

“If we want to explore, if we want to improve, if we want to do the best for our patients; research is the only way we are going to get there.”

**Dr Ed Litton,**  
Director of ICU Research,  
Fiona Stanley Hospital

# ANNUAL REVIEW

# 2019

SPINNAKER  
HEALTH  
RESEARCH  
FOUNDATION





# CONTENTS

- 1 **Chairman's Report**
- 3 **CEO Report**
- 5 **About the Foundation**
- 6 **2019 Snapshot**
- 7 **Research Impact**  
Dr Dayse Távora-Vieira  
Dr Annette McWilliams
- 11 **Research Update**
- 12 **Our Impact**
- 13 **Beyond 2019**
- 14 **Supporter Profiles**
- 15 **Our Supporters**

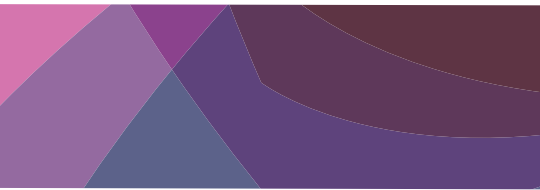
## **Audited Financial Statements**

Interested persons may receive a copy of the audited financial statement of the Spinnaker Health Research Foundation for the financial year ending 30 June 2019 by written request to [admin@spinnakerhealth.org.au](mailto:admin@spinnakerhealth.org.au)



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# CHAIRMAN'S REPORT



Thanks to our generous and loyal supporters, the last year has been an exceptional year, both for the Foundation and the community of researchers we support. Exceptional that is for many reasons but most especially for the growth of the Foundation's scope of support, for the successful research outcomes achieved from funded projects and for the continued re-imagining of a 23 year legacy.

In 2018, our partnership with the South Metropolitan Health Service was extended to incorporate all the five campuses in the region and this year we have worked hard to formalise what that will mean for the community we serve. South Metropolitan Perth is home to more than 647,000 people who depend on the hospitals in the region to be relevant to their needs, aware of their changing circumstances and able to better understand the impact of prevailing health concerns to allow them to plan for improvements in diagnosis, treatment and care. This is precisely why the partnership with research generally, and the Foundation specifically, is so important and timely.

It is only through research that we will be able to save more lives. But perhaps more importantly, it is research that will guarantee a better quality of life through prevention of disease, improved treatment and management of health conditions to ensure a greater number of years lived without chronic disease and improved recovery for those that are injured or require surgical interventions. This is why we are increasingly focusing on health research that looks to the future,

is informed by the community and responsive to their identified needs.

We can only achieve those outcomes because we are continuing to better know and understand our community. We know from reliable statistics that: 70% of the population of Cockburn is overweight or obese (4% above the state average); that Kwinana has the highest number of obese children in WA; that almost a third of the population were diagnosed with cancer in 2017-2018; and that survival rates for many cancers remain frighteningly low. We also know that more than 25% of us are consuming alcohol at levels deemed high-risk for long term health; that nearly 20% of adults have high blood pressure and high cholesterol; and that most of our children are not meeting dietary targets for healthy living.

As the only medical research foundation present and active south of the river, we find this information vitally important. It allows me and my fellow Board members to better understand how the mission of the Foundation must respond to the vision to ensure that we remain committed to our core purpose - exceptional standards of research that responds to the community and has a global impact.

Our ability to continuously fund a high quality program of research is due to the voluntary commitment of a dedicated group of credentialed and dedicated professionals who are members of the Board and I thank my fellow Directors for all that they do. Following the retirement of two long standing





members, Mr Victor Paino and Mr Benny Roncio in February this year, three additional members joined the Board; Mr Geoff Booth, Ms Jenny Rachmat and Mr Brad Thomason. Their membership of the Board has ensured a breadth and depth of experience and knowledge that reinforces our capacity for ultimate good governance, responsible management and strategic planning for the foreseeable future.

I would like to acknowledge Mr Paino and Mr Roncio who were founding members of the Board when the Foundation commenced in 1996. Their contribution to the success of the Foundation cannot be overstated. Where the Foundation is today, with the highest reputation for research success, would not have been achieved were it not for the vision, inspiration and dedication of successive Board members including these two men, both of whom are highly respected business and civic members of the Fremantle community.

In 2018 the Trustee Directors undertook a process of detailed organisational review to ensure the process of expanding the support base was appropriately considered and the future strategically planned. It was

an important process for the Foundation and one that has set it on a path to future growth as we extend our support to a further three health campuses and deepen our commitment to the broader community in the Perth southern region. This review and an executive vacancy also led to an assessment of the management and administrative needs of the Foundation for the near to medium term and the opportunity to make an appointment of the Foundation's inaugural Chief Executive Officer. Dana Henderson was appointed in November 2018 and brings more than 12 years' experience in senior not for profit management roles, including five years of research support at Murdoch University. She has been responsible for the contribution of many millions of dollars to disability services, children's health, higher education and the arts both in WA and Victoria. The appointment of Dana as CEO and the appointment of strong and experienced administrative and marketing support for her, has been extremely fortuitous and beneficial for the Foundation.

It is appropriate that I conclude with an acknowledgement of our Scientific Advisory Committee (SAC), chaired by Dr Jane Allan, and

comprised of a highly distinguished group of clinical and academic researchers who volunteer their time to ensure a relatively comprehensive but equitable process of research grant selection. The grants program continues to gain strength and has been responsible for some of this State's most important discoveries in recent years. The rigour applied by our SAC is critical to the success of the grants we fund; ensuring the criteria against which the projects are selected is on par with national and international scientific research standards whilst maintaining relativity to the community who informs us.

In closing, I thank all of our supporters, once again, with warm and heartfelt gratitude. We are too aware that we only exist due to the passionate generosity of those who reach deep into their pockets for the betterment of their fellow humans and who share in our vision for better health for all of our community. We do it not just for you, but with you and because of you.



Chairman.

“Research is our future and it is an essential part of the fabric of our health system, supporting Spinnaker is an easy decision!”

**Winthrop Professor Fiona M Wood**

Spinnaker donor & Director of the Burns Service of WA



# CEO REPORT



I was honoured to join Spinnaker one year ago at the invitation of a passionate Board of Directors comprised of individuals who are bound by a shared commitment to community responsive medical research. It is true to say that I have found that passion to be contagious.

Spinnaker has a long and proud history of supporting research that has evolved to become the benchmark for treatments, the revolutionary breakthrough in diagnoses and the frontier of preventions. However, perhaps more importantly, it has continued to focus on the very cultivation of the seeds of inspiration that develop in to ground-breaking patient centric projects. I have come to realise, that this is the very component which sets us apart.

Last year (2018) was a time of strategic reflection and in 2019 we set about translating the strategic philosophy into action with an immediate focus on our key operational areas of fundraising and grant making. A critical starting point was to determine if the research funding we were able to offer was aligned to the needs of the research community we seek to support. In a broad reaching survey of the community which underpins research at the hospitals we partner with, including partner health

campuses and Western Australian universities, we were pleased to find that:

- 82 per cent of the community were aware of the funding Spinnaker provided; and
- 85 per cent believed Spinnaker provides valuable support to the research community.

Importantly, the survey found that the research community most valued funding to Early Career Research and Seed Grants, followed closely by multi-year projects, clinical trials and collaborative grants.

This survey information was not intended as a simple endorsement of our mission, as welcomed as that outcome was, but a useful tool to inform the development of a three-year strategic plan. The Foundation, in the absence of government funding, relies solely on the generous support of our philanthropic community and as we seek to expand across all South Metropolitan Health Service (SMHS) health campuses, so too our basis of financial support.

With the endorsement of the Board, and in response to our expanded partnership with SMHS, we have put in place a three-year fundraising plan that will ambitiously seek to increase funds raised by 400 per cent over three years. This will empower us to establish a sustainable income base that will meet the needs of the research community; and ultimately our community of south metropolitan Perth.

We were welcomed this year by an additional two members of staff; Betsy Westphal with a focus on marketing and communications and Dani Ryder with a focus on

grants and fundraising. Our small but dynamic and passionate team has worked diligently over the past year to revitalise the brand, create a strong digital presence, collect and share the important stories of success and the team continues to build on established and embedded partnerships of support while seeking new relationships with individuals and business.

Perhaps most rewarding of all has been the opportunity to better understand our hospital community. The patients, staff, nurses and doctors who make up the true fabric of our Foundation – the people we serve. Spinnaker is now expanding its focus beyond the important annual grants to also identify the critical projects in our hospitals that desperately need funding. This will ensure the better health of everyone in our community as we fight the diseases that threaten our south metro community the most. At the moment these projects include new borns at higher risk of obesity, innovations in heart surgery and improved technology for heart and lung transplant.

In closing, I want to thank all of our committed supporters because at the close of the day, as the sun sets on my first year, I am profoundly aware that we can only do the important work we do because of you. Your belief in the Foundation, and the commitment you make to the research we support, is perhaps the ultimate gift you can make to our community. The gift of a better health future.

Dana Henderson  
Chief Executive Officer





“Medical research is important to me because it is the scientific way of knowing the truth of what works and what doesn’t work. Medical research saves lives.”

**Prof Adnan Khattak**

Director of Medical Oncology Clinical Trials Unit

## ABOUT THE FOUNDATION

Spinnaker Health Research Foundation is an independent charitable trust, administered by a corporate trustee, which was founded in 1996 at Fremantle Hospital. The Foundation is governed by a Board of Western Australian business leaders who voluntarily commit their expertise and is supported by a Scientific Advisory Committee comprised of leaders in clinical and academic research. The Foundation is managed by a small executive team based at both Fiona Stanley and Fremantle Hospitals.

## OUR PATRONS



**Professor Barry Marshall**  
AC, Nobel Laureate



**Dr Patricia Kailis**  
AM OBE

## SPINNAKER BOARD



**Mark Balfour**  
Chairman and Director



**Steve Robertson**  
Deputy Chairman and Director



**Helen Warnock**  
Director



**Mark Rintoul**  
Director



**Jenny Rachmat**  
Director



**Geoff Booth**  
Director



**Brad Thomason**  
Director

“Each of our lives benefits from medical research, both locally and globally, so I was delighted with the opportunity to join the Board of the Spinnaker Foundation. I want to do my part to assist in delivering research that will inevitably help my children and their children into the future.”

**Geoff Booth, Director**

## SPINNAKER TEAM



**Dana Henderson**  
Chief Executive Officer



**Betsy Westphal**  
Marketing Officer



**Dani Ryder**  
Development Officer

## SPECIALIST ADVISORS



**Professor John Olynyk**  
Hon. Director of Research, FHMRF, Director Research Development, SMHS  
Head of Service, Department of Gastroenterology, Fiona Stanley and Fremantle Hospitals Group



**Professor David Fletcher**  
Clinical Staff Representative, Fiona Stanley and Fremantle Hospitals Group

## SCIENTIFIC ADVISORY COMMITTEE

**Dr Jane Allan**  
Chairperson  
Senior Scientist, UWA School of Medicine and Pharmacology

**Professor John Olynyk**  
Hon. Director of Research, FHMRF, Director Research Development, SMHS  
Head of Service, Department of Gastroenterology, Fiona Stanley and Fremantle Hospitals Group

**Professor Jim Codde**  
Director, Institute for Health Research, UWA

**Professor Yusuf Nagree**  
Consultant Emergency Department – FSH  
Emergency Department Co-director Geraldton Medical Physician

**Professor Merrilee Needham**  
Head of Department Neurology – FSH  
Foundation Chair of Neurology – joint appointment Murdoch University, The University of Notre Dame and FSH

**Adjunct Professor Chris Judkins**  
Cardiologist at Cardiology Department – FSH  
Adjunct Professor The University of Notre Dame



# 2019 SNAPSHOT



**23**

years serving  
our community



**5**

hospitals supported



**647K**

of the population served



**\$3.9m+**

of medical research  
funded leading to



**\$20m+**

in leveraged funds



**232**

research grants awarded  
and projects funded

<b>192</b>	Research Awards
<b>8</b>	Warren Jones PhD Scholarships
<b>7</b>	Equipment Awards
<b>7</b>	Warren Jones Orations
<b>11</b>	Barry Marshall Travel Awards
<b>1</b>	Paediatric Research Award
<b>4</b>	Warren Jones Fellowships
<b>2</b>	Bellberry Medical Research PhD Scholarships
<b>4</b>	Spinnaker Collaborative Partnership Grants
<b>2</b>	Michael G. Kailis & Patricia Kailis PhD Scholarships

## OUR COMMUNITY OF SOUTH METROPOLITAN PERTH (2018- 2019)

**25%**

of WA's population

**5,000**

babies born

**51,400**

emergency and  
elective surgeries

**212K**

Emergency Department  
patients of which  
47,700 were children

**21,200**

patients treated in the  
community for general  
and mental health

**148**

lifesaving transplants including  
7 heart transplants, 20 lung  
transplants and 2 heart and  
lung transplants

# RESEARCH IMPACT



Dayse Távora-Vieira's bright smile and technicolour presence belie her quiet nature.

A self-confessed shrinking violet, Dr Távora -Vieira prefers to listen rather than talk.

"I have always been very shy," she confesses. "I have always been considered by my friends to be a very good listener. And I always had a passion for how we relate to the world," she says.

We relate, she observes, through our senses. "It's what you smell, what you feel, what you taste, what you see, what you hear. Imagine not to have that. What would that be like? The world doesn't exist.

"So I always had an interest in senses and hearing because ... you can close your eyes and try to go around pretending that you are blind. But what," she wonders aloud, "is it to be deaf?"

That profound compassion for an often overlooked or underestimated impairment has seen Dayse become

an audiologist who is recognised internationally and beloved locally — especially by her patients, who are treated with the utmost respect and even affection. The mother of two is proud of her very egalitarian, personal style.

"As a medical student I saw a lot of people who had a lot of academic knowledge but this was not really translated to the patient. I remember thinking: "When I'm a doctor, I will make sure I do things differently," she says.

"What I don't want is to have this academic that doesn't mean anything to the Mr and Mrs that comes through the door. A knowledge that does not reach my patient and he/she even doesn't understand it. So I wanted my research to be translated to the daily clinical activity and my patient really knows what I am doing and why."

Dayse sees many doctors keeping an emotional distance from their patients as a means of self preservation. "As a medical student we were encouraged to not to get emotionally involved ... because 'you cannot be suffering every single day with every single patient.' Well, I am not very good at that. I am the type of clinician that will still go home crying and I am not ashamed of that because that's what is needed, the human side of it."

This appreciation for a human touch can be traced back to when Dayse spent a traumatic couple of months in hospital as a child in her native Brazil. Then, parents were not permitted.

"I remember the terrified feeling of being on my own," she says.

"I think that was the start of my interest in health."

Dayse focuses on single-sided deafness, an impairment that has historically been dismissed by parts of the profession with a "Why do we need to worry about single sided deafness if you have hearing in one side?"

"The reality is that patients with single-sided deafness, they go through many issues that are totally ignored in the community."

Dayse's research has looked at the overwhelmingly successful move towards treating single-sided deafness and associated tinnitus with cochlear implants.

When she met her now husband — a researcher — she told him: "I'm never going to be a researcher." But Dayse's research isn't in a pristine, sterile lab — it's with people. "I don't feel that I do research in the traditional way of perceiving research" she explains to her husband. "I need to see how my research is benefiting you, if you are my patient."

Dayse says her husband's support is integral to her work, which she admits has her burning the midnight oil. "Everybody asks 'How do you do it?' How do I do it? I can only do it because I have the husband that I have. We share 2 kids, many dreams, the passion for knowledge, and the workload..." As for the kids, 8 and 10, they don't miss out. "I work only when they go to sleep."

## **Dr Dayse Távora-Vieira**

Head of Audiology,  
Fiona Stanley Hospital



“Medical Research is the only way that you can know that what you are doing for the patient is the best that you can offer.”

**Dr Dayse Távora-Vieira**

Head of Audiology, Fiona Stanley Hospital



Grateful patient Peter King with Dr Dayse Távora-Vieira



“For the rest of my career lung cancer will remain the biggest killer; it kills more women than breast cancer. Even if everyone quit today I’d still have enough work for the rest of my career. We have to deal with that legacy...my research gives me hope, and it gives my patients hope”

**Dr Annette McWilliams,**

Consultant Respiratory Physician & lung cancer researcher,  
Fiona Stanley Hospital







# RESEARCH IMPACT

As a young doctor, Annette McWilliams announced to her colleagues nearly 20 years ago that she had won a coveted grant to travel to Canada and work as a fellow with world-renowned lung cancer researcher Stephen Lam.

“I remember one of my colleagues said ‘Oh well Canada, that will be fun. But lung cancer research? That’s a bit of a waste of time.’”

That’s just one of many anecdotes Annette has on hand to illustrate the stigma associated with the disease, even though the facts are that 20 per cent of people (and rising) diagnosed with lung cancer in Australia have never smoked and 40 per cent have long since quit.

“There’s a lot of nihilism and stigma about lung cancer, and Australia is one of the worst countries in the world for that. It’s both from other people — from the community thinking ‘Oh they deserve it because they’ve been a smoker’ — and also from patients themselves. There’s also stigma from clinicians.”

While Annette is quick to point out that these attitudes are born of Australia’s highly successful quit campaign, she says they are unfair and destructive. They also make it harder for someone in her field to attract attention and research support.

But Annette pushes on, buoyed by the results of research that proves CT scans can detect lung cancer early enough to save lives. It is a huge leap forward from research in the 70 and 80s that used x-rays. “They found more lung cancer with chest x-rays but it didn’t save lives,” she says.

It was during her research with Dr Lam that Annette became intimately involved with screening research. “And we just kept finding all these cancers, and we found early cancers. I remember Stephen and I saying to each other, we think there’s something in this.” Because the sad reality is that most lung cancers are not discovered until late in the disease, when chances of survival are diminished.

So now she is putting together a model for targeted screening that the Australian Government might just find compelling enough — both from a financial and a community health perspective.

“What we’re doing is looking at how do we really choose the people that need a CT screen, so not just on age and smoking history ... we’re working on using a prediction model.” It would be done over the phone or online using “a whole range of factors” based on the internationally recognised PLCO predictive model such as family history, smoking history, age, BMI. “So rather than screen everyone over 50 who has ever smoked, (we identify) who really needs it — because not every person who smokes gets lung cancer.”

The goal, she says, is “to be more efficient, streamlined and cost effective. You’ve really got to use public money wisely.”

Part of Annette’s work is also in validating special software that can pick up nodules during CT scans and analyse them — yet another potentially life-saving predictive measure.

An active outdoorsy woman who threw herself into skiing, hiking and mountain biking, Annette ended up spending more than a decade in Canada — the “confirmed spinster” met her husband and they had their two daughters there — before returning to Australia in 2013.

“I thought it would be wonderful to come back and take what I’ve learnt and try to do something to help the Australian community, which trained me,” she says.

Annette was the first person in her family to go to university, studying medicine at UWA. “Medicine was not something that was even on the cards but my natural interest was science and human biology — I was always interested in how the body worked. I think my teachers encouraged me to do medicine,” she says with a laugh. “I didn’t

know any doctors except my GP!”

She worked at Royal Perth Hospital before travelling to London to work in the early 1990’s— “a bit of an eye opener”. Back in Perth, Annette was encouraged to train as a physician by senior male colleagues hoping to see more diversity in the field. During those three years, it “just naturally” came out her interests lay in respiratory medicine.

“I got interested in lung cancer working as a young lung doctor,” she says. “Most people had advanced disease, which is still the case today.” The apathy around lung cancer meant there was plenty of work to be done. “When you’re thinking, as a young doctor, where is your career going to go and what do you want to do, because there’s a lot of competition for consultant jobs, you think: ‘Well, where is no one doing new work?’ And lung cancer was one of them — there wasn’t a lot of people interested in it and there wasn’t a lot of new ideas at that time.”

Annette insists her work remains as vital as ever because the lung cancer epidemic is still increasing. “The numbers we see every year are still going up. This is not a problem that’s going away,” she says. “Australia has done really well on focusing on primary prevention ... but it’s the legacy. And the cancer we’re seeing today — this is what people forget — is the tobacco behaviour of 30 years ago. And we’ve got an ageing population.”

On top of that, and even more alarmingly, the incidence of lung cancer in “never smokers” is on the rise. “For the rest of my career lung cancer will remain the biggest cancer killer of Australians. It kills more women than breast cancer. Even if everyone quit today I’d still have enough work for the rest of my career..”

## **Dr Annette McWilliams**

Consultant Respiratory Physician,  
lung cancer researcher

# RESEARCH UPDATE

## IMPROVING TOTAL WELLNESS OUTCOMES FOR SURGERY PATIENTS AT FIONA STANLEY HOSPITAL

2018 Spinnaker grant recipient Prof Dale Edgar's research in to better health outcomes for general surgery patients has led to increased funding and an extension of the program to clinical practice. Prof Dale Edgar received \$18,800 to trial a program aimed at improving outcomes for patients undergoing general surgery at Fiona Stanley Hospital. Surgical patients are more likely to develop an increased reliance on hospital and community services due to greater functional decline and slower recovery; particularly those in later stages of life.

The Preoperative Exercise and Education for Recovery after Surgery (PEERS) Program was piloted as a solution to address a multitude of barriers which impede timely recovery after an episode of general surgery. The study was composed of two phases. Phase 1 was a qualitative study to evaluate the impact of a prehabilitation program on the journey of general surgery patients through FSH; and Phase 2, a quantitative study, assessed whether prehabilitation improved short term outcomes and led to improvements in all three areas.

The success of PEERS led to the award of a further \$85,000 from WA Cancer and Palliative Care Network to support the pilot testing and integration of a more comprehensive surgical patient

pathway at FSH, known as the Strength Training to Enhance Recovery After Surgery (STERAS) program in collaboration with researchers at Murdoch University. STERAS saw the establishment of novel exercise intervention nodes in the community and provided access to both prehabilitation and a postoperative exercise program. The PEERS study has now led to the expansion of the program to patients requiring surgery for head and neck cancer; a group of patients considered to be at high risk of poor post-operative outcomes. The primary outcomes are now focused beyond length of stay and post-surgery complications to long term quality of life recovery.



## Passionate pursuit to improve understanding of diabetes complications leads to prestigious national award

2017 Warren Jones Award recipient Jocelyn Drinkwater was recently awarded the prestigious 2019 Australian Diabetes Society President's Clinical Young Investigator Award. Jocelyn's research seeks to better understand why people with type 2 diabetes often develop problems with their eyes such as diabetic retinopathy, cataracts, and glaucoma which are among the leading causes of blindness in Australia

The project was part of the Fremantle Diabetes Study, considered one of the most important cohort studies in the world and 'the litmus test' for diabetes treatment in Australia. Jocelyn's recent research was funded in full by a generous gift to Spinnaker, the Edith Hearn Bequest Grant.

Congratulations on your marvellous work Jocelyn!

## Barry Marshall Travel Award for paediatric nurse Jade Ferullo

Nurse practitioner Jade Ferullo said she felt privileged to be able to share her work with her local and international colleagues when she presented at the Australian College of Children and Young People's Nurses due to funding from Barry Marshall Travel Awards. Jade's research examines the use of tablet technology as a mechanism of distraction to reduce distress and pain in children undergoing painful medical procedures. After

presenting at the conference in Perth Jade was invited to attend the 12th International Symposium on Pediatric Pain (ISPP) Conference held in Basel, Switzerland in June this year.

The Barry Marshall Travel Awards, funded by Prof Barry and Mrs Adrienne Marshall, provide our researchers with the opportunity to share their research and learn from their peers, fostering a culture of innovation, exploration and knowledge transfer.



# OUR IMPACT

**“Medical research really is like a safety net that stretches underneath the community”**

Dana Henderson, CEO

Spinnaker Health Research Foundation is committed to the support of research for the direct benefit of the community of south metropolitan Perth that can also demonstrate local, national and global leadership. Established in 1996 at Fremantle Hospital the Foundation has funded almost \$4,000,000 in research at Fremantle Hospital, Fiona Stanley Hospital and at universities and institutes with a direct link to our community. We are pleased to say that this funding has leveraged \$20,000,000 in further research grants.

A commitment to capacity building, research collaboration and the translation of research to both knowledge and practice underpins the ethos of Spinnaker. In the last five years alone we have funded research that demonstrably translates to improved overall wellness in the hospitals and in the community, including:

**\$598,530 on improving treatment outcomes**  
**\$426,766 on collaborative grants in mental health, cancer, heart disease and diabetes**  
**\$301,117 on preventative research**  
**\$59,400 for vital research equipment**

## 2019 GRANT RECIPIENTS

### 2019 Spinnaker Grants

PROJECT	CHIEF INVESTIGATORS	
Preserving the endothelial glycocalyx in patients undergoing cardiopulmonary bypass. A prospective randomised interventional pilot study of doxycycline and lidocaine.	<b>Dr Mark Johnson</b>	Generously donated by the <b>Rotary Club of Fremantle</b>
A pilot study of healthy volunteers to compare the performance of standard nasal oxygen cannula at high flows with the “Optiflow” high flow nasal oxygen (HFNO) system.	<b>Dr Gary Devine</b>	Generously donated by <b>Doctors Who Donate and Staff that Support</b>
Pilonidal Sinus Disease: Western Australia Metropolitan - Definitive Surgical Practice Preferences, Outcomes and Patient Perspective	<b>Dr Munya Nyandoro</b>	Generously donated by <b>Fremantle Hospital Ladies Auxiliary</b>
Utilisation of FISH as a diagnostic adjunct for pancreatobiliary tract malignancy on cytology cell block specimens	<b>Dr Benjamin Dessauvague</b>	Generously donated and presented by <b>Lloyd and Mary Marchesi</b>
Cardiovascular and metabolic disease risk factors in children who are overweight or obese: Assessing the role of cardiorespiratory fitness and adiposity.	<b>A/Prof Timothy Fairchild</b>	Generously donated by <b>Austal Company and Staff</b>
Blocking of autoantibodies using oligonucleotides in Inclusion Body Myositis - a potential new specific therapy.	<b>Dr Jerome Coudert</b>	Generously donated by <b>Freo Doctor Lottery</b>
Clarifying the role of alpha1-adrenoceptors in painful cutaneous scars following burn injury	<b>Dr Natalie Morellini</b>	Generously donated by <b>Dave Clegg</b>
Takotsubo Cardiomyopathy: truly a syndrome of cardiac catecholamine excess?	<b>Prof Girish Dwivedi</b>	Generously donated by <b>Len and Fran Mihaljevich</b>
Cardiovascular risk in gout	<b>Dr Helen Keen</b>	Generously donated by <b>Rotary Club of Attadale</b>
Association of HLA with anti-cNIA antibodies in IBM patients: identifying genetic backgrounds that affect	<b>Prof Merrilee Needham</b>	Generously donated by <b>Stan (dec.) and Jean Perron</b>

### Barry Marshall Travel Award 2018

Generously donated by Prof Barry Marshall AO and Mrs Adrienne Marshall

PROJECT	CHIEF INVESTIGATORS
Does electrical stimulation improve healing in acute burns, as measured by bioimpedance?	<b>Mr Dale Edwick</b>
At the fingertips: The effects of child-led distractin using a tablet computer on children's distress an pain during painful medical procedures: a randomised controlled trial	<b>Ms Jade Ferullo</b>
Shear-wave elastography: A new objective method for evaluating scar stiffness	<b>Ms Helen DeJong</b>

### Patricia V Kailis PhD Scholarship

Generously donated by MG Kailis Group, Notre Dame University and Spinnaker Health Research Foundation

PROJECT	CHIEF INVESTIGATORS
Preliminary Validation Of Sheer Wave Elastography In The Diagnostic Evaluation of Inflammatory Myopathies	<b>Dr Shereen Paramalingam,</b> Rheumatology Senior Registrar

# BEYOND 2019

**Our generous supporters once again dug deep over the last financial year to fund vital research including ten research grants, one PhD scholarship and three travel awards to the most talented researchers in south metropolitan Perth.**

It has also been a year of wins for our patients and community. This year we have seen Prof Adnan Khattak, recipient of a 2017 Collaborative Grant, progress his research to clinical trials for people with life threatening melanoma. Another 2017 Collaborative Grant recipient, Prof Megan Galbally, was able to extend her initial Pregnancy and Emotional Wellbeing Study at SMHS to regional WA with support from WA Country Health Service. And Dr Emma Hamilton, recipient of multiple Spinnaker grants in support of her work in diabetes, along with her team, was recognised nationally for excellence in care at the Fiona Stanley Fremantle Hospitals Group (FSFHG) Multidisciplinary Diabetic Foot Unit. This is but a small snapshot of the important outcomes of medical research investment.

Spinnaker funding may be modest in comparison to some other medical funds, but the impact of that investment is immense.

Spinnaker carefully invests in ideas that demonstrate a true quest for frontier knowledge, test the bounds of known truths and have a deep understanding of the problem as they affect the individuals we see in the clinics and wards each and every day.

As we look to 2020 and beyond we are starting to see the outcomes of the program of research at Fiona Stanley Hospital that started just five short years ago. As a state of the art tertiary hospital, the newest, largest and most comprehensive in Western Australia and one of the finest in Australia, FSH attracted clinicians and researchers from across the globe when it opened in 2014. Our patients, our fellow West Australians, and indeed people across the world, are benefitting from the outcomes of research at the hospital as it is increasingly translated to clinical practice, including ground-breaking studies and programs in stroke, heart disease, cancer, burns, neonatology, lung disease, and emergency and intensive care medicine.

Fremantle Hospital, where the story of the Foundation began and flourished so many years ago, continues to lead the field in areas such as mental health, geriatric rehabilitation and, of continuing

importance, the Fremantle Diabetes Study which is considered one of the most important cohort studies in the world and the litmus test for treatment in Australia.

The Foundation is also pleased to be able to extend its support to the other campuses in SMHS and research in areas including childhood obesity, prehabilitation and exercise, fatty liver disease and diseases of the blood. Research at Rockingham General Hospital is continuing to grow in strength and the community in the region demonstrate a keenness to both participate and contribute where they can, knowing it is of direct benefit to them and their families.

In 2020 we invite you to join us as we continue to fight the very things that affect us the most. We seek to raise even more funds for critical programs that will make an immediate impact on individuals and a long term impact for everyone in the community. In particular we look to focussing more attention on the very things that will keep people well, out of hospital, and productive in their working and recreational lives.

**With your help we have a much greater chance of winning the fight.**



**“Medical research is important to me because without it I wouldn’t have the quality of life I have now. I would urge people to support medical research because I’ve seen it help people. They didn’t know they needed it; and you never know when you are going to need it.”**

Peter King, cochlear implant research volunteer

# SUPPORTER PROFILES

## LEN & FRAN MIHALJEVICH



When founding Chair Warren Jones first established the Foundation at Fremantle Hospital he knew there was one group of people he could count on – his old school friends from South Coogee Primary. This included both Len and Fran and with both a willingness to be more involved in medical research and an understanding of the importance for their own community, they gave generously and regularly. Since their

very first gift in 1998 Len and Fran's generosity has continued to grow and they now fund a grant each year that directly supports research at our hospitals. "We wanted to be part of the research community back then, so we gave what we could, knowing that when we retired we could support the Foundation at a higher level" said Len.

Thank you Len and Fran, your gift each year means the world to us all.

## "I get to make discoveries occasionally that no-one has seen before"

**Dr Warren Pavey,**

Chair Heart and Lung Research Institute of WA and Cardiac Anaesthetist



## LITTLE CREATURES

Little Creatures launched their brewing company in 2000 and they immediately made a commitment to invest back in to their local community. Spinnaker has enjoyed the friendship and support of Little Creatures ever since through representation on our Board of Directors, membership of the Marketing and Fundraising committee, funding for research grants and support of Spinnaker events. It is a closely forged and deeply valued partnership based on a mutual commitment to the people of Fremantle and to quantify the value would be meaningless with any word other than priceless. This will be the first year since we all can remember that the annual awards event will not be held at Little Creatures but definitely not the last event. Spinnaker and Little Creatures have been working together to dream up a whole new set of great things to partner on and we look forward to many more fabulous collaborations in the years to come. Thank you so much to the whole team at Little Creatures – your support of us, and the Fremantle community, is exceptional!

**To all of our supporters, we think the world needs more people like you!**



## THANK YOU AUSTAL!

In 2006 the hardworking staff at Austal started their own version of the Freo Doctor Lottery and have retained that commitment to fundraising every year since. With every dollar raised matched by Austal more than \$250,000 has been donated to Spinnaker, meaning we can fund an additional research project each year.

"Austal is very proud of, and grateful for the opportunity to support the Spinnaker Health Research Foundation - to help fund medical

research projects that are making a real difference to people's lives in our local community." said Paul Sparke, Austal's Marketing Manager.

Paul said the team at Austal was really proud to have helped to achieve real breakthroughs in the treatment of a number of medical conditions over the past 14 years. "We look forward to continuing our valued relationship and building upon our past successes to help even more people in our community."



# OUR SUPPORTERS

## ROTARY GOLF DAY ON PAR IN 2019

On 29 May, the Rotary Clubs of Fremantle and Attadale made an incredibly generous gift of \$23,577 to Spinnaker following another successful corporate golf day event. Volunteers from both clubs work tirelessly to organise and host the event, participation in which is oversubscribed each year. We thank everyone who was involved in the event which took place on 8 March at the Royal Fremantle Golf Club, and also to the generous sponsors and those who participated on the day. We are so grateful to have the support of the Fremantle and Attadale Rotary Clubs who fund an entire research grant every year. Thank you for continuing to support the mission of Spinnaker. Until next year.

**“Rotary has a long spanning commitment to the Foundation, dating back to its infancy in 1996, and we are proud to support the work they are doing to improve the health of our south metropolitan community.”**

Gail McCulloch, President, Rotary Club of Attadale

## LADIES AUXILIARY

It has long been accepted that a good cup of tea and a sandwich carefully prepared will cure all manner of ills and the proof of this fact lies with the wonderful army of volunteers running the Ladies Auxiliary Kiosk at Fremantle Hospital. For more than 94 years the Ladies Auxiliary has been providing services to the patients and staff of the hospital, not just keeping them nourished with carefully prepared, home cooked

offerings, but through the donation of millions of dollars for patient transport vehicles, beds for parents, medical equipment and other provisions for the comfort and safety of patients and their families. Each year they donate \$15,000 to fund a research project through the Foundation and maintain an active interest in the results and outcomes of that research. To Lyn Harrington and her team of wonderful Ladies, we thank you for all of your hard work and generosity, and for the delicious meals that keep us going!

## WE COULDN'T DO IT WITHOUT



## DONOR HONOUR BOARD

... to all of our donors, every cent makes a difference in our fight against disease, THANK YOU.

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Austal Staff and Management

### Honorary Life

Ms Judith Gray  
Mr Dale Alcock  
Mrs Lois Maxwell  
Dr Patricia Kailis AM OBE  
Mr Len Hitchen  
Prof Michael Stacey  
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Mr David Rowe  
Mr Benny Roncio  
Mr Victor Paino AM

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Mr Michael Sutton  
Siok Hwee Soh  
...and to all of our generous donors



“We do it not  
just for you,  
but with you  
and because  
of you.”

**Mark Balfour** Chairman



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FOR BETTER HEALTH**