# Video Transcript: 2024-25 Premier’s Awards for Health and Medical Research Dr Louisa Picco

## Dr Louisa Picco

My name is Louisa Picco, and I was a PhD student and I’m now a Research Fellow at the Monash Addiction Research Centre, which is part of the Eastern Health Clinical School at 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 Louisa Picco. Public Health 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 Louisa Picco

I first got exposed to research when I was doing my Masters of Public Health.

Vision: View of Monash University sign and campus. View of Louisa entering building.

## Dr Louisa Picco

One thing I love about the research that I do is I get to work with consumers and people with lived or living experience, and really involving them in our research and having their inputs helps ensure that the end product of our research is aligned with their needs, and their voices are being heard at all stages throughout our research.

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

## Dr Louisa Picco

The name of my project is Addressing a Global Public Health Crisis, a Multifaceted Approach to Addressing Opioid Related Harms.

Vision: View of Louisa and others talking. View of screen showing details of opioid statistics.

## Dr Louisa Picco

In Australia we have one of the highest rates of opioid prescribing per capita in the world, and so I guess my research and the research of our team is really about adopting a multifaceted and evidence-based program of research that tries to look at the impacts of opioid policies, while informing clinical practice and also, I guess, promoting harm reduction approaches and strategies.

Text: What have been the project’s results?

## Dr Louisa Picco

We’ve looked at, as I said, a broad range of aspects in terms of reducing opioid related harms.

Vision: Monash Addiction Research Centre sign. View of Louisa speaking with another person.

## Dr Louisa Picco

We’ve looked at the impacts of opioid policies which have been introduced in Australia, so in particular prescription drug monitoring programs, and these are online databases that track prescribing and dispensing of high risk medicines like opioids, and they really help inform clinical decision-making.

Since launching the toolkit in August of last year, we’ve seen really positive uptake with over 60,000 people accessing the toolkit to date.

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

## Dr Louisa Picco

Seeing the toolkit materialise into a useful resource that’s being used by so many people already is really pleasing to see, and it really demonstrates how research can make a difference to people’s lives.

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