

March 2024



WELCOME TO THE SECOND NEWSLETTER FROM THE TROPHI COLLABORATION

TROPHI is about how we can work together to bring research to life and make a difference to the health and wellbeing of our community. TROPHI is a collaboration between the RACGP, Monash University and the University of Melbourne. We want to work with GPs, primary care clinicians, practice teams, stakeholders, and our community in outer Eastern Melbourne to connect research evidence with community needs. More information about TROPHI, the identified community needs and capacity building opportunities can be found on the [website](#).

In this newsletter:

- Learn about available grants
- Celebrate our new TROPHI mentees and academic registrars- could this be you next year?
- Hear how TROPHI is receiving international attention
- Hear how to support research in the region

Funding available... apply today

Bursaries

TROPHI education bursaries

(\$1000) Bursaries to support Primary Health Care team members to access education aligned with TROPHI regional needs, or aimed at building capacity for involvement in research, translation or education (4 bursaries available @ \$1000)

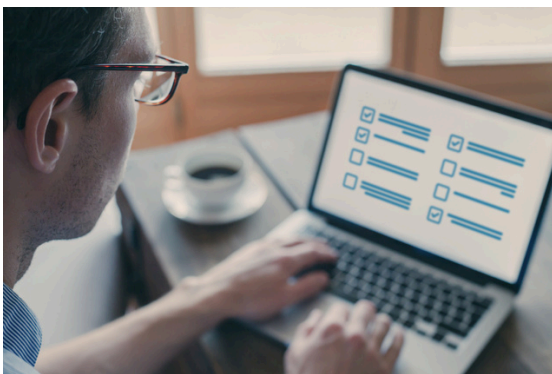


TROPHI research development bursaries (\$5000) Bursaries for junior GP registrars and trainees from other primary care disciplines to support training or research involvement. This funding could cover the costs of professional development aimed at building capacity for involvement in research, translation or education (2 bursaries available @ \$5000), or it could go towards the costs associated with an appropriately supervised research activity.

[Apply here](#)

Closing date - 8 April

Research Translation Fellowships



Two TROPHI Research Translation Fellowships are open for applications now. Research Translation Fellows will work one day per week over a 12-month period on a research translation project, which meets a [regional need](#).

You will be supported by experienced supervisors to complete a project that focuses on translating evidence into practice. Research Translation Fellowships are open to GPs, general practice staff, or primary health workers.

[Apply here](#)

Closing date - 8 April

Practice-based seed funding

Expressions of interest are now open for GPs, general practice staff, or primary health workers who are interested in completing a supported, practice-based research project. Funding of up to \$10,000 is available to support the conduct of the practice-based research which addresses a research question aligned with a [regional need](#). The project should focus on bringing research into practice. For funding recipients, support will be provided from respective Departments of General Practice, and TROPHI's affiliated PBRNs.

If this might be of interest to you- please submit an expression of interest to trophil@racgp.org.au

Include your: name, profession, location of practice and a brief description of your research idea.

If you would like to speak with one of our TROPHI research fellows to discuss your idea, please also include this request in your email.

EOI closing date - 26 March



RACGP Foundation grants open now—Interested?

[RACGP Foundation grants and awards](#) support practicing and academic GPs and GP registrars to undertake important research in their communities, helping to build an evidence base to inform and improve practice and patient outcomes. A small number of grants and awards are also available to medical students, medical graduates undertaking GP training, practice nurses, and practice owners or managers.

If you are an early career GP researcher who would be interested in connecting for a chat with a TROPHI academic to explore potential projects which might be aligned with TROPHI regional needs please email trophil@racgp.org.au

The TROPHI team are also interested in discussing potential partnerships on grants which may be aligned with TROPHI regional needs- our [partnerships policy](#) can be found here. Please email trophil@racgp.org.au to connect with us.



RACGP Foundation

Congratulations to our new TROPHI mentees

We are pleased to announce the launch of the mentoring program. We congratulate our mentees and mentors who have begun their journey, each with exciting projects to work on.

Mentees:

- Ms Belinda Stephens – Physiotherapist
- Dr Morgan Raynor – GP
- Dr Albert Ip – GP
- Hasan Abuomar – medical student

“...I have a lot of interest in researching in primary care, especially translational research, but have struggled to find support and interested parties – thanks for this fantastic opportunity”.

Mentors:

- A/Prof Christian Osadnik (Monash University)
- A/Prof Caroline Johnson (The University of Melbourne)
- A/Prof Chris Barton (Monash University)

The mentees are looking forward to developing their skills and interest in research and translation. We will be profiling this work in future newsletters, and will be opening up our next mentoring program mid-2024.



TROPHI celebrates new research partnership—supporting mental health

We are pleased to announce that TROPHI are key collaborators on a successful MRFF funded study with the University of Melbourne and East Melbourne PHN, to translate and implement the Link-Me+ model of mental health support into general practice.

Link-Me is an evidenced-based, prognostic service navigation model of care that has been successfully tested through a randomised controlled trial. The trial demonstrated that prognosis-based matching of individualized interventions reduces psychological distress in patients with anxiety or depressive symptoms, particularly in those with severe symptoms, and is associated with better outcomes when patients access the recommended treatment.

The Link-Me+ program of work over the next 2 years will be a collaboration between TROPHI, the Centre for Digital Transformation of Health, The ALIVE National Centre for Research Translation and East Melbourne PHN, to optimize the model of care for everyday practice, through co-design principles, drawing on the experience and expertise of consumers, carers, GPs and digital health researchers. The model will be evaluated for its effectiveness and acceptability within the TROPHI region and will be supported by a TROPHI Translational Fellow.

Link}-me

GP academic registrars in our region—could this be you next year?

We would like to congratulate the seven GP registrars, who in 2024, are completing important research projects within the region. These registrars are supported by funding from the [RACGP AGPT academic post program program](#) and supervised through Monash University, University of Melbourne, and Deakin University. Their projects cover diverse topics, including pregnancy loss support, data quality in electronic medical records, and access to primary health care for university students. We look forward to connecting this research with the region and supporting these early career researchers on their journey.

Applications for GP registrars interested in completing an academic post in 2025 will open mid-year. If you are interested in working with the TROPHI team as an academic register in 2025, and doing a project which could have a direct impact on our TROPHI community, please email trophil@racgp.org.au. We'd love to speak about ideas and how we could support you.

TROPHI goes international—learning about what works around the world



TROPHI's international scientific advisory group has kicked off. The group comprises of academic leaders in translational research from Australia, Canada, England, Scotland, Norway, and the USA. This group are contributing international expertise to support TROPHI's initiatives in Melbourne's outer east, and enhances our program's global visibility. The group have provided positive feedback, applauding and encouraging the importance and innovation of the TROPHI model for research translation.

Feedback from International Scientific Advisory group:

“...the program ...is critically important given the gaps in knowledge how to improve primary care structure, delivery, and outcomes.”

The inaugural meeting was held successfully mid December 2023, with the second meeting is planned for April 2024.

How can you support research happening in our region?

Primary Breathe Australia

A collaborative approach to managing breathlessness in primary care

Primary Breathe Australia is a five-year research program led by Monash University's A/Prof Natasha Smallwood, and supported by TROPHI. This research program will involve the development of new tools, technology and education to improve the recognition and management of chronic breathlessness within primary care. This research will culminate in a clinical trial commencing 2025 across metropolitan and regional general practice sites across Victoria. In this trial, patients with chronic lung diseases and persisting breathlessness will be randomised to receive usual care or a nurse-led breathlessness education and support program (focusing on non-drug strategies) over 2-3 visits.



We are now seeking expressions of interest from:

- General practitioners and nurses to participate in a short, paid (\$100 gift card) research interview via Zoom to help co-design a breathlessness support program to ensure it is fit-to-purpose.
- Primary care practices that may be interested in being involved in a trial to evaluate a breathlessness support program.

To learn more, visit primarybreathe.com.au or contact latasha.abeynaike@monash.edu

Health Systems and Equity Unit at Eastern Health Clinical School **Associate Professor Jacqueline Boyle**

Eastern Health Clinical School are a key partner in the TROPHI network. They are currently undertaking three projects you can support, outlined below.



The first is with Chinese women at increased risk of GDM where we have undertaken research to understand their needs and experiences in GDM prevention. We are now looking for primary care practitioners in the Eastern Health catchment area to participate in a workshop to co-design improved service integration for these women. For more information email siew.lim@monash.edu

The second is a Heart Foundation project undertaken in partnership with the Diabetes Victoria Life! program for diabetes prevention. We have identified a need to improve the engagement and referral of South Asian women and women from regional areas to the Life! program. We are looking for primary care practitioners (e.g. diabetes educators, GPs, practice nurses, dietitians etc.) who provide services to these women, to understand their perspective through a short online interview and to invite them to a co-design workshop for referral pathways. For more information email siew.lim@monash.edu

A third project is aiming to improve interconception care through the delivery of curated written and audio information delivered by artificial intelligence and chatbots via a digital platform called Baby Ready? This dashboard will provide women with tailored preconception or contraception information depending on their intention to become pregnant. We are looking to engage with people in primary care who might be interested in being involved in the research or would be interested in distributing study materials to women who attend their practice. If you are interested please contact asvini.subasinghe@monash.edu

Partnering with TROPHI

TROPHI welcomes partnerships with researchers and others within universities, hospital health services and other academic organizations who share our aims and are committed to working together to improve primary health care and patient outcomes. We want to encourage research and translation to be undertaken within the TROPHI region that is relevant to general practice and aligned with the region's needs.

[Learn more about partnership requests](#)



TROPHI contact

If you have any questions, or wish to unsubscribe, please reach out to us at trophil@racgp.org.au.