



quest

The Quarterly Newsletter of the Royal Hobart Hospital Research Foundation

WINTER 2014

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Our QUEST is for knowledge that will lead to better healthcare and medical services for the people of Tasmania. You can help us by supporting our research efforts with a gift, bequest or donation.

Each year the Foundation funds research into a variety of conditions affecting the lifestyle and wellbeing of the people of Tasmania, including cancer, heart disease, stroke, diabetes, Alzheimer's and Parkinson's diseases.

This research is undertaken by a diverse range of health professionals at the Royal Hobart Hospital, and the University of Tasmania's Faculty of Health Science and the Menzies Institute.

Many of our researchers are nationally-renowned in their fields, whilst others are at the very early stages of promising careers. All of them are working to improve the quality of health and well-being for Tasmanians.

Your gift, bequest or donation can be vital in ensuring that this QUEST continues to provide benefits for Tasmanians, now and into the future.

ROYAL HOBART HOSPITAL RESEARCH FOUNDATION

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Jack jumper research team members Troy Wanandy, Hayley Dwyer, Professor Simon Brown and Jenny Gudden

RHH Research Foundation announces first round grant recipients for 2014

The Royal Hobart Hospital Research Foundation recently announced details of its first round of annual grant funding for 2014, providing seven new starter grants and six new clinical grants for local medical research to be undertaken in Tasmania over the course of the year.

intended benefit for the wellbeing of many Tasmanians, with potential that is even more far-reaching.

Chief Executive Officer Heather Francis emphasised that "This year we experienced an unprecedented number of applications

"With such intense competition, only projects and researchers of excellence can be selected to pursue their investigations."

The Foundation's CEO, Heather Francis

Former Research Foundation Chair, Mr David Catchpole, explained "Over its sixteen years of grant funding, the Foundation has focused strongly upon supporting research into medical conditions and approaches to healthcare that are of particular relevance to the Tasmanian community. Since 1997 the Foundation has invested over \$6m to support projects undertaken by local clinicians."

from interested clinicians. With such intense competition, only projects and researchers of excellence can be selected to pursue their investigations. Even then, in every funding round we are overwhelmed with applications from a community of eager researchers based within the RHH. This demonstrates a need for continuing and increased support from across our general and business communities for this vital work," she said.

After an intensely competitive selection process, the range of projects chosen for funding offers a broad scope of

Details of first round Starter and Clinical grants on page 2.

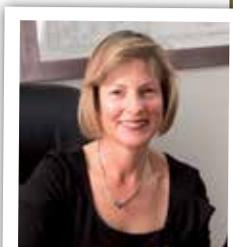
welcome

The RHHRF Team – some fresh faces and farewells

Over recent months we've welcomed some new faces to our team and I'd like to take this opportunity to acknowledge many valuable contributions. As outlined further in Quest, our AGM saw a changing of the guard with Peter Murfett becoming our Chair after a two year term by David Catchpole who remains upon our Board. The Board of ten voluntary members has continued to grow in strength and diversity as in recent times we also welcomed two new members, Trent Sayers (CEO - RACT Insurance) and Cathie Goss (State Manager - AICD) after saying farewell to two longstanding and highly valuable contributors, Heather Chong and Helen Dickinson.

We've also said a sad goodbye to our dynamic Fundraising and Events Administrator, Laura Males, who moved interstate in April with her husband to embark on new endeavours, while taking the chance to welcome Cath Adams to our team in June. With an extensive background in marketing, communications and events, we know that Cath will provide further strength to our small crew, working closely with myself and Di Russell-Green, our Finance and Administration Coordinator, to deliver against our Foundation's objectives in promoting local medical research.

From February until May we also hosted a final year UTas student as part of the School of Business and Economics internship program. Lucy Grover was a wonderful addition to our team and we were proud to acknowledge the high level of her achievements during the formal presentation of outcomes at UTas in the company of others similarly inclined to support our next generation of graduates. Our volunteering profile continues to grow and we've gained enormous support from those who assisted us in managing significant events such as The EDGE abseil and our Easter Egg Hunt and Family Picnic Day. The opportunities to support us as a volunteer are extensive, with all manner of roles available, each of which provide enormous value in assisting achievement of our aims. If you have an interest and would like to hear more about joining our circle of friends, please do contact us on 6222 7049 or via research@rhresearchfoundation.org – we'd love to hear from you.



Heather Francis
CEO, RHH Research Foundation

Heather

New Starter grants for 2014

Bariatric surgery in Tasmanian public hospitals: investigating health service use, costs, and policy options. Professor Alison Venn.

Bariatric surgery is considered an effective treatment for significant obesity-related illness but it is difficult to access in Australian public hospitals. By describing Tasmanian public patients' characteristics, clinical pathways, costs and outcomes, this project will support better informed decision-making about Tasmanian public hospital services for clinically obese patients.

Novel Molecules of Heparin for the management of asthma. Dr Cameron Hunter.

Heparin, a widely used anticoagulant, has shown promising results in the management of asthma with some of its molecules having anti-asthmatic properties and others carrying the risk of bleeding. This study will focus on the separation and identification of heparin's molecules having anti-asthmatic activity but devoid of anti-coagulant effect.

Making it Count: Growing together Perinatal. Intervention to Foster Secure Relationships of Infants with Teenage Mothers and Fathers in Southern Tasmania. Dr Fiona Wagg.

This project looks at the social situation, mental health and parenting capacity of teenage mothers and fathers, recognising their high risk of adverse parental and infant outcomes. A perinatal intervention will be offered to help both parents achieve a more secure relationship with their baby.

Examination of the mechanism of action of two pre-quit pharmacotherapies for smoking cessation. Dr Stuart Ferguson.

This study will examine the impact of individual differences in the speed of nicotine metabolism on the likelihood of successfully quitting smoking among patients treated with either nicotine patch or varenicline. The findings could be used to tailor medication use to individual smokers and thereby improve treatment outcomes.

Mechanistic studies of Jack Jumper Venom desensitisation at the T cell level. Dr Bruce Lyons.

Anaphylaxis due to Jack Jumper ant venom is a medical emergency which affects more than 1% of Tasmanians. Desensitisation by venom immunotherapy can protect against this type of reaction, but fails for some patients. This project seeks to develop a laboratory method to predict treatment success or failure.

Dementia-related presentations at the Royal Hobart Hospital - A pilot program for redesigning statewide clinical care pathways involving Tasmanian residential aged care facilities. Dr Michael Annear.

This project explores dementia-related presentations to the RHH to inform the development of new clinical pathways to reduce preventable and unplanned hospital transfers that are costly and have poor outcomes for people with dementia.

Assessing the validity of non-invasive methods to estimate central blood pressure. Dr Martin Schultz.

Central blood pressure measurement provides incremental information on cardiovascular risk, but is not in clinical use. Our objective is to determine and refine the accuracy of new 'cuff' devices to estimate central blood pressure, which may lead to wider clinical application of central blood pressure and improve health outcomes related to high blood pressure.

Entertainment Books 2014/15

For just \$65 you'll receive over \$20,000 in valuable offers you can use until 1 June 2015 including hundreds of valuable up to 50% off and 2-for-1 offers for many of the best restaurants, cafés, attractions and much more across Tasmania. Proceeds from each book sold supports ongoing health and medical research here in Tasmania.

Two membership options available:

- Entertainment Book - with gold card and tear out vouchers or;
- Entertainment Digital Membership - show and save using your Apple or Android device, search for nearby businesses in the Entertainment program and share your membership with immediate family

New Clinical grants for 2014

Tasmanian Iodine Nutrition Collaboration (TasINC) Capacity Building Grant. Dr Kristen Hynes.

The Tasmanian Iodine Nutrition Collaboration (TasINC) has projects investigating the importance of iodine during pregnancy and childhood in Tasmania. This grant will build capacity by funding iodine analysis of urine samples and employing a research assistant to support TasINC activities and conduct data collection.

Microvascular dysfunction in adult offspring of type 2 diabetics. Dr Michelle Keske.

Offspring of type 2 diabetics have a greater risk of developing diabetes than a person with no family history. This project investigates a novel risk factor (small blood vessel responses in skeletal muscle) for developing type 2 diabetes.

Epithelial mesenchymal transition in the lungs of patients with chronic obstructive pulmonary disease and lung cancer undergoing thoracotomy: role in both airway fibrosis and lung cancer. Dr Sukhwinder Sohal.

Small airway fibrosis is the main contributor to physiological airway obstruction in Chronic Obstructive Pulmonary Disease (COPD). The other main airway pathology in COPD is lung cancer; up to 70% of smoking related lung cancer occurs in mild-moderate COPD. It is becoming likely that forms of Epithelial Mesenchymal Transition (EMT) may underlie both pathological features; if true this opens up major new therapeutic possibilities.

Making it count: Establishment of the Conception to Community Public Services Database. Dr Amanda Neil.

This study brings together Tasmanian data on every child born at a Tasmanian public hospital from before birth until 5 years of age. With this data we will be able to identify those mothers and infants at risk of poor outcomes, and assess the benefits of new interventions and services.

Executive functioning and everyday performance in early school age children born less than 32 weeks gestation STAGE 2. Mrs Sari O'Meagher.

The purpose is to investigate which medical, socioeconomic and psychometric assessment factors predict successful emotional control and emergent metacognitive skills (e.g. working memory and organisational skills) in everyday life.

The relationship between Immunoglobulin E, disease severity and the immune response in multiple sclerosis. Professor Bruce Taylor.

The immune system in people with multiple sclerosis (MS) is thought to favour inflammatory responses that preclude allergic reactions and the production of the antibody Immunoglobulin E (IgE). We propose that IgE levels are in fact high in some people with MS, and that this is protective. We propose therefore to measure IgE levels in persons with MS and examine associations between IgE, disease severity and immune function.

RHH Research Foundation Welcomes New Chair Peter Murfett

We are thrilled to announce that as of our AGM on 8 May, Peter Murfett has stepped in as new Chair of the RHH Research Foundation Board. Peter replaces David Catchpole who served as Chair for a two year term and who remains a member of our volunteer Board.

Peter joins our Board with a wealth of experience in corporate governance, management, leadership, strategy development and human resources having worked for the Department of Premier and Cabinet for nine years in an array of senior management and policy advice positions. Following that he was Director, Consulting for KPMG for 14 years and then undertook a consultative role at KPMG for another five years.



RHH Research Foundation's new Chair Peter Murfett

Reflecting on David's time as Chair, Peter Murfett said "David has given two years of distinguished service to our Board and his wisdom and contribution has been outstanding and greatly appreciated. On behalf of the Research Foundation I thank him for his considerable contribution and look forward to his continued involvement as a valued member of our Board."



Mrs Fisher, our lucky raffle winner of a brand new Kia Rio, from DJ Motors.

Congratulations to our 2014 Major Raffle Winner!

The RHH Research Foundation's first raffle for 2014 was drawn recently and special congratulations to Mrs Julia Fisher from Bicheno who recently took possession of her brand new Kia Rio from our Platinum supporters, DJ Motors.

Thank you to the many supporters of the Foundation who purchased lucky numbers or books of tickets to assist fundraising efforts.

Our next raffle is currently underway, so do keep an ear out for your next phone call from our wonderful Call Centre support team. You could be our next winner! We'll be drawing the lucky winners on 24 September – good luck!



AVAILABLE NOW!

Please phone our office on 6222 7049 to order your next book or order online through our website www.rhhresearchfoundation.org



CEO Heather Francis and Dr Kristen Hynes at the announcement of the 2014 grant recipients

Tasmanian mothers to benefit from new iodine research

The critical role the RHH Research Foundation plays in our local community is illustrated well with a current research project being guided by Dr Kristen Hynes of the Royal Hobart Hospital. Dr Hynes and her dedicated team are investigating the importance of iodine during pregnancy and childhood. This funding builds upon an earlier grant provided by the Tasmania Community Fund, enabling further data-collection and iodine analysis of pregnant and breastfeeding mothers in Tasmania.

"It is anticipated that findings will lead to a better understanding of the current level of knowledge, among Tasmanian women, about the importance of adequate iodine nutrition during pregnancy and breast feeding. This will have important implications for the management of women attending antenatal services in the Royal Hobart Hospital as well as for the long-term health of the Tasmanian community in general.

"The findings of this study may provide evidence in support of a public intervention to address iodine deficiency during pregnancy in Tasmania", Dr Hynes said.

International Women's Day Breakfast

The RHH Research Foundation's 2014 International Women's Day Breakfast held at Wrest Point was a fabulous morning of insightful and empowering messages. Guests were fortunate enough to share their morning with guest speaker Mel Doyle, who took the opportunity to reflect upon stories from her career in journalism and media over the past 18 years.

Highlighting the many women who have made an impact on her life, Mel's thanks included her best friends, her daughter, her sponsor children, and the countless women around the world she has had the opportunity to interview, whose experiences were both inspiring and harrowing.

The fundraising event also provided an opportunity for Mel to sign copies of her new book, *Alphabet Soup*, for members of the audience. Ending Mel's address was a positive reminder that 'we're all doing our best, and that's what we're here for' – a keepsake that we could all do well to remind ourselves of from time to time.

With many special guests joining us on this occasion, we would like to especially thank the Community Development Division, Department of Premier and Cabinet for their ongoing support of this fantastic event.



Guest speaker Mel Doyle with former Tasmanian Premier Lara Giddings



Mel signing a copy of her book *Alphabet Soup* for Fiona Gillon.



Mel with the RHH Research Foundation's official photographer Lynn Slade.



Laura Males (former RHH Research Foundation Fundraising and Events Administrator) and Kate Domeney looking lovely on this early morning.



From left: Gabrielle Morrison, Alderman Sharon Carnes and Lauren Saunders.



Diana Crow and Emily Gannon joined the large audience at Wrest Point.

Easter Egg Hunt & Family Picnic a Grand EGGtravagansa!

A huge thanks to all the families who braved the cool conditions for our annual Easter Egg Hunt & Family Picnic held at the Royal Tasmanian Botanical Gardens on Good Friday. This sell out event gave over 3,000 people the chance to enjoy the beautiful Botanical Gardens with family, friends and children, participate in loads of fun events and of course gather up LOTS of chocolate!

With the support of our wonderful families, we raised over \$21,000! These proceeds are invested directly to vital local health and medical research projects undertaken by doctors, nurses and allied health professionals at the Royal Hobart Hospital.

Big thanks to our many volunteers! Without them events like this would not be possible!

We would like to also acknowledge the invaluable support of our corporate sponsors including: Royal Tasmanian Botanical Gardens, Heart 107.3 (Southern Cross Media), Coates Hire, Fullers Bookshop, ExitLeft and of course Cadbury!



The countdown begins ... 3...2...1 ... HUNT!



Easter Egg hunting is SO much fun!



Family picnics (with chocolate) are the best.



Face painting proved very popular. Everyone's favourite was an Easter bunny face of course!

calendar of events 2014

MONTH	DAY/DATE	EVENT TITLE
March	7 Friday	International Women's Day Breakfast Wrest Point – featuring special guest Mel Doyle
March	16 Sunday	Tour de Femme – ladies only cycling event With Bike Tasmania at Bellerive
March	23 Sunday	Century Ride – cycling event With Bike Tasmania at Bellerive
March	26 Wednesday	Mega Raffle Draw RHH Foyer
April	5 Saturday	Paddle for Pink Bridport to Devonport
April	18 Friday	Easter Egg Hunt and Family Picnic Day Bridport to Devonport
July	18 Friday	Celebration of Cycling Dinner Wrest Point
July	25 Friday	RHH Research Foundation Research Excellence Dinner Wrest Point
August	3 Sunday	The EDGE! Abseil 2014 Wrest Point
September	10 Wednesday	Welcome Springtime Luncheon Wrest Point
September	24 Wednesday	Mega Raffle Draw RHH Foyer
November	10 Monday	Big Channel Ride Bicentennial Park, Dru Point Margate
December	1 Monday	Big December Breakfast Wrest Point

Wheely good fun(draising) at Bike Week 2014!

The Foundation was again proud to partner with Bicycle Tasmania for Bike Week 2014. With a series of events held between 13-26 March, Bike Week is a celebration of all things cycling, packed with activities for all age groups and cycling abilities.

The Research Foundation were proud to partner with Women on Wheels (WoW) on 16 March, a 20km relaxed ride around the Eastern shore of Hobart for women and girls aimed at encouraging women to get out on their bikes for fun, fitness and commuting.



Women on Wheels participants from left Shauna Spurling, Laura Males, Cindy Flanagan and Sarah Banks.



Ziggy the Zebra (a.k.a Laura Males former Fundraising and Events Administrator) encouraging kids to get out on their bikes by tempting them with treasures galore!

2014 Research Excellence Dinner

Join us on 25 July for our 2014 Research Excellence Dinner where we showcase our current researchers, acknowledge 2014 grant recipients and thank supporters for their ongoing generosity. Bookings visit www.rhhresearchfoundation.org or email researchrhhresearchfoundation.org

Donation Form

I/We wish to make a donation of (please tick)

\$500 \$250 \$100 \$50 \$25 Other \$ _____

Cheque Money Order Credit Card (please complete the details below)

OR I would like to become a member of the Foundation's RSVP program by making a regular donation from my credit card.

I/We would like to donate \$ _____ every (please tick) Month Quarter Year



ROYAL HOBART HOSPITAL
RESEARCH FOUNDATION

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Visa Mastercard

Credit Card Number

Expiry: / / Signature: _____

Name on card: _____

OR

I have established a regular donation of \$ _____ to the RHH Research Foundation directly from my bank account.

Bank: Westpac
Account name: Royal Hobart Hospital Research Foundation
BSB: 037 001
Account: 33 9611
Description: Surname_first initial

Please send me more information:

Workplace giving How to make a bequest in my Will How to host my own fundraising event Volunteering

Please return in the enclosed reply paid envelope or:

RHH Research Foundation
GPO Box 1061
Hobart TAS 7001

Thank you!

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Moving house? Please let us know!

During the past 12 months, many kind supporters have moved house or changed their phone number. Please do remember to let us know your new details as we'd love to keep you up to date with the latest medical research projects that your donations are supporting. For members of our regular giving program (RSVP) please do let us know if your credit card details change or contact us to advise of any new address details so that end of year receipts can reach you. Please call the office on 6222 8088 to let us know of any changes! Keep in touch!