

## Welcome to the GoldNet Research Newsletter

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 2022, the PBRN focused on the involvement of the general practice team in research and selected topics and speakers that align with this for our events and journal clubs.

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: “Long COVID Era”

The second face-to-face event for 2022, “*Long COVID Era: long COVID and recurring waves*” was a collaboration with General Practice Gold Coast (GPGC), on Oct 27 at the RACV Royal Pines Resort.

GoldNet has collaborated with GPGC since the PBRN was first established. The connection between general practice and research is vital to understand the practical implications and opportunities of research in primary care.

Key messages from the collaborative event:

- Long-COVID has added to the workload of primary care and broader workforce
- Diagnosis and management of Long-COVID is complex and requires a collaborative approach between primary care and the broader health system
- [National Clinical Evidence Taskforce – COVID-19 Resource](#)

### Journal Club: “Weight Loss Interventions in Primary Care”

On Oct 12, Assistant Prof Loai Albarqouni led our virtual journal club, joined by an expert panel: author on the article, Dr Liz Sturgiss (Monash Uni), Assistant Prof Kieran Le Plastrier (Bond Uni), and Prof Nick Zwar, (GoldNet Steering Committee chair). The article discussed: “[Effectiveness of weight management interventions for adults delivered in primary care: systematic review and meta-analysis of randomised controlled trials.](#)”

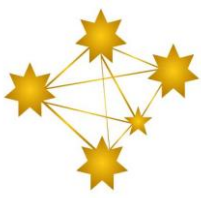
Key messages for primary care:

- Over 12 months, intervention groups lost ~2.3kg, and clinicians discussed how this amount of weight loss may not be significant to those who may wish to lose greater amounts of weight
- Longer term (>12 month) interventions were not included
- A team approach to weight loss should be implemented
- We should be cautious of weight loss interventions in those at risk of disordered eating and body dysmorphia
- A statement from Assistant Prof Le Plastrier highlights the complexity to body weight and autonomy: “*Your body is not yours; it is actually in a social-cultural context. It represents and reflects its connection to the world around it.*”

The article, journal club recording, and slides can be found on the [GoldNet website](#).

### Projects Update:

Since the PBRN was established, we have supported 15 research projects from: Bond Uni, Griffith Uni, Sydney Uni, Monash, The University of Queensland, UNSW, and The University of Melbourne. Topics have covered screening, treatment and management of acute and chronic conditions, non-drug interventions, and professional practice.



GoldNet is supporting the following active projects: [“Activating Primary Care COPD Patients with Multimorbidity \(APCOM\) Trial”](#) aims to improve the quality of life of patients with COPD and other chronic conditions through an innovative nurse-led tailored, self-management program. APCOM is a MRFF-funded primary health care implementation research initiative.

[“Improving Wellbeing among Primary Care Patients Project”](#): Practices are involved in a NHMRC funded study examining the question of whether screening for depression in general practice improves patient mental health outcomes.

[Implementing work-related Mental health guidelines in general PRactice \(IMPRovE\)](#): this NHMRC funded RCT, led by researchers at University of Sydney, aims to increase the delivery of evidence-based care by GPs in treating patients with a work-related mental health condition.

[Can delayed screening reduce overuse of the prostate cancer screening test?](#) Researchers at the University of Sydney/Bond University are inviting GPs to take part in a research study aiming to codesign a new model of care – ‘delay and consider’ – for prostate cancer screening.

[“Monitoring micronutrient status among people undergoing bariatric and metabolic surgery”](#): Bond University researchers invite health professionals who provide care to patients undergoing bariatric and metabolic surgery to participate in an interview on their experiences with patient micronutrient status management.

Further information about projects supported by GoldNet is available on the [website](#).

## Dissemination of Research Supported by GoldNet:

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 project info.

Christoph Schnelle, Bond Uni PhD candidate: [“Qualitative Study of Medical Doctors on Their Experiences and Opinions of the Characteristics of Exceptionally Good Doctors”](#). This study is published in an open-access journal, meaning it is available for anyone, including clinicians and patients, to read.

Jenna Smith, Uni of Sydney PhD candidate for presenting her research at four conferences this year (3 international and 1 national) for her project GoldNet supported: [“Australian general practitioner's attitudes and behaviours regarding cancer screening in older adults”](#).

Melis Selamoglu, Monash Uni PhD candidate for presenting her research at three conferences this year (national and international) for her project GoldNet supported: [“GPs knowledge, attitudes and prescribing intentions for e-cigarettes as a smoking cessation aid”](#).

## Upcoming events:

**TBA – Keep an eye on our website for 2023 events.**

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

