



**Clifford Craig
FOUNDATION**

BETTER HOSPITALS.
CHANGING LIVES.

JUNE
2023

PRICELESS

THE NEWS BULLETIN FOR SUPPORTERS OF THE CLIFFORD CRAIG FOUNDATION



WILL YOU HELP US FILL THE CUP?

For the past 30 years the Clifford Craig Foundation has been working to 'fill the cup' at the Launceston General Hospital.

This includes funding for translational medical research, related to the illnesses and conditions that impact our community.

But without funding, the Foundation is unable to continue supporting innovative medical research projects right here in Northern Tasmania.

With the end of financial year approaching, please consider **making a tax-deductible donation** to the Clifford Craig Foundation in support of your hospital, your community and your health.



Are you following
us on social media?

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



A MESSAGE FROM PROFESSOR NICHOLAS SHACKEL

"For every dollar invested in medical research, we see a net benefit in terms of healthcare delivery of up to \$4.

We know that institutions which embody a strong research ethos, deliver the best possible outcomes for our patients.

I have personally seen the net benefit of medical research to our patients. Many of the studies I have undertaken in the past have had small, but incremental outcomes in the care of all our patients.

When you amplify that across an institution like the Launceston General Hospital, with all the clinicians, nurses, pharmacists, allied health and other professionals involved - the health impact is considerable.

In the past 30 years the Clifford Craig Foundation has contributed to significant breakthroughs, with national and international translational impact in the fields of glaucoma, heart disease, dementia,

COPD, vaping and vaccines for both influenza and COVID-19.

The best institutions across the country and globally all embody significant medical research programs in their ongoing clinical care. An organisation like Clifford Craig has the added advantage of being able to target that money towards endeavours that are relevant to their local community.

This is important moving forward, to ensure that community needs are being met by the medical research that is being undertaken in a place like the LGH. The ongoing support of benefactors such as yourself is absolutely essential to ensure this continues into the future.

When you support medical research, you are helping to build the future of medicine."



Scan QR code
for a message from
**Professor Nicholas
Shackel**

INVESTING IN MEDICAL RESEARCH

Improves patient outcomes
through better



treatments,
disease
preventions
and cures

it also

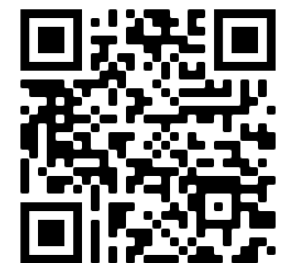
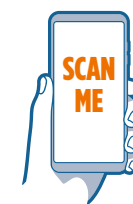
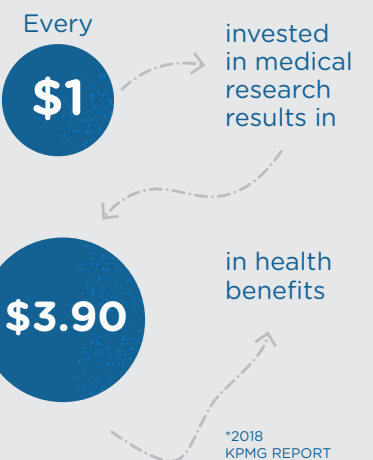
Helps recruit,
retain and train
medical
specialists
to work in
Tasmania's
North and
North-West



Secures the
future of
medicine



As well as positive health
outcomes, investment in
research can lead to savings
in the health system.



www.cliffordcraig.org.au



YES! I WANT TO HELP THE CLIFFORD CRAIG FOUNDATION

ALL DONATIONS OVER \$2 ARE TAX DEDUCTIBLE

Please complete the following details

- I would like to make a one-off donation of \$.....
- I would like to make a monthly donation of \$..... deducted from my credit card

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 CSV

Signature

- I am considering making a gift in my will and would like to know more.
- I have already included a gift to Clifford Craig Foundation in my Will.

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BETTER HOSPITALS. CHANGING LIVES.



FROM THE CEO

It has certainly been a busy year for the Clifford Craig Foundation.

In March we held our International Women's Day luncheon which featured two inspirational medical speakers from our own community. Neurologist Dr Lauren Giles and women's health specialist Dr Natasha Vavrek GP provided the audience with an enthralling insight into their medical careers and the important work they undertake as medical professionals.

Last month we held our annual gala event, the Clifford Craig Charity Ball and what a great night it was for the capacity audience that came along to support the Foundation. It is events like these where we witness the passionate support and encouragement for the work of the Foundation.

As you will read in this newsletter, our annual Research Appeal is currently underway and if you are in a position to do so, we would greatly appreciate your consideration of a tax-deductible donation to support our important research program that will improve patient outcomes.

These are just some of the activities we undertake to raise the necessary funds that will contribute to better health outcomes and patient care for the community that we serve.

The Launceston General Hospital is the acute care referral hospital for North and North-West Tasmania and every year it treats in excess of 25,000 inpatients. We want to do everything possible to ensure our hospital is better than "the average model".

I hope you enjoy reading this issue and once again, thank you for your continued support.

Peter Milne
Chief Executive Officer



SUPPORTER STORY | SANDRA BELL

Sandra Bell is part of a special group. For 25 years she has been supporting the Clifford Craig Foundation to find new treatments and cures for the diseases that impact our community.

Like many Northern Tasmanians, she has experienced loss.

Sandra lost both her parents after long and challenging health battles. Over the years she has also had her own health scares, including a near-death experience with an aortic dissection.

In her words - she shouldn't still be here. But because of modern medicine, and the skill of medical professionals - she is!

Sandra's first donation to the Clifford Craig Foundation was in 1998, shortly after the death of her parents.

She witnessed first-hand the incredible care of our health professionals and decided she wanted to give back.

In the 25 years since, she has continued her generous support, recognising the importance of medical research as the only avenue to ensure better diagnostic tools, treatments and improved

survival rates of the illnesses that impact our community.

There have been many medical advances made in this time, and Sandra has played a part in that, helping the Clifford Craig Foundation 'fill the cup' at the Launceston General Hospital for a quarter of a century.

"I just think Clifford Craig is one of the very worthwhile causes," Sandra said.

"It's amazing what they can do now, with all of the specialists we have - the advanced equipment and technology.

"Clifford Craig supports our local researchers, and I think it's one of the very worthy causes that people should feel proud to contribute to - however small, or however often. "Every dollar makes a difference."

With the knowledge of our researchers and the kindness and passion of people like Sandra, there will be many more lifesaving breakthroughs ahead.

SANDRA BELL HAS BEEN SUPPORTING THE CLIFFORD CRAIG FOUNDATION FOR



EXCELLENCE IN STROKE CARE RECOGNISED

The Launceston General Hospital stroke unit has been recognised on a national level, becoming one of only five in Australia to gain accreditation through the Australian Stroke Coalition Stroke Unit Certification Project.

Stroke Unit Certification is recommended by both the World Health Organisation, the World Stroke Organisation and the Federal Government Heart and Stroke Plan as a method of ensuring best possible stroke care for patients.

While commonplace in many countries, it has never previously occurred in Australia - until now.

The LGH is the first Tasmanian hospital to gain the accreditation, alongside Shoalhaven Hospital in NSW, Victoria's The Alfred Hospital, Western Australia's St John of God Midland Public and Private Hospitals, and the Royal Adelaide Hospital in South Australia.

In order to be recognised by the program, hospitals need to consistently meet a set of national stroke care criteria.

Adjudicators recently examined the LGH stroke unit gathering documentation and meeting with staff.

In awarding the accreditation, the organisation said the LGH demonstrated evidence of clinicians with stroke expertise and access to stroke education, evidence-based protocolised care, provision of thrombolytic therapy, access to rehabilitation services, clear coordination across various services including pre-hospital services, ED and acute stroke team, advanced imaging, and data collection for quality improvement, including participation in the Acute Audit.

The stroke unit was also commended for the introduction of a Clinical Nurse Consultant shadow program and its influence on the patient journey.

"Stroke care at Launceston General Hospital is clearly supported by strong medical and multidisciplinary team involvement, demonstrating patient focussed processes and procedures led by Nurse Lead/Stroke CNC Carolyn Harrison," adjudicators wrote.

"It is impressive to see the current focus on risk screening and care planning that is underway with the piloting of a state-wide Comprehensive Care Plan."

Stroke CNC Carolyn Harrison said the recognition was testament of the team's hard work and dedication to ensuring the best outcomes for their patients.

GRATEFUL PATIENT STORY



When someone experiences a stroke - time is brain. That is, with each moment that a stroke goes untreated, the brain is rapidly and irreversibly damaged.

For Melbourne couple Greg and Marina, it was the quick-thinking actions of staff at the Launceston General Hospital that prevented the worse from happening.

The pair were wrapping up an enjoyable two-week holiday in Tasmania at Easter when things took a turn.

As a thunderstorm rolled over Launceston on the morning of Good Friday, Marina woke up not feeling herself.

After noticing she was having trouble with her speech and ability to pick things up, Greg decided to take her straight to the LGH emergency department.

Marina was experiencing a stroke.

Fortunately, the quick-thinking actions of staff saved her life.

Working with the Victorian Stroke Telemedicine (VST) service, Marina was quickly recommended for thrombolysis - a specialised treatment for a type of stroke that is caused by a blockage to a blood vessel.

As LGH neurologist Matt Lee-Archer explained, it is an extremely complex decision about when to recommend thrombolysis.

"At LGH, stroke specialists make decisions about stroke treatments 24/7 - which is a collaboration between our own stroke specialists and a telemedicine service called the VST," he said.

"Our radiology department have also been amazing and were happy to introduce advanced imaging (such as specialised CT scans) in 2020 and the stroke specialist reviews them in real-time (on site or via telehealth) to make the best decisions for patients."

The VST service enables clinicians to collaborate virtually across organisation boundaries, regardless of their location.

The LGH is one 19 hospitals linked to the service, connecting a network of stroke consultants who can provide treatment advice about patients.

Marina went on to spend four days in the LGH Stroke Department, but was well enough to be discharged the following Wednesday - flying home to Melbourne just a week after her stroke occurred.

While it wasn't the Easter they had planned for, she has since made an almost complete recovery - only requiring outpatient stroke therapy.

Originally from Tasmania, Greg could not speak highly enough about the care they received at the LGH.

"It was obviously a very stressful situation, but every staff member we dealt with at the LGH was so friendly and helpful," he said.

During his time at hospital, Greg learnt about the Clifford Craig Foundation.

In recognition of the care Marina received, he decided to make a donation in support of the Stroke Department.

"I was so grateful for everything they did for us, I wanted to show my appreciation and say thank you," he said.



BETTER HOSPITALS. CHANGING LIVES.



RESEARCH COURSE UNDERWAY

In May the Foundation commenced its 2023 Introduction to Research course.

Held over six weeks, this year's course has almost 50 participants, representing a broad range of healthcare.

This includes medical students, registrars, interns, nurses, allied health and more.

First held in 2021, the updated course is being led by Professor Nicholas Shackel, Dr Sarah Young and Dr Kath Ogden, and is aimed at encouraging and strengthening participation in health research at the Launceston General Hospital.

Topics covered include research design and theory, qualitative research methods, biostatistics, ethics and governance.

Early Career scholarships will also be awarded to selected participants of this course, aimed at supporting up-and-coming clinicians with translational research projects.



MAKE YOUR FLU SHOT COUNT



Seasonal influenza activity is expected to continue this year, with vaccinations playing an important role in protecting yourself and vulnerable populations from serious illness.

If you have yet to receive a flu shot this year, please consider becoming a Vaccine Trial participant – contributing to important medical research.

The Vaccine Immunomodulation Throughout the Aging Lifespan (VITAL) trial is using a systems biology approach to better understand and optimise immunity to influenza vaccination.

Led by Infectious Diseases Specialist Professor Katie Flanagan out of the Tasmanian Vaccine Centre, this world-first research trial is looking into the impact of DTP and influenza vaccines on the immune systems of elderly people.

This project will provide much needed evidence to optimise vaccine responses in this vulnerable age group, with future global health implications.

You need to be:

- 65 years old and above (male & female)
- 20-50 years old (male only)
- In good health
- Not had influenza vaccination this year

For further information or to register contact the Clifford Craig Foundation Research Nurses via:

Email
research@cliffordcraig.org.au

Phone
6777 6001

Mobile
0474 516 022



DPU nurses Emma Szymca, Sharon Stuart, Kitty Lu and Michelle Kershaw

THUMBS UP FOR OUR NURSES

May 12 was International Nurses Day – an opportunity to acknowledge the compassion, professionalism, and round-the-clock commitment of the nurses caring for patients in our health system.

Each year a specific theme is chosen, and in 2023 the theme of 'Our Nurses, Our Future' was celebrated.

At the Launceston General Hospital, we joined acting Executive Director of Nursing and Midwifery Danielle Causer, Nursing Director Bianca Jack and Elizabeth Gadsby in hand-delivering some sweet treats to nurses around the hospital.

This included the dedicated team of Research Nurses at the Clifford Craig Foundation.

Monika, David and Shelley are the backbone of our organisation.

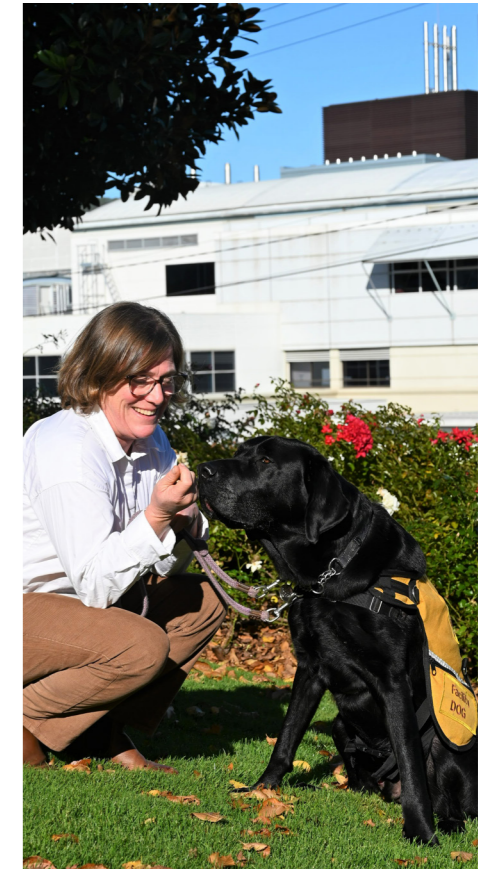
At the moment they are working with more than 200 patients, across five research projects covering Motor Neurone Disease, Multiple Sclerosis, COVID-19, Influenza and Bariatrics.

In short, our medical research trials wouldn't happen without them. We would like to take this opportunity to thank them and all our nurses for their hard work.



Clifford Craig research nurses Shelley Davey, David Pryce and Monika O'Connor.

A GIFT FOR GILBERT



Launceston General Hospital's Facility Dog Gilbert recently returned from sick leave, after an ongoing knee issue required him to have urgent crucial ligament surgery.

If you didn't know, Gilbert works in the LGH emergency department. In fact, he is the first facility dog to be used in an ED anywhere in Australia.

Gilbert has been recovering well since his surgery in April, and last month returned to some light duties at the Launceston General Hospital.

His handler, Dr Lucy Reed, said Gilbert was slowly building up his strength and was looking forward to getting back out on the wards.

Prior to his injury, Gilbert had a daily presence on rounds - greeting patients and staff and offering a helping paw and a calming influence in the busy department.

His positive impact at the LGH has been immeasurable.

Thank you to everyone who supported our fundraising efforts in support of Gilbert and Guide Dogs Tasmania.

With your help, we raised almost \$700 to help cover the cost of his surgery and ongoing rehabilitation.



A RACE WORTH RUNNING

Late last year we were inspired by the efforts of the Parry to Pinnacle team, who raised more than \$50,000 in support of Motor Neurone Disease research being conducted by the Clifford Craig Foundation.

On November 20, the Parry family and a team of supporters pushed Dr Bryn Parry to the top of kunanyi/ Mount Wellington as part of the Point to Pinnacle event.

Now, we are pleased to share with you an inspiring short film documenting the family's journey, including interviews with neurologist Dr Lauren Giles, who is currently facilitating **Tasmania's first international multi-centre therapeutic MND trial** at the Launceston General Hospital.

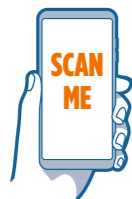
We are also excited to announce that discussions are currently in place for the commencement of a new MND trial at the Launceston General Hospital.

We look forward to providing you with more updates on this development in the near future.

Thank you again to everyone who supported this very worthwhile cause.



Dr Bryn Parry



Parry to Pinnacle
| A Race Worth Running

INTERNATIONAL WOMEN'S DAY



In March we celebrated the Tasmanian women making a difference in medicine, as part of our annual International Women's Day Luncheon.

More than 250 guests "Embraced Equity" as part of this year's IWD theme, hearing from guest speakers Dr Lauren Giles and Dr Natasha Vavrek.

A neurologist at the Launceston General Hospital, Dr Giles is providing new hope to patients living with Motor Neurone Disease and Multiple Sclerosis, with two ground-breaking medical research trials being offered in Northern Tasmania.

Dr Vavrek is the founder and Director of The Bubble Tasmania – a specialist women's health and reproductive needs can be met in a safe and relaxed environment.

The Foundation was also proud to highlight the female leadership team at the Launceston General Hospital, on what International Women's Day means to them. You can watch the video here:



Events like this would not be possible without support. Thank you again to our generous gold sponsors Bladerunner at the Charles and Yeltuor. Thanks also to our event supporters VJAM, Country Club Tasmania, Sara Redman and Lily at West Tamar Flowers.



RESEARCH SHOWCASE

Each year the Foundation hosts a small gathering to introduce the latest research projects to receive grant funding.

This year the event provided the opportunity to also highlight the Foundation's expanding education initiatives and recent medical equipment appeals, as part of a Research Showcase.

In April we were thrilled to present researchers Samantha Bramich, Christopher Hall and Laurent Willemot, who all have new studies now underway at the Launceston General Hospital.

Guests also heard from Gastroenterologist Professor Nicholas Shackel, who highlighted the Foundation's upcoming Introduction to Research Course.



CHARITY BALL

More than 300 guests joined us in May for our annual gala Charity Ball.

Held at Launceston's Hotel Grand Chancellor, this year's theme of Priscilla Queen of the Desert provided plenty of glitz and glamour – including performances by Encore Theatre Company.

Our Charity Ball serves as one of the Foundation's major fundraisers for the year.

But most importantly, it connects us with our wonderful community of supporters and provides the opportunity to celebrate the incredible work of our health professionals.

Events like this would not be possible without the generous support of Principal Partners NAB and JBWere, and our Gold Sponsors Flying Colours Group, JMC, Nutrien Ag Solutions, Mckillops Insurance Brokers, MAIB, Montille, Snooze and St.Lukes Health.





IN MEMORIAM

The Clifford Craig Foundation would like to acknowledge the passing of Barbara Ferrall, who died on April 14 after a devastating battle with motor neurone disease.

Born and raised in Launceston, Barbara's family described her as "bright, vivacious, and someone who loved life". In their words – "she didn't die wondering".

A passionate chef, Barbara trained with the famous Le Cordon Bleu in Europe before establishing her own catering business in Australia.

One of her proudest achievements was setting up the first bakery on Hamilton Island, providing catering for Ansett Airlines.

Returning to Tasmania about 20 years ago, she was a long-time supporter of the Clifford Craig Foundation.

After receiving her MND diagnosis in early 2021, she became one of the first Tasmanian patients to sign up for the Lighthouse II trial.

The randomised double-blind placebo-controlled Phase 3 trial of Triumeq is examining potential treatment options and ways to slow down the progression of MND.

Like many people living with an incurable illness, the trial provided Barbara with hope – if not for herself, hope that one day a cure for this insidious disease will be found.

Sadly, Barbara's MND progressed quickly and she had to be withdrawn from the trial.

After contracting COVID-19 and pneumonia, she made the decision to end her life through voluntary assisted dying.

She died in the Launceston General Hospital aged 79 surrounded by close family. A party to celebrate her life was held with family and friends shortly after.

In her final years, Barbara also made a considerable donation to the Clifford Craig Foundation in support of its MND research activities.

Barbara was the daughter of the late Raymond and Lorna Ferrall, the loved sister of John (dec.), Michael and Margaret and a much-loved "Auntie Barb" to all of her nieces and nephews.

HEALTHY EATING RECIPE



FENNEL & POTATO SOUP

Prep Time: 10mins

Cook Time: 1hr

If winter were a dish it'd be this creamy and hearty fennel & potato soup.

INGREDIENTS

2 tbsp Tasmanian extra virgin olive oil
1 large brown onion, diced
2 leeks, washed and diced
2 large bulbs of fennel, trimmed, washed and diced
500g potatoes, peeled and diced
6 garlic cloves, peeled and cut in half
2L chicken or vegetable stock
Freshly ground pepper and salt, to season

FOR GARNISH, CHOICE OF:

Chopped fresh fennel fronds
Chopped herbs (dill or parsley)
Thinly slice fennel and fry in olive oil and garlic for a crispy topping
Garlic croutons
Shaved Parmesan cheese

METHOD

- Heat the olive oil in a large pot over medium heat and add the onion, chopped fennel and leek and a large pinch of salt. Cook gently for about five to eight minutes, until the vegetables have softened and lost some of their volume.
- Add the potatoes and garlic and stock and bring to a boil. Reduce the heat, add salt to taste, cover and simmer 45 minutes.
- Once veg has softened remove from heat and let cool. Blend the soup until smooth with an stick blender, or ladle into a large blender to combine until smooth in texture.
- Season with salt and pepper and enjoy with your choice of garnishes—we love freshly chopped parsley and a sprinkle of Tasmanian toasted hazelnuts.

TIPS & TRICKS

- Use up stale bread by making delicious garlic croutons as a garnish for your soup
- Store leftover soup in your fridge for up to three days or freeze in individual portions for up to three months.