



## Seasons Greetings & Thanks! To you, from CaRE.

**As the year draws to a close, we extend our heartfelt gratitude for your unwavering support and contributions to community involvement in medical research. Your dedication and passion have been instrumental in advancing medical research and improving the health of our communities.**



This year has been marked by significant milestones and achievements. We have witnessed the growth of our community partnerships, fostering a vibrant network of community leaders, advocates, and researchers. We are so grateful for your willingness to share your voices, perspectives, and experiences. It has been invaluable in shaping the direction of medical research and ensuring that it is responsive to the needs of our communities.

As we look ahead to the new year, we are filled with optimism and excitement for the future of medical research. With your continued support, we are confident that we can make even greater strides in this crucial area of research.

On behalf of the medical research community, we wish you a joyous holiday season and a prosperous New Year. May the coming year be filled with success, fulfilment, and continued progress towards our shared goals of improving health and well-

being for all.

Thank you for being a part of our community engagement in medical research.

## A CaRE spotlight on ...

Learn more - visit the CaRE webpage

### Unveiling Hidden Potential:

#### The Under-appreciated benefits of integrating community medical perspectives into research

Co-authored by Chris Ewert Community Representative and Evangelia Bishop, CaRE Coordinator



The value of community members involvement in medical research is demonstrated in the following example where CCS medical researcher [Dr Lucy Vivash](#) consulted community members with lived experience of epilepsy.

Read the article

### When pain after surgery becomes chronic

Authors: Paige Druce, with special thanks to community representative Chris Ewert for contributing to this article.



Pain after surgery is expected. Pain that lasts for days, or even weeks is normal, and usually nothing to be concerned about. But

for some patients, pain can persist for months or even years and develop into chronic pain.

[Read the article](#)

## In case you missed it.

Thank you to those of you who attended the first of our **Brain Webinar Series: Stroke**

[Watch the Webinar](#)



Hosted on 1 November 2023, the webinar explored what happens if the brain fails. Stroke occurs when blood cannot get to your brain, due to a blocked or burst artery, and can have a devastating effect on your brain. Watch the webinar to find out more about the brain, and the effect stroke can have on it's function. The webinar also included information about novel diagnoses and therapies from bench to bedside and back!



**Pictured: Dr Pia Campagna**

[Read Pia's Research!](#)

## **Congratulations to Dr. Pia!**

**We would like to congratulate CaRE committee member Dr Pia Campagna on earning her PhD! This is a monumental achievement and we are excited to see what Pia accomplishes next.**

Pia's research focus has been Multiple Sclerosis (MS). Multiple sclerosis progresses differently in each person, and we don't fully understand why. Understanding this is crucial for personalised care, rather than a one-size-fits-all approach, and to find ways to stop the disease from worsening.

In her PhD, Pia studied how genes modulate and predict disease severity. I observed that the central nervous system has a bigger role than the immune system in determining disease severity and showed that genes have small but potentially cumulative effects.

Pia also identified specific genetic variations could be helpful in predicting how well someone responds to treatment.

Pia is also passionate about ensuring her research is of value and informed by the community. Now that Pia has finalised her pPhD, she is keen to involve community members in her research.

[Contribute to Pia's MS research](#)

## Refer a friend

We welcome participation by all community members impacted by the medical conditions we study.

Expressions of interest to join us, from community members are always accepted.

Additionally, we are **currently** seeking community representatives to join specific research projects including:

- **Type 1 Diabetes**
- **Infection prevention in Aged Care Facilities (with and without experiences of dementia)**
- **Post surgical pain**
- **Multiple Sclerosis**
- **Obesity**
- **Hospital Acquired Infection**
- **Streptococcus Infection**
- **Medication & Autism**

[Know someone? Please share!](#)

[Express Interest Here](#)

## Help Us

Our research goals are to work with the community to develop better ways to diagnose, treat, care for and ultimately cure serious health conditions.

Some of today's modern research discoveries were only made possible by the support and generosity of

donors. Every donation helps our research to progress and create discoveries.

## How will my donation be used?

You can choose how we use your valuable contribution, by either supporting a disease or condition themed area, individual research projects or individual researchers.

All donations of \$2 or more are tax deductible.

[Donate to our CaRE Program!](#)

## Noteworthy items from the sector...



## Patient stakeholder engagement in research: A narrative review to describe foundational principles and best practice activities

The authors have completed a narrative review to identify, quantify and summarise the conceptual foundational principles of patient stakeholder engagement in research, and best practice activities to support these efforts

[Read the narrative review](#)



## Monash Institute of Pharmaceutical Sciences Consumer Engagement Showcase

Watch this one-hour panel discussion and Q&A session which showcased how representatives from different areas of the Monash Faculty of Pharmaceutical Sciences (MIPS) engage with consumers.

*To watch the showcase you must enter this passcode: J&^i9Qa%*

[Watch the showcase](#)



### [How we can make lived experience a genuine part of evidence-informed policy and practice?](#)

30 minute recorded research seminar presented by Professor Annette Boaz, Professor of Health and Social Care Policy at the London School of Hygiene and Tropical Medicine.

[Watch the research seminar](#)

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Together we can work towards improved medical outcomes.

**Ange and the CaRE Committee**

CaRE

Central Clinical School

Faculty of Medicine, Nursing and Health Sciences



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