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## MEDIA RELEASE

**Tuesday April 29, 2008**  
**For immediate release**

### **Filling gaps in heart attack prevention: Sydney physiotherapist awarded prestigious national Fellowship**

Reducing the risk of future heart attack is the goal of Dr Julie Redfern, who has just received a NICS Fellowship from the National Health and Medical Research Council (NHMRC) and co-sponsored by the Heart Foundation.

Dr Redfern, a Research Fellow from the ANZAC Research Institute at Concord Repatriation General Hospital in Sydney will use the NICS Fellowship to undertake a two-year implementation project to reduce the risk of future heart attack through a patient-centred risk reduction program.

“Twenty-two per cent of Australian deaths are due to sudden heart attack and people who have one heart attack have a significantly increased risk of having another” explains Dr Redfern.

“Their risk of another attack, hospitalisation and surgery can be greatly reduced by participating in a formal risk reduction program, but currently most Australian patients who have survived a heart attack don’t access these programs. I’ll be using my NICS-Heart Foundation Fellowship to develop and deliver such a program.”

NHMRC Chief Executive Officer, Professor Warwick Anderson has welcomed this opportunity: “We congratulate Dr Redfern and look forward to working with her in this important area. We’re particularly excited by the opportunity to partner with the Heart Foundation to support Dr Redfern and help reduce the rate of heart attacks and resultant deaths in Australia.”

Dr Redfern will join nine other health professionals from Victoria, South Australia, Queensland, New South Wales and Western Australia as 2008 NICS Fellows.

Release ends.

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For more information about the other NICS Fellows and the NICS Leadership Program :  
[www.nhmrc.gov.au/nics](http://www.nhmrc.gov.au/nics)

#### **Note to editors**

**The National Health and Medical Research Council (NHMRC)** is Australia's peak body for supporting health and medical research. As part of the NHMRC, the National Institute of Clinical Studies (NICS) works to improve health care by getting health and medical research into practice.

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The NICS Leadership program, which was launched in 2003, directly contributes to closing evidence-practice gaps by supporting health professionals to undertake practical projects that aim to improve health outcomes for people by getting high quality evidence into everyday clinical practice in particular health settings.

The two-year, part-time Fellowships are open to early- to mid-career health professionals across the health care spectrum, including doctors, nurses, allied health professionals, paramedics, health care managers, and policy makers.

The Fellowships provide an annual stipend as well as professional development opportunities, training programs in evidence implementation, mentorship, and opportunities to network with and learn from world-class experts who come to Australia as part of NICS' Visiting Experts program.

Applications for NICS Fellowships 2009 open at the end of May 2008.

**Heart Foundation:** The Heart Foundation's mission is for Australians to have the best cardiovascular health in the world and to reduce suffering and death from heart, stroke and blood vessel disease in Australia. For over 40 years the Heart Foundation has played a leading role in funding research into the causes, treatment and prevention of cardiovascular disease.

[www.heartfoundation.com.au](http://www.heartfoundation.com.au)