



Grant recipient

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Grant details

GRANT TYPE	Post Graduate Publishing Bursary	FUNDING ROUND	
GRANT REFERENCE	2018BUR-003	GRANT AMOUNT	\$5,000

Final report

1. Scientific Assessing Committee report

This grant provided the financial means to prepare two valuable publications from my PhD research. Both papers will be submitted to the European Respiratory Journal (impact factor: 12)

The first paper - "A systematic review of methods of citric acid cough reflex testing" - has value for both the clinical and scientific communities across a range of disciplines. The study found that methods of citric acid cough reflex testing lack standardization and are poorly reported in published manuscripts. This precludes replication of methods of citric acid cough reflex testing, and comparison of findings across studies.

The review highlights the importance of standardizing methods of citric acid cough reflex testing across laboratories and disciplines in order to facilitate comparison and interpretation of study outcomes. It is anticipated that the publication of these findings will contribute towards the development of standards of citric acid cough reflex testing in the future.

The second paper - "Nebulised distilled water to modulate cough sensitivity - a safety study", evaluates the safety and efficacy of a novel sensory stimulation protocol to modulation cough sensitivity, as a potential treatment for silent aspiration (i.e. reduced or absent cough sensitivity). This is the first study in the literature to use aerosol inhalation to sensitise the cough reflex as a rehabilitation approach for silent aspiration. The results of the study revealed that the nebulized distilled water sensory stimulation protocol is safe and can potentially enhance cough sensitivity in a cohort of healthy adults. These findings provide vital preliminary evidence to evaluate the safety and efficacy of the sensory stimulation in patients with laryngeal sensory deficits following neurological injury.

Publication of these findings a month following the submission of my PhD would not have been possible without the support of the CMRF publishing bursary. The support of the CMRF has been acknowledged in both manuscripts.

3. Feedback

The ability to apply for the bursary prior to submitting my PhD was really helpful, as I was able to commence the bursary as soon as I submitted my PhD. Communication with the CMRF has been excellent and I have always had timely responses to my queries. Publication of these papers facilitated me to secure post-doctoral studies, which was my primary goal upon finishing my PhD.