

# Priceless



The news bulletin for supporters of the Clifford Craig Foundation

## Research & Innovation Centre Commitment by Government

Following several years of strategic planning, consultation and lobbying by the Clifford Craig Foundation, a dedicated research and innovation centre is one step closer following a commitment by state Liberal Government to partner with the Foundation and develop a memorandum of understanding (MoU) to establish the centre on the Launceston General Hospital's main campus.

Premier Peter Gutwein conveyed the positive commitment on the eve of the recent State election, after the Foundation had previously submitted a proposal to the Government for the research centre, which is intended to deliver a co-designed research program for the north and north west of the state.

Clifford Craig Foundation originally commissioned a report by KP Health in 2016 to establish a Northern Tasmanian Strategic Framework for Clinical Research. The objective of the report was to identify the shortfalls that impacted health research activity at the LGH, whilst providing a much-needed forward vision and strategy that will enhance the delivery of clinical services that are informed and improved by clinical research.



Due to the KP Health report sitting somewhat dormant by the Department of Health, the Foundation decided to further advance their desire for the development of research across Northern Tasmania and prepared a business case for the establishment of a dedicated research & innovation centre, which was presented to the previous Minister for Health, Sarah Courtney in November 2020.

Ms Courtney conveyed the Government recognised the importance of the Foundation and medical research more broadly, and the proposal represents a unique opportunity.

Clifford Craig CEO, Peter Milne said "this has been several years in the making but we are now delighted the Government has positively recognised the beneficial outcome for the health of our regional community through this proposal and have committed to bring it to fruition."

"Our proposal will help overcome many of the shortfalls that happen in regional communities and their hospitals. The development of the MoU represents the next step towards securing the future of medical research for the region", he said.

The major benefits of a dedicated health research and innovation centre with the resources to increase the quality and quantity of health research, will:

- Enhance the THS's capacity to recruit, retain and train medical specialists and high-calibre health professionals to Tasmania's North and North West
- Improve the coordination and management of health research and comply with national and state research governance policies and guidelines, including those of the Australian Commission on Safety and Quality in Healthcare
- Increase the visibility of research in the local community and encourage consumer participation in clinical research in rural and regional Tasmania
- Enhance the capacity of the THS to attract research investment and employment to rural and regional Tasmania
- Improve the capacity of the THS to translate health research into improved practice and patient outcomes in rural and regional Tasmania
- Improve the clinical and organisational performance of the THS in the North and North West through lower patient mortality, increased levels of patient satisfaction, reduced staff turnover, improved staff satisfaction and improved efficiency
- Improve linkages and collaboration across the THS, and with the Department of Health and other research organisations, including state, national and globally located.

Preparation of the MoU has commenced and will focus on two elements, (1) the development of the most appropriate research model that will improve the coordination and management of research and (2) the physical location and layout of the proposed "fit for purpose" research centre that will house all the research interests of the hospital within the one facility.



# Research saves lives

**Help us to help you  
and your loved ones.**

**100%** of your donation  
**remains in Tasmania**  
and is used for medical  
research or the specified  
area of need in our  
community.

Donate today.

[www.cliffordcraig.org.au](http://www.cliffordcraig.org.au)

P: 03 6777 6010

**Please save this coupon for when you next wish to make a gift to support innovative medical research at the Clifford Craig Foundation.**

I would like to make a one-off donation of \$ \_\_\_\_\_

I would like to have monthly donations of \$ \_\_\_\_\_ deducted from my credit card.

*All donations over \$2 are tax deductible.*

Please complete the following details:

Title: Mr / Mrs / Miss / Other

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_ P'code: \_\_\_\_\_

Telephone: \_\_\_\_\_

Email: \_\_\_\_\_

I have enclosed my cheque made payable to Clifford Craig Foundation.

Please debit my credit card.



Credit Card number

\_\_\_\_ / \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Expiry \_\_\_\_ / \_\_\_\_

Cardholder's Name

\_\_\_\_\_

Cardholder's Signature

\_\_\_\_\_

I am considering making a gift in my Will and would like to know more about how it will benefit.

I have already included a gift to Clifford Craig Foundation in my Will.



PO Box 1963, Launceston TAS7250

T 03 6777 6010

E admin@cliffordcraig.org.au

www.cliffordcraig.org.au

**From the CEO**



As the population continues to face the ongoing challenges posed by COVID-19, the strengths of our hospitals and healthcare system have been vital to

Australia's response. Awareness of the role medical research plays in developing treatments for emerging healthcare challenges has also significantly increased in our community.

The Clifford Craig Foundation and our family of supporters have long assisted the advancement of medical research here in Tasmania with the vision of providing the residents of North and Northwest Tasmania with access to the best hospital and healthcare possible.

I would like to especially thank everyone that contributed to our mid-year research appeal. The focus of the appeal this year was Motor Neurone Disease and we greatly appreciated the inspirational input of MND patient Steve Backhaus from Flinders Island who agreed to be the face of the appeal. I spent some time with Steve earlier this year to prepare a video about his MND journey, and it was a huge reminder that we as a society have a responsibility to continually support the incredible work of our medical researchers who are seeking to find the answers to diseases such as MND.

As supporters of the Foundation, I am sure you will be pleased with the announcement by the Tasmanian Government regarding the establishment of a dedicated Health Research & Innovation Centre here in Northern Tasmania. This will be a transformational advancement for "hospital based medical research" across the northern half of the state.

Our organisation has been strategically working towards the delivery of this development for several years and we will now advance our discussions with the Federal Government to attain their support for this important development which provides a nationally recognised model that addresses the healthcare challenges faced by regional communities in Australia.

Thank you for supporting the important work of the Foundation

*Peter Milne*

**Peter Milne**  
Chief Executive



**LGH Masterplan**

**The future development of the Launceston General Hospital (LGH) has been set out in detail with the release of the LGH Masterplan by the Minister for Health, Jeremy Rockliff.**

The acute referral hospital for people living in the North and North West Tasmania, the LGH Masterplan presents a roadmap for the development of the hospital precinct to meet future demand and support the delivery of safe, high quality healthcare over the next 20 years. The state Government has committed an additional \$580 million over 10 years to fund the next stages of development.

Key major developments outlined in the masterplan include:

- A new mental health services precinct with contemporary facilities to enable safe and therapeutic, recovery-focused care, designed to enhance privacy;
- A new inpatient unit purpose-built and designed for the care of older people;
- A new tower on the current Northside site to provide necessary expansion space to make ward improvements, and to meet projected demand for in-patient and ambulatory care services;
- A new hospital entry and drop-off zone accessed from Cleveland Street, linked to a new central heart for the hospital to simplify visitor circulation inside the LGH, improve wayfinding and improve pedestrian and vehicle safety on the precinct; and
- A new administrative and learning hub at 39 Frankland Street, consolidating administrative, learning and collaboration activities into a central hub away from the main campus to help ease congestion and create more space for clinical activities.

As part of the LGH Masterplan, it is proposed the Clifford Craig Research Centre will be relocated to a new Education & Research Precinct within the existing NICS building.

*Graphic courtesy Examiner Newspaper*

**LGH DRAFT MASTERPLAN**  
PROPOSED STAGES (SUBJECT TO SITE INVESTIGATION, MODEL OF CARE DEVELOPMENT AND DETAILED DESIGN)

**STAGE 1:**

- New administrative and learning hub at 39 Frankland Street
- Install 9 negative pressure rooms in the Acute Medical Unit
- Deliver a new central processing unit
- Complete fitout of Levels 3 and 5 of the Charles Street Tower for women's and children's outpatient services
- Refurbish Ward 3D as a dedicated and purpose-built older persons inpatient unit
- Redesign the Emergency Department airlock
- New coronary care unit
- Redesign and expansion of medical imaging
- Commence planning for new mental health services precinct

**STAGE 2:**

- Preparation and demolition works for the Anne O'Byrne site
- Construct new mental health services precinct
- Install additional negative pressure rooms in the Acute Medical Unit
- Relocation of Infusion Services from the Day Procedure Unit
- Improved facilities for Neurology Services
- Preparation and demolition works for the Northside site

**STAGE 3:**

- Construct new tower on the Northside site
- Expand and improve inpatient units
- Establish consolidated theatre complex
- Expand Pharmacy, Pathology and Holman Clinic
- Consolidate back of house services
- Create new hospital front entrance



Proudly assisting the Clifford Craig Foundation



# COVID-19 NW Tasmania Outbreak Immunity Study

**Tasmanians will recall the COVID-19 outbreak in the north west of the state in March and April of 2020 which occurred predominantly at the North West Regional Hospital at Burnie but also included the North West Private Hospital and the Mersey Community Hospital. A total of 138 cases were recorded comprising of 80 staff, 25 patients and 33 others, including household contacts of staff.**

Whilst the outbreak will be remembered as a public health emergency, many of the NW healthcare workers who contracted COVID-19 during the outbreak have volunteered to participate in a collaborative research study which is aiming to understand the persistence of immunity following COVID-19 infection, including the long-term effects of COVID-19 (long COVID), on the immune system. The study focuses on the cell mediated immune response, rather than antibodies, which are thought to be crucial for long term protection and control of severe disease. They may also contribute to the symptoms in long COVID. The results aim to contribute to the design of vaccines which induce long-lasting protective immunity and treatment strategies to overcome the symptoms of long COVID. Being undertaken in Tasmania by the Head of Infectious Diseases at the Launceston General Hospital, Professor Katie Flanagan, the study involves the collection of blood samples from the NW outbreak, in addition to samples collected from COVID-19 patients in Melbourne and the United Kingdom.

Long COVID impacts some people who have contracted COVID-19 whereby they continue to experience a range of symptoms for longer than usual after initially contracting the virus. The ongoing symptoms include cough, breathlessness, headache and fatigue, but it can also affect other parts of the body, including the heart, brain, and gut.

The mechanisms of long COVID are yet to be elucidated but, in addition to long term effects on cell mediated immunity, COVID-19 may also modify DNA leading to persistent changes in gene expression. This has been shown to occur for several viruses but has not yet been explored for SARS-CoV-2 (the virus that causes COVID-19). This study proposes to investigate this question.

The study population includes NW healthcare workers who developed COVID-19 in 2020 as well as a number of uninfected volunteers. It will explore the effects of COVID-19 at approximately 6 months and 1 year after acquiring the infection.

Prof Flanagan explains “since COVID-19 is such a new disease we don’t know much about its long-term effects. Since we don’t know how long immunity lasts, we will analyse the immune response to the virus at both timepoints.”

Immunological analyses of the blood samples taken from the participating centres is being undertaken at the School of Health & Biomedical Sciences at RMIT University in Melbourne. The Tasmanian cohort of the study is funded by the Clifford Craig Foundation.

# Wild Wild West

After a one-year interruption due to COVID-19, the annual Clifford Craig Foundation Ball returned in May with a very popular “Wild Wild West” theme.

Whilst attendance was limited due to COVID restrictions, 230 people enjoyed a night that was full of fun and entertainment. The flagship event has become a popular event on the social calendar and raises important funds to support the medical research program at the Launceston General Hospital.

Thank you to everyone who made the night a great success, especially our generous event partners and sponsors, and those who donated prizes for the auctions and raffle.

Bookings are already being taken for the 2022 Ball and please contact the Foundation office if you would like to reserve a table.



## Run and Walk for YOUR Heart

Are you looking for motivation to get active this coming spring and summer?

Registrations are now open for our annual community heart health awareness event, **Run & Walk for Your Heart**. Held on Sunday 3rd October, the annual 5km event is the perfect opportunity for you, your family, and friends to participate and commence your summer fitness and health regime because it happens on the first day of daylight savings.

Northern Tasmania has the highest rate of heart disease in Australia and through this event, the Clifford Craig Foundation aims to create awareness of heart disease and the importance of regular physical activity.

We hope you will join us and support the fight against heart disease. Funds raised from the event will support heart research in Northern Tasmania.

### Why Run & Walk for Your Heart?

*Heart disease affects 1 in 6 Australians and 2 out of 3 families*

### What you can do?

*Make a personal commitment to stay active and reduce your risk of heart disease*

**WHERE:** UTAS Stadium Precinct  
**WHEN:** Sunday 3rd October  
**START TIME:** 9.30am - Kids event  
10am - 5K event

**ON-LINE REGISTRATION** now available:

[www.cliffordcraig.org.au](http://www.cliffordcraig.org.au)



# About Heart Disease



**Heart disease is the  
SINGLE BIGGEST  
CAUSE OF DEATH  
in Australia<sup>1</sup>.**

**1 in 20  
Australians are  
currently  
affected  
by some form of  
heart  
disease<sup>2</sup>.**

1. 3303.0 - Causes of Death, Australia, 2018. Australian Bureau of Statistics. 2. 4364.0.55.001 - National Health Survey: First Results, 2017-18. Australian Bureau of Statistics.

Heart disease is Australia's leading single cause of death, with 18,590 deaths attributed to heart disease in Australia in 2017.

The alarming statistics reveal that heart disease;

- Affects 4.2 million Australians
- Kills one Australian every 28 minutes
- One in three Australians will die prematurely of the disease
- Costs Australia around \$12 billion in healthcare spending every year

Heart disease is an umbrella term for range of conditions that affect your heart. Diseases under the heart disease umbrella include blood vessel diseases, such as coronary artery disease; heart rhythm problems (arrhythmias); and heart defects you're born with (congenital heart defects), among others.

The term 'heart disease' is often used interchangeably with the term 'cardiovascular disease'. Cardiovascular disease generally refers to conditions that involve narrowed or blocked blood vessels that can lead to a heart attack, chest pain (angina) or stroke. Other heart conditions, such as those that affect your heart's muscle, valves or rhythm, also are considered forms of heart disease.

Keeping your heart healthy, whatever your age, is the most important thing you can do to help prevent and manage heart disease.

**A number of conditions involve the heart or the circulation of blood through the blood vessels:**

- coronary heart disease
- heart attack
- heart failure
- stroke
- arrhythmias – abnormal heart beats
- aneurysm – a bulge caused by weakening of the heart muscle or artery
- septal defect – an abnormal opening between the left and right sides of the heart
- peripheral vascular disease – a disease of the large blood vessels of the arms, legs, and feet

- rheumatic heart disease – caused by rheumatic fever, and mainly affecting the heart valves
- congenital heart disease – defects or malformations in the heart or blood vessels that occur before birth.

By improving your lifestyle, including your diet and level of fitness, you can minimise your risk of getting cardiovascular disease. Even if you have two or more risk factors, you can still make changes that will reduce your chances of developing heart problems.

#### Risks you can control

- Smoking
- Cholesterol
- High Blood Pressure
- Being inactive
- Diabetes
- Being overweight
- Unhealthy diet

#### Risks you can't control

- Age: As you get older, your risk of heart disease increases.
- Gender: Men are at higher risk of heart disease. Women's risk grows and may be equal to men after menopause.
- Ethnic background: People of some origins (e.g. from the Indian sub-continent) have higher risk. Aboriginal and Torres Strait Islander people have more risk because of lifestyle factors.
- Family history: If someone in your family has cardiovascular disease, speak to your doctor about your risk.

# Board Movements

The recent Annual General Meeting of the Clifford Craig Foundation saw the retirement of four longstanding directors in accordance with Board Tenure requirements.

Ken Bassett, Geoff Arnott, Tom O'Meara and Michael Roberts were farewelled after a combined 60 years as Directors.

Clifford Craig Chairman, Ass/Prof Don McTaggart thanked all four directors for their invaluable contributions to the growth and progress of the Foundation during their many years of service. "During their tenure, all four were members of key sub-committees and we thank Ken, Tom, Geoff and Michael for their leadership and dedication."

Through the implementation of the governance review that was undertaken in 2019, the Foundation Board is undergoing a director renewal program over a three-year period which

has included the establishment of new tenure limits for Directors. Former company secretary Jill Dearing and fellow director Ian Routley stood down in 2020.

Launceston solicitor Kai Beyerle was elected to join the Board at the AGM, joining the four most recent additions to the Board Lyndal Kimpton, Judith Watson, Neroli Ellis and John Batten who were elected in the previous year.

At the time of writing this newsletter, the process to recruit replacement directors is underway and we will introduce the successful applicants in the Christmas edition of Priceless.

## Meet the Board



**Chairman  
Associate  
Professor  
Don McTaggart**

AM  
Cardiologist,  
Professor University  
of Tasmania  
MBBS, FRACP,  
FCSANZ, DDU



**Non-Executive  
Director  
Dr Judith  
Watson**

General  
Practitioner.  
FRNZCCGP,  
MRACGP



**Company  
Secretary  
Mrs Lyndal  
Kimpton**

Partner, Ruddicks  
Chartered  
Accountants.  
Accountant/Tax  
Agent, Member  
of Australian  
Institute of  
Company Directors



**Non-Executive  
Director  
Dr James  
Markos**

Respiratory and  
Sleep Physician.  
Fellow of the  
Australian  
College of  
Physicians,  
MBBS, FRACP



**Non-Executive  
Director  
Mr Mark Baker**

Chief Executive  
Officer,  
Northern  
Tasmania  
Development  
Corporation.  
BA & MA



**Non-Executive  
Director  
Mr Eric Daniels**

Chief Executive  
- Hospitals N/  
NW Fellow of  
the Australian  
College of  
Nursing  
Australia, FACN,  
SRN, RSCN,  
ORNC, B Adm



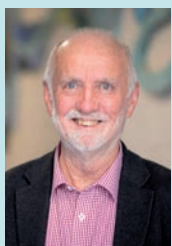
**Non-Executive  
Director  
Mr John Batten**

AM  
Retired  
Orthopaedic  
Surgeon. MBBS,  
FRACS Orth,  
FAOrthA,  
GAICD



**Non-Executive  
Director  
Mrs Neroli Ellis**

Deputy President  
Tasmanian  
Industrial Commission,  
Fellow of Australian  
Institute of Company  
Directors, BN,  
MBA



**Non-Executive  
Director  
Dr John  
Wettenhall**

OAM  
Retired  
Gastroenterologist  
and Physician.  
B.MED.SC,  
MBBS, MRACP,  
FRACP



**Non-Executive  
Director  
Mr Kai Beyerle**

Lawyer, Douglas  
& Collins,  
BALLB(Hons)

## Who was Clifford Craig?



The Clifford Craig Foundation was named after Dr Clifford Craig who came to Launceston in 1926 and made a highly impressive contribution to the Launceston General Hospital and the broader medical community.

Dr Craig's association with the Launceston General Hospital included;

- Surgeon-Superintendent 1926-1931
- Honorary Surgeon 1931-1941
- Surgeon-Superintendent 1941-1949
- Director of Surgery 1949-1951
- Radiologist 1952-1961
- Board of Management 1947-1950, 1957-1966
- Author of *The First 100 Years of LGH* 1963
- Retired from medical practice 1977

Dr Clifford Craig died 5th September 1986



# 11th Year of Soup & Sandwiches

After being forced into a temporary recess during 2020 due to COVID-19, the “Launceston Friends of Clifford Craig” are once again displaying their wonderful fundraising expertise to support the medical research program at the LGH.

The enthusiastic group of volunteers held their annual Soup & Sandwich Luncheon during July with a capacity 130 people in attendance. This was the 11th such event which was first held in 2010. President of the “Friends”, Lyn Dent estimates that during that time they have made approximately 4700 sandwiches, 60 boilers of soup and served 1200 cups of coffee and tea.

“Importantly, the function has raised approximately \$30,000 over the 11 years for medical research”, she said.

Neurologist Dr Lauren Giles was the guest speaker at this year’s luncheon, and she provided the audience with an insight into her medical career journey and a presentation on Motor Neurone Disease and the research project she is undertaking into MND.



Grahame is busy at the stove



President Lyn Dent with guest speaker Dr Lauren Giles



The friendly serving team

## Strong Attendance for Inaugural Research Training Course

The Clifford Craig Foundation’s commitment to support educational and training initiatives for health staff went to another level earlier this year with the first ever “Introduction to Research” course be held at the Launceston General Hospital.

With the aim of encouraging and strengthening participation in health research at the hospital, the course was offered to all clinical staff and was enthusiastically undertaken by approximately 35 attendees.

The idea for the new training course came from gastroenterologist Professor Nick Shackel who recently joined the hospital from Sydney where he was involved in a similar training course.

Under the guidance of experienced research tutors, the course was conducted over seven weeks on a Monday evening and taught the basic principles of research methods and the first steps in developing a practical research project.

In an exciting conclusion, course participants have the opportunity to further their research interests through two Newcomer Research Scholarships which will be funded by the Cuthill Family Foundation. The two \$12,500 scholarships will enable two clinicians that are new to research to undertake a fully supported translational research study at the hospital.



## For the Diary

### Run & Walk for your Heart

**When:** Sunday 3rd October  
**Where:** UTAS Stadium & Inveresk Precinct  
**Time:** 9:30am Kids - 800m & 10.00am - 5K  
**Entries:** [www.cliffordcraig.org.au](http://www.cliffordcraig.org.au)

### Launceston Friends of Clifford Craig - Melbourne Cup Lunch

**When:** Tuesday, 2nd November 2021  
**Where:** Drysdale Restaurant (TasTafe College)  
**Time:** 12 Noon  
**Bookings:** Foundation Office - 6777 6010

### Launceston Friends of Clifford Craig - Garden Fete

**When:** Sunday, 28th November 2021  
**Where:** Arnold’s Country Garden - 153 North Lilydale Road, Lilydale  
**Time:** 10am - 4pm  
**Info:** Foundation Office - 6777 6010 or [www.cliffordcraig.org.au](http://www.cliffordcraig.org.au)

### Date Saver

#### - Clifford Craig Charity Ball

**When:** Friday 20th May 2022  
**Bookings:** Foundation Office - 6777 6010  
 “Get in early and book your table”



## Gifts in Wills

A gift in your Will to the Clifford Craig Foundation is one of the most thoughtful and significant ways to leave a lasting legacy for future generations.

Every gift, large or small, matters. It will enable the Foundation to further our mission to enhance patient care and health outcomes through medical research, particularly when that research paves the way to better prevention, better treatments, and even cures for conditions once thought incurable.

Your noble decision will also assist us to bridge the funding gap and deliver vital extras to support the medical teams at our hospital with clinical care initiatives which provide short and long-term health benefits for our community.

A gift in your Will to the Clifford Craig Foundation is an investment into the future and will have a lifesaving impact for generations to come. You can choose to leave a gift for general charitable purposes, meaning the funds are directed where needed the most, or alternatively, you can outline a specific purpose for your gift such as research or a particular department or cause that is close to your heart.

To discuss leaving a gift in your Will to support the work of the Clifford Craig Foundation or receive a copy of our bequest booklet, please contact the Foundation office on 6777 6010 or email [admin@cliffordcraig.org.au](mailto:admin@cliffordcraig.org.au).



## HEART HEALTH RECIPE Salmon Soft Tacos



Difficulty: Easy  
Serves: 4  
Preparation time: 15 mins  
Cooking time: 15 mins

### Ingredients

#### Tacos:

- 200g Tasmanian Wood Roasted Salmon
- 8 mini tortilla
- Smoked paprika
- 2 avocados, sliced to serve

#### Jalapeno Cream:

- 1 cup sour cream
- 4 tbsp lemon juice
- 1 whole jalapeno, diced
- 3 tbsp coriander, chopped

### Method

1. Preheat oven to 200°C.
2. To make cream, combine sour cream, lime juice, jalapeno, coriander and salt in a bowl.
3. Place salmon in oven proof dish and cover with foil and place in oven for 10 minutes.
4. Warm tortillas according to package directions.
5. Place salmon in a warmed tortilla and top with jalapeno cream.
6. Serve with avocados and dust jalapeno cream with smoked paprika.



# Research saves lives.

Help us to help you and your loved ones.

100% of your donation remains in Tasmania and is used for medical research or the specified area of need in our community.

Donate today.

[www.cliffordcraig.org.au](http://www.cliffordcraig.org.au)

P: 03 6777 6010