



AOTEAROA AUSTRALIA PANCREATIC ENZYME REPLACEMENT THERAPY RESEARCH GROUP

FROM THE PRINCIPAL INVESTIGATOR

AMANDA LANDERS



Tēna koutou katoa,

Where has 2025 gone?? I hope everyone had a lovely Easter break.

ASPERT is continuing with the work plan of research studies including the pancreatic cancer registry, systematic literature review of nutritional implementation strategies and a rapid review.

We have reached over 420 people across Australia and New Zealand with pancreatic cancer and asked them about their PERT use. Allison Love continues to create awesome social media assets to engage those interested in participating. She has big plans for Dietitians Week in June for both countries. Look for your dietitian celebrity coming soon!

ASPERT has also collaborated with the Gut Dysfunction group to further the work on the pancreatic exocrine insufficiency symptom scoring tool. The study is close to opening in Aotearoa NZ, with a new research assistant about to come on board and the awarding of a small grant for the tests. We have also had interest from two Australian sites willing to participate in this study. We also have plans to begin designing a new RCT implementation study for PERT in the coming months with grant applications due early next year.

Thanks for all the support and aroha we receive

Ngā mihi nui

Amanda

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2025**

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Above:

Ka rawe! The new pattern designed by Rosa Flood (Ngāti Kahungunu, Ngāi Tahu) for ASPERT outreach materials. The spiral form of the koru represents an evolving journey, as in the research process. The koru branch off each other, symbolising the act of coming together as community and whānau.

PACCSC SYDNEY 2025

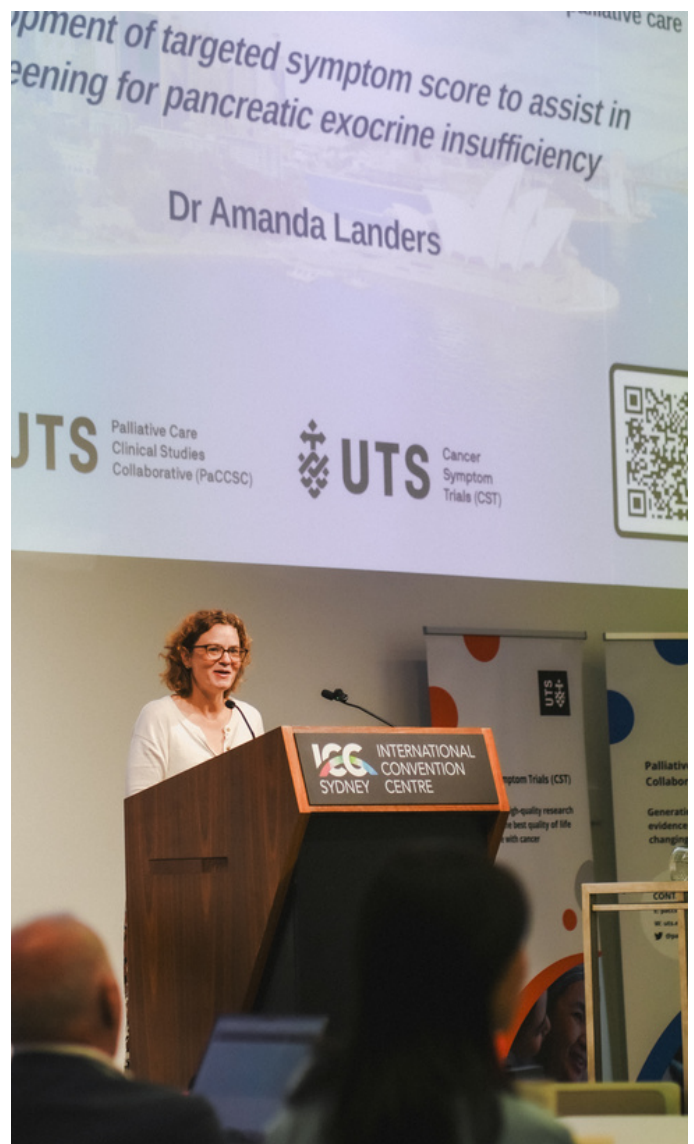
AMANDA LANDERS



It was great presenting to an international audience at the Palliative Care Clinical Studies Collaborative conference in Sydney on March 27th.

I showcased our new co-designed symptom screening tool study which will hopefully help health professionals diagnose pancreatic failure in people with pancreatic cancer.

The audience was very interested in our use of social media to recruit for our studies and asked a number of questions!



SYSTEMATIC LITERATURE REVIEW: BARRIERS TO NUTRITIONAL CARE IN CANCER

NIAMH FANNING

A systematic literature review of implementation strategies for nutritional care in cancer patients was performed by the ASPERT team, in collaboration with the implementation science team at UNSW led by Associate Professor Natalie Taylor, Dr Shuang Liang and Dr April Morrow¹.

This project explored all published evidence relating to implementation strategies for nutritional interventions in cancer. The goal was to understand what strategies work to improve evidence-based nutritional care of patients with cancer.

Data from 31 studies revealed the most commonly reported barriers to implementation of nutritional care were lack of knowledge,

awareness of guidelines among clinicians, and availability of resources such as clinical guidelines and staff resourcing.

This reflects published evidence from ASPERT that many clinicians are unaware of best-practice guidelines for treatment of pancreatic enzyme insufficiency².

Our review provided evidence that implementation strategies effectively improve clinical practice of nutritional interventions for cancer and improve outcomes. This includes adoption and acceptability of an intervention, service improvements, and patient health status, quality of life and satisfaction.

The most widely utilised implementation strategy found in the review harnessed educational elements between patient and clinician. Results of this review point to implementation strategies that effectively improve nutritional care and can be used to guide research to implementation of best-practice guidelines for treatment pancreatic enzyme insufficiency and prescribing of PERT in pancreatic cancer.

The project team is busy finalising a manuscript for submission to a nutrition journal.

1. Niamh C Fanning, Shuang Liang, Amanda Landers, Helen Brown, Catriona Rother, Natalie Taylor and April Morrow Implementation strategies for nutritional interventions in the cancer population: systematic literature review. (unpublished draft)
2. Landers A, Brown H, Russell K, Fanning N, Fu F, McKenzie C, Agar MR, Yenson VM, Clarke K, Windsor J. Prescribing of pancreatic enzyme therapy for malabsorption in unresectable pancreatic cancer: Cross-sectional survey across New Zealand and Australia. *Pancreatology*. 2024 Dec;24(8):1288-1293. doi: 10.1016/j.pan.2024.10.008. Epub 2024 Oct 13. PMID: 39419751.

'THE BIG PILL' OUTREACH CAMPAIGN

ALLISON LOVE

Are you a good guesser?

ASPERT recently asked the public to guess the number of gumballs in 'The Big Pill', a large capsule 1000 times the volume of one CREON. (Spoiler alert: the number of gumballs is revealed below!)

We also emailed this outreach campaign to aged care centres throughout Aotearoa New Zealand, inviting both staff and residents to enter guesses for a chance to win the sweets. Printable posters included an educational section on what PERT is, and asked any residents with pancreatic cancer to visit pancreasstudy.com to help move ASPERT's research forward.

We selected two winners - the closest guess submitted on our social media channels, and the closest guess from an aged care centre.

Congrats to our winners: Alice, who submitted her guess via the Aroha Care Centre in Lower Hutt, and Margrietha, who submitted her guess on ASPERT's Facebook page. (Note: this campaign was promoted on social media to adults age 40 and over only, so as not to blur the line between candy and medicine).

Drumroll please.... the actual number of gumballs in 'The Big Pill'? 1439!
Cheers to all who participated in this outreach campaign, or shared it with your network.


Aspert Pancreatic Enzyme Therapy Research Network
20 January · 🌐

Kia ora from the ASPERT team.

Today we bring you a few hints in The Big Pill Lolly Guess!

Our pill-shaped capsule of sweets is quite a lot larger than an actual capsule of PERT (Pancreatic Enzyme Replacement Therapy, a fully funded digestive enzyme which helps people with pancreatic cancer digest their kai).... [See more](#)



Post your guess by Jan 31 to win!

PANCREASSTUDY.COM
pancreasstudy.com
This study is only open to residents of Aotearoa New Zealand and Austral...

Get 10% lower cost per action with tailored web traffic campaign setup. [Try Ads Manager](#)

6 15 comments 1 share

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Jason Ryder
Er you can't swallow them all at once lol

13w Like Reply Hide


Jean Dundas
Multiple 🍬

14w Haha Reply Hide 🍬


Ken Namana
2000

13w Like Reply Hide


Belinda Chapman
79824

13w Like Reply Hide


Maureen Sibbald
1760

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Geoff Ross
2479

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TEAM NEWS

DR. JODIE ELLIS



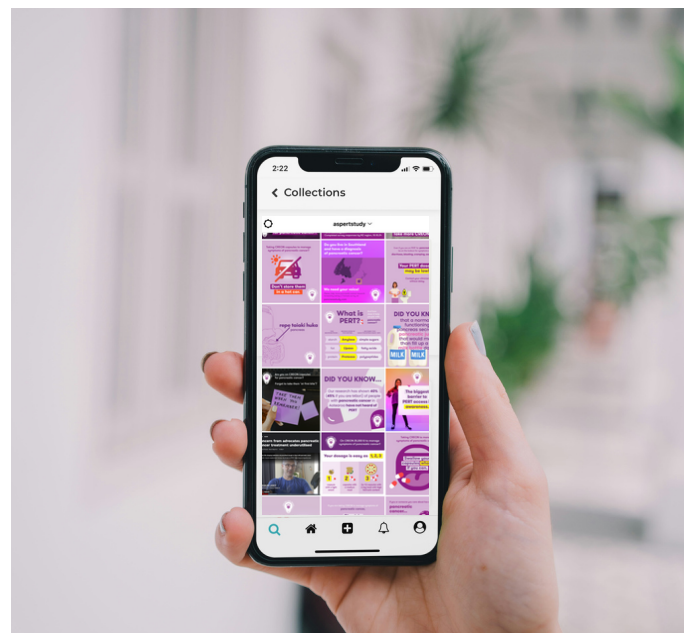
It is with great delight that we spotlight ASPERT team member Dr. Jodie Ellis.

Dr. Ellis is the Department Head of Dietetics, Speech Pathology, and Psychology at Calvary Health Care Kogarah (Sydney), where she oversees a multidisciplinary team providing expert care. An Accredited Practising Dietitian, she brings extensive experience in palliative care, aged care, and rehabilitation, alongside a strong research focus.

In addition to her role at Calvary Health Care, Dr. Ellis serves as an Adjunct Associate Professor at the University of Technology, Sydney, and a Professional Associate at the University of Canberra. Her research interests span both qualitative and quantitative methodologies, with particular focus on cancer cachexia, pancreatic exocrine insufficiency, and the impact of nutrition-related symptoms on quality of life in palliative care settings.

Dr. Ellis completed her PhD on the psychosocial effects of food and nutrition on hospitalised oncological

palliative care patients and their families, using phenomenological research methods. Her work emphasizes the importance of understanding the lived experiences of those affected by these conditions, guiding improvements in care and support.



WE'RE ON SOCIAL MEDIA!

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