

2023 CSANZ Clinical Development Awardee Reports

The CSANZ Clinical Development Awards (CDA) are intended to further develop young Nursing, Allied Health or scientists through an increase in their clinical knowledge and expertise, awareness of research and evidence-based practice, and allows them to build on their professional network. Candidates applying for a CDA are not required to have an abstract accepted for presentation at the CSANZ Annual Scientific Meeting, however the award prize is intended to be used towards attending the CSANZ Annual Scientific Meeting. Each winner has been asked to provide a report of their Meeting experience. This year's CDA awardees, included two candidates, who went on to win the Young Investigator Award in their speciality. Congratulations to all.

Ria Aseniero, Registered Nurse, Cardiac Catheter Laboratory (CCL), St Andrew's Toowoomba Hospital, QLD.

I have had the great pleasure of being awarded a Clinical Development Award allowing me to experience the 2023 CSANZ ASM and ANZET Meeting in Adelaide this year. I attended the ANZET meeting that gave me exposure to new knowledge, particularly on Coronary Physiology testing (CFR and IMR) and its advantage and significance in diagnosing a group of patients with INOCA. I also attended the dynamic OCT and IVUS workshops, furthering my comprehension on coronary imaging. I reflected on how our Cardiac Cath Lab in Toowoomba has had access to both OCT and IVUS for years but due to the catch-22 of inexperience by not doing enough of these procedures collectively as a team, we can improve our skillset. The meeting has given me perspective on our knowledge gaps and how we can collectively address these through inter-professional collaboration. Working inside the four walls of the Cardiac Cath Lab can become very repetitive and isolating and the meeting gave me professional growth but also allowed shared collaboration in our physical Cath Lab team. These meetings liberate us from those walls!

Esteemed speakers both local Australians, and from across the world, (e.g. US, Singapore, Canada and Switzerland) presented relevant and emerging research data that enhances current trends and practice. For the first time, I attended the Interventional Nurses Council meeting and met nurses with profound and rich experience in such a specialised area of nursing. I enjoyed being able to connect and network with many different people and also engaging with exhibition presenters about supplies and devices, and to find out what new technology is on the horizon for Interventional Cardiology.

I am immensely grateful for being chosen to have received the Nursing Clinical Development Award. I would like to sincerely thank CSANZ for acknowledging our role as nurses in Cardiology and in this ever-growing community. It has truly been an empowering experience.

Cindy Earl, Clinical Nurse Consultant at Murrumbidgee Local Health District (NSW).

I was fortunate enough to have been chosen as one of the recipients of the CSANZ Clinical Development Awards post submission of my application. This award assisted me in being able to attend the Annual Scientific Meeting (ASM) for the first time. I am very thankful for this tremendous opportunity which has allowed me access to the latest research and best practice in cardiovascular care.

It was difficult to choose which stream sessions to attend as they were all so pertinent. Listening to the Heart failure stream sessions surrounding the relationship between the heart and the kidneys was very informative. I found the discussions around the move away from blanket fluid and salt restrictions fascinating and something that I am eager to bring up as a leader for my local teams.

Cindy Earl (continued from previous page).

One of the biggest highlights was witnessing Prof Patricia Davidson deliver the Kempson-Maddox lecture and realising that this was the first time that a nurse has ever given this lecture was both inspiring and encouraging. The poster presentations showcased the vast amount of quality improvement and research projects happening in the field of cardiology. I found them very motivating, as there were so many relevant projects that could be implemented locally in my own workplace.

By attending the ASM, I was able to connect with peers and specialists in the field of cardiovascular care. I know that these networked relationships will lead to ongoing collaboration and exchange of knowledge and ideas. This will definitely not be my last attendance at a CSANZ ASM, and having now attended I would register for both CSANZ and ANZET in future. I have encouraged my workplace peers to consider attendance at upcoming meetings as well becoming a member of CSANZ. I wish to thank CSANZ for this amazing opportunity and supporting my career development in cardiac nursing.

Wendan Shi, Nursing PhD Candidate, University of Sydney

I was so pleased to be awarded the 2023 Clinical Development Award (CDA) for Nurses and Allied Health. By attending the CSANZ ASM, I had an excellent opportunity to get to know other clinicians, researchers, experts and build up research networks, not only within one profession but more importantly with multi-site and multidisciplinary research.

This year, I submitted two first-author abstracts prior to the start of the conference and was thrilled to be accepted for both! One was presented as a finalist in the Cardiovascular Nursing Prize session, and the other, a poster. As a first-time presenter in a prize session, I was both anxious and excited about presenting my own PhD project, "Improving secondary prevention knowledge in immigrants after a heart attack: adapting and evaluating a virtual patient education resource to promote behaviour change". My wonderful and supportive supervision team and colleagues helped me to rehearse my presentation; and then, I was standing on the stage and confidently presenting my research study and answering all the questions. I was not concerned about the outcome as my goal was to deliver my research's findings and key messages to the clinicians, experts and audience in my field.

I won the Cardiovascular Nursing Prize! It was a lovely surprise and I could not have been standing there without CSANZ's support, and the support of my research team, the recruited participants and many others.

During the Meeting I connected and networked with many, and as a prize finalist, invited to attend the Future Leaders Mentors Dinner, giving me more opportunity to meet and talk with leaders in their field. These discussions focused on mentor guidance and future career advice, highly valuable for me as a nurse and a final year PhD candidate. It was great to attend an in-person Meeting, after COVID-19 restrictions, again adding great value through direct interactions and engagement with other colleagues and peers while presenting my research work. Enabling the opportunity to explore innovative ideas in both research and clinical practice, understanding the latest educational interventions applied to promote health behaviour change and secondary prevention in patients with cardiac diseases and seek opportunities for future collaborations.

Finally, I would like to sincerely thank CSANZ for acknowledging our role as nurses as well as a higher degree in research (HDR) student in Cardiology and this ever-growing community.

Development Awardees (cont)

Dr Nicola Straiton, Nursing Research Institute, St Vincent's Health Network Sydney, St Vincent's Hospital Melbourne & Australian Catholic University

Thank you to the CSANZ for awarding me the Clinical Development Award, which granted me the opportunity to attend the 2023 CSANZ Annual Scientific Meeting. The impact of this award on my professional development and its contribution to my clinical practice and research have been truly transformative.

Attending the 2023 CSANZ Annual Scientific Meeting was an experience that exceeded all my expectations. It provided me with an invaluable platform to engage with experts and thought leaders in the field of cardiovascular health. The exchange of knowledge, discussions, insightful presentations, and participation in interactive workshops not only deepened my understanding of the latest advancements but also equipped me with evidence-based practices and innovative approaches to address the ever-evolving needs of individuals with cardiac conditions. The impact of this new knowledge on my clinical practice has already been notable, enabling me to provide enhanced patient care and improve outcomes for my patients.

Two highlights: the inspiring Prof Patricia Davidson deliver the Kempson Maddox Lecture on "The working life of a nurse: challenges, opportunities, and gratitude".

The second, attending the lecture on "Multimorbidity and consequences following cardiac surgery" delivered by Prof Julie Sanders, was an enlightening experience. Prof Sanders' extensive expertise in cardiovascular clinical research and her dedication to understanding the complexities of recovery after cardiac surgery, including morbidity and patient-reported outcomes, truly shone through in her presentation. It was a privilege to gain insights from her wealth of knowledge and experience in this vital area of healthcare.

Immersing myself in the vibrant and collaborative scientific community exposed me to cutting-edge research and provided me with the opportunity to explore potential collaborations. These interactions have inspired further investigations in the field of cardiovascular nursing, and I am excited to share that my research has taken new directions, aiming to contribute to the advancement of cardiovascular healthcare.

I would like to extend my gratitude to the Clinical Development Award Selection Committee, your support has not only allowed me to grow as a healthcare professional but has also enabled me to make meaningful contributions to the field. I am truly honoured to have received this award, and I am committed to continuing my dedication to CSANZ and its values.

In closing, I want to express my deepest appreciation for this incredible opportunity and the lasting impact it has had on my career. I look forward to continuing my journey in cardiovascular nursing with renewed passion and knowledge.

Miss Tina Thompson, Clinical Nurse Consultant, Genomic Medicine Department, The Royal Melbourne Hospital, VIC

In August, I was fortunate to attend the CSANZ Annual Scientific Meeting in Adelaide, with the support of a Allied Health Clinical Development Award from the CSANZ.

I work in a multi-disciplinary service which sees people with a suspected or known heritable cardiac condition for assessment, family screening and/or genetic testing. As the field of Genomics continues to develop, we look forward to seeing new and innovative ways to use Genomics to improve health. With the increase in the demand for genetic consultation, it was heartening and motivational to listen to both Australian and International speakers talk of their clinics, findings, research outcomes and lessons learned within their service and hospitals at this year'. Seeing the integration of Genomics into the scientific program, along with imaging, arrhythmia & EP and heart failure streams was wonderful. I was particularly interested to see the talks that highlighted the importance of phenotyping patients, the role of genetic testing in sudden death, when to initiate testing or indications for such, possible outcomes of testing, gene elusive families and importantly, tales of caution.

There was a strong theme of the need to initiate genetic testing within the scaffolding of a multi-disciplinary clinic – those with the expertise for pre-test counselling, pathology and lab support and the value of a curation scientist and qualified genetic staff to interpret and deliver results. Consideration of where to store results, understanding that genetic test results are often 'dynamic' were messages shared many times over.

During the breaks there were opportunities to speak with referring doctors about services, answer questions about clinic initiated versus commercial testing, ways to collaborate, possible research projects, answer practical questions and hear crucial feedback from a user perspective. Attending the Cardiovascular Genetics Council Symposium to hear first-hand the inroads or options on the horizon for our 'gene elusive' families created a feeling of hope and possibility.

The presentations during the Genetics prize session were impressive and importantly I was able to attend the Cardiovascular Genetics Council AGM as a member of one of the biggest Cardiac Genetics clinics in Australia.

Aside from professional development, I had the opportunity to listen to some non-genetic lectures. One highlight was the RT Hall Lecture by Emelia Benjamin. Her message of 'not leaving anyone behind' was powerful and sobering. Prof Benjamin's talk has inspired our clinic to look at our cohort to ensure we are fulfilling the clinic ethos of equity and access to care. Her commentary around improving health literacy was another take home message. How do we ensure people know how to access services? Do people understand what they are forgoing if they decline the offer of an appointment? How do we simplify our messaging?

Although the highlights were many, being present to support and witness our hardworking colleague, Dr Stacey Peters win the Ralph Reader Clinical Prize for her work on environmental factors that influence the natural history of genetic cardiomyopathy was one of the best. This followed on from Professor Patricia Davidson's Kempson Maddox Lecture – the first time a nurse had been given the opportunity to deliver this lecture. It was a morning of deserved success and the recognition of nurses as an integral part of the CSANZ.

Thank you again to the Cardiac Society of Australia and New Zealand for this financial support. It has been gratefully and graciously accepted.

Development Awardees (cont)

Mr Samuel Turnbull, Cardiac Physiologist, Westmead Hospital/ Westmead Applied Research Centre, NSW

I am a cardiac physiologist and research affiliate with Westmead Hospital and Westmead Applied Research Centre, The University of Sydney, and was afforded the privilege of receiving one of this year's Clinical Development Awards for Nursing and Allied Health for the CSANZ ASM in Adelaide, for which I am very appreciative to CSANZ.

This marked my first attendance to a CSANZ ASM and provided an experience that I will hold in high regard, with notable highlights including the various seminars and presentations by cardiology leaders, the presentation of my own work, and the opportunities stemming from discussions with clinical research colleagues.

The seminars and works presented by our esteemed local and international speakers were engaging, educational and inspiring, being catalysts for promoting ideas of studies, projects and collaborations.

I was fortunate to have my submitted abstract selected for presentation in the Allied Health, Science and Technology Prize Session. I presented my work in the investigation of the utility of smartphone-based single-lead ECGs for the diagnosis of various cardiac arrhythmias and was honoured to be awarded the Allied Health, Science and Technology prize.

It was an invaluable opportunity to be able to attend the CSANZ Future Leaders Mentoring Dinner. This event was an excellent experience, being able to meet and talk with field leaders in a relaxed, sociable environment, where they were able to impart pragmatic and helpful career advice and recount their own professional experiences.

Since attending the CSANZ ASM, I have already been able to share with my team unique learnings, actionable items and research ideas that I was able to obtain and develop through meeting attendance and the interactions with peers.

Thank you to CSANZ, A/Prof Saurabh Kumar, Prof Clara Chow and Dr. Timothy Campbell for their support and I look forward to attending the next CSANZ ASM.



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Or please feel free to contact us on +61 2 9226 7900
or email info@csanz.edu.au