

**CENTRE FOR MENTAL HEALTH**

# PhD Completion

The University of Melbourne

## Improving cardiac rehabilitation in Victoria

**Presenter: Emma Thomas**

**Supervisors: Dr Adrienne O'Neil,  
Prof Sherry Grace, Prof Dominique Cadilhac,  
Dr Rebecca Armstrong**

**Wednesday 12th December 3-4pm  
Room 515, Level 5, 207 Bouverie Street**

Despite cardiac rehabilitation being recommended in clinical practice guidelines internationally these services are under-utilised and programs are not standardised. In Victoria, there is no mechanism to systematically monitor cardiac rehabilitation delivery and outcomes, and therefore, no way to provide auditing and benchmarking.

Clinical registries are important tools by which service delivery, quality and outcomes can be characterised and hold great potential for improving cardiac rehabilitation.

This PhD project applies lessons from the global community to the Victorian context and determine how a cardiac rehabilitation registry could be established in Victoria, Australia.

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Emma Thomas is a PhD Candidate in the Centre for Mental Health and an NHMRC Post-Doctoral Scholar. She is also a Research Fellow at Deakin University where she is developing a standardised cardiac rehabilitation curriculum for the National Heart Foundation.

Her research is focused on the prevention of non-communicable diseases (NCDs) and implementation science. In particular, she is interested in scaling-up effective interventions in order to reach larger populations.

Prior to commencing at the University of Melbourne, Emma spent 18 months at the University of Oxford at a WHO Collaborating Centre focused on population approaches for NCD prevention. This adds to her previous clinical experience, and research-namely in the area of cardiovascular disease and diabetes.