



2023 RESEARCH TRANSLATION & IMPACT REPORT

Better Care, Better Equity, Better Health



MONASH
University



**Monash
Health**



MCHRI

Monash Centre for Health
Research and Implementation

MONASH CENTRE FOR HEALTH RESEARCH AND IMPLEMENTATION (MCHRI)

Monash University, in partnership with Monash Health

Academic website: monash.edu/medicine/sphpm/mchri

Community website: mchri.org.au

Faculty of Medicine Nursing and Health Sciences (FMNHS)

Vision

Better Care, Better Equity, Better Health



Mission

Director: Professor Helena Teede

To deliver health impact by partnering with community, clinicians and researchers to co-create knowledge, and use implementation to drive equitable, quality healthcare and public health.

Partners/affiliations



Monash Health



MONASH University



Monash Partners
ACADEMIC HEALTH SCIENCE CENTRE



CRE HiPP

Centre for Research Excellence
Health in Preconception and Pregnancy



Disciplines

Obstetrics, Paediatrics, Endocrinology, General Medicine, Emergency Medicine, Midwifery, Nursing, Dietetics, Psychology, Exercise physiology, Health Promotion, Biostatistics, Implementation Science, Health Economics. Data Management, Evidence synthesis and guidelines, Scientists, Public health, Health care improvement

Our impact



\$55M

Funding embedded into public
health or practice

\$44M led by MCHRI



3

NHMRC Centres of
Research Excellence



3

International
guidelines

71

countries engaged



35K

users in

183

countries



2.5K

users in

83

countries



300+

Engaged in
postgraduate capacity
building in 2022



63

Current & completed
PhD students since
2018 - mostly clinicians



138M+

Media reaches for
Women's Health &
Wellbeing Scorecard



Our impact

- **Enhancing knowledge and improved health focussing** on all National Women's Health Strategy priority areas and enabling the delivery of the National Preventive Health Strategy.
- **Delivering broader system level transformation through an embedded Learning Health System** that is accountable to community priorities and drives and iteratively improves evidence-based, equitable public health and healthcare, aligned to, evaluating, and supporting the implementation of national strategies and policies.
- Supporting the provision of **efficient, high-value public health and health care, to ensure outcomes are maximised per dollar spent**, and curtailing unsustainable increases in healthcare expenditure.
- **Optimising routine care for pregnant women** and supporting decisions by patients, doctors, and health policymakers, by **advancing the field of risk prediction using routinely collected health data**.
- **Reducing entrenched inequalities in women's economic wellbeing** through promotion of greater equity in labour force participation, income and wealth accumulation.
- **Building women's capacity, capability and leadership in research and translation in women's health**.
- **Empowering our community** to drive and co-develop research and healthcare improvement, through training, support and broader national activities.
- Recognised as **world leaders in women's health and public health**.
- Adopting a **Living Lab focus with a range of digital health apps and resources**- See Appendix 2 for a list of digital apps and resources.

Our impact

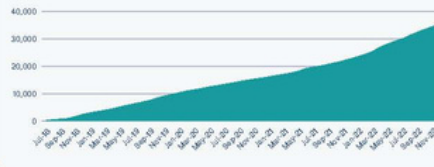
Ask PCOS App Impact Analysis



July 2018- Dec 2022

35k App users and 11k registered users

The number of women using the AskPCOS app increases steadily.



Used in 184 countries

The top 5 countries in which the AskPCOS app is used are: Australia (29%), followed by the United States (21%), Netherlands (9%), the UK (7%) and India (6%)

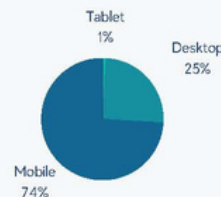
Pages of interest

1. My Dashboard
2. Topics: Causes, diagnosis and symptoms
3. Lifestyle
4. Topics: Management and Treatment
5. Topics: Fertility



Mobile vs Desktop use

The App is used on mobile and large screens, with a split of 25% vs 74% on mobile.



Top 10 read articles

1. PCOS and diet
2. PCOS and fertility
3. Common medications used in PCOS
4. How does PCOS affect hair and skin
5. How is PCOS diagnosed
6. Treatment for irregular periods
7. Lifestyle management
8. PCOS and exercise
9. PCOS and weight
10. Managing PCOS in general



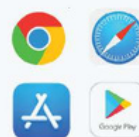
Access to AskPCOS

64% of users access the app via browser, 28% have downloaded the app from Apple store and 9% from Google store



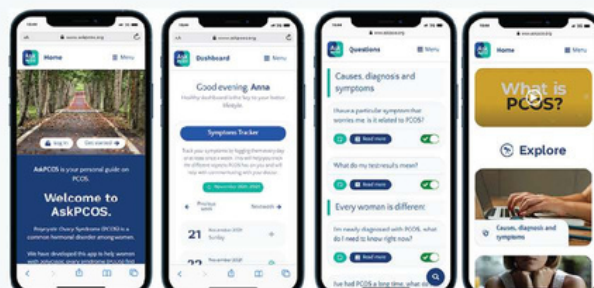
The AskPCOS App is available via your usual browser or the Apple and Google App store

www.askpcos.org



New features and updates 2022

- We created a discussion forum for women to discuss relevant topics within the growing AskPCOS community.
- We added a symptoms analysis feature to analyse the tracked symptoms. We developed this feature to facilitate and support women when discussing their symptoms with health professionals.
- 1.3k women are actively using the symptoms tracker.
- All articles are now also available in Arabic, Simplified Chinese and Spanish.
- We added a new factsheet, "PCOS and psychological well-being" to support women who have been diagnosed recently.



Our impact

PCOS Guideline

International evidence-based guideline for the assessment and management of polycystic ovary syndrome 2018

92k views
46k downloads



GP Tool

5k views
1.5k downloads



Consumer Booklet

25k views
17k downloads



PCOS Infographics

8.6k downloads



Emotional Well-being Fertility and Pregnancy Lifestyle Treatment

Question Prompt List

14k views
800 downloads



Videos from leading health professionals, academics and

Resources for Women with PCOS incl. videos and podcasts

13k visits




NEW SERVICE TO HELP WOMEN

Statewide Polycystic Ovary Syndrome Service

PCOS Clinic

13k downloads



"What is PCOS?" animation

What is PCOS?

"I understand PCOS better after watching this animation"

"I wish I had seen this when I was diagnosed with PCOS"

"I liked how simple this was. It was really easy to understand."

"Everyone with PCOS should watch this."

Let's talk about PCOS webinar

Interactive webinar with keynote speakers and Q&A session



2018- 2022



Our impact

Ask Early Menopause App Impact Analysis

1 Feb 2022 (Launch)
to 31 January 2023



In the first year since the launch, the Ask Early Menopause App has already reached 2.5k women.



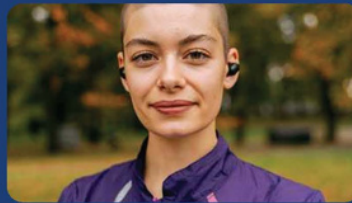
Used in 68 countries



The majority of women using the Ask Early Menopause App are located in Australia (64%). Women in other countries are starting to use the app, such as women in the US (18%), the United Kingdom (5%), New Zealand (3%) and Canada (2%).

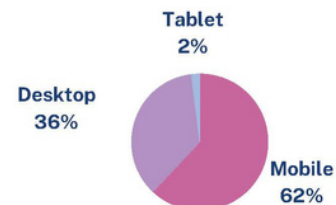
Top5 pages of interest

1. Discover
2. Manage my early menopause
3. What is Early Menopause?
4. Discussion forum
5. Dashboard



Mobile vs Desktop

The App is used on mobile and desktop, with a split of 62% vs 36% on mobile and 2% on tablet.



Top10 read articles

1. How is Early Menopause diagnosed?
2. What are the symptoms of Early Menopause?
3. What is Early Menopause?
4. Early Menopause concentration and memory
5. Spontaneous Premature Ovarian Insufficiency (POI)
6. Early menopause and Hormone Replacement Therapy
7. Non-hormonal treatment options
8. How Early Menopause can affect bone health
9. Sexual function and relationships
10. How Early Menopause can affect heart health



What women say about the Ask EM App

I like absolutely everything! I'm so grateful for this app. Thank you.

The information provided is great.

An online resource building an international community!

This happened to me 27 years ago. I could not access information except for library books telling me my symptoms were in my head. So happy to see this up and running.

The App is available via your usual browser and in the Apple and Google App store

www.askearlymenopause.org



Research Income

\$55 Million in competitive grant income
(national and international)

\$44 Million of major grants led by MCHRI. \$11 Million shared with MCHRI.

Multiple grants including a pending NHMRC Centre of Research Excellence in healthy pregnancy

MCHRI hosts a \$5 Million National Women's Health, Research, Translation and Impact Network.

Just announced - \$1M MRFF Consumer and Community Involvement Project
UNDER EMBARGO- \$1.5M NHMRC partnership grant for gender equity

MCHRI is the only group nationally to host three NHMRC Centres of Research Excellence, all integrated with Monash Health clinical services and staff.

See Appendix 1 - MCHRI Grants 2018-2022

Research Program

KPI - To attract new academic leadership with independent funding and skilled staff to support Centre clinical research platform, within 10 years post establishment of Centre

Outcome

MCHRI has expanded its leadership to include expertise in

- Translation
- Health Economics
- Data analytics
- Risk prediction
- Communication
- Education
- Biostatistics
- Implementation Science



► Publications

KPI - At level commensurate for each academic to meet university KPI's. In accordance with University Matrix (UM)

Outcomes

Academic leaders meet and exceed publication metrics.

Individual publications from MCHRI leaders are outlined on Monash University research profiles or Google Scholar and on MCHRI's website. All academics meet and exceed performance metrics with applications for level E,D&C demonstrating this.



► Student & PhD program

KPI - Increase number of PhD students and expand PhD program

Outcomes

Our PhD program has expanded and number of students have increased in last 5 years as research program and expertise expands. Many are embedded in healthcare at Monash Health.

Current & completed PhD students - 63

Completed PhD since 2018 - 29



Partnerships/Affiliations

KPI - Partnerships/affiliations within 10 years post establishment of Centre to include: 15 key national and 3 international cross sectoral collaborations (policy makers, consumer advocacy groups, health care organisations, other academic organisations, NGO's etc) ,

Outcomes

- National Women's Health, Research, Translation and Impact Network (WHRTN - \$5M)
- 3 three NHMRC Centres of Research Excellence
- Over 15 multinstitutional Agreements with over 100 partners.
- Monash Health Partnerships including paediatric, neonatal, obstetrics and midwifery, ED, cardiovascular, endocrinology, diabetes
- 3 international partnerships in infertility guidelines. National and international societies engaged in the PCOS CRE network across 71 countries.
- National Association of Diabetes Centres – 120 Centres engaged
- PCOS, early menopause, infertility - International guidelines (44 societies), National positions statements (across 4 societies), invited lead on the US Endocrine Society guideline task force
- Consumer Groups partnerships: including NBCF, BNCA, Verity, Daisy, Diabetes Australia, PCOS Challenge.
- Industry partnerships: Medibank, Australian Super
- Formal Collaborations: University of Birmingham, & WHO Collaborating centre (joint grants/publications), Warwick University UK (joint grants/publications), Glasgow University. (joint grants/publications)



KPI - Number of MCHRI-led education courses - online and in person. Aim to Increase frequency and develop new courses.

Outcomes

Despite COVID limitations we have exceeded the number of courses offered in previous years and each year increasing the number of courses offered including Women in Leadership which has significantly expanded and has an excellent reputation.

Women in Leadership Program

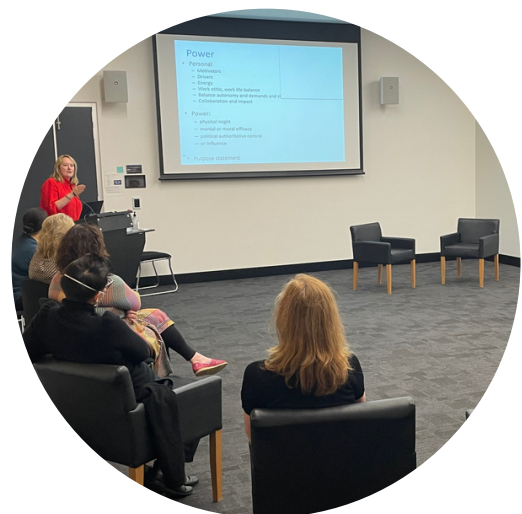
x12 as part of joint MH and MCHRI initiative to advance women in leadership – offering 7 courses in 2023

Masterclass in Implementation Science and Effective Healthcare Improvement in Practice – 6 and 3 courses offered in 2023.

Implementing Improvement in Healthcare Program – 12 months teaching and coaching. With Monash Partner – second year running due to popularity.

An evidence-based approach to the assessment and management of Polycystic Ovary Syndrome – 3 Offered at the end of 2023 - being updated with new guidelines.

An evidence-based approach to the assessment and management of Early Menopause – offered end of 2023



Our People

MCHRI is a key partnership between Monash Health and Monash University, and our people span a variety of professions, with many holding clinical roles, and bring a wide range of expertise. Meet some of our key researchers and clinicians.



Professor Helena Teede
Director, Monash Centre for Health Research & Implementation (MCHRI)

Prof Teede is Director of MCHRI, a professor in women's health, an endocrinologist & no. 1 expert in the world for PCOS.



A/Prof Lisa Moran
Lead, Healthy Lifestyle Research Program
Co-Lead, Risk Prediction Program

A/Prof Moran works in clinical, epidemiological & implementation nutrition research & clinical dietetics.



A/Prof Amanda Vincent
Lead, Early Menopause

A/Prof Vincent is an expert in early menopause, an endocrinologist & led the development of the Ask Early Menopause App.



Dr Joanne Enticott
Lead, Big Data & The Learning Health System

Dr Enticott is a biostatistician whose research is informing policy to support equitable & effective health services.

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MCHRI is a key partnership between Monash Health and Monash University, and our people span a variety of professions, with many holding clinical roles, and bring a wide range of expertise. Meet some of our key researchers and clinicians.



Dr Rhonda Garad
Lead, Education & Research Translation

Dr Garad is an expert in system level implementation & heads up MCHRI's education program.



Dr Cheryce Harrison
Lead, Public Health in Healthy Lifestyle

Dr Harrison leads the translation of healthy lifestyle programs at scale for public health impact.



Dr Anju Joham
Lead, PCOS Guidelines

Dr Joham is an endocrinologist, PCOS researcher & established the first Victorian multidisciplinary PCOS clinic.



Dr Aya Mousa
Lead, Gestational Diabetes/Diabetes
Lead, Biomarker Discovery Program
& Biobanking Platform

Dr Mousa is researching women's cardiometabolic health including diabetes & gestational diabetes.

Media, communications and translation

KPI - to increase media, PR and community, cross sectoral engagement activities and events (e.g. conferences/ seminar, press releases, public lectures)

Outcomes

Exceeded media targets.

- Now the primary contact/source for ABC in Women's Health and Equity

Stories in The Guardian, Women's Agenda, ABC, Monash University Lens

Recent examples of media releases and Monash University Lens articles

- Australian women suffering high levels of mental distress due to financial insecurity - *Frontiers in Psychiatry*
- New Learning Health System Framework for the health sector to transform care in COVID and beyond - *Frontiers in Medicine*
- New evidence shows the importance of healthy lifestyle programs in pregnancy – *JAMA Internal Medicine*
- Decades of research on advancing women in leadership shows that effective strategies can drive change – *The Lancet's Eclinical Medicine*
- Mental health scare: Women falling through the cracks
- The subtle art and science of COVID vaccine (and booster) influencing



**Planning, pregnancy & beyond -
Women's health, wellbeing & career sustainability**

**Wed Sept 7
12.30-1.30pm**



**WOMEN'S HEALTH
AND WELLBEING
SCORECARD**

Towards equity for women

 **MONASH
University**

Published November 2022



Media, communications and translation (cont..)

In **2021** launched two national networks

- Australian Women in Healthcare Leadership (AWHL - \$2M) and The Women's Health and Research Translation and Impact Network (WHRTN \$5M).

2022

Launched annual **Women's Health and Wellbeing Scorecard**.

Over 134M media reaches

Media metrics:

- ABC news interview
- The Guardian - Reach: 93.6M, Desktop Reach 25.3M, Mobile Reach 68.3M
- News.com.au - Reach: 15.3M, Desktop Reach 3.48M, Mobile Reach 11.8M
- ABC Online - Reach: 15.2M, Desktop Reach 4.51M, Mobile Reach 10.7M
- Channel 9 News - Reach: 6.42M, Desktop Reach 1.43M, Mobile Reach 4.98M
- The Herald Sun - Reach: 3.08M, Desktop Reach 780k, Mobile Reach 2.29M
- Yahoo News UK - Reach: 2.68M, Desktop Reach 896k, Mobile Reach 1.79M
- The Daily Telegraph - Reach: 2.61M, Desktop Reach 555k, Mobile Reach 2.05

Launched MCHRI's community translation website with digital health apps and tools, risk calculators, implementation tools – mchri.org.au.

- Ask PCOS App impact report
- PCOS Program impact report
- Ask Early Menopause impact report.

Number of online community events/webinars exceeded including events on:

- **PCOS awareness**
- **Lifestyle and pregnancy**
- **Healthcare improvement**
- **Implementation science**
- **Early Menopause App launch for International Women's Day 2022**
- **Launch of Healthtalk Australia Infertility & Fertility Treatment Experiences Resource**



2023 and beyond

We work through partnerships, especially with our community, using codesign research, implementation, training, and healthcare improvement to recognise and address the social determinants of disease and to create an equitable and healthier future for Australian women.

The next three years brings a strong commitment to prevention and wellbeing, and to equity, access, diversity and inclusion. It brings clearly specified strategic goals and outcomes to deliver impact for Australian women.

Over the next three years, MCHRI will deliver health impact by:

- **Leading research excellence to deliver better health and equity for Australian women**
- **Working collaboratively to lead and grow international and national partnerships**
- **Increasing diversity in the workforce**
- **Providing unparalleled research and cross-cutting platforms**
- **Workforce development, capacity building, and training**
- **Informing our priorities to advance policy, guideline development, and deliver translation into practice.**

MCHRI active grants 2017-26

Appendix 1

Major Grants with key Translation outputs mostly led by MCHRI or MCHRI CI with lead role in translation	Outputs	Funding- rounded off to closest \$50k
NHF Fellowship	Lifestyle digital tools, risk calculator and resources	\$600k *
NHMRC Fellowship	Health economic tools, National health scorecard	\$400k *
NHMRC Fellowship	IPD tools and outputs	\$350k *
NHMRC L3 Fellowship	Risk prediction tools, algorithms, apps, implementation toolkit, policy toolkit, health economic resources, lifestyle tools/resources, apps, patient experience tools, guidelines, health professionals resources, consumer resources	\$1.8M *
NHMRC CRE in PCOS	PCOS app, PCOS guidelines, health professional resources, consumer resources	\$2.5M *
NHMRC Practitioner Fellowship	Practitioner Fellowship	\$450K
Medibank Optimal Me Study and other partner grant tools –	Pregnancy and lifestyle tools	\$500k *
MRFF First 2000 Days - 2019	Risk prediction tools, algorithms, apps, implementation toolkit, policy toolkit, health economic resources	\$1.0M *
MRFF first 2000 days 2020	Risk prediction tools, algorithms, apps, implementation toolkit, policy toolkit, health economic resources, lifestyle tools/resources, early menopause app, patient experience, guidelines, , Infertility health talk guidelines, PCOS app, PCOS guidelines, health professionals resources, consumer resources, algorithms.	\$2.6M *
NHMRC P/Ship Early Menopause	Early menopause app, patient experience, early menopause guidelines.	\$2M *
NHMRC P/Ship PCOS (2015-20)	AskPCOS app, patient experience tools , clinical tools	\$2M *
NHMRC P/ Ship Good4Mums	Quality Improvement tools, Implementation toolkit	\$2M *
NHMRC P/ship AWHL	Implementation tool kit for advancing gender equity, evaluation tool kit, data framework	\$2.4M *



NHMRC Centre for Research Excellence (CRE) WHiRL	Early menopause app, early menopause guidelines, Infertility health talk guidelines, PCOS app, PCOS guidelines, health professional resources, consumer resources	\$2.5M *
NHMRC CRE Healthy preconception and pregnancy – Co-lead Teede	Implementation toolkit, HP resources, consumer resources, algorithms, risk prediction toll, guidelines.	\$2.5 M *
Heart Foundation/MRFF Moran	Healthy lifestyle digital tools, risk calculators	\$1.0M. *
MRFF Women's Health Research and Translation Network / MRFF Teede	Includes a National consumer network and ECR network with relevant tools to facilitate these	\$5.0M *
MRFF /Data and improvement Teede	Artificial intelligence and data tools	\$1.9M *
MRFF First 2000 Days digital health Harrison	Innovative Digital tools is primary grant output	\$1.4M. *
NHMRC international EU matched implementation RCT - Teede NHMRC	Implementation multinational project on healthy lifestyle programs – app, implementation toolkit, resources	\$7.5M *
MRFF No wrong door		\$1.8M
MRFF Consumer and Community Engagement		\$1M
Subtotal MCHRI led Translation grants with tools as outputs of a broader grant		\$34M *
NHMRC P/ ship MAGDA	Diabetes risk prediction tools	\$2M
GACD Implementation RCT	Risk prediction tool, implementation toolkit	\$1.4M
MRFF DELIVER Project – Learning Health Systems CI Enticott	LHS resources and tools	\$9.3M
MRFF Preterm babies Teede, Enticott Cis	Risk prediction and implementation tools	\$1.8 M
Subtotal of grants where MCHRI leads in Translation / produces tools & outputs		\$21.5M
Overall total grants with Translation tools / outputs		\$55 M

*MCHRI-led grants

Tool name	Funding body	Purpose	Target audience
Ask PCOS Askpcos.org	MRFF/ NHMRC /CRE	Helps women with polycystic ovary syndrome (PCOS) find information of the highest quality from leading experts to help them learn about the condition and support them with tools including a personal dashboard to help track symptoms, find the healthiest possible lifestyle and decide on the best management options. Being extended to include a self care and shared decision making tool.	Women with polycystic ovary syndrome, health professionals.Reach: Worldwide.Estimated audience: 50K
Ask Early Menopause Askearlymenopause.org	MRFF/ NHMRC/ CRE	Helps women with early menopause find trustworthy information of the highest quality from leading experts to help them learn about the condition and support them with tools including a personal dashboard to help track symptoms, find the healthiest possible lifestyle and decide on the best management options. Being extended to include a self care and shared decision making tool.	Women with early menopause (could include women having cancer treatment) , health professionals.Reach: Worldwide.Estimated audience: currently 25k aiming for 50k
Ask Infertility In development	MRFF/ NHMRC/ CRE	Helps women with infertility find information of the highest quality from leading experts and create. Includes a self care and shared decision making tool.	Women with infertility, health professionals.Reach: Worldwide.Estimated audience: 15k
Healthy pregnancy /Optimal www.optimalme.org/ Developed and in use	MRFF / Mediban k	Helps women find accurate and trustworthy information that may help them optimise their health during pregnancy.	Women in preconception, pregnancy and postpartum, health professionals and women Reach: Worldwide.Estimated audience: 100k
Ask healthy pregnancy Healthy Lifestyle Prototype developed / user testing	MRFF	Helps women find accurate and trustworthy information that helps them optimise a healthy lifestyle.	Women in preconception, pregnancy and postpartum, health professionals. Reach: Worldwide.Estimated audience: 50K
Ask heart health In development	MRFF	Helps women understand risk factors and find accurate and trustworthy information to reduce heart disease.	Women in preconception, pregnancy and postpartum, health professionals. Reach: Worldwide.Estimated audience: 20k
Personal GDM personalgdm.com	MRFF	Evidence-based tool designed to be used by health professionals and pregnant women affected by gestational diabetes and their health-care providers.	Women with GDM, health professionals.Reach: Worldwide.Estimated audience: 25k
Ask diabetes Prototype developed	MIME / MRFF	Evidence- based tool to enable community members to optimise diabetes self management and care	Consumers with diabetes50k



Tool name	Funding body	Purpose	Target audience
Personal GDM pregnancy risks outcomes.personalgdm.com	MRFF	Risk calculator to determine the risk of an adverse pregnancy outcome if women have gestational diabetes.	Health professionals.Reach: Australia.Estimated audience: 10K
Personal GDM https://lifestyle.personalgdm.com	MRFF	Risk calculator to determine if women are at higher risk of developing gestational diabetes during pregnancy.	Health professionals and pregnant women.Reach: Worldwide.Estimated audience: 50K
Cardiometabolic risk in pregnancy In development	MRFF	Risk calculator to determine if women are at higher cardiometabolic risk during pregnancy.	Health professionals and pregnant women.Reach: Worldwide.Estimated audience: 20k
Type II diabetes after pregnancy In development	NHMRC partnership grant	Risk calculator to determine if women are at risk of type II diabetes after pregnancy.	Health professionals and postpartum women.Reach: Worldwide.Estimated audience: 50K
Pre/ Eclampsia Risk Predictor Calculator In development	MRFF	Risk calculator to determine if women are at risk of eclampsia	Health professionals and pregnant women.Reach: Worldwide.Estimated audience: 15k



Tool name	Funding body	Purpose	Target audience
Implementation Toolkit (In development)	Multiple MRFF	Support clinicians, hospitals and health services to prepare and implement system change by providing guidance in the planning stage with a readiness assessment and recommendations to achieve readiness and by providing an interactive step-by-step guide to preparing and implementing change including customised recommendations and an implementation tool for milestone planning and tracking of status and progress.	Hospital administrators, health professionals Reach: Australia. Estimated audience: TBA
Learning Health System toolkit	Resources and guidance around the LHS – interactive and linked to short courses and accredited masters outputs		

ORGANISATIONAL CHANGE TOOLKITS

Tool name	Funding body	Purpose	Target audience
Women In HealthCare Leadership Organisational Change ToolKit. In development at www.womeninhealthleadership.org	NHMRC	Toolkit for organisations to implement change that improve career progression for women	Healthcare organisations, other organisations, policy makers.Reach: Worldwide.Estimated audience: 1000



Tool name	Funding body	Purpose	Target audience
Interactive health service performance page development	MRFF	Calculator to Identify the outcomes and costs of health services. Interactive functionality for display data	Health Professionals, government.Reach: Australia.Estimated audience: 10K
Shared decision making - PCOS- Early menopause- Infertility- Diabetes- Healthy pregnancy development	MRFF/CRE / NHMRC	Help women make decisions about PCOS, early menopause and infertility.	Women and health professionals.Reach: Worldwide.Estimated audience: 150K
Question prompt list PCOS- Early menopause- Infertility- Diabetes- Healthy pregnancy	NHMRC	Guide informed shared decision making	Women
Gestational weight gain calculator	MRFF	Complex dynamic tool for personalised medicine	Women and Health Professionals

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