



THE COMMON GOOD NEWSLETTER JANUARY 2022

THE GOOD NEWS



ELEVEN LIVES SAVED DUE TO TRANSPLANT REVOLUTION

The Prince Charles Hospital's Critical Care Research Group is revolutionising the way donated organs are transported, addressing one of the major challenges facing the transplant field.

Researcher Dr Louise See Hoe, from the Critical Care Research Group, spent more than four years of pre-clinical research investigating the use of a novel hypothermic ex vivo perfusion (HEVP) device that allows a donor heart to be rejuvenated before surgery. Until now, a donor heart would be transported in an ice slush, a practice that has remained relatively unchanged for more than five decades. This only preserves the donor heart for around four hours before the quality of it decreases.

Louise's research instead involves keeping the heart 'alive' via HEVP with a nutrient rich solution called perfusate. Perfusate has been described as a "high performance sports drink for the heart". It keeps the heart muscle cool and supplies it with oxygen, extending the length of time the heart is viable. HEVP, therefore, allows donated hearts to travel further.

The pre-clinical research is now being further explored in a Trans-Tasman clinical trial involving five hospital sites across Australia and New Zealand. The technology has already been used in 11 cases in Australia, transporting hearts that may otherwise not have been viable for transplantation.

Director of The Critical Care Research Group, Professor John Fraser, hopes that these successful transplants will herald a new era for organ transplant surgery.

"It is great to see the long study translate into life-saving outcomes. HEVP means we can potentially transport a donor heart from Brisbane to Perth, and maybe even overseas. This work will ensure Australians with heart disease will have a greater chance of survival

and that we can increase the number of hearts available for transplant each year," he said.

"This is an exciting trial that would not have been possible without the support of The Common Good who are backed by generous and kind members of the public."

The Common Good's Chief Executive Officer, Michael Hornby, said the machine can save more lives across the country.

"Australia is a big country and a longer window of time gives doctors a lot more options to transport hearts across the continent," he said.

We would like to thank those who recently gave to our Big Hearted Christmas appeal, which raised over 1,480 hours of research into heart disease. With your support, researchers like Louise can continue to make even more life-changing medical breakthroughs.



Dr Louise See Hoe, Critical Care Research Group



Dear Friends,
The New Year has once again highlighted the important role that good health plays in our lives. We offer our utmost support and gratitude to the amazing front line workers for their efforts in managing the latest COVID-19 crisis.

In 2020, we sought support from our community for COVID-19 Critical Care Consortium (COVID Critical), a project enabling ICUs across the world to collect crucial patient data to educate clinicians on how patients are likely to respond to treatments. Fast forward two years, and COVID Critical has expanded to the real time collection of over 35 million pieces of data!

The project has now attracted further funding which will ensure its continuation and evolution not only for COVID-19, but for future pandemics. All of this would not have been possible without the support, backing and initial seed funding from people like you. Your support is so important, and words cannot express how grateful we are.

2022 is a year of new opportunities for The Common Good with the expansion of our social enterprise business (see page 5) and the realisation of our Buying Time platform. The Buying Time platform will revolutionise the way that medical research is funded by enabling corporate partners, businesses and organisations to purchase medical research hours and gift them to their staff, customers, suppliers and other stakeholders.

In other news, the ICU of the Future project which has so generously been supported by our community, is progressing well with building designers, clinicians and other technical experts coming together to plan the new bed spaces. The challenge is to create a quieter, more restful space where patients can better recover from their illness or injury. To be built mid-2022, these new bed spaces will change the way that intensive care is delivered worldwide.

I look forward to sharing further updates with you so you can see the impact of your generous support. Your contributions are truly helping to improve the lives of people not just here in Australia, but across the world and that is something we can all be very proud of.

Wishing you a happy and healthy 2022.

Michael Hornby
Chief Executive Officer

MEET DR NCHAFATSO OBONYO

backed by The Common Good

Did you know that your donations fund a number of medical research grants and fellowships? The Common Good recently awarded a Research Fellowship to Dr Nchafatso Obonyo. Dr Obonyo's fascination with medicine started at a young age when he volunteered at hospitals and nursing homes as part of his education at the Alliance High School, in his home country of Kenya. Here he was introduced to influential doctors and was inspired to learn more about how to help the sick.



Research Fellowship recipient
Dr Nchafatso Obonyo

After receiving his medical degree from the University of Nairobi, Dr Obonyo took an internship at the Kijabe Mission Hospital on the outskirts of Nairobi. As part of his paediatric rotation, Dr Obonyo cared for critically ill children who experienced septic shock from blood-borne infections. At the time the main treatment option for septic shock was intravenous fluid bolus, where a large volume of fluid is rapidly administered to try and improve a patient's blood pressure. The outcomes, however, were not always optimal with many patients dying hours after initial improvement.

So in 2011, Dr Obonyo joined the KEMRI-Wellcome Trust Research programme to examine the supporting evidence for the septic shock treatment guidelines. Subsequently in 2013, he was awarded the prestigious Global Health Research Fellowship from the Wellcome Trust Centres for Global Health Research at the Imperial College London for his work on the management of septic shock in critically ill children.

Dr Obonyo joined The Prince Charles Hospital's Critical Care Research Group in 2014 and last year was awarded a Research Fellowship and an Innovation Grant from The Common Good.

With an estimated incidence of 49 million cases annually of sepsis and a 20% death rate in the developed world, this research has enormous implications for the health outcomes of millions of people. The continuation of this important research would not be possible without the support of people like you. When you back The Common Good, you are backing incredible, talented researchers like Dr Obonyo whose work will hopefully inform changes to how septic shock is treated, which could quite literally save millions of lives worldwide.

THE PRINCE CHARLES HOSPITAL
GIVING DAY
WEDNESDAY 20 OCTOBER



THE COMMON GOOD



OVER
\$266,000
RAISED IN JUST
12 HOURS

On 20th October 2021, The Common Good held its inaugural Giving Day, with all funds raised going towards special projects and patient care at The Prince Charles Hospital.

The day was an amazing success with \$266,625 raised in just 12 hours. Your support will help us continue to provide state-of-the-art equipment and innovative patient programs such as a dementia therapy garden,

rehabilitation pathways, ICU of the Future, therapy dogs, improved and accessible balconies, and garden rooms for patient enjoyment and recovery.

From businesses, donors, volunteers and special guests, Giving Day was a major success because of you!

We look forward to bringing you updates of some of the special funded projects in the future.

SPOTLIGHT ON VASCULAR DEMENTIA

When we think of dementia we usually think of Alzheimer's disease, which is the most common form. However, a significant number of people are impacted by vascular dementia, a form of dementia caused when decreased blood flow damages brain tissue.

What causes vascular dementia?

There are two main types of vascular dementia, multi-infarct dementia and subcortical vascular dementia. Multi-infarct dementia is caused by a number of strokes whereas subcortical vascular dementia affects areas deep within the brain and is caused by high blood pressure, thickening of arteries and inadequate blood flow.

How common is vascular dementia?

Vascular dementia is the second most common form of dementia and it is estimated that it accounts for as many as 15-20% of dementia cases. Some people have a combination of vascular dementia and Alzheimer's disease.

What are the symptoms of vascular dementia?

The symptoms of vascular dementia can depend upon which part of the brain is impacted. If the part of the brain responsible for memory is impacted, then memory loss can be a symptom. However, generally the symptoms are more to related to thinking processes than memory. In addition, changes to motor skills and behaviour can also be early signs.

Symptoms may include:

- Confusion
- Difficulty organising thoughts or actions
- Difficulty paying attention and concentrating
- Slowed thinking
- Difficulty in being able to analyse a situation and develop a plan
- Trouble understanding speech
- Problems with memory
- Bladder issues
- Depression or apathy
- Unsteady gait
- Restlessness and agitation
- Personality changes
- Hallucinations or delusions

How does vascular dementia progress?

Unlike Alzheimer's Disease, which tends to follow a progressive decline, vascular dementia often progresses in a step-like fashion. A person with vascular dementia will deteriorate but then their condition might stabilise or even appear to improve before the next decline. Sometimes this pattern means the diagnosis of vascular dementia can be delayed as family and friends may be unsure if something is really wrong or not.

On average, though the overall decline for people with vascular dementia is more rapid than for those with Alzheimer's disease.

Treatment

The main aim of treatment for vascular dementia is to treat any underlying conditions that are affecting blood flow to the brain to prevent any further damage from occurring. This means treating high blood pressure, cholesterol and diabetes (all risk factors for vascular dementia).

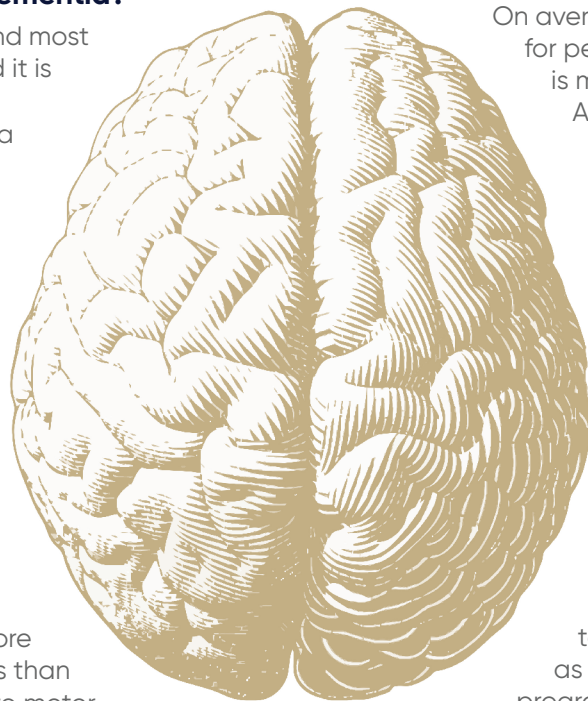
It is crucial for people to receive an early diagnosis as early treatment can slow the progression of the disease.

Prevention

All the things we know to do to keep our heart healthy will also help keep the blood vessels in our brain healthy, in turn, preventing vascular dementia. Effectively treating high blood pressure, diabetes and high cholesterol are key, as are quitting smoking, getting enough physical exercise and eating a healthy diet.

Research into dementia is one of the key areas that The Common Good support.

To find out how you can further back dementia research, contact the Donor Care Team on info@tpchfoundation.org.au or 07 3139 4636.



The Café for The Common Good's Head Chef Matt with one of the fresh food vending machines

SOCIAL ENTERPRISE EXPANSION

Did you know that The Common Good operates a number of social enterprise businesses including cafes and a catering business?

A social enterprise is a business that operates to address social problems or improve communities or the environment. In the case of The Café for The Common Good, profits from our social enterprise help sustain our operational expenses which enables us to maximise the impact of all charitable donations. This means that when you donate to The Common Good, your donation goes directly towards medical research.

We operate sites in The Prince Charles Hospital, Kedron Emergency Services and Caboolture Hospital. We are excited to expand our social enterprise business into our newest site, the Police Headquarters in Roma Street. Our newest location will be serving up locally sourced, nutritious meals and the best Merlo coffee each and every day.

As further testament to our social enterprise success, we were thrilled to receive a \$15,000 social enterprise growth grant from the Queensland Government

to put towards our Fresh Food After Hours project which will enable us to purchase more fresh food vending machines.

Our social enterprises prepare fresh food in-house and stock the vending machines for staff, patients and visitors. From spaghetti bolognese, braised lamb shanks and butter chicken, profits from our new vending machines will be directly channelled into various medical research projects and support local, fresh food suppliers.

Head Chef, Matt Fury explains how the vending machines are not just about providing access to fresh and healthy cooked meals outside of trading hours.

"For me the most important part is to be able provide a warm, home cooked meal for those people who are going through a difficult experience here at the hospital," said Fury.

We would like to thank the Queensland Government's Department of Employment, Small Business and Training for supporting our new fresh food vending machine initiative.



OVER \$1.7 MILLION OF MEDICAL RESEARCH GRANTS AWARDED

With the help and support of people like you, The Common Good awarded over \$1.7M of research and equipment grants in 2021.

With 13 New Investigator Grants, 13 Innovation Grants, 2 Research Fellowships, a PhD scholarship as well as equipment grants being awarded – your support is helping researchers work towards medical breakthroughs in health areas that will impact 90% of us in our lifetime. Just imagine the impacts that this research will have for years to come!

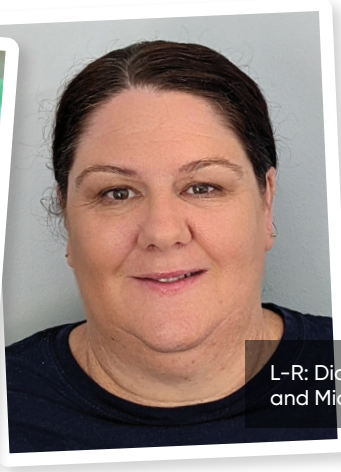
In other exciting news, three of our researchers at the UQ Thoracic Research Centre, Hannah

O'Farrell, Brielle Parris and Tian Mun (Kelly) Chee, have recently been awarded their PhDs.

Hannah, Brielle and Kelly all started their research journeys as recipients of New Investigator, Emerging Researcher, Innovation and Equipment grants from The Common Good. Kelly also had her PhD research supported with a scholarship from The Common Good as a result of public donations and support. We would like to congratulate Hannah, Brielle and Kelly on their wonderful achievements!

MEET THE DONOR CARE TEAM

When you contact The Common Good, have you ever wondered who is on the other end of the phone? It's our wonderful Donor Care Team of Diana, Lynelle and Michelle.



L-R: Diana, Lynelle and Michelle

Our Donor Care Team have a very important job. They look after the most important people to The Common Good, you – our wonderful donors! From processing donations, answering enquiries, updating supporter details and maintaining our supporter database, our Donor Care Team are the engine room behind our operations.

You may have even received a birthday or Christmas card from the team!

If you would like to update any of your supporter details such as email and postal address, bank card details or donation preferences, the Donor Care Team would be more than happy to help on info@tpchfoundation.org.au or 07 3139 4636.

HELP SAVE LIVES

WITH A LIFE-SAVING GIFT IN YOUR WILL

Making a Will is a personal responsibility no matter how young or old you are or how much or how little you think you have to leave. Naturally, you will wish to ensure that your family is provided for first. After this you may decide to leave a gift in your Will to support life-saving, life-changing research at The Prince Charles Hospital.

Bequests (gifts in Wills) are one of the most important sources of funding for medical research and a gift in your Will is a touching and impactful way to continue your legacy by having a lasting impact on other people's lives.

Leaving a gift in your Will is an important decision and you can specify whether your gift is to go to research funding or equipment purchases.

Alternatively, you may wish to identify a particular area of research that you would like to support or establish a named research fellowship in perpetuity. Roland Bishop (Roley) dedicated 27 years of his working life to patients at TPCH and through a gift in his Will, the Roley Bishop Fund was established to tackle lung cancer and give hope to future generations. For years to come, Roley's gift will continue to make a positive impact on the health of our community.

If you would like to know more about leaving a bequest to The Prince Charles Hospital Foundation, please reach out to our Head of Philanthropy, Peter Duffy on peter.duffy@tpchfoundation.org.au or 1800 501 269.

EXPANDING IMPACTS AND OUTCOMES AT CABOOLTURE HOSPITAL



Patricia Saia and Camey Demmitt from Caboolture Hospital's Eat, Walk, Engage program with Tony Clarke (CSC Group) and Mick Dwane (The Common Good).

The Common Good are proud to expand our impact and outcomes by supporting hospital innovation at Caboolture Hospital.

The Common Good is supporting the newly established Research Council who will focus on health innovations that will benefit the local community. The Common Good will also be supporting initiatives that support young families, vulnerable people and First Nation's people. Late last year we were proud to launch our health research grants which will encourage research projects that address clinical

needs at Caboolture Hospital, Kilcoy Hospital and Woodford Corrections Health.

Caboolture has an incredible community of supporters and we would like to give thanks to **Caboolture Sports Club and the wider CSC Group** for their generous donation of \$4,000 which will support the introduction of therapy dogs to the Eat, Walk, Engage program this year. Backed by research, dog therapy keeps the minds of elderly patients active, reducing their risk of delirium whilst in hospital.

If you would like to find out how you can help back hospital innovation at Caboolture Hospital, please contact mick.dwane@tpchfoundation.org.au.

REGISTER, RIDE AND RAISE FUNDS FOR MEDICAL RESEARCH WITH THE AUSTRALIAN UNITY TOUR DE BRISBANE

Registrations are now open for the Australian Unity Tour de Brisbane on Sunday 10 April 2022.

With over 110km of fully closed city roads this is one ride you don't want to miss! There are different distances to suit different abilities or you can join the **free** community ride with your family and in return make a donation to medical research.

The Common Good is thrilled to once again be announced as the official charity partner of the Australian Unity Tour de Brisbane. When riders fundraise their ride, they are putting their power behind the researchers at The Common Good and powering medical research into heart disease, lung disease, mental health, dementia and organ transplant.

With your help we're aiming to raise \$250,000 and create over 5,600 hours of medical research. So grab your bike, form a team and get ready to fundraise for your Australian Unity Tour de Brisbane ride!



L-R Richard McLachlan, Australian Unity Development Director, Robbie McEwen, Australian Unity Tour de Brisbane Ambassador and Michael Hornby, CEO The Common Good

Visit tourdebrisbane.org to find out more.

STRENGTHENED BY AUSTRALIAN UNITY



Through an exciting new partnership Australian Unity will strengthen The Common Good by supporting medical research that will provide real well-being for all Australians in the future.

Australian Unity Development Director, Richard McLachlan said Australian Unity was committed to creating outcomes that supported real well-being for all Australians.

Australian Unity is a national healthcare, financial services and independent and assisted living organisation providing services to almost one million customers, including 300,000 members nationwide.

As a trusted mutual company with a history dating back to 1840, Australian Unity has developed a strong focus on taking care of its members and supporting real well-being through its health, wealth and care services.

"We understand the importance of physical and mental well-being, which is why we are excited to be partnering with The Common Good

to support medical research into heart, lungs, mental health and dementia," Mr McLachlan said.

"We all know someone who's life has been impacted by a chronic health condition so it is easy to see the benefit of medical research that could make a real difference to the life of someone we know and love."

Australian Unity is committed to its real well-being brand promise.

Australian Unity is proudly delivering Herston Quarter; an exemplar health and innovation destination – leading in collaboration, advancing well-being and creating vibrant community life.

Mr McLachlan said Australian Unity was investing more than \$1.1billion to transform the five-hectare site into a revitalised, master-planned, mixed-use community.