



Clifford Craig
FOUNDATION

30
YEARS

IMPROVING
HEALTH
OUTCOMES

PRICELESS

THE NEWS BULLETIN FOR SUPPORTERS OF THE CLIFFORD CRAIG FOUNDATION

MARCH
2023



2023 MEDICAL RESEARCH GRANTS

RESEARCH, HEALTH EDUCATION AND MEDICAL EQUIPMENT ARE THREE FOCUS AREAS OF THE CLIFFORD CRAIG FOUNDATION, AS WE WORK TO IMPROVE PUBLIC HOSPITAL AND HEALTH SERVICES FOR RESIDENTS OF NORTH AND NORTH-WEST TASMANIA.

THIS YEAR THE FOUNDATION IS PROUD TO ANNOUNCE FUNDING FOR THREE EXCITING NEW PROJECTS, WITH GRANTS TOTALLING \$105,000.

They include: an innovative study exploring the use of virtual reality in medical education; an Australian-first sleep study examining links to neurodegenerative disease; and a pilot phase trial testing an inpatient

physiotherapy program on patients with COPD.

Clifford Craig Chairman, Dr John Batten AM, said the combination of newly announced grants with the existing research program will see the Foundation allocate \$378,000 towards medical research so far in 2023.

“The Clifford Craig Foundation is the key charity supporting residents of North and North-West Tasmania to access the best hospital and health care,” he said.

“These exciting new projects highlight the passion of our healthcare professionals, working to find better treatments and cures for the health issues that impact our community.

“These medical research grants, alongside the Foundation’s evolving education initiatives and medical

equipment appeals, are wonderful examples of how community support is shaping a healthier future for our state.”

2023 Medical Research Grants:

- **Prevalence and profiles of Isolated REM Sleep Behaviour Disorder (iRBD) in Tasmania - Samantha Bramich - \$24,983.20**
- **Does the dosage of acute physiotherapy management of Chronic Obstructive Lung Disease affect OUTcomes - COPD OUT - Chris Hall - \$86,108**
- **Influence of immersive virtual reality on medical student - Orthopaedic surgery - Jonathan Mulford - \$36,850**

More details inside.

SEE INSIDE: A MESSAGE FROM THE CEO • OUR NEW REGISTRAR TRAINING COURSE

- GET TO KNOW OUR SENIOR RESEARCH FELLOW • CHRISTMAS APPEAL UPDATE
- RESEARCH & INNOVATION CENTRE MOVES FORWARD • YOUR 2022 IMPACT STATEMENT
- A HEALTHY EATING RECIPE



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

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 make a monthly donation 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

Postcode

Email

I have enclosed my cheque made payable to Clifford Craig Foundation

Please debit my credit card

Mastercard VISA AMEX

Credit Card Number

Cardholder's Name

Expiry CVV

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 TAS 7250

E admin@cliffordcraig.org.au

T 03 6777 6010

www.cliffordcraig.org.au



MESSAGE FROM THE CEO

It is difficult to believe that we are already three months into 2023, with the year shaping up to be a transformational year for the Clifford Craig Foundation.

As you will read in this edition of *Priceless*, momentum is building for the establishment of the new Health Research & Innovation Centre at the LGH this year. This will see the relocation of the Clifford Craig Foundation to the NICS Building, which becomes a research and education precinct. The research floor will be significantly expanded to provide a purpose-built research facility that will greatly improve research capacity in the North and North-West of the State.

It is an exciting development that will be a real game changer for research in the region and will culminate many years of preparatory work undertaken by the Foundation.

This year will also see the introduction of a new research education initiative that has been developed and funded by the Foundation to better assist advanced trainees and registrars who are undertaking their subspecialty training at the hospital. To be delivered by the clinical school in consultation with the clinical education co-ordinators, this new initiative will be unique to the LGH and will greatly support the attraction and retention of medical staff.

As we are now in the 31st year of operation, these two major developments are a great example of the significant work undertaken by the Foundation, on behalf of the community, to continually support the hospital to enable the delivery of better clinical care for our patients.

Together we are making a difference in people's lives.

Peter Milne
Chief Executive Officer



SCAN TO WATCH A VIDEO
MESSAGE FROM PETER MILNE.

PARTNERSHIP FORMALISED

The establishment of a new dedicated Research and Innovation Centre at the Launceston General Hospital has taken an important step forward with the signing of a Memorandum of Understanding.

The MoU was signed by Clifford Craig Foundation Chairman Dr John Batten AM and Tasmanian Premier Jeremy Rockliff late last year, formalising a partnership between the Foundation and State Government.

"The new Research and Innovation Centre will enhance the capacity of the Department to attract research investment and increase the quality and quantity of health research across the North and North-West," Premier Rockliff said.

"We also know improved research pathways will improve patient outcomes, particularly in rural and regional Tasmania, and increase patient satisfaction in the health system."

Clifford Craig Foundation chairman, Dr John Batten AM, said the signing of the MoU represented a significant step forward in securing the future of medical research in North and North-West Tasmania.

"A well-coordinated, fit for purpose research centre at the Launceston General Hospital will help clinicians to advance health research locally and translate their results into better treatment for their patients," he said.

"The model laid out in this MoU will support the recruitment of medical professionals, attract further research dollars to Tasmania and provide transitional solutions to the health issues that are faced by regional communities.

"Through the joint funding commitment by the State and Federal Governments, the Clifford Craig Foundation is confident this project will directly advance healthcare for people living in North and North-West Tasmania."

The Research Centre will be established on Level 1 of the NICS building on the LGH campus, with Health Department staff and Clifford Craig Foundation staff co-locating in the new facility.

A steering committee has now been established to develop a formal research agreement and establish the Research Centre.



Premier Jeremy Rockliff and CCF Chairman Dr John Batten (front), with LGH physiotherapist and researcher Dr Ianthe Boden, CCF CEO Peter Milne and Deputy Director Medical Services Dr Brooke Sheldon.

RESEARCH GRANT RECIPIENTS

SLEEP STUDY AN AUSTRALIAN FIRST

Prevalence and profiles of Isolated REM Sleep Behaviour Disorder (iRBD) in Tasmania - a high risk prodromal disorder for dementia and neurodegenerative disease - Samantha Bramich - \$24,983.20

Isolated Rapid Eye Movement (REM) sleep behaviour disorder (iRBD) is a rare sleep disorder in which people 'act out' their dreams by kicking and punching when dreaming. Previous research suggests that adults with this disorder have a 90% chance of developing dementia or other neurodegenerative diseases (ND), such as Parkinson's disease, within 10 years from when they are first diagnosed.

However, people with iRBD often do not know that they have it, and it is usually their bed partner who notices the unusual behaviours. Further, the disorder is under-recognised in the Tasmanian community and its progression to ND is not fully understood.

This project will identify how many people in Tasmania have iRBD and investigate other factors, such as changes in smell, thinking and movement function that will help us work out who is at highest risk for rapid progression to dementia. Participants will have a sleep study in their own home to accurately assess their sleep and potentially identify iRBD. They will also complete several smell, memory and movement tests that will be used to further understand the association between iRBD and its progression to dementia or other ND.

This will produce the first ever estimate of iRBD prevalence in Tasmania (and in Australia) contributing to the worldwide body of iRBD knowledge.

About the researcher

Samantha Bramich is a Sleep Scientist, with her background in psychology fuelling further interest in sleep and dreaming. Originally from the Central Coast NSW, she studied a Bachelor of Arts with majors in psychology and sociology, then a Bachelor of Psychological Science with Honours. This led her to complete a Master of Science in Sleep Medicine, and she is now



Samantha Bramich

pursuing her interest in sleep through a PhD with the Wicking Dementia Research and Education Centre.

Samantha has worked at the Launceston General Hospital as a sleep scientist for the past 10 years and hopes to use her skills in sleep science to continue researching the links between poor sleep and disease.

Q. Where does your interest in this area of research come from?

A. I've always been interested in the way the brain works and when I fell into a role as a sleep technician after completing my honours degree, it fuelled my interest in the sleeping brain. I find it fascinating how sleep has a role in almost all bodily functions, from brain development to cardiovascular functioning to gastrointestinal regulation, and any disruption to normal sleep patterns can have a dramatic impact on so many aspects of health. My dad has also recently been diagnosed with dementia, so I have a personal goal to find out more about the way in which changes in sleep contributes to the development of dementia and other diseases over time.

Q. What brought you to Tasmania & why do you love working here?

My parents and I came to Tasmania for a holiday in 2000 and loved it so much that they bought a house at auction during the trip, and we moved here the year after. I love Tasmania for its beauty and its community. I feel so lucky to be involved in a community where

people are so willing to give their time freely to research; I have had over 2,700 people contribute to my research already and I am continually amazed at the enthusiasm our community has to help others. I don't think there are many other places in the world where we could do this kind of research at such a large level, and to be able to do it in the beauty of Tasmania is just incredible.

Q. What are you hoping will come out of this research?

A. This research project will be the first to identify the prevalence of iRBD in Tasmania and Australia, so we will finally have an estimate of how many people have the disorder in our country. By identifying who has iRBD in Tasmania, we also have a great opportunity to study the features of this high-risk disorder, which will help us to understand why some people develop Parkinson's disease over dementia, or vice-versa. This in turn will assist in the development of future treatment options to reduce, or even prevent, the development of neurodegenerative disease in people with iRBD.





Jonathan Mulford

STUDENT EDUCATION ‘GOES VIRTUAL’

Influence of immersive virtual reality on medical students’ engagement, learner confidence, motivation and attitude towards surgical disciplines during an orthopaedic surgical attachment – Jonathan Mulford \$36,850

The education of doctors requires a variety of tools to ensure they have the skills, knowledge and confidence required to develop competency for their role as future doctors.

However, feedback from medical students often reflects the difficulty of getting ‘hands-on’ surgical experience during orthopaedic rotations.

This study will investigate the engagement with and learning outcomes of the introduction of Virtual Reality (VR) into medical student education, in the context of their learning in surgery and orthopaedic surgery.

A simulated experience gives the user an immersive feel of a virtual world. However, VR is not currently used in the Tasmanian School of Medicine, despite other settings taking on the technology for educational purposes.

This will be the first time VR has been incorporated in medical training in Tasmania.

PHYSIOTHERAPY MANAGEMENT OF COPD

Does the dosage of acute physiotherapy management of Chronic Obstructive Lung Disease affect OUTcomes - COPD OUT - a pilot randomised control trial for equivalence and feasibility – Chris Hall - \$86,108

Chronic Obstructive Pulmonary Disease is Australia’s second leading cause of avoidable hospital admissions. In 2018-19 the Launceston General Hospital had more than 600 patients admitted for the management of COPD, which is characterised by persistent and progressive airflow limitation.

As the prevalence of this condition in our population increases, we need to be sure that treatments are timed correctly and given in the correct amount – like the prescription of medication.

This study is a pilot phase trial designed to test if a minimal inpatient physiotherapy program is safe and feasible to deliver, compared to an intensive physiotherapy program in hospital-admitted patients with COPD, admitted for an acute respiratory illness.

The two arms of the trial include physiotherapy management approaches of assisted mobilisation, airway clearance, patient education, and referral to outpatient pulmonary rehabilitation on discharge.

Considering the lack of prior research in this field, it is vital to ascertain if a complex multimodal physiotherapy clinical trial is feasible and safe to deliver. It is also important to assess the appropriateness of trial design and conduct prior to progressing to a definitive large-scale multicentre trial.

About the researcher

Christopher Hall is a Senior Physiotherapist at the Launceston General Hospital. Growing up in Brisbane, he studied physiotherapy at The University of Queensland, graduating with Honours in 2016. He then worked at the Royal Brisbane and Women’s Hospital before moving to Tasmania in July 2020. He hopes to commence a Master’s degree this year through Monash University.

Q. Why did you want to become a physiotherapist?

A. I became a physiotherapist due to my love of the outdoors and all things sporting-related. During my studies I found myself becoming more interested in acute care settings and the role physiotherapy can play to help people recover during and after hospital stays. I love my job as it allows me to get to know patients as I work with them. It’s a very busy role and requires me to be on my feet all day, but it’s worth it to see a patient safely walk out of the hospital.

Q. Where does your interest in this area of research come from?

A. I’ve developed an interest in working with people with COPD from working in the acute medical unit at the Launceston General. A lot of my work there is with patients who require hospital admission for the management of their COPD and everyone is always referred to physiotherapy for advice on exercises and breathlessness. I’ve also spent time working in the NICS building in an outpatient role, helping people build back their confidence to exercise,



Christopher Hall

walk and manage their COPD. It’s an extremely enjoyable area of work to help someone achieve their goals after a hospital stay.

Q. What are you hoping will come out of this study?

A. I’m hoping we will gain a more thorough understanding of how much physiotherapy input these patients need during their hospital stays and how we can translate that and update our clinical practice. Like all healthcare, we aim to get the right treatment for the right patient at the right time.

Chief Investigator Jonathan Mulford, who is also the Orthopaedic Department Head of Unit and Director of Training at the Launceston General Hospital, said education was a crucial element of the LGH. The Orthopaedic Department remains actively involved in working to improve junior medical staff participation, learning and enjoyment.

“Demonstrating enhanced learning via Virtual Reality technology, could open the gates to integrating this type of training in all surgical disciplines, medical specialties, and even to nursing and allied health,” he said.

“Creating an exceptional learning environment for juniors will lay the

foundation for future generations of medical staff who will, in turn, be inspired to improve education for the next generations.”

The study will evaluate if VR trainings impact on student learning, by assessing levels of engagement, learner confidence, motivations, and changes in attitude toward surgical disciplines before and after experiencing the technology.

Dr Mulford said this project would provide an indication on whether virtual reality training was going to be the ‘new norm’ moving forward.

“We strongly believe that the incredible possibilities offered by the highly realistic 3D clinical

scenarios in virtual reality greatly increase the learning and educational opportunities for students,” he said.

“It is perhaps time to retire the dusty old books and outdated atlases and start applying the new technological advances to our medical training in all fields and across all specialties.”



Registrar Research Training Program



BETTER
HOSPITALS
CHANGING
LIVES.



A ‘UNIQUE’ EDUCATIONAL MODEL

This year the Clifford Craig Foundation is facilitating a number of education initiatives aimed at increasing research interest and capability across the Launceston General Hospital.

This includes a new Registrar Research Training Program, with a ‘Crash Course’ being offered in March for Advanced Trainees (AT) who need to complete research projects as part of their training.

The program is being facilitated by Senior Research Fellow Dr Sarah Young and comes in response to an identified need for research support for ATs and the consultants supervising them.

The course is being offered alongside a mentoring program for registrars completing research, and a Community of Practise (CoP) monthly get together.

All initiatives have been designed with the aim of providing support, with the ongoing catch-ups designed to continue this engagement throughout the year.

It is hoped this program will facilitate Advanced Trainees to complete their research requirements more easily and efficiently, in a fun and supportive environment.

The model is unique for a regional hospital like the LGH, and it is hoped the program will help to attract and retain doctors and future consultants to Northern Tasmania.

Introduction to Research Course

This year will also see the return of the Foundation’s Introduction to Research Course.

First offered in 2021, this new updated course is once again being led by gastroenterologist Professor

Nicholas Shackel at the LGH and is aimed at encouraging and strengthening participation in health research at the hospital.

Commencing in May, the course will be offered to all clinical staff over six weekly sessions, and cover topics such as: research ethics and governance; design and theory; biostatistics; qualitative and quantitative research methods.

The Foundation is also pleased to announce it will once again offer Early Career Research scholarships to selected participants of this course.

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.



Nicholas Shackel

GET TO KNOW OUR RESEARCH TEAM



Sarah Young

DR SARAH YOUNG – SENIOR RESEARCH FELLOW

Medical research is vitally important to all clinicians and their patients, but sometimes the world of medical research can be difficult to navigate.

As part of a joint position with the University of Tasmania and the Clifford Craig Foundation, Dr Sarah Young provides research support to the Launceston General Hospital staff awarded Medical Research Grants through the Foundation.

She also assists staff with grant applications and designs and delivers research training to medical staff with an interest in research, or those who need to complete research as part of their training.

We caught up with Sarah to find out a bit more about her.

Q. Where are you from?

A. I am originally from Vancouver, BC, Canada, but I have lived in Australia since 2009. I have a BSc (Hons) in Biology (2004) and MSc in Environmental Science (2007) both from the University of British Columbia, and later completed a PhD at UTAS (2020) in Public Health.

Q. What attracted you to working/living in Tasmania?

A. I came to Launceston in 2013 with my family and fell in love with the climate and lifestyle. Tasmania is an amazing

place to live – I call it the ‘golden handcuffs’ because once you’re here, it’s just too good to ever leave!

Q. When you’re not at work, what do you enjoy doing?

A. My partner and I have six school aged kids between us, so they keep me very busy! We enjoy camping, hiking, surfing, fishing, and many other outdoor pursuits. I also enjoy running and spend most of my free weekends running or hiking one of Tassie’s many beautiful mountain ranges.

Q. What are your goals for the Registrar Research Training Program?

A. We are hopeful that this program will facilitate Advanced Trainees to complete their research requirements more easily and efficiently than in the past, in a fun and supportive environment. The program may even entice trainees from interstate to come to the LGH. From what we know, this model is quite unique in regional Australia. While some of the larger, urban hospitals have research training opportunities, it is not common to find this kind of program in a regional hospital. Not every regional hospital is lucky enough to have financial support for research the way the LGH does.

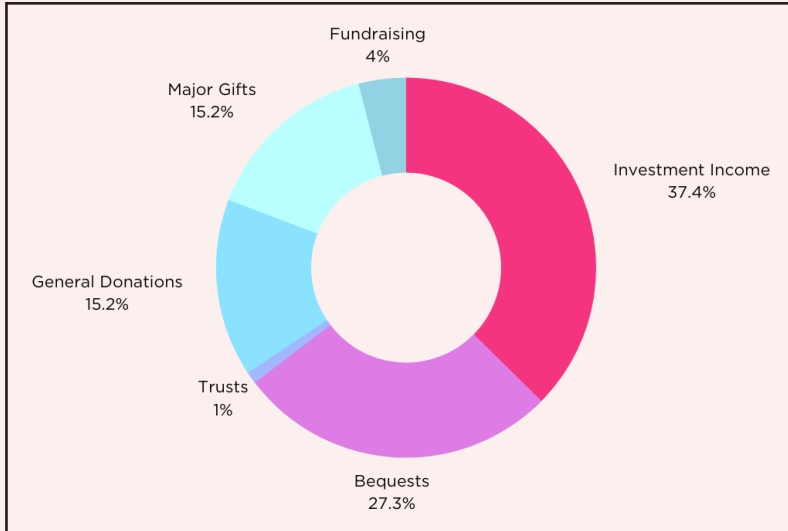
HIGHLIGHTS YOUR IMPACT 2022

A snapshot of what your donations enabled.
Thank you for your generosity.

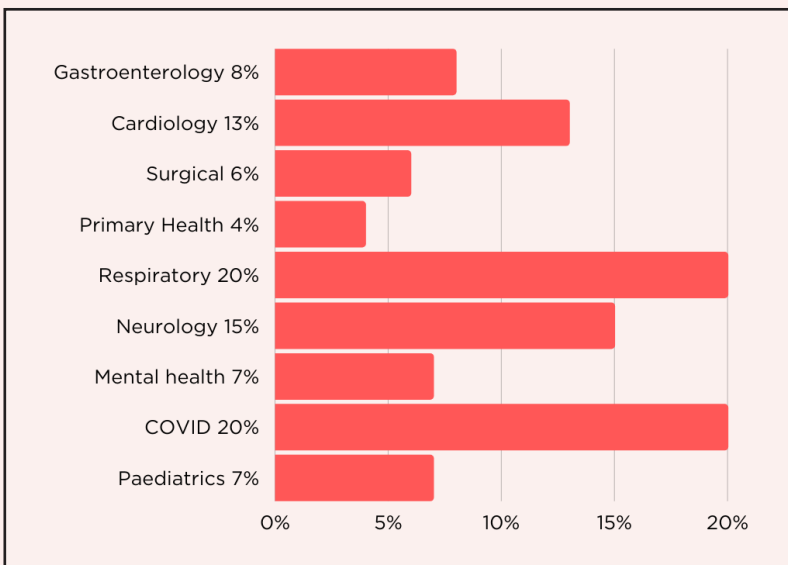
Donations 2022

Where our funds came from:

- 1073 individual donations, equalling more than \$1.86 million
- 6 research grants awarded, equalling more than \$728,000



Funding 2022



Funding areas: Total = \$583,910

Cardiology: \$68,000
Surgical: \$32,235
Primary Health: \$24,745
Respiratory: \$106,933
Neurology: \$79,737
Mental Health: \$36,363
COVID-19: \$109,721
Paediatrics: \$36,330
Gastroenterology: \$46,374
LGH equipment: \$43,469



SCAN ME

SCAN TO WATCH OUR 2022
YEAR IN REVIEW

- We hosted 5 events, attended by 1,080 people, raising more than \$80,000

CHRISTMAS WISH GRANTED

We had a wonderful response to our recent Christmas Appeal, with your donations helping us reach our fundraising target of \$50,000.

With these funds secured, we have now moved forward with plans to purchase a Premium Cardiac Ultrasound for the Launceston General Hospital Cardiology Department.

A vital diagnostic tool, this portable echocardiogram machine will reduce the need for patients to be moved throughout the hospital, streamline cardiac services and ultimately save lives.

Thank you to everyone who supported this appeal. We look forward to keeping you updated on this exciting development.

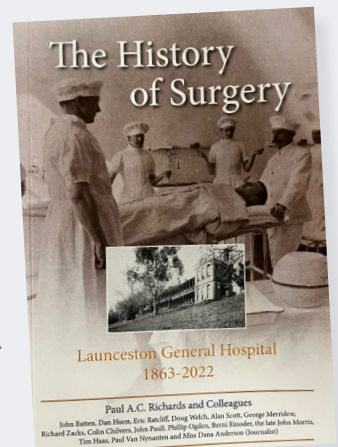


ACKNOWLEDGING OUR HISTORY

The Clifford Craig Foundation is pleased to support the Launceston General Hospital Historical Committee.

The committee forms a very important part of the LGH, with a number of publications available for purchase from the Clifford Craig Foundation office.

More information can be found online at cliffordcraig.org.au



HOW YOU CAN HELP US CHANGE LIVES

Regular giving can make a significant difference to our fundraising capabilities and planning for future projects, as we know we have these pre-committed funds. By giving up the price of a cup of coffee, you could contribute \$5 a week or \$20 a month.

It may only be small, but the accumulation makes a significant difference to what we as a Foundation can do for advances in medical research, improvements in medical treatments and, ultimately enabling high quality patient care for the people of our region.

To become a regular giver, visit cliffordcraig.org.au and choose the regular giving option under the donation tab. Here you can set your preferences, including how much and how often you would like to donate.

The Foundation also has the ability to direct debit from your savings/cheque account, with your approval. If you would like assistance with setting up a regular gift, please contact the Clifford Craig admin team on (03) 6777 6010.



HEALTHY EATING RECIPE



ROASTED PUMPKIN & KALE LASAGNE

Courtesy of Eatwell Tasmania

A twist on the classic lasagne—this time with delicious winter greens and seasonal pumpkin.

INGREDIENTS

- 1kg pumpkin, halved
- 1 red onion, halved
- 2 tbsp olive oil
- 1 white onion, finely chopped
- 50g butter
- 3-4 garlic cloves, crushed
- 1 big bunch of kale or bag of spinach
- 500g fresh ricotta or cottage cheese
- 1 egg
- 250g grated cheese
- Lasagne sheets
- Salt and pepper, to taste

DIRECTIONS

1. Preheat oven to 180°C. Place the halved pumpkin and red onion on a greased baking tray to roast. Remove the red onion after about 20 minutes and chop into small dice. Once tender, remove the pumpkin and using a spoon, scoop out the flesh and place in a bowl with the chopped red and white onion. Season with salt and pepper and set aside.
2. Remove the stalks from the kale, finely chop the leaves and stalks. Heat a large fry pan, add the butter and remaining olive oil, soften the kale stalks and garlic for about three minutes, then add the chopped leaves. Cook, stirring

occasionally until the leaves have wilted and softened. Season to taste. Set aside.

3. To make the cheese sauce, mix the egg with ricotta in a bowl. If the mix is too stiff add a little milk or water. You want it to be the consistency of thick yoghurt. Season with salt and pepper to taste.
4. Grease a 25cm x 25cm lasagne dish with olive oil. Line the base of the prepared dish with a layer of lasagne sheets. Spread over half the pumpkin mixture, then top with another layer of lasagne sheets. Sprinkle with half the ricotta mixture a handful of the grated cheese and spread it evenly. Top with half the kale mix, then cover with another layer of lasagne sheets. Repeat and then finish with remaining grated cheese.
5. Cook for 35-40 minutes until the top is golden.

(This recipe is perfect for using up old cheese you may have in the fridge. This recipe can last in the fridge for 4-5 days and in the freezer for six months. If you are cooking just for yourself it's a great option to freeze individual portions, ready for whenever you need them.)

CLIFFORD CRAIG FOUNDATION CHARITY BALL

When: Friday, May 12

Where: Hotel Grand Chancellor

Theme: Priscilla Queen of the Desert!

Tickets: On sale now through the Foundation office - 6777 6010 or via cliffordcraig.org.au



SAVE THE DATE - WOMEN'S HEALTH BRUNCH

When: Saturday, August 26

Where: Country Club Tasmania

RUN & WALK FOR YOUR HEART

When: Sunday, October 1

Where: UTAS Stadium Precinct

FOR THE DIARY