

# ASPERT

Bulletin | Dec 2022



AOTEAROA AUSTRALIA PANCREATIC ENZYME REPLACEMENT THERAPY RESEARCH GROUP

## FROM THE PRINCIPAL INVESTIGATOR

AMANDA LANDERS



ASPERT continues to go from strength to strength as 2022 draws to a close. We have a computer full of data that we now need to sift through and extract the priority outcomes for people with pancreatic cancer, their support people and health professionals.

We have a research planning day in April, bringing together researchers, academics, consumers, Māori liaison and support groups to review all the study outcomes collected for PERT in Australasia. The tangible outcomes for this planning day will include decisions on research priorities, development of a study work-plan and a focus on study designs for implementation of best practice. This planning day lays the ground work for improving the evidence base for nutrition and enzyme replacement in pancreatic cancer. We will let you all know the outcomes of this day.

We also have a small team working on a methodology article, highlighting the positives and challenges of using mixed media to recruit participants. Watch this space! ASPERT wishes you all a Miri Kirihimete and a happy new year.

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## PERT PLANNING DAY

LOUISE DALY

The past few years for ASPERT have been focused on collaboration and working together online, amidst the global pandemic. As the world opens up, and more in-person engagements go ahead, arrangements are underway for an in-person PERT Planning Day, bringing together a wide range of expertise from within the ASPERT team. We have strengthened ties with our national consumer groups over recent years and look forward to having them represented here. We will also be joined by a number of newer ASPERT members, who have backgrounds in Statistics and Implementation Science.



## TEAM NEWS

LOUISE DALY



Kia Ora!

My name is Louise and I've joined the ASPERT team as a Research Assistant this summer. This position has been through the Future Health Researchers Programme at the University of Otago, Christchurch (formerly the Summer Studentship Programme). I will be continuing this position part time in 2023. Next year I will also be entering my 5th year of medical school at the University of Otago, Christchurch.

The past 6 weeks have flown by as I have come up to speed with the important research, advocacy and projects ASPERT has been involved with. I've been doing a bit of everything, from running social media accounts to making posters, helping with grant proposals and sending numerous emails! I look forward to meeting more of the team as I continue to assist with upcoming projects. If you haven't already, look out for my emails!

Much of my spare time is spent exploring Ōtautahi and the port hills, whether that on a run or on a bike. I love the outdoors and so you'll probably find me there if I'm not working or studying.

I'm really excited to stay on with the ASPERT team into the new year, as more projects get up and running. A big thank you to Dr Amanda Landers for her ongoing support and guidance. It has been both motivating and inspiring to see the depth and experience within the ASPERT team, and to see where this work continues to be placed within the wider body of pancreatic cancer research.

## PANCREATIC CANCER AWARENESS MONTH

NOVEMBER 2022

November was Pancreatic Cancer Awareness Month, an important time for pancreatic cancer researchers and supporters alike. We started the month off with a social media campaign on Instagram and Facebook, sharing posts about pancreatic cancer, signs and symptoms, risk factors and importantly, PERT. Across the two sites, we had positive engagement from other pancreatic cancer awareness organisations, as well as people living with pancreatic cancer and their families. Social media plays a strong role in both networking and collaboration, and understanding how to maximise these tools in a research setting is becoming increasingly important. See below for some examples.

World Pancreatic Cancer Day was then held on the 17th of November. Alongside social media posts, a display was put up in the Cancer Society Information and Learning Centre at Christchurch Hospital. This was a great opportunity to create awareness about pancreatic cancer, incorporating ASPERT research and patient experience.

This theme of awareness continued, with an online webinar on Diet and Nutrition in Pancreatic Cancer later in the month. This was run by Liam Willis, Executive Officer on the NZ Gut Cancer Foundation, alongside Helen Brown and Dr Amanda Landers from ASPERT. This webinar had positive engagement from a number of clinicians, people living with pancreatic cancer and their supporters, building from a previous webinar held last year.

Watch the recording here:  
<https://youtu.be/xp8iqvEHbUU>



## TEAM NEWS

### OUTGOING RESEARCH ASSISTANTS

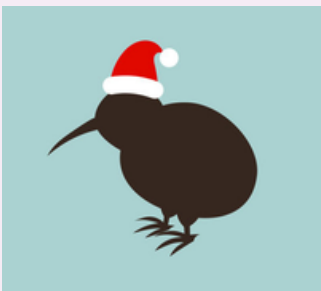
As 2022 comes to a close, we say goodbye to three outgoing Research Assistants. Anu Kau, Charlotte Cahill and Poppy McCall have contributed a significant amount of work over past 1-2 years with ASPERT, particularly working on the recent patient and clinician surveys.

Thank you for your contributions to these projects and the skills, experience and ideas you each brought to this group.

Good-luck for each of your medical and research careers, especially as you begin your Trainee- Intern or PGY-1 years.

## MERRY CHRISTMAS

Meri Kirihimete and a happy new year from the ASPERT team. We hope you have a restful break spent with family and friends. See you in 2023!



## FUN FACTS ABOUT USING MIXED MEDIA TO RECRUIT STUDY PARTICIPANTS

AMANDA LANDERS

1. If your participants are a small group, social media is more effective than traditional forms, such as newspaper and radio
2. Social media costs much less than other forms of media
3. If you are thinking of using social media to recruit, engage a graphic designer early
4. A wide range of people from all walks of life use social media

## WE'RE ON SOCIAL MEDIA!

ASPERT has Twitter, Facebook and Instagram profiles! Follow us to keep up to date with all things.

TWITTER: [@aspertstudy](https://twitter.com/aspertstudy)

FACEBOOK: [@aspertstudy](https://www.facebook.com/aspertstudy)

INSTAGRAM: [@aspertstudy](https://www.instagram.com/aspertstudy)

LINKEDIN: [@aspertAus/NZ](https://www.linkedin.com/company/aspertAus/NZ)



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