

Monash Centre for Health Research and Implementation MCHRI

IMPACT REPORT 2023-2024

Better Care, Better Equity, Better Health



MONASH
University



Monash
Health

Better Care, Better Equity, Better Health

MONASH CENTRE FOR HEALTH RESEARCH AND IMPLEMENTATION (MCHRI)

Monash University, in partnership with Monash Health

Delivering health impact by partnering with stakeholders to co-create knowledge, and use implementation to deliver impact, through equitable, quality healthcare and public health.

The Monash Centre for Health Research and Implementation is founded on partnerships across Monash University, Monash Health (Victoria's largest health service) and over 100 other healthcare stakeholders.

Our vision is to drive Better Care, Better Equity, Better Health, and is focused on prevention and care to improve health, especially for women, girls and their families.

MCHRI is one of only two Implementation Research Centres nationally and is uniquely focused on delivering sustainable, scalable impact. We integrate broad cross-sector expertise with large-scale partnerships, across policy, healthcare, commercial and community entities. We use robust methods to co-produce solutions to deliver impact.

Our flagships include:

- Three NHMRC Centres of Research Excellence leading international research, guidelines, and translation.
- A NHMRC-funded Partnership Centre in Gender Equity with 29 partners and national and international reach.
- National and international networks in research, translation and impact.

PARTNERS/AFFILIATIONS



Academic website: monash.edu/medicine/mchri

Community website: mchri.org.au

Message from the Director



Director: Professor Helena Teede

It is my pleasure to present the 2023/24 Impact Report, a reflection of our commitment to Better Care, Better Equity and Better Health for Australian women, girls and their families.

We are uniquely placed to partner with health care partners and community, and together our research and education generates, implements and scales new knowledge for health impact. This report showcases our impact, highlighting our research strategic alignment to policy, funder, community and stakeholder priorities.

This report highlights our excellence and demonstrates our cross-cutting platforms and research that drive systems change. Our research is advancing policy, informing clinical guideline development, and delivering translation into practice. We are empowering women with resources and solutions to work in partnership with health professionals and the health system for better health.

We have a focus on women's health and our recent work shows that Australian women have poorer health than men. Significant differences exist between women and men in symptoms, diagnosis, and treatment of disease. We are working with policy makers, health systems, clinicians, researchers, and consumers to close this gap and to ensure that all woman, regardless of their circumstances, have access to healthcare.

The health and wellbeing of the next generation depend on the research and the systems that are put in place today, and it is a privilege to be part of planning for a better future for Australian women and girls.

A handwritten signature in black ink, appearing to read 'Helena Teede'.

Professor Helena Teede AM, PhD, MBBS, FRACP, FRANZCOG, FRCOG, FAAHMS

Professor of Women's Health, Equity and Impact, Monash University
Director, Monash Centre for Health Research and Implementation, MCHRI

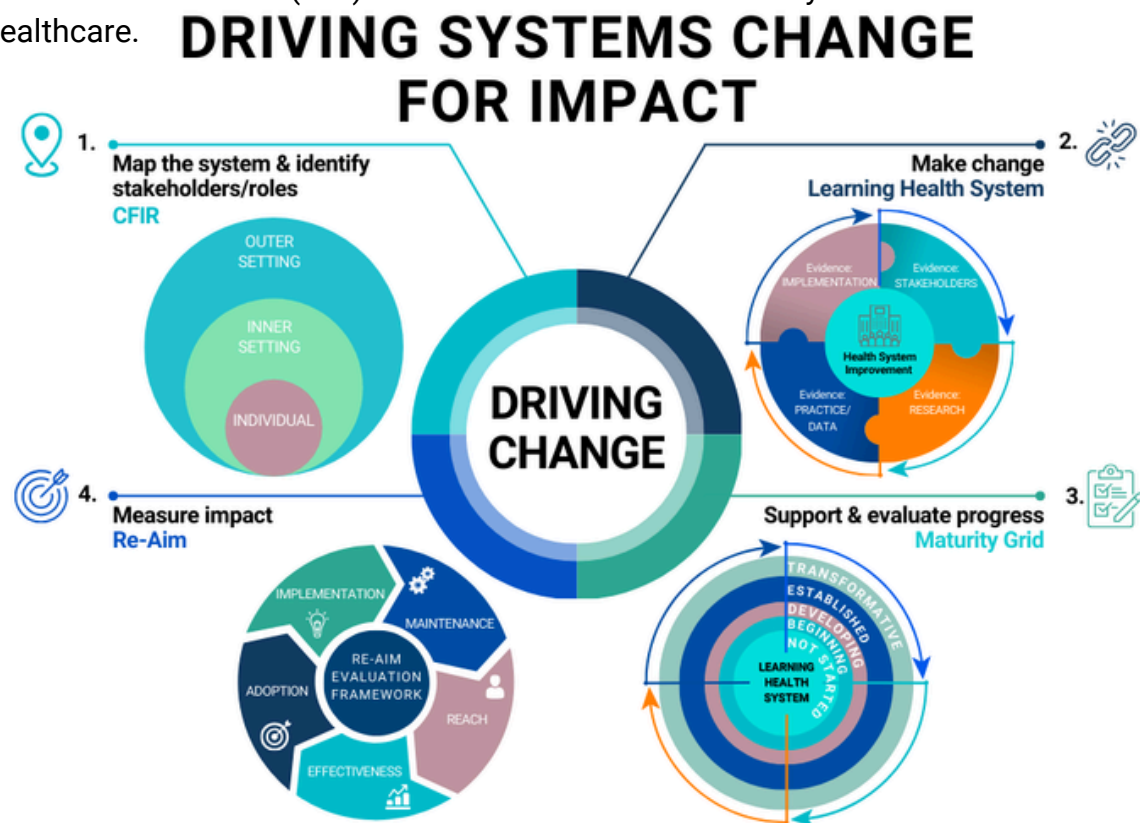
Who we are

The Monash Centre for Health Research and Implementation (MCHRI) has over 140 formal national and international organisational collaborators, integrating with stakeholders to deliver better healthcare through research, implementation and impact. Bringing stakeholders together at all stages underpins the delivery of the vision and activities of MCHRI.

We align to State, Federal and International policy priorities and UN Sustainability Goals to establish and address major unmet needs, with a focus on health impact.

MCHRI sits in the Sub Faculty of Clinical and Molecular Medicine (CaMM), Faculty of Medicine, Nursing and Health Sciences, Monash University as an accredited Centre. We have a legal partnership with Monash Health, as one of Victoria's largest health services. We have developed a critical partnership with the Victorian Heart Institute (VHI) and across Monash University Faculties and Monash Health on innovation, research, equity and improved healthcare.

To drive change, we develop and apply complex systems change and Learning Health System approaches with robust implementation methods, delivered via our integrated research platforms.



Priorities, Programs and Platforms

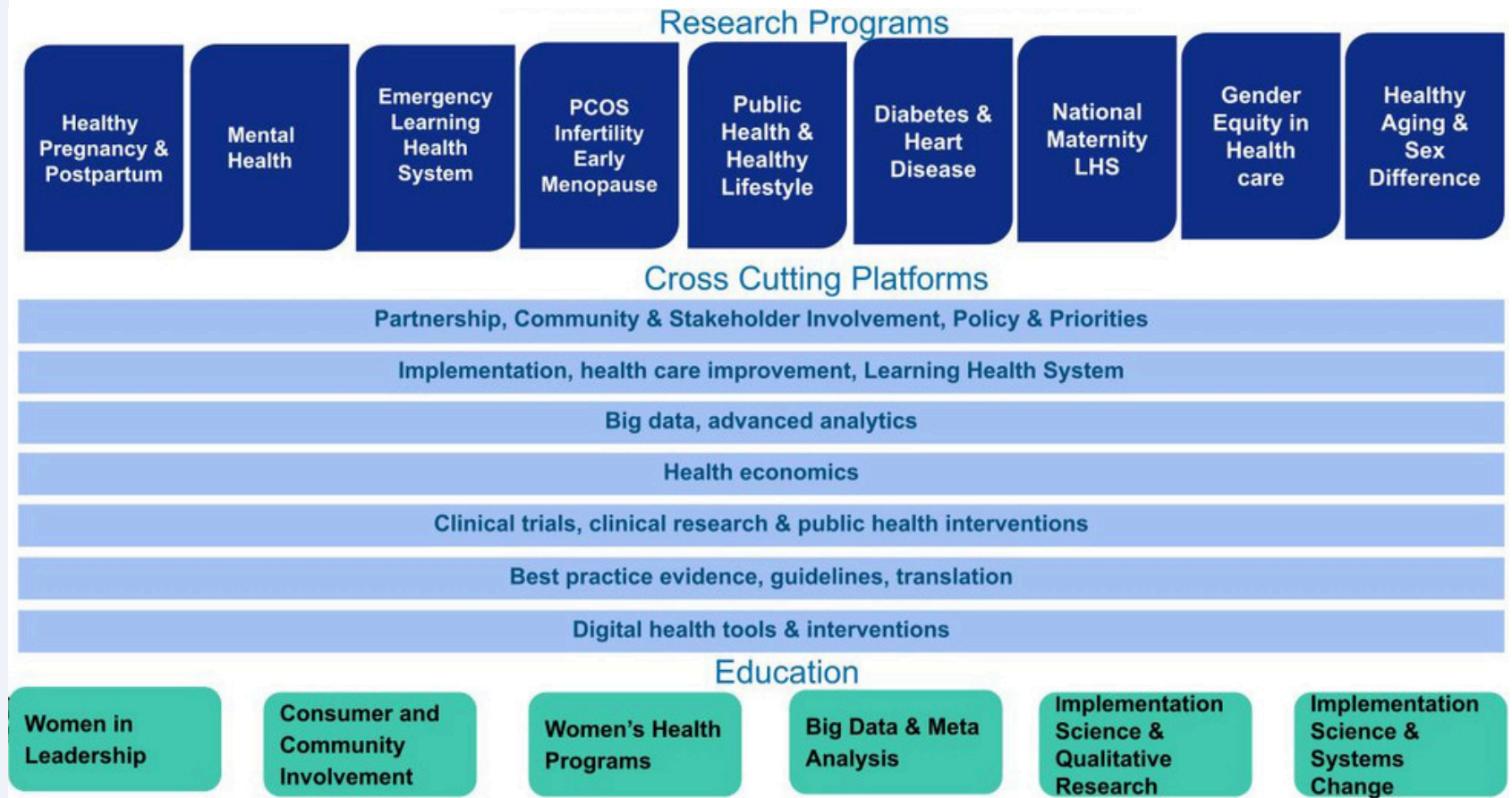
MCHRI-specific priority research programs are underpinned by cross-cutting research and translation enabling platforms.

Disciplines

Obstetrics, Paediatrics, Endocrinology, General Medicine, Emergency Medicine, Midwifery, Nursing, Dietetics, Psychology, Exercise physiology, Health Promotion, Biostatistics

Platforms

Implementation Science, Health Economics. Data Management, Evidence synthesis and guidelines, Scientists, Public health, Health care improvement.



Research excellence and impact



\$90.7M

Funding embedded into
public health or practice
\$65.6M led by MCHRI
since 2017



3

International
guidelines

71

countries
engaged



3

NHMRC
Centres of Research
Excellence



1

NHMRC
Partnership
Centre



250+

Publications
in 23/24



2000+

Engaged in
postgraduate
capacity building in
2023/24



74

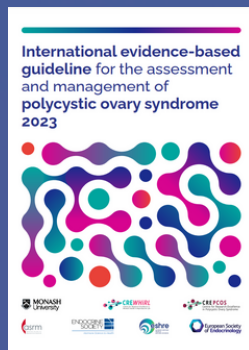
Current &
completed PhD
students since
2018 - mostly
clinicians

Our reach



95K

App users



1M+

PCOS
program
views
including
publications

195
countries



12K

users in

124
countries



Launched late
2024



In development



International
award



140M+

Media reaches for
Women's Health &
Wellbeing Scorecard



Our impact

Enhancing knowledge and improved health focussing on the *National Women's Health Strategy (2020-2030)* priority areas and enabling the delivery of the *National Preventive Health Strategy (2021-2030)*.

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 healthcare, 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 education, 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**.



Research excellence and impact:
Preconception, pregnancy and postpartum
health of mothers and babies including the
National Pregnancy Initiative and NHMRC CRE

Pregnancy and postpartum lifestyle and improving pregnancy outcomes.



This program promotes healthy lifestyles at critical life stages and is underpinned by a MRFF funded HiPPP - Health in Preconception, Pregnancy and Postpartum Alliance and an [NHMRC Centre for Research Excellence Health in Preconception and Pregnancy \(CRE HiPP\)](#). It is focused on creating, capturing, and delivering health promotion and lifestyle improvement, strategically targeting women in preconception and during pregnancy, to improve the health of women and the next generation.

With an implementation science approach and engaging stakeholders, we are generating and translating new knowledge in identification and implementation of health promotion and lifestyle improvement prior to, and during pregnancy to deliver this vision. Our multidisciplinary work encompasses vulnerable groups within the Australian population. We are pioneering multifaceted maternal obesity research and translation to address key evidence gaps in this area. We have advanced new knowledge on implementation, attracted over \$15M in funding and are implementing this work into practice with health services and government. Victorian and NSW governments, UK NHS, WHO and US providers are partnering in implementation.

With 140 million pregnancies worldwide this work has a major opportunity for equity and impact on the health of mothers and babies internationally. [Learn more.](#)



Research excellence and impact



Women's reproductive health– polycystic ovary syndrome (PCOS), early menopause, infertility, healthy lifestyle in high-risk women, reproductive epidemiology.

This research is underpinned by a [NHMRC Centre for Research Excellence \(CRE\) in Women's Health in Reproductive Life](#) across research, translation, workforce capacity building and collaboration. Here we have contributed ground breaking research, extensive evidence synthesis, updating the [International Guidelines in PCOS \(2023\)](#), [premature ovarian insufficiency \(2024\)](#) and [unexplained infertility \(2024\)](#). Each Guideline is updated, and translation digital apps and resources developed for consumers and health professionals.

We led the world's first International Evidence-based Guideline in PCOS engaging [71 countries and 39 partners](#), supported by an unprecedented international translation and evaluation program. The guideline is complete and published simultaneously in four journals. We have built workforce capacity supporting [over 20 PhD students in project and stipends](#), [100 early career researchers \(ECRs\)](#) including through fellowships to become independent researchers. It has supported a national/ international network of ECRs with 15 joint publications, guideline input, capacity building and model of care development and harmonisation. Learn more at [whirlcre.edu.au](#).



Research excellence and impact

Cardiovascular health and diabetes - including women's cardiometabolic health

This research is understanding and addressing gender inequity in metabolic and heart health to optimise awareness, screening and adherence to screening and prevention including lifestyle management programs for women at high risk of heart disease. It is finding practical solutions, which can be incorporated into the existing healthcare system to deliver care how and where women need it. To maximise real world community impact, we partner with the Heart Foundation and Diabetes Australia in multiple NHMRC and MRFF funded initiatives. [The Ask Heart Health Program](#) is an example of this work, funded by the MRFF to optimise awareness and prevention in women.

Our [Clinical Diabetes Research](#) is embedded in the Monash Health diabetes clinic and is delivering cutting-edge research and innovative implementation solutions to improve the lives of those affected by diabetes. It has extensive funding focused on risk prediction, prevention and treatment of GDM and type 2 diabetes with international and NHMRC funding and with publications including in top international journals. [Learn more](#)

CVD risk in reproductive aged women

The high-risk pregnancy program focuses on identifying and reducing risk in those with high cardiometabolic risk in pregnancy and beyond. A \$2.8M NHMRC Fellow led by A/Prof Lisa Moran will further heart disease prevention research in high-risk women.

She is working to optimise screening and adherence to lifestyle management programs for women at high risk of later heart disease.

The team is working on practical solutions for targeted screening, prevention and treatment opportunities, which can be incorporated into the existing healthcare system, to reduce the risk of heart disease in women. To maximise real-world community impact, we will work in partnership with Diabetes Australia to modify the existing GDM registry and postpartum lifestyle programs.

Research excellence and impact

Public health & healthy lifestyle – prevention across the lifestyle

With a series of MRFF, NHMRC and international grants, this research program designs, develops and implements preventive strategies to effectively improve health outcomes that are sustainable, cost effective and broadly applicable for public health impact across the population. Evidence-based preventive interventions that are pragmatic, integrated into healthcare and community settings are urgently needed. We develop and deliver strategies focused on prevention across the spectrum of women's health and in various settings in partnership with key stakeholders.

Our healthy lifestyle program demonstrates efficacy in trials of >6000 women to date. It is effective in differing populations (Culturally and Linguistically Diverse [CALD]) and across diverse settings (urban, rural, antenatal care, community), has received national recognition, is low-intensity, cost effective, optimises health behaviour and prevents weight gain, with greatest benefit in non-obese populations. [Learn more.](#)



Two Hearts: A pragmatic implementation trial to enhance screening and management of cardiometabolic risk in pregnancy and postpartum

Two Hearts is a randomised controlled implementation trial designed to improve the early identification and management of gestational diabetes mellitus (GDM) and hypertensive disorders of pregnancy (HDP).

This trial is embedded in the Reducing Cardiovascular Disease in Women (RCVDW) study (Heart Foundation Funded), which seeks to address systemic barriers to risk prediction and prevention in pregnancy. A major output of RCVDW was the refinement and validation of the Monash GDM and HDP [Risk Prediction Tool](https://2hearts.personalgdm.com) (<https://2hearts.personalgdm.com>), which uses demographic and clinical indicators in early pregnancy to stratify women's risk of developing GDM and HDP.

Women identified as high risk, meet study eligibility criteria and are willing to participate, are randomised to receive a low-intensity intervention (control) or high-intensity intervention (intervention), based on healthy lifestyle modifications and screening for GDM and HDP.

By embedding risk-stratified care within routine antenatal pathways and leveraging an evidence-based risk prediction tool developed within Monash Health, the TwoHearts Study aims to provide scalable, system-level evidence for improving the prevention and management of pregnancy-related cardiometabolic conditions. [Learn more](#)

Research excellence and impact

Good4Mums



Good4Mums is supported by a NHMRC Partnership Grant and financial or in-kind support from Diabetes Australia, the Australian Government Department of Health, Diabetes Victoria and RACGP. A general practice-based quality improvement collaborative program for diabetes prevention among women who have had gestational diabetes (elevated blood glucose during pregnancy)

This 18 month trial encompasses remotely delivered training and supported quality improvement cycles for GPs, practice nurses, diabetes educators and practice managers to increase skills and capacity to promote behavioural change and optimise chronic illness prevention among women who have had gestational diabetes.

TOMTHUMB - Treatment Of early gestational diabetes Mellitus: The follow-Up of Mothers and Babies future cardio-metabolic risk and neurodevelopment.

MCHRI are a lead on the TOMTHUMB study that is led by Western Sydney University, and which has shown that treatment of gestational diabetes from early pregnancy adds additional protection for babies and mothers from pregnancy complications. The research was published in the prestigious New England Journal of Medicine, the new research explored whether treatment of gestational diabetes before 20 weeks' gestation among those already at high risk improves maternal and infant health, finding a reduction in complications.

Risk Prediction

Our research aims to leverage health data to understand the current context of pregnant populations, improve existing prediction models for high risk pregnancies including GDM, and to develop postpartum T2DM models. The models are thoroughly evaluated and recalibrated as needed, providing best-practice methodologies for future advancements in this field.

Our comprehensive work, including updating best practices and temporal evaluation of GDM prediction models and developing a postnatal T2DM model, provides a solid evidence base for the next steps necessary before wide-scale implementation, which are comprehensive external validations, which we also conduct.

Darren Rajit recently completed a PhD using best practice in prognostic risk prediction in maternal fetal health. Prof Helena Teede and A/Prof Joanne Enticott have led teams that produced several digital tools to predict female specific risks in PCOS, endometriosis, heart disease and gestational weight gain by applying best practice in prognostic risk prediction. These risk tools are developed, comprehensively validated and now clinically applied in women's health in Australia and globally.

Research excellence and impact:

Women's career opportunities and equity is vitally linked to improving women's wellbeing and health - Advancing women's careers in health and academia, and closing gender inequality gaps.



The [Advancing Women in Healthcare Leadership \(AWHL\) initiative](#) was first funded by the NHMRC in 2019 with nine partners, but has grown to a \$5M international initiative with 29 partners across professional, medical and nursing colleges, industrial bodies, leading health services, government and academia, NGO and government, including a recently announced additional NHMRC partnership grant in 2023 and DFAT funding.

The Partnership Centre for Gender Equity and Leadership Advancement is a Monash-led partnership, research and translation centre, that includes AWHL and brings together thought leaders and experts in gender equity, implementation science, organisational change management, data analytics, evaluation and leadership development.

The Centre's research and implementation program is working to improve women's career opportunities and equity, and this is vitally linked to improving women's wellbeing and health. It is [building evidence](#) and translating this into practice to address the need for more women in leadership positions. This program is enabling implementation to drive equity and organisational change, acknowledging that the burden for change should not sit with individual women, but rather the systems and organisations in which they work. It includes an embedded national Women in Leadership Development Program, reaching over 500 women and a Scholarship Program provided to women, many in rural areas, an opportunity to attend Monash University's evidence-based [Women in Leadership Program](#) for leadership development to transform careers and improve the care of our most underserved populations. In 2023, the Advancing Women in Healthcare Leadership won the Faculty of Medicine, Nursing and Health Science's [Dean's Award](#).

womeninhealthleadership.org



Research excellence and impact

Women's Healthy Aging Program

Aiming to improve women's health and wellbeing across the lifespan.

We are working to identify new treatments and management across women's lifespan (including reproductive health) to improve women's health and wellbeing.

We are working towards obtaining crucial datasets across the three decades when chronic diseases develop before they are diagnosed to:

- Identify sex-specific risk factors and therapeutic targets and validate these in larger populations.
- Examine sex differences to refine sex-specific early identification, prevention and management.

An important part of our discovery work is from the longest ongoing study of Women's health in Australia ([The Women's Healthy Ageing Project, est 1990](#)).

In addition to being the longest, it is also unique in its high retention over three decades and detailed information. It includes all women completing detailed menstrual diaries across their transition, in addition to fasting biomarkers including vascular risk markers and hormonal assays alongside clinically validated cognitive and psychological testing as well as imaging and genetic data.

[Learn more about the Women's Healthy Aging Program.](#)



Cross-cutting platforms for impact and systems change

Implementation and healthcare improvement

This is one of our flagship programs and includes leading national capacity and capability in vital skills and in leading improvement in our health system using best evidence-based practice methods. This platform is applied to all fields of healthcare, including and beyond women's health. We are embedded within and support extensive programs in community and health service priority areas with evidence of impact. Critically, our capacity building program reaches hundreds of healthcare providers annually to enhance effective community and stakeholder engagement, evidence translation and improvement in healthcare. [Learn more.](#)

Research translation, evidence synthesis and guidelines

This platform is funded through multiple MRFF grants and CREs. Extensive evidence synthesis, updating the International Guidelines in PCOS, POI and infertility, has enabled the translation of the research into resources for consumers and health professionals. This includes digital Apps, risk calculators, health professional and consumer interactive videos such as [Health Talk Australia, informative resources](#). [Learn more.](#)

Workforce Capacity Building

MCHRI has a series of educational courses that build women's capacity, capability and leadership in research and translation in women's health. More on page 26.

Clinical and public health interventions and trials

These include multiple large scale RCTs including NHMRC and Horizons funded projects published in NEJM and JAMA series. Our research platforms are also integrated into other RCTs including statistics, implementation and patient and consumer involvement, the Learning Health System and health economics. The platform also supports trials in design, data management and statistics.

Partnerships, Community and Stakeholder Involvement

The Women's Health Research and Translation Network (WHRTN) delivers on workforce development training to support women's research careers, enables consumer and community involvement (CCI), establishes Centre Networks, funds research and has directly supported/funded 60 early to mid-career research (EMCR) women, and supports Indigenous capacity building in women's health.

It was established in 2020 with \$5M from the Medical Research Future Funds (MRFF). WHRTN supports women in early career, which is projected to improve financial wellbeing, and therefore overall health outcomes. MRFF funded initiatives are also generating new knowledge on best practice consumer partnerships with engagement across all NHMRC accredited Research Translation Centres. MCHRI led the WHRTN/MRFF Consultation for CCI 2024.

Cross-cutting platforms for impact and systems change

Big data and advanced analytics

The team has grown to 6 staff and is supporting researchers to get the most from big data in health to improve health, health systems and policy, through a Biostatistics Consulting Service. Big data, machine learning and risk prediction modelling are areas we focus on, with research underpinning best-practices for LHS development and implementation, as well as also further developing the LHS field to continually improve healthcare within health settings and policy.

Our findings will impact hundreds of thousands of service users (who come from diverse socioeconomic backgrounds), with potential for impact Australia-wide and globally. It draws on strategic partnerships and established governance and investment across the Monash Partners (MP) Learning Health System, the Monash University Helix Data System, Victorian Government Collaborative Healthcare Recovery Initiative, Australian Health Research Alliance data driven healthcare improvement initiative and international partnership. We engage across acute (public and private), primary and aged care, academia, government and industry. [Learn more.](#)

Biostatistics Consulting Service

Providing support for Monash Health and Monash University staff and students in the development, execution and reporting of clinical research studies.

The service has an annual contract with Monash Health in statistics services extended from \$60K to \$105K based on increased demand and services.

- All ethics reviewed on time
- 200 + hours provided annually
- 100's support episodes for clinician researchers
- Regular reporting to Monash Health
- Contribute to >30 grants including CRE's x 2, partnership grants x 6, and MRFF grants x 5
- Building capacity in machine learning and advanced analytics

[More about the Biostatistics Consulting Service](#)

Cross-cutting platforms for impact and systems change

The Monash Learning Health System

The Monash Learning Health System Learning is where people, technology and culture are aligned to enable cyclical, data-driven healthcare improvement. MCHRI applies the LHS for evidence-based guideline development and implementation to improve healthcare and for health impact.

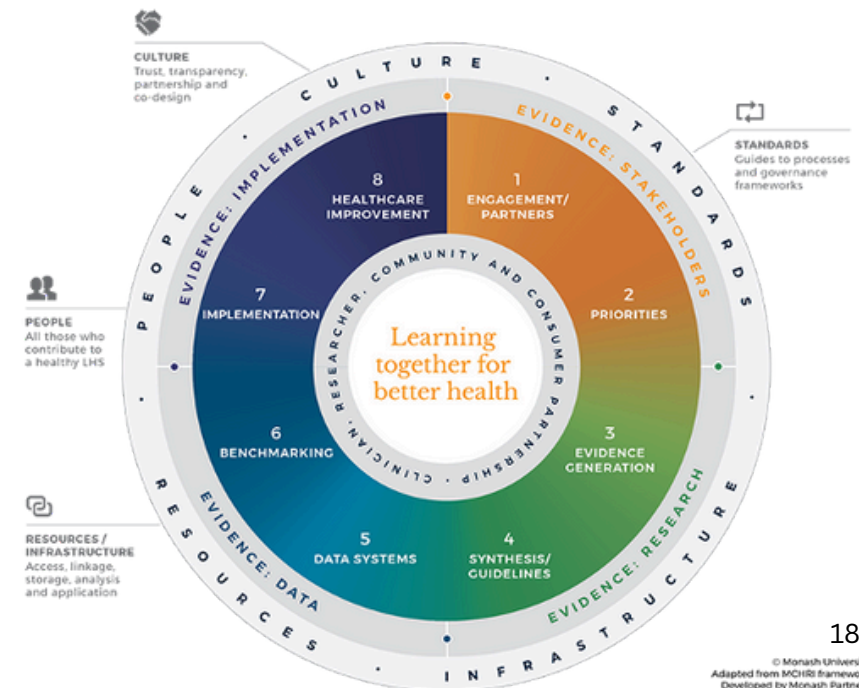
The following highlights where researcher are applying the LHS in major projects:

- CCIRI - The Health Research Hub see page 20.
- DELIVER - Western Alliance led MRFF grant (\$9M)
- MCHRI's Healthcare implementation Toolkit (soon to be launched) - tools and resources underpinned by the LHS framework as the evidence-base for successfully creating change within a complex system like health care.
- MRFF Maternity LHS & National CQDR
- Emergency Care LHS to improve treatment of Primary spontaneous pneumothorax (PSP) (\$5M MRFF led by Prof Diana Edgerton-Warburton) Prof Teede and A/Prof Enticott are both CIs.

Published work

- Maternity and Stroke Care:
 - <https://bmcmmedicine.biomedcentral.com/articles/10.1186/s12916-024-03416-w>
 - <https://onlinelibrary.wiley.com/doi/10.1111/birt.12684>
 - <https://www.transformingmaternity.org.au/2022/04/the-learning-health-system-to-achieve-better-value/>

- New published work by PhD student, Darren Rajit:
 - <https://health-policy-systems.biomedcentral.com/articles/10.1186/s12961-023-01095-2>
 - <https://health-policy-systems.biomedcentral.com/articles/10.1186/s12961-024-01179-7>
 - The LHS maturity Matrix (under review)
 - Analyzing electronic medical records to extract prepregnancy morbidities and pregnancy complications: Toward a learning health system Teede, H. & Enticott, J. (Leading Author), 2024, In: Learning Health Systems.



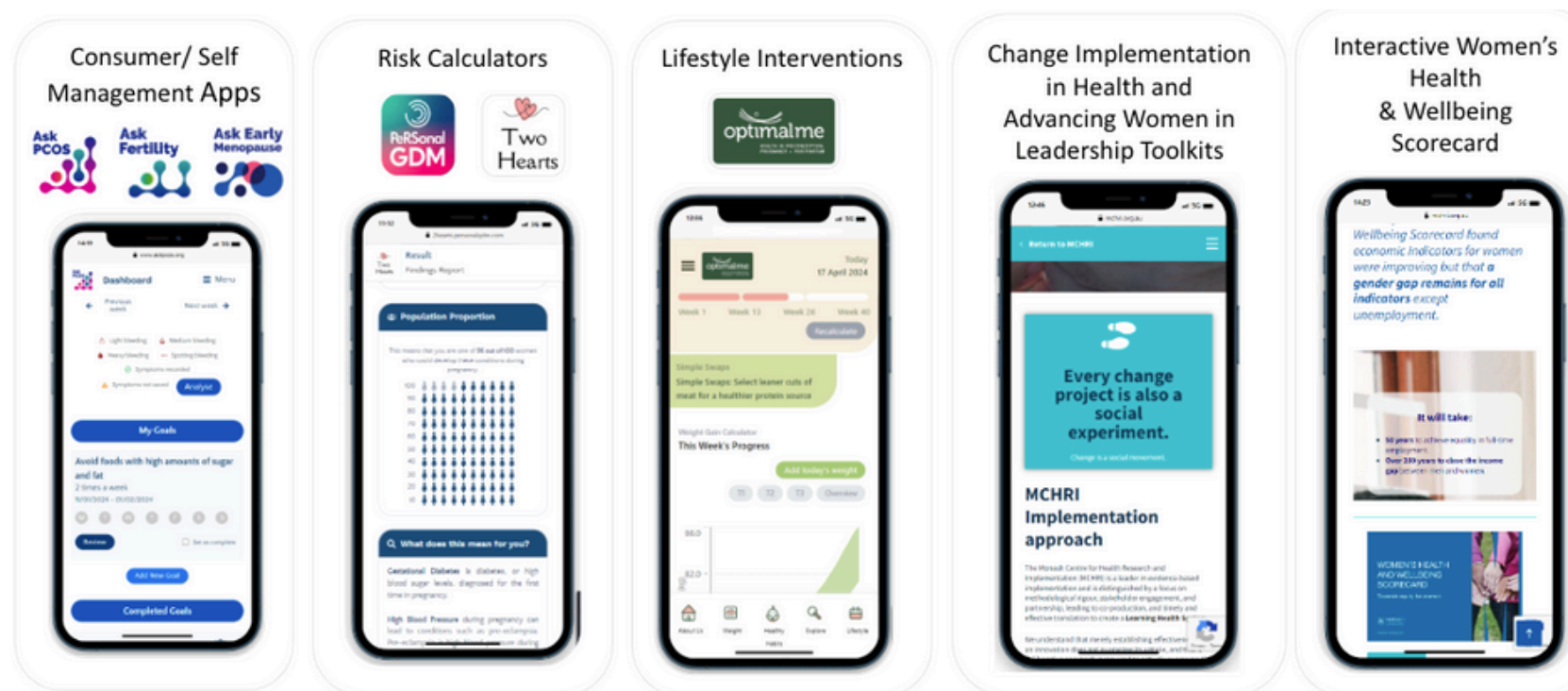
Cross-cutting platforms for impact and systems change

Women's digital health platform

We have over 20 evidence-based education and decision-support health apps and toolkits for women and health professionals. This includes our suite of Ask Apps and a number that are in development. We have dedicated staff in IT, translation and communications to translate research knowledge for health impact.

The MCHRI consumer website is continually expanding and updating and is now a go-to for women and health professionals to get evidence-based health resources.

Our digital health platform significantly expanded in 2023-24, delivering innovative digital health tool kits and apps for research translation and implementation and patient support for education. It now includes the Do It MRFF grant which is bringing shared decision making into the digital health apps.



Health impact

Women's Digital Health Platform

Change Implementation in Health Toolkit

Funded through multiple MRFF grants, this tool kit will enable clinicians, hospitals and health services to implement systems change. Hospital administrators and health professionals will have use of a calculator, customised project management system, a learning health system toolkit and personalised training to make changes in their workplace.

Change Implementation in Advancing Women in Leadership Toolkit

This tool kit will enable healthcare organisations to implement systems change. They will have use of a calculator, customised project management system, a learning health system toolkit and personalised training to make changes. The Change Implementation Toolkit is being trialled and used by Advancing Women in Healthcare Leadership Initiative Partners and is expanding.



Funded by an MRFF grant, Personal GDM is a risk calculator that determines the risk of adverse pregnancy outcomes if women have gestational diabetes. This has been implemented across Europe and in Australia.



Optimal Me has been developed by MCHRI and is world-leading. Victoria and NSW governments are engaging in funding opportunities for licensing and the WHO task force in this area is chaired by Prof Helena Teede with the potential to reach 140 million pregnancies per year. This platform will generate funding to build and scale further

Reducing Health Inequities

MCHRI's Annual Women's Health & Wellbeing Scorecard & Snapshot highlight key health and wellbeing indicators, examining financial security, socio economic status and health intersections. It benchmarks women's health compared to men and shows the significant gender disparities that Australian women face. The reports have been reported by the ABC and other online media.

National Women's Health and Wellbeing Scorecard



Concerningly, in all domains except one, more women reported experiencing poor health. Most alarmingly in this report is the dramatic rise in psychological distress among young women aged 18-34. This pronounced surge underscores the gravity of this issue and necessitates targeted interventions and comprehensive support mechanisms. [Read the scorecard.](#)

Victorian Women's Health and Wellbeing Snapshot



The [Victorian Women's Health and Wellbeing Snapshot](#) found Victorian women's health was worse in every dimension relative to men.

Large-scale partnership projects:



The Women's Health Research, Translation and Impact Network (WHRTN) is a key national AHRA network supporting the careers of women in research and funding research projects to improve women's health and wellbeing.

In its fourth year, WHRTN has funded over 60 research projects, provided training to over 1000 researchers, built new AHRA network models, developed culturally appropriate resources for researchers working with Indigenous communities, and worked in partnership with consumers to embed genuine shared CCI in grant processes and in programs.

WHRTN are conducting a multicomponent mixed-method evaluation of the network over the five-year grant period. This evaluation provides a comprehensive assessment of the implementation and impacts of WHRTN across its four sub-committees: (1) Research, (2) Consumer and Community Involvement (CCI), (3) Aboriginal and Torres Strait Islander Engagement, and (4) Workforce Development.

Advancing Consumer and Community Involvement in Health and Medical Research

The Health Research Hub will centralise resources and foster connections among individuals working in consumer and community involvement (CCI) across Australia. The Health Research Hub responds directly to an Australian Health Research Alliance (AHRA) priority area and addresses an evidence-based need.

Development of the Health Research Hub was an iterative process consisting of co-design workshops with stakeholders where feedback was continuously synthesised and communicated back to attendees. It was also informed by a national survey involving 287 consumers, researchers, and health professionals and 70 qualitative interviews held with a range of stakeholders including researchers, consumers, Research Translation Centre CCI leads, funding bodies, health professionals, health service managers, and community organisations. Once launched, a pilot evaluation will assess the Health Research Hub's usability and value for ongoing updates and improvement.

Researchers at MCHRI are supporting this work through a MRFF Consumer-led Research Grant (MRF2019278). It's due to be launched in 2025.

Collaborations

Building strong international and national collaborations has positioned MCHRI as a leader in women's health and implementation, building capacity and improving research outcomes that solve real-world health, wellbeing and equity problems.

Key collaborations :

- 100 experts, 39 national and international societies engaged across 71 countries in PCOS
- National Women's Health, Research, Translation and Impact Network (WHRTN - \$5M)
- New NHMRC Centre of Research Excellence with international engagement – _CRE WHiRL >45 partner organisations
- New NHMRC Centre of Research Excellence with international engagement – _CRE HiPPP engaging WHO, Horizons, EU partners
- Over 15 multi-institutional Agreements with over 100 partners
- Majority of publications including international collaborators
- Joint tenders with NGOs and government
- Extensive advisory input including Int Societies, WHO, international and national policy input and roles.
- Monash Health Partnerships including endocrinology, diabetes, obstetrics and midwifery, paediatrics, patient experience, ED, cardiovascular health,
- Three international guidelines in early menopause, PCOS and infertility. National and international societies engaged across 6 continents, reach across 195 countries
- Consumer partnerships: including NBCF, BNCA, Verity, Diabetes Australia, POSSA
- Lead on National best practice patient and community involvement (MRFF)
- Industry partnerships: Medibank, IT partners
- Academic Warwick, University of Birmingham, & WHO

Major international collaborations :

- Monash Warwick Healthcare Improvement Alliance (Led at Monash by MCHRI)
- International PCOS network (led by MCHRI, NHMRC, CRE and international funding)
- International Menopause Network (MCHRI, NHMRC, CRE and international funding)
- International Infertility Network (MCHRI, NHMRC, CRE and international funding)
- International partnership in Advancing Women in Healthcare leadership (AWHL)- Aus, UK, Ireland, Africa, Asia
- Healthy Preconception Pregnancy Postpartum HIPPP network with USA, UK, Europe (led by MCHRI with MRFF funding)

Three International Clinical Guidelines

Successful delivery of three international guidelines - PCOS, Infertility and POI

The MCHRI-led CRE in Women's Reproductive Health in Life (CRE-WHiRL) successfully delivered three major international guidelines— PCOS, Infertility and POI, each a major output for the CRE.

Each guideline has a suite of translational resources for consumers and health professionals. Congratulations to Chief Investigator, Prof Helena Teede for leading the CRE and her involvement in delivering all three guidelines. Thank you to our committee members, GDG members, and partner organisations for your contributions to these critically important guidelines, which have changed the diagnosis and treatments for PCOS, infertility and POI, ultimately improving health.

This achievement would not have been possible without the expertise of Dr Michael Costello (GDG Chair), Prof Rob Norman (GDG Co-Chair) and Prof Helena Teede (Methodological Advisor) on the Unexplained Infertility Guideline that was released in September 2024.

A tremendous effort by A/Prof Amanda Vincent (Co-Chair and Translation Lead) who worked for four years on the POI guideline and resources, released in December 2024, together with Prof Helena Teede (GDG Member).



Better Care, Better Equity, Better Health

2023 International Polycystic Ovary Syndrome (PCOS) Guideline

The 2023 International Polycystic Ovary Syndrome (PCOS) Guideline, was led by Professor Helena Teede and was published in four international journals: *Fertility and Sterility*, *Human Reproduction*, *Journal of Endocrinology and Metabolism*, and *European Journal of Endocrinology*.

The guideline development is the culmination of the engagement of over 3,000 health professionals and the work of 100+ multidisciplinary clinical and lived experience experts from six continents and 71 countries, which has been accessed by people in 195 countries since its release in August 2023. The network also delivered the free Ask PCOS App which has been used by over 95K users worldwide, and cutting-edge, digital, free resources, for healthcare professionals and women, translated into multiple languages.

The PCOS Network won the 2023 Engagement Australia Excellence Awards for international engagement and impact. Watch the video below.



The Guideline Launched by Dr Carina Garland MP in August 2023, with over 154M media reaches.

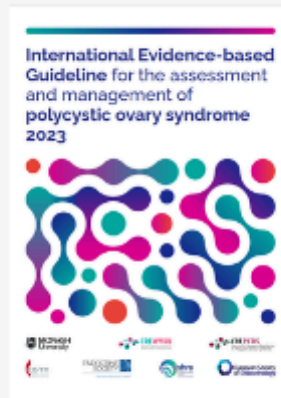


2023 International Polycystic Ovary Syndrome (PCOS) Guideline

Program Impact

Over 1 million views of our PCOS Guideline, App, Resources and Publications across all 195 countries.

PCOS Guideline



[Go to Guideline](#)

GP Tools



[Go to GP tools](#)

PCOS App 95K users



Available on the
App Store

GET IT ON
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PCOS Resources



[View Resources here](#)

Australian Evidence-based Guideline for Unexplained Infertility 2024

The Australian Evidence-based Guideline for unexplained infertility: ADAPTE process from the ESHRE Evidence-based Guideline on unexplained infertility 2024, was launched by Dr Michael Costello and Prof Rob Norman at the Fertility Society of Australia and New Zealand's Annual Conference in September.

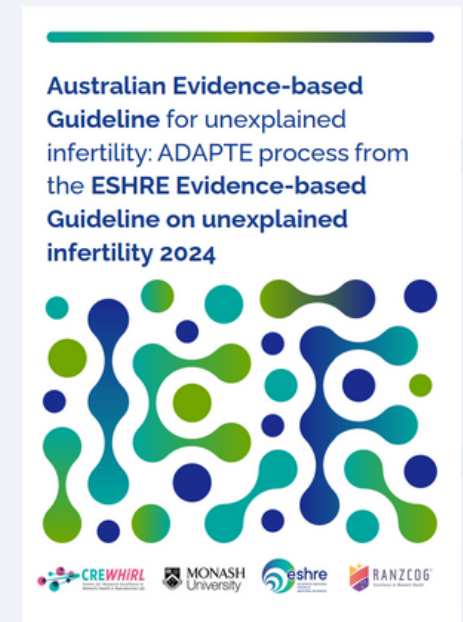
The Guideline advances our understanding of infertility prognosis and treatment. It has new evidence-based recommendations so that women and their partners can make informed decisions and avoid expensive, often ineffective, or unproven treatments.

The Translational Program launched the new Ask Fertility App and a new suite of resources for consumers and health professionals, to better inform patients and increase the chances of pregnancy.

[Read more about the Unexplained Infertility Guideline.](#)



www.askfertility.org



Premature Ovarian Insufficiency (POI) Guideline 2024

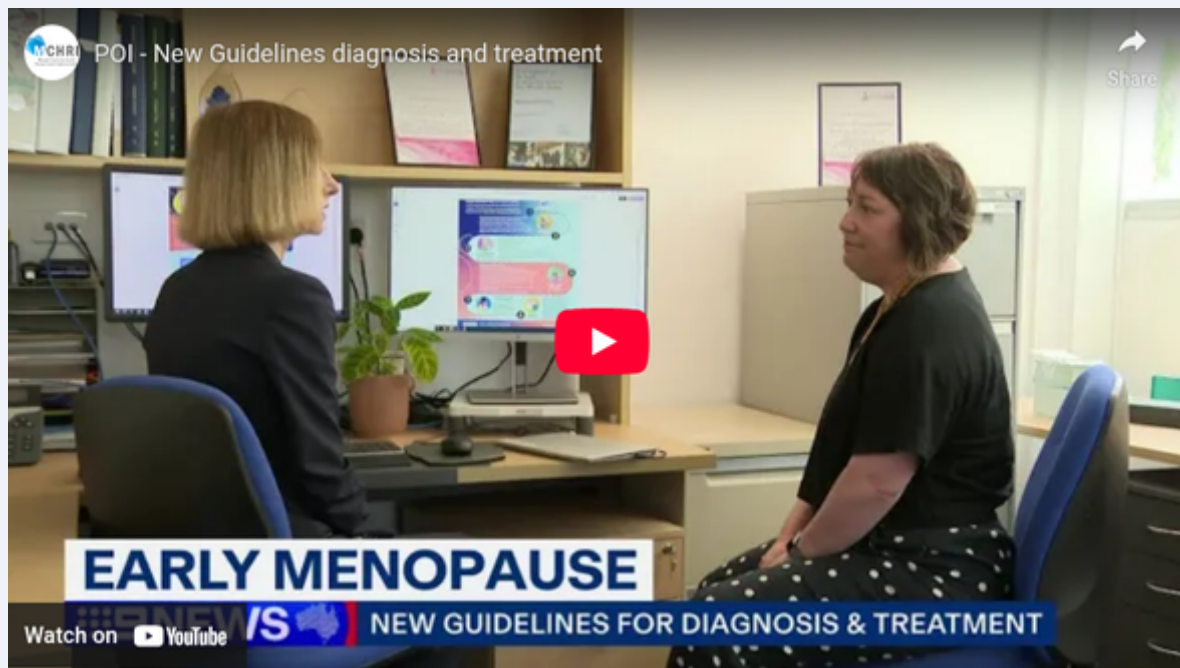
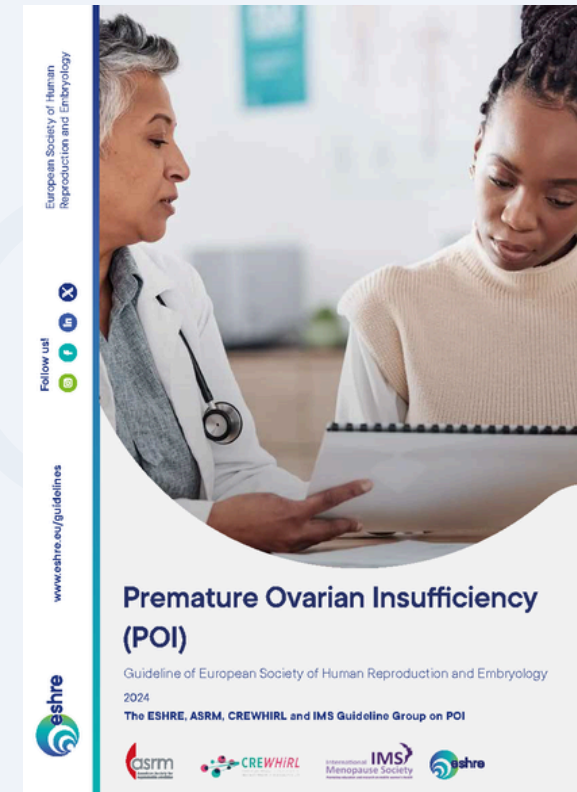
New guidelines on the diagnosis and management of premature ovarian insufficiency (POI) were developed by MCHRI-led CRE-WHIRL, ESHRE, the International Menopause Society and the American Society for Reproductive Medicine, and women with lived experience. It was published in three leading journals, *Climacteric*, *Fertility & Sterility*, and *Human Reproduction Open*.

The 2024 Guideline provides 145 recommendations on symptoms, diagnosis, causation, sequelae, and treatment of POI. New [resources for women](#) and [POI practice tools](#) for health professionals are now available. The recommendations are also incorporated into the updated [Ask Early Menopause App](#) which has over 12K users.

A/Prof Amanda Vincent was Co-Chair of the guideline development group and developed the consumer and health professional resources. Prof Helena Teede was a member of the guideline development group and co-author of the published papers.



www.askearlymenopause.org



A/Prof Amanda Vincent and consumer Kirsty who worked on the resources were on Channel 9 news. Watch the news clip on YouTube.

Visibility of excellence and impact

Media Snapshot

MCHRI is the primary contact/source for ABC in Women's Health and Equity, and has contributed to stories in The Guardian, Women's Agenda, ABC – online, tv and radio, SBS, Channel 7, Channel 10, Monash University Lens articles.

Below is a snapshot of some of our most impactful 23/24 media

- Launched International PCOS Guideline launch had 160 M+ media reaches and growing
- Release of Victorian Women's Health and Wellbeing Snapshot
- 30 scholarships awarded in Advancing Women in Leadership Program
- Women's Health and Wellbeing Scorecard – Released in November.
- More diet advice needed for those hoping to get pregnant: study.
- TOBOGM Study – New England Journal of Medicine
- Organisational practices underpinned by a supportive workplace culture key to advancing women in leadership – JAMA Network Open
- Three themes central for organisations to implement and embed to advance women in leadership – Lancet's EClinical Medicine
- Mental health scare: Women falling through the cracks
- Climbing the ranks: Australia's gender equity breakthrough.
- How are Australian women scoring on health, wealth and wellbeing?
- New Australian Guidelines for dealing with unexplained infertility.
- Guidelines for Premature Ovarian Insufficiency published in three leading journals



Visibility of excellence and impact

Community Events

Our researchers and clinicians are involved in community events each year. Here is a snapshot.

- International PCOS Guideline launch

The 2023 International Polycystic Ovary Syndrome (PCOS) Guideline was launched by Dr Carina Garland MP.

- PCOS Awareness event in 2023 and 2024

Online Q&A event with leading experts answering PCOS questions during PCOS Awareness Week.

- World Menopause Day - Menopause & heart health event

Learn from clinicians about early menopause and menopause as a time of increased risk for heart disease, heart disease symptoms and screening in women, and diet and lifestyle tips to promote heart health.

- Prof Helena Teede, Prof Rob Norman, Dr Anju Joham, and Dr Rhonda Garad presented the PCOS Guideline, recommendations, and resources to over 16,000 Australian GPs to improve GP knowledge, diagnosis and care.



Prof Teede was on the panel at the Chisolm Women's Wealth Forum Event October 2023 with The Hon Ged Kearney, Assistant Minister for Health and Aged Care, Dr Carina Garland MP.

Join the conversation and Q&A on World Menopause Day:

**The heart ♥ of the matter:
Menopause and heart health**

Wed
18 Oct
1-2pm
AEDT



A/Prof Amanda Vincent



Dr Esther Davis



Dr Samantha Kozica-Olenski

World Menopause Day community event

Visibility of excellence and impact

Major awards

2023 Engagement Australia Excellence Awards - The international PCOS Network which led the development of treatment guidelines received the prestigious award for excellence in international engagement.

2023 FMNH Dean's Award - Advancing Women in Healthcare Leadership.

Advancing Women in Healthcare Leadership - runner up in the Vice Chancellors Award for research.

Prof Helena Teede received the 2024 Australian Medical Association (AMA) Women in Medical Leadership Award



Members of Advancing Women in Healthcare Leadership Initiative

Workforce Development and Training Capacity Building

Delivering an internationally reputable and prestigious workforce development and training programs that equip and support the next generation of researchers and their research projects.

MCHRI has series of courses that build capacity, capability and leadership in research and translation in women's health. In 2023-24 our educational program expanded with increasing educational reach, achieved by delivering more in-person classes and online training.

The [Women in Leadership Program](#) is integrated into the Advancing Women in Healthcare Leadership (AWHL) initiative and engaged over 250 women annually. It offered 12 courses in 2024 reaching internationally and is now funded by partners, government and individuals.

To celebrate International Women's Day 2023 and 2024, AWHL offered 15 scholarships to women working with/from underserved communities to attend the Women in Leadership Program.



[Masterclass and modules in Implementation Science and Effective Healthcare Improvement in Practice](#) - is funded by State Government for ~ 150 healthcare leaders annually.

[Implementing Improvement in Healthcare Program](#) – in its 3rd year with multiple healthcare partners engaged is a 12-month teaching and coaching program with Monash Partners.

[Harnessing Implementation Science for Healthcare Improvement, Real-World Impact, and Equity](#)

[Community and consumer Involvement](#) - new in 2024

[Women's Health](#): for health professionals on neglected women's health conditions that include:

> [An evidence-based approach to the assessment and management of Polycystic Ovary Syndrome](#) with updated new guidelines.

> [Too young for Menopause? An Evidence-based approach to managing early menopause and premature ovarian insufficiency](#) – with updated new guidelines.

[The Fred Hollows Foundation](#) and MCHRI's Women in Leadership Program supported women health leaders from South East Asia with knowledge-sharing, leadership development, workshops, training and networking opportunities online and in Australia in February 2024.

This was funded by Department of Foreign Affairs and Trade (DFAT).

Workforce Development

MCHRI supports the career development of current staff and is attracting academic leadership with independent funding and skilled staff to support the Centre research aims. In 2023-24 there was a significant growth in student numbers and staff. We continue to attract and have further trained a new generation of academic multidisciplinary clinicians who have international recognition at respective career stages (level B-D).

With currently over 35 PhD students, the majority of MCHRI's PhD candidates have a clinical position and once they graduate are placed in leadership roles. Our dedicated and valued PhD students, bring skilled and perspectives and play a crucial role in advancing knowledge and improving research progress.

A variety of PhD projects are offered in a range of disciplines - Public Health, Medicine, Endocrinology, Obstetrics, Midwifery, Emergency Medicine, Nursing, Dietetics, Psychology, Exercise physiology, Health Promotion, Implementation Science, Biostatistics, Epidemiology, Data Management, Advanced Analytics, Qualitative research, Social Science, Clinical trials, Health Economics, Evidence synthesis, Guidelines, Translation, Digital Health and Policy influence.

Prospective student are encouraged to visit [Monash University's Supervisor Connect](#) where there is a full and updated list of projects and supervisor.

Congratulations to our recent graduating PhD students

Bonnie Brammall
Mingling Chen
Swapna Gokhale
Alicia Jones
Shanal Kumar
Yitayeh Mengistu
Mariam Mousa
Helena Neven
Sanjeeva Ranasinha



Dr Bonnie Brammall

International Sabbatical Fellowship Program

MCHRI's Sabbatical Fellowship Program supported the research of:

- Dr Johanna Melin, University of Helsinki, Finland
- Dr Maria Forslund, Sahlgrenska University Hospital, Sweden
- Dr Siriluk Tantanavipas, Mahidol University, Thailand

Stakeholder, Consumer and Community Involvement

Increasing stakeholder, consumer and community involvement for advancing policy, guideline development and translation into practice.

Our approach identifies stakeholders, engages and partners with policy makers, undertakes problem ideation, and coproduces new knowledge.

We partner to implement these solutions through practice and systems change in clinical, health services and public health, to improve health and deliver impact, internationally and nationally. We recognise and seek to address social and systems determinants of disease and seek to create an equitable and healthier future for Australians, with a focus on women.

To deliver research excellence a new MCHRI Consumer & Community Involvement (CCI) Strategy which is consumer and community centred began development in 2023.

Consumers are the focus at each stage and CCI is embedded across our research projects and networks. CCI resources and the strategy are available for MCHRI researchers and there are resources freely available on the MCHRI website.

Researchers work with consumers and the community to establish research questions and this guides our grant proposals. This partnership continues during the research, and as research outcomes are translated into changes in practice and policy.

All MCHRI projects are coproduced in initiation, planning, execution and translation, which optimises health outcomes and ensures that community needs and priorities are met and are embedded in research and implementation.

CCI is embedded in all MCHRI's research, digital health apps and the MCHRI-led clinical guidelines, where consumers played a vital role in all Guideline Development Group meetings.

- PCOS Guideline
- POI Guideline
- Unexplained Infertility Guideline

CCI increased due to the tools being developed in partnership with women and health professionals and with regular user testing to meet user needs.

A new Health Research Hub will centralise resources and foster connections among individuals working in consumer and community involvement (CCI) across Australia. The Health Research Hub responds directly to an Australian Health Research Alliance (AHRA) priority area and addresses an evidence-based need

Stakeholder Engagement

Our projects bring together community organisations, peak bodies and industry partners for implementation in healthcare. By adopting the living lab approach we ensure that the solutions developed are grounded in the needs and values of the community.

We have established solid partnerships with the following stakeholders:

External Stakeholder Engagement

- Centre for Research Excellence in Women's Health in Reproductive Life- CRE WHiRL- MCHRI led and following on from NHMRC CRE in Polycystic Ovary Syndrome
- Centre Research Excellence Health in Preconception and Pregnancy - CRE HiPP- MCHRI co-led
- NHMRC Partnership Program – Advancing Women in Healthcare Leadership (26+ partners MCHRI led)
- Women's Health Research, Translation and Impact Network (WHRTN) (MCHRI led)
- Health in Preconception, Pregnancy and Postpartum Alliance HIPPP MRFF grant - MCHRI led
- National Healthy Pregnancy Initiative - MCHRI led
- Diabetes Australia (Multiple partnerships with MCHRI)
- Medibank Private and other stakeholders via partnership projects
- Melbourne Women's Health Network: Depts Obstetrics, RWH, Western, Mercy
- CALD populations: South Eastern Melbourne Medicare Local and Refugee Consortium
- ABC Gender Equity partner
- Extensive consumer group partnerships - local, national/ international

Internal Stakeholder Engagement

Faculty of Medicine, Nursing and Health Sciences/ CaMM Sub Faculty:

- Monash Women's Health Alliance
- School of Clinical Sciences
- Hudson Institute for Medical Research
- School of Nursing, School of Psychology and Psychiatry
- Victorian Heart Institute
- Faculties Information Technology, Business and Economics, Education
- Monash Institute of Medical Engineering
- Research Infrastructure
- Monash Media
- Government Relations
- Monash Warwick Alliance
- Research Infrastructure

Monash Health

- Monash Women's
- Monash Endocrine and Diabetes
- Monash Gender equity, diversity
- Monash / Victorian Heart Hospital
- Monash Neonatal and Children's programs
- Multidisciplinary broader clinical units and clinicians
- Monash Quality and innovation
- Research Directorate and Clinical Trial Centre
- Media and Public Relations
- Patient and community engagement

Our Leads



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.



Prof Emily Callander
Professor in Health Economics

Prof Callander leads the Women's Economics and Value Based Care Unit



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.



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 Joanne Enticott
Lead, Big Data & The Learning Health System

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



A/Prof Cheryce Harrison
Lead, Public Health in Healthy Lifestyle

A/Prof Harrison leads the translation of healthy lifestyle programs at scale for public health impact.

Our Leads



Prof Cassandra Szoeké
Lead, Healthy Ageing Program & Sex Differences

Prof Szoeké is a neurologist and leads the Women's Healthy Ageing Project, the longest study of women's health in Australia.



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

A/Prof Mousa is researching women's cardiometabolic health including diabetes &



A/Prof Anju Joham
Lead, PCOS Guidelines

A/Prof Joham is an endocrinologist, PCOS researcher & established the first Victorian multidisciplinary PCOS clinic.



Dr Sandy Reeder
Lead, Qualitative Implementation
Research

Qualitative Implementation Research Lead who supports, educates, and implements consumer and community involvement in health research.



Dr Belinda Garth
AWHL Lead Research Fellow

Lead Research Fellow
Advancing Women in Healthcare Leadership



Leslie Arnott
Lead, CCI

Leslie is MCHRI's Consumer and Community Involvement (CCI) Lead.



Dr Rhonda Garad
Lead, Education & Research Translation

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



Susanne Baker
IT Lead

Head Digital Health & App Platform Development

Our amazing ECRs



Dr Jillian Tay



Dr Rebecca Goldstein



Dr Mahnaz Bahri Khomami



Dr Ladan Yeganeh



Dr Negar Naderpoor



Dr Ashley Ng



Dr Sarah Lang



Dr Anjana Reddy



MCHRI active grants 2017-27

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 *

*MCHRI-led grants



MCHRI active grants 2017-27 cont

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*
MRFF Emergency LHS	MRFF Emergency LHS	\$5M*
MRFF - Do It	Digital Share Care	\$3M*
NHMRC Partnership Grant AWHL		\$5M*
NHMRC Fellowship Moran	Lifestyle	\$5M *
NHMRC Fellowship Joham	PCOS/Diabetes	\$1.3M*
MRFF Maternity LHS	Maternity LHS and National CQDR	\$3M*
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 Cs	Risk prediction and implementation tools	\$1.8 M
Mothers & babies GDM -TomThumb	Risk prediction	\$2.5M
DFAT/Fred Hollows	South East Asia Women in Leadership	\$120K
MRFF	Just Say No To The Canula	\$3M
MRFF	Implementation Research to Improve outcomes in Primary Spontaneous Pneumothorax	\$5M
Subtotal of grants where MCHRI leads in Translation / produces tools & outputs		\$22.1M
Subtotal MCHRI led Translation grants with tools as outputs of a broader grant		\$65.6M *
Overall total grants with Translation tools / outputs		\$90.7 M

*MCHRI-led grants



MCHRI'S INTERACTIVE DIGITAL HEALTH TOOLS

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: 95K
Ask Early Menopause Askearlymenopause.org	MRFF/ NHMRC/ CRE		Helps women with early menopause or POI 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 10k aiming for 50k
Ask Fertility askfertility.org	MRFF/ NHMRC/ CRE		Helps couples suspecting unexplained infertility find information of the highest quality from leading experts. Includes a self-care and shared decision-making tool.	Couples with unexplained infertility, health professionals. Reach: Worldwide. Estimated audience: 15k
Healthy pregnancy /Optimal Me www.optimalme.org/ Developed and in use	MRFF / Medibank		Helps women find accurate and trustworthy information that may help them optimise their health during preconception, pregnancy and postpartum.	Women in preconception, pregnancy and postpartum, health professionals and women Reach: Monash Health. Estimated audience: 100k
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
DiabetesMate 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 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
Composite risk calculator 2hearts.personalgdm.com	MRFF	Risk calculator to determine if women are at higher risk of developing gestational diabetes, high blood pressure or both during pregnancy.	Health professionals and pregnant women. Reach: Currently Australia Estimated audience: 50K
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


MCHRI'S IMPLEMENTATION TOOLS

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: 1k

Tool name	Funding body	Purpose	Target audience
Interactive health service performance pageIn 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 In 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 mypregnancyweight.com	MRFF	Complex dynamic tool for personalised healthy weight gain trajectory, weight tracking and progress estimation based on ML model.	Women and Health Professionals



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Better Care, Better Equity, Better Health