

Project Details

Project Title:

Using exercise and nutrition to improve supportive care for people with malignant pleural effusion

Project Summary:

Malignant pleural effusion (MPE) is an aggressive cancer with poor patient outcomes. High symptom burden of muscle wasting, fatigue, breathlessness, distress, and anxiety leaves many patients unable to participate in desired physical activities of daily life. Supportive care of MPE often has a reactive focus of treating high symptom burden rather than preventing decline, limiting effectiveness of supportive care interventions. The aim of this work is to use a targeted exercise and nutrition intervention to address these side effects. By optimizing fitness and nutrition we can help patients cope better with their difficult disease and possibly tolerate treatments better in the future.

Preferred Applicant Skillset:

Background in exercise physiology, nutrition, or clinical cancer research. The ability to work independently and as part of a team is required as is a sound understanding of research design and statistical analysis. Evidence of prior publication would be beneficial.

Internship opportunity:

This successful candidate would have the opportunity to complete an internship with our industry partner, the Institute of Respiratory Health, within the Pleural Medicine Unit at Sir Charles Gairdner Hospital. This unit boasts strong infrastructure for completing clinical trials (e.g., Australasian Malignant Pleural Effusion Clinical Trials Network), dedicated space, and clinical support. This would be supervised by Prof Gary Lee. The successful candidate will also have access to a 3-month internship placement at our in-house exercise clinic. This placement will provide hands-on experience in clinical exercise prescription for complex patient populations, exposure to multidisciplinary cancer care teams, and practical skills in patient assessment and program delivery. The internship will enhance the candidate's clinical competencies. Specific placement details will be tailored to the candidate's career goals, research interests and knowledge gaps.

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