

March 2017

# Priceless



## A Special Way to Give

The news bulletin for supporters of the Clifford Craig Foundation



## Laying the funding foundation for the LGH's future

### The Clifford Craig Foundation will expand its role at the Launceston General Hospital to enhance outcomes for the facility, its patients and staff.

Formerly known as the Clifford Craig Medical Research Trust, the independent community body has raised millions of dollars to fund a myriad of high quality medical research projects at the hospital.

The Foundation's role has now been broadened so that it will also administer donations directed to the hospital - effectively becoming the vehicle through which individuals, community groups and organisations can contribute to the LGH.

Clifford Craig Foundation Chief Executive Peter Milne said the foundation was excited by the new relationship.

"Until now, the Foundation has only expended funds for the specific purpose of medical research activity," Mr Milne said.

"Following extensive consultation with hospital personnel, donors, supporters and community support groups, it became apparent there would be enhanced benefits for both the LGH and the Clifford Craig Foundation if the purpose of the existing program was expanded."

Donations to the hospital will now be administered by the Foundation and allocated to the most appropriate areas of need.

"Medical research will remain the core priority, whilst funding support will be broadened to include the purchase of medical equipment, patient facilities and professional staff education," Mr Milne said.

The Clifford Craig Foundation has an established fundraising model, complimented by a structured donor stewardship strategy, which Mr Milne said would benefit the LGH long into the future.

"We are aware that it is common that patients, especially those who have a good outcome, may wish to make a philanthropic donation to the hospital in recognition of the care they have received. However due to the lack of a dedicated service to receive such funds, these opportunities are often missed," Mr Milne said.

"Hopefully this change can rectify that."

Welcoming the initiative, Group Director of Clinical Operations for the Tasmanian Health Service - North-North West, Eric Daniels said public donations were important because while the LGH is part of the Tasmanian Health Service, funding from government is limited and there is often no available dollars to pay for research, certain equipment, and training.

"The Foundation will assist to fill that funding gap and, where considered desirable, provide support to enable the hospital's doctors, nurses, researchers and allied health professionals to achieve optimal patient outcomes by providing them with the knowledge, skills and technology that may not otherwise be afforded them due to budgetary constraints," he said.

Mr Milne added "We have worked closely with several hospital foundations in Melbourne to develop the Clifford Craig Foundation model for the LGH and their input has been extremely valuable".

### Remembering the Clifford Craig Foundation in your Will is a special act of generosity.

By leaving a bequest, no matter how large or small, your gift helps us to continue our work to find new treatments, discover new cures, save lives and improve the health of the Tasmanian community long into the future.

If you have already left a gift to the Clifford Craig Foundation, please consider letting us know because we like to show our appreciation through the John Morris Society, a special group of people who have remembered the Foundation in their Will.

For a confidential discussion about how you can support the Clifford Craig Foundation in this very special way, or if you are considering leaving a gift in your Will, contact Peter Milne, Chief Executive Officer on 6777 6010 or email [pmilne@cliffordcraig.org.au](mailto:pmilne@cliffordcraig.org.au)



## Yes, I would like to help the Clifford Craig Foundation

I would like to make a one-off donation of \$ \_\_\_\_\_

I would like to have monthly donations of \$ \_\_\_\_\_ deducted from my credit card.

**All donations over \$2 are tax deductible.**

Please complete the following details:

Title/s: Mr / Mrs / Miss / Other \_\_\_\_\_

Given Name/s: \_\_\_\_\_

Surname: \_\_\_\_\_

Address: \_\_\_\_\_

Postcode: \_\_\_\_\_

Telephone: ( ) \_\_\_\_\_

Email: \_\_\_\_\_

Please accept my donation/s in the form of:

Cash  Cheque/Money Order\*

**\*Payable to the Clifford Craig Foundation**

OR

Please debit my:

Visa  Mastercard

Credit Card No.: \_\_\_\_\_

Expiry Date: \_\_\_\_ / \_\_\_\_

Name on card: \_\_\_\_\_

Signature: \_\_\_\_\_

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



Health • Research • Hope

## From the CEO



The recent passing of our founding Chairman Dr John Morris has provided many moments for myself, and people closely associated with the Clifford Craig Foundation, to reflect upon a wonderful gentleman who passionately worked for nearly three decades to establish and grow this very organisation.

Coincidentally, 2017 is a milestone year as it is 25 years since the Foundation was officially established in 1992 after 2-3 years of preliminary groundwork undertaken by Dr John Morris and the establishment committee.

To highlight their determination, the establishment committee was required to initially raise \$1 million to enable the concept of the Foundation to proceed.

We can all take pride in what has been achieved to date, especially the unique local medical research program we facilitate at the Launceston General Hospital within our purpose built medical research centre.

Like any successful organisation though, it is important to strategically plan for the future and ensure the organisation is working towards its full potential through maximising its opportunities and meeting the expectations of the community.

As announced in this edition of *Priceless*, the Clifford Craig Foundation has been working with hospital and health service management over the past two years to broaden our supportive role for the hospital. This is an exciting initiative which is a natural progression of our existing program, but will provide significant benefits for both organisations, and importantly, the community we serve by contributing to patient care and better health outcomes for our region.

The Launceston General Hospital is the acute care referral hospital for north and northwest Tasmania and every year it treats in excess of 40,000 inpatients.

The aim of the Foundation is to raise funds for those "extra gold nuggets" that enables the hospital to undertake medical research to discover cures and find new treatments of care, provide professional development opportunities for staff, assist with the purchasing of specialist medical equipment that is beyond normal government funding but important to healthcare in our region, and where appropriate, fund patient facilities.

Ultimately, we want to do everything possible to ensure our hospital is better than "the average model" which in turn is seen by doctors and other medical professionals as an attractive location to come and undertake their medical career.

Dr John Morris was extremely proud of the Clifford Craig Foundation and we will miss him. It is vitally important that we maintain his vision for many years to come.

*Peter Milne*

**Peter Milne**  
Chief Executive

## Participants sought for vaccine research study

**The research team investigating the effects of vaccines on the human immune system is seeking members of the community to participate in the trial.**

Launceston General Hospital infectious diseases specialist, A/Prof Katie Flanagan is undertaking a Clifford Craig funded research project to study the effects of the influenza and DPT vaccines on the immune system of elderly people.

Interested participants will need to be in good health, aged between 30 and 50 years old or 65 years old and above, and have not had a flu vaccination this year.

If eligible, you will receive your seasonal influenza vaccination as part of the study and also the DPT vaccination which provide protection against diphtheria, tetanus and pertussis. The latter vaccine will be provided for free whereas you would normally have to pay for it if given by your GP.

For further information about the trial or to register your interest, contact the vaccine study team at [research@cliffordcraig.org.au](mailto:research@cliffordcraig.org.au) or phone 6777 6001.

### Background

The immune system declines with increasing age leading to increased susceptibility to infectious diseases, and poor responses to vaccination. This area remains poorly researched and the mechanisms are not understood. It is increasingly acknowledged that childhood vaccines have major effects on the immune system, beyond stimulating a vaccine-specific response. These effects are thought to alter susceptibility to infections not targeted by the vaccine. In some cases the vaccine decreases the rate of other infections, but in other cases infection rates are increased following vaccination. These have been called non-targeted or non-specific effects of vaccines, and they have never been investigated in an elderly population. This study will investigate the effects of the DTaP and Influenza vaccination on the immune systems of elderly Tasmanians. We will use state-of-the-art immunological methods to investigate the immune response to these two vaccines to determine how they modulate the immune system in the elderly and how they interact. This will provide the much needed evidence to optimise vaccine responses in older age groups, with future global health implications.



Research nurse Helen Melville with vaccine trial participant Claire Hills.



**Clifford Craig Foundation**

PO Box 1963  
Launceston  
Tasmania 7250

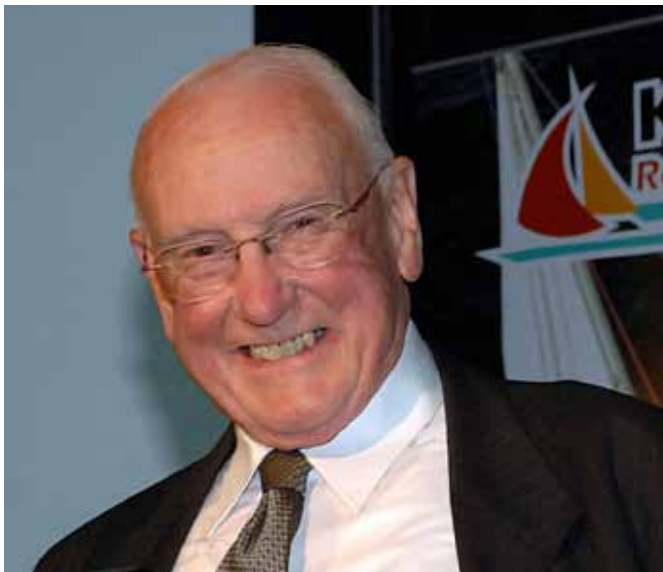
T 03 6777 6010  
E [enquiries@cliffordcraig.org.au](mailto:enquiries@cliffordcraig.org.au)  
W [www.cliffordcraig.org.au](http://www.cliffordcraig.org.au)



Proudly assisting the  
Clifford Craig Foundation

# Vale Dr John Craze Henry Morris, AO MBE (24.12.1926 - 11.3.2017)

The Clifford Craig Foundation recognises the extraordinary achievements of its founding father, the late Dr John Morris.



John Morris spent his childhood in Sheffield, went to boarding school at Launceston Church Grammar School, and completed a science degree at the University of Tasmania. He studied medicine in Melbourne 1948 to 1953 and then returned to Launceston to work at the Launceston General Hospital. After that, he went into private practice but continued as a visiting senior physician at the hospital until he retired in 2000. During his career, he established himself as a diabetes specialist. Many patients would ring him daily to report their blood glucose levels and he would advise them of what dose of insulin to take. The diabetes unit at LGH is named after him in recognition of his service to diabetes.

Dr Morris was very active with other medical organizations. He was president of the Medical Council of Tasmania and Chairman of the Medical Services Advisory Committee (a Commonwealth committee based in Canberra) for many years.

Dr Morris was also very active with a number of non-medical activities. He was a member of the Royal Society of Tasmania and he served in senior executive positions from 1969 to 2006. In 2013, he was bestowed an Honorary Life Member of the Royal Society of Tasmania to honour his almost 60 years of service and participation. He was an active member of the Launceston Historical Society. He published a history of the late Dr Clifford Craig, a history of Launceston and a history of Launceston street names and he wrote papers on the history of the LGH.

Dr Morris has influenced numerous people during his busy life. Those who had the pleasure and privilege of working closely with him will remark on a quietly spoken man, who had vision and drive, and a positive energy which encouraged others to follow his lead. He was a very humble man who always put the interests of others before his own, and who never complained. His legacy to the broader community of Launceston will continue and the Clifford Craig Foundation is indebted to Dr John Morris.

*Written by A/Prof Don McTaggart (Chairman) & Dr James Markos (Board Member), Clifford Craig Foundation 14th March 2017, with acknowledgement to Rosemary Armitage, MLC, for much of the historical information copied from her speech to the Legislative Council on 15 March 2016.*

He was the inaugural Chairman of the Clifford Craig Foundation in 1992. Its objectives were to raise funds for medical research into Northern Tasmanian health issues, to support our local hospital as a major teaching hospital, to forge strong bonds between the hospital, the community and the northern campus of the University of Tasmania, and to provide funds to improve and develop the skills of our hospital staff. He served as Chairman for over 2 decades and he was a member of the Scientific & Research Committee which reviews the research submissions. The John Morris Society, our special group of people who have named the Foundation in their Will, is named in his honour. In May 2016, he was awarded Life Membership of the Clifford Craig Foundation.

In January 2001, Dr Morris was appointed an Officer of the Order of Australia for service to medicine and to the community for educational, medical research and social welfare activities.

## Wonderful support from loyal “Friends”

The Clifford Craig Foundation is very fortunate to have volunteers groups that generously dedicate their time to raising funds for the research program.

The Launceston Friends of Clifford Craig are very active through the year with a number of fundraising events including Melbourne Cup Luncheon, Spring Garden Fete, Winter Soup & Sandwich Luncheon, Bunnings Sausage Sizzle and Mothers Day Luncheon.

At their recent Annual General Meeting, President of the “Launceston Friends” Sue Harman presented the Chairman of the Foundation A/Prof Don McTaggart with a donation of \$22,916, the proceeds raised from their fundraising activities during 2016.



Clifford Craig Foundation Chairman, A/Prof Don McTaggart (centre) receives the donation from the Launceston Friends group.

# Research Update

## The use of Dexamethasone in Hip and Knee arthroplasty to improve short term recovery

**Joint replacement surgery is an increasingly common procedure which uses significant hospital resources.**

According to statistics reported by the Australian Orthopaedic Association National Joint Replacement Registry, there were 43,183 hip replacements and 54,277 knee replacements undertaken in Australia in 2014.

An important aspect of the surgery, which results in post-operative pain and difficulty mobilising, is the inflammation that occurs as a result of the surgery. This study, being undertaken by LGH Orthopaedic Surgeon Dr Jonathon Mulford, aims to determine whether the administration of a drug called dexamethasone, immediately prior to surgery and 24 hours later, can improve recovery time by reducing the inflammatory reaction. Dexamethasone is a study which is widely used for a number of medical conditions; it has some known side-effects and contraindications, but generally can be administered safely at the dose to be used.

The study is a double blinded randomised controlled trial which will compare the use of dexamethasone with an inactive placebo. The research team will measure outcomes related to patient symptoms (for example nausea and vomiting) and mobility post-operatively. They will also measure outcomes which relate to readiness for discharge from hospital so that they can determine whether the group of patients receiving dexamethasone are ready to be discharged earlier than those who don't. Generally, patients are discharged 6 days after their joint replacement surgery and the



research team have designed the study to be able to detect a 20% reduction (1.2 days) in hospital stay.

If the study does show a reduction in hospital stay and improved outcomes for patients, it would provide a relatively safe, low cost and simple mechanism for improving patient outcomes and reducing the use of hospital resources by this group of patients.

The study commenced in early 2016 and the research team have now recruited approximately 50 percent of the surgical patients required for the project.

## Ward 4D to remain open permanently

**In a positive move for health and patient care in Northern Tasmania, it has been confirmed that Ward 4D at the LGH will be remain permanently open.**

Having closed in 2011 due to government budget cuts, Ward 4D reopened last year to help alleviate pressure on the emergency department and improve patient flow.

At the time, Health Minister Michael Ferguson said that reopening the ward was part of a long-term solution for the LGH and the recent announcement confirmed the permanency of the 12 beds, plus an additional three single bed rooms will be constructed.

## First Tasmanian surgeon to be elected president

**LGH orthopaedic surgeon Mr John Batten has been elected the 47th President of the Royal Australasian College of Surgeons (RACS).**

As the first Tasmanian to ever be elected for the role, Mr Batten will officially become President in May at the College's Annual General Meeting, being held in Adelaide, as part of the RACS 86th Annual Scientific Congress. He currently holds the RACS Censor in Chief with overarching responsibility for the education and training of Fellows.

Originally from Melbourne, Mr Batten initially worked at the Launceston General Hospital as a registrar for a period whilst he undertook his sub-specialty training in orthopaedics. He later moved back to work as a consultant orthopaedic surgeon with the LGH in 1985, and has worked with the hospital since.

Mr Batten is also a Senior Lecturer at the University of Tasmania, and has formerly held many senior administrative positions including President of the Australian Orthopaedic Association and Chair of its National Joint Replacement Registry.

## Entertain yourself and help support medical research



**The 2017-18 Entertainment Book is now available for purchase through the Clifford Craig Foundation.**

For just \$65, this year's book contains \$20,000 worth of 50% off and 2 for 1 offers for the best restaurants, cafes, arts, attractions, hotels, travel and shopping.

For every book sold through Clifford Craig, \$13 is donated back to help fund our medical research program here at the Launceston General Hospital.

You can grab your copy by visiting the Foundation office on level 5 of the LGH or call us on 6777 6010 to order a copy.

# More cancer cases diagnosed but overall rates falling and survival rates improving

The latest cancer report from the Australian Institute of Health and Welfare (AIHW) shows that while cancer is a major cause of ill health in Australia, and more cases are being diagnosed, death rates have continued to fall since the 1980s, and incidence rates have also decreased in recent years.

The report, *Cancer in Australia 2017*, estimates that over 134,000 new cases of cancer will be diagnosed in Australia in 2017 – an average of 367 diagnoses each day and 2.8 times as high as in 1982.

While these figures are alarming and cancer is a major health issue, the rate at which cancer is killing Australians is declining.

“The death rate from all cancers has fallen from 209 deaths per 100,000 people in 1982 to an estimated 161 per 100,000 in 2017,” said AIHW spokesperson Mr Justin Harvey.

“And survival rates have improved substantially, with five-year survival increasing from 48% in 1984-1988 to 68% in 2009-2013.” he said.

Survival varied by cancer type, with the largest survival improvements seen in prostate cancer, non-Hodgkin lymphoma, kidney cancer and multiple myeloma. Pancreatic cancer and lung cancer showed only small improvements, while bladder cancer and cancer of the larynx had a decrease in survival rates.

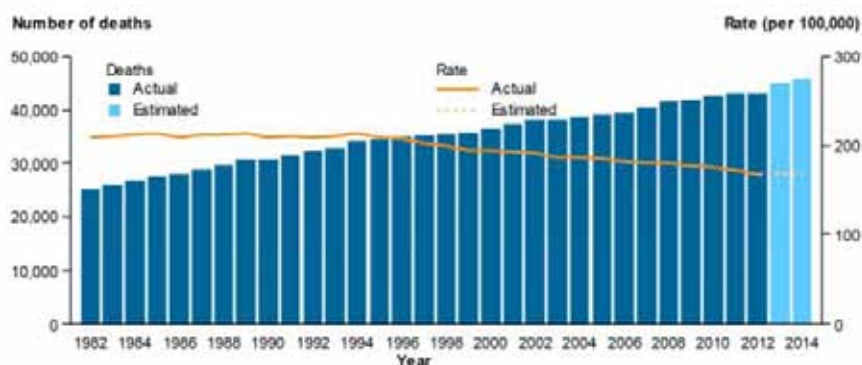
Lung cancer is expected to be the leading cause of cancer death in 2017, followed by bowel cancer, prostate cancer, breast cancer in females and pancreatic cancer.

The report notes that, according to World Health Organization comparisons,

people living in Australia generally had better cancer survival than those living in other countries and regions.

Tasmania had Australia’s second highest incidence rates for all cancers combined at 517 new case per 100,000 people between 2008 and 2012.

## Deaths from all cancers combined, Australia, 1982–2014



- Notes
1. The 2014 estimates are based on 2002–2012 mortality data. The estimates for males and females may not add to the estimates for persons due to rounding.
  2. Deaths registered in 2010 and earlier are based on the final version of cause of death data; deaths registered in 2011 and 2012 are based on revised and preliminary versions, respectively and are subject to further revision by the ABS.
  3. The rates were age-standardised to the Australian population as at 30 June 2001.
  4. Data pertain to cancers coded in ICD-10 as C00–C97, D45, D46, D47.1 and D47.3.
- Source: AIHW National Mortality Database.

# Spotlight on Community Group Donors

The Launceston Male Choir recently donated \$1800 for medical research that was raised from their annual Concert in October and the Institute of Hospitality in Healthcare nominated the Foundation as their charity of choice for the national conference which was held in Launceston during November.

Two great examples of community generosity and people wanting to “Give Where They Live”.



National President of the Institute of Hospitality in Healthcare, Dale Anderson with the conference donation cheque of \$1194.



Peter Hunt and Robin Gregory present Nicole Manshanden (CCF Database Co-ordinator) with a donation from the Male Choir Concert.

# Publication of local research

**When researchers conduct a research study and analyse the results, the next step is to write up a report that describes the project and the results and submit it for publication in a scientific or medical journal that is “peer reviewed”.**

Three Clifford Craig funded research studies have recently had their study outcomes published in peer reviewed journals.

- LGH cardiologist, A/Prof Don McTaggart has recently had his “Long Term Follow-Up Study of Carriers of Hypertrophic Cardiomyopathy (HCM) Mutations” published in the *Heart, Lung and Circulation* journal. This study was a cardiology project that is the longest known study of its type which centred on long-term follow up of a group of patients who have been identified to have a gene that causes Hypertrophic Cardiomyopathy but not developed the condition. Some of the patients in the study were followed up for a total of up to 18 years, and the study demonstrated the importance of ongoing screening of these people throughout adulthood.
- Dr Emily Ingram’s research study into “Postpartum Screening in Women with Gestational Diabetes Mellitus” has been published in the *Australian and New Zealand*

*Journal of Obstetrics and Gynaecology*. Dr Ingram undertook the study during her medical training with the assistance of a Clifford Craig Medical Honours Scholarship. Her research investigated women with a history of gestational diabetes, the factors that may predict compliance with future screening for diabetes, and the development of diabetes or pre-diabetes in the future.

- Emergency Department nurse Maria Unwin has had her Nursing Honours research project “Why Are We Waiting” published in the International *Emergency Nursing Journal*. This study investigates the types of non-urgent presentations to emergency departments, and the reasons patients choose to attend the emergency departments.

## Why is research peer reviewed?

- “Peer reviewed” means that the paper is analyzed by fellow scientists, who evaluate the methods used and identify any potential flaws in logic or methodology that might shed doubt on the findings.
- Publishing results of research projects in peer-reviewed journals enables the scientific and medical community to evaluate the findings themselves. It also provides instructions so that other researchers can repeat the experiment or build on it to verify and confirm the results.
- Researchers’ publication records carry a great deal of weight when they apply for academic posts or research grants, and in their reputation in the scientific community.
- Researchers also share results at national and international meetings and workshops, which are vital to building collaborations and stimulating cross-fertilization of ideas and methods.

## International Women’s Day Dr Chantel Thornton

**If you didn’t secure a seat at the International Women’s Day Luncheon before all the tickets were sold, you missed a simply wonderful and inspiring presentation by our guest speaker, Dr Chantel Thornton.**

A specialist breast cancer surgeon in Melbourne, Dr Thornton provided the audience with an enthralling description of her career path, which was sparked by a work experience stint at the Launceston General Hospital. Having undertaken her schooling at St Patricks College, Dr Thornton undertook her medical training in Tasmania with internships at the LGH and Royal Hobart Hospital. She undertook surgical training at the Alfred Hospital and did a fellowship in Breast Cancer Surgery at the Peter MacCallum Cancer Centre.

What a wonderful role model and we are indebted to her willingness to travel back to her “home town” to celebrate International Women’s Day. Thank you also to Sarah Courtney who was our local hero and provided a further inspiring contribution to the luncheon.



# A big thank you to our donors

We would like to say a big thank you to everyone that kindly donated to the Clifford Craig Foundation during 2016.

We are so grateful for your generosity because it allows us to fulfil our mission to facilitate an important medical research program here in our local community that contributes to better medical outcomes and patient care.

Through your generosity, the Clifford Craig Foundation will provide medical research funding in excess of \$600,000 during 2017. Each research project will significantly improve our knowledge of the way we treat a range of diseases, illnesses and injuries at the LGH and across Australia.

Most importantly, 100 percent of donations are allocated to medical research or patient care initiatives because administration expenses are provisioned through our investment returns.

If you would like to become a supporter of the Clifford Craig Foundation, please complete the gift coupon in this edition of *Priceless*, donate on-line at [www.cliffordcraig.org.au](http://www.cliffordcraig.org.au) or simply call us on (03) 6777 6010.

Your donations help us make a difference to the lives of all Tasmanians.



## For the Diary

### Clifford Craig Charity Ball - "Moulin Rouge"

**When:** Friday 5th May 2017  
**Where:** Hotel Grand Chancellor Launceston  
**Bookings:** Trust Office - 6777 6010 or [www.cliffordcraig.org.au](http://www.cliffordcraig.org.au)

### Launceston Friends of Clifford Craig - Mothers Day Lunch

**When:** Friday 5th May 2017  
**Where:** Riverside Golf Club  
**Time:** Midday

Guest Speaker - Jo Palmer  
Booking information TBA

### Launceston Friends of Clifford Craig - Sausage Sizzle

**When:** Saturday 13th May  
**Where:** Bunnings, North Launceston  
**Time:** 8.30am - 4.00pm

### Launceston Friends of Clifford Craig - Soup & Sandwich Lunch

**When:** Thursday 27th July  
**Where:** Kings Meadows Bowls Club  
**Time:** Midday

Booking information TBA

### High Tea @ Two

**When:** Saturday 12th August  
**Where:** Hotel Grand Chancellor Launceston  
**Time:** 2.00pm  
**Bookings:** Trust Office - 6777 6010 or [www.cliffordcraig.org.au](http://www.cliffordcraig.org.au)

### Run & Walk for Your Heart

**When:** Sunday 1st October  
**Where:** Aurora Stadium Precinct  
**Entries:** [www.cliffordcraig.org.au](http://www.cliffordcraig.org.au)

# Healthy Eating Recipe

## Breakfast Super Smoothie

### Ingredients

- 3/4 cup rolled oats
- 1 1/2 ripe bananas
- 1/2 cup plain low-fat yoghurt
- 1/4 cup apple juice
- 1/2 cup skim milk
- 1 cup mixed berries (fresh or frozen)
- 1 teaspoon honey
- 1 tablespoon almond meal

### Method

- 1 Place oats into a blender and blend to a fine consistency.
- 2 Add remaining ingredients and blend until smooth.

### Nutrition Info

<b>Kilojoules:</b>	1,570kJ
<b>Calories:</b>	375cal
<b>Protein:</b>	13.7g
<b>Total fat:</b>	6.2g
<b>Saturated fat:</b>	0.8g
<b>Carbohydrates:</b>	58.5g
<b>Sugars:</b>	33.5g
<b>Dietary fibre:</b>	11.6g
<b>Sodium:</b>	83mg
<b>Calcium:</b>	277mg
<b>Iron:</b>	2.9mg



Looking for a great start to the day, or an afternoon snack? This smoothie will get you going.



## 2017 Clifford Craig Charity Ball “Moulin Rouge”

We are pleased to invite you to the annual Clifford Craig Charity Ball which is shaping up to be a fantastic event, and one not to be missed.

**Save the date** because this is your chance to have a dazzling night of fun with friends and colleagues, whilst also supporting important medical research and our local hospital.

**Tickets:** \$150 per person or Table of 10 \$1400  
admin@cliffordcraig.org.au or 6777 6010