



25 YEARS OF

St Vincent's Clinic Foundation

FUNDING EXCELLENCE IN CLINICAL RESEARCH 1992-2017



2017 St Vincent's Clinic Foundation grant recipients

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Welcome

Thank you for joining us in celebrating 25 years of St Vincent's Clinic Foundation. International evidence shows that hospitals and healthcare facilities that undertake research deliver higher quality care, have better patient outcomes and are more efficient. In 1992, the St Vincent's Clinic Foundation was formally established to strengthen the research and educational aims of St Vincent's Clinic with the belief that the best clinical care is evidence based care underpinned by research.

In her inaugural St Vincent's Clinic Foundation report, its first president, Sr Bernice said: "The value of the latest developments on treatment and procedures can only be tested by clinical practitioners and based on their detailed outcome studies of actual patient care."

Since then, the Foundation has sought to nurture research and has introduced grants and funding streams to encourage research across the St Vincent's Campus. Specific grants such as: adult stem cell research grants, multidisciplinary research grants designed specifically to facilitate nursing and allied health research, and travelling scholarships to encourage international research and collaboration. We are proud to have supported research related opportunities, such as; the Shine Fellowship, the research assistant for the inaugural Allied Health Professional unit and the research assistant for the professor of Aboriginal Health Nursing. We want to encourage the staff on Campus to have enquiring minds and to always be looking at ways that care can be delivered more effectively to benefit our patients.

St Vincent's Campus continues to be at the forefront of medical research and innovation in areas such as cardiac and HIV research, and the future presents many new opportunities in both more traditional and new areas such as precision medicine and genomics and there are many other health problems that are yet to be investigated. We hope that the continued funding provided by the Foundation can assist our clinicians



Mr Albert Edward Harris AC, President



Associate Professor Janet Rimmer, Chair - St Vincent's Clinic Board



Ms Michelle Wilson, Executive Director - St Vincent's Clinic

and researchers to make strides toward understanding and treating these conditions.

There is a need for St Vincent's Clinic Foundation to grow to fund further research. Research is one of the great challenges to the community and it deserves support from the public, the government and practitioners.

We would like to acknowledge and thank our supporters, including our donors, researchers, doctors, St Vincent's Clinic, St Vincent's Private Hospital Sydney, The Scientific Committee – none of our achievements would be possible without the generosity of each of these groups.

The Foundation has a bright future and we hope that you will continue to support us and join us on this journey.

Scientific Committee

Each year the St Vincent's Clinic Foundation's Scientific Committee receives a large number of high quality research grant proposals from talented clinicians and researchers across the St Vincent's Darlinghurst and St Joseph's campus and each year we allocate grants to projects that will enhance the clinical care of our patients.

For the past 25 years the St Vincent's Clinic Foundation grants have allowed clinicians to research important clinical questions that assist their practice; they have enabled researchers to build important data sets to secure additional funding and further work; they have inspired the careers of emerging medical researchers, improved medical knowledge and thus the lives of patients in our care as well as the wider community.

Rather than being an extra activity in a health service, research is fundamental to high quality, responsive and effective clinical care. Our clinicians and researchers are motivated by a thirst for knowledge and a desire to improve the care that we offer to our patients.

As we celebrate our 25th anniversary it is important to recognise the contribution that medical research and the researchers have made to this Campus. Their dedication and commitment is a constant source of inspiration and motivation. Our supporters can be assured that the funds that have been raised have been wisely invested and sensibly distributed to important research projects that are making a real difference in clinical care.



Dr Sam Milliken (left) and Dr Kazou Suzuk

Or Sam Milliken Chair, Scientific Committee St Vincent's Clinic Foundation

Streamlining Diagnostic Methods for Prostate Cancer Patients

Professor Phillip Stricker has received five grants from the St Vincent's Clinic Foundation and has been involved in research on another four grants. In 2013 he received the K & A Collins Cancer Research Grant for the project "Reducing unnecessary biopsies and missing less prostate cancers on biopsy through the use of MRI, PCA-3 and PHI in men with an elevated PSA." According to Professor Stricker: "The project told us whether a repeat blood test, urine, special genetic tests or imaging with MRI would be best for follow ups for patients and we found very clearly that imaging with MRI was the answer, which helped us to not waste money doing unnecessary tests and give people a very strong recommendation based on an imaging test rather than subjecting them to unnecessary biopsies."

The value of research to clinicians is acknowledged by Professor Stricker: "I think that research and clinical work go hand in hand. You invariably have questions that come up during clinical work and if you don't have the funds to investigate those questions you may never get answers."

"It is much better if a clinician does research because they are at the coalface. They see the problems and they get the real questions that might change patients' lives, rather than the person in a laboratory who doesn't really see the clinical problems."

He believes that research and technology have put St Vincent's at the forefront for treatment: "Many patients with prostate cancer seek many opinions and when you offer them new technology, such as a gamma camera with a Geiger monitor to find where the cancer has spread to in real time during surgery, people will prefer that to a hit and miss procedure. People choose St Vincent's because the latest technology is available for diagnosis and treatment."

One of the aims of the St Vincent's Clinic Foundation grants is to enable further funding for research from other sources and Professor Stricker's study achieved this: "With our imaging studies – the original seed funding from St Vincent's Clinic Foundation over many years meant that we had a body of projects and publications that gave us a great



Professor Phillip Stricker

profile and ultimately led to the Federal Government giving our group five and a half million dollars over four years for a prostate cancer research centre. Without the funding from the St Vincent's Clinic Foundation we wouldn't have had the publication record that would have justified receiving Federal funding."

"I think it's mandatory that research comes from clinicians and that the clinicians are sitting in the Clinic and the Clinic Foundation funds that type of research that is often not funded by other institutions."

Improving the Lives of Diabetes Patients

Professor Jerry Greenfield, Head of the Department of Diabetes and Endocrinology at St Vincent's Hospital, has received several St Vincent's Clinic Foundation grants to investigate various aspects of diabetes, obesity and metabolism. With an increasing number of Australians affected by diabetes and obesity, the research projects will assist to increase knowledge of the diseases and ultimately benefit patients.

Professor Greenfield received the 2016 Tancred Research Grant for the project "Insulin resistance and fracture risk in the Dubbo Osteoporosis Epidemiology Study" which sought to determine whether the risk of fracture in a large cohort of obese patients, that had been recruited and followed up over many years, is related to insulin resistance.

"What the Tancred Grant has allowed our team to do is measure glucose and insulin and markers of bone turnover in a cohort of approximately 800 people and to relate that data to the incidence of fractures in those individuals. The project has led to a PhD project that will commence this year." Professor Greenfield said. The project has

attracted a NHMRC grant to support an Endocrinologist to undertake a project that will allow the question to be explored further and ultimately benefit outcomes for patients.

In another project that received a St Vincent's Clinic Foundation Multidisciplinary grant for 2017, Professor Greenfield is working with dietician Leanne Gregory and diabetes educator Joanne Taylor, the manager of the Diabetes Service, on a pilot study into the benefits of the DAFNE (Dose Adjustment For Normal Eating) program, a one week course for people with type 1 diabetes that aims to empower individuals to manage their diabetes in a more informative, effective and self-directed way.

"Managing type 1 diabetes is a real challenge. When making decisions regarding insulin doses, patients with type 1 diabetes need to incorporate what they eat, what their blood sugar is before their meal and whether they have exercised in the 24 hours before that meal. The DAFNE program allows them to more effectively integrate all of that information to determine



Professor Jerry Greenfield

insulin dosage, thereby improving their blood sugars and quality of life by giving them more control. It is the gold standard management option for patients with type 1 diabetes and it will have a palpable impact for patients with type 1 diabetes on a day-to-day basis." Professor Greenfield said.

Professor Greenfield acknowledges that the St Vincent's Clinic Foundation grants are a great way to turn ideas into research: "We value the St Vincent's Clinic Foundation grants and see them as being an excellent springboard for obtaining other grants for larger projects that require provisional data to demonstrate that the team is capable of performing the project for which funding is sought."

HISTORICAL TIMELINE OF THE FOUNDATION

1990 - 19 AUGUST

Official opening and blessing of St Vincent's Clinic

1991

Constitution of St Vincent's Clinic Foundation was adopted by the Board of Directors of St Vincent's Clinic

1992

18 applications received for the inaugural St Vincent's Clinic Foundation Research Grants for 1993

1992 - 28 JANUARY

First meeting of Board of Trustees. Sir Roden Cutler is Patron and Sr Bernice is President.

1993 - 2 APRIL

Official Launch of St Vincent's Clinic Foundation held at St Vincent's Clinic

1993 - DECEMBER

Dr John Roarty launches 1st issue of 'Proceedings' as editor

1994

EDAP Pyrotech Machine installed, the second such machine to be installed worldwide

1994 - 4 NOVEMBER

Inaugural Sandra David Oration

1995

St Vincent's Clinic Foundation had funded approximately \$1 million in research

1998

Sr Bernice retires as President of the Foundation and Dr John Roarty becomes the 2nd President

1998

Dr John O'Neill assumes the role of editor of 'Proceedings'

St Vincent's Clinic Foundation – 2017 Grant Recipients

SVPHS Ladies' Committee Sr Mary Bernice Research Grant

\$100,000

Dr Peter Manders – Garvan Institute of Medical Research "Dendritic Cell (DC) Nanovesicles: Novel highly active cancer immunotherapy"

Adult Stem Cell Research Grant

\$100,000

Prof David Ma – St Vincent's Centre for Applied Medical Research "Clinical significance of age-associated gene mutations in stem cells"

Tancred Research Grant

\$50,000

A/Prof Andrew Jabbour – St Vincent's Hospital Sydney

"Randomised controlled study comparing long term clinical outcomes of patients with acute cardiac rejection diagnosed and treated based on cardiac MRI and Endomyocardial biopsy compared to Endomyocardial biopsy alone"

K&A Collins Cancer Grant

\$50,000

Prof Reginald VN Lord – St Vincent's Centre for Applied Medical Research "Improving the classification and management of patients with Barrett's Oesophagus"

Thelma Greig Cancer Grant

\$50,000

A/Prof Elgene Lim – Garvan Institute of Medical Research "Metabolic effects of exercise on breast cancer"

Froulop Research Grant

\$30,000

Dr Adam Hill – Victor Chang Cardiac Research Institute

"Modelling variable presentation of primary arrhythmia syndromes using induced pluripotent stem cell derived cardiomyocytes"

Annual Grant 1 \$30,000

Dr Tanya Applegate – St Vincent's Hospital Sydney

"Simplified HCV detection through self-collected capillary finger-prick samples"

Annual Grant 2 \$30,000

Dr Peter Macdonald – Victor Chang Cardiac Research Institute

"Pharmacological conditioning of the donor heart to normalise mitochondrial oxidative metabolism and function: An approach to minimise ischaemia reperfusion injury and maximise heart recovery"

Annual Grant 3 \$30,000

Prof Anthony Kelleher – St Vincent's Centre for Applied Medical Research "Contribution of T follicular helper (Tfh) cells to recrudescence from the latent HIV-1 reservoir"

Annual Grant 4 \$30,000

Prof Samuel Breit – St Vincent's Centre for Applied Medical Research "The TGF-B superfamily cytokine Macrophage Inhibitory Cytokine-1 (MIC-1/GDF15) protects

Annual Grant 5 \$30,000

Prof Richard Day – St Vincent's Hospital Sydney

from development of prostate cancer"

"The safety and pharmacokinetics of metformin in heart failure"

Annual Grant 6 \$30,000

Dr Tim Molloy – St Vincent's Centre for Applied Medical Research "Preclinical in vivo testing of novel targeted therapies for the treatment of acute leukaemia"

Annual Grant 7 \$30,000

Prof Bruce J Brew, AM – St Vincent's Centre for Applied Medical Research "The kynurenine pathway as therapeutic target for multiple sclerosis"

Annual Grant 8 \$30,000

Dr Carus Lau – Victor Chang Cardiac Research Institute "Understanding drug-induced arrhythmias and structure of the Kv11.1 (bERG) channel"

Annual Grant 9 \$30,000

Dr Joanne Joseph – St Vincent's Centre for Applied Medical Research "Investigating the effects of platelet extracellular vesicles and antiplatelet therapy on colorectal cancer"

Kavan Orthopaedic Bequest

\$50,000

Dr Andrew Higgs – St Vincent's Hospital Sydney

"Development of Post-Operative Rehabilitation Protocols: Outcomes, Gait Analysis and Compliance"

Multidisciplinary Patient Focused Research Grant 1

\$31,000

Ms Tania Gardner – St Vincent's Hospital Sydney

"Can pain be managed from a distance? A randomised controlled trial of an innovative online multidisciplinary pain management program (Reboot Online) compared to usual care"

Multidisciplinary Patient Focused Research Grant 2 \$25,000

Ms Carissa Moroney – St Vincent's Hospital Sydney

"The impact of the Mediterranean Diet in cardiac rehabilitation patients, a randomised controlled trial"

Multidisciplinary Patient Focused Research Grant 3 \$25,000

Mrs Leanna Woods – St Vincent's Private Hospital Sydney

"The collaborative development of a smartphone application to promote self-management in out-patients with heart failure"

Multidisciplinary Patient Focused Research Grant 4 \$22,250

Ms Leanne Gregory - St Vincent's Hospital Sydney

"Pilot study: Comparison of DAFNE program vs multidisciplinary type 1 diabetes clinic (standard care) for patients with type 1 diabetes"

Travelling Fellowship 1

\$10,000

Dr David Darley – St Vincent's Hospital Sydney

"Research Fellow at the Toronto Lung Transplant Program, University of Toronto, Ontario, Canada"

Travelling Fellowship 2 \$10,000

A/Prof Cameron Holloway – St Vincent's Hospital Sydney

"St Vincent's Cardiology Team to go to Solomon Islands"

• Dr James Nadel – 2016 Clinical Excellence Award – JMO/Registrar	\$1,500
• Ms Krista Siefried – 2016 Clinical Excellence Award – Nursing	\$1,500

• Mr John Boland – 2016 Clinical Excellence Award – Scientist \$1,500

• Dr Jane Wu – 2016 Clinical Excellence Award – Emerging Researcher \$1,000

• Ms Elizabeth Pluis – 2016 Non Medical Staff / Teaching

HISTORICAL TIMELINE OF THE FOUNDATION

2000

Mr Ted Harris is appointed 3rd President

2000 - 17 AUGUST

Inaugural combined St Vincent's Clinic Foundation AGM and Foundation Day

2004

\$1 million for Adult Stem Cell Research received from a generous donor

2007

Introduction of the Multidisciplinary Patient Focused Research Grants

2008

Nursing and allied health research presentation support commences

2009

Inaugural St Vincent's Campus (Clinic Foundation) Excellence Awards for Clinical Research

2012

Foundation becomes PAF and registered with ACNC

2013

Support for establishment of Allied Health Professional Unit at St Vincent's Hospital

2014

St Vincent's Clinic Foundation assets estimated at over \$14 million and has provided over \$12 million to support over 300 Research Grants

2016

\$1 million allocated for Research Grants for 2016

2017

St Vincent's Clinic Foundation celebrates 25 years

Nursing Practices Improve Outcomes for Stroke Patients

Professor Sandy Middleton's landmark study, "Improving management of fever, hyperglycaemia and swallowing dysfunction in patients with acute stroke at St Vincent's Hospital" has had a large impact in changing nursing practice in stroke care around Australia and the world.

Co-funded by the National Health and Medical Research Council and a St Vincent's Clinic Foundation Multidisciplinary Patient Focused Grant, the project investigated the impact of nurse-initiated acute stroke care. Nurses were required to monitor patients' temperature and treat fever quickly, test their blood glucose levels and treat with insulin where appropriate, and make sure patients were safe to swallow before they were given food and drink. Patients who were cared for in this way whilst in a stroke unit were 16% more likely to survive and remain independent, an effect that further research showed to be sustained over four years.

Professor Middleton explains: "We had outstanding results that showed that nursing care can really impact on the hard endpoints of death and dependency, outcomes not often measured in nursing research...we more frequently measure, reduced complications or adherence to evidence based care practices or patient satisfaction...so to actually have an impact on death and dependency arising from good nursing care was amazing and led to the study being fast tracked for publication in The Lancet.'

The funding from the St Vincent's Clinic Foundation grant was crucial for the study to be completed. "I don't know if I could have finished the trial without it." Professor Middleton said.

The recommendations of the project have since been rolled out in hospitals across NSW and will soon be implemented in up to 300 hospitals in Europe. Additionally, fever, sugar, swallow management recommendations have been included in the 2017 national acute stroke guidelines, something Professor Middleton refers to as "the gold standard"



Professor Sandy Middleton

for demonstrating policy and practice change arising from research.

Thanks to the grant, Professor Middleton was also able to employ a research assistant to look at processes of stroke care at St Vincent's Hospital. The researcher has since gone on to build a career as an epidemiologist. "These grants have been amazing for identifying people who are interested in going on to do more formal study" Professor Middleton said "having the funding to foster that culture of research makes all the difference."

Researching Heart Disease through Zebrafish Models

Professor Diane Fatkin, Head of the Inherited Diseases Laboratory at the Victor Chang Cardiac Research Institute. has received several St Vincent's Clinic Foundation grants that have allowed her and her team to establish the facilities to undertake studies of heart disease using zebrafish models.

Zebrafish models are ideal for research into human heart disease particularly since young zebrafish are almost completely transparent, a feature that allows researchers to directly visualise heart function. As zebrafish age, their bodies become progressively opaque and a major roadblock in the field has been an inability to look at heart function in adult fish. In the past year, the VCCRI undertake echocardiography in zebrafish using high frequency ultrasound. This has been a huge breakthrough that zebrafish to study adult-onset heart methods to do ECG and stress testing in fish. These game-changing technologies are being used to look at heart structure and function in genetically modified

zebrafish and are providing new insights into the effects of genes that are suspected to be contributing to human heart muscle and rhythm disorders. "Our group have a particular interest in genetic causes of adult cardiomyopathy," Professor Fatkin said

Professor Fatkin is hoping that the studies will help researchers to understand the genetic causes of heart failure by modelling genetic variants in zebrafish to discover which variants can cause disease and which variants can't. The zebrafish models will also be used to see whether environmental and lifestyle factors affect heart function in the setting of gene mutations, and to look at new therapies.

These studies will provide important preliminary data for looking at markers of early disease and for clinical intervention trials in families with inherited heart muscle and rhythm disorders.

Professor Fatkin acknowledges that without the help of the St Vincent's Clinic Foundation grants that have been awarded to her and the team:



"The St Vincent's Clinic Foundation really helped us to build up the whole cardiac zebrafish effort from nothing, so we are terribly grateful for the support. I would really like to emphasise how grateful I am as a researcher and how Clinic Foundation makes to raise money and host the grant scheme. It's just to encourage people on campus to do research. If the money's not there and research doesn't get done, it's going to be to the detriment of the patient."

Sandra David Oration Summaries

28 Sep 2016	Healthy and Happy – a New Era for Australia's Mental Health Care	The Hon Sussan Ley MP Minister for Health, Aged Care and Sport
30 Sep 2015	Hopes and Dreams for an Ideal Australia	Geraldine Doogue AO Presenter – Saturday Extra for ABC Radio National Presenter – Compass for ABC TV
17 Sep 2014	Health, Hope & Prosperity — The Power of Investing in Health and Medical Research	Professor Christine Bennett AO MBBS FRACP Master Paed Dean, School of Medicine, Sydney The University of Notre Dame Australia
9 Oct 2013	Healthcare Rationing in Australia: Should the Young be Favoured over the Elderly?	Most Reverend Anthony Fisher OP Bishop of Parramatta
25 Oct 2012	More Funding for Australian School Education – A Luxury or a Necessity?	Mr David Gonski AC Chairman of Investec Bank (Australia) Limited
28 Sep 2011	Today's Medical Research – "Big" Science and Health Care Impacts	Professor John Shine AO FAA Executive Director, Garvan Institute of Medical Research
23 Sep 2010	Quality in Health: Belief, Care or Passion?	Professor Clifford Hughes AO CEO, Clinical Excellence Commission
17 Sep 2009	In Life and Death: How do we honour the Patient's Autonomy and the Doctor's Conscience	Fr Frank Brennan AO Professor of Law – Institute of Legal Studies Australian Catholic University and Human Rights Advocate
07 Oct 2008	Australia in the South Pacific: Responsibility Starts Close to Home	Dr Malcolm Cook Program Director East Asia Lowy Institute for International Policy
06 Oct 2004	Adult Stem Cell Research on St Vincent's Campus Stem cells: some ethical issues	Dr Bernadette Tobin Director of the Plunkett Centre for Ethics
	A stem cell based approach to coronary artery disease	St Vincent's Hospital Dr Jason Kovacic Cardiac Stem Cell Trial
	Hearing repair with adult olfactory stem cells	St Vincent's Hospital & Victor Chang Cardiac Research Institute Dr Sharon Oleskevich Senior Research Fellow and Head of the Hearing Research Program
	Adult stem cell-based therapies for neurodegenerative disorders	Garvan Institute of Medical Research Professor Bruce Brew Head of Neurology and Neurosciences St Vincent's Hospital
01 Oct 2003	The Nexus Between Research, Teaching & Public Benefit – The Special Case of the Health Sciences	Professor Wyatt Rory Hume Vice-Chancellor and President The University of New South Wales
16 Oct 2002	New Views on Blood Pressure and Its Effects on the Heart: A Tribute to Ray Kelly	Professor David Kass Professor of Medicine, Head of Biomedical Engineering Johns Hopkins Medical Institution
23 Oct 2001	The Best Years of Your Life? Reflections on Depression in Young People	Her Excellency Prof Marie Bashir AC Governor of New South Wales
18 Oct 2000	The Genetic Solution to Human Disease	Professor Eugene Bleeker Professor of Medicine Professor Deborah Meyers Director of Division of Genetics Wake Forest University School of Medicine, North Carolina USA
22 Oct 1999	Personal experiences in medical research and philosophy on how medical research should be conducted – Asthma as a disease particularly in children and AIDS	Prof Charles Mackay Director of Arthritis and Inflammation Research Program Garvan Institute of Medical Research
18 Sep 1998	Ethics & Advances in Genetic Medicine	The Rev Dr Gerald Gleeson Catholic Institute of Sydney and Plunkett Centre of Ethics in Health Care
19 Sep 1997	Crisis in Health Care	Emeritus Professor G Douglas Tracy AO Professor of Surgery St Vincent's Hospital
13 Sep 1996	Reflections on the Interface between Medicine & Law	Sir Anthony Mason Chancellor University of New South Wales
01 Sep 1995	The Biotechnology Revolution & World Health	Professor Sir Gustav Nossal AC CBE Walter & Eliza Hall Institute of Medical Research
04 Nov 1994	How do we find a cure for Diabetes?	Professor Kevin J Lafferty Director John Curtin School of Medical Research



25 YEARS IN REVIEW St Vincent's Clinic Foundation

\$14,369,466

GRAND TOTAL OF GRANTS AWARDED

1993

1993-2017

2017

10

GRANTS AWARDED

TOTAL VALUE \$287,000.00

357

GRANTS AWARDED

24

GRANTS AWARDED

TOTAL VALUE \$919,916.00



MAJOR RECIPIENTS – ADMINISTERED BODY

1994-2017

St Vincent's Hospital, Sydney/ St Vincent's Health Network Sydney 208 grants

Garvan Institute of Medical Research
40 grants

Victor Chang Cardiac Research Institute 37 grants

St Vincent's Private Hospital
10 grants

St Vincent's Clinic 16 grants

St Joseph's Hospital 3 grants





2017

382

FRIENDS OF ST VINCENT'S CLINIC FOUNDATION



MAJOR AREAS OF RESEARCH

2001-2017

TOP 10 AREAS THAT RECEIVED THE MOST GRANTS/MONEY

Cardiology

Haematology/Stem Cell

Gastroenterology

Oncology

Neurology

Immunology/Virology

Endocrinology

Otolaryngology

Urology

Rheumatology

