

# WESTERN SYDNEY UNIVERSITY



## Non-pharmacological approaches to glucose management in diabetes

### ABOUT THE PROJECT

#### Background

Diabetes Australia supports and activates cross-disciplinary research and collaboration between academia and industry through the co-funding of research awards and scholarships aligned to the priority research needs of people living with and at risk of diabetes. The objective of this approach is to fast-track research and development to improve the lives of people, health systems and society sooner and assist emerging researchers in addition to developing scientific and technical skills, acquiring practical skills and knowledge in real-world settings.

#### Opportunity

Gestational diabetes mellitus (GDM) and type 2 diabetes (T2D) are associated with a range of hyperglycaemia-related complications. Both conditions often require additional therapies beyond nutrition, physical activity and weight management to reduce hyperglycaemia to a level less associated with these complications. Postprandial-glucose elevations can be a significant problem, particularly with the need for the person with diabetes to understand and address the carbohydrate content of any food or drink consumed. At times, specific strategies are needed to reduce this postprandial rise. To this end, Myopharm have developed OMNI-D, a premeal drink that has been demonstrated to pre-stimulate insulin release to reduce this post-prandial rise. This project is focussed on non-pharmacological approaches such as OMNI-D for glucose management of GDM with the potential to explore similar approaches beyond GDM such as roles in T2D or pre-diabetes. Aspects to be studied include:

- A systematic review of nutritional and on-pharmacological approaches to improve glucose during pregnancy and beyond
- A program of study on one non-pharmacological product (OMNI-D preload, Myopharm or similar formulations) in glucose management in GDM including the effect on post-prandial glucose and pregnancy outcomes

### WHAT DOES THE SCHOLARSHIP PROVIDE?

The successful applicant will receive;

- Domestic Candidates will receive a tax-free stipend of \$50,000 (AUD) per annum for up to 3.5 years to support living costs, supported by the Research Training Program (RTP) Fee Offset.
- \$10,000 Expense and Development Package per year to cover support for conference attendance, fieldwork, business training and additional costs as approved by the School/Institute through the supervisory team.
- Industry partner will also provide additional funding to support any clinical research requirements as part of the PhD studies.

### ELIGIBILITY CRITERIA

We welcome applicants from a range of backgrounds, who are keen to apply their skills to diabetes management. In particular, the project is suitable for candidates with strong interests in diabetology, human nutrition and clinical science.

The successful applicant should:

- Hold qualifications and experience equal to one of the following (i) an Australian First Class Bachelor (Honours) degree, (ii) coursework Masters with at least 25% research component, (iii) Research Master's degree, or (iv) equivalent overseas qualifications.
- Be an Australian citizen or Permanent Resident, or a New Zealand citizen
- Not have previously completed a PhD
- Not be in receipt of another primary scholarship
- Be able to commence the Program in the year of the offer
- Enrol as a full-time PhD student; and,
- Be prepared to be located at the project location(s) that has been approved and, if required, comply with the Western Sydney University's external enrolment procedure.
- Demonstrate strong academic performance in subjects relevant to diabetes
- Have an understanding of the importance of Gestational Diabetes Mellitus.
- Be willing to learn how to perform a randomised clinical trial
- Be enthusiastic and highly motivated to undertake further study at an advanced level.

### HOW TO APPLY

1. Review the project's eligibility criteria. You will need to provide in your application a document which explains how you satisfy the projects eligibility criteria.
2. Submit an Expression of Interest (EOI) via the [Online Portal](#).
3. Once your EOI is approved, log back into the [Online Portal](#) and submit your completed application by the application deadline.

Incomplete applications or applications that do not conform to the above requirements will not be considered.

For questions and advice about the research project, please contact;

- Prof. David Simmons: [Da.Simmons@westernsydneye.u.au](mailto:Da.Simmons@westernsydneye.u.au)

Applications close **31 January 2026**

- Applications close at 11.59pm Australian Eastern Daylight Time (AEDT).
- Scholarship reference code:PS2026\_006\_CS0763108\_SoM