



THE COMMON GOOD NEWSLETTER JULY 2021

# THE GOOD NEWS



## YOU'RE FUNDING THE FUTURE OF RESEARCH

The careers of 13 researchers were recently launched thanks to your generous donations. The 2021 New Investigator Grant recipients received up to \$10,000 each to support their research. The grants form an important part of our research funding as they act as a launching pad for many new researchers.

To date, The Common Good has awarded over 230 New Investigator Grants with the majority of recipients still involved in research.

Research Development Manager, Dr Stephanie Yerkovich, who administers the grants, was very impressed by this year's applications.

"The standard of the applications was outstanding, and the pool was very competitive. What was also noteworthy was the breadth of professionals applying this year, including scientists, engineers, doctors, nurses and allied health professionals," said Yerkovich.

The grants are funding a diverse range of projects including CT lung scans for osteoporosis, fluid retention in heart failure patients, the effect of an epilepsy drug on heart arrhythmias, inflammation and lung cancer and a quit smoking chatbot, to name just a few.

Yerkovich said she was grateful to the donors who are funding new and innovative research.

"When you see what these first-time grant recipients are researching you cannot fail to be



Grant recipients Mr Edward Stephens (L) and Miss Melanie Spratt (R) with Research Development Manager, Dr Stephanie Yerkovich (M)

impressed by their sense of inquiry and motivation to improve the health of others," said Yerkovich.

**"The grant recipients join other world-leading researchers being supported by The Common Good. 120 researchers are actively working towards ground-breaking discoveries."**

New Investigator Grant recipient Melanie Spratt is investigating how medications could treat heart arrhythmias (irregular heartbeats).

"I am investigating the use of phenytoin, a medication more commonly used as an anticonvulsant. The research uses heart tissue obtained during surgery

at The Prince Charles Hospital (TPCH) to examine the effects of the drug," she explains.

"Receiving a New Investigator Grant will help me progress further with this medicine by developing new protocols in the lab. I am working on this drug to stabilise calcium movement in failing cells back to what is normal and organised. Once established in the lab, these methods will lead to a deeper understanding of heart failure and drug targets. Thank you to all the donors who, through their generosity, have progressed so much life-saving research here at TPCH."





Over the next few months, the fruit of our labours over recent years will be realised. Through your regular and generous donations, we are on the verge of several breakthroughs.

Shortly we will be announcing the achievements of five years of research to improve heart transplantation in Australia, which we believe could enable 20% more hearts to become available. Transplant waiting lists could become shorter.

We will also soon share the results of the dementia research project known as 'Sterling's Dream', a project dedicated to the young boy whose dream was to find a cure for Alzheimer's. Now six years on this study will be releasing some very positive results in detecting the disease early. As so many people are worried about getting dementia, this announcement is eagerly awaited.

Hopefully we will also be well down the track of creating a revolutionary new design for Intensive Care. This ICU of the Future has been the basis of our recent campaign with the objective of building a prototype – one which will improve the ICU experience for the patient and their family. Resting well has until now been almost impossible in ICUs but we are confident with a new room design and technologies we will have an ICU where patients not only survive, but thrive.

In this newsletter you will also find out about the innovation to help detect lung cancer early, the expansion of the COVID Critical program that is supporting over 380 hospitals globally. We also welcome our newest research recruits to launch their journey of discovery.

For each of these projects the success will be attributed to one thing. You! We have so many brilliant researchers and innovators in Australia but what has been lacking is sustainable funding. Surviving on annual grants, scientists, researchers and hospital staff have been unable to complete their work. When the funding stops so does the research.

However, The Common Good made the decision 6 years ago that we would back these brilliant people – and provide what they needed to make things better, faster.

Every hour donated has made these projects come to life – and more importantly will soon come to the lives of some of the most vulnerable people. We always knew breakthroughs were just a matter of time – the time you have given is proof.

Thank you,

**Michael Hornby**  
Chief Executive Officer



Professor Kwun Fong, Thoracic Physician

Virtual clinic for

## EARLY LUNG CANCER DETECTION

The Common Good and Metro North have recently joint funded a virtual model for the evaluation and surveillance of patients with lung nodules. Under the current model, patients are initially seen in the conventional face-to-face clinic method, referred for tests, reviewed and potentially referred again for further tests.

Project lead Professor Kwun Fong said this method can create too much demand on existing lung cancer clinics and the treating multidisciplinary team, resulting in potential delays in care and cancer diagnosis.

"Under the new virtual clinic model, patients referred with lung nodules will be offered a convenient virtual consultation making use of Metro North's new state-of-the-art telehealth services and the skills of our multidisciplinary team who are dedicated to patient-centred care," Prof Fong said.

Referrals will be triaged by the specialist and nodule nurse coordinator who liaises with the person, GP, referring clinician and providers. All relevant imaging, pathology, and patient clinical information will be available to enhance efficiency and reduce delays.

"This new approach provides a more efficient, timely and coordinated model of care, that minimises inconvenience for the patient, is better for the treating clinicians and enables benefits of resource savings for the health service to support other important patient care needs," Prof Fong said.

The Common Good CEO, Michael Hornby, said funding improvements in patient care are important.

**"To be able to adapt clinical services so those at greatest risk of lung cancer are screened is critical. I'm sure our donors would be proud to enable this life-saving initiative to be trialled."**

# COVID CRITICAL: ONE YEAR ON

The COVID-19 Critical Care Consortium (COVID Critical) was rapidly established by a group of Brisbane clinicians and researchers in January 2020, even before the atypical viral infection described in Wuhan was named. COVID Critical set out with a clear aim – to equip all intensive care clinicians, regardless of nationality or affiliation, with the best and most up-to-date information to help them save lives and improve outcomes for COVID-19 patients.



Queensland joins the dots together – the creation of a global family of ICUs

One year on, the Consortium has surpassed goals that at inception were exceedingly ambitious. COVID Critical has become a truly global network of healthcare professionals and researchers from more than 380 centres within 54 countries, spanning 6 continents. With thanks to the international group of collaborators, this Queensland-led team has created the largest, most in-depth patient data repositories of intensive care unit (ICU) COVID-19 patients in the world with over 7,000 enrolled patients to-date. Forthcoming grant funding will be used to support in-country data collection teams, which we are convinced will accelerate growth of our database to more than 20,000 patients within the next year.

Collectively, new knowledge generated from this group forms a solid foundation to enable evidence-based practice in helping the Queensland and Global ICU community. With more than 173 million cases of COVID-19 cases globally, we are contributing to scientific discovery through the development and publication of key manuscripts (over 30 in process) that will better prepare and equip clinicians to treat COVID-19 patients and improve outcomes now and in the future. Our work also has the potential to inform the way in which future pandemics are understood and managed.

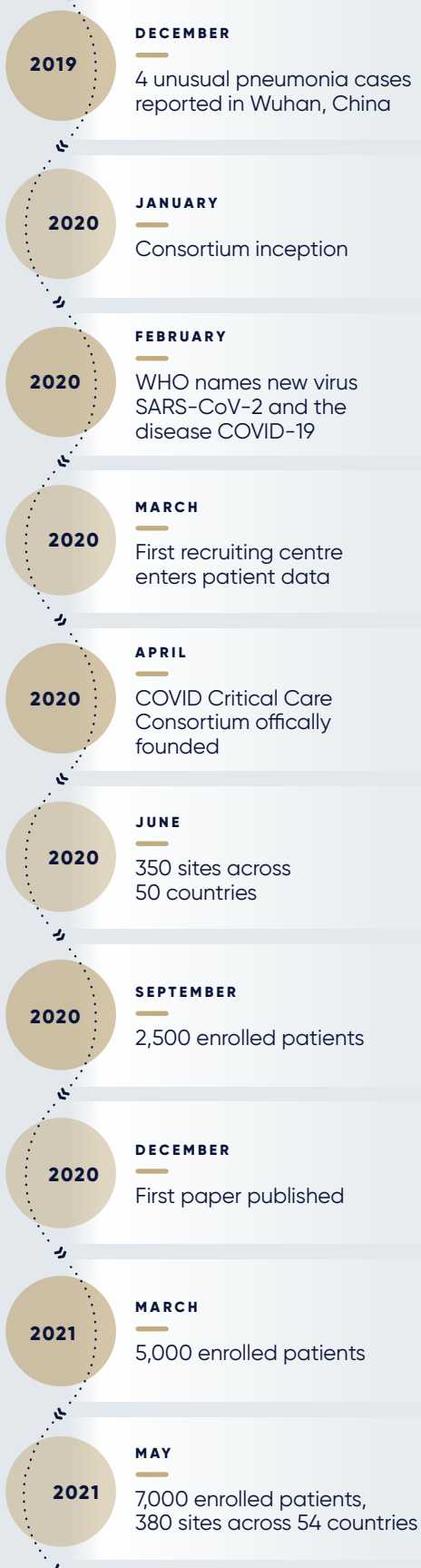
Our member sites and donors have entrusted us with their efforts, their hopes and their donations believing that, together, we can create a difference in a brand-new global community of ICU clinicians. Whilst we here in Queensland have been relatively well preserved and protected by our borders and the great work of our public health team, it was important that we help both the global community and prepare Queensland in how best to treat the most critically ill COVID patients in ICU, through collation and sharing of knowledge and patient outcomes. Professor John Fraser, Director of COVID Critical, explains his wishes for the project's future.

**"Our hope is that, through your assistance and others, COVID Critical will continue to be the most complete source of data of severe COVID-19 patients in the world."**

"Your generosity to us at one hospital in Queensland helps front line clinicians gathering data across 54 countries. Even whilst we can't travel, our data can. And it started with you."



Professor John Fraser, Director COVID Critical



**"While your data is local, its potential is global."**



# 5 FOODS TO PROTECT YOUR HEART!

Our risk of heart disease can be reduced through a number of lifestyle factors including maintaining a healthy weight, regular exercise and eating a healthy diet.

## Five of the best foods to protect your heart are:

### Nuts

We now know that not all fats are 'bad' for us. The fats found in nuts, for example, can reduce the risk of heart disease by lowering cholesterol. Some of the best nut choices are walnuts, almonds and macadamias. Although healthy fats are good for the heart you do still need to watch the portion size as nuts are also high in calories and therefore, can contribute to weight gain. Look out for raw or dry roasted, unsalted nuts rather than salted nuts cooked in oil. Aim to have a small handful, four times a week.

### Fish

Eating fish, particularly oily fish varieties such as salmon, sardines and tuna has been found to be protective of the heart. Oily fish contains omega-3 fatty acids which can reduce the risk of heart disease by lowering blood pressure and cholesterol. Aim to eat 2-3 servings of fish per week, ideally,

baked or steamed rather than fried. Tinned fish also provides similar benefits and is an affordable option.

### Avocado

Like nuts and fish, avocado contains healthy monosaturated fats which have been associated with reducing cholesterol levels. Avocados are also high in potassium which is associated with good heart health. As with nuts, the serve size of avocado is important as avocados contain lots of calories and it is easy to overindulge. A serve is approximately one third of an avocado.

### Whole grains

Whole grains play a number of roles in protecting the heart including reducing cholesterol. Whole grains are grains that have not been refined and include whole wheat, oats, brown rice, rye, barley, buckwheat and quinoa. Whole grains are also beneficial in maintaining a healthy weight as they are high in fibre and take longer to break down, therefore, keeping people fuller for longer. It can be tricky to identify products which are whole grain as sometimes the terms used are confusing. People should look for wording on food labels such

as 'whole grain' or 'whole wheat' or 'whole oats' rather than multi-grain. Multi-grain means that the produce contains more than one type of grain, but these grains might not necessarily be whole grains.

### Herbs and spices

Herbs might not seem like an obvious heart health food, but they can play an important role in introducing flavour to our food without the need for additional salt. Too much salt in our diet can contribute to high blood pressure, a major risk factor for heart disease. Using herbs like parsley, basil, rosemary and thyme and spices such as ginger, chilli and cinnamon can give a flavour boost without adding extra salt at the cooking stage or at the table.

### What about red wine?

People have for many years considered that red wine is good for the heart. Some of this is due to what is known as The French Paradox – the French have low rates of heart disease despite their diets being high in saturated fats. Their red wine consumption was thought to be what provided a protective effect. Drinking small amounts of alcohol (not just red wine) has a small positive effect on the heart, compared to people who don't drink at all. However, drinking too much alcohol has a negative effect. The Heart Foundation recently updated their advice to say, "Alcohol is not a necessary or recommended part of a heart healthy eating pattern".



## EATING WELL IS SAVING LIVES

Lite n' Easy, Australia's No.1 healthy meal delivery service, has partnered with The Common Good to help Australians live happier, healthier and longer lives. The partnership saw Lite n' Easy providing a donation to The Common Good on behalf of selected customers who restarted their Lite n' Easy healthy meal delivery service.

The collaboration has resulted in 1,000 hours of medical research being funded via The Common Good, into research areas including heart disease, lung disease, dementia and mental health. The research will support the identification of new drug targets for people at risk of heart failure, the creation of technology to screen for dementia, the early

detection of lung disease and acute mental health projects.

Dennis Stark, Lite n' Easy's CEO, said that partnering with a medical research organisation like The Common Good makes perfect sense for Lite n' Easy.

"At Lite n' Easy we are absolutely committed to helping our customers lead healthier, longer, more active lives and these core values align perfectly with those of The Common Good," said Mr Stark. "If we can deliver delicious, healthy food to our customers with the added benefit of providing a donation to important medical research, then it is a win-win situation for everyone involved."

Michael Hornby, CEO of The Common Good, said he was

ecstatic to be able to partner with Lite n' Easy.

**"The Common Good and Lite n' Easy align exactly in our core commitments to helping Australians live their lives to the fullest, while being healthier and happier along the way," said Mr Hornby.**

"This generous gift will be directly applied to the area of health that matters to each individual customer – It's direct, it's personal, and it's effective with 100% of every donation being applied entirely to the research. We are incredibly grateful for Lite n' Easy's support, it is a wonderful collaboration."

**Lite n' Easy**

## TURN YOUR GOLD INTO GOOD



The Common Good is partnering with AJL Fundraising Group as part of its Gold4good initiative to raise funds for our vital medical research.

The initiative runs from 15th July to 20th August 2021.

You can donate your unwanted or broken bits of jewellery and the proceeds from the value of these items will go towards funding life-saving medical research at The Prince Charles Hospital.

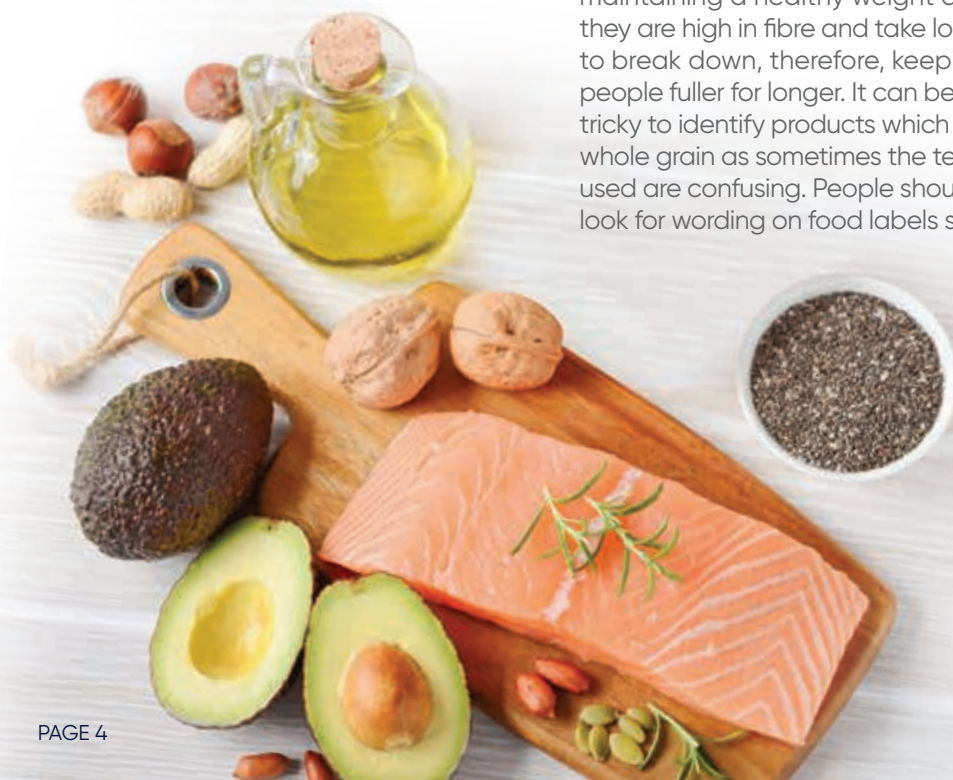
### How you can help.

**STEP 1** Simply request a Gold4good pack to be sent to you. Ph 1800 501 269 or email [info@thecommongood.org.au](mailto:info@thecommongood.org.au). When your Gold4good pack arrives, fill in your details and sign your Gold4good padded envelope.

**STEP 2** Donate your unwanted jewellery inside the Gold4good padded envelope and seal.

**STEP 3** Place your padded donation envelope into the larger yellow reply-paid envelope, seal it and send via red Australia Post mailbox by 20th August 2021.

For more information about Gold4good, including the full terms and conditions, please see [thecommongood.org.au](http://thecommongood.org.au).





# KIDS TREAT THOSE WHO TREAT KIDS



To celebrate the launch of Coles Mum's Pizza Sause as part of the national 'Curing Homesickness Campaign', the Common Good's Breeze Café featured a pop-up Italian pizzeria.

Budding cooks from the Hospital's Early Education Centre helped our café chef Matthew Hallahan make the pizzas with the new sauce range.

The Mum's Sause range of pizza and pasta sauce is available all year round from Coles supermarkets, with 50 cents from each product sold supporting children's hospitals. In addition, customers were able to support the national campaign by purchasing a \$2 donation card at the checkout.

In just two weeks, shoppers in Queensland raised over \$145 000 to support the children's



department at The Prince Charles Hospital through The Common Good.

The funds raised will help fund Child Life Therapist positions within the Children's Emergency Department for the very first time.

Child Life Therapists aim to reduce a child's stress, fear and anxiety related to the hospital experience through play-based activities and positive distraction.

**Next time you're at Coles Pop a jar of the Mum's Sause range in your trolley.**

**Every dollar will help local sick kids in hospital get home sooner.**

# 5 MINUTES

with Stein Tronstad

## Q Tell us about your research

The main project I'm currently leading is the ICU of the Future project, looking at how patients are recovering after an ICU admission. We are investigating how factors like excessive noise and alarms, lack of natural daylight, lack of sleep etc., impact on a patient's ability to rest and recover. These factors increase the risk of patients experiencing short and long-term problems. To address this, we are working with patients, family members as well as a large team of collaborators (clinicians, researchers, builders, architects, tech companies) to redesign and build two state-of-the-art ICU bed-spaces. These new bed-spaces will improve not only the experience of patients admitted to ICU and their family members but their overall recovery. We want to ensure that people not only survive, but they thrive.

## Q What does the support of the donors mean to you?

Invaluable. Both for the researchers but most importantly for our patients and potentially patients everywhere. Research helps us test ways of doing things better, to improve the care provided to future patients. However, research costs money. Sometimes for equipment and testing etc., but also to provide dedicated time to complete the research. Without sufficient and ongoing research funding, projects never get off the ground or are abandoned partway through. Having the support of donors ensures research projects can be completed and the findings implemented, leading to better care. All researchers are extremely grateful for the generous support provided.

## Q What do you like doing when you are not at work?

Having a young family means there's limited time to do anything other than a combination of full-time work, full-time study (completing a PhD) and the standard family commitments. Previously, I was fortunate enough to travel extensively to see places outside of the normal tourist destinations, meeting people and learning about different cultures.

## Q You are originally from Norway. Is there anything you really miss about your home country?

The one thing I used to miss the most when I first came to Australia was the long summer days with daylight until midnight, having a barbeque with friends. Those evenings felt warm at the time, but not sure I would think the same after living here for over two decades. Also, the beautiful nature, and the ability to use it without being at risk of being killed or attacked by deadly and/or venomous animals wherever you go!

# CHARLIE'S ANGELS

fly high in volunteer week

It was so wonderful to welcome back our Charlie's Angels to the hospital late last year. The Angels were stood down in March 2020 due to COVID-19 and their bright yellow shirts and welcoming smiles were so very missed. Charlie's Angels perform a wide range of tasks across the hospital including meeting and greeting people at the main entrance and visiting patients in the wards.

They also provide important administrative assistance to staff which keeps the hospital running smoothly.

We recognised the amazing efforts of the Angels at our annual Volunteer Week celebrations in May. The event wasn't held in 2020, so this year's get-together was extra special with the Angels able to come

together once again to have their achievements recognised. Congratulations to Cynthia, Tony, Glenda, Joy, Carolyn, Allan, Sue, Barbara, Lynn, Judy and Margaret on reaching service milestones. A very special thank you to Margaret who donned the yellow Angel's shirt for an amazing 25 years before retiring last year.







## LAST CALL for Strawberry Sundae EKKA volunteers

Every EKKA we rely on over 2000 amazing volunteers to help us serve the iconic Strawberry Sundaes. If you would like to join this year's recruits please see our website, [www.thecommongood.org.au](http://www.thecommongood.org.au)

**Be quick, shifts are limited and are sure to be scooped up soon!**

**Did you know** that every Strawberry Sundae sold raises money to fund vital medical research? Last year, the sale of more than 90,000 sundaes helped fund 8,000 hours of medical research

## RETURN TO THE EKKA

After the runaway success of our Strawberry Sundaes pop-up stalls and DIY packs last year, 2021 will see the return of the iconic Sundae to its home at the EKKA. This year's Comeback EKKA will run from August 7-15 and be full of everyone favourites; dagwood dogs, wood-chopping, showbags and of course yummy Strawberry Sundaes. We can't wait to see you back at the EKKA.

### Can't make the EKKA this year?

We have a limited number of Do It Yourself (DIY) Strawberry Sundae 50 and 100 packs available for pre-order by July 26.

Create your own Ekka Strawberry Sundae for your business or community group. See our website for more details [www.thecommongood.org.au](http://www.thecommongood.org.au).

## Update on TOUR DE BRISBANE

This year's Tour de Brisbane has adopted a Christmas in July theme for the event on July 11. At last count there were over 6,500 entries for the 110km, 75km or 30km distances and the community ride. The Tour de Brisbane supports heart and lung transplant research. 100% of all fundraising from riders and their supporters goes to directly supporting the vital work of organ transplant researchers. More than 1,600 Australians are waiting for an organ transplant.

**We would like to thank all the riders in this year's event for their amazing fundraising efforts. Every \$44 funds one hour of vital medical research time.**

**THANK YOU**  
to the Former  
Queensland  
Origin Greats  
(FOGS)



for donating

**\$22,000**

**FOR 500 HOURS OF  
MEDICAL RESEARCH**