

PROJECT DETAILS

Project Title:

Nutritional prehabilitation to improve cardiac surgery recovery

Project Summary:

The PhD project aims to co-design a nutrition prehabilitation intervention for cardiac surgery patients, addressing a critical gap in cardiovascular clinical care. Identified as a top 10 research priority, cardiac prehabilitation aims to enhance recovery outcomes. The project will be a world first and seeks to develop a patient-centred nutrition intervention tailored for cardiac surgery patients, potentially revolutionising care and reducing healthcare burden. This evidence-based approach has the potential to significantly improve postoperative recovery and overall health outcomes, offering an innovative solution to optimise patient care in cardiac surgical settings.

Preferred Applicant Skillset:

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 cardiac patients.
- Ability to adapt quickly and work effectively in a fast-paced, high-pressure environment.
- Ability to collaborate with multidisciplinary teams, including patients, surgeons, nurses, and other healthcare professionals.
- Capable of managing time across multiple demands while maintaining high accuracy and productivity.
- Strong interpersonal and communication skills.
- Understanding of cardiac surgical procedures, terminology, patient care, and guidelines.

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