Welcome to our first quarterly report for 2023. At WARC and amongst our partners it feels like there is a heightened awareness of the opportunities we have, a rekindling of in-person connection, and an appreciation of the people around us - colleagues, family and friends. For the research and innovation space this looks like forward-looking discussions, strategic planning sessions and brainstorming of ideas on how we can learn from our recent past and grow into the future.

With the support of our Executive Research Committee, we have identified, invited and are now pleased to announce our new Advisory Committee (please see next page). With the five-year anniversary of the establishment of WARC approaching later in the year, we look forward to our Advisory Committee guiding us into our next phase.

In February we moved into WARC’s new neighbourhood on Level 5, Block K of the new Westmead Hospital building. It’s been great to see so many people together in our own space, with capacity exceeded on occasion. We’ve celebrated Harmony day, and thanks to the Social Committee have started our cultural evenings, sharing an Afghan meal and learning a little more about Afghan culture. We have also welcomed several new personnel, including Erkihun (Erik) Amsalu (PhD student), Anoja Wickrama Gunaratne (Study Coordinator), Yanwen Wendy Liu (Research Assistant), Shehane Mahendran (Clinical Trials Fellow), Shiva Mishra (NHMRC WARC/CTC Research Fellow) and Rachael Myton (Research Admin Manager, Centre of Research Excellence).

A particular highlight for the quarter has been the publication of 30 high quality papers by WARC researchers – including one led by PhD student Anushriya Pant and Senior author A/Prof Sarah Zaman, along with a team of WARC-based researchers. The publication on Primary prevention of Cardiovascular Disease in women with a Mediterranean diet was published in Heart and received substantial media attention from TV, radio and newspaper media in Australia and internationally.

On a personal and final note - it was an honour to begin this quarter with the news that I received Australia Day Honours (AM) for significant service to medicine as a cardiologist and to research. I am beyond grateful to the many people without whom the receipt of this award would not have been possible and am appreciative of the many people that have reached out to say congratulations. It has been a wonderful thing to share with my family.

Best wishes

Clara Chow AM | Professor of Medicine and Academic Director
OUR GOVERNANCE STRUCTURE

These groups are responsible for designing, implementing and refining our strategy.

Advisory Committee
Chair: Elizabeth Koff

WARC
Academic Director
Prof Clara Chow

Executive Research Committee
Chair: Prof Richard Lindley
Members: Principal Investigators

Operations Committee
Chair: Dr Marina Ali (Centre Manager)
Craig Shuard (Research Administration Manager)
Simone Marschner (Senior Biostatistician)
Vishal Gopal (Clinical Trials Services Manager)
Emma Charlston (Digital Health Project Manager)

Academic Program Leads
Dr Shalinie King
A/Prof Saurabh Kumar
Dr Liliana Laranjo
Dr Tu Nguyen
Dr Pierre Qian
A/Prof Sarah Zaman

WARC Advisory Committee Announced

- Graeme Loy (Chief Executive, WSLHD)
- Katherine Belov (Pro-Vice-Chancellor, Global & Research Engagement, USyd)
- Jean-Frederic Levesque (Deputy Secretary for Research and Innovation and Chief Executive Officer at Agency for Clinical Innovation, NSW)
- Carrie Hayter (Consumer Engagement Manager: Health and Medical Research, Health Consumers NSW)
- David Lloyd (Chief Executive Officer, The Heart Foundation)
- Ray Messom (Chief Executive Officer, WentWest)
- Elizabeth Koff (Managing Director, Telstra Health)
- Cheryl Jones (Head of School and Dean, Sydney Medical School, USyd)
- Richard Lindley (Professor of Geriatric Medicine, FMH, USyd)
- Clara Chow (Academic Director, WARC)
- Liliana Laranjo (Senior Research Fellow, WARC)
- Sarah Zaman (Academic Interventional Cardiologist, WARC)
Overview of WARC activities to date, up to 31 March 2023

**Active Projects:** 107

**Team Members:** 84

**Research Partners:** 139

**WARC-Led Statistical Analyses:** 61

**Our Research Themes**
- Digital Health & Technology: 54
- Equity in Healthcare Access: 9
- New Clinical Approaches: 68

**Project Status**
- Stage 0 - Early Stage
- Stage 1 - Protocol Development
- Stage 2 - Feasibility
- Stage 3 - Ethics Approval
- Stage 4 - Governance
- Stage 5 - Initiation
- Stage 6 - Recruitment
- Stage 7 - Data Collection & Verification
- Stage 8 - Close out
- Stage 9 - Study Follow up
- Stage 10 - Data Analysis (incl Projects)
OUR PERFORMANCE

PUBLICATIONS EXCELLENCE

WARC researchers published a total of 30 high-quality papers in Q1.

Ten papers were published in the top 10% of SJR-ranked journals, demonstrating the high-quality of our research output.

Ten were co-authored with international researchers, demonstrating our strong network of active research collaborations.

<table>
<thead>
<tr>
<th>30</th>
<th>TOTAL PUBLICATIONS</th>
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<tbody>
<tr>
<td>10</td>
<td>INTERNATIONAL COLLABORATIONS</td>
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<tr>
<td>10</td>
<td>PUBLICATIONS IN TOP 10% JOURNALS BY SJR</td>
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<tr>
<td>3</td>
<td>DIGITAL HEALTH PUBLICATIONS</td>
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FUNDING

Quarter 1 was a very busy time for funding applications, with several NHMRC Investigator Grant submissions, as well as submissions to the National Foundation for Medical Research Innovation and a number of MRFF funding opportunities.

WARC continued its record of grant funding success, with a number of recipients of prestigious and highly competitive grants.

Dr Harry Klimis was awarded a NSW Health Cardiovascular Elite Postdoctoral Researcher Grant to the value of $1m. Harry’s fellowship will focus on building a leading and internationally-recognised research program to improve cardiovascular outcomes in cancer survivors.

Simone Marschner is a Chief Investigator on a project funded by the MRFF International Clinical Trials Collaboration opportunity, led by Prof David Simmons of Western Sydney University.

The CIRCUIT project looks at addressing the complications for newborns resulting from elevated glucose levels in pregnancy through the use of a new automated insulin delivery technology for pregnant mothers with type 1 diabetes.

$1m GRANT FUNDING

Dr Harry Klimis, WARC EMCR

WARC – Quarter 1 Report 2023
CLINICAL RESEARCH

The first quarter of 2023 has kicked off with various start-up activities for new and current clinical research projects. These have included our presence at pharmaceutical sponsored investigator meeting, applying for ethical approval for new studies or variations to current studies, opening new projects for us. Our continuous focus has been on our key strengths of developing new knowledge, drugs, technologies, devices and improving processes or behaviour.

Other important activity this quarter has been analysing data and results obtained from concluding studies late last year. Extensive data analysis is underway for our 34 projects, the results for which will be published in high profile journals. The next quarter will see several studies roll over to the participant recruitment phase.

CLINICAL RESEARCH (STATISTICS)

Highlights from the Statistics team are their contribution to the many abstracts submitted to CSANZ and ESC meetings, delivery of R training to WARC researchers with materials available for interested WARC researchers, and promising results from data linkage projects.

Stats on Stats

Published

1. Impact of Socio-demographic Characteristics on Time in Outpatient Cardiology Clinics: A Retrospective Analysis.
2. Mediterranean Diet and Risk of Cardiovascular Disease and Death in Women: A Systematic Review and Meta-analysis.
3. Trends in modifiable risk factors amongst first presentation ST elevation myocardial infarction patients in a large longitudinal registry.
4. Text Messaging Self-Management Support for Patients with Diabetes or Coronary Heart Disease in a Chronic Disease Management Program (SupportMe).

Statistical Reports

1. CRITICAL-1

Safety DSMB
1. CAAD-VT
OUR PERFORMANCE

SOCIETAL IMPACT & OUTREACH

Order of Australia Award Ceremony
WARC Academic Director Prof Clara Chow AM with Laureate Prof Clare Collins AO at the Order of Australia Award Ceremony on 20 April 2023.

altmetric has seen a total of 1086 associated media links like:
- 179 news stories from 136 outlets.
- 5 posts from 4 blogs.
- 92 tweets from 78 users, with an upper bound of 563,408 followers.
- 3 citations on 3 Wikipedia pages.
- 1 video

Primary prevention of cardiovascular disease in women with a Mediterranean diet: systematic review and meta-analysis
Overview of attention for article published in Heart, March 2023

Twitter Engagement
Impressions 📈
300 ↑ 51%

Engagement rate 📈
5.3% ↑ 0.3%

LinkedIn Engagement
25 Reposts ▲ 92.3%
30 New followers in the last 89 days ▲ 20%

So far, Altmetric has seen a total of 1086 associated media links like:
- 179 news stories from 136 outlets.
- 5 posts from 4 blogs.
- 92 tweets from 78 users, with an upper bound of 563,408 followers.
- 3 citations on 3 Wikipedia pages.
- 1 video
WARC’s text messaging service is one of the key pieces of infrastructure that underpins our vision of improving patient health outcomes by delivering customised support to patients.

Q1 has been an exciting period for the team, with some great engagement and enrolment. We continue to develop the platform and work with new teams that identify test cases for this innovative digital solution.
OUR PERFORMANCE

Featured Student

WARC has an excellent track record of mentoring high-quality students. We currently have 29 Postgraduate students, comprising 21 PhD & 3 MPhil, 4 MD and 1 Summer student. Two PhD students are newly enrolled in Q1. Six PhD and MD students are expected to complete this year, with five students awarded scholarships in the past year.

WARC featured student for Q1 is Ritu Trivedi. Thesis title: Digital health technologies for supporting patients with atrial fibrillation and managing their risk factors.

Ritu has a BSc (Biomedical Sciences) Hons and is in the final year of her PhD at the University of Sydney. Her thesis explores the role of digital health technologies in supporting patients with atrial fibrillation and managing their risk factors.

Her key interests are in the prevention and management of cardiovascular disease using digital health technologies, and qualitative research methods for determining consumer perspectives on digital health, along with an interest in teaching and mentoring.

“Being a student at WARC has provided me with many opportunities to advance my research career. I continue to be inspired by the people and work happening at WARC.”

Featured Project

Following the award of $2.5m in 2022 to a multidisciplinary team of researchers led by Professor Richard Lindley, the NHMRC Centre of Research Excellence to Accelerate Stroke Trial Innovation and Translation has been established, with activity advancing in Quarter 1 of 2023.

Stroke incidence remains a common cause of death and disability in Australia. Although stroke incidence is falling in older age groups, it is increasing among younger people. It is estimated 50,000 to 60,000 people have a stroke or recurrent stroke each year. The lifetime risk of stroke is one in four.

The Centre will deliver better healthcare to stroke patients, by co-designing new trials with patients, ensuring trial access in rural and remote Australia, and training the next generation of stroke researchers.


Connect with us

linkedin.com/warc-westmead-applied-research-centre

@WARC-USYD

sydney.edu.au/westmead-applied-research-centre