

FedUni and Western Alliance Scholarship Application

Project: **DEVELOPING A BEST PRACTICE, PREOPERATIVE EXERCISE THERAPY
'PREHABILITATION' MODEL FOR PROSTATE, COLORECTAL & BREAST CANCER PATIENTS
IN THE GRAMPIANS REGION OF VICTORIA**

Location: Ballarat, Victoria

Surname

Given name

Address

Telephone

Email

Are you a current FedUni HDR candidate? Yes No

Student ID

Successful applicants will be advised by 13/07/2018, and will be expected to commence by 30/08/18.

For questions related to the scholarship topics, please contact Professor Fergal Grace, (03 5327-6198
f.grace@federation.edu.au)

Conditions

Scholarships are available for domestic students only. Scholarships are full-time, with no possibility of being undertaken part-time during candidature. Students will be required to commit to a minimum of four days per week "on site" and participate in an industry placement during the term of the candidature. Scholarships are for a period of three years. Extensions to scholarships will not be granted.

General conditions of HDR Scholarships at FedUni can be found at:

http://policy.federation.edu.au/research/higher_degrees_by_research/hdr_candidate_selection/hdr_candidate_selection/ch06.php. Where these conditions differ to those on this form, the conditions outlined for this specific scholarship take precedence.

Eligibility to undertake a PhD

To be eligible to undertake a PhD, students must meet [eligibility requirements outlined on the Research website](#). If you are applying for "Honours equivalence," please ensure that you provide detailed information to support your case.

Referees

Please nominate one referee who can comment on your academic/scholarly/research experience and capacity, and one referee who can comment on your practice experience, particularly in relation to the topic area. Referee reports must be returned to Research Services by Monday 2nd July 2018 for your application to be considered. Any applicant without referee report forms will not be forwarded for consideration.

Statement

All prospective candidates are required to provide a 2500 word statement covering the following areas:

- Discuss your motivations for applying for this PhD scholarship, and your intended outcomes (both for yourself (personally and professionally), and for the sector)
- Discuss some of the existing research literature which impact this topic area
- Discuss the opportunities and constraints of the proposed methodology (or, where a methodology has not been explicitly identified, please identify a relevant methodology and discuss the opportunities and constraints)
- Discuss potential challenges and how you might overcome them

Please list all documents provided, including supporting information:

	Required Documents		Other Supporting Documents
	HDR Application for Enrolment Form		List of published works
	2500 word statement		
	Qualifications		
	Transcripts		
	Scholarship Application (this form)		

For questions regarding the application process for scholarships and candidature, please contact Research Services at: research.degrees@federation.edu.au.

Applications for the FedUni Western Alliance scholarship close Friday 29th June 2018 and can be submitted via mail, email or in person

For general scholarship and candidature information, please contact:

Research Services,
Federation University Australia,
P.O. Box 663, Ballarat VIC 3353,
Telephone: 03 5327 9508
Email: research.degree@federation.edu.au

Office Use			
Research Services	Date of Receipt:		Scholarship Registration Number:
Returned to Research Services	Date of Receipt:		2018 /

Research project outline

DEVELOPING A BEST PRACTICE, PREOPERATIVE EXERCISE THERAPY ‘PREHABILITATION’ MODEL FOR PROSTATE, COLORECTAL & BREAST CANCER PATIENTS IN THE GRAMPPIANS REGION OF VICTORIA

Project Outline:

Cancer is a major cause of disability and death in Australia with an estimate of 130,470 new cancer diagnoses in 2017. The local Grampians region of Victoria has an average of 1372 new cancer diagnoses each year and estimated to rise 15% to 2020. Prostate, breast and colorectal cancer account for >50% of new cases in Australia.

Cancer patients undergoing surgery with low fitness have greater risk of adverse outcomes. Even in the absence of treatment complications, the postsurgical period is associated with 20- 40% loss in functional capacity which contrives to prolong recovery. In context of our ageing society and projected increase in cancer diagnoses, this is a very real problem. Universally termed ‘rehabilitation’, physical therapy within peri-operative cancer care has (and continues to) target the post-operative period in order to facilitate recovery of pre-surgical health. However, may this may not be the optimal time for an exercise intervention as cancer patients may be fatigued and anxious about further treatment. In this respect, exercise therapy that is administered in the weeks before scheduled surgery, which focuses on improving the patient’s tolerance to upcoming physiologic stress, has been termed ‘prehabilitation’.

However promising, there is a current paucity of quality evidence from controlled studies and none that use objective measures to support postoperative health outcomes in cancer patients. In light of this, we will collaborate with Ballarat Regional Integrated Cancer Centre (BRICC) and Western Alliance Regional Research Consortium to generate new knowledge on the feasibility and effectiveness of ‘prehabilitation’ to improve post-operative physical function (CRF) and health outcomes for cancer patients in the Ballarat and Grampians Region of Victoria. We have secured research funding from Western Alliance (\$98,244) to undertake this work over 18 months and seek funding to convert a 0.5 FTE scholarship to a more enticing and lucrative position. Success with this application will be significant recognition for supporting research that is truly regional in focus and further strengthen our capacity to generate world class research.

Notwithstanding, the opportunity to undertake novel research with clinical importance, the candidate will play an important role in galvanising productive relationships for university, contribute to FedUni’s strategic objectives and generate world class knowledge outputs that are founded in community engagement