

# Research Directions

Office of Research Services

## ***Arresting Cardiovascular Risks***

**Associate Professor Patricia Davidson from the School of Nursing is heading an ARC Linkage project in preventative health care research. The project is being conducted in collaboration with Sydney West Area Health Service.**

The study will assist existing cardiac rehabilitation programs and encourage patients who have suffered an acute cardiac event to modify their lifestyle to reduce further risks and prevent the occurrence of additional coronary episodes.

The program will involve patients who have had a recent admission to hospital with heart failure of any cause. Participants will attend a standard six week program at a Sydney West Area Health Service facility.

“The expected outcome will be greater adherence by patients to modifying cardiovascular risk factors, as well as an improvement in their psychological wellbeing” Professor Davidson said. “Other potential benefits may include a decrease in health care costs because of the reduced need for health care services and an increased ability of patients to return to work”.

The participants will be followed up twelve months after their hospital admission. Group differences in physical outcomes such as exercise capacity, body mass index, cholesterol, medication compliance, as well as psychological and social outcomes will be analysed using standard methods for studying variances. The incidence of and predictors for readmission will be calculated for the groups using survival and other relevant logistic analyses.

A PhD scholarship student, Bronwyn Everett, will study motivational interviewing as part of this grant.

Project title: *A randomised controlled trial of motivational interviewing as a tool to enhance secondary prevention strategies in cardiovascular disease.*

Funding has been set at \$84,387



*Mt Druitt Cardiac Team L to R: J. Sherwood, C. Parsons, D. McLean, K. Lloyd, D. Caperal, A. Frankham, B. Goodwin, S. Tennant*

### Contact Details

[Patricia\\_davidson@wsahs.nsw.gov.au](mailto:Patricia_davidson@wsahs.nsw.gov.au)

### Web Site

<http://www.uws.edu.au/about/acadorg/cshs/snfch>