



the hospital research  
foundation group

# Impact

Report 2019

**TOGETHER. FIGHT.**



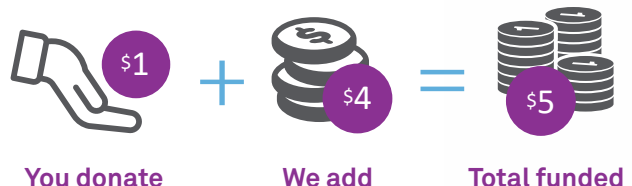
*Your support brings hope to  
all South Australians who are  
fighting illness and disease*



## **We are stronger together!**

Thank you to our generous donors, fundraisers and ticket buyers in the Hospital Research Home Lottery! Because of you, we can fight for medical research and improved patient care in South Australian hospitals. You're fighting to save lives!

**For every \$1 you donated  
in 2019, \$5 went to these  
lifesaving medical research  
and patient care activities!**



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. You can feel proud knowing your donation goes even further to the cause when supporting our Group. Together, we are fighting for better treatments and improved care for you and your loved ones. **THANK YOU!**

# Table of contents

<b>Your Impact</b> .....	<b>4</b>
<b>Highlights</b> .....	<b>6</b>
<b>Cancer</b> .....	<b>10</b>
Breast cancer .....	<b>12</b>
Prostate cancer .....	<b>16</b>
Bowel cancer .....	<b>20</b>
Other cancers .....	<b>22</b>
Equipment .....	<b>24</b>
Fighting cancer one fork at a time .....	<b>26</b>
<b>Under Our Roof</b> .....	<b>28</b>
<b>Heart Disease</b> .....	<b>30</b>
<b>Stroke</b> .....	<b>35</b>
<b>Kidney Disease and Diabetes</b> .....	<b>38</b>
<b>Gastroenterology</b> .....	<b>42</b>
<b>Healthy Ageing</b> .....	<b>46</b>
<b>Palliative Care</b> .....	<b>50</b>
<b>Sleep Apnoea</b> .....	<b>52</b>
<b>Pregnancy and Birth</b> .....	<b>54</b>
<b>Antibiotic Resistance</b> .....	<b>57</b>
<b>Creative Health</b> .....	<b>58</b>
<b>Virology</b> .....	<b>61</b>
<b>Post-Traumatic Stress</b> .....	<b>62</b>
<b>Healthcare for all</b> .....	<b>68</b>
<b>Sponsorships</b> .....	<b>72</b>
<b>How can you join the fight?</b> .....	<b>74</b>



*Nuclear medicine team at The Queen Elizabeth Hospital (TQEH)*



## In 2019, your donation had an even bigger impact!

Thanks to you, we have been able to extend our support to more than

**50 areas of research and patient care**  
in South Australian hospitals and communities!



**Together** we are saving **more** lives!

Thanks to your support, The Hospital Research Foundation Group has provided more than

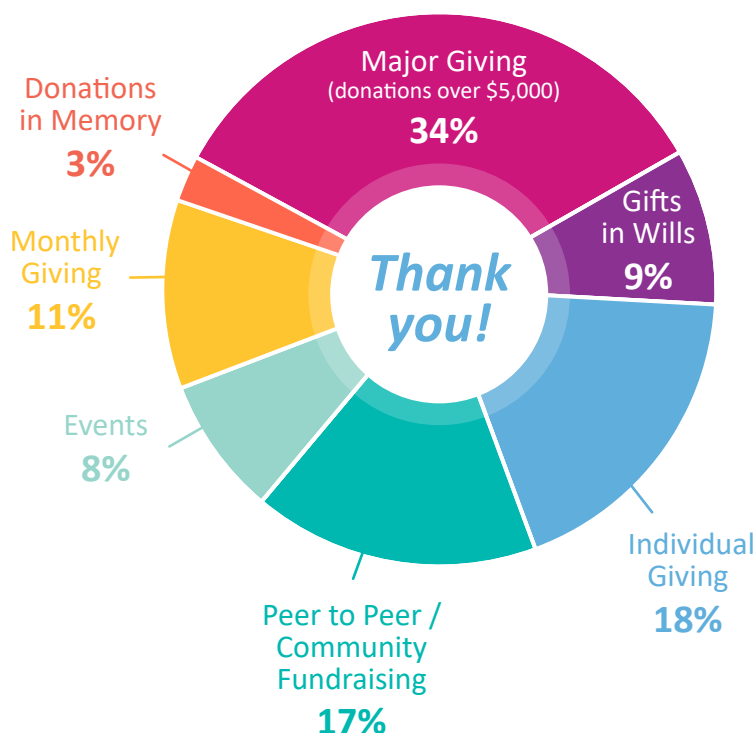
**\$110 million** in grants over the past 15 years for world-leading medical research and patient care initiatives across all public hospitals, universities and medical research centres in SA.

**But we still need your help to continue the fight!**

For every research grant we funded, there were many that unfortunately missed out. The fight against deadly diseases and illnesses has never been more important and it's only together, with your support, that we can continue to provide crucial funds for lifesaving research and equipment in our communities.

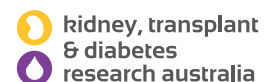
### How you joined the fight

There are many different ways our supporters like to help in the fight for a cure. In 2019, this included:





The Hospital Research Foundation Group supports people in the community by funding vital health and medical research and improved patient care in our hospitals.



With the kind support of our donors and ticket buyers in the Hospital Research 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

Jamie  
Larcombe  
Centre

Modbury  
Hospital

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:



# Your Choice Matters!

In 2019 we were excited to give our loyal donors the opportunity to vote on the healthcare projects they wished to see funded through a special 'Your Choice' grant round!

Our supporters enjoyed having the chance to make their own impact in the South Australian community!

## How did it work?

Firstly, our donors nominated the two healthcare areas that mattered most to them, resulting in cancer patient care and aged care.

Then researchers were invited to submit their applications in these two fields.

All applications were reviewed by an internal technical committee and a list of shortlisted proposals were sent to donors for them to vote and have their final say.

With the final votes tallied, each winning project was awarded \$200,000 to progress their vital work.

The two worthy projects will make a huge impact on our loved one's quality of life as they battle cancer and ageing. Thank you!

### Aged Care

**'Meeting the needs of older people during transitions of care between hospital and the community' by Professor Gillian Harvey**

An integrated approach will be adopted to meet the unmet needs of older people moving between hospital and home, helping to prevent them from falling through gaps and avoid unnecessary hospital re-admission.



### Cancer Patient Support

**'iSCREEN. Every cancer patient. Every need' by Professor Bogda Koczwara**

An online tool called iSCREEN will be introduced to screen newly diagnosed cancer patients for their distress and unmet needs, with the aim of identifying gaps, offering pathways and improving the patient's overall healthcare experience and outcomes.



# Hospital Research Home Lottery

The Hospital Research Home Lottery helps us fund even more research and patient care each year, boosting our impact on the health of all South Australians.

Thanks to our wonderful community of supporters, all three Home Lotteries in 2019 sold out early!

Congratulations to all our 2019 winners and thank you to everyone who supported our lotteries! Together, we can save lives.

Lottery #1



Lottery #2



Lottery #3







# TOGETHER. FIGHT.



the hospital  
research foundation

**If you saw a 10 year old girl, a mother or much-loved grandfather in a fight to the death against a stronger and unrelenting opponent, would you step in and help them? Of course you would.**

This is the reality for thousands of South Australians, young and old, who are fighting cancer, heart disease, stroke, dementia, and many more deadly enemies.

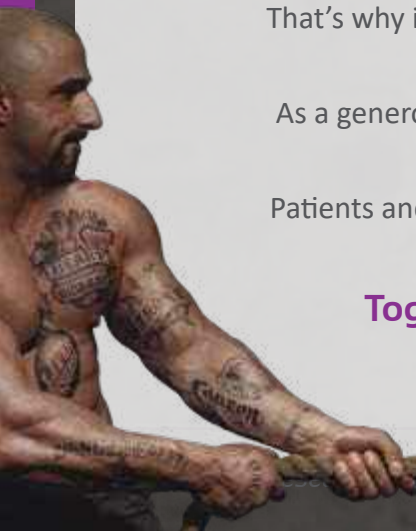
**These enemies never rest, so neither can we.**

That's why in 2019 we launched the biggest ever fight in our 55 year history to encourage all South Australians to join us in the fight for a cure.

As a generous donor, fundraiser or Home Lottery ticket buyer, you have joined the fight!  
Thank you! We need more people like you to join us.

Patients and researchers cannot beat the enemies on their own, but with your help, they have a fighting chance.

**Together, we can fight for better treatments and improved care in hospitals for you and your loved ones.**



## Meet our fighters

We are proud to share that the people involved in our Together.Fight. commercials are real patients, researchers, donors and family members who volunteered their time to represent those who fight a daily battle with disease and illness.

They are truly passionate about fighting for a cure, better treatments, preventing disease and better care in hospitals.



**Margaret Harrigan**

For 36 years Margaret suffered from severe Type 1 diabetes, with her condition becoming so bad that she couldn't even complete daily tasks alone due to constant episodes of low blood sugar. Then, 10 years ago, thanks to research funded by THRF, Margaret underwent SA's first successful islet transplant procedure and is now happily living diabetes-free.



**Jerry Witkowski**

Jerry brought real life experience into his role as an arthritis sufferer, having endured several surgeries on his back to alleviate the constant pain of osteoarthritis. Jerry is also THRF's longest serving staff member and works tirelessly every day for the cause in our Donor Engagement Team.



**Dr Leila Belle**

Leila is a Research Associate for the Centre of Cancer Biology, fighting cancer every day in the Cell Signalling Laboratory. Leila and her team are making huge breakthroughs in identifying new pathways that can be targeted when treating triple negative breast cancer.



**Alexandra Vakitsidis**

As one of THRF's valued Ambassadors, Alex never rests in her fight for funding! Her dedicated fundraising efforts have raised more than \$250,000 for THRF and TQEH over the past 30 years. Her hard work has helped purchase equipment and support researchers in their fight for a cure and improved care in hospitals.



**Michael Allford**

Michael is a Regular Giver to THRF with a history of heart disease. He had a single bypass in 2002 after it was discovered he had a blockage in his left anterior descending artery. Michael is now fit and healthy, but after receiving great care within the public hospital system he feels the need to give back.



**Andrew Beveridge**

Andrew knows only too well what it's like to fight poor sleep and the impact it can have on your health. Nine years ago he was diagnosed with obstructive sleep apnoea and now wears a CPAP machine (oxygen mask) every night to manage the condition. He says the CPAP has changed his life!



**Dr Helen Palethorpe**

Helen is a Research Associate at the Centre for Cancer Biology. Helen's research is dedicated to the fight against prostate cancer, where she is working to identify drivers of prostate cancer progression and find new treatments to block their action.



**Dr Dan Wijesundara**

Dan is a Postdoctoral Research Fellow focusing on viruses and infectious diseases. Until recently Dan was based at the Basil Hetzel Institute where he worked to develop new vaccines and understand the immune system. He is now continuing the fight at the University of Queensland.



**Chloe & Huon**

Chloe and Huon are children of THRF staff members. THRF staff work passionately on behalf of the cause every day, so having their family involved was a lovely bonus. Chloe and Huon represent the heartbreaking reality for many children and adults who suffer from cancer and liver disease.



*"It's only with your support of  
our research that we can fight  
for a future free from cancer."*

**Dr Sarah Boyle**

THRF Early-Career Fellow,  
Centre for Cancer Biology





**In Australia, cancer is our deadliest enemy with 50,000 people losing their life to the disease each year. Frighteningly, one in two Australians will be diagnosed with cancer by the age of 85.**

Together with your help, there is hope. Our researchers are fighting hard to change these alarming statistics and save the lives of your loved ones.



**THANKS TO YOU, our support extends across many different cancers:**

- Breast cancer
- Prostate cancer
- Bowel (colorectal) cancer
- Leukaemia
- Neuroendocrine cancer
- Lung cancer
- Brain cancer
- Cancers of the stomach (bowel, ovaries, liver, oesophagus, pancreas)
- Melanoma
- Head and neck cancer
- Cancer treating equipment

## Breast cancer

**Every day in Australia, 48 women are diagnosed with breast cancer. That could be you, your wife, daughter, mother or best friend.**

With your support, our dedicated researchers are focused on both the prevention and treatment of breast cancer, working tirelessly to create a future free of this disease. Together, we'll make this a reality sooner.

### In 2019, our breast cancer researchers at the Centre for Cancer Biology, Basil Hetzel Institute and Dame Roma Mitchell Cancer Research Laboratories:



Investigated ways to slow, stop or even 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



Discovered that a woman's menstrual cycle affects the genomic tests used to tailor breast cancer treatment. In the future this work will improve how decisions are made for the treatment of young women with breast cancer



Tested a ground-breaking new treatment strategy that aims to rehabilitate, rather than abolish, the offending hormone receptors that drive breast cancer, changing them from tumour-promoting to benign



Continued investigating ways that use our own immune system for therapies to target breast cancer development, progression and metastatic spread



Continued work on understanding the significance of breast density in teenage girls as a risk factor for breast cancer later in life



Identified and targeted new pathways that are abnormally high in some cancer types, particularly those with limited treatment options such as triple negative breast cancer.

“

“I hope that my daughter never has to experience breast cancer or any cancer for that matter. By donating to research, you play a vital part in supporting the amazing scientists and medical professionals who dedicate their time and energy to finding a cure.”

**Michelle Hasani**

*Breast cancer survivor*



”

*"We're grateful for anyone who's able to support The Hospital Research Foundation as this funding then feeds back to us to enable us to take up the fight."*

**Dr Leila Belle**  
Centre for Cancer Biology



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](http://abcr.com.au)







## Fundraising at the races

30-year-old Francesca Marino's brave battle with breast cancer inspired her sisters to organise a fundraiser for breast cancer research.

*Held during the famous Cox Plate horse racing event, the group of family and friends exceeded expectations by raising an incredible \$10,000!*

"We know too many people who have been through cancer and unfortunately not all have survived. This was our way of raising money so hopefully one day we don't face the possibility of losing our loved ones to cancer," Francesca's sisters Teresa and Antoniette said.

### How you can help!

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. In 2019, 149 of our generous supporters either held or participated in a fundraising activity for THRF Group.

**If you would like to be part of the fight and do your own fundraising in 2020 we would love to hear from you! Please contact us on (08) 8244 1100 or visit [hospitalresearch.com.au](http://hospitalresearch.com.au) to find out more.**

*Pictured: Antoniette, Francesca and Teresa*



## Prostate cancer

**Prostate cancer is the most common form of internal cancer in Australian men. One in six Australian men will be diagnosed with prostate cancer before the age of 75.**

Thankfully, early detection and treatment can significantly improve prostate cancer survival. Your support is helping win the fight!

**In 2019, our prostate cancer researchers at Centre for Cancer Biology, Dame Roma Mitchell Cancer Research Laboratories and The Queen Elizabeth Hospital:**



Progressed critical work in trying to target drivers and reduce the spread of a protein called 'quaking', which is prominent in aggressive prostate cancer



Supported 25 research projects aimed at better understanding and managing prostate cancer and improving patient outcomes, using the South Australian Prostate Cancer Clinical Outcomes Collaborative (SA-PCCOC) database



Tested a ground-breaking new treatment strategy that aims to rehabilitate, rather than abolish, the offending hormone receptors that drive prostate cancer, changing them from tumour-promoting to benign



Analysed the satisfaction levels of prostate cancer patients who were treated with external beam radiation therapy compared to radical prostatectomy, to better inform clinicians when making decisions about therapies.

### Monthly Giver

Ron Dare, 73, makes a monthly donation to prostate cancer research, having been diagnosed with the early stages of prostate cancer five years ago.

*"I know our researchers are working extremely hard each day to develop new therapies and help save lives from prostate cancer."*





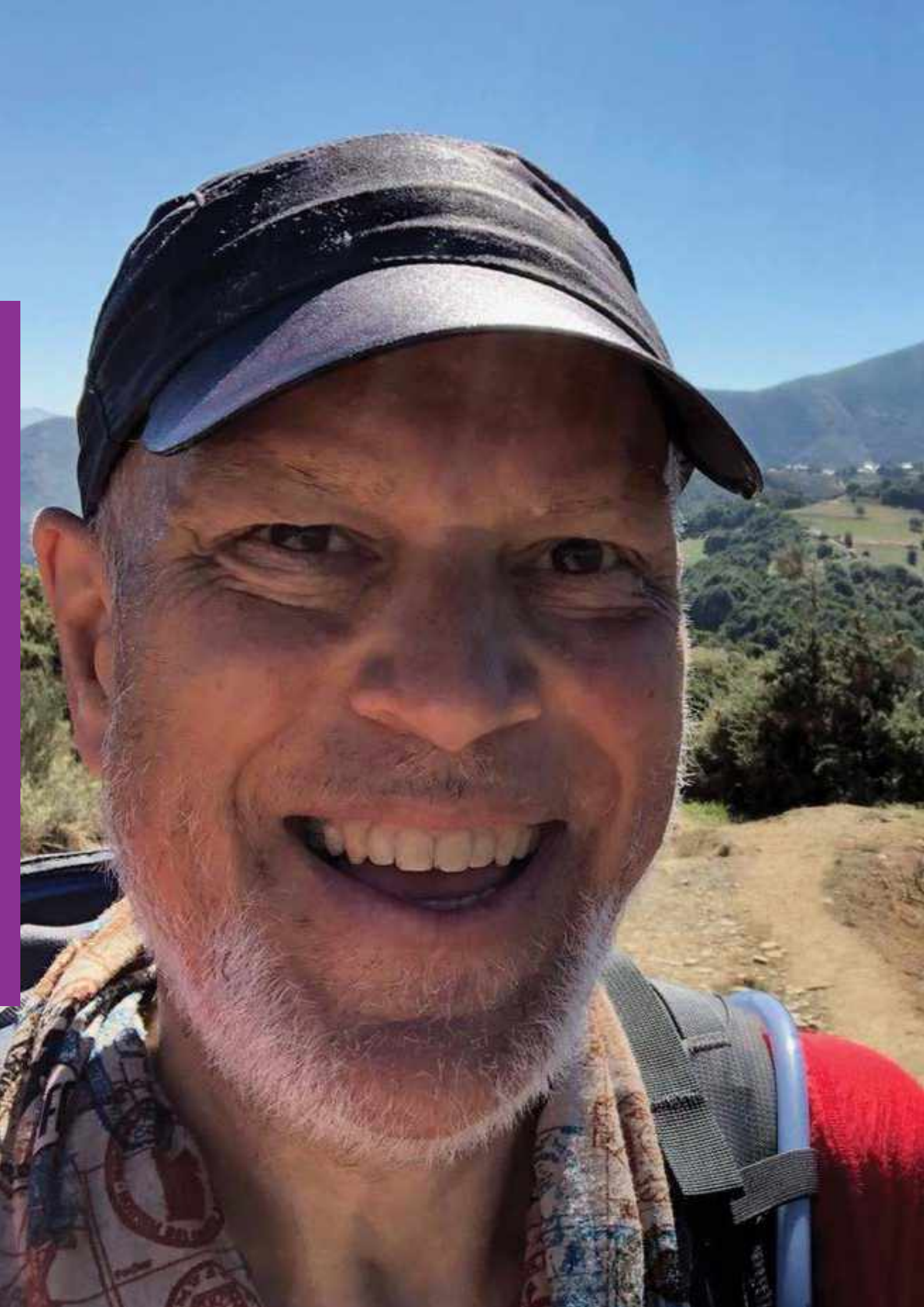
*"It is my hope that one day  
our research will lead to novel  
treatments that will prevent deaths  
from this devastating disease."*

**Dr Helen Palethorpe**  
Centre for Cancer Biology



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](http://ausprostatecancer.com.au)





A Stage 4 prostate cancer diagnosis would stop most people in their tracks, but for Jim Walker, he used it to get fit and take on an 800km trek to raise money for prostate cancer research.

***Incredibly, Jim raised over \$13,000!!***

*"I wanted to do my bit and get some funding for researchers so they can push the envelope. Even if it's too late for me, it may help others."*



## Bowel cancer

Bowel cancer (or colorectal cancer) is the third most common cause of cancer in Australia. While mostly affecting people over 50, recent evidence suggests it is on the rise among younger Australians.

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

In 2019, our bowel cancer researchers at the Basil Hetzel Institute, Royal Adelaide Hospital and Lyell McEwin Hospital:



Continued investigations into a group of immune cells that could be a key target to help predict if bowel cancer is likely to spread



Commenced a study to improve patient outcomes after bowel surgery including post-operative recovery, colorectal surgical oncology and inflammatory bowel disease



Researched the increasing prevalence of colorectal cancer in young adults through investigating personal and family history and potential links to Type 2 diabetes



Continued the development of a Computer Aided Diagnostic (CAD) system to help improve diagnosis of colorectal cancer.

### Jodi Lee Foundation

Thanks to you, we are proud to support bowel cancer awareness through the Jodi Lee Foundation.

In 2019, we helped the Jodi Lee Foundation:

- Continue its Degree of Separation Awareness Campaign, spearheaded by patron and Australian journalist Ita Buttrose, to encourage Australians to take their bowel cancer screening test
- Run its Workplace Prevention Program to educate employees across Australia about reducing their risk of bowel cancer and adopting a proactive approach to their health. In 2019, 44 presentations were held across Australia with a total of 3177 screening kits ordered.





“Without support from The Hospital Research Foundation, I would not have been able to establish the South Australian Liver Tissue (SALT) Biobank which will allow us to test the capacity of tumour-infiltrating immune cells to predict survival rates for patients with metastatic bowel cancer.”

*Dr Kevin Fenix  
THRF Early-Career Fellow, Basil Hetzel Institute*

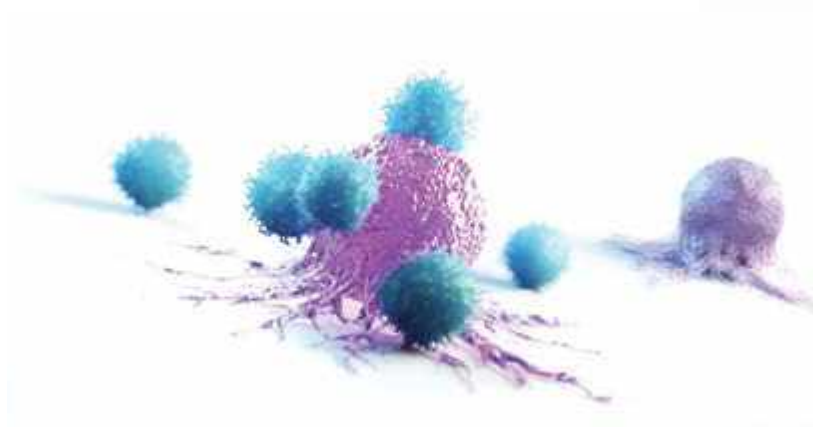
## Preventing bowel cancer spread

**Did you know that in half of all bowel cancer diagnoses, the cancer will spread to the liver? Sadly once the cancer reaches the liver it is often unresponsive to current treatments.**

Dr Kevin Fenix from the Basil Hetzel Institute for Translational Health Research is investigating a group of immune cells that could be a target to predict whether a patient's bowel cancer is likely to spread.

He is also constructing a South Australian Liver Tissue (SALT) Biobank for greater discovery and development of biomarkers which may help prevent bowel cancer spreading to the liver.

**We could not continue this fight without your support! Thank you!**



## Other cancers

**At THRF, we believe everyone deserves someone fighting for their health. That's why we also extend our support to rare and hard-to-treat cancers to ensure there is hope for all people suffering from these awful diseases.**

### **In 2019, our cancer research extended to:**

#### **Blood cancers**

*(Centre for Cancer Biology)*

- Identifying mutations in two genes which may contribute to leukaemia development and help inform clinical decisions about selecting the right donor bone marrow
- Testing a new immune therapy for patients suffering myelofibrosis, a type of leukaemia
- Investigating new targets for the treatment of acute myeloid leukaemia

#### **Neuroendocrine cancer**

*(The Queen Elizabeth Hospital)*

- The treatment and ongoing evaluation of patients with neuroendocrine tumours, being one of the only centres nationally to provide radionuclide therapy

#### **Lung cancer**

*(Centre for Cancer Biology)*

- Investigating ways to deliver a newly-found compound which can inhibit cancer cells in lung cancer

#### **Brain cancer**

*(Centre for Cancer Biology)*

- Clinical testing of a new CAR T-cell therapy for patients with aggressive primary brain cancers

#### **Head and neck cancer**

*(Peter MacCallum Cancer Centre, Vic & Princess Alexandra Hospital, Qld)*

- Investigating treatments and diagnosis of Adenoid Cystic Carcinoma.

### **We also funded studies which focused on overall cancer care:**

- Introducing an online tool to screen newly diagnosed cancer patients for their distress and unmet needs, with the aim of identifying gaps, offering pathways and improving the patient's overall healthcare experience and outcomes (Flinders Medical Centre)
- Investigating the availability of multidisciplinary cancer care in regional areas for older cancer patients (SAHMRI).

### **Why we need you to join the fight**

**At just 34 years old as a young mother of two boys, Trudi Shine was told the heartbreaking news that she would not live beyond two years. She had been diagnosed with a rare type of head and neck cancer called Adenoid Cystic Carcinoma (AdCC) which had invaded her parotid gland, ear canal and facial nerve.**

Thankfully that was 27 years ago, but Trudi is still fighting her cancer for which there is no standard treatment.

We believe everyone deserves someone fighting for their health! That is why we are proud to supply a grant for more research into AdCC to help people like Trudi.

**It is only with your ongoing support that we can fund research to find new lifesaving treatments for people battling rare and hard-to-treat diseases.**





*Dr Gabrielle Cehic, Jessica Mercurio and Davina Nicholls*

**Neuroendocrine tumours (NETs) are malignant cancer cells found in the neuroendocrine system – a network of glands and nerve cells that produce and release hormones into the bloodstream to control how our bodies function.**

Sadly, NETs are increasing with more than 4,000 new cases annually. They are also often misdiagnosed with 60 per cent of people having advanced disease at the time of diagnosis.

The Nuclear Medicine Department at TQEH, led by Dr Gabrielle Cehic, is one of only a few centres nationally to provide a specialised radiotherapy service to NETs patients, called Peptide Receptor Radionuclide Therapy.

**It's only thanks to your support, we can bring hope to the children and adults suffering from these heartbreaking tumours.**

## Equipment

Cancer patients undergo a range of invasive therapies to rid them of their deadly tumours, many of which have ongoing side effects which impacts their quality of life.

In 2019, we facilitated grants for a range of cancer equipment including:



Ten new CADD pumps (short for Continuous Ambulatory Delivery Device) for TQEH's Pain Management Unit to help control intractable pain often experienced with cancer



A high speed injector pump for TQEH to improve chemotherapy delivery to patients suffering cancers of the oesophagus, stomach, liver and pancreatic gland



Laser tip therapy at TQEH's Physiotherapy Unit to ease painful post-operative swelling for breast cancer patients



A MACS Octodissociator to help researchers and clinicians across Adelaide collaborate to study cancers at a single cell level. This will help identify previously unrecognised subsets of cells and determine their functional roles in cancer, leading to better informed care.

### Cancer doesn't just end after chemotherapy and surgery.

**Breast cancer survivor Sandra Kanellos spent years managing the painful post-operative swelling (called lymphedema) that is common after breast cancer surgery and lymph node removal.**

Having discovered that innovative laser tip therapy finally helped ease the pain through a private clinic, Sandra set about raising money to purchase the laser tip equipment to make it available for public use at TQEH.

*"The laser treatment was an incredible turning point that I wished could have happened earlier in my journey. I now want to help other women in the community reduce their pain and restore their health, confidence and wellbeing through the laser therapy."*



Vanessa Eddy-Kerr and Sandra Kanellos

**The laser has been installed in TQEH's Physiotherapy Unit and has helped more than 20 breast cancer patients so far.**





## Improving cancer patients' quality of life

**Much-needed equipment to help patients manage their pain has been purchased for TQEH, thanks to an incredible donation by beverage manufacturer Bickford's Australia.**

Thanks to their generosity, 10 new CADD pumps (short for Continuous Ambulatory Delivery Device) are now available in TQEH's Pain Management Unit to help control intractable pain, often caused by cancer.

"The acquisition of the new pumps has greatly improved the quality of life for our patients as the pumps are safe, mobile and compact to carry around," said Julie Lanzendorfer, Nurse Unit Manager at TQEH's Pain Management Unit.

**If you or your business would like to donate funds for equipment in hospitals, contact us on (08) 8244 1100.**

*Nurse Unit Manager Julie Lanzendorfer (left) and her team are grateful for the generous donation*

# Fighting cancer one fork at a time

After losing her dad to leukaemia only 22 days after diagnosis, Jo Lambrakis was in shock.

Grief pulls people in different ways, and for Jo, focusing her energy on a fundraiser felt to be the best way to honour her dad's memory and support her own healing journey.

As a first time host of The Longest Table, Jo partnered up with Perfect Ingredient and The Healthy Living Precinct at Welland to host a dinner for over 150 people which raised more than \$7,800 for cancer research!

*"Hosting The Longest Table dinner was one of the best things that I have ever done in my life!" Jo said.*

"The journey was extremely special to me, as I used it to try and heal some wounds after losing my dad to leukaemia last year.

"Once you've lost somebody, you very quickly experience the reality that life is truly priceless."

**Thank you Jo and all of our inspiring Longest Table hosts, together you raised over \$300,000 to #forkcancer in 2019!**



*For the third year running, Adelady and G-Fresh teamed up to hold their Longest Table event and raised \$45,000! This takes their total fundraising tally over the past three years to an incredible \$100,000. Thank you Adelady and G-Fresh!*

*"We are thrilled to have raised \$45,000 towards breast cancer research! By holding this fundraiser, we are joining the fight against breast cancer so we can stop the heartbreak it causes families."*

*Hayley from Adelady*







a fundraiser for  
the hospital research  
foundation group



TLT host Jo Lambrakis (left) with Belinda Dzido and Georgia McLachlan  
Photo courtesy of Catherine Leo Photography



## How you can help!

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.

**In 2019, more than 170 hosts raised over \$300,000!**

**You too can host a Longest Table in 2020 – visit [thelongesttable.com.au](http://thelongesttable.com.au) to find out more!**





## Providing a place of comfort

**Battling cancer is hard enough physically and emotionally, let alone if you have to travel far from home to receive treatment and ongoing care.**

This is the case for many regional cancer patients and their families, who are grateful to stay at THRF's subsidised family-style accommodation Under Our Roof while undergoing cancer treatment in Adelaide.

In 2019, 20 patients and their families stayed at our two Under Our Roof homes at Woodville West. However sadly, 40 families were turned away due to lack of availability.

**The good news is, thanks to incredible fundraising efforts of the Mercer SuperCycle and other donors, another Under Our Roof home is currently under construction at Bowden and due to open in 2020!**



*Under Our Roof at Woodville West*



*Artist Impression of Under Our Roof Bowden*

### Thank you Mercer SuperCycle!

Mercer SuperCycle is a multi-day, multi-distance annual cycling event which raises funds for our Under Our Roof homes.

**Since its inception eight years ago, Mercer SuperCycle has proudly raised over \$2.5 million – an extraordinary amount for country cancer patients and their families!**

Without the incredible riders and dedicated support crew from Mercer SuperCycle, we would not be able to build a third Under Our Roof home at Bowden and maintain our current homes. **Thank you!**



## Sarah's journey

Along with the shock of being diagnosed with breast cancer at only 31 years of age and with no family history of the disease, mother of four Sarah Pedler knew her biggest challenges lay ahead of her.

Sarah's treatment began with six months of chemotherapy and regular hormone injections followed by a mastectomy of her right breast and lymph node clearance. The next step was five weeks of radiotherapy which required travelling over four hours to Adelaide from her home in Whyalla.

"Thankfully, my breast care nurse informed me about the Under Our Roof homes available for rural cancer patients like myself," Sarah said.

**"Staying in one of the Under Our Roof homes was a godsend. It eased the burden of having to find accommodation, meaning that myself and my family were able to stay in a secure home without the financial stress."**



**Thank you to everyone who makes the Under Our Roof homes possible, it provides a huge difference in the lives of people like Sarah!**



**In 2019, patients staying at Under Our Roof homes were receiving treatment for:**

- Triple negative breast cancer
- Bowel cancer
- Testicular cancer
- Leukaemia
- Prostate cancer
- Cancer of the pulmonary artery
- Kidney transplant



**At the following hospitals:**

- Royal Adelaide Hospital
- The Queen Elizabeth Hospital
- Adelaide Cancer Centre
- St Andrews Hospital



**Travelling from:**

- Port Augusta
- Port Lincoln
- Whyalla
- Cowell
- Mt Gambier
- Darwin, NT
- Underbool, Vic

## Beating heart disease with research

Did you know, heart disease kills one Australian every 12 minutes? It is also one of our most prevalent diseases, with cardiovascular conditions affecting almost 1.2 million Australians.

Thanks to your support, we can prevent more loved ones from falling victim to this disease.

In 2019, our cardiology researchers at the Royal Adelaide Hospital, The Queen Elizabeth Hospital and Lyell McEwin Hospital:



Trialled a new drug to treat atrial fibrillation's (AF) three most common risk factors: high blood pressure, excess weight and diabetes



Continued world-leading work into unexplained heart attacks to advance knowledge and find treatments



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



Identified ways to predict which patients are at risk of an emergency tear in the aorta during surgery, and therefore determine whether an invasive or non-invasive treatment is recommended



Measured the health outcomes of patients before and after elective coronary stenting to improve chest pain for patients



Worked to improve the clinical care of patients with Cardiac Implanted Electronic Devices (CIEDs) and the management of arrhythmias



Evaluated the role of risk factors and weight management in improving outcomes of catheter ablation, which is a treatment for AF



Progressed the establishment of a cardiovascular Biobank to analyse and determine which biomarkers are responsible for particular cardiovascular diseases.



**Thanks to medical advancements, AF sufferer Malcolm Elliott can continue living his life to the fullest!**

That is also why Malcolm donates to Australian Heart Research, in the hope that further research will help others with heart disease.

*"I am grateful for this progress which has contributed to my good health and I know without medical research, this would not have been possible."*





## Your support is saving lives!

Atrial fibrillation (AF) is a common type of heart arrhythmia, where the heart beats out of rhythm.

It is estimated that one in four people over the age of 40 will be diagnosed with AF in their lifetime and if not carefully managed, AF can be fatal.

That is why your support of a new pilot clinic, called i-CARE, is so important!

"The i-CARE clinic focuses on empowering patients to learn how to self-manage and monitor their condition to improve their outcomes, including AF-

related education as well as cardiovascular risk factor and lifestyle management," said Dr Jeroen Hendriks, cardiology researcher at the RAH.

"Patients have indicated that they feel empowered and supported to work with their multidisciplinary team on achieving the best possible outcomes. They specifically appreciate the extended clinic time with the nurse and the provided education and support."

**42 AF patients have used the clinic in 2019. That's 42 lives you've helped save, with more expected in 2020! Thank you!**

*Prof Prashanthan Sanders and Dr Jeroen Hendriks*



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](http://australianheartresearch.com.au)

*"A scholarship from The Hospital Research Foundation has provided me the support I need to continue my cardiac surgery PhD research and help patients requiring aortic valve surgery now and in the future. Thank you!"*

*Dr Timothy Surman  
Royal Adelaide Hospital*





## COFFEE Clinic

**Did you know that women who experience a complication during pregnancy have an increased risk of developing premature heart disease before the age of 55?**

A unique clinic at the Lyell McEwin Hospital is working hard to change this outlook – an initiative only possible thanks to your support!

More than 110 women have had their cardiovascular needs assessed through the Lyell McEwin Hospital's innovative COFFEE clinic, which stands for 'Cardiovascular assessment after Obstetric complications: Follow-up For Education and Evaluation'.

**"Our 12-month follow-up appointments are beginning now and we hope to show an improvement in health measures over the 12 months that have been assisted by our clinic. We couldn't have progressed this important work without the support of The Hospital Research Foundation."**

*COFFEE Clinic coordinator Dr Emily Aldridge*

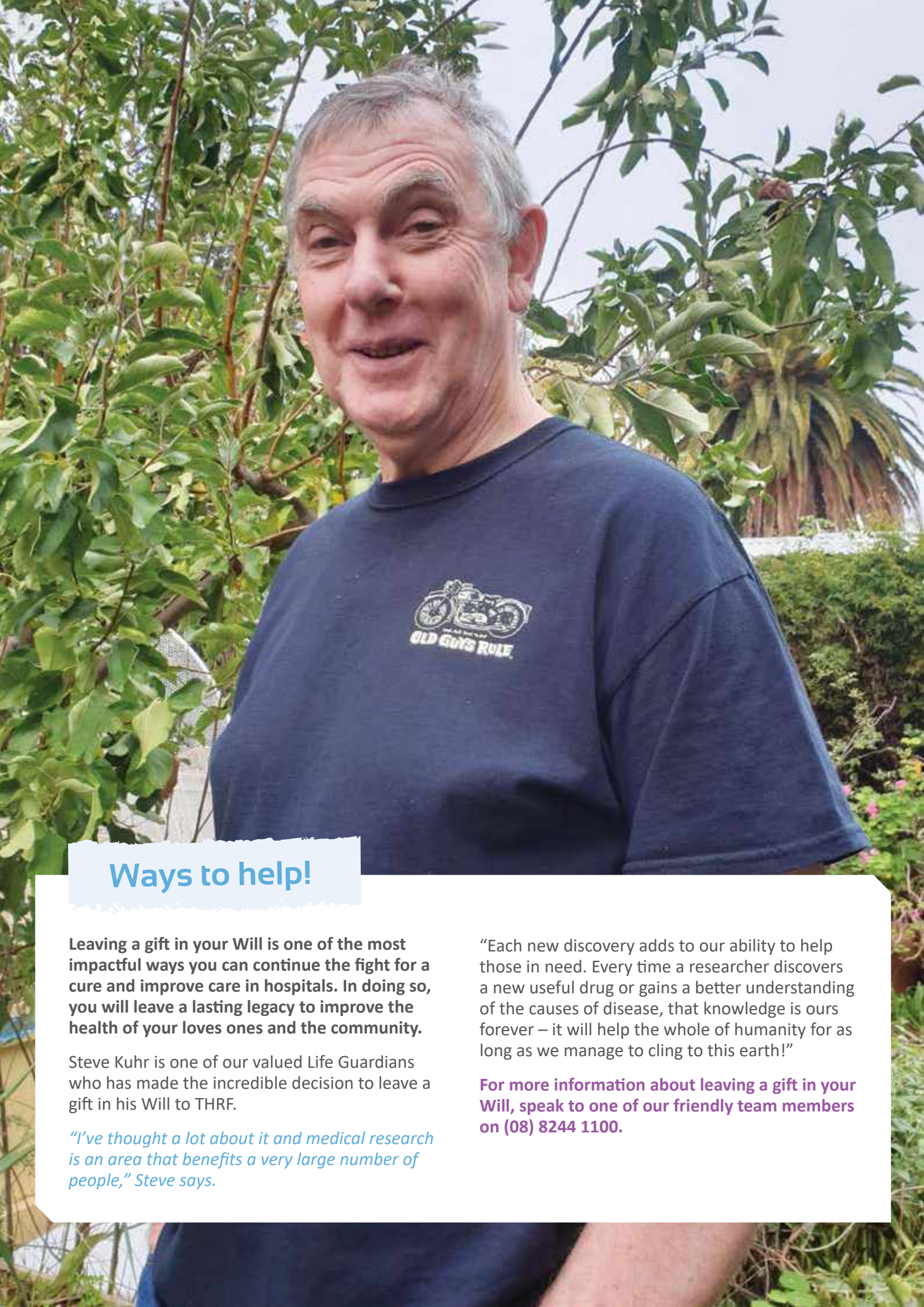


### How you can help!

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

**Learn more about joining our special group of monthly givers: [hospitalresearch.com.au](https://hospitalresearch.com.au)**





## Ways to help!

**Leaving a gift in your Will is one of the most impactful ways you can continue the fight for a cure and improve care in hospitals. In doing so, you will leave a lasting legacy to improve the health of your loves ones and the community.**

Steve Kuhr is one of our valued Life Guardians who has made the incredible decision to leave a gift in his Will to THRF.

*"I've thought a lot about it and medical research is an area that benefits a very large number of people," Steve says.*

"Each new discovery adds to our ability to help those in need. Every time a researcher discovers a new useful drug or gains a better understanding of the causes of disease, that knowledge is ours forever – it will help the whole of humanity for as long as we manage to cling to this earth!"

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

# Saving lives from stroke

**You may be surprised to learn one person has a stroke every 10 minutes in Australia. Stroke is also the leading cause of adult disability, affecting more than 400,000 Australians.**

The good news is, the rates of people dying from stroke are reducing and more is known about best practice for recovery. This has only been possible thanks to research!

**In 2019, our stroke researchers at the Royal Adelaide Hospital, The Queen Elizabeth Hospital, Lyell McEwin Hospital and Flinders Medical Centre:**



Trialled a new emergency stroke treatment which combines clot dissolving medication with a clot retrieval procedure – saving lives and reducing disability rates in the process



Continued a promising trial which tests Botox therapy on stroke patients with lower limb spasticity and succeeded in getting Botox added to the Pharmaceutical Benefits Scheme



Progressed research into stroke prevention and recovery, mainly around lifestyle changes and Transient Ischaemic Attack (TIA) which is an important early indicator for stroke



Analysed the level and effectiveness of cardiovascular exercise that recovering stroke patients receive using a unique robotic device to improve mobility



Investigated best practice for oral care for acute stroke patients.



**Thanks to you, in 2019 we were able to progress research into the benefits of using a Lokomat® robotic device (pictured) to build cardiovascular exercise in subacute stroke patients.**

Nicole Prideaux, Physiotherapy Manager at Modbury Hospital's Rehabilitation Centre, undertook the study with support from THRF and found patients' independent mobility increased when using the Lokomat® in conjunction with conventional therapies.



**cure for stroke  
australia**

a charity of  
the hospital research  
foundation group

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](http://cureforstrokeaustralia.com.au)







## You should feel proud for saving Roslyne's life!

Roslyne Harkness was your typical active and healthy 66-year-old grandmother of eight when suddenly one morning, she collapsed with what turned out to be the early stages of a stroke.

A clot had occurred in the back of her brain in the basilar artery – a location which is usually fatal in 65 per cent of cases.

But thanks to world-leading research led by Associate Professor Tim Kleinig at the Royal Adelaide Hospital and supported by THRF, Roslyne not only survived the stroke but made a remarkable recovery!

In a randomised trial, Roslyne was lucky enough to receive both a large dose of new clot dissolving medication (called Tenecteplase) in conjunction with a thrombectomy procedure which removes the clot from the brain.

“Roslyne got the higher dose of the medication and the clot shifted from the basilar artery to the posterior cerebral artery,” A/Prof Kleinig said.

“So the most serious part of the stroke was averted by the Tenecteplase clot dissolving medication and we kept the brain alive until she could have the thrombectomy and the rest of the clot was pulled out.

*“She got the greatest benefit and she’s essentially made a complete recovery from something which was very likely to have been a fatal stroke otherwise.*

**“Roslyne is the epitome of the benefits of clinical research!”**








Roslyne and Graeme Harkness  
with two of their grandchildren  
Zoe and James

## Eliminating chronic kidney disease and diabetes

Every 25 minutes, one Australian dies of a kidney related disease. Throughout Australia, almost 1.7 million people have evidence of kidney disease and more than one million Australians suffer from diabetes.

Together, we can bring hope to those suffering from these debilitating, life-long conditions. You can help us save lives.

### In 2019, our researchers and clinicians:

- |  |  |   |   |
|--|--|---|---|
|    | Offered a new pancreas transplant procedure at the Royal Adelaide Hospital for patients with Type 1 diabetes suffering severe complications                            |    | Developed a better understanding of the care needs of patients entering dialysis, whilst supporting their psychological wellbeing |
|  | Continued making advancements in using a specialised 3D printer to print islet cells for the treatment of Type 1 diabetes  |  | Created informative videos to help patients who are starting dialysis for the first time  |
|  | Commenced five projects within renal nursing aimed at improving care and outcomes for patients and to understand what is best practice for renal medicine in Australia |  | Provided art and other creative initiatives as diversional therapy for dialysis patients  |
|  |  |  | Commenced research to improve the high rates of vision loss in Indigenous Australians battling Type 2 diabetes.                   |

**The Central and Northern Adelaide Renal and Transplantation Service (CNARTS) is fighting hard to improve the health outcomes of people living with kidney disease and diabetes.**

The CNARTS team is one of the largest renal units in Australia and works tirelessly to deliver programs which will have direct impact on patients suffering from these chronic diseases, particularly those who are going through the gruelling journey of dialysis.

**Their important work could not be possible without your support! Thank you!**

*(L-R): A/Prof Shilpa Jesudason, Dr Lisa Shanahan and Dr Richard Le Leu*





## Sally saved by transplant

**For over 30 years Sally Stavrinakis had been living with severe Type 1 diabetes, unable to live a normal life due to the deterioration of the condition.**

A kidney and pancreas transplant would be her saviour, but she'd been on the transplant list for over four years and had to be prepared to head interstate for the invasive operation and recovery.

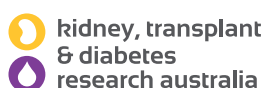
Thankfully, by the time she received the life-changing phone call, Sally was able to have the transplant in her hometown of Adelaide thanks to the RAH's Professor Toby Coates, whose research is supported by THRF and Group charity Kidney Transplant & Diabetes Research Australia (KTDR).

*"Living with diabetes has many lows and complications. I couldn't live a normal life and the last two years I was on dialysis three times a week which was very difficult for me and my family," Sally said.*

"Being able to have the operation in my hometown meant that my family, especially my two daughters, could support me through my recovery where I had to spend a month in hospital.

**"I am so grateful for this operation – I've finally got my life back!"**

*Sally Stavrinakis (centre) with her daughters*



a charity of  
the hospital research  
foundation group

As part of THRF Group, Kidney Transplant & Diabetes Research Australia (KTDR) 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](http://kidneydiabetesresearch.com.au)







## Eleni's fundraising efforts

Thank you to our passionate fundraiser Eleni who raised more than \$16,000 for KTDRA in 2019 through her high tea, sausage sizzle and cocktail events!

Fundraising is very close to Eleni's heart, having been personally affected by kidney disease. She has undergone two kidney transplants and dialysis, with one gruelling five-and-a-half year stint requiring four-hour dialysis every day.

Her late grandfather also suffered Type 1 diabetes and she lost a friend to kidney failure when her friend was only in her early 20s.

*"Raising funds for KTDRA is my way of giving back so no other family has to face the hardships of these conditions," Eleni said.*

“

“Thank you to all donors who support The Hospital Research Foundation Group so I can progress research into the underlying factors of vision loss in individuals with Type 2 diabetes.”

**José Estevez**  
PhD student



”

Prof Toby Coates,  
Mandy Hall and Eleni

## Revolutionary transplants fight for gut health

**Australia has some of the highest rates of chronic bowel conditions in the world with nearly 85,000 Australians living with inflammatory bowel disease (IBD).**

Debilitating conditions such as ulcerative colitis and clostridium difficile (C-diff) infection can hugely affect a patient's quality of life through constant diarrhea, blood in their stool and

pain. Thankfully our partner BiomeBank is fighting hard to progress revolutionary research into faecal microbiota transplantation (FMT) to help patients suffering from these chronic diseases.

### In 2019, our BiomeBank researchers:



Undertook 30 FMT (stool transplants) for South Australian patients suffering from C-diff infection, substantially improving their symptoms and quality of life



Treated 25 patients with ulcerative colitis, which involves nine to 15 FMT treatments per person throughout the year to ensure ongoing maintenance of their condition



Collected, processed and stored 80 stool donations to facilitate FMTs



Progressed research into autologous (self) FMT for patients undergoing chemotherapy to see whether common gut complications often experienced after chemotherapy can be reduced by re-administering a person's own healthy stool



Established a new laboratory to store and process stool samples and facilitate the transfer of stool interstate from 2020.

### What is C-diff?

People with clostridium difficile (C-diff) infection often get the infection after taking antibiotics, when the diversity of bacteria in their gut is reduced. Some patients may experience diarrhea, blood in their stool and dehydration, while others can develop severe bowel inflammation that can result in death or toxic shock.







## Thank you for helping Jo reclaim her life!

**Jo O'Brien's life was turned upside down when she suddenly started experiencing severe bowel issues which ended up being diagnosed as C-diff.**

At its worst Jo found herself going to the toilet 12-15 times a day and then another five times overnight, meaning she rarely left the house and stopped eating many meals altogether.

*"I would eat maybe three times a week. It gets to the stage where if you don't eat, you don't have to go to the toilet," she said.*

"I'd be in the car, get to the end of the driveway and my fingers would start tingling because I had to go to the bathroom again and I had only just been."

Her relationships and overall quality of life was slowly deteriorating when she was eventually referred to BiomeBank co-founder Dr Sam Costello. A FMT was recommended which completely changed Jo's life!

"For me now when I go out I don't have to sit on a towel while I am driving, or take a spare set of clothes with me just in case.

**"Every single day I'm so grateful to have had the transplant."**

## Monthly Giver



### Kristy gives in more ways than one!

Kristy Wildy feels so passionately about gut health that she donates every month to progress BiomeBank's lifesaving research.

However she not only donates funds, but her stool as well!

Donating either financially or with your healthy stool will help change the lives of people living with these chronic and debilitating gut conditions.

*"Research so far shows that one transplant can make a person well within 24 hours without the need for harsh drugs that often have side effects," Kristy says. "I have put my money where my mouth and gut are and donate financially as well as in kind."*

**Get in touch with the team on [admin@biomebank.org](mailto:admin@biomebank.org) and we'll get you started!**

## New BiomeBank laboratory

Thanks to your support, BiomeBank has been able to establish a new purpose-built laboratory in Thebarton to expand its services.

The laboratory contains a stool processing space with an anaerobic chamber, stool storage space with three -80 degree freezers, plus a research and development space with a second anaerobic chamber.

The facility meets Good Manufacturing Practice (GMP) standards and will be assessed by the Therapeutic Goods Administration (TGA) in 2020 to hopefully allow stool distribution nationally!



Dr Sam Costello and Dr Rob Bryant

## How you can help!

Monthly giving is one of the simplest and most efficient ways you can join the fight and support 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: [hospitalresearch.com.au](http://hospitalresearch.com.au)**



**BiomeBank**

Our Group

BiomeBank, a partner of The Hospital Research Foundation, is fighting against bad gut bacteria by providing patients with access to safe and effective faecal microbiota transplantation (FMT), while also progressing research into microbial-based therapies to treat and prevent disease.

**[biomebank.org](http://biomebank.org)**



# Improving gut health

Understanding our digestive system to improve gut health is the focus for many of our researchers, thanks to your support.

We are proud to contribute funds to the Centre of Research Excellence (CRE) for Translating Nutritional Science to Good Health to further investigate nutritional physiology and make evidence-based recommendations to improve patients' physical and mental health.

## In 2019, our CRE researchers:

- Showed that artificial sweeteners changed the balance of bacteria living in the gut and could worsen blood glucose control in people with diabetes
- Progressed trials in the Royal Adelaide Hospital's Intensive Care Unit (ICU) to understand how protein is taken up by the muscles, with the aim of improving the recovery of muscle strength for patients in ICU
- Purchased a portable gamma camera to measure the rate of stomach emptying in hypoglycaemic patients, demonstrating how different levels of low blood glucose effect stomach emptying
- Demonstrated that "bitter taste receptors" are present throughout the gut and represent a promising target for treating people who are overweight or have Type 2 diabetes.

## Thanks to you, even more gastroenterology research commenced in 2019, including:

- A study to discover whether un-sedated office-based transnasal (through the nose and into the stomach) endoscopy can be used to diagnose and recommend treatments for patients with gastroesophageal reflux disease, reducing the need for patients to undergo day surgery and anaesthesia (Lyell McEwin Hospital)
- The establishment of an Irritable Bowel Disorder database platform to better record and measure outcomes for IBD patients (Central Adelaide Local Health Network).



*The new portable gamma camera*

“

“We acknowledge with gratitude the substantial support provided by The Hospital Research Foundation in 2019.

This has been pivotal to maintain and build our mission of advancing the science of nutrition in people with diabetes, the overweight, the critically ill, and the elderly, and of training the next generation of nutrition scientists.”

*Dr Richard Young and A/Prof Chris Raynor, CRE for Translating Nutritional Science to Good Health*



”



# Ageing well for better quality of life

**With one in seven Australians now aged over 65, the health of our ageing population is a crucial personal, social and economic challenge for our communities.**

Together with more research and improved patient care, we can improve the physical, social and mental health of older Australians and ensure they live longer, healthier and more fulfilling lives!

**In 2019, our researchers at The Queen Elizabeth Hospital, Flinders Medical Centre, Basil Hetzel Institute, University of Adelaide, Flinders University and SAHMRI:**



Identified interventions to help stop the problem of frailty before it develops into serious health problems in elderly people



Identified the unmet needs of older people during their transition from hospital to home and introduced an integrated approach to ensure these needs are met to avoid unnecessary hospital re-admission



Began investigating 'trauma-informed care' for older people in hospital to explore whether amending practices on geriatric wards is necessary to reduce patient distress



Developed interactive maps of Australia's frail populations to ensure communities understand the services required now and in the future



Aimed to reduce confusion in hospitalised older adults by implementing an 'Eat Walk Engage' program



Began a study looking at the registry of older South Australians to improve the quality and safety of aged care services.

“

“There is a perception that frailty is just an inevitable part of ageing but it isn't – we can prevent it and we can treat it.”

**Dr Danielle Taylor**  
THRF Mid-Career Fellow, Basil Hetzel Institute



”

*“Older people want their care to be integrated, particularly when they move between hospital and home. My program aims to help coordinate their care at key transition points to prevent them falling through gaps and experiencing unnecessary hospital admission.”*

*Prof Gillian Harvey, University of Adelaide*



## What is frailty?

**Older people who are frail have an increased vulnerability to poor health outcomes.**

It is estimated that the prevalence of frailty for Australians aged over 65 will increase by 46 per cent by 2027.

While it is associated with ageing, frailty is not an inevitable consequence of ageing and can be treated and prevented! THRF funded research is making inroads into understanding more about frailty and how to reverse it. **Your support is crucial to this. Thank you!**

# Fighting pain in bones, muscles and joints

The chronic pain experienced by diseases and injuries to the musculoskeletal system are hugely detrimental to people's everyday life.

Thankfully, with your help, more research is underway to progress the treatments available to patients suffering from these debilitating conditions such as osteoarthritis and joint pain.

**In 2019, our researchers at The Queen Elizabeth Hospital, Lyell McEwin Hospital, Basil Hetzel Institute and University of South Australia:**



Trialled the drug Colchicine for patients suffering osteoarthritis of the hand



Trialled rocker sole footwear for the treatment of painful midfoot osteoarthritis



Developed a genetic test to determine whether people receiving hip and knee replacements will react badly to the metal components and develop a pseudotumor



Progressed work on establishing a musculoskeletal Biobank and rheumatology database to better understand risk factors in rheumatoid arthritis, juvenile idiopathic arthritis, psoriatic arthritis and vasculitis.

### Did you know?

Arthritis affects one in seven Australians, or about 3.6 million people. The prevalence of arthritis increases with age, although children can also suffer from juvenile arthritis.

Nearly 150,000 Australians will undergo joint replacement surgery each year – a figure which is forecast to grow up to sevenfold by 2030.





# Lifting the fog of dementia

Each day in Australia there are 200 people diagnosed with dementia, the single greatest cause of disability in older Australians. Sadly, this number is on the rise and the need to support our loved ones living with this condition has never been so important.

Thanks to you, we have been able to fund critical infrastructure upgrades in South Australian hospitals to help the patients and families affected by these awful conditions.

## In 2019, our dementia support extended to:



Redevelopment of the Older Person's Mental Health Ward at Lyell McEwin Hospital to help provide a safer environment and reduce mental health triggers for patients suffering from severe behavioural and psychological symptoms with their dementia, and other psychiatric illnesses



Upgrade of the Whittaker Ward at Noarlunga Hospital which provides highly specialised inpatient and outpatient dementia support services



Establishment of the Clinical Trials Centre at Royal Adelaide Hospital (RAH) which allows the RAH's Memory Loss Unit to run important trials and tests in cognitive impairment and dementia.

**Imagine you or a loved one being diagnosed with a disease and told there was no treatment? No hope, often no follow-up appointments, nothing.**

That is often the case for people suffering dementia, with no proven treatments or cures to stave off the onset of the disease.

Thankfully the RAH's Clinical Trials Centre, funded by THRF, provides a place of hope where those with dementia (including Alzheimer's disease and vascular dementia) can participate in medical trials to aid research and potentially improve their own health.

*"It gives us hope that eventually there could be a cure or at least a slowness of the effects," Wendy Donovan said, whose husband Ed suffers from Alzheimer's.*



"The alternative is nothing. We're very lucky to be involved in a trial that, years ago, wouldn't have been a possibility."

**Thank you for bringing hope!**

## The importance of end of life care

**At THRF, we believe the last moments of life are as precious as the first.**

Palliative care, or end of life care, is an important part of many families' journeys. Because of you, we can help South Australia's palliative care units provide comfort and support to patients and their loved ones when they need it most.

### In 2019, our palliative care support extended to:



The Southern Adelaide Palliative Care service for massage therapist training to ease pain, garden screens for family privacy, devices to help community nurses on home visits, and more



A Complementary Therapy service at Modbury Hospital which includes music, art, pet visits and therapeutic massage to help manage physical and psychological comfort for people living with a terminal illness



A study to identify what makes "brilliant" care in both home and hospital palliative care settings through the Northern Adelaide Local Health Network



A Volunteer and Peer Mentor Program to help families within the Women's and Children's Health Network who are dealing with the news their child has been diagnosed with a terminal illness



Art therapy programs for patients within the Central Adelaide Local Health Network



Equipment such as specialised mattresses to provide pressure relief and pain management for patients, and compression wear for lymphedema patients which is crucial at their end stage of life



Funding for the HAS Foundation to support families of children with life-limiting conditions in paediatric palliative care



A project in schools called LEAF (Life, Education, Art, Feelings) which uses art to educate and provide greater awareness for students who have experienced a death of a loved one.

“

*“We are so grateful for The Hospital Research Foundation's support. We have been able to use it for a number of projects within our hospice and community teams that provides on-the-ground support to patients and their families.”*

**Kate Swetenham**  
Southern Adelaide Palliative Care Services



”





## Pets, massage, arts help terminally ill patients

**A unique Complementary Therapy program involving pet visits, therapeutic massage, music and art at Modbury Hospital has been helping raise the spirits and manage pain of more than 150 patients living with a terminal illness.**

The program is being funded by THRF to help improve the quality of life of patients and families in palliative care.

Therapy dog Monte is a hugely popular addition to the program, who visits the ward once a week to help bring joy to patients.

“There is well researched evidence to show the benefits of complementary therapy in improving the quality of life for people in end-of-life care,” said Dr John Maddison, Director of Aged Care, Rehabilitation and Palliative Care at Modbury Hospital.

*“We are very grateful to THRF for funding this program to help palliative care patients and carers.”*

*Patient Tania Martin with therapy dog Monte and Monte's handler Donna Parry*

## Sleeping for good health

**Sleep is vital to our health and wellbeing. With four in 10 Australians reported as having regular inadequate sleep, more needs to be done to fix this chronic health problem.**

Thanks to your support, researchers are making significant breakthroughs in their understanding of sleep and chronic conditions such as obstructive sleep apnoea and the impact this has on our overall health.

**In 2019, our sleep researchers at Flinders University, Royal Adelaide Hospital and Basil Hetzel Institute:**



Support for the internationally-recognised Adelaide Institute for Sleep Health to conduct research and teaching in respiratory and non-respiratory sleep disorders



A study which investigates the links between obstructive sleep apnoea and atrial fibrillation (AF, a type of heart arrhythmia), showing that managing sleep apnoea with a CPAP mask reduces patients' AF symptoms by 40 per cent



Regularly testing the sleep health of a cohort of men aged over 40 who have been diagnosed with mild obstructive sleep apnoea, to see if their condition progresses and the impacts this has on their risk of cardiovascular disease



Research on the affects wind turbine and traffic noise has on sleep and the body.

### What is obstructive sleep apnoea?

**Sleep apnoea is a dangerous yet relatively common condition, characterised by complete or partial blockages in a person's airway while they are sleeping.**

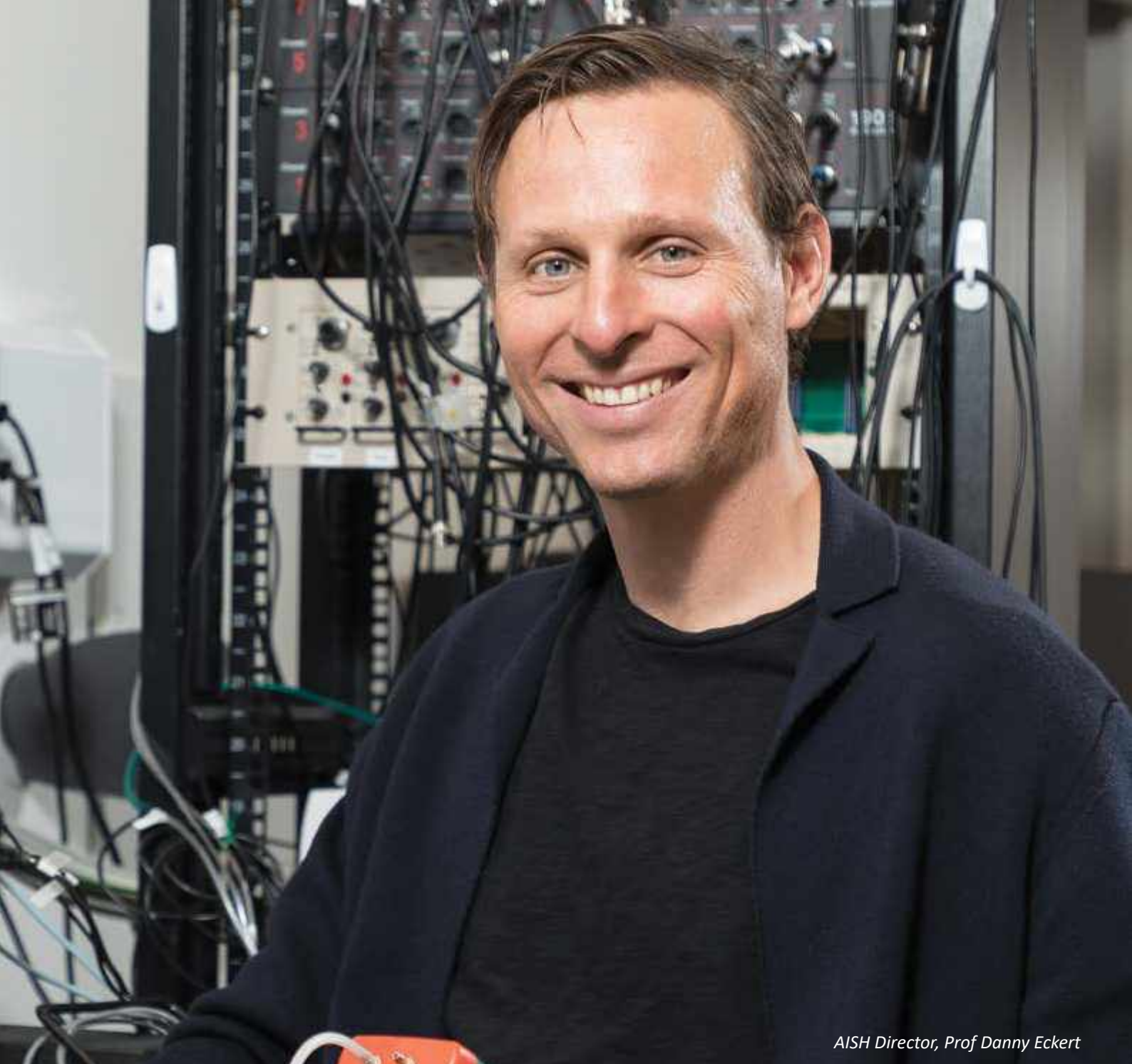
It can have a detrimental effect on a person's health as sleep apnoea sufferers are at higher risk of cardiovascular disease, diabetes and stroke.

With the number of people suffering from this condition projected to increase plus the flow-on health issues it can create for a sufferer, there is urgent need to support research into this condition now to prevent it harming our loved ones in the future.



*Dr Nicole Lovato with sleep study participant Geoff Thomas*





*AISH Director, Prof Danny Eckert*

## Adelaide Institute for Sleep Health

Thanks to our generous donors, we are pleased to support the Adelaide Institute for Sleep Health's (AISH) new purpose-built facilities within Flinders University to improve health through the science of sleep.

The new facilities include a six-bedroom acoustically-treated laboratory with the latest technology to measure respiratory and brain function, test for the impacts of environmental noise on sleep and conduct live-in sleep deprivation and circadian experiments.

**Participants can live in the rooms for up to four weeks!**

**Some of the studies being undertaken within the centre include:**

- A world-first clinical trial to use a medication to treat obstructive sleep apnoea
- A new tool to assess fitness-to-drive and fatigue management in obstructive sleep apnoea
- Improving treatments for insomnia
- Identifying technology gaps and opportunities to assist primary care professionals with the screening and management of sleep disorders
- And much more.

# Good health is important from the start

**At THRF, we recognise that good health really does start at the beginning!**

From conception to pregnancy, birth and postnatal care, our researchers are working hard to determine how we can ensure mothers and babies get the very best start in life.

**In 2019, our researchers at the University of Adelaide, Lyell McEwin Hospital, University of South Australia, Flinders Medical Centre and Basil Hetzel Institute:**



Progressed understanding into what makes a healthy embryo and developed a non-invasive test to check for embryo health during IVF, potentially leading to fewer miscarriages, greater IVF success rates and ultimately healthier babies



Investigated genetic markers which may play a role in the development of permanent neuro-developmental disorders such as intellectual disabilities, autism, epilepsy and cerebral palsy



Analysed levels of iron deficiency during pregnancy in order to make recommendations around optimal iron treatments for pregnant women to ensure the safety and long-term outcome of both mother and baby



Assessed and helped manage the heart health of more than 110 women who experienced complications during pregnancy, to mitigate their higher risk of developing premature heart disease



Educated a further 25 doctors and midwives in using ultrasound so they can administer ultra-sounds on pregnant mothers and babies in remote and regional communities as part of our 'Healthy Newborn Project'



Started a project to develop better drug therapies for treating low breast milk supply in mothers of preterm infants



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

Thanks to you, researchers at the Lyell McEwin Hospital (including Dr Natalie Aboustate, pictured) were able to analyse iron samples from 300 mothers to progress their important work into iron deficiency during pregnancy!





“One of the greatest challenges of IVF today is identifying healthy embryos. With this funding, we are developing technology that can more accurately assess the full health of the embryo and save many parents the heartache of miscarriage early in pregnancy.”

**Dr Kylie Dunning**

*THRF Mid-Career Fellow, University of Adelaide*





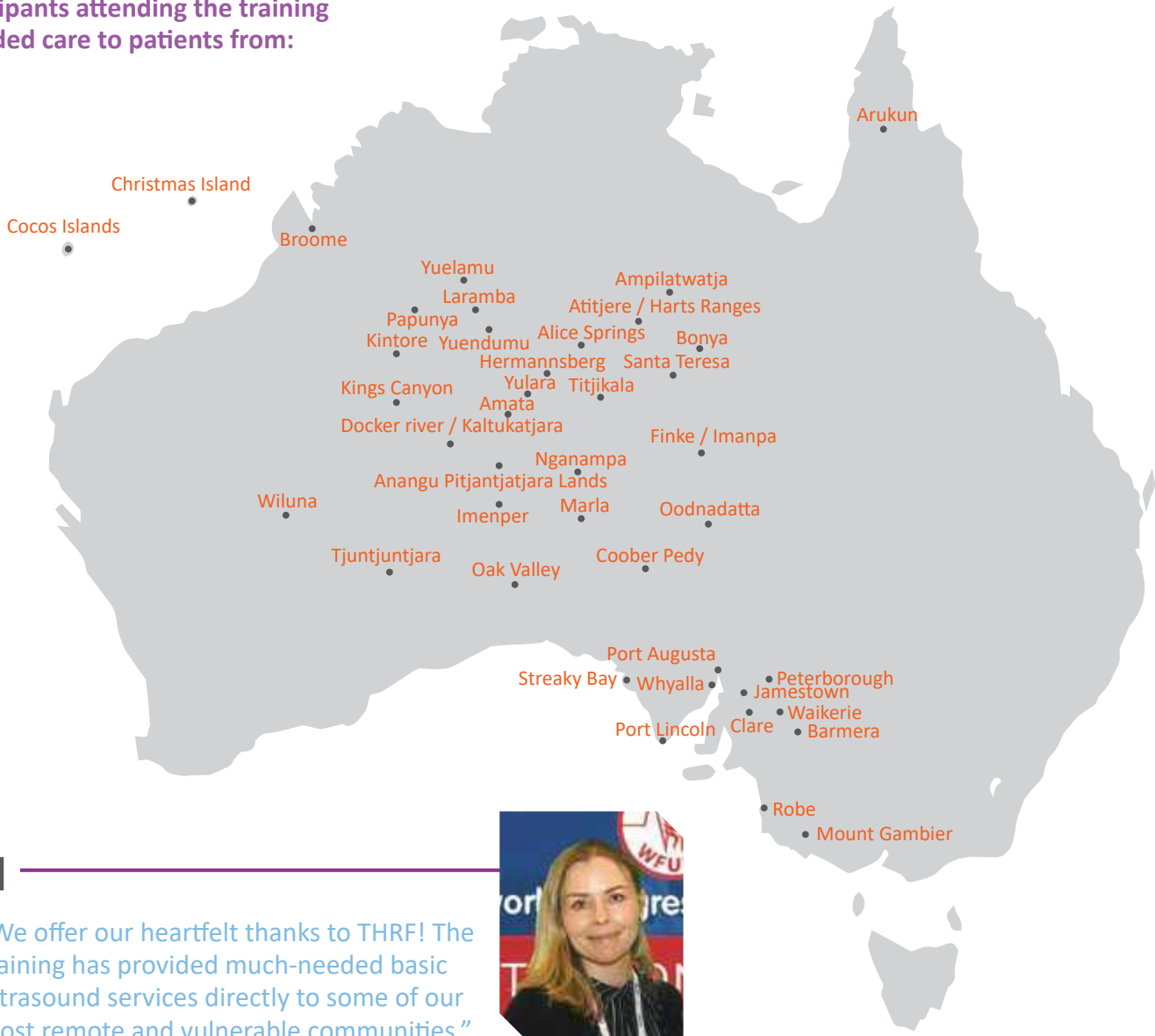
## Healthy Newborn Project

Fifty doctors and midwives – and countless mothers and babies – have benefited from our Healthy Newborn Project which helps improve antenatal care in remote and rural communities.

In partnership with the University of South Australia, the project gives remote doctors and midwives the opportunity to attend vital ultrasound training which can then be administered back in their communities – many of which didn’t have access to an ultrasound service at all before this training.



### Participants attending the training provided care to patients from:



“

“We offer our heartfelt thanks to THRF! The training has provided much-needed basic ultrasound services directly to some of our most remote and vulnerable communities.”

Amber Bidner  
Project Manager



”

# The war against superbugs

**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. Our local researchers are making incredible breakthroughs in the war against superbugs, but more research is desperately needed to fight these powerful enemies.

## In 2019, our researchers at the Basil Hetzel Institute:



Progressed innovative research which uses a Trojan Horse strategy (where the attack is hidden in a carrier) to pierce through bad bacteria’s resistant coating



Developed a new treatment using phage (a virus that targets and kills specific bacteria) that can help treat infections in patients with antibiotic-resistant bacteria, which has been particularly successful in cystic fibrosis patients



Developed a new therapy for implant-related infections for patients who have had hernia repair surgery, as this can offer result in superbugs which cause devastating infections, pain and long-term disease.

**Did you know bacteria are smart?  
They hide in a slime to protect  
themselves from antibiotics.  
This slime is called biofilm.**

**Finding a way to pierce through this biofilm barrier and deliver treatments directly to a patient’s infection is essential to helping patients fight this clever, antibiotic-resistant bacteria.**

Dr Nicky Thomas, a THRF Mid-Career Fellow based at the Basil Hetzel Institute for Translational Health Research, and his team have developed a unique Trojan Horse strategy (where the attack is hidden in a carrier) to help deliver an enzyme which can disperse the protective barrier and kill the bacteria from the inside.

This method has reaped exciting results in the lab – but taking it further is the next step for Dr Thomas! He can only progress this exciting research with your help, thank you!



# Patient outcomes boosted by creative health

**There is increasing evidence that creative therapies help patients' manage their pain and healing and boost their overall physical and mental wellbeing.**

THR's Group charity the Centre for Creative Health (CCH) is driving collaboration, innovation and research to develop best-practice arts, design and health programs to improve the quality and experience of healthcare for patients, families and staff.

**In 2019, the CCH team delivered a number of initiatives within the Royal Adelaide Hospital, The Queen Elizabeth Hospital, Hampstead Rehabilitation Centre and Glenside Acute Services, including:**

## Arts in clinical care:

- Extensive art and music therapies, diversional art and rehabilitation for patients across all four sites
- Enhanced rehabilitation at Hampstead working with approximately 30 patients a week in one-on-one sessions focusing on individual projects and Occupational Therapy assessments; and 40 patients a week in group sessions focusing on social interaction through arts, crafts and games
- Offered extensive Art Therapy support to TQEH General Medicine patients and their families on the wards and to TQEH Palliative Care patients on wards, in their homes and throughout the community.

## Partnerships:

- Progressed research into the benefits of music therapy in clinical practice with the University of Adelaide
- Completed a pilot project with the University of South Australia to develop an app for art walks and mindfulness within the RAH
- Undertook a second diversional art program and research project at the Hampstead Dialysis Unit with the Central and Northern Adelaide Renal and Transplantation Service.

## Promoting a healing environment:

- Introduced a live music program within the RAH's intensive care unit, kidney dialysis unit and medical wards (for patients with cognitive impairments) to create a calming and healing environment for patients, families and staff
- Held 30 art exhibitions by 86 artists in the RAH, which included collaborating with the Circle of Arts Foundation to produce 'Spirit Men' for the Tarnanthi Festival of Contemporary Aboriginal & Torres Strait Islander Art
- Expanded galleries to Hampstead Rehabilitation Centre, with four exhibitions by seven artists
- Partnered with the Helpmann Academy for the inaugural CCH Curatorial Fellowship, providing an opportunity for an artist to work with an established creative health team at the RAH.







## The healing power of music

**Music therapy has a positive influence on pain and physiological effects on the body, music therapist Dr Patsy Tan believes.**

Providing research-backed evidence to support this belief is the focus of Dr Tan's latest research, made possible thanks to you!

She aims to show that music therapy can decrease the perception of pain and anxiety in post-operative patients, improve their quality of life and reduce their stay in hospital.

*"I'm excited to share my research findings and make an impact on patients, clinicians and the South Australian communities," Dr Tan said.*



"These expected research outcomes will hopefully give music therapy the recognition it deserves as an appropriate clinical strategy aiding patients' healing and recovery."





Patient Milan (left) with Brad Wilson, Diversional Artist and Mule Shed Activity Hub Coordinator

## Healing through creative arts

**Tucked away in Adelaide's Hampstead Rehabilitation Centre is an ordinary shed with extraordinary stories.**

The Mule Shed Activity Hub is a rehabilitation space for patients suffering from stroke and other neurological disorders, traumatic brain injury, spinal cord injury and orthopaedic conditions including amputations.

It is a safe and welcoming space for patients to continue their rehabilitation outside their hospital room; a space where they can participate in hands-on activities individually designed to improve their capacity and recovery. Activities include woodwork, board games, painting, drawing and gardening.

Centre for Creative Health Diversional Artist and Mule Shed Activity Hub Coordinator Brad Wilson works directly with patients like Milan, who sustained a range of severe physical injuries including short-term brain damage and fractures to his ribs and spine following a serious motorcycle accident on Christmas Day 2018.

Today, Milan has made incredible progress thanks to his positive mindset and rehabilitation program including regular activity sessions at the Mule Shed with Brad.

*"At the beginning I couldn't even remember three words but through strategies I worked my way up. The Mule Shed not only helped with my physical recovery but it also helped me mentally and spiritually," Milan said.*



The Centre for Creative Health, part of THRF Group, 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](https://creativehealth.org.au)

# Viruses infecting our health

**Deadly viruses such as Zika, Malaria and Hepatitis C affect millions of people around the world with no standard treatment.**

Developing vaccines and treatments for these devastating diseases is crucial to save lives. Thanks to your support, our talented researchers are making ground-breaking discoveries in the fight against viruses!

**In 2019, our virology researchers at the Basil Hetzel Institute and University of Adelaide:**



Developed a vaccine that shows promising signs of preventing the Zika infection, a breakthrough hoping to lead to global prevention of the disease and avoiding many women giving birth to babies with significant deformities



Progressed critical understanding in how malaria parasites survive in cells in the hope to identify a new drug treatment that can kill the parasites in the host (mosquitos) and prevent thousands of deaths each year.



Tested the effectiveness of a Hepatitis C virus vaccine and took steps towards human clinical trials, to particularly help patients who develop persistent Hepatitis C infections which result in serious liver disease

## Breakthrough in Zika virus vaccine – thanks to you!

**THRF-supported researchers have made an incredible breakthrough in developing a vaccine against the Zika virus which could lead to global elimination of the disease!!**

Professor Eric Gowans and Dr Branka Grubor-Bauk, from The University of Adelaide based at the Basil Hetzel Institute, have developed a vaccine that prevents Zika infection in pre-clinical models of the disease.

Zika is a mosquito-transmitted virus of international concern, causing pregnant women to give birth to babies with microcephaly (a birth defect where a baby's head is significantly smaller than expected).

**This research could not have progressed to this pivotal stage without your support. You really are saving lives!**



**“The Hospital Research Foundation, through its donors and lottery supporters, has been instrumental in their support our laboratory's research. We could not have got to this point without you.”**

**Dr Branka Grubor Bauk**  
THRF Mid-Career Fellow,  
Basil Hetzel Institute





# Supporting veterans, first responders and their families

**Post-Traumatic Stress affects the health and wellbeing of around one million Australians each year.**

It can be heightened in veterans and first responders due to the traumatic events they are exposed to while protecting our communities. The fear, anxiety and memories of a traumatic event or series of events can last for a long time and interfere with how people cope in their everyday life.

Through vital research, Art Therapy and Wellbeing programs, THRF Group charity The Road Home is helping provide better outcomes for veterans, first responders and their families who have been affected by Post-Traumatic Stress and service-related injury.

### In 2019 The Road Home's research arm, the Australian Centre of Excellence for Post-Traumatic Stress (ACEPTS):



Collaborated with clinical staff at the Jamie Larcombe Centre to increase the success of post-clinical care and recovery for veterans suffering from Post-Traumatic Stress and reduce re-admission rates



Researched ways to improve the effectiveness of Cognitive Processing Therapy for Post-Traumatic Stress patients that are more resistant than others



Continued ongoing research to develop a family therapy model to support the mental health and wellbeing of children of veterans with Post-Traumatic Stress



Worked with doctors and staff to provide research structure and reporting to the new therapies being trialled such as mindfulness, pain management and trauma yoga



Continued exploring the benefits of Art Therapy with the aim of seeing it become a prescribed therapy for Post-Traumatic Stress for patients in the future



Furthered our understanding of the experience of transition from active service to civilian life among defence members.

“

“I’m thankful for the funding which has made this project possible. Our Cognitive Processing Therapy is specifically for veterans and emergency service personnel who have complicated life experiences through their work and we believe tailoring each session will help them achieve better mental health and save lives.”

**Professor Reg Nixon**  
Flinders University



”

## 130 STAIR participants

**More than 130 veterans and emergency service personnel undertook The Road Home's Skills Training in Affective Interpersonal Regulation (STAIR) program in 2019!**

STAIR is a 12-week counselling program aimed at improving emotional regulation, interpersonal communication skills and relationship skills for people who are at risk of service-related stress or have been diagnosed with Post-Traumatic Stress.

Run by psychiatrist and veteran Dr Jon Lane, the sessions provide practical and accessible methods to support resilience, provide assistance with returning to work (if injured) and offer strategies to improve quality of life.

*"Thanks to The Road Home's generous donor community, we have another two peer counsellors who have the accreditation and a service background to help out their fellow mates who are struggling and need that extra support," Dr Lane said.*

**And now, thanks to you, Dr Lane has refined the STAIR program even further to meet the unique needs of this group to create the new GEARS (Group Emotional and Relationship Skills) Program.**

These refinements are particularly focused on transitioning from service to everyday life. We look forward to keeping you updated.

## Boosting our research capacity!

**In 2019 we were delighted to announce the appointment of world-renowned trauma researcher Dr Miranda Van Hooff (BA (Hons), PhD) as our Director of Research for The Road Home.**

Dr Van Hooff brings a depth of experience that will create greater opportunities for targeted and collaborative research on a national scale. This will enable the research we support to make an impact on the lives of so many more veterans, emergency service personnel and their families.



Dr Jon Lane



Dr Miranda Van Hooff



## Helping CFS volunteers

**Like all Australians, our hearts went out to the many people who were affected by the devastating bushfires last summer. This included the incredible CFS Volunteers and Emergency Services who worked around the clock to save homes and lives.**

In light of the destruction both across the country and here in South Australia, we provided a \$200,000 grant to the CFS Foundation to help support CFS volunteers and their families who were impacted by the effects of their service, either physically and/or mentally.



*Cameron Langley, David Wilson (Brigade Captain) and Daniel Wilson from Burnside Country Fire Station*

# Post-Traumatic Stress

## Finding purpose through art

**John Duncan honourably served in the Australian Army for 26 years.**

Unfortunately his many years of service took its toll and he was admitted multiple times to the Jamie Larcombe Centre, a specialised facility for veterans in a quest to restore his mental health.

Throughout his stay, he was introduced to art activities by The Road Home's Visual Arts Tutor, Kaz Pederson.

"I started practicing art when I was in Jamie Larcombe and found it was the only thing that calmed my mind and made me feel at ease," John said.

*"A lot of people struggle with purpose; I think this has taught me not to limit myself. I've learnt I can still do amazing things and I can still have an impact on peoples' lives, whether I'm in the Army or not."*

**The Road Home offers art therapy, art activities and drama programs to help veterans and first responders cope with their post-traumatic stress in a safe and creative space. Visit our website for more information [theroadhome.com.au](http://theroadhome.com.au)**



*Photo of the courtyard of the Jamie Larcombe Centre, as drawn by John Duncan*

## Napier Waller Art Prize

The Road Home was proud to present the Napier Waller Art Prize in partnership with Thales Australia and the University of Canberra. The Napier Waller Art Prize aims to help promote the healing potential of art and raise a broader awareness of the military experience and the impact of service on the individual.

## Monthly Giver

Since he was a teenager, Richard Frampton has worked tirelessly to support his fellow Australians, joining the Royal Australian Navy as a junior recruit in 1968 and today, Richard continues to be an advocate for those in the community as well as his fellow veterans. He is a strong supporter of The Road Home and a valuable voice for veterans at the Jamie Larcombe Centre in his role as Chairman of the Lived Experience Group.

*"I am proud that I can continue to serve others in this way and appreciate the work that everyone at The Road Home and the Jamie Larcombe Centre does to help our veterans," Richard said.*





## Invictus Pathway Program

The Road Home's highly-successful Invictus Pathways Program moved to the University of South Australia (UniSA) in 2019 in a new collaboration which will boost the sports program for veterans and first emergency service personnel.

With your generous donations, The Road Home will continue to sponsor the program while allowing UniSA to maintain the day-to-day operations and positive impact it brings to service personnel who have been physically, psychologically or socially wounded.



*Invictus Pathways Program participant Emilea Mysko with the Duke of Sussex at the 2018 Games*

## Global Alliance Conference on Post-Traumatic Stress

In 2019, The Road Home and Australian Centre of Excellence for Post-Traumatic Stress hosted its inaugural Global Alliance Conference on Post-Traumatic Stress. The conference showcased the latest research, effective models of care for trauma, the power of collaboration and future directions for wellbeing for veterans, emergency service personnel and their families.

Over the three day conference, participants heard from a range of international and national trauma therapists and global thought leaders on research, treatment and models of care.



PRESENTS THE



**GLOBAL ALLIANCE CONFERENCE  
ON POST-TRAUMATIC STRESS 2019**

Lived Experience, Translation & Restorative Care



The Road Home raises awareness and funds to support health and wellbeing research and programs into conditions such as Post-Traumatic Stress for our nation's veterans, emergency service personnel and their families.

[theroadhome.com.au](http://theroadhome.com.au)





## Workout for awareness

By completing a gruelling 48-hour workout, veteran and serving police officer Jerry Lienert pushed himself to the limit to raise awareness and funds to support those suffering Post-Traumatic Stress.

**His incredible fundraising efforts reached \$1,700 for The Road Home!**

"I want to encourage people in the veteran and emergency services community to come forward and seek help if they are struggling, no matter their rank or seniority," Jerry said.

*"I want people to know that Post-Traumatic Stress can affect anyone, even the most experienced veterans or first responders."*

Jerry accomplished 48 hours of gruelling workouts over three days, including hiking, circuit training, yoga, running and cycling. With only two four-hour sleeps, Jerry struggled physically and mentally but had a strong mindset and support network around him including his loving partner Lisa, family and friends.

*Thank you Jerry!*



## You can do your own fundraising

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 2020 we would love to hear from you! Please contact us on (08) 8244 1100 or visit [hospitalresearch.com.au](http://hospitalresearch.com.au) to find out more.**



# 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 health care informed by the latest research.

Because if we don't, who will?

In 2019, we also supported research and patient care in:

### Back pain and surgery

- Trialled a new surgical gel which possesses both anti-bleeding and anti-scarring properties to help reduce complications after back surgery (The Queen Elizabeth Hospital)
- Helped people with back pain access new physiotherapy care called Practice-based Implementation & Innovation System (PRIISM) which will be trialled in 15-20 clinics across South Australia

### Burns recovery

- Analysed the nutritional requirements for severe burns injury patients in order to enhance their recovery (Royal Adelaide Hospital)
- Purchased new laser equipment for burns victims which will remodel burn scars, stimulate healing and facilitate shorter recovery times for patients (Royal Adelaide Hospital)



Advanced Nurse Unit Manager Natalia Adanichkin from the RAH's Adult Burns Centre with new laser equipment

### Asthma

- Investigated a new inhaled drug for the treatment of severe asthma (Centre for Cancer Biology)
- Introduced new tools which include mixed reality and holographic technologies to help teenagers with asthma manage their condition and seek help for any anxieties (Lyell McEwin Hospital)

### Allergies

- Progressed understanding of the underlying mechanisms of allergic disorders and what sets off an allergic response, in order to design a new approach for controlling these debilitating conditions (Centre for Cancer Biology)
- Investigated the underlying mechanisms behind allergic airway inflammation to ultimately improve treatments for patients with chronic allergic airway disease (Centre for Cancer Biology)



Asthma Researcher Dr Gokhan Cildir, THRF Early-Career Fellow, Centre for Cancer Biology



## We are pleased to be supporting emergency department (ED) staff at the Lyell McEwin Hospital by providing healthy snacks and fruit on the go!

The ED Staff Re-Fuelling Trolley is a great way to help look after the health and wellbeing of busy ED staff who rarely have time to stop and eat, who then feel supported and refreshed and can continue to provide a high level of patient care.

*ED staff Andrea, Belinda, and Hannah with THRF's Brendan Hardman*

## Discharge from hospital

- Supported a program to improve care for homeless people when they are discharged from hospital (Baptist Care)
- Developed 'Going Home' kits for patients to keep track of their information when heading home from hospital (Northern Adelaide Local Health Network)

## Emergency department

- Funded a healthy snack trolley for busy emergency department staff to re-fuel with fruit and snacks while on the go (Lyell McEwin Hospital)
- Provided free device charging stations within emergency departments to ensure patients and families unexpectedly visiting emergency can charge their phones and tablets (Lyell McEwin and Modbury Hospitals)



*THRF's Briony Marshall with Maree Geraghty, CEO of the Northern Adelaide Local Health Network*

## Cystic fibrosis

- Developed new treatments for cystic fibrosis patients suffering from chronic relapsing upper airways infections and lung infections (Basil Hetzel Institute)

## Research equipment

- Contributed funding to a revolutionary 4Dx Lung Function Imaging system to allow non-invasive assessment of airflow in the lung and establish new methods for measuring lung health (SAHMRI)
- Funded important scientific equipment to enable researchers to perform efficient cell counts and microplate assessments to measure chemical, biological or physical reactions for a range of diseases (BHI)
- Supported a comprehensive video-based coaching program for continual surgical improvement (BHI)
- Co-funded a portable gamma camera to measure the rate of stomach emptying in hypoglycaemic patients (Centre of Research Excellence for Translating Nutritional Science to Good Health)

## Eye health

- Investigated whether genetic testing for glaucoma can be integrated into clinical practice (Flinders Medical Centre)
- Commenced research to improve the high rates of vision loss in Indigenous Australians battling Type 2 diabetes (Flinders Medical Centre)

## Neuromuscular disease

- Commenced a study to identify the genetic makeup of neuromuscular disease to apply an alternative testing strategy to detect the cause of this disease in patients (The University of Adelaide)
- Supported the ongoing provision of services to South Australia's muscular dystrophy community (I Can Jump Puddles)

## Indigenous health

- Commenced research into understanding and overcoming diabetes inequalities in Indigenous Australians (SAHMRI)
- Investigated the impact of Minimum Floor Price legislation on alcohol in the Northern Territory on hospital-related health harms (NT)
- Commenced research to improve the high rates of vision loss in Indigenous Australians battling Type 2 diabetes (Flinders Medical Centre)



Prof Alex Brown,  
SAHMRI



## Monthly Giver



### Showing you care

**Loving mother of seven Rachael Whittaker regularly donates to research after seeing members of her family fight cancer, heart disease and Type 1 diabetes.**

"My background is a clinical nurse and I've been home caring for my kids for almost 14 years. Giving not only contributes to continued research and patient care, it gives me a sense of

doing something – acting, caring and actively helping the community and society as a whole," Rachael said.

"Medical research is important to help save lives and improve people's lives after an event."

THRF Group allows donors to choose where their funds go and which disease they support, with Rachael generously giving to three of our Group charities: Australian Breast Cancer Research, Australian Heart Research, and Kidney Transplant and Diabetes Research Australia.

"There are personal connections and motivations for each disease and it's a way I can still help and care for others."

**Learn more about donating to a specific area of research by calling our friendly team on (08) 8244 1100 or at [hospitalresearch.com.au](http://hospitalresearch.com.au)**



# Country health

At THRF, we fight for the health of all South Australians, including those living in regional areas.

In 2019, our contribution extended to:



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



Running ultrasound workshops for rural doctors and midwives so they can better care for pregnant mothers and babies in their communities as part of our Healthy Newborn Project



Helping people with back pain access new physiotherapy care called Practice-based Implementation & Innovation System (PRIISM) which will be trialled in 15-20 clinics across regional South Australia



Investigating the availability of multidisciplinary cancer care in regional areas for older cancer patients.



Professor Lorimer Moseley from the University of South Australia is leading important physio care for people suffering back pain.

Our support has extended to many regional centres:

• Marla  
 • Oodnadatta  
 • Coober Pedy  
 • Port Augusta  
 • Streaky Bay  
 • Whyalla  
 • Port Broughton  
 • Port Lincoln  
 • Maitland  
 • South Coast  
 • Kangaroo Island  
 • Peterborough  
 • Port Pirie  
 • Clare  
 • Waikerie  
 • Berri  
 • Gawler  
 • Murray Bridge  
 • Naracoorte  
 • Mount Gambier

# Local research – global impact

**Providing researchers with the opportunity to collaborate, listen to international experts and present their own research is important in the fight for world-leading health outcomes which can be translated from the lab to patients as quickly as possible.**

That is why we are proud to sponsor a number of conferences, networking events and travel grants to support researchers in their collaborations.

**In 2019, we sponsored conferences in the following healthcare areas:**

- Mental health for veterans and first responders
- Breast and prostate cancer
- Nuclear medicine
- Geriatric medicine
- Society of medical research
- Immunology
- Early and Mid-Career Fellows
- Medical military
- Epithelial-Mesenchymal transition
- Medical science indexing.



*ANZ Society of Geriatric Medicine*



*BLISS Early and Mid-Career Researcher Symposium*



**The Pint of Science is an annual festival bringing science to the public by holding events in pubs around the world.**

THRF was proud to sponsor the Adelaide event held at three pubs over three nights in May, giving 18 local speakers the opportunity to enlighten the public about their research.

Dr Katharina Richter, Pint of Science SA Coordinator, said the event was growing each year and was grateful for THRF's ongoing support.



*Dr Katharina Richter (fourth from left) bringing science to the people*

"The highlights in 2019 were topics from finding cures, to space missions, to using Twitter to predict disease outbreaks, to glow-in-the-dark bacteria, to saving Aboriginal languages. On top, we brewed a purple beer that changed colour with pH!" Dr Richter said.

**"Thank you to The Hospital Research Foundation for your ongoing support!"**

# Travel grants help share knowledge

**In 2019 we supported 81 researchers with their travel to conferences and meetings throughout Australia and internationally to present their research and build collaborations.**

These professional development opportunities ensure local research conducted here in South Australia is linked to other work being undertaken globally, which helps advance research outcomes sooner.

## ENT research sought globally

**There is worldwide demand for new treatments for chronic sinusitis and crucial advancements in this Ear, Nose & Throat area are happening locally at the Basil Hetzel Institute and TQEH.**

In 2019 we were proud to support Research Assistant Catherine Bennett's attendance at the American and ANZ Rhinologic Societies' conferences where she presented her findings on a new sinus rinse to specialist doctors and scientists.

"The need for alternative and non-antibiotic treatments is high and these surgeons trust our research and advice and want to apply it to their own patients as soon as possible," Catherine said.

With your support, researchers like Catherine are able to progress their work to improve patient outcomes sooner. Thank you!



*Catherine Bennett (left) with other conference attendees*

## Unforgettable experience

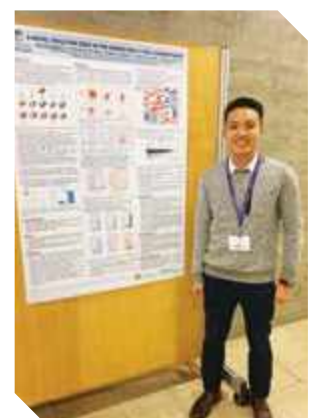
**THRF supported Soon Wei Wong from The University of Adelaide to attend the 13<sup>th</sup> World Immune Regulation Meeting in Switzerland.**

Soon Wei shared a detailed diagram which detailed his research into autoimmune diseases such as Type 1 diabetes and Inflammatory Bowel Disease.

He was also able to speak with several international speakers, attend workshops and discuss his presentation with senior researchers, allowing him to gain confidence and new insights for his research areas.

*"The experience was unforgettable,"  
Soon Wei said.*

"Attending an international conference allowed my research to reach a greater audience around the world. I am very grateful to receive a travel grant from The Hospital Research Foundation."



*Soon Wei Wong  
showcased his work*



# How can you join the fight?

**Your ongoing support is crucial so we can continue fighting disease and illness through vital medical research and improved patient care!**

## Monthly giving

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

## 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 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!

## 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.

## Workplace giving

Workplace giving means you kindly choose to give part of your salary pre-tax to 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.

## Do your own fundraising

Holding your own event or participating in a fundraising activity is a wonderful way to support a cause close to your heart. It can be as elaborate as hosting a dinner dance, to participating in a fun run with friends.

## Host a Longest Table

The Longest Table is The Hospital Research Foundation's 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 2020.

## Join Mercer SuperCycle

Participate in a multi-day, multi-distance cycling tour to help country cancer patients and their families! This annual event is a five-star fully supported ride which takes you through some of the most picturesque regions of Australia. You can register as a Rider or join our Support Crew.

## Buy a ticket in the Hospital Research Home Lottery

Your purchase of tickets in our Hospital Research 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, you're supporting research and projects that matter to the community. Visit [homelottery.com.au](http://homelottery.com.au) throughout the year to stay up to date on when you can have a chance to win!

## Merchandise

Another way you can join the fight is by purchasing an item from our online store! The items will make great gifts for a loved one or be the perfect way to show your support for our cause.

Items available for purchase will include t-shirts, hats, water bottles, keep cups, pins and pens.  
**Keep an eye out for the website which will be launching in 2020: [shop.hospitalresearch.com.au](http://shop.hospitalresearch.com.au)**





Hit 107 and Channel 10 presenter Rebecca Morse toured the RAH Clinical Trials Centre to learn more about the work being done to help people battling dementia.

## Become a corporate supporter

Is your organisation looking for ways to positively contribute to the community? There are many ways you can join us in the fight to save lives!

- **Staff engagement:** Inspire and motivate your staff by inviting a THRF researcher to speak at your next workplace event! Or organise your team to attend a personalised tour of our world-class research labs to learn about the progress we are making in the fight against deadly diseases. You may also like to provide staff the opportunity to contribute to the health and wellbeing of the community by volunteering for our organisation
- **Fundraising:** A fun, social and rewarding way to come together as a collective to raise much needed funds in the fight for cures and improved care in our hospitals. You may choose to engage in workplace giving, be involved in one of our fundraising events or you might even like to host your own event
- **Commercial opportunities:** This can include cause-related marketing campaigns; pro bono and in-kind support; funding of a specific project, grant, student or piece of equipment; or sponsoring one of our yearly events. We would love to learn more about your organisation and how we can partner with you to fight the diseases you care about.

Visit our website or speak with our friendly team about how you would like to help find cures and improve care! (08) 8244 1100 [hospitalresearch.com.au](http://hospitalresearch.com.au)

Together, we are  
*saving lives*

### Head Office


60 Woodville Road  
Woodville SA 5011

p (08) 8244 1100 fax (08) 8244 1200  
e [contactus@hospitalresearch.com.au](mailto:contactus@hospitalresearch.com.au)

[hospitalresearch.com.au](http://hospitalresearch.com.au)



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