



Supporting medical research
at Repatriation General Hospital

9 August 2011

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Foundation Daw Park Inc

C/- Repatriation General Hospital
Daws Road, Daw Park, SA 5041
T: (08) 8275 1039
F: (08) 8277 9401
www.foundationdawpark.org.au

ABN: 48 079 836 837

Media Release

SA Defence & Veteran Health Research on show

Dr **Ching Li Chai-Coetzer** from the Adelaide Institute for Sleep Health, based at Repatriation General Hospital, has won the award for *Best Scientific Paper* at the third annual SA Defence and Veteran Health Research Paper Day, held on Friday, 5 August 2011.

Dr Chai-Coetzer received the award for her study comparing a simplified general practice, community-based care model for obstructive sleep apnea (OSA), a highly prevalent sleep condition among Veterans, versus the usual standard of care delivered in a specialist sleep centre.

'A model of care for OSA based in the general practice setting has the potential to reduce waiting lists for sleep services and to minimise the burden of disease for Veterans and the wider community', she said.

Research fellow **Delyth Lloyd**, from the Australian Centre for Posttraumatic Mental Health, Department of Psychiatry at Melbourne University, won the award for *Best Defence and Veteran Health Paper* for her study into the effectiveness of a manualised cognitive behavioral treatment for Veterans with military-related posttraumatic stress disorder.

The findings of Delyth's study, conducted together with Assoc. Professor David Forbes, found significantly greater improvements for participants receiving Cognitive Processing Therapy as opposed to usual treatment methods, as well as improvements in anxiety, depression and social and dyadic relationships.

The annual South Australian Defence and Veteran Health Research Paper Day, organised by Foundation Daw Park and held at Repatriation General Hospital, brings together researchers from across the nation and highlights the developments being made to improve Defence and Veteran Health.

Foundation Daw Park CEO, **Ed Scanlon** said the event was an important way to highlight and acknowledge researchers with an interest in Defence and Veteran Health.

'The Research Paper Day is an excellent chance to showcase the developments being made by local and national researchers to improve the health and wellbeing of our nation's Veterans', he said.

Sponsors of the Research Paper Day include Repat Radiology, Flinders University, The Government of South Australia – Veterans SA, Defence SA, Defence Health, the Returned Services League SA Branch, the Defence Teaming Centre and Grant Burge Wines.

For more information about the Research Paper Day, or to make a donation to Defence and Veteran Health, contact Foundation Daw Park on **(08) 8275 1039** or visit <http://www.foundationdawpark.org.au/>

For more information, contact:

Rebecca Goodman
Fundraising & Development Manager
Foundation Daw Park
P: (08) 8275 1734
M: 0421 213 001
E: rebecca.goodman@health.sa.gov.au

Emily Charrison
Media and Communications
Southern Adelaide Local Health Network
P: (08) 8204 4949
E: Emily.Charrison@health.sa.gov.au