



THE ADDITION OF A PORTABLE ECHOCARDIOGRAM MACHINE WILL:

- ✓ Reduce the need for patients to be moved throughout the hospital.
- ✓ Increase the number of assessments performed in a day.
- ✓ Streamline cardiac diagnoses and save lives.
- ✓ Advance patient care, reduce hospital bed stays and ultimately provide a better service for the community.

With your help, we can take cardiology services at the LGH to new heights.

Christmas will be one of the busiest times of the year for the Launceston General Hospital and its dedicated staff. Every minute matters.

One of the most important diagnostic tools of the hospital's cardiology department is a cardiac ultrasound. Also known as an echocardiogram, this heart ultrasound uses sound waves to create pictures of your heart's inner workings, from valves to murmurs and more. It equips your doctors with critical information.

This piece of equipment is at the core of any cardiology department. However, the Launceston General Hospital currently does not have a portable echocardiogram machine. With your help, we can change this.

The Clifford Craig Foundation has set a fundraising target of \$50,000 to support the purchase of a Premium Cardiac Ultrasound for the LGH Cardiology Department. This Christmas, please consider opening your heart to help us reach this goal.



Scan QR code for a message from
Associate Professor Brian Herman,
LGH Director of Cardiology



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Stay up to date with all the latest news and highlights from the Clifford Craig Foundation online via Instagram and Facebook @cliffordcraigfoundation.



FROM THE CEO

As the end of the 2022 approaches with the speed of a steam train, I wanted to reflect upon the 30th anniversary year of our Foundation and a few of the events that have inspired me during the year.

We received confirmation in July of the funding commitment from the Federal Government to enable the establishment of a dedicated Research and Innovation Centre at the LGH. This is a wonderful outcome following several years of work to develop the model, and will deliver significant growth in hospital-based translational research activity across the North and North-West.

Our chairman of 15 years, Assoc Prof Don McTaggart retired from the Board of Directors in May. Don has been an enormous contributor to the success of the Foundation, and we are greatly indebted for his work. In honour of his longstanding commitment, we recently launched our new philanthropic giving initiative, the Don McTaggart Society.

In recent weeks we have witnessed an inspirational fundraising venture to raise funds for Motor Neurone Disease research to be undertaken here in Tasmania at the Launceston General Hospital. The 'Parry to Pinnacle' group pushed Dr Bryn Parry, who was diagnosed with MND in 2020, to the summit of Mt Wellington and raised over \$40,000 for their inspirational effort. Well done to everyone in the team for the mammoth effort.

It has been a big year for our organisation, and we now set our focus on 2023, the beginning of the next 30 years of the Clifford Craig Foundation.

I wish you a safe, happy and relaxing Festive Season, and thanks for your ongoing support and encouragement.

Peter Milne
Chief Executive Officer



THREE DECADES OF ACHIEVEMENTS

It's hard to sum up the achievements of the Foundation over the past three decades. However, we felt it was important to recognise the many people who have made Clifford Craig what it is today.

Last month this culminated in a 30th anniversary dinner, which brought together many of the founding members of the Foundation, employees from over the years and the researchers who have benefited from community support.

The event also provided an opportunity to honour former Chairman Don McTaggart, with the official launch of a new philanthropic initiative to be known as the Don McTaggart Society.

The Foundation's 30th anniversary was also recognised by the City of Launceston council, with a civic reception held in our honour. Newly elected mayor Cr Danny Gibson congratulated everyone involved, including all of the volunteers who work tirelessly to fulfill the Foundation's mission.



Watch a special video celebrating the Foundation's 30th anniversary.



MERRY CHRISTMAS





Andrew Williams

IMPROVING LONG-TERM PHYSICAL ACTIVITY BEFORE AND AFTER SURGERY

There is growing evidence on the benefits of increased physical activity after surgery. But how do health professionals ensure patients remain engaged, supported and empowered to gain the maximum effect?

Improving long-term physical activity before and after joint replacement surgery was the focus of 2017 research study led by Dr Marie-Louise Bird, and recently published in the Osteoporosis and Cartilage Open journal.

This study used principles of behaviour change to promote engagement and individualised exercises in a group setting, for increased uptake of physical activity.

With the aim of improving health and surgical outcomes, it found participants who completed the intervention had increased understanding of and motivation to exercise following the surgery. They also reported physical and mental benefits, including being better prepared for surgery.

While there was no reported difference in physical activity levels after the surgery between the intervention and control group, lead author Associate Professor Andrew Williams said the project highlighted important components for delivery of successful group education exercise services.

It also shed a light on challenges with recruiting and providing face-to-face programs to people serviced by the Launceston General Hospital.

“Studies like this, in our community, are really helpful in identifying local contextual factors that inform both future research and service provision,” Associate Professor Williams said.

“One important learning from our recruitment was that our local hospital serves a large geographical area. This means that travelling for face-to-face sessions twice a week is really hard for a lot of people.

“FUTURE RESEARCH AND HEALTH SERVICES MAY BENEFIT FROM DEVELOPING AND SUPPORTING PROGRAMS IN REGIONAL AREAS.”

There were several novel features of this study, including its focus on physical activity as an outcome after surgery.

Associate Professor Williams said surprisingly, after a joint replacement many people don't re-engage with the levels of physical activity that will help them be healthy and prevent the development of other chronic conditions – like heart disease and diabetes.

“It is important that after surgery people are supported to gain the maximum benefit of that surgery and an approach to focus on activity, rather than pain, has potential to make ongoing differences in people's lives,” he said.

“Other programs have combined education and exercise with short-term benefits, however these often don't translate to long-term behavioural change. Our program developed arthritis-specific behaviour change resources that were integrated with the exercise program over 12 weeks.

“So, behaviour change is much more than education, but the behaviour change focusses more on empowering people to make change in their life and take charge of their health.”



THIS STUDY WAS MADE POSSIBLE BY A

\$51,965 GRANT

FROM THE CLIFFORD CRAIG FOUNDATION.

RESEARCH PROFILE - TERRY PURTON

A pilot clinical trial is currently investigating the effects of probiotics on the gut-brain connection and cognitive symptoms in Multiple Sclerosis.

With funding from the Clifford Craig Foundation and MS Australia, 'Cognition in multiple sclerosis' is being coordinated by University of Tasmania PhD student Terry Purton.

It is hoped this study may lead to more effective rehabilitative treatment programs for people living with MS who experience difficulties with their cognition.

As this important trial progresses, we caught up with Terry to find out more about her work.

Where does your interest in MS research come from?

There are a few reasons for my interest in MS research.

My undergraduate studies were in psychology, and I'm particularly interested in conditions that affect the brain and whether the gut may be involved in these conditions. I was also aware growing up that MS was prevalent in Tasmania, and we had family friends who were living with MS. There is such a strong research community in the MS space in Tasmania and at the time of commencing this project, there was an increasing amount of evidence that the gut-brain connection may be implicated in MS. It felt like a natural step for me to go into MS research.



**IT IS HOPED THIS STUDY
MAY LEAD TO MORE EFFECTIVE
REHABILITATIVE TREATMENT
PROGRAMS FOR PEOPLE
LIVING WITH MS WHO
EXPERIENCE DIFFICULTIES
WITH THEIR COGNITION.**

Can you provide an update on what stage this project is at?

The project has two stages. We are currently recruiting for the pilot clinical trial, which comprises stage 2 of the project. This is an exploratory trial which aims to improve our understanding of the role of the gut-brain connection in MS and help determine whether 12-weeks of probiotic supplementation (versus placebo) can improve inflammatory markers and cognitive symptoms for people living with Relapsing-Remitting MS.

The first stage involved examining how links between markers of inflammation in the body and cognitive symptoms change over time in MS and was undertaken in 2021. We invited participants from a previous study (conducted in 2016-2017) to return and complete the same tasks as they had in the first study, to allow us to investigate how these outcomes have changed over the 4-to-5-year period. Twenty-seven people living with MS participated in the 2021 follow-up study. This data is currently being analysed.

What are your aims/hopes for this project?

This project has several aims, most importantly, the project aims to improve the health and quality of life of Tasmanians living with MS. It is the hope of our research team that improving our understanding of cognitive symptoms, how they relate to other processes in the body, and investigating the therapeutic potential of targeting the gut-brain connection, will inform the development of adjunct therapies and allow better management of cognitive symptoms for people living with MS. As a pilot trial, this project also aims to provide preliminary evidence to support a larger, randomised controlled trial in the future.





HOSPITAL ROUNDS

Stage 1 of LGH Masterplan complete

Last month the Launceston General Hospital's \$580 million redevelopment hit a key milestone, with the official opening of two facilities.

A new \$20 million women's and children precinct represents the first time the two services have been offered in the same building, while a new \$11 million education and learning hub will also serve the hospital's Nursing Education Unit and Tasmanian Health Services North.

Both facilities have been given names in palawa kani – the language of Tasmanian Aboriginals.

Attached to the LGH, the Women and Children's Precinct 'lutha' meaning gumtree, includes an outpatient clinic, a 34-bed children's ward and pregnancy and gynaecology outpatient services.

The Education and Learning Hub, located on the corner of Frankland and Charles streets, replaces the former TasTAFE Drysdale campus, and is now known as 'tunapri mapali' meaning lots of knowledge.

Level 1 of this building is now home to the Anne O'Byrne Education Centre.

Anne O'Byrne AM was a founding member of the Clifford Craig Foundation and served on a number of health, women's and political boards between the 1960s until 1994.

The existing Anne O'Byrne Centre, on the corner of Howick and Charles streets, will now be replaced as part of the redevelopment's second stage next year.

The hospital masterplan is being completed in four stages over the next decade. It will also see the office of the Clifford Craig Foundation, currently on level 5 of the LGH, moved to the Northern Integrated Care Unit.

RESEARCH PROJECT TO DELIVER WORLD-FIRST DATA

Congratulations to Launceston General Hospital physiotherapist Dr Ianthe Boden, who has secured a prestigious Investigator Grant from the National Health and Medical Research Council.

The \$564,120 grant will support Dr Boden's ongoing research examining the ways to prevent pneumonia and improve patient recovery after major surgery, for both patients and hospitals.

Her work is expected to deliver world-first data as she investigates how best to prevent pulmonary complications after surgery.

Postoperative pulmonary complications (PCCs), such as pneumonia, can occur in one third of all patients undergoing major abdominal surgery or cardiothoracic surgery.

"Contracting a chest infection after major surgery can be catastrophic," Ianthe said.

"Despite the seriousness of this complication, we know little about how common it is, how much it costs hospitals and how it impacts a person's recovery.

"My research will provide world-first data on the impact of chest infections after major surgery, treatment guidelines for clinicians, and online methods to deliver breathing training before surgery – a treatment known to prevent chest infections after surgery."

The National Health and Medical Research Council Investigator Grants are awarded to emerging and established leaders in health and medical research across Australia.

With funding support from the Clifford Craig Foundation, Dr Boden's research in this area commenced more than a decade ago.

Clifford Craig Foundation CEO Peter Milne said Northern Tasmania should be very proud of this exciting work.

"It is a wonderful achievement for a local clinician researcher to be recognised with a grant from the NHMRC," Mr Milne said.

"THIS WILL ENABLE IANTHE TO FURTHER HER RESEARCH INTO THE PREVENTION OF CHEST INFECTION AFTER SURGERY, WHICH WAS INITIALLY MADE POSSIBLE THROUGH A GRANT FROM THE CLIFFORD CRAIG FOUNDATION."



Julia Bullock, Craig Shennan, Anne O'Byrne and Premier Jeremy Rockliff at the opening of the Education and Learning Hub.



BOARD MOVEMENTS

The Clifford Craig Foundation recently welcomed two new non-executive directors to its Board – Sheree Brown and Chris Dockray.

Sheree is a Practice Manager at Johnson Breward and Brown Chartered Accountants and brings with her years of administrative experience and a strong tax and business background.

Chris is a legal practitioner, specialising in insurance and corporate law, with extensive Board experience and a strong focus on community.

The Board also recently farewelled Non-Executives Sarah Percy-Dove and Kylie Leavitt.



Chris Dockray



Sheree Brown



Parry to Pinnacle team members David Atkinson, Dave Parry, Ben Jessup, Josh Brooks, Jason Jeffery and Jess Willard push Dr Bryn Parry up the final stretch of the Point to Pinnacle event.

FAMILY'S MOUNTAIN-SIZED FUNDRAISER FOR MND RESEARCH

An inspiring fundraising campaign held in support of the Clifford Craig Foundation and motor neurone disease research has reached new heights.

On November 20 a team of supporters pulled off an unbelievable physical feat, pushing Dr Bryn Parry to the top of kunanyi/Mount Wellington as part of this year's Point to Pinnacle event.

Dr Parry, who was diagnosed with MND in 2020, always wanted to complete the world-famous half marathon – with family and friends rallying behind the beloved Devonport GP to make his dream come true.

Along the way the 'Parry to Pinnacle' team raised more than \$41,000 in support of the Foundation, which is currently facilitating Tasmania's first international multi-centre therapeutic MND trial at the Launceston General Hospital, led by neurologist Dr Lauren Giles.

The Parry team were among more than 3300 competitors who braved the rain, wind and even some snow for the challenge, covering 21.1 kilometres to 1200 metres elevation in 3 hours and 5 minutes.

Son Lucas Parry said it was an extraordinary effort from all involved and thanked everyone who had gotten behind the cause.

"This event has meant so much to our family and I think this effort represents a win for everyone who has been impacted by this horrible disease," Lucas said.

"Knowing this money will go towards vital medical research happening right here in our home state is really significant and we are just so grateful to every single person who has supported our journey."



'PARRY TO PINNACLE' TEAM RAISED MORE THAN

\$41,000

IN SUPPORT OF THE FOUNDATION

RUNNING TO A HEALTHIER FUTURE



More than 300 people joined us on Sunday, October 2 for our annual Run & Walk for Your Heart event.

This event serves as an important reminder of the importance of regular physical activity, with Northern Tasmania continuing to experience the highest rates of heart disease in Australia.

Throughout September the Foundation was also

proud to share the stories of a number of heart-health ambassadors, and it was pleasing to see so many participants commit to leading more active lifestyles.

Excitingly this event raised close to \$10,000, which will now be allocated to future cardiac medical research projects.

Thank you to everyone who supported this important event.

SURVEY INSIGHTS

Earlier this year we asked for your help in shaping the Foundation's future.

We had hundreds of responses to our general survey. Thank you to everyone who took the time to respond to these questions.

The insights learned will help ensure we are fulfilling our role as the community-based health promotion charity supporting the Launceston General Hospital.

We wanted to share with you some of the key learnings:

- You want more updates on research projects, stories from people who support the Foundation's work & news from the LGH.

- Age-related illnesses, such as Dementia & Alzheimer's, Motor Neurone Disease and Cardiovascular studies are key research areas you want to support
- You want to learn more about the John Morris Society – our bequest program aimed at encouraging more people to leave a gift in their Will.
- People who support the Foundation do so because they recognise the importance of medical research, clinical education and improving patient facilities, and their role in strengthening our health system.



Friends of

CLIFFORD CRAIG
FOUNDATION



FASCINATORS AND FUNDRAISERS

The Launceston Friends of Clifford Craig have wrapped up another busy year of fundraising.

The volunteer group's annual Garden Fete returned on November 27 and this year featured the picturesque property of Liz and Brett Jordan at Exeter.

On the day hundreds of visitors took in the splendour of the cottage garden, while enjoying Devonshire tea, a variety of stalls and live music from the Exeter School Choir.

Last month the Friends also hosted their 30th anniversary Melbourne Cup Luncheon.

Returning to TasTAFE's Drysdale Campus, this year's event was held in honour of the late Toni Maloney – the Foundation's first CEO and the instigator of the Luncheon three decades ago.

Guests enjoyed all the race-day action, including sweeps and fashions on the field.

The Friends have contributed enormously to the Foundation over the years, not only in their fundraising endeavours but also with their enthusiasm, commitment and thousands of hours spent volunteering.

Each year the Friends group raise close to \$30,000 in support of the Clifford Craig Foundation.

FOR THE DIARY

CLIFFORD CRAIG CHARITY BALL

When: Friday, 12 May, 2023

When: Hotel Grand Chancellor

Bookings: Early 2023, theme to be announced soon!



CREATING A LASTING MEMORY IN SUPPORT OF MEDICAL RESEARCH

Flowers have traditionally been the means by which people pay their respects to lost loved ones, however many people are now choosing a more lasting tribute in the form of a charitable donation.

In Memoriam donations made in memory of a loved one, can be directed to a specific area of clinical research or a clinical service area in recognition of the hospital care provided.

The Clifford Craig Foundation would like to thank the family members and friends who have paid tribute to the following people during 2022 by making donations in their name:

Toni Maloney / Darrel Batchelor / Dorothy Potter / Scott Bishop / Annemarie Barth / Philip Thompson / Sister Pat Cute / Kenneth Harman / Judith Broomhall / Judy Morris / Robyn East / Elizabeth Fulton / Dawn Alexander / Stephen Reay / Bill Dean / Peter Matanie

To learn more about In Memoriam donations, visit cliffordcraig.org.au or call 6777 6010.



BAKED CHRISTMAS PUDDING

1 hour, 10 minutes (25 minutes)
Serves 12

INGREDIENTS

410g can pear slices in juice
1 cup pitted dates, chopped
½ cup raisins, chopped
½ cup currants
1 tablespoon caster sugar
½ teaspoon bicarbonate of soda
2 eggs, lightly beaten
2 teaspoons vanilla
1 cup wholemeal self-raising flour
1 cup fresh wholemeal breadcrumbs
1½ teaspoons mixed spice
1 teaspoon ground cinnamon
½ teaspoon icing sugar

CUSTARD

1½ tablespoons custard powder
1 tablespoon caster sugar
1½ cups milk

METHOD

1. Spray a 21cm non-stick bundt pan with oil.
2. Drain pear slices and reserve juice. Process pears in a food processor or blender to form a smooth puree. Set aside.
3. Combine reserved pear juice, dates, raisins, currants and sugar in a medium saucepan. Bring to the boil. Gently boil for 5 minutes. Transfer mixture to a large bowl. Stir in bicarb soda. Cool 30 minutes.
4. Stir in pear puree, eggs and vanilla. Add flour, breadcrumbs and spices. Stir until well combined. Spoon mixture into prepared pan. Smooth over top. Cover cake pan securely with foil.
5. Bake in a 160C oven (fan-forced) for 50 minutes or until a skewer inserted into pudding comes out clean. Stand pudding in pan, covered with foil for 10 minutes, then uncover and turn onto a serving plate.
6. Meanwhile, to make custard, place custard powder and sugar in a small saucepan. Stir in ¼ cup milk to form a smooth paste. Stir in remaining milk. Cook, stirring constantly over a medium heat until custard boils and thickens.
7. Dust pudding with icing sugar. Serve sliced with warm custard.

Tips:

Pudding can also be cooled and served as a cake. Any leftovers will keep for up to 4 days in an airtight container. Bundt pans are sold in department stores and major supermarkets..