sponsored lecture
Prof Parisa Aslani, The University of Sydney

APSA lecture
Prof Tina Brock, Monash University

ASCEPT lecture
Prof Sarah Hilmer, The University of Sydney

REGISTER TO ATTEND

The first 60 registrants will have the opportunity to participate in one Meet the speaker discussion group with a keynote speaker.

Early bird registration closes **Monday 26 October 2020**

For more information about the speakers, the program and to register visit www.ascept-apsa2020.com

WWW.ASCEPT-APSA2020.COM
#ASCEPTAPSA2020

Conference Secretariat
expert events Professional conference organiser
T. +61 7 3848 2100
E. ascept-apsa2020@expertevents.com.au

PUBLICATIONS

If you wish to have a recent publication included, please send details to the BHI Communications Officer
rebecca.anderson@adelaide.edu.au

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TQEH Research Expo success

[The Hospital Research Foundation](#) (THRF) was once again thrilled to support TQEH Research Expo 2020 in October!

This year looked different and the second day of the Research Expo was held at The Queen Elizabeth Hospital, rather than the BHI's Research Facility, in order to comply with COVID-19 social distancing requirements. Despite this, it was great to see a large number of attendees at the presentations, including those who participated virtually.

On Friday, attendees had the pleasure of hearing from Professor Toby Coates who gave the 29th TQEH Research Expo Plenary Lecture regarding his life-changing work in pancreatic islet transplantation. This research is proudly supported by THRF and is improving lives.

THRF were thrilled to once again sponsor prizes for students for their great presentations and are looking forward to watching their progress throughout their research careers.



TQEH Research Expo Plenary Lecturer Professor Toby Coates (left) receiving his "Thank you" gift from Professor Guy Maddern, Director of Research at the Basil Hetzel Institute, TQEH

Enhancing therapeutic connections in palliative care

Orientation boards are being used to create therapeutic connections with palliative care patients at The Queen Elizabeth Hospital (TQEH), supported by THRF Group charity [Centre for Creative Health](#) (CCH).

Estelle Chapple, Palliative Art Therapist said the boards helped facilitate a person-centred approach to care, to support patients' self-identity, their goals and what matters most to them. She said the boards were useful in a multi-disciplined care setting as they provided further information to caregivers and clinicians that may not always be given.

"The aim of the boards is to provide staff with a reminder to recognise there are many aspects to a patient rather than just their medical diagnosis. It also helps patients to adapt themselves in an unfamiliar environment," Estelle said.

"It also helps patients keep their self-identity in palliative care and most importantly, it enables patients to share what is most important to them."

Each board features an 'about me' section in the centre, which is purposefully placed as a reminder that the person is at the centre of care and depicts something significant that embodies part of their identity.

The orientation boards have been used as an example of best practise, person-centred care in action at The Australian Nurses and Midwifery Conference in South Australia.

CCH is proud to be supporting this positive initiative for palliative care patients to focus on during their time in hospital.



Estelle pictured with one of the orientation boards at TQEH

Racing to save lives



We're racing to save lives from illness and disease!

THRF is proud to announce we are participating in the City to Bay Fun Run! For the first time in 48 years, the event will be held virtually, meaning you can choose any date from now until 30 November to complete the run/walk!

By joining our team, all funds raised will go towards providing research grants and support across over 50 areas of medical research and patient care, especially within the Basil Hetzel Institute and The Queen Elizabeth Hospital!

Sign up today: <https://bit.ly/31GPmoE>