

GoldNet Research Newsletter

July, 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](#).

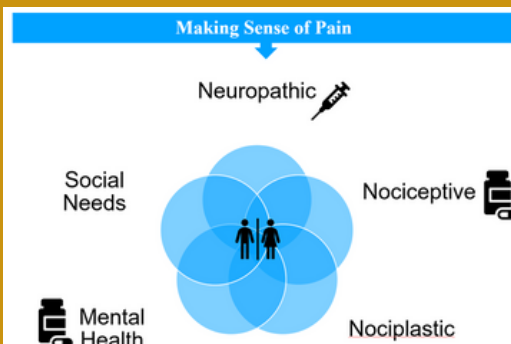
GoldNet Research Steering Committee: The role of the [steering committee](#) is to provide strategic direction and oversight of all aspects of the PBRN development, maintenance, and growth.

Research Event “Opioid Prescribing in Primary Care”

Our first Research Networking Event for 2024 was held at Bond University on the 26th of March, on “Opioid Prescribing in Primary Care”. We were joined by presenters [Joyce McSwan](#), the managing director from PainWISE, [Dr Caitlin Jones](#) from The University of Sydney, and [Dr Aili Langford](#) from Monash University. Our Chair, Professor Nick Zwar, led the Q&A panel where GPs in the audience asked important clinical questions on the use of opioids for pain management.

The presentations focused on strategies to promote more judicious opioid use in Australia, including the development of evidence-based guidelines for deprescribing opioid analgesics. Speakers discussed the importance of personalised pain management, highlighting the need to understand each patient's unique experiences and priorities to provide effective treatment. They also discussed various approaches to managing chronic pain, including the use of medicinal cannabis, rotation strategies for opioid therapy, exercise and physiotherapist-based therapies, and other lifestyle modifications and non-drug interventions to manage pain. Speakers emphasised the potential risks of opioid use and the need for a multimodal approach that includes psychosocial interventions. The below image is from Joyce McSwan's presentation, of the considerations to make when reviewing patient's pain medications.

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



Journal Club “The Benefits and Harms of Drug Treatment for Type 2 Diabetes”

The first online journal club of 2024 was hosted on May 21st in collaboration with [the University of Queensland PBRN UQGP Research](#). Prof. Katharine Wallis (Director of UQGP), was joined by Associate Prof. Geoff Spurling, endocrinologist Dr. Anish Menon, and GoldNet Chair Prof. Nick Zwar. Assist Prof. Loai Albarquoni appraised the review: [“Shi et al 2023, Benefits and harms of drug treatment for type 2 diabetes: systematic review and network meta-analysis of randomised controlled trials”](#).

Prof. Wallis presented a case study on a patient with elevated HbA1c despite lifestyle management, and using the review and [RACGP guidelines](#) discussed the next treatment steps.

Key messages included:

- The review identified the most effective diabetes medications: SGLT2 inhibitors, GLP-1 receptor agonists, and non-steroidal mineral receptor antagonists in reducing all-cause mortality.
- Panellists shared experiences with older medications and concerns about mortality, weight gain, and hypoglycemia.
- Emphasis on including antihypertensive drugs and statins in diabetes treatment.
- Importance of continuing lifestyle modifications like diet and exercise even when medications are prescribed.

A recording of the journal club and copy of the slides are available on [the GoldNet website](#).



Projects Update

Since the PBRN was established, we have supported 23 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](#).

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.

DIGITAL HEALTH SUPPORT FOR PEOPLE WITH CHRONIC PAIN REDUCING OPIOID DOSE

Uni of Sydney researchers are testing whether a digital health intervention can support people with chronic pain while they are reducing their opioid dose.

GP'S USE OF NON-DRUG INTERVENTIONS IN PRIMARY CARE

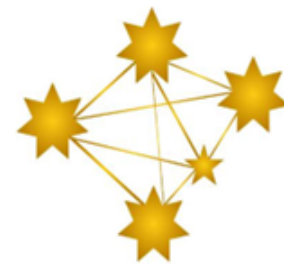
Institute for Evidence-Based Healthcare researchers and RACGP are conducting research to optimise the use of non-drug interventions (NDIs) in primary care, including designing a platform for prescribing NDIs.

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.

A/Prof Stephanie Filbay, from the University of Melbourne, and her team have developed [an online patient decision aid for ACL injury treatment](#). It was designed to provide an evidence-based overview of surgery and rehab (non-surgical) treatment options, including the pros and cons of each, so people can make an informed decision.

Melis Selamoglu, Monash Uni PhD candidate for publishing her project GoldNet supported: [open access article](#). Further detail on project: ["GPs knowledge, attitudes and prescribing intentions for e-cigarettes as a smoking cessation aid"](#).



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