

# Blow, Breathe, Cough (BBC): A telehealth-facilitated randomised-controlled trial utilizing a health promotion intervention to resolve otitis media with effusion for children on specialist Ear, Nose, and Throat (ENT) waiting lists

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## Clinical Experience

I spent 1 day a week assisting in the Ear Health's team various clinics in which we performed audiometry tests to measure the prevalence of OME

## Manuscript Preparation

My main project was preparing a protocol manuscript for publication. This study examines the effectiveness of a simple, low-cost, family-led health promotion intervention in resolving persistent otitis media with effusion (OME, also known as "glue ear") and the spontaneous resolution of children with OME on the Perth Children's Hospital ENT waiting list. I went through several rounds of revisions with the team and ended up submitting a 30-page manuscript draft for later publication.

## Reflection

I had a fantastic time working with the Ear Health at Telethon Kids institute. The most inspiring part of the internship was learning from the Aboriginal Community Advisory Group (ACAG) and seeing how Telethon Kids Institute incorporates and cherishes their partnership with the Aboriginal and Torres Strait Islander community. I was honored to be part of such an inclusive work environment and will look for such in my future workplace.



## The Future

I learned a lot of skills from my internship with Telethon Kids Institute that will benefit me in my future career. The most crucial aspect of this internship was getting hands-on scientific research experience and formal scientific writing experience. As a pre-med, Sociology major, preparing a manuscript for publication gave me important practice and knowledge that I otherwise would not have gotten.

## Travel



Caversham Wildlife Park



Rottnest Island



Lancelin Sand Dunes

## Acknowledgments

I would like to thank my supervisor Christopher Brennan-Jones, as well as my coworkers Jaimee Rich, Melinda Edmunds, and Tamara Veselinovic for the knowledge they shared with me and all of their help. I would also like to thank the Telethon Kids Institute for sponsoring us!