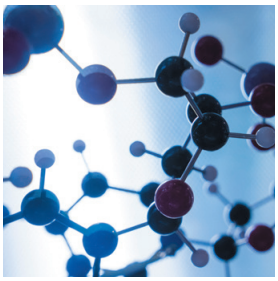
St Vincent's Clinic Foundation

Supporting Excellence in Clinical Research



May 2015

Welcome to the 2015 edition of the St Vincent's Clinic Foundation newsletter.

The Foundation continues to support research and education on the St Vincent's Darlinghurst Campus and the St Joseph's Campus and a list of successful grants, highlighting the talent of clinical excellence of the 2015 recipients, is included in this edition.

I would like to thank our donors for their generous support; without it we would not be able to support such valuable work. Our researchers are always happy to discuss their work with any interested supporters.

To date, the Foundation has funded more than 300 projects with grants of over $12 million contributed to support research and clinical practice at St Vincent's.

I would like to thank the Trustees for their ongoing support and dedication to ensuring the Foundation is a success.

Thank you also to the Scientific Committee for their time and commitment in reviewing the grant applications – with many high quality applications to assess before making decisions about grants, they are committed and generous with their time and expertise.

The work of the Foundation continues to support and fund vital research that supports clinical excellence at St Vincent's Campus Sydney and St Joseph's Hospital.

As St Vincent's Clinic celebrates its 25th anniversary we are delighted to report that St Vincent's Clinic Foundation will contribute to the celebrations by funding $1 million for the 2016 grants.

Yours sincerely,

Mr A E HARRIS AC

President, St Vincent's Clinic Foundation

DONATE ONLINE NOW

www.stvincentsclinic.com.au

HOW YOU CAN PLAY YOUR PART – ST VINCENT'S CLINIC FOUNDATION

All donations are tax deductible and can be made in a number of ways.

- An annual donation of $200
- An annual donation/one off donation of $ _____
- St Vincent's Clinic Foundation has also developed the opportunity for donors to nominate the Foundation in their Estate. Please call us for further information.

☐ A cheque made payable to St Vincent's Clinic Foundation for the amount of ☐ $200 or ☐ $ _____

☐ Please debit my Credit Card. Amount: $ _____

Nominate Card: Bankcard / MasterCard / Visa

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Please send to: St Vincent's Clinic Foundation, 438 Victoria Street Darlinghurst NSW 2010

☐ If you are not already a Friend of St Vincent's Clinic Foundation (no charge) and would love to become a Friend please tick the box. Friends will receive an invitation to the AGM, Foundation functions, copies of "Proceedings" and other material related to the Foundation. If you do not wish to receive any material from St Vincent's Clinic, please advise via email to stvincentsclinic@svha.org.au and we will remove you from our mailing list.

Melveta James presenting her prize winning presentation

MELVETA JAMES' PRIZE WINNING PRESENTATION

Melveta James, Senior Social Worker at St Vincent's Hospital Transplant Unit, was awarded first prize in the poster competition at the 2014 Transplant Nurses Conference in Perth. Her attendance at the conference was made possible by a Support for Nursing and Allied Health Staff Presenting at Conferences grant from the St Vincent's Clinic Foundation.

Melveta's poster presentation, *Beyond the Solitary Journey – Post Transplant Support Rehabilitation Group: "I don't have to do it alone"* examined how support groups can assist transplant patients during their treatment and recovery.

Melveta facilitates the weekly Post Transplant Support Rehabilitation group for pre and post-transplant patients and their families. In her experience, patients need practical and emotional support from others who are going through the same experience as they are. As Melveta explained, "Patients do feel that they are alone no matter how much support they have."

Melveta's research will benefit patients by allowing her and her colleagues to further understand the emotional and psychological processes of transplant patients. She is most grateful to the St Vincent's Clinic Foundation for giving her the opportunity to present.

ST VINCENT'S CLINIC FOUNDATION – 2015 GRANT RECIPIENTS

SVPHS Ladies' Committee Sr Mary Bernice Research Grant $100,000

A/Prof Christopher Hayward – St Vincent's Health Network Sydney

Apixaban in mechanical circulatory support - evaluation of potential

Adult Stem Cell Research Grant $50,000

Dr Kazuo Suzuki – St Vincent's Centre for Applied Medical Research

Evaluation of macrophage differentiated from induced pluripotent stem cells (iPS cells) for HIV-1 infectious study

Tancred Research Grant $50,000

Prof Roland Stocker – Victor Chang Cardiac Research Institute

Non-invasive molecular imaging for the identification of vulnerable atherosclerotic plaque

K&A Collins Cancer Grant $50,000

Prof David Ma – St Vincent's Health Network Sydney

Adoption and sustainability of a telehealth treatment program to improve the health of cancer survivors after Hematopoietic Stem Cell Transplant

Thelma Greig Cancer Grant $50,000

Prof D Neil Watkins – Garvan Institute of Medical Research

A translational discovery pipeline to improve treatment outcomes for patients with advanced lung cancer

Di Boyd Cancer Grant $25,000

Prof Deborah Marriott – St Vincent's Health Network Sydney

Antimicrobial therapy in haematology patients: turning good into best

Froulop Research Grant $30,000

Dr Matthew Perry – Victor Chang Cardiac Research Institute

Assessing gating phenotypes of long QT syndrome type 2 causing mutations

Annual Grant 1 $30,000

Dr Kazuo Suzuki – St Vincent's Centre for Applied Medical Research

Development of a new quantitative HIV-1 RNA assay (spliced-tat) for the detection of active virus production within HIV-1 reservoir cells

Annual Grant 2 $30,000

Dr Joanne Joseph – St Vincent's Centre for Applied Medical Research

Improving the risk assessment and management of bleeding in subjects with acquired thrombocytopenia

Annual Grant 3 $30,000

Dr James Otton – Victor Chang Cardiac Research Institute

Structural simulation of transcatheter aortic valve implantation

Annual Grant 4 $30,000

A/Prof David Brown – St Vincent's Centre for Applied Medical Research

Studies on the dendritic cell contribution to the regulation of anticentral nervous system immunity

Annual Grant 5 — $30,000

A/Prof Mark Danta – St Vincent's Health Network Sydney

Confocal endomicroscopy optimisation research in HIV (CEMOR-HIV) Study - HIV GIT pathogenesis

Annual Grant 6 — $30,000

Dr John Moore – St Vincent's Health Network Sydney

Re-establishing Thymic T Cell self-tolerance following Haematopoietic Stem Cell transplantation in patients with Multiple Sclerosis and Systemic Sclerosis

Annual Grant 7 — $50,000

Prof Reginald V N Lord – St Vincent's Centre for Applied Medical Research

A whole genome sequencing study to discover biomarkers associated with survival for patients with oesophageal adenocarcinoma

Multidisciplinary Patient Focused Research Grant 1 — $25,000

Prof Jo-anne Brien – St Vincent's Health Network Sydney

Medication-related problems at transitions of care: the patient's perspective

Multidisciplinary Patient Focused Research Grant 2 — $25,000

Prof Vicki Flood – St Vincent's Health Network Sydney

Healthy lifestyle trial to reduce progression of mild cognitive impairment: a pilot study of the Mediterranean Diet and physical activity

Multidisciplinary Patient Focused Research Grant 3 — $25,000

Dr Jed Duff – St Vincent's Private Hospital Sydney

Preventing perioperative inadvertent hypothermia in adult surgical patients: The development, implementation and evaluating of an evidence-based care bundle

Multidisciplinary Patient Focused Research Grant 4 — $25,000

Ms Carol Whitfield & Ms Kimberley Bardsley – St Vincent's Health Network Sydney

Frailty-HF

Multidisciplinary Patient Focused Research Grant 5 — $25,000

Ms Natalie Mohr – St Joseph's Hospital

Virtual specialist multidisciplinary Motor Neurone Disease (MND) care: Examination of the perceptions of patients, carers and health care professionals, towards telehealth

Travelling Fellowship — $15,000

Dr Matthew Ho – St Vincent's Health Network Sydney

Fellowship in Global Health and Regional Anaesthesia at Dalhousie University, Nova Scotia, Canada

- 2014 Clinical Excellence Award – JMO/Registrar – Dr James Thompson $1,500
- 2014 Clinical Excellence Award – Allied Health – Ms Yasmine Loupis $1,500
- 2014 Clinical Excellence Award – Clinical Support – Ms Debbie Hamilton $1,500
- 2014 Clinical Excellence Award – Emerging Researcher – Ms Malin Hannu $1,000
- 2014 Clinical Excellence Award – Emerging Researcher – Dr Anna Lydtin $1,000

DONATE ONLINE

Did you know you can now donate to the Foundation online? It's a fast, secure and easy way to donate and we will email you a receipt straight away.

Visit **www.stvincentsclinic.com.au** and look for the button below to help support our important research.

DONATE ONLINE NOW

"The St Vincent's Clinic Travelling Fellowship has allowed me to pursue training in Global Health and Regional Anaesthesia in Canada and Rwanda in order to contribute to the sustainability of quality anaesthesia care and education in resource-poor communities."

Dr Matthew Ho

BEQUESTS

St Vincent's Clinic Foundation has been the recipient of three bequests in the last year:

- Miss Marie Toohey made a bequest to boost the research funding available for the SVPHS Ladies' Committee Sr Mary Bernice Grant or to establish a multidisciplinary Sr Mary Bernice Research Grant.
- The Foundation has also received a bequest from the Estate of the late Lucienne Kavan to be used in neurology, colorectal and orthopaedic research.
- A third bequest was received from the Estate of Peter Morrison.

IMPROVING WELLBEING IN TRANSPLANT PATIENTS: A TELEHEALTH PROGRAM

While bone marrow transplants provide a cure for patients suffering from blood cancers such as leukaemia, survivors often face other physical and psychological health concerns at a higher rate than the general population.

Professor David Ma from St Vincent's Health Network Sydney explains, "In spite of the success of HSCT in saving lives, transplant survivors have higher incidences of lethargy, anxiety, reduced physical fitness, infection, heart disease and diabetes than their peers."

In the hope of addressing these issues, Professor Ma, is trialling a telehealth program to provide supervised exercise and stress management training to patients who are at least six months post hematopoietic stem cell transplant (HSCT).

The trial involves patients receiving a weekly physical exercise program combined with psychological skills training, in their homes via the internet. It has been designed to better meet patient needs without increasing the cost, time and need to travel.

The majority of HSCT patients are deconditioned after their transplant and an exercise program may help to recover their strength and physical ability, but such a training program needs to be individualised to suit each patient. As HSCT is an intense experience for patients, the potential for psychological distress is also high and engaging in a psychosocial program may be beneficial to their wellbeing, however, not all patients live close to facilities that provide these health services.

"In Australia HSCT transplants are performed in a few highly specialised centres in capital cities with nearly half of patients living more than 50 kilometres away. Thus, there is a need to develop and test if internet based supervised exercise and stress management training would be of benefit to transplant survivors." Professor Ma explained.

The outcomes of the program will be measured against standard care for transplant recipients. If the trial is successful, it is possible that the program may be adapted for use by other cancer survivors, people with chronic disease and solid transplant survivors.

Professor David Ma is trialling a telehealth program to assist in the wellbeing and recovery of bone marrow transplant patients.

The project *Adaption and Sustainability of a Telehealth Treatment Program to Improve the Health of Cancer Survivors after Haematopoietic Stem Cell Transplant* was the recipient of the 2015 KA Collins Cancer Grant from St Vincent's Clinic Foundation. Professor Ma and his colleagues are grateful for the grant that has allowed them to trial this important telehealth service that will hopefully improve the health and wellbeing of HSCT survivors and other patients with chronic disease.

APIXABAN IN MECHANICAL CIRCULATORY SUPPORT: EVALUATION OF POTENTIAL

Mechanical heart pumps successfully support patients' blood pressure and circulation while waiting for a viable heart transplant. Patients using heart pumps take combination blood-thinning agents to prevent clots from forming in the pump and in some instances, this results in complications related to bleeding.
The research being led by Professor Chris Hayward from St Vincent's Health Network, will test Apixaban, a new form of anti-coagulation drug that is used in atrial fibrillation. Apixaban will be tested for compatibility with a number of different mechanical heart pumps.

The research project takes blood that has been donated or used in blood tests and runs it through mock loops comprised of standardised plastic tubing that is controlled for temperature and flow through while applying blood thinners to test it for clotting. The findings of the tests will indicate if Apixaban prevents clotting better than current treatments like Warfarin.

The innovative research has not been undertaken elsewhere and Professor Hayward believes that if the trials are successful, the next step would be for St Vincent's to take a leading role in global clinical trials in LVAD patients. If such trials are successful, this would open the way for Apixaban to be further studied in fields where it is yet to be used, such as with mechanical heart valves.

The project received the SVPHS Ladies Committee Sr Mary Bernice Research Grant for 2015 and the grant has allowed the researchers to set up the lab and continue with the project.

Professor Chris Hayward from St Vincent's Health Network is testing a new anticoagulation drug for use with heart pumps

St Vincent's Clinic Foundation

MEDICATIONS: THE PATIENT'S PERSPECTIVE

PROFESSOR JO-ANNE BRIEN

Professor Jo-anne Brien and her team are looking at the use of medications from the patient's perspective

Safe use of medications is an important concern for everyone – patients, carers, and the health practitioners who 'manage' patients transitioning between hospital and the home environment. While there is much research published and many interventions in place to attempt to ensure patient safety in regard to medication-related morbidity and mortality, these are largely drawn from the perspective of practitioners. Surprisingly, there is little published work that reports the experiences of the patients and carers. In an effort to explore another perspective and improve practice, Professor Jo-anne Brien is leading a study to explore patient and carer experiences around medication-related problems encountered following discharge from hospital. Preliminary research suggests that there are important differences between what patients and practitioners understand in relation to medication-related problems, as Professor Brien explained:

"Assumptions are often made about the circumstances of patients once they leave the care of the hospital. In reality, patients and carers may be in difficult situations that can potentially be dangerous. There can be a disconnect between care provided in hospital and that provided at home. It is of particular interest that what the patients and carers identify as problems may not be the same issues that practitioners have recognised or focussed on as actual or potential problems associated with medications. There is sometimes a different list of concerns altogether.

"Practitioners may focus on a medication list, whereas patients and their families have a different list of things happening in their lives."

Following on from previous research, the project goes straight to the patients and their carers, asking open questions about their experiences with medication. Professor Brien said that the questions were asked in a way that encouraged practitioners to listen to the patient, rather than starting with the assumptions that they may bring to a consultation.

The questions aimed to trigger conversations about the experiences of medication use. Often the practical details of access to medications, sources of information about side effects or concerns about taking the medication were the topics raised by the patients and carers. Sometimes difficulty in following up supply of medications, or receiving conflicting advice about taking medicines caused concern, particularly after a hospital admission. The transition from hospital to home often highlights the 'disconnect', to the patients and carers, who see many different health practitioners.

"There is extensive literature describing categories of medication-related problems, but these were all developed from health practitioner points of view, rather than from the patient and carer perspectives. Problems that practitioners envisage are not always the right ones from a patient perspective."

The researchers hope to gain important insights into the patient experience of medication use through the project.

"We hope to have a clear focus on patient care and to be able to improve practices from a patient/carer perspective." Professor Brien said.

The project *Medication Related Problems at Transitions of Care: The Patient Perspective* received a multidisciplinary grant from St Vincent's Clinic Foundation. The grant will allow the team to do further research into this important area of health care and they are most grateful to St Vincent's Clinic Foundation for the opportunity.

ST VINCENT'S HEALTH AUSTRALIA
UNDER THE STEWARDSHIP OF MARY AIKENHEAD MINISTRIES

THE 2014 SANDRA DAVID ORATION

Health, Hope and Prosperity: The Power of Investing in Health and Medical Research

Professor Christine Bennett AO, Dean of the School of Medicine, Sydney, University of Notre Dame Australia, presented the Annual Sandra David Oration at St Vincent's Clinic on 17 September 2014. Professor Bennett's presentation *Health, Hope and Prosperity: The Power of Investing in Health and Medical Research* started by looking back one hundred years to a time when doctors worked solo with very few resources. Fast forward to the present where, as a result of medical research and development, we have treatments for tens of thousands of diagnoses and conditions, six thousand medications and four thousand medical and surgical treatments to assist patients.

Professor Bennett recalled the significant role Australia has played in medical advances over this time, developing medical breakthroughs that include the pacemaker, penicillin, diagnostic ultrasound, cochlear implants, heart transplantations, spray on skin and bowel cancer screening. Australia has also been a leader in HIV AIDS management, managing peptic ulcers and developing key knowledge about asthma. She drew on these developments as evidence of Australia's capability and potential if research is fostered, urging Australians to continue to imagine the possibilities, stating:

"Medical research is about diagnosis, prevention and treatment of disease. It's about promoting healthy behaviours and managing health risks. It's about invention and innovation."

Professor Bennett emphasised the need for medical research to be embedded into clinical and health care systems, stating that there is significant evidence that hospitals and health care facilities that take part in research deliver higher quality care and have better patient outcomes.

"We need a smart health system with the skills and experience embedded and to introduce and implement new treatments, interventions and practices."

Professor Bennett believes that data analytics play a large role in research potential and without them we don't know what we don't know. They can assist Australia to lift its performance in industry commercialisation to translate scientific discovery and invention into developing devices, treatments and diagnostics.

"With the right incentives and environment for research and development and local manufacturing, Australian companies can create and exploit our outstanding engineering and life science base."

"We want to be, and be seen to be, a smart nation at the leading edge of science and health and medical research, as an exporter of higher education and research expertise."

Professor Bennett called on health professionals to urge governments to ensure a strong science and technology base is fostered in higher education and research and to realise the need to embed research into health services:

"As educators of doctors and health professionals of the future we need to develop in our students a passion for lifelong learning, the skills for critical appraisal and research, and a culture that seeks to constantly improve care and outcomes. And as informed members of the community we need to tell the story of why research is such a powerful investment in our nation's future."

Professor Christine Bennett AO (right) with A/Prof Janet Rimmer, Chair, St Vincent's Clinic at the 2014 Sandra David Oration at St Vincent's Clinic

For further information about Sandra David Oration visit:
www.stvincents.com.au/whats-happening/events