

PhD Confirmation

The University of Melbourne

'Improving cardiac rehabilitation in Victoria'

Presenter: Emma Thomas

**Supervisors: Dr Adrienne O'Neil,
Dr Rebecca Armstrong**

Wednesday 24th May 2-3pm

Room 302/303, Level 3, 207 Bouverie Street

Despite cardiac rehabilitation being recommended in clinical practice guidelines internationally these services are under-utilised and programs are not standardised. In Victoria, there is no mechanism to systematically monitor cardiac rehabilitation delivery and outcomes, and therefore, no way to provide auditing and benchmarking.

Clinical registries are important tools by which service delivery, quality and outcomes can be characterised and hold great potential for improving cardiac rehabilitation.

This PhD project plans to apply lessons from the global community to the Victorian context and determine how a cardiac rehabilitation registry could be established in Victoria, Australia.

This work is funded by a Post-graduate Scholarship provided by NHMRC.



Emma Thomas is a PhD Candidate in the Centre for Mental Health and an NHMRC post-doctoral scholar.

Her research is focused on the prevention of non-communicable diseases (NCDs) and implementation science. In particular, she is interested in scaling-up effective interventions in order to reach larger populations.

Prior to commencing at the University of Melbourne, Emma spent two years at the University of Oxford at a WHO Collaborating Centre focused on population approaches for NCD prevention. This adds to her previous clinical experience, and research- namely in the area of cardiovascular disease, diabetes and mental illness.

She has been involved in the development of several tools, guides and systematic reviews to enhance the translation of research into practice.