

A PhD opportunity is available for either a full time or part time domestic PhD candidate at the University of Melbourne.

Topic: Reducing the burden of stroke: Physical Activity for improving glycaemic control and maintaining bone mass after stroke

Outline: Poor glycaemic control and accelerated bone loss contribute to the development of diabetes, secondary stroke and heightened risk of bone fracture after stroke. Promisingly, weight bearing exercise and reduction in sedentary time are associated with reduced bone loss and improved glycaemic control within the first 6 months of stroke. This PhD project will focus on developing and piloting a multisite physical activity program to address these issues in people with stroke, to support the development of clinical guidelines. You will be working as part of a dynamic research team across The Florey Institute of Neuroscience and Mental Health, University of Melbourne, Australian Institute of Musculoskeletal Science (AIMSS), Western Health and St Vincent's Hospital Melbourne. This project is also supported by a national collaboration of researchers and clinicians (including the "ACTivity to Improve Outcomes after Stroke [ACTIOOnS]" collaboration).

Supervisors: Associate Professor Cathy Said, Associate Professor Elif Ekinci and Dr Karen Borschmann.

Eligibility:

- Physiotherapist or Accredited Exercise Physiologist with relevant clinical experience – ideally in stroke.
- The successful applicant must also meet eligibility requirements for enrolment in University of Melbourne Research Higher Degree: <https://study.unimelb.edu.au/how-to-apply/graduate-research/domestic-applications>; <https://handbook.unimelb.edu.au/2019/courses/dr-philmadh>

Scholarship: A student stipend is available, \$30,000 (tax free) for one year full time or \$15,000 (taxed) for 2 years part time, with the expectation that the candidate will be competitive to seek further scholarship opportunities.

Further information: Please contact Dr Karen Borschmann karen.borschmann@svha.org.au. We'd love to hear from you!

To apply:

- Please send a letter of application and your CV to csaid@unimelb.edu.au
- Please address in the letter eligibility criteria for enrolment through the University of Melbourne. <https://handbook.unimelb.edu.au/2019/courses/dr-philmadh>

Western Health 

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MELBOURNE

 ST VINCENT'S
HOSPITAL
MELBOURNE

THE
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 NHMRC CENTRE OF RESEARCH EXCELLENCE
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