



MONASH
University

MONASH
PUBLIC HEALTH
AND PREVENTIVE
MEDICINE

HONOURS IN PUBLIC HEALTH

ENHANCE YOUR HEALTH
OR MEDICAL CAREER

monash.edu/medicine/sphpm/study/honours
sphpm-honours@monash.edu



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A GLOBAL LEADER IN PUBLIC HEALTH RESEARCH AND EDUCATION

As the second biggest School within Monash’s Faculty of Medicine, Nursing and Health Sciences, the School of Public Health and Preventive Medicine provides a rich and exciting range of Honours projects, embedded in a strong research environment.

We’re known globally for our leadership in public health research and advancement, driving strong results in international University ranking systems. We offer a robust and supportive environment in which to learn about public health research, and its application to medical and public health policy and practice around the world.

Honours projects are a rewarding, immersive experience that teach knowledge and analytical skills with broad career applicability, invaluable soft skills, and provide unparalleled networking opportunities.

An Honours year with us will open doors to a career in public health research or practice, add depth to your clinical practice across medicine and healthcare, or lay the foundations for a career in health policy and leadership.



OUR SCHOOL IN NUMBERS*

Annual research funding for School

91 million



Peer reviewed journal articles

1,250+



Honours projects offered

150+



Honours Students

40



Number of School staff

1,800+



Students in PhD cohort

230



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SEAMLESS INTEGRATION OF CLINICAL AND RESEARCH EXPERTISE

Learning about public health and preventive medicine is one of the most impactful and transferrable ways to enhance any career in health and medicine.

It'll increase your ability to critique medical evidence, engage in research, contribute to policy and practice guidelines, manage health services, develop and implement programs, and advocate for a better, healthier future across entire communities.

Employers know a successful Honours year means you have the ability to work in teams, critically appraise medical evidence, work within ethical and compliance frameworks, drive research projects, analyse findings, and effectively communicate with diverse audiences.

Together with our research partners The Burnet Institute and Baker Heart and Diabetes Institute, we provide a vibrant, supportive backdrop in which to learn and embed public health research skills. We're home to around 40 Honours students each year, across our three streams: Medical Science, Biomedical Science, and Health Sciences.

We hold expertise across the full spectrum of key public health methodologies, and offer the opportunity to learn and apply them through a diverse and exciting array of subject areas.

Many of our researchers hold clinical roles at key Melbourne health services and hospitals, ensuring they bring a practical, real-world lens to their supervision and projects. Over the years we've developed a comprehensive program of core subjects, electives, journal clubs and social activities to support our Honours students.

By completing an Honours year with us, you're not only helping your career, you're sharing in our School's vision: Better health and wellbeing for all.

We continually forge new ground in the delivery of world-class education.



Prof Dragan Ilic
Deputy Head (Education) of Monash Public Health and Preventive Medicine



See our list of available projects on Supervisor Connect; filter School/Institute for School of Public Health and Preventive Medicine.

supervisorconnect.med.monash.edu/research-projects

WHAT IS PUBLIC HEALTH RESEARCH?

The World Health Organization defines public health as ‘the art and science of preventing disease, prolonging life and promoting health through the organized efforts of society’.

Unlike many other areas of scientific and medical research, public health research doesn’t take place in laboratories. Rather than pipettes and petri dishes, our chief instruments are data and devices.

That data can take many forms: interviews or surveys with patients or health workers, medical records, government health data, census data, satellite imagery, fitness trackers, weather records, DNA biobanks, coronial and police records, hospital finance reports, medical journal articles, even football scores. If you can think of it, we can probably use it to tell you something new and actionable about health.

We collect new data in a rigorous and systematic way, and mine existing data sets to their full potential. But it’s not just numbers – qualitative research methods form the backbone of our knowledge around patient experience and preferences, providing vital evidence for healthcare improvement. And evidence synthesis techniques bring together all known information about a research question, to identify gaps in knowledge or build an evidence base. We combine and cross-reference these to reveal patterns and findings that inform health policy and practice around the world.

As a public health researcher, you could manage a clinical trial evaluating treatments for an emerging or endemic disease. You might learn how residential proximity to parks and gardens correlates with cognitive health in older age. You could predict the cost-effectiveness of a cancer screening program for young adults. You might test new strategies to eradicate infectious diseases by improving water sanitation in resource-poor communities. Or you might seek to boost organ donation rates by learning about the perceptions of healthy young people.

In public health, your imagination is the limiting factor.

CORE SUBJECTS OUR PROJECTS COVER

- | | |
|---|--|
| <ul style="list-style-type: none"> • Planetary Health • Global Health • Health Systems, Services & Policy • Communicable Diseases • Health and Social Care • General Practice • Acute and Clinical Care • Healthy Ageing • Occupational Health • Transfusion Research • Evidence Synthesis • Health Services Research • Climate Health | <ul style="list-style-type: none"> • Women’s Health • Chronic Diseases • Nutrition • Musculoskeletal Health • Health Economics • High-Value Healthcare • Cancer Research • Forensic Medicine • Injury Prevention • Sexual Health & Reproduction • Health Professions Education • Addiction |
|---|--|

CORE SKILLS YOU MAY LEARN

- Biostatistics
- Epidemiology
- Data collection (qualitative and quantitative)
- Interviews
- Focus group design
- Questionnaire design
- Qualitative data analysis
- Research ethics
- Communications
- Team work
- Evidence synthesis
- Systematic reviews
- Health program evaluation
- Cohort studies
- Clinical trials
- Knowledge translation and implementation
- Writing for publication
- Public presenting
- Community engagement



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HONOURS FOR MEDICAL STUDENTS

As a clinician’s expertise grows through practice, there’s a common urge to contribute to the bed of knowledge that underpins medical policy and guidelines; many doctors evolve into clinician-researchers throughout their careers. Our BMedSci Honours program offers Monash medical students a jump-start to explore their interest in research, and broaden their career prospects.

During a 12-month time out from clinical studies, fourth year BMedSci Honours students can learn invaluable new skills, and make meaningful contributions to medical evidence. It can serve as a pathway to a future PhD, and enhance your medical practice skills through the ability to scrutinize the evidence that supports it.

Many of our supervisors are clinician-researchers embedded in hospital or primary care settings, offering valuable networking opportunities to students, and ensuring your project is grounded in real-world health and medical challenges.

Your supervisor will oversee your work through research question formulation, literature search, project design, ethics approval, data collection, data analysis, and publication. We also offer opportunities to embed yourself in a large existing project, allowing you to focus more on data analysis and publication.

Throughout the year, your supervisor will work with you to identify priority areas for upskilling based on your project, and connect you with seminars, workshops and other methodological and subject matter experts who can assist you on your journey. You’ll spend the year embedded in your supervisor’s research team, making genuine contributions to the working life of your colleagues as you go.

Advancing medical knowledge is both a pleasure and privilege. I hope you’ll consider enrolling.



Leader
Dr Chris Barton

CONNOR ALLEN

Connor Allen spent his Honours year on a deep dive into the cost-effectiveness of screening, diagnosing and managing pregnant women with anaemia. It led to his first publication, and piqued an interest in specializing as a public health physician.

Read more about Connor at monash.edu/medicine/sphpm/study/student-profiles/connor-allen



DR RHEA SINGH

Dr Rhea Singh used the Honours year as a break from her medical study, and gained important relevant skills. Her project exploring the insights of General Practitioners delivering early medical abortion to women from culturally and linguistically diverse backgrounds has led to multiple conference presentations, and informed her practice as an intern.

Read more about Rhea at monash.edu/medicine/sphpm/study/student-profiles/rhea-singh



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monash.edu/medicine/sphpm/study/honours



Find out more about the Medical Science Honours program and how to apply here.
monash.edu/medicine/som/bmedsc-hons



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supervisorconnect.med.monash.edu/research-projects

* Additional related projects may be available; contact relevant supervisors to discuss.

HONOURS FOR BIOMEDICAL SCIENCE STUDENTS

The Bachelor of Biomedical Science sets students up for a vast array of job and further study opportunities. A year doing Honours with the School of Public Health and Preventive Medicine can serve as a direct pathway to PhD for graduates interested in research and academia, can be a fantastic way to build out your credentials whilst awaiting GAMSAT results, or a chance to test the waters for those not yet certain.

Honours in public health provides foundational research knowledge and skills that can be applied to almost every medical discipline. Our program of masterclasses will guide you through the entire life cycle of a research project, from conceptualization to analysis. You'll simultaneously put this in action, in a real-life supervised project that interests you, and some students progress to journal publication. This makes Honours the best way to progress to PhD.

It's also a great chance to see how researchers engage with community, industry partners, health departments, medical peak bodies, and health services, and to forge valuable networks with potential future employers.

For students progressing to medical careers, it'll arm you with the know-how to critically assess medical literature and guidelines, and directly contribute to medical knowledge later in your career.

I encourage you to view our project listings, and if you have a special interest in an area not represented, please get in touch and we'll work with you to find something suitable.



Leader
Ms. Kelly Allen

ADELE OYARZUN

Adele Oyarzun's project increased our understanding of whether inflammation of the heart is likely to be a cause of death, or an incidental finding at autopsy. She's since had two publications that generated huge buzz at America's biggest pathology conference, and found a job with our Department of Forensic Medicine.



Read more about Adele at monash.edu/medicine/sphpm/study/student-profiles/adele-oyarzun

LAUREN MOLONEY

Lauren Moloney extended her knowledge beyond lab-based science whilst considering her next career move. She explored how General Practitioners approach IUD insertion, and was rewarded with the chance to present her findings at a major medical conference in Europe before finding a job in healthcare.



Read more about Lauren at monash.edu/medicine/sphpm/study/honours/student-profile-lauren-moloney

CHLOE TRAN

Chloe Tran set her sights on a research career during her final year of her undergraduate degree, and used Honours as a launchpad to further study. She investigated the perspectives and experiences of high school wellbeing counsellors dealing with pupils with eating disorders.



Read more about Chloe at monash.edu/medicine/sphpm/study/student-profiles/chloe-tran



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Find out more about the Biomedical Science Honours program and how to apply here.

monash.edu/discovery-institute/study/honours/so-how-do-i-apply



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HONOURS FOR HEALTH SCIENCES STUDENTS

As the fields of public health specifically, and health more generally, become more complex, identifying innovative approaches to the improvement of health, well-being and social outcomes within a global context will become increasingly more important.

Adding an Honours year onto your undergraduate health or related sciences degree will place you at the forefront of tomorrow's health workforce, giving you a competitive edge in job markets here and around the world.

An Honours project adds a layer of guided independence to your scholarly experience, allowing you to sit in the driving seat of a small, supervised project. You'll get first-hand experience in public health research; walk away with the skills to critically evaluate medical and health research; gain invaluable soft skills including teamwork, time and project management, and communication; and have an unparalleled opportunity to network with and learn from world-leading experts.

We work with partner organisations The Burnet Institute and The Baker Heart and Diabetes Institute to offer a broad range of exciting projects catering to a wide range of interests, and providing qualitative and quantitative projects for students to choose across a variety of disciplines.

Our projects are grounded in real-world health challenges; your Honours year will be a worthy contribution to closing the gap on those.



Leader
Dr Stella Talic



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JORDAN AKRITIDIS

Jordan Akritidis was working as part of the Victorian Government's pandemic response when he enrolled in an Honours project exploring how the pandemic changed risk perceptions towards travel, and to travel-related health behaviours. His learnings complemented his work, and led to his first publication.



Read more about Jordan at monash.edu/medicine/sphpm/study/honours/student-profile-jordan-akritidis

ESTHER CHENG

Esther Cheng undertook Honours straight after finishing her Bachelor of Public Health, in order to expand her career options. Having stretched herself with a highly statistical project investigating the relationships between chronic pain and cognitive decline in older people, she's excited about the huge range of possibilities now open to her.



Read more about Esther at monash.edu/medicine/sphpm/study/honours/student-profile-esther-cheng

HOLLY WILD

Holly Wild returned to Honours as a mature-age student with strong workforce and lecturing experience in nutrition. Seeking to strengthen her research skills, her project used a unique dataset to explore the drivers of meal-skipping in older adults, which informed her current PhD project exploring protein intake among the same cohort.



Read more about Holly at monash.edu/medicine/sphpm/study/student-profiles/holly-wild



Find out more about the Health Sciences Honours program and how to apply here.

monash.edu/medicine/sphpm/study/honours/bhs



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CONTACT US

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