

## PROJECT DETAILS

Project Title:

**Enhancing Recovery Outcomes Using Complementary Therapies After Gynaecological Day Procedures:  
A Mixed-Methods Investigation**

Project Summary:

This project investigates the effectiveness and acceptability of integrating complementary therapies with standard pharmaceutical care to improve post-operative recovery for women undergoing gynaecological day procedures. Despite advances in surgical techniques and recovery protocols, patients may still commonly experience pain, nausea, and anxiety after same-day surgeries, highlighting a gap in holistic, patient-centred approaches to post-operative care. Using a mixed-methods design, it evaluates whether a multi-component care pack—including aromatherapy, ginger-based remedies, heat therapy, peppermint tea, and physiotherapy exercises as complementary to conventional care—can reduce pain, nausea, anxiety, and hospital readmissions. By addressing the underexplored integration of complementary therapies in gynaecological postoperative care, this research contributes original evidence toward the development of sustainable, evidence-based, and culturally sensitive recovery models. Aligned with ECU's commitment to real-world, impactful research, the findings are expected to inform future clinical protocols and healthcare policies, with the potential to enhance patient satisfaction, reduce healthcare burden, and support broader adoption of integrative care strategies across Australian healthcare settings.

Preferred Applicant Skillset:

We are seeking a motivated HDR applicant with a strong interest in integrative health, nursing, or perioperative care. The ideal candidate will have experience in clinical or health-related research, excellent written and verbal communication skills, and a sound understanding of both qualitative and quantitative methodologies. Familiarity with data analysis tools such as SPSS, NVivo, R or similar is desirable. Strong organisational and time-management skills are essential, along with the ability to work both independently and collaboratively in multidisciplinary environments. A background in nursing, allied health, public health, or a related discipline will be highly regarded.

Internship Opportunity:

The HDR candidate will have the opportunity to undertake an internship as part of this project. If the candidate is employed by Joondalup Health Campus (JHC), the internship will take place onsite, providing hands-on experience in ambulatory surgical care and perioperative research. Activities will include participant recruitment, data collection, and collaboration with clinical staff, offering valuable insight into real-world hospital workflows. If the candidate is not a JHC employee, the internship will instead be based at ECU, focusing on research coordination, data analysis, and clinical translation. Both pathways will strengthen clinical research skills and foster multidisciplinary engagement.

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