

1ml

S.A.COUNTRY FIRE SERVICE

The Hospital Research Foundation (THRF) Group has grown to have an

## **EVEN BIGGER IMPACT**

### on the health and wellbeing of our community!



### With the kind support of THRF Group donors and ticket buyers in The Hospital Research Foundation Home Lottery we fund research and patient care activities at the following hospitals and healthcare providers:

Royal
Adelaide
Hospital

The Queen Elizabeth Hospital

Lyell McEwin Hospital

Modbury Larcombe Hospital

Jamie

Centre

Flinders Medical Centre

South Australian country hospitals

Women and Children's Hospital

Noarlunga Hospital

### We also provide funding for lifesaving clinical and scientific research at the following research institutes and universities:















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### The health and wellbeing of our community has never been more important

In 2020, your generous donations and lottery ticket purchases brought hope to the many people fighting COVID-19, cancer, heart disease, dementia, mental health and more than 50 diseases and illnesses. Thank you!

### If there's anything the events of 2020 have taught us, it's the importance of medical research to keep our communities safe.

Now more than ever, we need to maximise our investment in research and patient care so that together, we can win the fight against deadly diseases.

When you give to THRF Group, 100% of your donation, plus more, goes directly to research and patient care grants!

This is because our administration costs are covered by our commercial business activities which also boosts our funds to research and patient care each year.

So as a supporter, you can feel proud that all of your donation gets to the intended cause!

### Yes we are making an incredible impact! But so many grants and programs are sadly missing out.

THRF Group is South Australia's largest non-government funder of medical research and patient care, but for every grant we fund, there are so many more that still miss out.

It is only together with your help that we can continue the fight to find cures and improve treatments for our loved ones.

We look forward to your ongoing support in 2021 and beyond.

## Your Impact

### We believe that trust is vital

THRF Group recognises that trust is important to you and that's why we're committed to upholding the highest standards in fundraising practice.

So when you make the decision to support us, you can be confident we will uphold our promise to you.

### Our promise to you:

ß	PRIVACY	Always respect your privacy and never share your data with any other charities.
	CONTACT	Keep you updated on the impact and outcomes of your support, in the manner in which you prefer.
	FEEDBACK	Welcome your feedback at all times.
	TRANSPARENCY	Be open and transparent with how your gifts are used, and use them carefully and cost effectively as you intend.
THANK YOU	THANK YOU	Always say thank you, no matter how big or small your contribution.

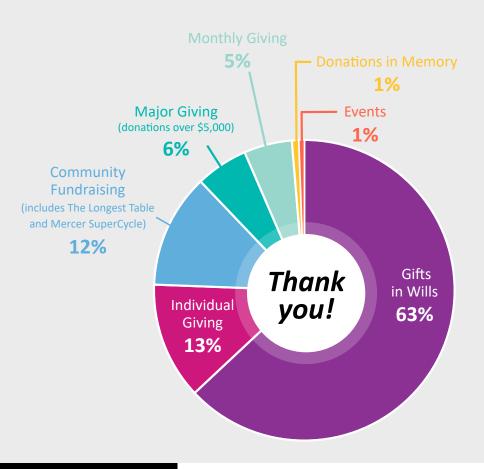
### How you joined the fight

There are many different ways our supporters like to help in the fight for a cure. In 2020, this included:

Thank you to all our supporters we cannot have such a significant impact without you!

THRF Group was grateful to receive a considerable number of gifts in Wills in 2020, representing a large proportion of our philanthropic support for the year.

For more information about leaving a lasting legacy on the health of future generations, speak to one of our friendly team members on (08) 8244 1100.





# Fighting for our firefighters

THRF Group provided a significant grant to the CFS Foundation to help more than 70 volunteer firefighters and their families rebuild their homes after the 2020 bushfires, as well as support their mental health and wellbeing.

## JANUARY

## FEBRUARY

# New grants to fight deadly disease

A number of new project grants were announced to fight diseases such as brain cancer, leukaemia, inflammatory bowel disease, surgery-related infections, diabetes, aged care and more. MARCH

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# Thank you to frontline workers

Care hampers were delivered to 2,600 frontline healthcare workers from SA Pathology and SA Health as a thank you for their tireless efforts during the pandemic.

### BiomeBank

## New laboratory for poo bank

BiomeBank, Australia's first public poo bank established to treat debilitating bowel conditions, opened its new purpose-built laboratory to help extend its services interstate and even globally.



MAY

# APRIL COL



# Rallying to support COVID-19

THRF Group moved quickly to commit funds to the fight against COVID-19, including the purchase of drugs to trial treatments and research into the body's immune response and a vaccine. Your generous donations contributed \$164,880 to this fight - thank you!



### Lifeline to new mums and babies

Two significant grants were provided to SA charity Treasure Boxes at the height of the pandemic to help recommence their services and provide essential items to disadvantaged mothers and their babies.



### TOGETHER. FIGHT. | 7

parkinson's south australia & northern territory

# Charities join the fight

Laurel Palliative Care Foundation and Parkinson's SA/NT officially joined THRF Group. Banding together helps us increase efficiencies, maximise impact and direct more funds into research and patient care in these vital healthcare areas.

SOUTH

## JUNE

## JULY

laurel palliative

care foundation



# Healthcare equipment for country hospitals

Six major grants helped regional hospitals purchase much-needed healthcare equipment for patients in country South Australia.

## AUG/SEPT

## SEPT/OCT

Beleda Bambar

e milion dollars!

# Events held to fight cancer and disease

More than 100 hosts held a Longest Table cancer fundraiser, raising an incredible \$252,224 for cancer research! Another 200 got in the Halloween spirit, raising \$13,338 to fight disease as part of THRF's inaugural Together Fright campaign.





**M** 

### **Home Lottery success**

Despite the pandemic, three Hospital Research Foundation Home Lotteries were able to be held, helping put even more funds into research and patient care each year! Thank you to all our ticket buyers – your support is changing lives!

## **MESHA launched**

A new world-class research institute to look after the mental health and wellbeing of Australia's current and former military members, first responders and their families was launched as part of THRF Group, called Military and Emergency Services Health Australia (MESHA).



## NOVEMBER

## DECEMBER

### Two new Under Our Roof homes open

Thanks to support from Mercer Supercycle fundraisers, two new Under Our Roof homes opened at Bowden to provide family-style accommodation for country cancer patients coming to Adelaide for treatment.





under our roof



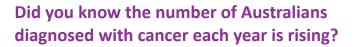


## Your generous support

goes directly to researchers to help find new treatments and give hope to the thousands of Australians fighting cancer.

> Dr Eric Smith, Maryam Nakhjavani and Dr Amanda Townsend from the Basil Hetzel Institute

## Cancer



In 2020 more than 150,000 people were diagnosed with cancer, up from 135,000 five years ago. Sadly 50,000 of these will die each year from the disease.

The good news is that survival rates are improving. Together with your help, our researchers are fighting hard to change these alarming statistics and save the lives of those affected by cancer.

# Thanks to YOU, our support extends across many different cancers:

- Breast cancer
- Prostate cancer
- Bowel (colorectal) cancer
- Brain cancer
- Childhood cancers
- Leukaemia
- Lung cancer
- Neuroendocrine cancers
- Abdominal cancers (liver, oesophagus, pancreas, ovarian)
- Multiple myeloma
- Melanoma
- Head and neck cancer
- Cancer treating equipment



## **Breast cancer**

Breast cancer is the most common cancer in women, with 18,000 Australians diagnosed each year and a heartbreaking 3,000 dying from the disease.

Thanks to you, our dedicated researchers are making progress in breast cancer treatments and diagnosis to save the lives of the women we love.

### In 2020, our breast cancer researchers at the Centre for Cancer Biology, Basil Hetzel Institute and Dame Roma Mitchell Cancer Research Laboratories:



Made a critical discovery of a protein called Creld2 which causes breast cancer to develop and grow more quickly, with work now turning to finding agents which can destroy or block this protein



Investigated a new treatment for triple negative breast cancer involving compounds derived from herbs which aim to reduce breast cancer cell growth, plus kill cancer cells while activating the patient's immune system



Identified an exciting list of new and existing drugs which show promise in changing an offending hormone receptor in breast cancer from cancer-promoting to cancer-inhibiting



Investigated new therapy candidates to treat triple negative breast cancer that inhibit a protein called C1q

Made progress in improving breast cancer screening outcomes for women with dense breasts through increased community awareness and education for clinicians regarding high breast density



Developed a unique injectable gel system to deliver a patient's own cancer-fighting T-cells directly to a tumour site, with further research continuing to find agents which can encourage the cancer cells to be 'seen' by the T-cells



Continued looking at whether a patient's age and menstrual cycle stage can affect results of a genomic test used to guide treatment decisions

Continued investigations into ways to slow, stop or reverse the effects of a newly-found compression force which is experienced by rapidly growing cancer cells pushing against the walls of the milk duct.

"We are so grateful for today's technologies, which is thanks to medical research, and the support we have around us."

Sarah Waldron, whose mum Lee-Anne bravely battled breast cancer



Breast cancer is the most important healthcare area to our supporters \*according to our annual survey "Thank you to everyone who supports THRF Group to enable researchers like me to investigate new ways to treat the most aggressive types of breast cancer and improve survival rates for women."

> **Dr Marina Kochetkova** Centre for Cancer Biology

australian breast cancer research *a charity of* the hospital research foundation group

This lifesaving research is supported through our Group charity Australian Breast Cancer Research, which is focused on the prevention, detection, management and treatment of breast cancer.

abcr.com.au



the hospital research foundation group



Cancer

# Breast cancer scare inspires fundraising through fashion

Christine's motivation to get a breast screen came after her mum Maria was diagnosed with triple negative breast cancer.

This decision saved her life, as little did she know she was about to get the same news her mother had received only a month earlier.

Christine caught her cancer early so her outlook is positive, and together with her sister-in-law Josie, decided to host a fundraiser at their Adelaide fashion shop Boutique Mon Ami, raising an incredible \$5,747 for breast cancer research!

"The response and support for our fundraiser was amazing. We had such a fun night, celebrating, laughing and meeting new people," Christine and Josie said.

"It was incredibly humbling to know that people were keen to hear my story and so caring and giving towards our fundraiser."

## Hold your own fundraiser!

Holding your own event or participating in a fundraising activity is a wonderful way you can join the fight and help raise funds for a disease or healthcare area close to your heart.

If you would like to be part of the fight and do your own fundraising in 2021, we would love to hear from you! Please contact us on (08) 8244 1100 or visit hospitalresearch.com.au to find out more.



## Cancer

## **Prostate cancer**

Prostate cancer is the most common form of internal cancer in Australian men, affecting 16,000 males every year. Sadly, 3,000 will die from the disease each year.

That is why your support is so important, helping to progress research into the detection, treatment and management of prostate cancer. Thank you!

### In 2020, our prostate cancer researchers at Flinders University, Centre for Cancer Biology, Dame Roma Mitchell Cancer Research Laboratories and The Queen Elizabeth Hospital:



Identified a protein called CDK9 that drives prostate cancer growth, with attention now turning to developing new drugs that focus on this protein



Identified an exciting list of new and existing drugs which show promise in changing offending hormone receptors in prostate cancer from cancerpromoting to cancer-inhibiting



Discovered membranous urethral length (MUL) had a positive association with continence over 12 months postsurgery, helping better educate patients undergoing surgery



Contributed to the South Australian Prostate Cancer Clinical Outcomes Collaborative (SA-PCCOC) database which now holds data for more than 16,000 men to assist research insights and inform best approaches to care. "Every year I'm thankful to be here. That's why I give, and I know my donations are put to good use."

**Brian McGrath** Regular giver to THRF Group



These ground-breaking studies are supported through our Group charity Australian Prostate Cancer, which is dedicated to the detection, treatment and management of prostate cancer.

ausprostatecancer.com.au

"Thanks to the support of THRF Group, we were able to perform experiments to test known and new drugs for their ability to change hormone receptors that drive prostate cancer from cancer-promoting to cancer-inhibiting. We now have an exciting list of drugs to take forward – thank you!"

Cancer Research Laboratories

**Professor Wayne Tilley** Dame Roma Mitchell



Channel 9 news presenter Will McDonald was in shock the day he was given a life-changing prostate cancer diagnosis at only 42 years old.

What he thought was a hip injury from his active gym-going lifestyle, was in fact a fastspreading cancer which had already gone from his prostate to his hip.

He had no other symptoms.

As he underwent his treatment, Will partnered up with THRF Group to share his message of positivity and learn about the research which will save his life.

"Very early on I was given some very frank news – it's metastatic prostate cancer, it's spread to the bone. I was told it would never be cured, only ever remission," Will said.

"But with research, things can change rapidly. There's always a next step and I find it amazing that people here in Adelaide are working on things that will keep me alive."

Will McDonald receiving chemotherapy





# **Bowel cancer**

Bowel cancer (or colorectal cancer) is the third most common cause of cancer in Australia, affecting 15,500 men and women each year. While those over 50 are most at risk, recent evidence suggests it is on the rise among younger Australians.

Thanks to you, we're fighting for new ways to diagnose, treat and cure this deadly enemy.

### In 2020, our bowel cancer researchers at the Basil Hetzel Institute, Royal Adelaide Hospital and Lyell McEwin Hospital:



Investigated a protein called ROCK which has been found to promote the spread of bowel cancer and finding ways to stop it



Trialled a new approach to treating aggressive bowel cancer called personalised Total Neoadjuvant Therapy (pTNT) to improve outcomes for high risk patients



Continued to build a biobank of liver metastatic bowel cancer tissue to analyse and identify biomarkers to help predict whether bowel cancer is likely to spread



Established insights into ways to improve patient outcomes after intensive bowel surgery

Increased awareness in the community of the importance of taking a bowel cancer screening test by funding the Jodi Lee Foundation's awareness campaign and workplace prevention program



Investigated the increasing prevalence of bowel cancer in adults under 50 and its links to Type 2 diabetes.



"We can't treat effectively what we don't understand, that's why understanding bowel cancer is vital to finding new approaches to treat it." Associate Professor Michael Samuel, Centre for Cancer Biology



Associate Professor Tarik Sammour (middle) and team

### Research improves outcomes for patients at the RAH

The Royal Adelaide Hospital's Colorectal Unit is committed to improving patient care through research.

Thanks to your donations, Associate Professor Tarik Sammour and his team are progressing studies on:

- Recovery from and preventing infection after bowel surgery
- Personalising treatment for high risk patients to avoid surgery
- Using Artificial Intelligence (AI) to identify high risk patients

"Our research is very patient centred and the first question we always ask ourselves is – is there a direct benefit to the next patient we see?" A/Prof Sammour said.

## *"Research is a vital part of improving care to patients."*

Thank you for helping make an impact on the thousands of people fighting this debilitating cancer.



### Cancer

# Giving hope to everyone affected by cancer

# Cancer does not discriminate. It affects people of any age and background.

That's why we fight against many rare and common cancers, across children and adults, to give hope through research, care and equipment to everyone suffering from these awful diseases.

### In 2020, our cancer support brought hope in a range of areas:

### Childhood brain cancer

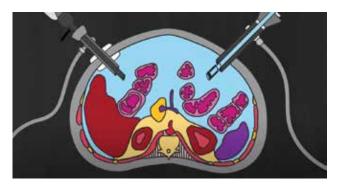
 Progressed the last stage of pre-clinical testing of a new CAR T-cell therapy for childhood brain cancer, so the treatment can be offered to patients as early as 2021

### Neuroendocrine cancer

• The treatment and ongoing evaluation of patients with neuroendocrine tumours, with The Queen Elizabeth Hospital one of the only centres nationally to provide radionuclide therapy

### Stomach cancers

- The purchase of a revolutionary new chemotherapy delivery system called PIPAC (below) for hard-to-treat abdominal cancers at The Queen Elizabeth Hospital – the only place in Australia to offer this treatment. Six patients were given 14 PIPAC applications in 2020
- Investigated whether a breath test can provide a cheap and non-invasive method of observing gastrointestinal cancers and pre-cancerous lesions to reduce the number of endoscopies needed



### **Blood cancers**

- Investigated new multiple myeloma treatments following the discovery that a protein called DSG2 is overexpressed in patients with the poorest prognosis
- Developed a new drug and identifying a new drug target that specifically blocks cancer cell growth in IDH1 mutated leukaemia
- Continued to investigate new targeted therapies for acute myeloid leukaemia (AML)

#### Lung cancer

• Continued research into ways to inhibit a family of 14-3-3 proteins which are found in abnormally high numbers in lung cancer cells

#### Head and neck cancer

 Investigated treatments and diagnosis of Adenoid Cystic Carcinomas

#### Sarcoma

- Collaborated with groups nationally and internationally to improve the understanding, treatment, and outcomes for patients
- Commenced a research project to assess the screening process and quality of life following diagnosis of sarcoma

## YOUR SAY!

Childhood cancer is the second most important healthcare area to our supporters

> \*according to our annual survey

### **General cancer care**

- Investigated how COVID-19 affects cancer patients and the best ways to manage them
- Supported a 'bioinformatician' who helps identify gene mutations in cancer, with this information then able to help inform treatments
- Used insights gained from chronic airway allergies to inform whether these same allergic pathways can provide clues to treating cancer
- Funded membership of the national Genomic Cancer Medicine Program to assist South Australian patients with rare and less common cancers access clinical trials and therefore new treatments not normally available
- Implemented an online tool which screens newly-diagnosed cancer patients for their unmet needs, with the aim of identifying gaps, offering pathways and improving patients' healthcare experience and outcomes
- Supported an Aboriginal Cancer Healing Centre to improve the uptake of services closer to people's home communities, their health and life expectancy outcomes, utilising an evidencebased, cost-effective community-approved model
- Purchased chemotherapy chairs for Port Lincoln Hospital to help cancer patients be more comfortable while receiving treatment.

### Hope for childhood brain cancer

Can you imagine anything more heartbreaking than a child having cancer?

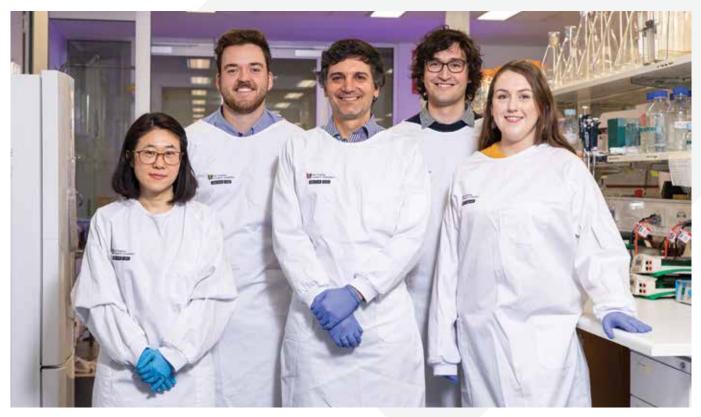
And worse – cancer in their brain, a location that is very difficult to access and has close to no hope of being treated successfully.

It would be devastating, but thankfully local scientists are close to introducing a new therapy for childhood brain cancer in a world-first that would give hope to many kids and their families.

Thanks to you, THRF is proud to be funding the last stage of testing for this new breakthrough treatment, to ensure it is safe to be given to patients possibly as early as 2021.



## Cancer



Multiple myeloma researcher Dr Craig Wallington-Baddoe (middle) and team

# Discovery aids new multiple myeloma treatments

Multiple myeloma (MM) is an incurable cancer of the bone marrow caused by the uncontrolled proliferation of a type of white blood cell.

It is the second most common blood cancer, with 1,876 new cases diagnosed in Australia in 2018.

A collaboration of scientists from Flinders University and the University of SA recently discovered that a specific protein is overexpressed in 20-30 per cent of multiple myeloma patients, with these patients three times more likely to die within six years of diagnosis.

THRF is proud to support this research team investigate new treatments to target this protein, as well as a way to quickly identify patients who express the protein so they can be given existing therapies right away.

### Your support helps people like Paul!

62-year-old father Paul Cronin has remarkably beaten COVID-19 while also suffering from multiple myeloma.

Your support of research has allowed Paul to participate in many clinical trials to treat his ailments, and he is still fighting fit!

### Thank you!



## Leaving a lasting legacy

Celebrating his 50th golden wedding anniversary to loving wife Pam in 2020 meant a lot more than usual for retiree Colin Bartholomew.

The couple's dual battle against prostate cancer and breast cancer has meant the milestone is an extra special one.

"My prostate cancer journey started in mid 2017 and I'm in remission now. Pam's first breast cancer started in 1996 and she's had both breasts removed and is doing well too," Colin said.

Colin and Pam are long-time supporters of THRF Group and have committed to leaving a gift in their Will to progress cancer research.

Colin Bartholomew (middle) with his cancer nurses

"It's an amazing organisation – you are doing incredible stuff! We've been on board since my wife had her first breast cancer diagnosis," Colin said.

"The research happening is amazing and the care we've had from all the nurses and doctors across both Pam and I, has been superb."

Leaving a gift in your Will is one of the most significant ways you can have an impact on the health and wellbeing of future generations.

For more information about leaving a lasting legacy through a gift in your Will, speak to one of our friendly team members on (08) 8244 1100.



Cancer

# Adelady & G Fresh raise \$57,670

Our incredible ambassadors Adelady and G-Fresh teamed up again in 2020 to hold a Longest Table dinner – raising \$57,670 for breast cancer research in the process! This takes their total fundraising tally over the past four years to an incredible \$167,000!

*"We love hosting our annual The Longest Table dinner," Adelady's Hayley and Lauren said.* 

*"It makes our hearts so happy to see all our fave people in the same room, teaming up to raise money for The Hospital Research Foundation.* 

*"Every single year, The Longest Table feels more and more rewarding. And especially this year, because cancer doesn't stop for corona.* 

"This year we dedicated all money raised to Dr Marina Kochetkova and her research team at the Centre for Cancer Biology so she can find the agents that will destroy breast cancers from growing and spreading around the body.

"This is the kind of research that has the potential to change so many lives! We're so grateful to all the businesses and people who donated goods and helped us raised money at our dinner."

Thank you Adelady and G-Fresh!





Lauren De Cesare, Hayley Pearson, Sophia Saracino, Dr Marina Kochetkova, Simon Panayi and Theo Vasili.

### You can help too!

The Longest Table is THRF Group's annual cancer fundraiser where you get your friends together for a night of food, fun, friendship and fundraising to save lives from cancer.



In 2020, more than 100 hosts held both virtual and physical events to raise \$252,224!

You too can host a Longest Table in 2021 – visit thelongesttable.com.au to find out more!

# DELADY

Date: 19/09/2020

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Fifty Seven Thousand, Six Hundred and Seventy dollars









## **Under Our Roof**

## Two more homes opened in 2020!

Country cancer patients now have more access to family-style accommodation when they come to Adelaide for treatment with the opening of two new Under Our Roof apartments at Bowden.

THRF is thrilled to provide the family-style apartments at 354 Bowden On The Park East for cancer patients and their families, to add to our existing two homes at Woodville West to meet demand for this crucial service.

The two new apartments each include three bedrooms, two bathrooms and two carparks, are central to cancer-treating hospitals and close to public transport.

With more than 116 families sadly turned away over the past four years from full bookings, this service is much needed.

"These homes help ease the burden for cancer patients and are specifically designed so they can have family stay with them for support. Thank you to our fundraisers and donors for helping us achieve this," THRF CEO Paul Flynn said.





### Thank you Mercer SuperCycle!

Under Our Roof has been primarily funded via the Mercer SuperCycle, a multi-day charity bike ride around regional South Australia.

With the 2020 ride sadly cancelled due to COVID-19, the Mercer SuperCycle riders are targeting the 2021 ride to reach their fundraising goal of \$2.8 million over 10 years to cover these latest Bowden homes.





### Under Our Roof continues during COVID-19

Not even a pandemic could prevent us from helping cancer patients in need.

During such a challenging time, we worked hard to increase our cleaning and undertake other precautions to ensure Under Our Roof could remain operating during COVID-19.

This was greatly appreciated by all our guests, including Marion Bay couple Harry and Audrey Wynbergen, who had to travel to Adelaide every six weeks for Audrey to receive regular injections for leukaemia. "It definitely eased the pressure of not having to find alternative accommodation. We've stayed in the Woodville West homes multiple times now and we know it will always be nice and clean, especially as Audrey's immune system is very low," Harry said.

"It's difficult in these times as we both are trying to protect ourselves as much as possible as I'm also a cancer survivor; I was diagnosed with Stage 4 Melanoma only four weeks after Audrey was diagnosed."

Despite the limitations posed by COVID-19, THRF's existing Under Our Roof homes at Woodville West supported 15 cancer patients and their families in 2020.

These homes are generously sponsored by Mercer and Dr Jones & Partners. Thank you!







# Saving lives from heart disease

Did you know heart disease is the leading cause of death in Australia, representing one in five of all deaths?

This is a scary statistic, particularly when many of the risk factors associated with heart disease are preventable. With your support, we are progressing lifesaving research into the prevention, early detection and new treatments to better manage and beat heart disease.

# In 2020, our cardiology researchers and doctors at The Queen Elizabeth Hospital, Royal Adelaide Hospital and Lyell McEwin Hospital:



Analysed the care patients with pacemakers receive when they present to the emergency department to improve future care and treatment decisions



Investigated new pacemaker technology which places less strain on the heart

Analysed over 14,000 angiogram procedures (a test to detect abnormal blood vessels and blockages) to discover that the procedure worked best when the catheter tube is inserted into an arm artery rather than the traditional artery in the groin



Measured the chest pain symptoms in patients who are undergoing coronary stenting to help determined why chest pain continues after surgery



Continued to identify predictors for which patients are at risk of an emergency tear in the aorta during surgery to greater inform treatment options



Continued investigations into unexplained heart attacks



Assessed whether an aggressive approach to weight and lifestyle management can decrease AF symptoms and reduce hospitalisations



Recruited participants to trial a diabetes drug which shows promise in treating AF



Undertook overnight sleep studies and analysed other sleep data to determine whether the electrophysiological changes experienced by people with sleep apnoea contributed to AF



Delivered an integrated approach to caring for atrial fibrillation (AF) patients through the ongoing trial of a specialised "iCare" clinic

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Continued a study into whether subclinical AF is associated with risks of dementia and whether the screening guidelines for AF need to be adapted.

## YOUR SAY!

Heart disease is the third most important healthcare area to our supporters \*according to our annual survey

# Your donation has given hope to Nathan and his family

Nathan is a 37-year-old father of one who enjoyed a fit and healthy lifestyle before being diagnosed with cardiac sarcoidosis four years ago.

This life-threatening condition interferes with the heart's electrical system, causing it to beat out of rhythm.

Nathan has been fitted with a pacemaker-defibrillator to help his heart beat properly, but with traditional pacing prone to wearing out the heart's pumping muscle, Nathan will benefit from exciting research into new pacemaker technology that places less strain on the heart.

## Thank you for helping Nathan be there for his family!



"I greatly appreciate the support of THRF Group for my PhD studies so I can make a real difference to the care of our patients."

**Bradley Pitman,** cardiac physiologist and PhD student, Royal Adelaide Hospital



Our mission to beat heart disease is enhanced by our Group charity Australian Heart Research which is focused on prevention strategies, treatment and hospital care for patients with heart disease.

australianheartresearch.com.au



## Heart disease

### Did you know atrial fibrillation (AF) can increase the risk of dementia by 40 per cent?

This is a frightening statistic, but one which cardiologist Dr Rajiv Mahajan at Lyell McEwin Hospital is determined to change thanks to your support!

AF is characterised by a dangerous rapid and irregular heartbeat, and can cause issues such as fainting, dizziness and chest pain.

"There is reason to believe that AF increases the risk of dementia as AF causes small blood clots that travel to the brain, sometimes causing silent strokes that patients are not aware of," Dr Mahajan said.

"I am extremely grateful to donors for making it possible for me to pursue this project and I'm looking forward to sharing my findings."

### Regular giving saves lives

Dianne Gassy was enjoying a healthy and active life when she was suddenly diagnosed with atrial fibrillation (AF) after an unexpected fall while walking in the park.

She was managing her AF for a few years, but another downturn meant she was rushed to hospital for open heart surgery to fix an aneurism in her aortic valve. Di's experience has heightened her appreciation for medical research, which is why she generously donates to THRF Group.

"THRF Group is doing a wonderful job supporting research and cures for all diseases. It's important this research continues to save lives," Di said.

Regular donations are the easiest way you can provide consistent support to our researchers and save lives. Find out more from our friendly team on (08) 8244 1100 or visit hospitalresearch.com.au

# Finding a cure for stroke

# Did you know two million brain cells die every minute during a major stroke?

Stroke remains a leading cause of death and disability in Australia. With an ageing population, the incidence of stroke is expected to increase. The need for more stroke research is imperative, and thanks to you, local researchers are leading the world in stroke treatments, care and prevention.

# In 2020, our stroke researchers at the Royal Adelaide Hospital, The Queen Elizabeth Hospital and regional health networks:



Participated in world-leading clinical trials which focus on stroke treatment in the emergency stage, the care immediately after stroke and secondary prevention



Investigated what causes Transient Ischaemic Attacks (TIA), or mini strokes, with the hope of developing a diagnostic test for TIAs in order to administer the appropriate treatments and prevent future strokes



Researched ways to repair the brain following stroke using adult stem cells



Started planning for a pilot study to determine if visits by a therapy dog improve the mood of stroke patients, their visitors and stroke unit staff



Commenced an Adelaide Stroke Incidence Study to identify stroke trends in Adelaide and evaluate future care and resource allocation



Investigating the sustainability of a regional stroke coordinator to improve patient outcomes for rural South Australians



Continued a promising trial which tests Botox therapy on stroke patients with lower limb spasticity.



"Mum had such a positive outcome from the trial drug when she had her stroke. It really opened my eyes to the benefits of medical research and I now tell people all the time about the incredible work being done by The Hospital Research Foundation!" *Ting* 

whose mum Marilyn suffered a stroke in 2018



Together with our Group charity Cure For Stroke Australia, we are committed to improving the prevention, diagnosis, acute treatment and care of stroke.

cureforstrokeaustralia.com.au



# Fighting our newest enemy, COVID-19

### The COVID-19 pandemic took the world by storm in 2020,

### threatening our way of life in a way we've never seen before.

The global case rates and death toll were devastating. The unknowns surrounding the virus, its ease of spread and deadly impact on the vulnerable overwhelmed many communities.

When the pandemic first hit Australia and health teams were scrambling to prepare for the worst,

THRF Group moved quickly to commit funds to our doctors, researchers and vulnerable patient groups to help flatten the curve.

Thank you for enabling this support!

Thanks to you, we were able to help provide critical funding for research teams at the Royal Adelaide Hospital, The Queen Elizabeth Hospital, Basil Hetzel Institute, University of Adelaide, Peter Doherty Institute for Infection and Immunity and Centre for Cancer Biology to:



Run clinical trials on hospitalised COVID-19 patients to test drugs as a potential treatment for the virus



Analyse hundreds of recovered COVID-19 patients to determine how the virus affects the body, why some patients become sicker than others, how long recovered patients may be immune for, and use these insights to develop a vaccine



Determine the impact of COVID-19 on people with cancer to help develop the best course of action for these patients



Develop and test a new "field" ventilator which doesn't need to be used in an Intensive Care Unit (ICU) setting or by ICU trained staff, to help developing countries deal with the pandemic Investigate the wellbeing and mental health of the South Australian community pre and post COVID-19 to inform future public health support



Screen all staff and visitors attending hospitals during the height of the pandemic to check for COVID-19 symptoms or contact with people overseas and interstate



Investigate whether existing antibodies that treat acute inflammatory lung conditions would be effective in COVID-19.

### Thank you for helping fight coronavirus!

Thanks to you, \$164,880 was raised in 2020 to fight coronavirus and save lives!

Your generous donations helped our brave doctors, nurses and researchers on the frontline as they fight for a cure and vaccine for COVID-19.



THANK

YOU

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The virology research team at the Basil Hetzel Institute



YOUR



SUPPORT

COVID-19

( Caller

# Helping our community's most vulnerable

### In times of crisis, THRF Group fights for you and your loved ones.

As South Australia's largest health charity, we were committed to protecting the health and wellbeing of our community during the COVID-19 pandemic, with a focus on vulnerable patient groups.

### Support for Cystic Fibrosis patients

Kyle Collis was very grateful for our purchase of 150 Spirometers (at-home lung testing machines) for people with Cystic Fibrosis, a condition that causes persistent lung infections.

The Spirometers helped patients undergo remote Telehealth consultations to avoid visiting hospital and putting themselves at risk.



### Art packs for hospital patients

Art packs were delivered to patients at The Queen Elizabeth Hospital, Royal Adelaide Hospital and Glenside Mental Health Services to help improve patient wellbeing during the pandemic.

In normal times, art therapists are very active on the wards, including palliative care, to help patients and their families deal with pain, grief and manage mental health challenges.

Art therapy is supported by THRF Group charity Centre for Creative Health, and the art packs helped offer patients a way to practice self-care and healing.



### Lifeline for local charity

We provided two significant grants to South Australian charity Treasure Boxes so it could continue its vital service of providing essential items to disadvantaged new mothers and their babies.

Treasure Boxes had to temporarily close its doors at the height of the pandemic, despite demand for its services growing by more than 300 per cent.

The grant helped provide 83 newborn babies with a cot so they have a safe place to sleep, 393 babies and children with clothing boxes to keep them warm during winter, 266 boxes of new nappies and 18,267 other vital essentials such as feeding equipment and strollers to safety care for babies and children.



# Thank you to our healthcare workers!

In 2020 THRF Group personally prepared and delivered 134 care hampers for the 2,600+ frontline workers across 58 healthcare sites to say thank you for their tireless efforts during the coronavirus pandemic!

In addition to recognising workers dealing with COVID-19, hampers were also delivered to midwives and nurses to acknowledge The Year of the Nurse and Midwife.

The hardworking staff at SA Pathology and frontline doctors and nurses went above and beyond in 2020 in such unprecedented times, working swiftly and professionally to keep South Australia safe.







THRF Group's Chair Dr Stephen Rodda and CEO Paul Flynn with Professor Nicola Spurrier

### **Research vital says Chief Public Health Officer**

In 2020, THRF Group was honoured to have Professor Nicola Spurrier, SA's Chief Public Health Officer officially open our new head office at 62 Woodville Road, Woodville.

Prof Spurrier emphasised the importance of medical research in delivering public health outcomes to protect the community, saying that the Australian Health Protection Principal Committee (AHPPC) continually relied on published evidence to guide our country through its response to the COVID-19 pandemic.

In 2020, we could not think of anyone more fitting to officially launch our new building and represent the ongoing impact we are making in the community thanks to our generous supporters!

# Virus and infection control has never been more important

The world has turned its attention to COVID-19, but there are many other viruses which also need our support.

Did you know malaria kills 400,000 children a year? And that there are four million new Hepatitis C infections each year, including 10,000 in Australia? That's why THRF Group is proud to be a longtime supporter of research into virology and infection control which plays an important role in protecting our global communities.

## In 2020, our virology researchers at the Basil Hetzel Institute and University of Adelaide:

Accelerated development of a world-first vaccine for the Zika virus, including important steps to progress to Phase 1 clinical trials in patients and sourcing a novel needle-free delivery



Ran pre-clinical studies on the effectiveness of a new Hepatitis C virus (HCV) vaccine



Discovered a new target for treating malaria which involves targeting enzymes from the human host, rather than the parasite itself



Progressed worked on an antiviral therapy to treat dengue virus.

"Thank you to THRF Group supporters for facilitating my research into malaria. The findings we have made will lead to new drug discoveries and help save the lives of 400,000 children suffering from malaria per year."

> Dr Danny Wilson, THRF Mid-Career Fellow, University of Adelaide



### The life-long burden of diabetes

#### Did you know one Australian develops diabetes every five minutes?

Diabetes is a chronic, life-long disease and even with daily insulin therapy, people with diabetes are at greater risk of eyesight damage, kidney disease, an impaired ability for wounds to heal, limb amputations and even death. With your support, we can help the 1.2 million Australians living with diabetes.

### In 2020, our researchers and clinicians at the Royal Adelaide Hospital, The Queen Elizabeth Hospital, Basil Hetzel Institute, University of Adelaide and SAHMRI:



Continued making advancements in 3D printing islet cells for transplant into people with severe Type 1 diabetes



Tested a unique therapy which aims to promote blood vessel growth for diabetic patients who are more prone to impaired wound healing and amputations



Investigated the diabetes inequalities in Indigenous Australians and ways to overcome these challenges



Investigated whether bitter supplements reduce the appetite of people with Type 2 diabetes and therefore allow better control of blood glucose levels and health risks



Continued research into how artificial sweeteners disrupt the control of blood sugar levels in people with Type 2 diabetes



Investigated ways to prevent lifethreatening diabetic ketoacidosis (when a person's blood sugar is very high and acidic ketones build up to dangerous levels in the body)



Examined whether time restricted eating (also known as intermittent fasting) can prevent Type 2 diabetes



Investigated the use of antimicrobial dressings to treat chronic foot wounds for diabetics



Continued research to improve the high rates of vision loss in Indigenous Australians battling Type 2 diabetes.



#### New 3D printer is changing lives!

Thanks to the support of a generous donor, a new 3D printer has been purchased to help researchers at the University of Adelaide cure Type 1 diabetes.

Currently, islet cell transplantation is the only treatment option for those with severe Type 1 diabetes.

The 3D printer is being used to print islet cells to help eliminate the need to rely on a deceased donor for transplantation.



### Preventing Type 2 diabetes with time restricted eating

Two million Australians are at risk of developing Type 2 diabetes, worsened by current obesity rates, poor quality diets and reduced physical activity.

Thanks to you, Associate Professor Leonie Heilbronn is working hard to reduce that statistic with research focusing on whether time restricted eating (also known as intermittent fasting) can prevent Type 2 diabetes.

Pre-clinical models show that those who spread out eating over a prolonged period of time each day have impaired glucose metabolism, an early risk factor for Type 2 diabetes.

A/Prof Heilbronn's study aims to see what impact time restricted eating has on glycaemic response, when individuals confine all energy intake to nine hours per day.

#### New possibilities for Type 1 diabetics

After living with Type 1 diabetes for almost 50 years of his life, Tony Di Giovanni was one of the first patients to receive a kidney pancreas transplant while suffering from ongoing foot infections, incredibly curing him of his diabetes!

It's for this reason Tony supports much-needed research into diabetes, kidney disease and transplantation through THRF Group as a Monthly Giver! You too can join the fight, simply call our friendly team on 8244 1100 or visit hospitalresearch.com.au



# Kidney disease, pancreatitis and transplantation

Almost 1.7 million Australians suffer from kidney disease, with more than 16,000 of these sadly succumbing to their complications each year.

Another growing area of concern is pancreatitis, including hereditary pancreatitis which affects young children who then have a higher risk of developing pancreatic cancer in later life. Together with our researchers, we are bringing hope to those suffering from these debilitating, life-long conditions.

#### In 2020, our researchers and clinicians at the Royal Adelaide Hospital, Centre for Cancer Biology and regional health networks:

Progressed work to establish a Biospherix Chamber in Adelaide to enable faster and safer pancreatic islet transplantation – this is expected to be ready to change lives in 2021!



Began investigating ways to avoid the need for anti-rejection medications for transplant patients by targeting the immune cells responsible for organ rejection

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Studied the prevalence of hereditary pancreatitis and its gene profile in order to better understand disease risk, severity and progression in patients and their family members



Investigated a new gene Nedd4-2 which shows potential in protecting people against kidney damage from excessive salt intake



Researched the potential for dietary interventions to improve the overall gut health in kidney transplant recipients



Examined ways to prevent the pain and trauma experienced by dialysis patients when having their needles inserted into their vein and complications arising with their AV fistula connection



Many other projects focusing on improving dialysis for patients and ways to support a sustainable renal nursing workforce



Provided art and other creative initiatives as diversional therapy for dialysis patients.



As part of THRF Group, Kidney Transplant & Diabetes Research Australia (KTDRA) supports medical research aimed at developing new therapies to enhance organ transplantation, to treat diabetes and kidney disease and ultimately eliminate these diseases.

kidneydiabetesresearch.com.au

"I am completely saved by this surgery!"

At age 11, Chelsea was diagnosed with hereditary pancreatitis and told that all she could do was live in debilitating pain for the rest of her life.

But through funding from THRF Group for Professor Toby Coates at the Royal Adelaide Hospital, Chelsea became the second South Australian to have her pancreas removed, flown interstate, and harvested for islets. The islets were then infused back into her liver.

Chelsea, now 21, has a new life!

More research is now underway to better understand hereditary pancreatitis, improve clinical care and identify genetic markers which indicate a risk of pancreatic cancer.

Any donation you can make will support this lifesaving research and help people like Chelsea and her family.

Simply visit hospitalresearch.com.au or kidneydiabetesresearch.com.au



### Kidney disease and pancreatitis

#### Thank you for helping Dr Sebastian Stead find new ways to prevent organ rejection!

Did you know people who have an organ transplant need to take anti-rejection medications for the rest of their lives, which have debilitating side effects and compromise their immune systems?

Thanks to you, Dr Sebastian Stead from the University of Adelaide is progressing groundbreaking work on nanoparticles which could remove the need for these patients to take harmful anti-rejection medications.

PONT @ 67

Incredible!

#### Kars for Kidney fundraiser

Passionate fundraiser Helena Kollias raised an amazing \$18,036 for kidney disease research through her event Kars for Kidney Research.

Helena held her fundraiser at the picturesque Cobbs Hill Estate Winery where guests enjoyed a mid-morning brunch, live music and raffles and were also treated to seeing 60 vintage cars which made a special appearance on the day!

"I was absolutely thrilled to have raised \$18,036 for KTDRA. Given this year's circumstances with COVID-19, I wasn't sure what to expect," Helena said.

"But people were more than happy to come along and raise money for a good cause."

If you'd like to hold a fundraiser, please contact our friendly team on (08) 8244 1100.

## Improving the health of Indigenous Australians

Many Indigenous Australians have disproportionately poorer health outcomes and lower survival rates than non-Indigenous Australians.

This extends to higher rates of diabetes, kidney disease, cancer, heart disease, mental health issues and more.

Thanks to you, THRF Group is funding many projects which aim to bridge the gap and improve the health and wellbeing of our Indigenous communities.

#### In 2020, our support extended to:

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Research which investigated the diabetes inequalities in Indigenous Australians and ways to overcome these challenges



Support for an Aboriginal Cancer Healing Centre to improve the uptake of services closer to people's home communities, their health and life expectancy outcomes, utilising an evidence-based, cost-effective community-approved model



Continued research into the high rates of vision loss in Indigenous Australians, which has often stemmed from Type 2 diabetes

Providing Aboriginal health scholarships to increase the number of qualified Aboriginal and/or Torres Strait Islander Primary Health Care workers

Gym equipment to support a Riverland Elder/Youth Aboriginal program which aims to decrease the numbers of overweight Aboriginal youth and improve blood sugar results for those with diabetes.



THRF Group was pleased to support an initiative from the Northern Adelaide Local Health Network (NALHN) to increase the number of qualified Aboriginal and/or Torres Strait Islander Primary Health Care workers!

These newly qualified healthcare professionals will help provide a range of services to Aboriginal and/or Torres Strait Islander communities within NALHN. This includes specific health care programs, advice and assistance with medication, and administration of medication.



## Living longer, healthier and more fulfilling lives

With more than 3.8 million Australians now aged over 65, and this figure increasing each year, the need for research into healthy ageing and quality aged care services is growing.

Your support is helping to progress much-needed insights into our aged care sector and ensure our loved ones live longer, healthier and more fulfilling lives. Thank you!

#### In 2020, our researchers at The Queen Elizabeth Hospital, Flinders Medical Centre, SAHMRI and Basil Hetzel Institute:

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Made significant research-based recommendations to the Royal Aged Care Commission, particularly in a push to reduce wait times for Home Care Packages for older people



Developed a new tool which uses 12 key indicators to compare the quality and safety of Aged Care Homes to promote transparency and accountability throughout the industry



Investigated the health economic implications of four major indicators of aged care quality and safety, to greater inform policy makers and aged care recipients and their families

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Introduced an integrated approach to the care given to older people during their transition from hospital to home to ensure their needs are met to avoid unnecessary hospital re-admission



Continued healthy ageing research and developed a frailty-risk index to inform the equitable and effective provision of health services

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Continued an evidence-based 'Eat Walk Engage' program in hospitalised elderly people to improve their health outcomes, particularly in regards to delirium and functional decline.



"Our tool will enable the development of strategies to improve the quality and safety of aged care services and reduce variation across the sector, leading to better health and wellbeing of older people living in aged care in Australia."

Associate Professor Maria Inacio THRF Mid-Career Fellow, SAHMRI

### Aged care/Dementia



Erica and Jeff Pfitzner

#### Helping older people stay at home longer

Happily married for 44 years, retirees Erica and Jeff Pfitzner should be living life to the fullest! Sadly though, Erica suffers from Alzheimer's dementia and requires full-time care from Jeff.

The couple has access to a Level 4 Home Care Package which gives Jeff much-needed help so they can stay at home longer, something that's very important to the loving couple. Their geriatrician, Professor Renuka Visvanathan, has found that the health outcomes are far better for people who have timely access to the Federal Government's Home Care Package.

Prof Visvanathan's research, funded with THRF Group's support, was cited in the Aged Care Royal Commission's interim report which triggered a further 10,000 new high-level (Level 3 and 4) Home Care Packages being offered.





# Caring for people with dementia

# Sadly, most people have seen the debilitating effects of dementia on a loved one.

An estimated 250 people are diagnosed with dementia each day, with this number expected to increase substantially as the population ages.

Thanks to you, we are progressing important research in better caring for people with dementia.

### In 2020, our researchers and healthcare workers at Lyell McEwin Hospital, Flinders University and The Queen Elizabeth Hospital:



Upgraded the skills of clinical staff working within older people's mental health to provide best practice and patient-centred care



Commenced research into improving care in hospitals for people with dementia to reduce patient distress and prevent challenging behaviours



Continued research into whether a common heart disorder is associated with a higher risk of dementia and whether screening guidelines need to be adapted



Facilitated a hands-on therapy project for older people in hospital with Behavioural and Psychological Symptoms of Dementia (BPSD) where they can build and decorate bird boxes from flatpacks.

"For people with dementia, the bird box activity assists in helping them to feel in control of their lives and reduces agitation, aggression and code blacks." *Lorraine Ng* 

> Occupational Therapist at The Queen Elizabeth Hospital's Older Person's Mental Health Unit

### YOUR SAY!

Dementia is the fifth most important healthcare area to our supporters \*according to our annual survey

46 | The Hospital Research Foundation Group Impact Report 2020



### Living well with Parkinson's and other movement disorders

Parkinson's is a progressive neurological condition that has complex motor and non-motor symptoms. It can affect all walks of life and has no known cure.

In 2020, Parkinson's SA/NT joined THRF Group to help improve support, wellbeing services and research for over 8,000 people living with Parkinson's disease.

#### In 2020, the team at Parkinson's SA/NT:



Provided practical support and advice for people living with Parkinson's and their families including occupational therapy, exercise and physical movement, emotional wellbeing and relationships, speech pathology, accessing NDIS and more



Ran social activities like singing and writers groups to encourage wellbeing, social contact and peer support



Commenced the establishment of an SAfirst MRI imaging centre which specialises in advanced F-DOPA scanning to facilitate research for Parkinson's disease



Progressed the development of a phone app to support younger people below 65 with Young Onset Parkinson's



Promoted research into the long-term effects traumatic brain injuries have on individuals and the increased risks of developing neurogenerative diseases like Parkinson's and Alzheimer's



Provided education on the surgical treatment options available for Parkinson's and what might be appropriate for them.

#### Supporting bushfire affected communities

Parkinson's SA organised for three specialist health workers to visit Kangaroo Island in August to provide therapy and counselling support to people living with Parkinson's and those on the National Disability Insurance Scheme (NDIS).

The experts delivered specialised neurophysiotherapy services, crisis counselling, wellness coaching and occupational therapy as a way to help the struggling community in the wake of the summer bushfires.

Neurophysio in particular was very well-received, as it is a specialist branch of physio designed to improve the function of people who are suffering physically from a neurological condition.



Participant Beth Davis was very grateful for the visit from occupational therapist Christian Burden (pictured): "It was so beneficial for the people of KI to meet allied health professionals."





#### Improving health at Brain x Body Fitness Studio

Run by Parkinson's SA, the Brain x Body Fitness Studio (BBFS) at Unley is the first exercise physiology service of its kind to focus on body and brain health through exercise that encourages neuroplasticity.

Neuroplasticity is the ability of the brain to grow and change in response to physical and mental activities throughout life. By consistently challenging the brain with exercise and fresh mental activities, the brain continues to restructure, rewire and build new connections – perfect for people with movement disorders but also anyone advancing in age.

The studio is aimed at middle age onwards, with a research-based and personalised approach to exercise and state-of-the-art equipment.

Want to become a member? Call 0499 088 725 or visit www.bbfs.com.au

### Parkinson's

### New equipment improves mobility for people with neuromuscular conditions

A revolutionary new exercise machine that improves mobility, balance and sensory motor coordination for people with Parkinson's and other neuromuscular conditions is now available at Brain x Body Fitness Studio!

The \$20,000 Isodynamics Reviver has had remarkable physical and mental benefits in its pilot clinic in Sydney, and is now available for public use at the Studio thanks to the fundraising efforts of Mark and Judith Collingwood!

The Reviver moves the body in a gentle, circular motion at a specific angle to gravity, activating muscles across the body which in turn fires neural pathways within the brain that may have been dormant or unused for some time.

All Brain x Body Fitness Studio members can access the equipment, with users spending up to 12 minutes on the machine each day to reap the benefits.

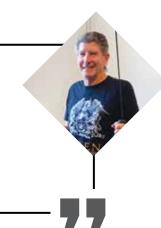


Mark Collingwood and BBFS Manager Tayla Haslam

"

"I like the extra variety Brain x Body Fitness Studio offers. I walk and cycle regularly, but I know how important strength training is so I focus on this at BBFS. I've also enjoyed meeting new people and trying new classes like boxing and yoga."

**Stephen** Brain x Body Fitness Studio member





We're proud to be providing support and information to people living with Parkinson's and other movement disorders, their carers, family, community and health professionals through THRF Group charity Parkinson's SA / NT.

parkinsonssa.org.au



the hospital research foundation group

### Arthritis

## Fighting joint pain and disease

# Arthritis and other musculoskeletal conditions account for almost a quarter of Australia's total disability burden.

New research is desperately needed to help ease the chronic pain experienced by people suffering from these debilitating conditions.

### In 2020, our researchers at The Queen Elizabeth Hospital, Lyell McEwin Hospital, Basil Hetzel Institute and University of South Australia:



Introduced a new and faster approach to translating the latest research findings to the clinic, helping to have an immediate impact on patients



Established a musculoskeletal biobank and rheumatology database to better understand risk factors in rheumatoid arthritis, juvenile idiopathic arthritis, psoriatic arthritis and vasculitis



Continued a trial for rocker sole footwear in treating painful midfoot osteoarthritis



Concluded a trial into the drug Colchicine for patients suffering osteoarthritis of the hand, which showed it is not effective in relieving pain for these patients



Continued a trial for a genetic test which may determine whether people receiving hip and knee replacements will react badly to the metal components and develop a pseudotumor.

### Not all research goes to plan, which is why your help is so important!

Colchicine is an anti-inflammatory drug successful in reducing joint pain and swelling in gouty arthritis – and had hoped to provide relief for painful hand osteoarthritis as well.

Thanks to your support, Professor Catherine Hill ran a clinical trial to test Colchicine on 64 patients with hand osteoarthritis. This had never been investigated before but unfortunately showed to be ineffective.

"The study design was robust and clearly showed that the medication did not improve levels of hand pain, grip strength or tender and swollen joint counts when compared with a placebo," Prof Hill said.



"This was an important negative finding and we must now investigate other sources of pain relief and treatment for sufferers of hand osteoarthritis. Thank you to THRF Group and donors for their support."

### Pain management

# Pain is one of the most serious health issues of our time, with more than 1 in 5 Australians living with persistent pain.

Stubborn pain can be all-encompassing and debilitating, clouding everyday functions including work, sleep and relationships. Thankfully, with your help, new approaches for managing pain are being discovered every day.

#### In 2020, our researchers at the Royal Adelaide Hospital, Flinders Medical Centre and The Queen Elizabeth Hospital:



Investigated whether Bright Light Therapy can improve pain management, daily function and sleeping patterns in people with chronic pain



Analysed whether music therapy can lessen the perception of pain, improve quality of life and reduce a patient's time in hospital, showing positive results



Discovered that hypnosis techniques can enhance traditional pain management for people suffering from chronic back pain



controlled infusion pumps to deliver pain medication to people in palliative care Delivered many alternative therapy

Investigated the safety and efficacy of both patient-controlled and nurse-

Delivered many alternative therapy programs within the state's palliative care units to help ease pain

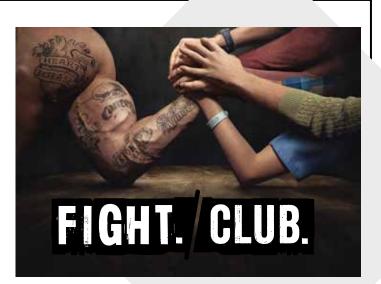


Helped people with back pain access new physiotherapy care called Practicebased Implementation and Innovation System (PRIISM).

### How you can help ease the pain for your loved ones

Monthly giving is one of the simplest and most efficient ways you can join the fight and support this lifesaving research and patient care. By choosing a tax-deductable amount to give each month, you will provide a vital consistent stream of funding that our researchers can count on!

Learn more about joining our special group of monthly givers by calling (08) 8244 1100 or visiting hospitalresearch.com.au





# Dying with dignity and quality of life

Palliative care helps people live their life as fully and as comfortably as possible when living with a life-limiting or terminal illness. Importantly, it is a family-centred model of care.

In 2020, palliative care become an even greater focus as we officially welcomed Laurel Palliative Care Foundation to THRF Group, which centres its support on Laurel Hospice at Flinders Medical Centre. With your help, we can provide even more comfort and support to these patients and their families during their time of need, as well as extend this support across South Australia.

#### In 2020, our palliative care support:



Delivered the best care and research to the Southern Adelaide Palliative Care service which includes Laurel Hospice, through the Laurel Palliative Care Foundation



Supported the Northern and Central Adelaide Palliative Care services through complementary therapies and infrastructure upgrades



Investigated the safety and efficacy of both patient-controlled and nursecontrolled infusion pumps to deliver pain medication to people in palliative care Supported paediatric palliative care through the HAS Foundation and the Women's and Children's Health Network, including an important Volunteer and Peer Mentor Program to help families with a child in palliative care

Ran programs in schools such as LifeCycles – The LEAF Project (Life, Education, Art, Feelings) to educate and build awareness death, dying, grief and life cycles.

**Imagine having a child with a life-limiting illness?** THRF Group is proud to be supporting an Australian-first program to support families in paediatric palliative care.

"The primary purpose of this pilot study is to provide these families with support, unique understanding and encouragement, which only another parent who has walked a similar path can provide."

#### Amanda Bodycote

Grief Support Coordinator, Women's & Children's Hospital





#### Anna's brave battle

Anna is just 49 years old. Anna is bravely living with Motor Neurone Disease and together with her family and community, raised over \$11,000 for Laurel Palliative Care Foundation!

Anna and her family were extremely grateful for the care provided during Anna's transition from Laurel Hospice to home, as expressed by her husband Scott and their three children. "Thank you for everything your organisation and all the employees and volunteers do for the people of SA, it is greatly appreciated," Scott said.

If you wish to raise money for this vital area of healthcare, contact our friendly team on (08) 8244 1100.



### **Palliative care**

#### Continuing the family bond

Bob and his wife Joy experienced first-hand the care and compassion provided by Laurel Hospice, with the hand casting art therapy program particularly meaningful for Joy.

"When holding Bob's castings, I can feel Bob – it's such a connection which I'll continue to have," Joy said.

"What the Laurel Palliative Care Foundation provides through these important services to people such as us, makes a world of difference on those very tough days."



#### Tree of Life

The Tree of Life at Centennial Park has been created as a special space to promote healing and reflection and honour and remember loved ones in a special, lasting way.

Dedicating a leaf is a unique way to celebrate the life someone significant whilst helping a cause close to your heart.

If you wish to honour a loved one through a perpetual leaf on our Tree of Life, your contribution and set up cost is \$250. Simply call our compassionate team on (08) 8243 0320.



a chaity of each active foundation THRF Group is thrilled to be increasing support for palliative care services within Laurel Hospice and across South Australia to maximise impact and raise awareness about this essential area of patient care.

laurelpallcarefoundation.org.au

### **Palliative care**



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#### Understanding grief and loss in schools

When a young person returns to school after the loss of a loved one, it is a difficult time.

A unique program developed for schools called LifeCycles – The LEAF Project (Life, Education, Art, Feelings) encourages schools to develop and normalise sensitive discussions around death, dying, grief and life cycles through art.



"When I started the LifeCycles program, I started to think about nature and emotions. It also made me realise we are all part of a cycle in life, with beginnings and endings." Olenka Year 9 student at Mercedes College



### **Creative health**

## Arts boost health and wellbeing

# There is growing recognition that creative arts have a positive impact on the health and wellbeing of our community.

THRF Group charity Centre for Creative Health (CCH) drives creative health within our local hospitals through world-leading arts, music and design programs, hands-on projects and other creative initiatives for patients, visitors and staff.

In 2020, the CCH team delivered a number of initiatives within the Royal Adelaide Hospital (RAH), The Queen Elizabeth Hospital (TQEH), Hampstead Rehabilitation Centre, Lyell McEwin Hospital, Glenside Acute Services, Jamie Larcombe Centre and Laurel Palliative Care at Flinders Medical Centre:



Extensive art and music therapies, diversional art and hands-on rehabilitation programs for in- and outpatients across these sites to improve healing and wellbeing for patients



Rotating art exhibitions across a range of galleries to provide a calming hospital environment for patients, visitors and staff – including video and moving image art for online mediums



Support for patients during COVID-19 by providing ongoing services at Hampstead, art parks to patients and families in need, and music therapy at the RAH



Research which showed that playing live music to patients each morning for a week improved pain and mood scores and overall health and wellbeing, aiding their recovery



A regular online education program for the public about what creative health is, how arts benefit the hospital setting, the programs being implemented through CCH and more



A partnership with Laurel Palliative Care Foundation to deliver LifeCycles – The LEAF Project (Life, Education, Art, Feelings) in schools which uses art to educate and build awareness about death, dying, grief and life cycles.



### Brightening the walls of our local hospitals

CCH's Gallery Program expanded to Lyell McEwin Hospital in 2020, supporting its established locations at the RAH and Hampstead Rehabilitation Centre.

The dedicated spaces aim to enhance the hospitals' creative and healing environments by offering a diverse and engaging range of exhibitions which change throughout the year. An incredible 99 artists exhibited throughout theses spaces in 2020!



### Did you know you can purchase the artworks on display?

Janet, a nurse at the RAH, recently purchased an artwork by Allen Sparrow that she felt a personal connection with.

"Art is an amazing positive distraction for all to immerse ourselves in as we go about our day. It

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can really be uplifting when I read the stories of the artists and see their contributions to enhance our environment," Janet said.

With 37 artworks sold in 2020, the proceeds have benefited both the artist and CCH Gallery Program.



SEREERAL MILETS

FIGHT.

### **Creative health**

Palliative art therapist Estelle Chapple with the orientation board above.

### Orientation boards providing a sense of identity

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Katherine

Orientation boards are being used to help create therapeutic connections with palliative care patients at TQEH.

CCH's palliative art therapist Estelle Chapple said the boards aimed to remind staff to recognise and relate to the many aspects of patients' individuality rather than just their medical diagnosis.

"It also provides opportunities for patients' self-knowledge and to keep their self-identity in palliative care," Estelle said.

"Most importantly, it enables patients to share what is most important to them."

#### Regeneration – making an impact on bushfire affected communities

In 2020, CCH commenced a unique collaboration with the University of Canberra to develop the 'Regeneration' project aimed at trauma transformation and disaster recovery for bushfire affected communities. Harnessing the power of creative arts, this project has already been making an impact in NSW and is set to begin in Kangaroo Island in 2021. This project has been funded thanks to the incredible support of fundraisers Magda Szubanski, Will Connolly and their generous donors.



The Centre for Creative Health aims to improve the quality and experience of healthcare through best-practice arts and design programs, projects and other creative initiatives to benefit patients, visitors and staff in hospitals.

creativehealth.org.au



#### Music therapy boost thanks to generous donors

Thanks to our generous donors, CCH has purchased a new autoharp instrument for music therapist Dr Patsy Tan to use with patients at the RAH, expanding her services throughout the hospital.

The autoharp is helping those who have suffered a stroke, those with cognitive impairment, who struggle concentrating and learning new things, and those with cerebral palsy.

Dr Tan's music therapy had a huge impact on patients in 2020, particularly during COVID-19.

Her 1:1 work with patients had to be modified, instead moving to an open area of a ward, but she continued to provide a much-needed source of comfort for staff and patients.

"I feel safe being here, working with the staff and patients to allieviate their anxiety and help them at a time of uncertainty and great need," she said.



### Easing symptoms of inflammatory bowel disease

Australia has one of the highest rates of inflammatory bowel disease in the world, with more than 75,000 Australians affected by conditions such as ulcerative colitis, clostridium difficile (C-diff) infection and Crohn's disease.

BiomeBank is pioneering research in this area, helping find a cure to these debilitating diseases which can significantly affect a person's quality of life.

#### In 2020, our clinicians and researchers at BiomeBank:

Facilitated stool transplants for 50 people suffering from C-diff infection across four states, as well as for ulcerative colitis patients as part of a clinical trial - substantially improving their symptoms and quality of life

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Collected, processed and stored stool donations to facilitate stool transplants

Investigated diet strategies to help reduce harmful gut bacteria and reduce inflammation in ulcerative colitis.

#### Thank you for helping 800 South Australians with inflammatory bowel diseases!

Thanks to your support, more than 800 people with inflammatory bowel diseases (IBD) such as Crohn's and ulcerative colitis have benefited from a new software program that supports the day-to-day management of their conditions.

With a grant from THRF, the Royal Adelaide Hospital was the first site in the world to implement the new software! The Queen Elizabeth, Flinders and Lyell McEwin sites are expected to follow soon to join several interstate and New Zealand sites.





BiomeBank co-founders Dr Robert Bryant and Dr Sam Costello

#### BiomeBank opens new laboratory!

BiomeBank – Australia's first poo bank – opened its new purpose-built laboratory in March 2020 to help more people fight inflammatory bowel conditions!

BiomeBank stores and processes donated stool which helps patients suffering from debilitating C-Diff infection have access to a life-changing faecal transplant procedure. The new lab features the highest qualitycontrolled screening, storage, processing and transport practices, and is helping BiomeBank expand access to its stool across Australia and even internationally!

That's more than 500 Australians a year that could be cured of C-Diff! Keep an eye out in 2021 for more exciting news from BiomeBank!



BiomeBank is a partner of THRF Group which provides patients with access to safe and effective faecal microbiota transplantation (FMT) and also progressing research into microbial-based therapies to treat and prevent disease.

biomebank.org



### Gut health and nutrition

# Nutritional science and gut health is a growing area of research aimed at improving people's overall health and wellbeing.

The insights gained by this research flow into many aspects of our lives and also help improve outcomes for those recovering from critical illnesses and managing diabetes, heart problems and more.

#### In 2020, our clinicians and researchers at the Royal Adelaide Hospital, Flinders Medical Centre and University of Adelaide:



Investigated the ideal nutritional requirements for severe burn injury patients to enhance their recovery



Progressed trials to understand how protein is taken up by the muscles, with the aim of improving the recovery of muscle strength for patients in ICU



Introduced a diet high in protein and energy for hospitalised older people as part of an innovative 'Eat Walk Engage' program to improve their health outcomes



Continued research into how artificial sweeteners disrupt the control of blood sugar levels in people with Type 2 diabetes Investigated whether bitter supplements reduce the appetite of people with Type 2 diabetes and therefore allow better control of blood glucose levels and health risks



Examined whether time restricted eating (also known as intermittent fasting) can prevent Type 2 diabetes



Trialled whether an un-sedated officebased endoscopy procedure can be used to diagnose and recommend treatments for patients with gastroesophageal reflux disease.



The Centre of Research Excellence (CRE) for Translating Nutritional Science to Good Health is a collaborative research facility at the University of Adelaide focused on several areas including obesity, diabetes, malnutrition, critical illness and nutrition in the elderly.

THRF Group supports many projects within the CRE to bring greater nutritional health outcomes for the community, including Dr Tongzhi Wu's research on whether bitter supplements can help manage Type 2 diabetes.

"We want to make a difference! We're very grateful for THRF's support so we can progress our work."

### Asthma and allergies

# Australia has one of the highest rates of asthma in the world, with one in nine people affected by this chronic condition.

Asthma can be both allergic and non-allergic, but the underlying inflammation which causes asthma symptoms holds clues for a number of allergies, including eczema. Sound complicated? You're right, but that's why your support is needed so our researchers can better understand the mechanisms behind these chronic diseases and find new treatments.

### In 2020, our researchers at the Centre for Cancer Biology and Lyell McEwin Hospital:



Investigated a new therapy for severe asthma which targets the immune cells in the lung responsible for the inflammation experienced in asthma



Analysed the genetic makeup of upper airway tissues to help match therapies to patients that treat the underlying cause of their airway disease such as asthma



Progressed work in understanding how key inflammatory cells that promote the onset of allergic responses are activated in order to design new approaches for treatment, particularly in relation to eczema

Dr Gokhan Cildir is progressing a game-changing new therapy for people who suffer from severe asthma, thanks to your support!

"Currently there are very little treatment options for asthmatics. My research aims to try and activate the body's immune cells critical for the treatment of severe asthma, using a protein exclusively expressed on the surface of these cells," he said.

"Thanks to THRF Group, my Early-Career Fellowship has allowed me to keep working on this important project and given me the opportunity to contribute to the health and wellbeing of people in our society."

Dr Cildir is also lending his expertise to the global fight against COVID-19, joining a prestigious international study which is developing drugs to help stop the spread of COVID-19 through the lungs!



Investigated the effect iHealth tools including virtual reality videos and other technology has on helping teenagers with asthma better manage their condition



Commenced a study investigating whether a baby's lack of exposure to peanuts and eggs in the womb and via breastmilk increases their chances of developing an allergy to those foods.



### Healthy mothers and babies

# Helping mothers and babies get the best start in life plays an important role in the health and wellbeing of our communities.

From fertility issues, conception, the pregnancy cycle, birth and postnatal care, we are proud to support research aimed at helping people have healthy families.

#### In 2020, our researchers at the Women's & Children's Hospital, Lyell McEwin Hospital, Flinders Medical Centre, SAHMRI, The University of Adelaide, University of South Australia, and Basil Hetzel Institute:



Investigated ways to predict and prevent pre-eclampsia, a common pregnancy complication which can cause organ failure, blood clotting, restricted growth of the baby and even death in mother and baby



Commenced a study investigating whether a baby's lack of exposure to peanuts and eggs in the womb and via breastmilk increases their chances of developing an allergy to those foods



Progressed research on developing better medication for treating low breast milk supply in mothers of preterm infants



Continued work on developing a noninvasive test to check for embryo health during the IVF process, so more healthy embryos can be transferred leading to greater IVF success rates



Progressed research and support for maternity services and midwifery in Adelaide's northern suburbs, including the impact COVID-19 had on new mothers ¥

Provided virtual support to rural and remote doctors and midwives so they can administer ultrasounds on pregnant mothers in regional communities throughout Australia as part of our 'Healthy Newborn Project'



Developed new prevention and treatment strategies for postpartum vaginal and perineal infections



Investigated how chronic pelvic pain develops in endometriosis to help identify new treatments for women to improve pain and prevent infertility issues



Continued to refine the optimal iron treatments needed for pregnant women who are iron deficient to ensure the safety and long-term outcome of both mother and baby



Conducted follow-up appointments on a cohort of women who experienced complications during pregnancy, to mitigate their higher risk of developing premature heart disease.

### **Pregnancy and birth**

### Preventing nut and egg allergies in children

A lifetime of worry about their daughter's nut and egg allergies is all ahead for Chelsea and Matt Schiller.

Only one-eighth of a teaspoon of peanut butter saw baby Madison break out in hives, needing an immediate antihistamine to manage the allergic reaction.

"I feel quite lucky we were involved in a controlled study in a controlled environment, otherwise who knows what could have happened," Chelsea said.

Researchers from SAHMRI's Women & Children's team are investigating whether a baby's lack of exposure to peanuts and eggs in the womb and via breastmilk increases their chances of developing an allergy. The findings will help inform allergy prevention guidlines internationally.

THRF is supporting this project with backing from generous donor Robert Kenrick. If there is an area of research close to your heart, please don't hesitate to contact our friendly team on (08) 8244 1100 to discuss donation options.

#### Helping babies thrive

THRF is proud to be helping newborn babies thrive and avoid complications by funding two lifesaving infant warmers, called 'panda warmers' at the Lyell McEwin Hospital.

As soon as a baby is born, they are put on a panda warmer to track their progress. It provides heat, records temperature, oxygen saturation levels, heartbeat and weight and also has the capability of providing emergency oxygen and resuscitation if needed.

"These panda warmers are essentially five machines in one, they're intuitive and smart. The best thing is they are used in other hospitals so now when doctors are here to deliver babies, they know exactly how to use the machine," said Monica Ryan, Midwifery Unit Manager.





### **Developmental disorders in children**

Intellectual disabilities, epilepsy, cerebral palsy, autism and schizophrenia are known as neurodevelopmental disorders, affecting more than 70,000 Australian children under five.

Muscular dystrophy and neuromuscular disorders can also affect children, with its weakness and wasting of muscle tissue estimated to affect 20,000 Australians. Diagnosing these conditions is often challenging and delays support, which is why we are proud to fund more research into understanding, improving diagnosis and delivering therapies to families experiencing a childhood developmental disorder.

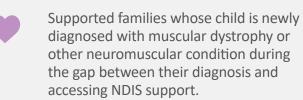
#### In 2020, our researchers and service providers at the University of Adelaide, Centre for Cancer Biology and local service provider I Can Jump Puddles:



Investigated whether there are genetic markers for neurodevelopmental disorders such as autism, epilepsy, cerebral palsy and intellectual disabilities to improve diagnosis of these conditions



Explored how a particular type of neuron becomes deficient in the brain of schizophrenic and autistic patients to develop new ways to diagnose, predict and treat schizophrenia and autism Investigated the genetic markers for neuromuscular disease to help guide care for families and prevent complications such as heart and respiratory weakness





#### Helping people with muscular dystrophy

In 2020 THRF Group provided a \$200,000 grant to I Can Jump Puddles, a leading service provider helping people living with muscular dystrophy and other neuromuscular conditions.

This funding helped children like 12-year-old Torry, who lives with Ulrich Congenital Muscular Dystrophy.

"Torry now has a whole team of people helping him, including a physio, therapist and neurologist," his carer Keith said.

"He had a hydrotherapy session for the first time at our local pool and his therapist taught him to float and kick his legs! It brought tears to my eyes, we are so grateful for this support." "Our main hope for Chloe's future, is that she will be able to live a happy life, and that people will continue to be kind and accepting towards her."

Jennie, Chloe's mum

#### Your support has given hope for families like Chloe's! Thank you!

11-year-old Chloe lives with cerebral palsy — a lifelong neurodevelopmental disorder that impairs her ability to walk, speak and carry out personal tasks.

There are still a lot of unknowns about what causes cerebral palsy, as well as other neurodevelopmental disorders like epilepsy, autism, schizophrenia and intellectual disabilities. Thankfully, with your help, Dr Clare van Eyk and her team at the University of Adelaide are making huge breakthroughs in understanding both the genetic and environmental causes of neurodevelopmental disorders, which will enable earlier diagnosis and more targeted therapies.

This work aims to help thousands of families like Chloe's – thank you!



### **Childhood disorders**

### THRF Group is proud to be supporting families of children diagnosed with rare incurable diseases

A \$25,000 grant was provided to the Rare Find Foundation in 2020, established to support families of children with the devastating diagnosis of Tay-Sachs and Sandhoff Diseases.

Rare Find Foundation founder Anna Pak Poy said that THRF's funding would help produce online and hardcopy information resources, supporting roughly one in 180,000 Australian families who will sadly face this diagnosis for their child. "There are no words to describe the pain and heartbreak of knowing that your child is facing a life-limiting condition with no cure," Anna said, who in 2019 lost her 22-month-old son Sebby (pictured) from Tay-Sachs.

"We are incredibly grateful for THRF's support."

# Our mental health and wellbeing has never been so important

# It is estimated that one in five Australians aged 16-85 experience a mental illness in any one year.

Despite increasing awareness about mental health in recent years, there is still lots to be done in understanding mental illness, managing it and reducing stigma amongst the community.

### YOUR SAY!

Mental health is the fourth most important healthcare area to our supporters

\*according to our annual survey

#### You spoke, we listened!

THRF Group's mental health support has largely focused on veterans, first responders and their families.

In response to feedback from our donors and lottery buyers, we will now be funding grants that benefit the mental health and wellbeing of all South Australians!

Keep an eye out in 2021 for new grant announcements.

Everyone deserves someone fighting for their health!

#### Mental health tips: focus on the basics!

In 2020, we all had to manage a huge amount of stress and uncertainty.

Psychiatrist Dr Jon Lane offers some important reminders for all of us:

*"If you're navigating a hard time in your life, focus on the basics.* 

The first one is **sleep.** Make sure you have a protected sleep space, restrict your access to caffeine and alcohol after 5pm, and restrict access to tech before bed.

Make sure that you're **exercising,** because it's a way of burning off stress. It doesn't have to be a power walk, just go for a walk.

Another thing you should do is have **active social supports.** These are people who you like, and they like you and make you feel good by being around them.

And the next thing you can do is to see a professional – this could be a counsellor or therapist, but a visit to your GP is your first port of call. If you see someone early and get a diagnosis and treatment, your recovery is much much guicker."





## Supporting Australia's current and ex-serving military, emergency service personnel and their families

There is a huge need to support the unique needs of Australia's current and former military members, emergency services workers and their families.

That is why in 2020, we launched a new worldclass collaborative research institute focused on optimising the mental health and wellbeing of this group! Called Military and Emergency Services Health Australia (MESHA), the patient-centred institute has evolved from The Road Home, part of THRF Group, with the aim to empower all service personnel and their families to live fulfilling, meaningful lives regardless of their past experiences.

# In 2020, our MESHA researchers in collaboration with the University of Western Australia, University of Canberra, University of Adelaide, Flinders University and THRF Group charity the Centre for Creative Health:



Investigated factors that have contributed to the development of a mental disorder or remission in symptoms among Australian Defence Force personnel transitioning from service to civilian life



Progressed research evaluating the short and long-term implications of the 2019-20 bushfire season on the wellbeing and resilience of Australia's first responders



Investigated what can be done at an individual, local and organisationwide level to minimise the short and long-term and cumulative impacts of potentially traumatising events, and promote good mental health and wellbeing for young adult volunteers in emergency service organisations Progressed the evaluation of the Royal Society for the Blind's Operation K9 program and Assistance Dogs Australia's PTSD program to determine how assistance dogs impact the lives of veterans and emergency services personnel with Post-Traumatic Stress



Completed a world-first study using language to explore ways of detecting, understanding, monitoring and managing stigma in the military



Collaborated to engage with rural communities affected by the 2019/20 bushfires and co-design a creative arts intervention program designed to enhance the mental health and wellbeing of local community members.



CFS volunteers Cameron Langley, David Wilson and Daniel Wilson

#### Fighting for our firefighters

A \$200,000 grant was provided at the beginning of 2020 to the Country Fire Service (CFS) Foundation, to support over 70 selfless volunteers and their families living in six of the hardest hit regions from the summer bushfires across Australia.

*"I would like to say a big thank you for supporting the CFS Foundation who then in return supported us," said Sabrina Davis from Kangaroo Island.* 

"We were one of many lucky CFS volunteer families on Kangaroo Island who received a l arge donation that has been incredibly helpful in our recovery, so I can't thank you enough."

Our thoughts are with those who lost their lives and their loved ones, as well as people who have lost their homes and livelihoods and the communities affected as a result of these terrible fires.



the hospital research foundation group

### Military and emergency services health

#### We will remember them

MESHA's annual Remembrance Day Breakfast was attended by members of the veterans and emergency services community alongside keynote speaker Curtis McGrath OAM and panel speakers Genevieve Rueger, Graham Cornes OAM and Jock Statton AM.

We are so grateful to our 2020 sponsors including Gold sponsor Flinders University, Silver sponsor Helping Heroes Rehabilitation Services, Keynote Speaker sponsor Saab Australia and Panel sponsor Babcock Australasia.

### For more information on corporate sponsorship, please contact (08) 8244 1100.



"As a defence, aviation and critical services company, Babcock values the research that will be conducted by MESHA to preserve the health and wellbeing of veterans, reservists, emergency services personnel and police."

**Andrew Cridland** Chief Financial Officer, Babcock Australasia

#### Healing through art

MESHA's Trauma Psychotherapy Plus Program is an individualised arts program designed specifically for current and former military members and emergency services personnel with Post-Traumatic symptoms.

In 2020, Psychotherapist and Trauma Art Therapist Karin Foxwell assisted over 14 clients in expressing trauma visually to improve selfawareness and acceptance, improve problem solving and conflict resolution.

Talented artist and art tutor Kaz Pederson also continued to hold inpatient art practice sessions at the Jamie Larcombe Centre, where patients can practice and develop art.

#### Group Emotional and Relationship Skills (GEARS) program

Led by Psychiatrist, ADF Reservist and Afghanistan veteran, Dr Jon Lane, the GEARS program has transformed the lives of many Australian military members and emergency service personnel living with Post-Traumatic Stress.

GEARS is a peer-led group counselling program which aims to build participants' confidence

and resilience, help them develop stronger and healthier relationships and identify unhealthy coping mechanisms.

Thanks to you, more than 40 people benefited from the program in 2020! Thank you!



#### Invictus Pathways Program

In 2020, 72 people participated in the Invictus Pathways Program (IPP) supported by MESHA and administered through the University of South Australia.

IPP is a wellbeing program for current and serving military members and first responders who have physical, emotional and/or psychological conditions often suffered after traumatic events.

Although activities were restricted somewhat due to COVID, members still managed to participate in sailing, rowing, wheelchair basketball, swimming, group cycling, seated volleyball, gym activity and family kayaking days.

One of the highlights was a family lawn bowls event held in honour of Veteran's Health Week which saw 50 veterans and their families enjoy a night of social bowls followed by a BBQ.

Unfortunately participants were not able to compete in the Invictus Games due to it's postponement, but we hope to see them represent their country and achieve their goals sometime in 2021.

#### The power of workplace collaboration!

In 2020 Rob Puttergill from local business Cold Logic teamed up with Tristar Electrical to raise over \$3,000 for the health and wellbeing of service personnel. Pledging to shave his head, Rob rallied workers from both companies to donate to the cause. Thank you to Rob and everyone involved for their support of those that put themselves in harms way to protect our communities.

If you would like to host your own community fundraiser for MESHA or any THRF Group charity, contact us on (08) 8244 1100 or visit hospitalresearch.com.au to find out more.





military and emergency services health australia a charity of the hospital research foundation group

Military and Emergency Services Health Australia (MESHA, formerly The Road Home) is a collaborative research institute dedicated to actively informing and improving policy, programs and services for current and former serving Australian military and emergency service personnel and their families.

mesha.org



# Sleep essential for a healthy life

# Sleep is one of the three pillars for a healthy lifestyle, along with diet and exercise.

Poor quality sleep or a disorder such as obstructive sleep apnoea (OSA) can lead to serious and long-term health problems including heart disease, diabetes and stroke. Thanks to your support, researchers are discovering more and more about the importance of sleep and how to combat issues to improve the health of our loved ones.

#### In 2020, our sleep researchers at Flinders University, Royal Adelaide Hospital, The Queen Elizabeth Hospital and Basil Hetzel Institute:



Ran two clinical trials to help develop the first ever medication to treat obstructive sleep apnoea as an alternative to cumbersome CPAP machines



Undertook overnight sleep studies and analysed other sleep data to determine whether the electrophysiological changes experienced by people with sleep apnoea contributed to common heart condition, atrial fibrillation



Implemented new sleep and coping methods for patients staying overnight in hospital to improve the quality of a sleep they get which improves their overall recovery and wellbeing



Continued sleep trials on the affects that wind turbine and traffic noise have on sleep and the body, with early findings indicating that low frequency noise does impact sleep



Analysed whether poor sleep quality and other factors increased people's likelihood of experiencing distress and mental health issues during the COVID-19 pandemic.

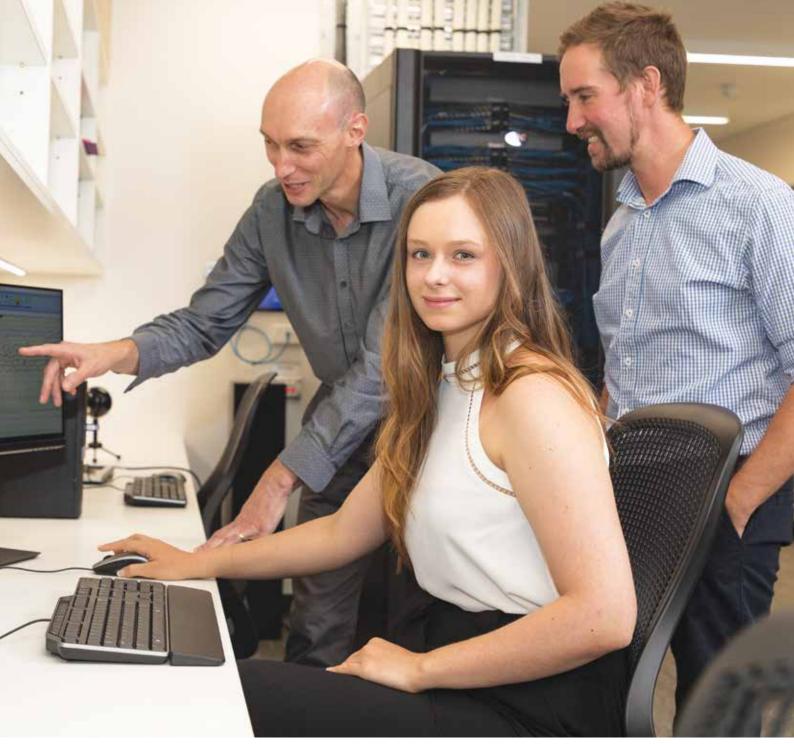
#### 20-year insights help battle sleep apnoea

Chronic disease epidemiologist Dr Sarah Appleton is progressing lifesaving research on obstructive sleep apnoea in men to improve diagnosis and prevent the many health issues associated with the condition.

Thanks to you, Dr Appleton and her team were able to re-do sleep studies 20 years after an initial screening and see how 1000 men had progressed over time.

They have now been able to better define who is at risk from obstructive sleep apnoea, which will allow a more personalised medicine approach to managing the condition. Thank you!





PhD student Claire Dunbar

#### Improving the sleep health of rural communities

Flinders University PhD student Claire Dunbar is investigating how wind farm noise affects a person's sleep in a first-of-its-kind study using a controlled laboratory setting.

As part of the study, participants spend seven nights in a unique sleep lab at the Adelaide Institute for Sleep Health so researchers can monitor their brain's electrical activity (called electroencephalographic [EEG] measurements) when exposed to wind turbine noise.

THRF is supporting Claire's research, with the insights gained also helping Claire share sleep

health education programs throughout rural South Australia.

"Noise exposure has the potential to interfere with sleep through annoyance, insomnia and sleep disruption effects. Wind turbine noise has lower frequencies that can travel further and into residences more readily than higher frequency noises such as traffic noise," she says.

"Every impact, every person I have the privilege to help, every outreach program and every day I get closer to completing my PhD is only possible through the support of THRF."





### **Country health**

# Supporting regional communities

#### Country hospitals and healthcare services play a crucial role in the health and wellbeing of our communities.

Thanks to you, THRF Group is proud to support regional practitioners and health networks deliver high quality care through the funding of equipment, research and training.

#### In 2020, our regional funding extended to:



An extensive list of healthcare equipment for country hospitals in South Australia, including:

- Chemotherapy chairs at Port Lincoln Hospital
- Ultrasound units for Wallaroo and Port Pirie
- Pressure-relieving mattresses for Whyalla
- Anaesthetic infusion pumps for Mount Gambier
- Telehealth equipment for the Mallee
- A high-flow oxygen ventilator for Gawler
- And much more



Review of a Nurse Led Ambulatory Service at Port Pirie which aims to reduce hospital admissions and emergency department presentations

Investigating the sustainability of a regional stroke coordinator to improve stroke outcomes for rural South Australians



Examining ways to prevent the pain and trauma experienced by regional dialysis patients when having their needles inserted into their vein and complications arising with their AV fistula connection, to avoid them having to travel to Adelaide to fix problems



Investigating the use of drones as a timely courier service for urgent medical items to be delivered to rural hospitals



Providing country cancer patients access to family-style accommodation when visiting Adelaide for cancer treatment through Under Our Roof



Providing virtual support to rural and remote doctors and midwives so they can administer ultrasounds on pregnant mothers and babies regional communities throughout Australia as part of our 'Healthy Newborn Project'



Delivering health and wellbeing programs and specialised neurophysiotherapy, crisis counselling, wellness coaching and occupational therapy to people living with Parkinson's and those on the NDIS in regional areas.

"We are extremely grateful to receive this generous contribution from THRF and would like to thank them for their ongoing support."

Verity Paterson Eyre and Far North Local Health Network CEO



"This equipment will allow us to continue providing high quality care to our local community for both now and into the future."

*Kylie Williams* Barossa Hills Fleurieu Local Health Network Acting CEO Country hospitals which received equipment in 2020:





### Surgery

# Improving outcomes after surgery

# Did you know patients who require surgery are the highest-risk group for experiencing complications in hospitals?

Infections after surgery severely impact a patient's recovery, particularly with the emergence of antibiotic-resistant superbugs.

Thankfully, our talented practitioners and researchers are working hard to improve surgical outcomes to prevent and treat infections.

# In 2020, our researchers at the Basil Hetzel Institute, The Queen Elizabeth Hospital, Lyell McEwin Hospital and Flinders Medical Centre:



Progressed testing and commercialisation of a new treatment for superbugs which are common in patients who suffer from infections after surgery



Tested an innovative gel treatment which treats and encourages healing of internal scar tissue after abdominal surgery



¥∎

Developed a new medical device for hernia repair surgery which aims to prevent implant-related infections

Created a video-based coaching program for practitioners to improve surgical skills

Implemented new sleep and coping methods for patients staying overnight in hospital to improve the quality of a sleep they get which improves their overall recovery and wellbeing

Continued development of a genetic test to determine which people undergoing hip or knee replacement surgery will have a bad reaction to the metal components in the implant



Investigated the effectiveness of an Acute Surgical Unit for managing nonelective general surgery admission

Progressed research into treating antibiotic-resistant bacteria which develops after ENT (ear, nose and throat) surgery.



#### Did you know bacteria that becomes resistant to antibiotics are known as 'superbugs' and are a huge threat to human health globally?

Nearly one million people die every year from bacterial infections that can't be treated with antibiotics. Dr Katherina Richter is making incredible breakthroughs in the war against superbugs through her work for both a new treatment and in preventing hernia infections.

### Severe injuries and intensive care

# Severe injuries and intensive care

# Each year around 130,000 Australians are admitted to an Intensive Care Unit (ICU).

Meanwhile, one in 40 ambulance patients are classified at risk of, or suspected to have, a traumatic spinal cord injury.

Thanks to you, our clinicians, researchers and paramedics are working hard to improve the outcomes of patients who present with severe illness and injury.

# In 2020, our researchers at the Royal Adelaide Hospital and University of Adelaide:



Progressed research to better understand the physiological changes of severe spinal cord injuries to help develop new surgical and therapeutic options and prevent permanent disability



Improved the training tools for paramedics and clinicians confronted with spinal cord injuries through the development of an advanced mannequin neck for training



Investigated the complex microbial communities that exist within the gut and upper respiratory tract to better predict the risk of superbug infections in ICU patients 点

Continued research on the ideal protein dose needed for critically ill patients in ICU to improve muscle strength and overall recovery and health outcomes

Investigated the ideal nutritional requirements for severe burn injury patients who have undergone a new type of BTM treatment which hopes to offer higher resistance to infections.



# Home Lottery boosts funds to research and healthcare

Ticket buyers in The Hospital Research Foundation Home Lottery can feel proud knowing their support makes a huge impact to the health and wellbeing of our community!

Proceeds from the Home Lottery go directly to medical research and improved healthcare initiatives across all public hospitals and communities in SA, as outlined in this report!

### Thank you to all our ticket buyers – your support is changing lives! homelottery.com.au



# Striving for best practice in healthcare

**Everyone deserves someone fighting for their health.** 

THRF Group extends its support across more than 50 areas of research and patient care, helping you and your loved ones receive better healthcare informed by world-leading research.

#### **Best practice care**

- Continued an important Australia-wide study into the safety, effectiveness of care and resource use among Australian hospitals to help develop a best practice model and reduce readmissions
- Helped SA Health nurses implement the world-leading Best Practice Spotlight Organisation program across their teams, to improve patient-centred care in local hospitals

#### **Research software**

• Funded a fundamental piece of research governance software across SA Health to increase efficiencies for South Australian researchers, labelled by SA Chief Public Health Officer Nicola Spurrier as a 'game-changer'

#### Cystic fibrosis and lung disease

- Progressed pre-clinical testing of a new treatment for NTM (nontuberculous mycobacteria) lung disease, which is also active in cystic fibrosis patients and often resistant to antibiotics
- Established an SA branch of the Australian Bronchiectasis Registry to help better understand and treat this debilitating respiratory condition

#### Rhinosinusitis

• Progressed understanding of how chronic rhinosinusitis (CRS) develops to inform new therapeutic approaches and help the 1.8 million people who have CRS in Australia

#### Eye health

- Developed a genetic test to improve early diagnosis of glaucoma to give people a better chance at managing the condition and minimise vision loss
- Progressed the development of bioengineering techniques to treat debilitating eye conditions, using both artificial and biological material to create replacement tissue for the eyelid cartilage and lacrimal gland.

FIGHT.

Dr Emmanuelle Souzeau, THRF Early-Career Fellow and glaucoma researcher, Flinders University

#### Healthcare for the homeless

THRF Group was proud to support an SA-first pilot project providing accommodation and care for homeless people who have been discharged from hospital.

### The project aimed to help break the cycle of chronic illness for people sleeping rough.

Run by Baptist Care SA in partnership with the Central Adelaide Local Health Network, the COVID-interrupted pilot helped 50 clients, equalling 499 bed nights and 567 meals from the 10-room facility.

Former State Health Minister and current Baptist Care Health and Wellbeing Project Manager, Jack Snelling, said the project sought to reduce readmissions for this vulnerable group. "People experiencing homelessness find it difficult to access primary healthcare and are frequent presenters to hospital emergency departments," he said.

"We aim to break the cycle by addressing the social factors that make chronic illness among this group difficult to manage and requiring frequent intervention."

> Jack Snelling, Baptist Care SA



Your ongoing support is crucial so we can continue fighting disease and illness through lifesaving medical research and improving patient care.

#### Leave a gift in your Will

Leaving a gift in your Will is one of the most impactful ways you can help our researchers find cures and improve care. In doing so, you will leave a lasting legacy beyond your time to improve the health of your loved ones and the community. Your gift may be in honour of a loved one and support a specific area of research that matters to you. You may also consider making your gift now, which enables you to see first-hand research and care advances made possible with your support!

#### Do your own fundraising

Are you wanting to join the fight but not sure how? Holding your own event or participating in a fundraising activity is a wonderful way to raise crucial funds and support a cause close to your heart. It can be anything you like! Perhaps you'd like to host a dinner party, dedicate gifts from your birthday, fundraise through your school, or hold an online campaign in honour of a loved one?

Alternatively you can keep an eye out for our events, like Together Fright at Halloween or the City To Bay Fun Run, and use these as a platform to raise money for a great cause!

#### **Give in memory**

A special way some families like to honour the memory of their loved one is by making an In Memoriam donation or setting up a Tribute Fund in their name for family and friends to contribute to. You can also leave a gift in your Will in honour of a loved one.

#### Host a Longest Table

The Longest Table is our annual cancer fundraiser where you get your friends together for a night of food, fun, friendship and fundraising to save lives from cancer. We'd love to have you as a host in 2021, visit www.thelongesttable.com.au

#### Become a corporate partner or sponsor

Is your organisation looking to align yourself with a cause committed to improving the health of our community? We have various corporate partnership and sponsorship opportunities available to help your organisation join the fight!

#### Workplace giving

Workplace giving means you kindly choose to give part of your salary to join the fight and fund vital medical research each pay period. Supporting research regularly through workplace giving means you are providing stable income for lifesaving research. If you are interested in your company setting up a workplace giving program to support THRF we'd love to assist you.

#### Buy a ticket in The Hospital Research Foundation Home Lottery

Your purchase of tickets in our Hospital Research Foundation Home Lottery means we can fight harder and fund more research and patient care each year. You can feel proud knowing that along with your chance to win your dream home and lifestyle, you're supporting research and projects that matter to the community.

Visit www.homelottery.com.au throughout the year to see when you have a chance to win!

#### Merchandise

You can now join the fight against disease and illness from the comfort of your own home. Simply shop our range of stylish apparel and accessories. From t-shirts to travel mugs, there's something for everyone!

Visit https://shop.hospitalresearch.com.au and make a purchase today!

### How can you join the fight?

# FIGHT. CLUB.

# Join the Fight.Club.

Help us hit disease and illness harder in the fight for the health of our loved ones.

As we all know, the fight for better health is far from easy. Our enemies — cancer, heart disease, mental illness, stroke, dementia and many others — are scary and formidable opponents. With so many of our loved ones facing the fear and pain of these enemies right now, it's heartbreaking to think of all the families feeling their devastation.

#### Thankfully, we don't have to fight alone.

Fight.Club. is our incredible community of monthly givers who are helping us hit disease and illness harder in the fight for better health and wellbeing — and we need you in our corner!

Our researchers and clinicians are working around the clock to conduct lifesaving research and patient care projects, fighting tirelessly to ensure that hospital stays, surgeries, treatments, therapies, medical equipment, medications and care are the best they can possibly be.

But this is no easy feat! Research often spans several years, meaning that having a stable and reliable source of funding is vital to both the success of these projects and the health of our loved ones. By generously nominating a tax-deductable amount to give to The Hospital Research Foundation each month, you can join the Fight.Club. and help to deliver improved treatments and patient care right now, and sustainably into the future.

#### It's easy and affordable, but your impact is huge!

Thanks to you, researchers will be able to continue to explore every possibility and break even more ground in the fight for new insights, treatments and cures, saving more lives and improving care for all.

Together, we are stronger and only with your help can we really make an impact.

#### To join the Fight.Club. today, simply visit hospitalresearch.com.au/FightClub or call (08) 8244 1100 to speak to our friendly Supporter Engagement Team.

You can feel proud knowing that as a Fight.Club. member, you are maximising your impact and helping to bring health, hope and happiness to even more families in their times of need.

#### Thank you for joining us in the fight to save lives!





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