# Video Transcript: 2024-25 Premier’s Awards for Health and Medical Research Dr Alisa (Lisa) Higgins

## Dr Lisa Higgins

My name is Dr Lisa Higgins and I completed my project at the Australian and New Zealand Intensive Care Research Centre at Monash University and that’s where I’m currently based now.

Vision: View of Lisa outside the Monash University.

Text: 2024-25 Premier’s Awards for Health and Medical Research. Celebrating the achievements of Victoria’s early career health and medical researchers. Dr Alisa (Lisa) Higgins. Clinical Researcher Award. Victoria State Government. 30th Anniversary. Supported by ASMR, Australian Society for Medical Research.

Text: Why did you become a health or medical researcher?

## Dr Lisa Higgins

So I’ve always loved research. I did my undergraduate degree as a physiotherapist, and we did quite a few research subjects. And, I really loved the idea of trying to work out how we can best treat patients, get better patient outcomes, so it’s been something I’ve been interested in since the very start.

Text: Please introduce your nominated research project. What problem is it addressing?

Vision: View of Lisa speaking with a lady at Monash University.

## Dr Lisa Higgins

So, it’s REMAP-CAP Trial which stands for Randomised, Embedded, Multifactorial Adaptive Platform Trial for Community Acquired Pneumonia. And, it’s a trial for critically ill patients with community acquired pneumonia which was designed to be adaptive in the pandemic. And, so my part of the project was looking at the long-term outcomes of patients with COVID-19.

Vision: View of working at the computer.

## Dr Lisa Higgins

In the trial our primary outcome looks at a short-term outcome, it looks at organ support-free days and short-term survival, and that’s really important in a pandemic because we want to get the answers as quickly as we can. But, what’s also really important is understanding the impact that those interventions have on long-term outcomes, the outcomes that are important to patients, so their long-term survival, their disability, their quality of life.

Text: What have been the project’s results?

## Dr Lisa Higgins

So, when we looked at the longer-term outcomes, so we found that things like the Interleukin-6 Receptor Antagonists which we found were beneficial for our short-term clinical outcomes, was also associated with improved survival six months after COVID.

Vision: View of Lisa walking with another lady in the corridor.

## Dr Lisa Higgins

But importantly, we also showed that in all probabilities it improved quality of life and reduced disability. And this was a really important outcome for us because what we don’t want to do when we save people’s lives is have them with really high levels of disability or really poor quality of life. So it was really good to be able to show that our short-term clinical outcomes were actually associated with improved long-term outcomes.

Text: How could this project make a difference to people’s lives?

Vision: View of Lisa in a meeting with others.

## Dr Lisa Higgins

COVID-19 threw us all, you know, we didn’t know what we were doing, we didn’t know how to treat it, it was a new disease, and to be able to bring everyone together globally to address such an important need to work out how to treat these patients and how to get improved long-term outcomes for them, was just so important in the pandemic, and I think really important to recognise that, you know, it was a huge team effort to bring together so many people and to be able to understand how we can get better outcomes for COVID patients. We all know how devastating it was with the pandemic, and just to be able to be a part of that and show how we can improve long-term outcomes I think was a real privilege.

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