

GoldNet Research Newsletter

Dec, 2024

“Closing the Research Loop”

GoldNet Research was established in 2019 to support practice-based primary care research in our region. The practice-based research network (PBRN) offers opportunities to learn about and be involved in research with the support of Bond University, Griffith University, [General Practice Gold Coast \(GPGC\)](#) and the [Gold Coast PHN](#).

In 2024, we focused on “closing the research loop” and selected topics and speakers that align with this for events and journal clubs. Closing the loop means bringing results back to the end-users who use and implement research in evidence-based practice.

Information about upcoming events and research opportunities are available on the [website](#).

GoldNet Research Steering Committee: The role of the [steering committee](#) is to provide strategic direction and oversight of all aspects of the PBRN development, maintenance, and growth.

Research Event “What’s New in The Red Book?”

Our second 2024 Research Networking Event, “What’s New in The Red Book?” was held at the Gold Coast PHN on the 25th of Sept. The Red Book 10th ed. executive committee members, [Prof Paul Glasziou](#), Prof Mark Morgan and Prof Nick Zwar presented. Steering committee member, Assistant Professor Laura Baxter, led the Q&A panel. GPs in the audience asked important questions on the practical application of The Red Book.

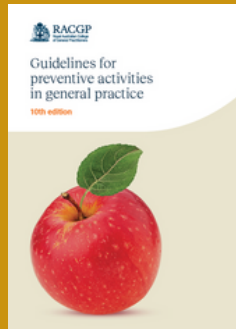
With the latest, 10th ed. of the RACGP Red Book, guidelines for preventative activities in general practice, our three presenters focused on key practice topics: frailty, prostate cancer and CVD.

Frailty: The Red Book recommends considering screening in elderly patients (≥ 75 years) using a validated instrument such as the Fried criteria: 1) unintentional weight loss, 2) exhaustion, 3) weakness, 4) slow gait speed, and 5) low physical activity. ≥ 3 out of 5 is considered at risk or frail. To slow or reverse frailty progression, consider a multi-component physical activity program and consider the inclusion of physio or exercise physiologist, nutrition, medication management, and social connections.

Prostate Cancer: For men 50-69 years at average risk (no family history, with symptoms) who have been informed of the benefits and harms, and who decide to undergo regular testing, offer PSA testing every 2 years. Further investigation should be offered if PSA >3.0 ng/mL.

CVD: For screening, <45 years of age, only BP should be done every 2 years opportunistically, and >45 years BP, lipids, and diabetes as part of CVD risk assessment using the AusCVD risk calculator, every 5 years unless risk factors worsen.

A copy of the presenter slides are available on [the GoldNet website](#).



Journal Club “Genetic Testing in Primary Care”

Based on a vote by members after The Red Book Event, “Genetic Testing in Primary Care” was chosen as the topic for the second 2024 online journal club. Host, Prof Nick Zwar was joined by Assistant Prof Loai Albarqouni and guest expert Prof Jon Emery, Herman Professor of Primary Care Cancer Research from the University of Melbourne.

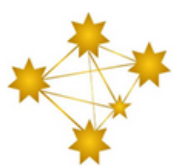
Assist Prof. Loai Albarqouni appraised the opinion article: “[Population DNA screening for medically actionable disease risk in adults.](#)”

Prof. Zwar presented a relevant case study, and using the opinion piece, The RAGCP Red Book and insights from Prof Emery and attendees, discussed population-wide screening for genetically linked cancers.

Key messages included:

- Screening programmes should be evidence-based and have evidence of their effectiveness
- Patient-informed choice should be a priority - including a discussion with their clinician about the potential benefits and risks/harms of screening.
- Clinicians should be cautious if testing for conditions that may not have accessible or available treatments.
- The Red Book does not recommend routine population-based screening for genome-wide chromosome abnormalities
- Taking a family history remains a useful tool for detecting familial cancer risk.

Journal club recording, presenter slides and other resources are available on [the GoldNet website](#).



Projects Update

Since the PBRN was established, we have supported 30 research projects from universities nation-wide. Topics have covered screening, treatment and management of acute and chronic conditions, non-drug interventions, and professional practice. Further information about projects supported by GoldNet is available on the [website](#).

CANCER SURVIVORSHIP CARE IN GENERAL PRACTICE – A NATIONAL SURVEY

You are invited to participate in an anonymous survey that aims to assess GP and GP trainee comfort with providing cancer survivorship care in adult cancer survivors. Study led by Flinders University Researcher.

E-HANDI - FEASIBILITY & ACCEPTABILITY STUDY

The Institute for Evidence-Based Healthcare at Bond University invites you to participate in a pilot trial to understand the feasibility and acceptability of the recently co-designed “e-HANDI” for prescribing NDIs at point of care.

TARGETING TREATABLE TRAITS IN COPD TO PREVENT HOSPITALISATIONS (TERRACOTTA)

TERRACOTTA trial aims to reduce COPD hospitalisations through tailored, interdisciplinary care. GPs, nurses, pharmacists & more will deliver personalized treatments.

UNDERSTANDING THE DIAGNOSIS AND TREATMENT OF SECONDARY HYPERTENSION (U-DASH)

Researchers from Monash University and Hudson Research are seeking GPs to have their say on the diagnosis and management of secondary hypertension.

EVALUATING THE FEASIBILITY OF A DIGITAL PROGRAM FOR SECONDARY PREVENTION OF STROKE.

Researchers at the CSIRO and Monash University have developed a digital program for secondary stroke prevention. We are conducting research with General Practitioners to better understand the potential barriers and facilitators for its implementation in practice.

MANAGING PATIENTS WITH COMORBID HEARING LOSS AND DEMENTIA

Uni of WA researchers are investigating the knowledge, attitudes, and practices of GPs about hearing loss and cognitive impairment.

Dissemination of GoldNet Supported Research

We invite you to join us in congratulating GoldNet supported researchers and their teams in the completion and dissemination of their projects. GoldNet supported the following projects in recruiting participants. We thank our members who contributed by participating or sharing projects.

Prof Danielle Mazza from Monash University and her IMPROVE team (Implementing work-related Mental health guidelines in general Practice: A parallel cluster Randomised Controlled Trial (RCT) have presented findings at the International Congress of Occupational Health 2024 Congress in Marrakesh. [Link to abstract](#).

Nicola Rahman, Griffith Uni PhD candidate for publishing her project GoldNet supported: [“Co-designing a Vaping Cessation Program for Australian Young Adults: A Conceptual Model”](#) - click on the link to the open access article.

Sherry Tang, Bond Uni PhD candidate for presenting her project at the Dietitians Australia 2024 Conference: - [click on the link to the conference abstract](#). For more project details: [“Monitoring micronutrient status among people undergoing bariatric and metabolic surgery”](#)

Upcoming events

GoldNet steering committee are seeking relevant topics or practice questions you'd like answered for our next journal club and research networking event.

Topic suggestions for research events or journal clubs, please forward them to the PBRN email: goldnet@bond.edu.au