



Australian Government

National Health and  
Medical Research Council

N H M R C

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## MEDIA RELEASE

### Filling gaps in gynaecological cancer care: Sydney clinical nurse consultant receives prestigious NICS Fellowship

Improving the quality of life for women with gynaecological cancers is the goal of Dr Mary Ryan, who has just received a NICS-CA NCGC Fellowship from the National Health and Medical Research Council (NHMRC) and funding partner, Cancer Australia's (CA) National Centre for Gynaecological Cancers (NCGC).

Dr Ryan is a clinical nurse consultant at the Royal Hospital for Women in Sydney. She will use her NICS-CA NCGC Fellowship to undertake a two-year implementation project to make formal assessment of nutrition and physical condition routine for women with gynaecological cancers.

"Weight loss and loss of physical condition are known consequences of gynaecological cancers which can delay treatment delivery and recovery, but assessment of these conditions is not routinely undertaken. If women with these cancers and their health care providers can proactively manage nutrition and physical condition, there is good evidence that they will require less time in hospital following surgery and have less wound infections" explains Dr Ryan.

NHMRC Chief Executive Officer, Professor Warwick Anderson has welcomed this opportunity. "We congratulate Dr Ryan on her NICS-CA NCGC Fellowship. Her project clearly demonstrates how the use of evidence in practice can have a significant impact on the quality of life for women with gynaecological cancers."

Dr Ryan will join five other health professionals from Victoria, South Australia and New South Wales as 2009 NICS Fellows.

Release ends.

Interviews: Meredith Cameron, T: 03 8866 0409 M: 0409 383 152 [meredith.cameron@nhmrc.gov.au](mailto:meredith.cameron@nhmrc.gov.au)

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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[www.nhmrc.gov.au/nics](http://www.nhmrc.gov.au/nics)

GPO Box 4530, Melbourne VIC 3001

Fawkner Centre, Level 5, 499 St Kilda Road, Melbourne VIC 3004

T. +61 3 8866 0400 F. +61 3 8866 0499 E. [nics@nhmrc.gov.au](mailto:nics@nhmrc.gov.au)

ABN 88 601 010 284

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.

### **Cancer Australia and the National Centre for Gynaecological Cancer.**

Cancer Australia is a national government agency, working to reduce the impact of cancer on all Australians. The National Centre for Gynaecological Cancers is an Australian Government initiative to improve outcomes for women affected by gynaecological cancers and their families and caregivers. It has been established by Cancer Australia. For more information: [www.canceraustralia.gov.au](http://www.canceraustralia.gov.au) or [www.gynaecancercentre.gov.au](http://www.gynaecancercentre.gov.au)

### **Applications for NICS Fellowships 2010 open in July 2009.**