

PROJECT DETAILS

Project Title:

NourishHeart: Optimising Nutrition for Cardiovascular Disease Secondary Prevention

Project Summary: aims, significance, expected outcomes and potential research impact.

This PhD project aims to develop a co-designed, nutrition education program for integration into cardiac rehabilitation programs nationwide. Cardiac rehabilitation programs in Australia lack standardised nutritional education practices, resulting in substantial variability between programs. Many existing programs offer only generalised educational sessions, typically developed by health professionals without input from consumers, leading to reduced engagement. Further challenges exist when delivering nutrition education to rural and remote patients. This project will utilise co-design to meet the needs of patients undertaking cardiac rehabilitation, significantly enhancing the effectiveness of programs nationwide, reducing the burden of cardiovascular disease on our communities and healthcare systems.

Preferred applicant skill set, describe the capabilities of the HDR applicant:

We are looking for a self-motivated PhD candidate with the following skill set and capabilities:

- Dietitian with practical hospital experience; experience in cardiac rehabilitation or cardiac ward(s) is highly desirable.
- Understanding of the nutritional needs and challenges faced by cardiovascular patients.
- Ability to adapt quickly and work effectively in a fast-paced, high-pressure environment.
- Ability to collaborate with a multidisciplinary team, including patients, cardiologists, surgeons, nurses, and other healthcare professionals.
- Capable of managing time across multiple demands while maintaining high accuracy and productivity.
- Strong interpersonal and communication skills.

Contact person for the project:

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