



30
YEARS

IMPROVING
HEALTH
OUTCOMES

PRICELESS

THE NEWS BULLETIN FOR SUPPORTERS OF THE CLIFFORD CRAIG FOUNDATION

JUNE
2022



FACES OF THE FOUNDATION

'HONOURING OUR LEGACY, LOOKING TO THE FUTURE'



Anne O'Byrne AM can still remember the phone call that led to the establishment of the Clifford Craig Foundation.

The year was 1991, and Anne was Chairwoman of

the Northern Regional Health Board. A proposal had been put forward to establish a Medical Research Trust for the LGH.

With the backing of a passionate working party, it was then up to Anne on behalf of the hospital Board to find a suitable person to lead the Foundation. That person was Dr John Morris AO MBE.

"We had the proposal – a recommendation to start a research Trust. The Board and I had to make

the decision of whether we would follow it up or not," Anne recalled.

"I remember the day I picked up the phone and rang Dr John Morris to ask him if he would become the Chairman.

"He had been at that first meeting when the idea of a Medical Research Trust was put forward and was a very respected physician.

"I often think what would have happened if I hadn't made that phone call. Fortunately, he accepted the Board's offer."

Dr Morris was appointed as the Clifford Craig Foundation's inaugural Chairman in 1992 – a position he held for 15 years.

He was joined by the likes of Toni Maloney – the Foundation's first Chief Executive Officer – and a dedicated working committee including Roelf Voss, Ros O'Connor, Margaret Moore and Laurie Wing.

Remarkably within the first three months of forming the Trust had secured more than \$1 million. By October 1992 it had also awarded its first medical research grant to leading international epidemiologist Dr Zahid Ansari.

In the three decades since, the Clifford Craig Foundation has awarded more than 200 medical research grants totalling over \$7 million.

Reflecting on the Foundation's achievements, Anne said she was always hopeful the community would recognise the importance of medical research.

"We knew it was possible and we were so happy when we were able to make it happen," she said.

"I would always say – if you give us \$100 now, we can turn it into a million. And we did."

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FROM THE CEO

When you reach any significant milestone, it is important to reflect upon where you have come from, on what you have achieved ... and most importantly, where you are going.

The Clifford Craig Foundation's 30th anniversary is a huge milestone, and we have plenty to celebrate within this newsletter and our ongoing communications activity throughout 2022.

A significant achievement in our milestone year has been the attainment of funding to enable the establishment of a dedicated research and innovation centre at the LGH. The Clifford Craig Foundation has undertaken several years of strategic work to bring this vision to reality, and it is extremely pleasing the project will now proceed following the successful acquisition of funding commitments from both the State and Federal Governments.

The recent Annual General Meeting of the Foundation saw the retirement of our longstanding Chairman of 15 years, Assoc. Prof. Don McTaggart. We have greatly appreciated Don's wonderful commitment and contribution to the Foundation and the betterment of healthcare in our region. Retired orthopaedic surgeon Mr John Batten has been elected as the new Chairman.

From a medical expertise perspective, the AGM also saw the retirement of Dr James Markos and Dr John Wettenhall, having completed their tenure as Directors. However, we are delighted to welcome Assoc Prof Tim Strong, and Clin Assoc Prof Michael Monsour as Directors as they both bring extensive medical and hospital knowledge and experience to the Board.

Since 1992, the Clifford Craig Foundation has developed into a highly respected community organisation that is recognised for its contribution to advance the delivery healthcare for the people of our region. However, we wouldn't be here without the commitment of the community that has been supporting our work for the past 30 years.

Thank you and please enjoy reading our mid-year newsletter.

Peter Milne
Chief Executive Officer



**CLIFFORD CRAIG FOUNDATION
CELEBRATES ITS 30TH ANNIVERSARY**

SCAN HERE TO WATCH VIDEO

HOW WILL YOU BE REMEMBERED?

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 improve health outcomes in our community through medical research, education and improved patient facilities at the Launceston General Hospital.

Your noble decision will help us bridge the funding gap and deliver vital extras - "the gold nuggets" - in support of the medical teams working to find better cures and treatments for the illnesses that impact our community.

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

To discuss leaving a gift in your Will to support the work of the Clifford Craig Foundation, or to receive a copy of our bequest booklet, please contact our office on (03) 6777 6010 or email admin@cliffordcraig.org.au.



"I WANT TO LEAVE BEHIND A BETTER WORLD

FOR MY GRANDCHILDREN, AND I KNOW

SUPPORTING MEDICAL RESEARCH WILL DO

THIS. I FEEL VERY PROUD KNOWING I AM

HELPING TO MAKE A REAL DIFFERENCE."

- SAM, LAUNCESTON GENERAL HOSPITAL

SUPPORTER

BOARD UPDATE

The recent Annual General Meeting of the Clifford Craig Foundation saw the retirement of longstanding Chairman Associate Professor Don McTaggart, after 15 years at the helm.

Acknowledging the many changes within Clifford Craig, the Launceston General Hospital and medical research more broadly, Don expressed immense pride for his many years of voluntary involvement and excitement for the Foundation's future.

"I think we are standing on the cusp of major developments," Don said. "It is an exciting time."

Recognising his contribution including the 150 Board meetings he has chaired, newly elected Chairman John Batten thanked Don for his many years of service.

"The legacy that you leave with us is a well governed, successful and highly impactful Foundation that continues to make substantial improvements to the health outcomes of the people of North and North-West Tasmania," John said.

The meeting also saw the retirement of three longstanding members in accordance with Board Tenure requirements. Mark Baker, Dr Jim Markos and Dr John Wettenhall OAM were farewelled after a combined 20 years as Directors.

New Directors Associate Professor Tim Strong, Mike Monsour, Sarah Percy-Dove, Bernie Wahlin and Kylie Leavitt were also welcomed onto the Board.



Newly elected Chairman John Batten, with former Chairman Associate Professor Don McTaggart.

CLIFFORD CRAIG FOUNDATION
30TH ANNIVERSARY CHARITY BALL

MAMMA MIA!

HERE WE GO AGAIN



Launceston's Hotel Grand Chancellor was transformed into a Greek getaway for the Clifford Craig Foundation's annual Charity Ball earlier this month.

In honour of the Foundation's 30th anniversary the theme of Mamma Mia was brought back by popular demand, with performances from Encore Theatre Company and the legendary BABBA ensuring the dancefloor was well used.

More than 280 people in an array of colourful costumes joined us on the night, with the Charity Ball serving as one of the Foundation's major fundraising events for the year.

Thank you to everyone who made this event a success, in particular our generous sponsors, event partners and volunteers.

We look forward to bringing you another Ball in 2023.



Picture courtesy of The Examiner newspaper

RESEARCH & INNOVATION CENTRE ONE STEP CLOSER

The Clifford Craig Foundation's vision for the Launceston General Hospital to be recognised around the world as a centre of research excellence has reached an exciting new phase, with the Federal Government committing \$4 million to help establish a new Health Research and Innovation Centre.

This centre represents a major expansion of the work the Foundation currently does and will ensure the world's best clinicians are incentivised to come and work here in our region, contributing to the next big medical breakthrough.

The latest development comes after many years of strategic planning, consultation and lobbying by the Foundation and adds to an existing funding commitment made by the Tasmanian Government last year.

Clifford Craig CEO Peter Milne said the proposal would transform the way medical research is conducted in Tasmania and take the role currently filled by the Foundation to a whole new level.

"This new Research and Innovation Centre represents a major development and will help establish a much-needed level of research governance within the Tasmanian Health Service, while delivering great benefits for rural and regional communities," he said.

"It will also work to attract major collaborative trials to Tasmania, which is something we miss out on now, bringing significant research dollars into our region."

The establishment of a Health Research and Innovation Centre will lead to the creation of four additional THS roles including a Director of Research, Business and Site Governance Coordinator, Clinical Trials Manager and Research Nurse Coordinator.

It will also help address many of the shortfalls faced by regional hospitals. This includes advantages in clinical workforce recruitment, a significant increase in the quality, quantity and profile of research undertaken by the THS and the prospect of national recognition and funding as a world-class teaching and learning centre.

By establishing a department of research within the LGH itself, Mr Milne said the expansion would lead to greater collaborative studies and help dismantle existing silos that currently deter clinicians from conducting clinical research.

"This is a significant step forward for medical research across Tasmania's North and North-West," he said.

"It will open the door to collaborative national and international research being undertaken here in our region, which can bring significant research revenue, plus create additional employment research positions.

"Importantly, it will enable the Foundation to focus on fundraising for its already expansive medical research program, education initiatives and improved patient facilities at the hospital."

The Health Research and Innovation Centre will be located in the Northern Integrated Care building on the LGH main campus, as part of a new Education and Research Precinct.

The Clifford Craig Foundation's office will also re-locate here, with the Foundation to remain the health promotion charity for the hospital.

"THIS NEW RESEARCH AND INNOVATION CENTRE REPRESENTS A MAJOR DEVELOPMENT AND WILL HELP ESTABLISH A MUCH-NEEDED LEVEL OF RESEARCH GOVERNANCE WITHIN THE TASMANIAN HEALTH SERVICE, WHILE DELIVERING GREAT BENEFITS FOR RURAL AND REGIONAL COMMUNITIES."



CCF research nurses Susie Freeman, Monika O'Connor, Shelley Davey and David Pryce.

EASTER FUN 'EGG-XACTLY WHAT THE DOCTOR ORDERED

Easter was a busy time for staff at the Launceston General Hospital, complete with some sweet treats and an extra splash of colour.

Annie Clancy and the front reception team once again excelled themselves with an incredible display.

Having worked at the LGH for more than four decades, Annie doesn't let a holiday go by without transforming the reception off Charles Street into something straight out of a fairy tale.

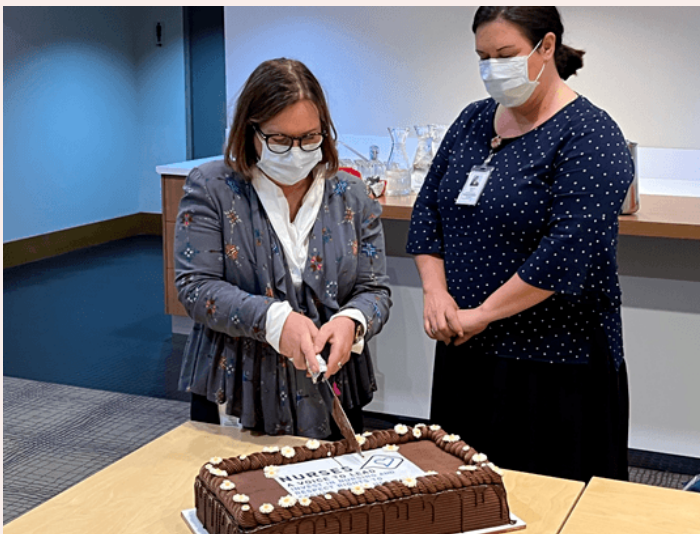
Staff were also delighted with the return of the Central Auxiliary's kiosk, with a pop-up stall

offered in the lead up to Easter.

The Kiosk has been closed for much of the year due to COVID-19 restrictions, so the committee were thrilled to make a temporary return - with their famous \$2 lolly bags going down a treat.

A delivery of handmade bunnies also made for an 'egg-stra' special Easter for some young patients.

The bunnies, made by Launceston woman Diane Dick, hopped into the Neonatal Intensive Care Unit and Children's Ward 4K just in time for the holidays.



LGH staff Jan Coull and Bianca Jack cut the IND cake.

NURSES IN THE SPOTLIGHT

The Clifford Craig Foundation joined in celebrations for International Nurses Day on May 12, recognising the team of research nurses who make our ever-expanding medical research program at the Launceston General Hospital possible.

The Foundation currently has a team of four research nurses assisting with 8 projects covering motor neurone disease, multiple sclerosis, COVID-19, orthopaedics, weight loss, cardiology and vaccines.

IND is celebrated on the birthday of nursing pioneer Florence Nightingale, renowned for her revolutionary nursing leadership in the Crimean War.

On the day nurses across the Tasmanian Health Service North and North-West enjoyed a morning tea, as they paused to reflect on their invaluable role within the health system.

Tasmanian Health Service Acting Executive Director of Nursing Jan Coull said IND provided the perfect opportunity to reflect on the amazing work done by nurses during the past year.

"It is a day to acknowledge the compassion, professionalism, and round-the-clock commitment of nurses caring for patients in all our health facilities," Jan said.



Annie Clancy & Georgia Quarrell (Front reception).



Marion Warren, Patsy Boyd & Marg Reynolds (Central Auxiliary)



PRESTIGIOUS RECOGNITION FOR ICEAGE TRIAL

For the past decade Launceston General Hospital physiotherapist lanthe Boden has been researching ways to prevent pneumonia and improve patient recovery after major surgery.

Now, her award-winning ICEAGE (Incidence of Complications following Emergency Abdominal Surgery – Get Exercising) trial has reached an exciting milestone, with the pilot phase recently published in the prestigious US journal, the *Journal of Trauma and Acute Care Surgery*.

Named Editor's Choice, Best of Surgery Critical Care article for the June issue, the study is the first of its kind in the world to explore if intensive physical therapy in the first five days after emergency abdominal surgery can prevent pneumonia and help patients get better quicker.

The chance of a chest infection following emergency abdominal surgery can be as high as 40%, while recovery and return to a normal level of activity and strength can take up to 6 months.

With over half a million patients operated on every year, abdominal surgery is the most common major surgery type performed in hospitals around Australia. At the LGH it represents up to 500 patients a year.

With \$80,000 funding from the Clifford Craig Foundation, lanthe's randomised control trial commenced in 2015.

The internal pilot phase found that early intensive

physical therapy of coached breathing exercises and 30 minutes of assisted physical activity delivered daily in the first five days after emergency abdominal surgery was safe and feasible.

This resulted in a significant increase to total dosage of breathing exercises and physical activity in the first week after surgery.

The trial was then rolled out into multi-centre phase, providing world-first evidence on the effectiveness of an intervention to prevent pneumonia and improve physical recovery after emergency abdominal surgery.

Preliminary findings of ICEAGE were presented at the 2018 Royal Australasian College of Surgeons Annual Trauma Symposium where it won Best Paper.

The final results were then presented at the 2019 World Congress of Physical Therapy, Geneva, Switzerland where it was named Best Clinical Trial.

In the most recent publication, lanthe reports that it is possible to deliver early, intensive physical therapy in this high-risk, highly acute surgical group.

Most importantly, the study shows it is just as safe as standard practice.

SCAN HERE TO
WATCH VIDEO



THE POWER OF GOOD BACTERIA



What if 'good bacteria' commonly found in a person's airways could be used to prevent lower respiratory tract and ear infections? And, what if these good bacteria could be introduced via a simple and easy to use nasal spray treatment that's effective, less invasive and more affordable than existing options?

These were among the questions behind a Tasmanian medical

research project led by Associate Professor Stephen Tristram. Funded by the Clifford Craig Foundation in 2019, this study was completed in late 2021 and has also been published in a number of major medical journals including *Microbiology Australia*.

The study – Enhancement and further in-vitro validation of a potential probiotic to reduce ear and lung infections caused by Haemophilus Influenzae – examined the effectiveness of using good bacteria to essentially starve bad infection-causing bacteria of nutrients.

The bacterium Haemophilus Influenzae commonly colonises the upper airways of healthy people. However, in certain conditions, it also causes various lower respiratory tract and ear infections. These infections cause significant disease, often become chronic and are a major burden on the healthcare system.

Further, amid an increasing spectrum and prevalence of antibiotic resistance, Haemophilus Influenzae is also becoming more difficult to treat. Previous research led by Associate Professor Tristram and funded by the Clifford Craig Foundation showed that some strains of a harmless throat bacterium that secrete a novel protein, that they discovered and named 'haemophilin', can inhibit the growth of Haemophilus Influenzae.

Now, his latest project has shown that these haemophilin-producing throat bacteria interfere with the way that Haemophilus Influenzae interacts with human throat and lung cells in a way that will reduce both acute and chronic infections, without injuring human cells.

Associate Professor Tristram says the study has provided additional evidence to support the use of a specific normal throat bacterial strain as a respiratory administered probiotic for people at risk of respiratory tract infections with Haemophilus influenzae, and what strains will work best.

In an exciting development, the work from this project has now moved onto animal models to determine the potential for a respiratory probiotic. Two associated projects are now underway, including a collaboration with the University of Tennessee, Knoxville.

Associate Professor Tristram is also collaborating with Dr Sarah Clark from the University of Colorado, who is an expert in the role of commensal bacteria in modifying respiratory infections. This work remains ongoing.

MOTHER'S DAY LUNCHEON



Launceston Friends of Clifford Craig President Lyn Dent, with guest speaker Danielle Blewett. 'Picture courtesy of The Examiner Newspaper.'

The Launceston Friends of Clifford Craig have pulled off another successful fundraising event, with their annual Mother's Day Luncheon returning to Riverside Golf Club on May 6.

The day served as the perfect opportunity to celebrate the important women in our community.

This year's guest speaker was Danielle Blewett, who shared insights on her own experiences as a mother and those who continue to inspire her.

In 2021 alone the Friends raised more than \$30,000 in support of the Foundation's work. They meet monthly to plan their activities and are always keen to attract new members.

If you are interested in volunteering as a Friend or to find out more about their work contact the Foundation office on 6777 6010.

A 'TOP TO TOE' APPROACH TO WOMEN'S HEALTH

In April the Foundation was thrilled to host Professor Cassandra Szoeké for our inaugural Women's Health Brunch.

Exploring the findings of Professor Szoeké's latest book *Secrets of Women's Healthy Ageing*, a sold-out crowd of 120 filled the function room at Country Club Tasmania for an insightful morning.

As the Director of the Healthy Ageing Project at the University of Melbourne, Professor Szoeké oversees the longest ongoing study of women's health in Australia.

With a focus on a holistic "top to toe" approach to health, she said there were many positive habits women could adopt to help improve their outcomes.

This includes the importance of daily movement, with simple actives such as gardening or going for a walk proven to reduce the threat of chronic disease.

The importance of movement was so evident in the research, it found people who sat less were at a lower risk of developing dementia.

"If you look at the leading cause of death in women, it's dementia, followed by heart disease, followed by stroke. There's nothing covered by a bikini in the leading causes of death in women," Professor Szoeké said.

Secrets of Women's Healthy Ageing draws on the findings of a unique clinical study that focused on the health of more than 400 women.

Findings cover brain, heart and gut health, diet, sleep, exercise and the benefits of socialising. Importantly, they highlight how the results relate directly to women's wellbeing.

This event would not have been possible without the support of our Gold Sponsor The Bubble Launceston, and Event Partners VJAM and Country Club Tasmania. Special thanks also to our event MC Kim Millar.

We look forward to presenting more events like this in the future.



Clifford Craig Foundation CEO Peter Milne, Professor Cassandra Szoeké, Event Coordinator Rebecca Biggelaar, and MC Kim Millar.

FOUNDATION MILESTONES

1992

Clifford Craig Medical Research Trust established, Dr John Morris named inaugural Chairman.

First research grant awarded to epidemiologist Dr Zahid Ansari.

1994

Glaucoma Inheritance Study established, later voted world's best eye research.

2001

New medical research centre opened on level 5 of LGH.

2002

Tasmania's first Familial Bowel Cancer Register established.

2007

Associate Professor Don McTaggart succeeds Dr Morris as Chairman.

2016

Tasmanian Vaccine Trial Centre established at LGH, led by Professor Katie Flanagan.

2019

Ianthe Boden's ICEAGE study wins PEDro Prize for best trial at WCPT Congress in Switzerland.

Dr George Razay's research into Idiopathic Normal Pressure Hydrocephalus published British Medical Journal Open.

2021

First international multi-centre MND therapeutic trial commences in Tasmania, led by neurologist Lauren Giles.

2022

Dr John Batten succeeds Associate Professor Don McTaggart as Chairman.



CAULIFLOWER & BROCCOLI MAC & CHEESE

A healthy twist on everyone's favourite comfort foods, this meal is perfect for a cold winter's day. Recipe courtesy of Eat Well Tasmania.

INGREDIENTS

One head of broccoli, roughly chopped

One head of Cauliflower, (leaves trimmed and cut into small florets)

250 grams macaroni pasta

1 1/4 cups milk

2 cups grated cheddar (or any leftover cheese)

2 cups grated Parmesan (finely)

1 clove garlic (crushed)

2 tablespoons rosemary leaves (chopped)

50 grams unsalted butter (melted)

Salt and pepper to season

DIRECTIONS

1. Preheat oven to 200 Celsius. In a large saucepan place the macaroni with about 2 cups of salted boiling water (just enough to cover completely). Cook for 8-10 minutes.
2. Place chopped cauliflower and broccoli into a steamer and cook until tender. Once cooked drain and place all the broccoli and half the cauliflower mix into the pasta. Set aside the other half of the cauliflower to cool.
3. Once cool, blend the butter, half the cauliflower, garlic and cheddar cheese until smooth and combined.
4. Add the cauliflower mixture to your pasta and broccoli, add a generous pinch of salt and pepper. Reduce the heat to low and cook, stirring to coat.
5. Transfer the macaroni mixture into a medium sized ovenproof baking dish.
6. Sprinkle top with grated parmesan cheese and bake for 10-15 minutes or until golden and crunchy.

LAUNCESTON FRIENDS OF CLIFFORD CRAIG SOUP & SANDWICH LUNCHEON

When: Thursday, 28th July, 2022

Where: Kings Meadows Bowls Club

Time: 12pm, for a 12.30pm start

Bookings: Foundation office 6777 6010

LADIES DAY OUT

When: Saturday, 3rd September, 2022

Where: Country Club Tasmania

RUN & WALK FOR YOUR HEART

When: Sunday, 2nd October, 2022

Where: UTAS Stadium Precinct

LAUNCESTON FRIENDS OF CLIFFORD CRAIG MELBOURNE CUP LUNCHEON

When: Tuesday, 1st November, 2022

Where: Drysdale Restaurant (TasTAFE College)

FOR THE DIARY