

PROJECT DETAILS

Project Title:

Nutritional prehabilitation to improve cardiac surgery recovery

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

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-centered 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 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 nutritional needs and challenges faced by cardiac patients.
- Ability to adapt quickly and work effectively in fast-paced, high-pressure environments.
- 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.

Contact person for the project:

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