

September 2019

Priceless



Health • Research • Hope

The news bulletin for supporters of the Clifford Craig Foundation

Clifford Craig Researcher Wins International Award

World-leading clinical trial slashes hospital pneumonia rates

Tasmanian medical researcher and LGH physiotherapist, Ianthe Boden, is the recipient of a major international award, which recognises clinical trials that significantly improve patient care and health.

Ianthe accepted the 'PEDro' prize for Best Trial at the World Confederation of Physical Therapy (WCPT) Congress held in Geneva, Switzerland.

The trial set out to see if providing patients with double the amount of physiotherapy in the first week after major emergency surgery would prevent pneumonia and improve recovery. "With over half a million patients operated on every year, abdominal surgery is the most common major surgery type performed in hospitals around Australia. Here at the LGH we operate on about 450-500 patients a year," Ianthe said.

"Pneumonia is unfortunately common after these operations, with around one in three patients developing this complication. This means over 100 000 patients Australia wide are affected every year. We'd previously conducted a successful study on the impact of extra physiotherapy on people before elective abdominal surgery however, until now, there have been no clinical trials at all in how to improve outcomes for emergency surgery patients."

"This is the first study of its kind in the world looking at how to prevent pneumonia and improve recovery in patients who have undergone emergency abdominal surgery," Ianthe, the trial's lead investigator, said.

The trial, named ICEAGE (Incidence of Complications following Emergency Abdominal Surgery - Get Exercising), was conducted over three years (2015-2018) and involved 288 patients. "The trial took place at the Launceston General Hospital, at North East Health Wangaratta hospital in regional Victoria and the Princess Alexandra Hospital in Brisbane, so this involves a diverse range of patients and hospital settings which adds strength to our findings."

The project involved teaching breathing exercises and giving twice as much rehabilitation in the first week after surgery to the 'treatment' group. The 'placebo' group received normal levels of post-operative physio care.

The trial found intense ward-based chest physiotherapy and early rehabilitation in the first week after emergency surgery has a profound positive impact and significantly cuts pneumonia rates. "We found patients receiving the extra physio were half as likely to get pneumonia, were in hospital for three days less,

were half as likely to need a stint on a formal rehabilitation ward, felt stronger and healthy on leaving hospital, and had almost returned to normal three months after surgery," Ianthe said.

The trial was funded by the Clifford Craig Foundation.

"Without the financial assistance from Clifford Craig and support from within the LGH there's no way we could conduct this type of research in Tasmania - it just wouldn't happen. This is research that saves and improves peoples' lives," Ianthe said.

The improved post-operative care benefits the patient, but also the hospital and wider community, according to the Chief Executive Officer of the Clifford Craig Foundation, Peter Milne.

"This highly effective treatment developed through funding from Clifford Craig will save the health system around half a million dollars a year in overall hospital costs, and that

ultimately benefits the entire community. That's why Clifford Craig funds medical research being conducted here in Tasmania, by Tasmanians, for Tasmanians, and with global impact."

"We congratulate Ianthe and her team on this award, and also for recently receiving a highly commended award at the Australian College of Anesthetics Annual Scientific meeting - the first time a non-anesthetist has received the award," Peter said.

"It great to see ongoing recognition for medical research occurring here, under our noses."



Ianthe Boden briefing journalists Jessie Gilmour (7 Tasmania News) and Jessica Willard (Examiner).

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

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All donations over \$2 are tax deductible.

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***Payable to the Clifford Craig Foundation**

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Expiry Date: ____ / ____ / ____

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- Please send me information on remembering the Foundation in my Will.
- Please send me information on making an annual gift using your courtesy reminder service.

Thank you for your support.

Please post to:

CLIFFORD CRAIG
FOUNDATION
PO Box 1963
Launceston
Tasmania 7250



From the CEO



The generosity of donors always amazes me. Your donations change and save lives and the response to our annual mid-year appeal was wonderful, so a huge **Thank You.**

Many of our donors have a personal connection with the Clifford Craig Foundation, whether it's through our research program or as a hospital patient. These people have a first-hand knowledge of the important role that we undertake.

We take great pride in the fact that we can deliver greater impact with every donation made, where 100 percent of every dollar donated is directed into medical research and patient care. This is made possible through the earnings of our investment fund, which covers administration costs but, importantly, further boosts our funds to research, patient care and education of health professionals.

It's an exciting time in the development of our organisation. The focus over the next few years will be consolidating and building on the key strengths of the Clifford Craig Foundation across all aspects of our work. We have recently finalised our new five-year strategic plan which sets our key goals and strategic objectives to ensure the Foundation continues its work for the benefit of future generations.

Our annual community health event Run & Walk for Your Heart is coming up in October. I urge everyone to encourage their friends and family to participate and send an important heart health message to the community. Heart disease is a major health issue in our region, but we can all benefit from regular physical activity to reduce the risk.

On behalf of our board and all the patients that benefit from your generosity and support, I can't thank you enough.

Together, we are doing great things.

Peter Milne
Chief Executive

LGH 4K Redevelopment

Construction of the 4K Redevelopment at the Launceston General Hospital sees the building growing towards its completed height. The site of cranes on the Launceston skyline is a familiar visual as the building grows.

The project will see the creation of a new Women's and Children's Precinct at the hospital with the floor below the 4K Children's ward being developed into new outpatient's clinics for women and children. This will provide brand new contemporary clinics, and vacate space needed to construct Ward 3D.

A new underground car park will also be constructed in the level beneath the redevelopment to create additional car spaces.



Clifford Craig Foundation

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Proudly assisting the
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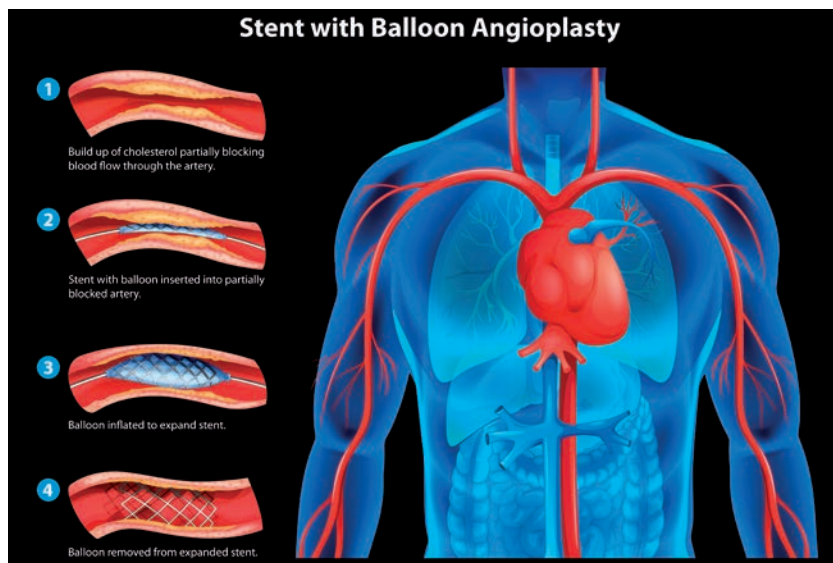
Research Update - Seeking to Reduce Cardiac Damage

A cardiology research project being undertaken at the Launceston General Hospital is investigating if a simple laser therapy treatment could reduce cardiac damage caused by stents inserted into the arteries of the heart to fix blockages.

The significant potential impact of the study, being undertaken by Cardiologist Dr Rohit Barthwal and GP Dr Michael Fox, is reflected in the high number of Australians that suffer from cardiovascular disease.

The leading cause of deaths in the western world, there are more than 50,000 heart attacks in Australia each year and over 20,000 Australians die from coronary artery disease annually.

Blockages of the arteries can be treated with medications, or with stents or even open-heart surgery, with approximately 35-50 percent of the patient population receiving stent treatment. A stent is a tiny mesh tube that can be placed inside the artery to keep it open. Over 47,000 procedures



but in some patients, the damage can be fairly substantial.”

The study is looking at whether using low level laser therapy through the skin will reduce the damage. Past research conducted with laser in animals has shown the ability to reduce damage to muscle when stressed, hence Dr Fox and Dr Bathwal's interest in researching the treatment with humans.

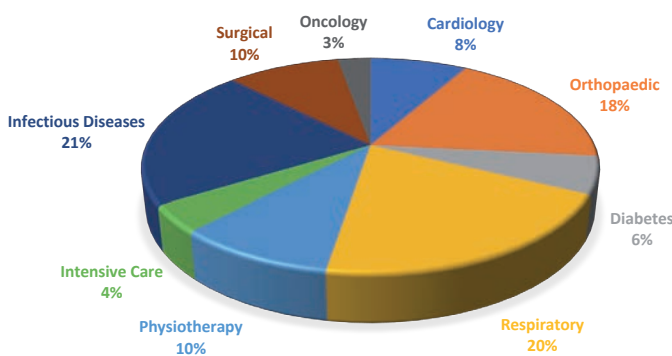
involving stents are performed in Australia each year.

Dr Barthwal said stents are inserted into patients at the LGH nearly every day but the sudden return of blood to an area of the heart that has not been receiving blood flow previously can cause damage itself. “When we do the procedure, we can cause damage to the heart muscle. In most patients, the damage is minimal,

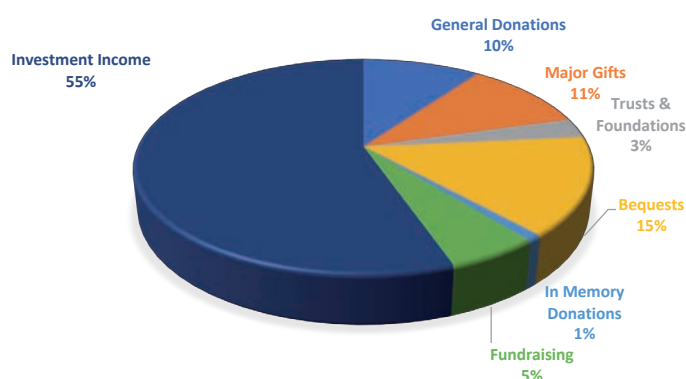
Funded by the Clifford Craig Foundation, the blinded trial is at the mid-point, with approximately 400 patients who receive stents at the LGH participating.

If successful, this intervention would offer a simple, safe and timely method to improve cardiovascular outcomes in a group of patients at high risk for cardiac mortality or morbidity.

Areas of research funded in 2018



Where our funds came from in 2018



Funding Breakdown

Locally led, locally conducted clinical research is an asset for the Northern Tasmanian community because it translates to a better understanding of disease management, medical procedures and Healthcare. The research program funded through the Clifford Craig Foundation enables research to be translated into clinical practice and supports the recruitment and retention of medical professionals in our hospitals.

Here is a breakdown of where our funding came from in 2018 and the area's or research that we supported.



DID YOU KNOW?

100 percent of donations are allocated to medical research or the specified area of patient care because the Foundation's administration expenses are provisioned through our investment returns. So, if you donate to the CCF, you can be assured that every cent is applied to advancing research and healthcare for the population of our community.

Humble Vitamin C Breakthrough for Diabetes



A twice daily dose of vitamin C may be the answer for the 1.2 million Australians currently living with type 2 diabetes.

A Deakin University study has found that taking 500mg of vitamin C twice daily can help lower elevated blood sugar levels across the day and minimise blood sugar spikes in people with the chronic and potentially deadly disease.

The study also found the daily doses of vitamin C lowered blood pressure in people with type 2 diabetes, reducing the risk of heart disease.

Lead researcher Associate Professor Glenn Wadley, from Deakin's Institute for Physical Activity and Nutrition, said the study found that participants had a significant 36 per cent drop in the blood sugar spike after meals, which meant that they spent almost three hours less per day living in a state of hyperglycaemia.

"This is extremely positive news as hyperglycaemia is a risk factor for cardiovascular disease in people living with type 2 diabetes. Vitamin C's antioxidant properties can help counteract the high levels of free radicals found in people with diabetes, and it's encouraging to see this benefits a number of the disease's common comorbidities, such as high blood pressure," he said.

"For people living with type 2 diabetes, vitamin C could be a potentially cheap, convenient and effective additional therapy, used in addition to their usual anti-diabetic treatments to improve glycaemic control."

The randomised cross-over study was recently published in the Journal of Diabetes, Obesity and Metabolism.

Diabetes is a fast-growing problem in Australia, with more than 100,000 Australians developing the disease in the past year.



Research Update - Predicting Bariatric Surgery Outcomes

Obesity has a major impact on individuals, communities, health services, and State and National budgets and finding solutions is becoming a national priority. Obesity is a complex, multifaceted phenomenon which overlaps physiological, dietetic and psychological domains.

Surgery to assist with weight loss is increasingly performed in Australia, however not all of those who have Bariatric Surgery have good outcomes. Some patients do not have the desired weight-loss, develop psychological distress as a result of the impact of the surgery, or both.

LGH psychologist, Dr John Mercer is undertaking a study into bariatric surgery results which he hopes will lead to an assessment and treatment matching process that will reduce poor outcomes.

A collaborative study between the LGH allied health department, the surgical department and the Launceston Clinical School (UTAS), his research team is using a measurement tool called the Dutch Eating Behaviour Questionnaire to assess patients before surgery. If it turns out that the questionnaire can predict their outcomes prior to surgery, then it could be used as a reliable indicator.

Dr Mercer said some people respond super well and get great outcomes from lap band surgery, and some people don't get the outcomes you would expect for them.



"This piece of research is really trying to nail down a new factor so we can predict better what outcomes people are going to have from bariatric surgery, and if they are going to get poor outcomes, we can work out how to support them," he said. "If they're not going to do very well at all, we can offer something else that's not surgical,".

The project involves two sub-groups of research candidates, the

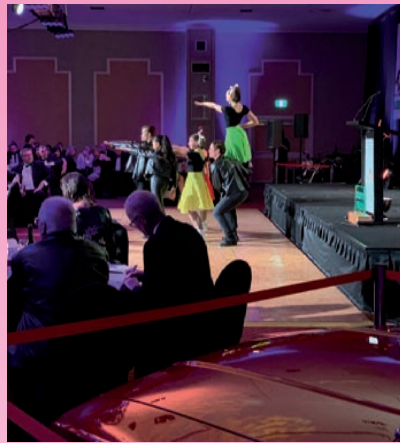
retrospective cohort who have already received bariatric surgery, and the *prospective cohort* who are drawn from new referrals of bariatric candidates who have not received bariatric surgery. A final target of 120 patients is estimated.

The significance of the project is that it has the potential to influence International Best Practice.

"The potential really is important financially and in human terms. So, if we can find a reliable indicator, it could have international implications as well, in terms of how people are assessing surgery internationally, Dr Mercer said.

The project is expected to be completed in 2020.

Clifford Craig Charity Ball



A capacity 360 people attended the annual Clifford Craig Charity Ball in May.

With a theme of "Grease is the Word", the evening was a great success and our sold-out event took the guests on a journey back to the 1950's to "Daisy's Diner" whilst being entertained by Encore Theatre's "Grease" themed performances, the Retro Rockers and Gypsy Rose who had everyone on the dance floor!

A huge \$35,000 was raised on the night to support the Foundation's work at the Launceston General Hospital that aims to improve health services for the people of North & North West Tasmania.

Thank you to our wonderful event sponsors: Principle Partners; NAB & JB Were, Gold Partners; Montile Tile Boutique, St Lukes Health, Snooze Launceston, Roberts, McKillops Insurance, MAIB, Flying Colours Group and Treasury Wine Estates.

A Big thank you to everyone who attended, provided fundraising auction items, and our fantastic volunteer organising committee. You made the night both fun and a success.



PRINCIPAL PARTNERS



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For the Diary

Run & Walk for your Heart

When: Sunday, 6th October
Where: Aurora Stadium Precinct
Time: 10.00am
Entries/Info: www.cliffordcraig.org.au

Launceston Friends of Clifford Craig - Melbourne Cup Lunch

When: Tuesday, 5th November 2019
Where: Drysdale Restaurant
(TasTafe College)
Time: 12 Noon
Bookings: Foundation Office - 6777 6010

Launceston Friends of Clifford Craig - Garden Fete

When: Sunday 24th November 2019
Where: 2 Sinclair Street, Perth
Time: 10am - 4pm
Info: Foundation Office - 6777 6010 or
www.cliffordcraig.org.au

2019 Dare Shott Lecture

When: Date to be confirmed
(September/November)
Speaker: Professor Shyamali Dharmage
Director of Tasmanian Asthma Study, Head of Allergy & Lung Health Melbourne School of Population & Global Health at University of Melbourne
Info: Foundation Office - 6777 6010 or www.cliffordcraig.org.au

Date Saver

Clifford Craig Charity Ball

When: Friday 15th May 2020
Bookings: Foundation Office - 6777 6010
"Get in Early and book your table"

RUN & WALK FOR YOUR HEART



With spring upon us, the weather is getting warmer and the days longer. It's a great time to take some positive action to improve our fitness and health.

Our annual community health promotion, Run & Walk for Your Heart is the perfect opportunity for you, your family and friends to commence your summer fitness & health regime because it happens on the first day of daylight savings, Sunday 6th October.

Most importantly, regular physical activity makes you less likely to develop heart disease, reduce your risk of heart attack, and will improve your long-term health. Why don't you make a personal commitment to improve your health this summer and kick it off on the first day of daylight savings at Run & Walk for Your Heart?

Fast Facts

- Heart disease affects 1 in 6 Australians and 2 out of 3 families.
- 63% of Australians are overweight or obese.
- Australian women are almost three times more likely to die from heart disease than breast cancer.
- Regular physical activity can reduce the risk of heart disease.

WHERE: Aurora Stadium Precinct
WHEN: Sunday 6th October
START TIME: Start at 10.00am
Kids run/walk - 9.30am
INFO: www.cliffordcraig.org.au



DID YOU KNOW?

49 percent of the Tasmanian population live in the northern half of the state. The region is served by three main public hospitals in Launceston, Burnie and Latrobe, with the Launceston General Hospital being the acute referral hospital for people who reside in north and north-west Tasmania.

Wonderful Response to our Mid-Year Appeal

This year, the Foundation ran its annual Mid-Year Appeal to continue our work and highlight the important role we undertake to advance the health and wellbeing of the people that live across the northern half of Tasmania.

The Overton family from Devonport kindly agreed to be the faces of the appeal and use their incredible "medical experiences" to highlight the campaign message:

"When the unexpected - the very worst thing happens - you need to know you'll get the care you need"

Its research like ours that gave Lyn world-class medical care and then saved Ken's life just a few years later. Yes, we believe in miracles, but we also know that without a commitment to research, that saving lives like Ken's may not have been possible.

Medical research is a priority. After all it is through research that we learn how to improve patient care and medical



Ken & Lyn Overton with their granddaughter Renee.

treatments. Research funding also helps to recruit and retain medical professionals to work here at our hospitals in North and North West Tasmania.

Ken says, "Now we live life in the awareness that every day is a gift, and we encourage others not to give up. To have hope, and to do all they can with the strength they have."

Over 300 supporters generously donated to the appeal, thus enabling us to meet and exceed our target.

Thank you, through your support, we will continue to invest in medical research, facilities and education to improve our hospital, our health and our community.



Central Auxiliary Vice President Helen Coates presenting the \$2000 donation to CEO Peter Milne

A Grateful Gift from LGH Volunteer Group

Thank you to the Central Auxiliary at the LGH who recently donated \$2000 to support our research program at their recent meeting. The Central Auxiliary run the hospital kiosk and have been providing much needed funding support for areas of the hospital for over 80 years.

Board Appointments



Health • Research • Hope

Clifford Craig Foundation Limited is seeking applications from qualified and motivated persons to join our Board of Directors in a volunteer capacity.

As a Director, you will play a critical role in the strategic leadership of the Foundation as we enter a significant growth phase for the organisation with the implementation of our new strategic plan.

The Board is going through a process of regeneration and is seeking three [3] new Directors. In particular, we are seeking applicants with the following skills, knowledge and experience:

- Accounting/Finance Management
- Medical Professional (preferably with hospital experience)
- Law & Legal Services

Applicants with strong corporate governance experience and skills would be highly valued.

How to Submit an Expression of Interest

Interested applicants should contact Ms Sally Hutchins, Executive Assistant on 67776010 or shutchins@cliffordcraig.org.au to receive a Board Director information pack.

Expressions of Interest and CV's are being sought by **Wednesday 18th September.**

HEALTHY EATING RECIPE

Cherry Tomato Tart



We all seem to have busier lives and here is a yummy recipe for make-ahead lunches, midweek meals and great for kids school lunch boxes.

Ingredients

- 1 medium sweet potato
- 2 tablespoons pesto
- 2 zucchini
- 100g feta cheese
- 4 large eggs
- 1/2 punnet cherry tomatoes, cut in half
- Salt and pepper
- Chopped Italian parsley for garnish

Method

1. Slice the sweet potato into thin slices, around 1/4 cm. Place in a microwaveable bowl and heat for around 3/4 minutes until slightly soft. Alternatively, you could place them in a pot of boiling water.
2. In a small dish (mine was 20 x 14cm), line the bottom with the partially cooked sweet potato. You may need to overlap the sweet potato to cover the bottom. Spread the pesto over the sweet potato.
3. Thinly slice the zucchini lengthways and lay this on top of the sweet potato. Crumble over the feta cheese. Beat the eggs together in a small bowl and pour over the vegetable mixture. Top with cherry tomatoes.
4. Bake for 30-40 minutes at 180 degrees Celsius, until cooked through. Sprinkle over some fresh herbs once cooked

Soup, Sandwich

& some Hospital Memories

The winter months are a great time to enjoy a bowl of homemade soup for lunch.

And cold wintery weather it certainly was on a July afternoon for the 2019 Soup & Sandwich Luncheon, organised by the "Friends of Clifford Craig". This popular event on the "Friends" calendar attracted over 100 people who enjoyed a hearty meal at the Kings Meadows Bowls Club.

A big thank you to guest speaker, Dr Frank Madill AM who entertained the guests with his memories of working at the Launceston General Hospital during his two-year residency as a Resident Medical Officer 1966-67. Titled "On Giant Shoulders - Memories of my Mentors", his presentation recalled some of the leading physicians and surgeons that were great teachers during his training.

Each year the "Friends of Clifford Craig" organise several other events to raise funds for our program including the Melbourne Cup Luncheon and the popular Garden Fete in November.



Members of the "Friends" team preparing lunch



Guest speaker,
Dr Frank Madill AM



DID YOU KNOW?

The Clifford Craig Foundation is totally community funded and does not receive Government funding. Our mission is to add value to hospital health services across Northern Tasmania by filling the funding gap to enable the doctors, nurses, researchers and allied health professionals to achieve optimal patient outcomes by providing support for medical research, purchase of medical equipment and professional development of staff that may not otherwise be afforded them due to budgetary constraints.