

Annual Report 2009-2010



Newfoundland & Labrador Centre for
**APPLIED
HEALTH
RESEARCH**
www.nlcahr.mun.ca

10 *of Supporting Applied Health Research
for Newfoundland & Labrador*
years

Newfoundland & Labrador Centre for Applied Health Research

www.nlcahr.mun.ca

Message from the Chair of the Board

On behalf of the Board of the Newfoundland and Labrador Centre for Applied Health Research, I am pleased to present this report on our activities for the fiscal year ending March 31 2010.

This year marks the 10th anniversary of NLCAHR. The Centre was established to support the work of applied health researchers, to encourage more students and researchers to enter this important field, and to encourage the use of research evidence by health system decision-makers and our other stakeholders.

The Centre has made great gains in each of these areas, funding nearly 100 students and researchers to date and distributing more than \$2.1 million in research grants and fellowships.

In addition, NLCAHR capacity-building and knowledge translation activities, such as the ground-breaking Contextualized Health Research Synthesis Program, have helped build important linkages among researchers and between researchers and the health system.

NLCAHR's programs have obvious direct results, such as helping researchers to leverage federal funding, building national research partnerships, and producing research evidence to inform effective health care practices. But there are many indirect benefits to the province and to the community as well: health research generates tax revenue, creates jobs and training opportunities, and helps in the recruitment and retention of experts and students, among other things.

Ultimately, NLCAHR's work is aimed at supporting the physical, social, and psychological health and wellbeing of the province's population, and its many activities contribute to this mission.

As Chair of the Board, I would like to again thank the Director, the staff, peer-review committee members, health system partners and the many others who have been involved in the Centre's success over the last decade.



Dr. James Rourke, Chair of the Board

Message from the Director

Our 10th Anniversary year was an interesting and very active one for NLCAHR, involving a growing profile of the Centre on the national stage, an unprecedented number of successful public events and the ongoing pursuit of many of our existing programs.



Dr. Stephen Bornstein, Director

Our national profile was enhanced by our leadership role in a number of key Canadian associations, as described below, and also by the strong interest of researchers and funders from other parts of the country in our Contextualized Health Research Synthesis Program. This interest has taken various forms, including the enthusiastic participation of several of Canada's leaders in the field of knowledge transfer in our workshop 'Evidence in Context'. All of the external participants had very positive comments about the design and products of CHRSP and we also received many helpful suggestions about how to streamline and enhance the program.

A concrete endorsement of CHRSP also came from CIHR's Institute of Health Services and Policy Research which awarded us a special grant of \$125,000 for the production of three CHRSP studies.

This year, NLCAHR organized three major knowledge exchange events; this unprecedented level of activity was made possible by CIHR's 'Meetings, Planning and Dissemination Grants' Program. Once again this year, we were provided with a special allocation of \$200,000 to distribute in fellowships and grants for the province's three-year Healthy Aging Research Program. At the same time, however, the limitations of our core budget once again required us to scale back activity and spending on some of our other programs. An adjustment of the Centre's annual allocation from the Department of Health and Community Services (which has not changed since 1999) will require an organizational review both of NLCAHR and of other provincially-funded applied health research organizations. This review has been planned but has not yet been performed. Accordingly, in order to keep within our core budget (augmented, fortunately, by generous support from the Faculty of Medicine), we reduced the scope of our regular Awards Program. We also spent very cautiously in several other areas, particularly for capacity building, staff, travel, hosting and operations.

As usual, the Centre depended heavily on the oversight of our Board, our many committees, and of course our excellent staff. I would like to thank them for their efforts, and especially to acknowledge the invisible contribution of those colleagues who served on our two peer review committees without whom our awards programs could not function properly.

Finally, I wish to thank the various researchers and decision-makers who have worked tirelessly on CHRSP teams and who have produced such excellent results. I look forward to working with all of you again in the coming year.

About NLCAHR

The Newfoundland and Labrador Centre for Applied Health Research was created in the fall of 1999 as the product of a partnership among three organizations: Memorial University of Newfoundland, the Department of Health and Community Services of Newfoundland and Labrador, and the Health Care Corporation of St. John's (now Eastern Health). It is constituted as a centre within Memorial University under the auspices of the Board of Regents and is led by a Director and a Board.

The Centre is funded primarily by an annual grant from the Department of Health and Community Services of the Government of Newfoundland and Labrador, with project funding from various granting agencies and financial and administrative support from the Faculty of Medicine.

NLCAHR's mission is to contribute to the effectiveness of the health and community service system of Newfoundland and Labrador and to the physical, social and psychological health and wellbeing of the province's population by supporting the development and the use of applied health research in this province.

The Centre's work revolves around three principal goals:

- to help build human capacity and organizational resources for undertaking and supporting high-quality applied health research in the province;
- to increase the amount and the impact of high-quality applied health research undertaken on the priority research themes of Newfoundland and Labrador; and
- to help increase the effective and efficient use of research evidence in the province's health and community services system.

These goals are achieved through our funding programs, collaborative activities, research and knowledge exchange activities (including the Contextualized Health Research Synthesis Program) and our capacity development activities.

See the NLCAHR website for a copy of our current strategic plan: www.nlcahr.mun.ca/news/documents/nlcahr_docs/Strategic_Plan_2007-2011.pdf

NLCAHR's Mission

The Centre contributes to the *effectiveness and efficiency* of the health and community service system of Newfoundland and Labrador and to the physical, social, and psychological *health and wellbeing* of the province's population by supporting the *development and the use of applied health research* in this province. It works with an *inclusive and flexible* conception of the term 'applied health research' in a spirit of openness to the widest possible range of disciplinary and methodological approaches, and it seeks to *collaborate* fully with other local, provincial, regional and national organizations that have similar objectives.

Governance

NLCAHR's Board Of Directors 2009-2010

Dr. James Rourke (Chair)	Dean, Faculty of Medicine, Memorial University
Mr. Don Keats	Deputy Minister, Department of Health and Community Services
Dr. Ray Gosine	Vice-President (Research), Memorial University
Dr. Penny Moody-Corbett	Associate Dean, Research & Graduate Studies Faculty of Medicine, Memorial University
Mr. Mike Barron	CEO, NL Centre for Health Information
Mr. John Peddle	Executive Director, NL Health Boards Association
Ms. Louise Jones	Senior Vice-President and Chief Nursing Officer, Eastern Health
Dr. Stephen Bornstein (ex officio)	Director, NLCAHR

Personnel

NLCAHR Staff 2009-2010

Dr. Stephen Bornstein	Director
Janice Butler	Research Officer, CHRSP Project Coordinator
Jerry Coffey	IT Consultant
Robert Kean	Research Assistant, CHRSP
Theresa Mackenzie	Manager, Communications and Partnerships
Pablo Navarro	Research Officer, CHRSP
Patti Thistle	Administrative Officer
Tyrone White	Finance Officer, Awards and Research Affinity Group Coordinator

We also wish to thank GradSWEP student Meagan MacKenzie and MUCEP student Tricia O'Brien, as well as David Reynolds who coordinated the project 'Improving Capacity for Oral Health.'

What are the rural & urban differences
in *Access to Cancer Treatment*
in Newfoundland & Labrador?

Maria Mathews, NLCAHR Project Grant 2002

Funding Programs

The Centre has been mandated by government to support applied health research and graduate training in the province both directly, through the allocation of grants and fellowships, and indirectly by helping to attract and leverage funding from external granting agencies. These programs help build research capacity within the province while increasing the amount of high-quality applied health research undertaken on priority research themes.

NLCAHR Annual Awards Program

NLCAHR operates a regular annual awards program as well as a special program that focuses on aging research. The Centre's funding programs are aimed primarily at research initiated by investigators who are resident in Newfoundland and Labrador.

The NLCAHR awards program currently offers Project Grants, Development Grants and Graduate Fellowships.

For all awards except the Master's Fellowships, preference is given to applications with direct relevance to one or more of NLCAHR's priority themes.

The following research themes were confirmed by the NLCAHR Board of Directors for 2009:

- Population health and health services challenges of NL
- Health promotion and wellness
- Efficiency and effectiveness of the provincial health system

NLCAHR thanks the many volunteer peer review committee members who gave their time and expertise to review applications for this round of competitions.

Development Grants

NLCAHR's Development Grants provide up to \$10,000 per project to assist in the creation of effective research teams in Newfoundland and Labrador that are capable of obtaining funding from national and international research granting agencies. These grants are intended to fund the development of new letters of intent and research proposals and/or to support the enhancement and re-submission of research proposals to external funding agencies.

NLCAHR received a total of seven applications for the 2009-2010 competition. Two applications (please see the table, right) were funded.

Project Grants

Project grants of up to \$40,000 are designed to support small research projects of high scientific quality that may not be eligible for funding from external sources and that are of direct relevance to the mandate and priorities of the Centre.

Competition for funding was strong in this category; NLCAHR was able to fund one application out of seventeen submissions.

Development Grant Recipients 2009-10

Dr. Maria Mathews	Return-for-Service Programs in Newfoundland and Labrador	\$10,000
Dr. Kris Aubrey-Bassler (with Richard Cullen)	Nephrolithiasis in the emergency department: Epidemiology and development of a rule to predict the need for CT diagnosis	\$10,000

Project Grant Recipient 2009-10

Dr. Gerard Farrell (with Dr. Susan MacDonald)	The Effectiveness of the Edmonton Symptom Assessment System (ESAS) in Monitoring Palliative Care Patients in the Community	\$40,000
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Fellowships

As part of the Centre's mandate to support the training and development of new health researchers in the province, the Fellowships Program is designed to facilitate applied health research through awards to students and post-doctoral fellows who are studying in Newfoundland and Labrador. Fellowships are awarded in three

NLCAHR Fellowship Recipients 2009-2010

Pamela Button, Doctoral Psychology	Dysfunctional Coping Mechanisms in Health Professional Students Dealing with Stress.	\$20,000 per year for up to 2 years
Taylor Ferrier, Master's Community Health & Humanities	Prostate Cancer Care: Wait Times to See an Urologist	\$18,000 per year for up to 2 years
Kathleen Little, Master's Clinical Epidemiology	Community Identity and Genetic Risk: Determining Knowledge Pathways related to Genetic Predispositions in Newfoundland and Labrador	\$2,000 top-up per year for up to 2 years
Total awarded for the 2009-2010 funding cycle		\$ 40,000

NLCAHR Fellowship Recipients (ongoing awards from the 2008-2009 funding cycle)

Elizabeth Russell, Master's Psychology	Exploring Psycho-Social And Health-Related Predictors of Body Dissatisfaction: A Quantitative and Qualitative Approach	\$5,900
Zhuoyu Sun, Master's Community Health and Humanities	Dietary Factors and Microsatellite Instability in Sporadic Colorectal Cancer	\$5,000
Patrick Fleming, Master's Community Health and Humanities	Retention of Specialist Physicians in Newfoundland and Labrador	\$850
Total awarded for the 2008-2009 funding cycle		\$ 11,750

categories: Master's Fellowships, Doctoral Fellowships, and Post-Doctoral Fellowships.

The number of applications received in all categories increased in the 2009-2010 competitions.

The Master's Fellowship competition saw a total of seventeen applications submitted, and two of those applications were successful. NLCAHR awarded one Doctoral Fellowship in 2009-2010 out of 11 applications. While there were three Post-Doctoral Fellowship applications, none of these was successful. All of these results can be found in the table on page 4.

NL-HARP

NLCAHR has partnered with the Department of Health and Community Services (DHCS) and an interdepartmental committee of government to develop a program aimed at fostering research on aging and seniors: the Newfoundland and Labrador Healthy Aging Research Program (NL-HARP). The Government of Newfoundland and Labrador has committed \$200,000 per year for three years to finance this endeavor, to be administered by the Centre, through various grants and fellowships. Fiscal year

How do we understand *pediatric inoculations & anti-vaccination discourse?*

Andrea Kitta, NLCAHR Doctoral Fellowship 2005

2009-2010 was the second year of funding under this program.

To further enhance the commitment to aging research, NLCAHR has partnered with CIHR's Institute of Aging to increase funding for outstanding fellowship applications. The Newfoundland and Labrador Gold Prizes for Research on Aging are awarded to the top rated applications (with scores of 3.9 or higher out of 5) in the Master's, Doctoral and Post-Doctoral fellowship categories. These awards, valued at up to \$3500, are awarded by CIHR on top of funding already awarded to applicants.

In the second round of NL-HARP applications, NLCAHR saw an increase in the number of applications received - seventeen submissions for a variety of funding opportunities, including fellowships, research grants and faculty awards. Of the seventeen applications, seven were selected for funding (see the table below).

NL-Healthy Aging Research Program Steering Committee

Alice Kennedy – Eastern Health

Evan Simpson – Department of Philosophy, MUN

Stephen Bornstein – NLCAHR, Faculty of Medicine, MUN

Farah McCrate – Government of Newfoundland and Labrador

Kelli O'Brien – Western Health

Sharon Buehler – Faculty of Medicine, MUN

Suzanne Brake – Government of Newfoundland and Labrador

NL-HARP Award Recipients 2010

Dr. Roger Butler (with Dr. Rebecca Law, Dr. Kris Aubrey, Kim Coffey and Cathy Wicks), Faculty of Medicine, MUN	NL-HARP Project Grant Does a Dementia Unit Reduce Polypharmacy in a Veterans Pavillion	\$29,001 for up to 2 years
Dr. Michelle Ploughman (with Dr. Marshall Godwin, Dr. Mark Stefanelli, Dr. John Fisk and Dr. Nancy Mayo), Eastern Health	NL-HARP Project Grant Health, Lifestyle and Aging with Multiple Sclerosis: Building an Evidence-Based Self-Management Program	\$40,000 for up to 2 years
Dr. Leslie Cake (with Dr. Sharon Buehler, Dr. Michelle Ploughman, Kelli O'Brien, Carla Wells and Gail Wideman), Psychology, Sir Wilfred Grenfell College Memorial University	NL-HARP Seed Grant Building an Evidence-Based Framework for the Development of a Newfoundland and Labrador Centre on Aging	\$20,000 for six months
Jennifer Hurlburt, School of Human Kinetics and Recreation, MUN	NL-HARP Master's Research Grant Physical Activity: the Role of Biopsychosocial Factors in the Lived Experiences of Older Adults with Fibromyalgia Living in Rural and Urban Newfoundland	\$5,000 for six months
Dr. Lan Gien, School of Nursing, MUN	NL-HARP Faculty Course Buyout Grant Working Late: Strategies to Enhance Productive and Healthy Environments for the Older Workforce - the Canadian Context	\$5,000 per semester for a total of \$10,000 (2 semesters)
Fang Liu, Community Health and Humanities, Faculty of Medicine (first funded in 2008-2009; this portion of funding is for FY 2009-10)	NL-HARP Master's Research Grant Measuring Health Status of Aging Population with Disabilities in NL	\$5,000 for six months
Ellen Haskell, Department of Sociology, MUN (first funded in 2008-2009; this portion of funding is for FY 2009-10)	NL-HARP Master's Research Grant More Sunsets: The Social Organization of the RV Sub-Culture	\$5,000 for six months
Total NL-HARP funding awarded for 2009-10		\$170,000

Collaborative Activities

The call for applications for the third round of NL-HARP will launch in June 2010, which will coincide with Senior's Month in Newfoundland and Labrador.

1. Collaboration with Other Newfoundland & Labrador Research Organizations

As in previous years, the Centre continued to work with a number of other research organizations in the province. These include the Atlantic Regional Training Centre in Health Services Research, the Newfoundland and Labrador Centre for Health Information, the Division of Community Health and Humanities of the Faculty of Medicine, the Harris Centre, the E-Health Research Unit, the Clinical Epidemiology Research Unit, and the Primary Healthcare Research Unit.

2. Rural Health Research

The Centre continues to play an active role in the development of rural health research in Canada. The Director serves on the executive of the Canadian Rural Health Research Society and is the co-chair of its 2010 annual scientific meeting to be held in Fredericton in September 2010. In addition, the Centre has been involved in a number of rurality-oriented research projects this year. The Director is a co-investigator on a CIHR-funded team working on enhancing rural dentistry in Atlantic Canada as well as of a team that is examining ways of enhancing oral health in Labrador, with particular attention to aboriginal communities.

How can interprofessional education improve *primary health care* in Newfoundland & Labrador?

Dennis Sharpe and Vernon Curran,
Primary Health Care Research Grant 2002

3. National Health Research Funding Networks

The Centre has been an active member in two networks of the various organizations from across the country that fund health research. The first of these organizations is the National Alliance of Provincial Health Research Organizations (NAPHRO), which brings together the directors of the country's principal provincial health research funding organizations. The group meets three times a year to share best practices in the management and allocation of health research grants and to discuss mutual concerns. In addition, the Director sits on a larger national organization, the National Forum of Health Research Funders, which brings together the members of NAPHRO, the major national funding agencies (CIHR, CHSRF and SSHRC) and the principal national health charities that provide research funding. Like NAPHRO, this group meets two or three times a year to discuss shared concerns and activities. Participation in these groups gives the Centre a voice at these important tables, insights into the approaches and best practices of related organizations, and ideas for new programs. For the past two years, the Director has also served as chair of the Network of Centre Directors in Health Services and Policy Research. The network assembles both

through telephone conferences and through bi-annual face-to-face meetings, the directors of eleven university-linked applied health research units from various parts of the country to share ideas on administrative approaches, knowledge exchange and capacity development; to facilitate data sharing and collaborative research activities; and to coordinate efforts to enhance national funding of applied health researchers and centres. The network receives multi-year funding and administrative support from CHSRF and CIHR's Institute for Health Services and Policy Research.

4. Canadian Institutes of Health Research

NLCAHR staff members continue to collaborate with CIHR in various ways. In May 2009, Dr. Ian Graham, CIHR's Vice President of Knowledge Translation, generously gave his time and expertise as part of an external review team for the Contextualized Health Research Synthesis Program.

As previously noted, NLCAHR has formed a partnership with the Institute of Aging to fund aspects of the NL-HARP program, and the Director participates in the CIHR-supported National Forum of Research Funders. Further details on this partnership are in the section on our funding activities.

Stephen Bornstein participated on a CIHR peer review committee this year, and Theresa Mackenzie, the Centre's Manager of Communications and Partnerships, also continues to serve as a community reviewer on CIHR peer review committees. She is also a member of the KT Funders Network, and has participated in workshops on communicating the value of health research to the public. In addition to building relationships within CIHR, NLCAHR's participation in these activities provides helpful information to shape NLCAHR's training programs and to support researchers as they prepare grant proposals to CIHR and other external funders.

5. Health Canada's Science Advisory Board

The Director is in the first year of his second term as a member of the Science Advisory Board to the Minister and Deputy Minister of Health of Canada. This body meets three or four times a year to provide advice to Health Canada and to the Public Health Agency of Canada on the relevance and quality of their internal scientific activities and on the science underpinning the issues addressed by them.

What interventions will improve *breastfeeding initiation & retention* in Newfoundland & Labrador?

Wanda Parsons, NLCAHR Development Grant 2008

How can we enhance *mobility & participation* amongst the elderly in Newfoundland & Labrador?

Peter Wang, NLCAHR Development Grant 2008

6. Evidence-Informed Practice Council

NLCAHR continues to collaborate with Eastern Health's Evidence-Informed Practice Council. The EIPC is a committee established to support

and encourage the development, implementation and evaluation of evidence-informed practice within the organization. The EIPC brings together clinical and administrative committees from within Eastern Health to foster research initiatives and knowledge translation and uptake, as well as to develop a working model for EIP within the organization.

7. Provincial Wellness Advisory Council

The Provincial Wellness Advisory Council (PWAC) is comprised of a broad range of government departments, professional associations and community groups. PWAC provides advice and guidance on the wellness priorities to government, through the Minister of Health and Community Services. PWAC seeks to create opportunities to build and strengthen our partnerships to support the actions for wellness. Toward this end, PWAC has invited NLCAHR to participate in Council meetings and to explore opportunities for further collaboration through CHRSP and other NLCAHR programs.

8. The Harris Centre

NLCAHR has worked with the Leslie Harris Centre of Regional Policy and Development in various capacities over the years. Discussions are ongoing about a possible partnership between the Harris Centre and NLCAHR with respect to integrating health research needs into the Yaffle search engine. We are currently exploring ways that we can collaborate to increase the involvement of the health research community in this important resource. NLCAHR's Director is now a member of the Yaffle steering committee.

9. Provincial Child and Youth Obesity Expert Advisory Committee

NLCAHR was invited to participate in a new committee established by the Department of Health and Community Services to address child and youth obesity in the Province. This group will meet regularly to review health promotion and obesity prevention policies, programs, services, resources, trends, data and research. The Provincial Child and Youth Obesity Expert Advisory Committee will offer advice on interventions to prevent and treat childhood overweight and obesity and link with a number of partner organizations.

10. Canadian Agency for Drugs and Technologies in Health

In April 2010 NLCAHR's Director, Stephen Bornstein, will begin his tenure as Chair of the Canadian Agency for Drugs and Technologies in Health (CADTH) Exchange, a network of health technology assessment (HTA) producers and users. The mandate for

this group is to share information, coordinate and leverage resources for HTA work, and to seek continuous quality improvement in the production and use of evidence-based information. Since the synthesis of existing HTAs is an integral part of the methodology employed in our Contextualized Health Research Synthesis Program, the CADTH Exchange is an opportunity to contribute to and learn from this valuable network of experts.

Project Coordinators under CHRSP continue to collaborate with CADTH on new and upcoming contextualized synthesis projects as well as other HTA-related initiatives. Details on these initiatives are in the CHRSP section on page 9.

11. Increasing Capacity for Oral Health Workshop

"Increasing Capacity for Oral Health" (ICOH) is a research project, funded by the Canadian Institutes of Health Research, intended to inform policy in Atlantic Canada regarding the oral health of vulnerable populations. It is one of four pilot projects funded by a Seed Grant for research on Disparities in Oral Health awarded by CIHR's Institute of Musculoskeletal Health and Arthritis. The project is a collaboration of clinician-researchers at Dalhousie University, researchers at Memorial led by NLCAHR, and a diverse group of stakeholders in Newfoundland and Labrador who share an interest in developing the necessary links between the assessment of oral health needs and the delivery of services. This research aims to develop methods for measuring and monitoring oral health status of vulnerable populations in Atlantic Canada, beginning with seniors, and then to inform policy directed towards improving their oral health.

On Oct. 21st and 22nd, 2009, NLCAHR and members of the Dalhousie University Faculty of Dentistry hosted a forum at Memorial University. The ICOH Forum was an opportunity to bring stakeholders together to begin working towards increasing the capacity for oral health in Newfoundland and Labrador. Participants included local oral health professionals, health decision makers from the provincial Department of Health and Community Services and the regional health authorities, health researchers, representatives of seniors groups and seniors care providers, and experts in telehealth technologies. ICOH research team members reported on ongoing research in oral health in Nova Scotia. Forum participants spent each afternoon in small group discussions focusing on the strengths, weaknesses, opportunities, and threats which may benefit or hinder oral health for seniors in Newfoundland and Labrador. A follow-up forum will be held on Oct. 1st and 2nd, 2010.

The ICOH project is led by Principal Investigators Dr. Joanne Clovis (Dal), Dr. Debora Matthews (Dal), and Dr. Stephen Bornstein (MUN).

How can we monitor & predict the *needs for nursing services* in Atlantic Canada?

Carole Orchard, CHSRF Matching Funds 2001

The ICOH project was one of only four CIHR Disparities in Oral Health Seed Grants funded in Canada in 2008.

12. CNIB Provincial Vision Health & Rehabilitation Steering Committee

The Newfoundland & Labrador branch of the Canadian National Institute for the Blind is drafting a vision health plan for the province. The Steering Committee and its sub-committees examine issues pertaining to vision health and rehabilitation services and provide recommendations and suggestions for enhancing program and service delivery within our province. The Committee is an advisory and working group, and NLCAHR participates in an advisory capacity.

13. Research Collaborations

The Director of NLCAHR participates in several other research collaborations. He is a co-investigator on a CIHR-funded team, led by Dr. Yukiko Asada of Dalhousie University, on need-based resource allocation models in health care. He is also on the editorial advisory committee for the Community for Excellence in Health Governance, a community of board members, executives and thought leaders committed to excellence in the governance of Canada's health and healthcare organizations and plays a lead role in the research program of SafetyNet, a centre for occupational health and safety research.

14. NLCAHR Presentations

Evidence in Context Workshop, St. John's – May 4-5 2009
CHRSF Champion workshop – September 14 2009
Injury prevention report launch - NL Injury Prevention Coalition – October 9 2009
New Directions in Health Research on Sex and Gender – October 18-19 2009
CIHR for Social Science/Humanities Researchers – November 8 2009
Health From All Angles Research Symposium – March 18 2010
Interprofessional Health Research Day, Saint John, NB – March 20 2010

15. NLCAHR Participation at Meetings & Conferences

Event	Date	Participant(s)
CNIB Provincial Vision Health & Rehabilitation Steering Committee	Monthly	Pablo Navarro
Evidence Informed Practice Council	Quarterly	Pablo Navarro & Janice Butler
Provincial Wellness Advisory Committee	Quarterly	Pablo Navarro & Janice Butler
NAPHRO	Quarterly	Stephen Bornstein
HTA Exchange	Quarterly	Stephen Bornstein
Provincial Child and Youth Obesity Expert Advisory Committee	Quarterly	Pablo Navarro
Centre Directors' Network	Biannual	Stephen Bornstein
Canadian Rural Health Research Society	Monthly	Stephen Bornstein
Yaffle Steering Committee	Quarterly	Stephen Bornstein
Asada Research Team: resource allocation in health care	Quarterly	Stephen Bornstein
CADTH Symposium	April 5-7, 2009, Ottawa	Stephen Bornstein
Forum of Health Research Funders	April 16, 2009, Ottawa	Stephen Bornstein
CRHRS Board meeting	April 29, 2009	Stephen Bornstein
CAHSR conference	May 11-15, 2009	Stephen Bornstein
National Healthcare Leadership Conference	June 1-2, 2009	Stephen Bornstein
Community for Excellence in Health Governance	June 11, 2009	Stephen Bornstein
Labrador Oral Health	July 13, 2009	Stephen Bornstein
Healthy Aging in Grand Falls-Windsor	July 27, 2009	Stephen Bornstein
Communicating the Value of Health Research	November 5, 2009, Toronto	Theresa Mackenzie
Community for Excellence in Health Governance	November 25, 2009	Stephen Bornstein
Primary Healthcare Partnership Forum	November 27-28, 2009	Janice Butler
Forum of Health Research Funders	November 30, 2009, Ottawa	Stephen Bornstein
CIHR-Peer Review Committee	Dec 1-3 2009, Ottawa	Theresa Mackenzie
Dalhousie Conference Call re AHPRC	December 16 2009	Stephen Bornstein
CIHR Primary Care Summit, "Patient-Oriented Primary Care - Scaling Up Innovation"	Jan 18-19, 2010 Toronto	Stephen Bornstein

How can we *improve safety for fibreglass boat-builders?*

Stacey Wareham, NLCAHR Doctoral Fellowship 2006

Knowledge Exchange Activities

1. Gender and Health Conference

We welcomed 111 participants to our conference 'New Directions in Health: Sex, Gender and Health' held in St. John's on October 19 2009. This one-day forum brought together researchers, students, health decision-makers and community members to examine emergent research on sex and gender as it relates to the health of the body, healthy workplaces, and health care policy and delivery. Information was exchanged in various formats including keynote addresses, thematic panel sessions, and poster presentations. A half day of workshops took place the day before the forum, the first addressed funding opportunities in the area of gender and health and the second aimed to establish a network of researchers interested in the area of work-related mobility, health and gender.



The objectives for this conference were the identification of new opportunities for, and gaps in, gender and health research; facilitation of networking and collaboration between disciplines and between regional and national researchers; facilitation of knowledge exchange among the participants, especially between health researchers and health decision-makers and community members; and the development of research partnerships and capacity to address emerging research needs.

This event was funded with generous support from two CIHR groups: the Institute for Gender and Health and the Partnership and Citizen Engagement Branch.

2. Health From All Angles Research Symposium

In March 2010, we hosted 52 participants in the Junior Common Room on the St. John's campus for 'Health From All Angles: The 2010 NLCAHR Research Symposium.' This symposium highlighted the wide variety of Newfoundland and Labrador-based

applied health research that has been funded by the Centre in recent years. It also presented a networking opportunity for our research community, created presentation opportunities for students and helped researchers focus their ongoing research.

Health From All Angles

the 2010 NLCAHR Research Symposium



3. NLCAHR Website

NLCAHR continues to develop its website, updating it on a regular basis with news and information that is relevant not only to applied health researchers but also to students, decision-makers, clinicians, and the general public. New sections have been added to highlight aspects of the Contextualized Health Research Synthesis Program.

The website includes reports on research projects funded through the Centre. To date, we have posted 35 research reports and abstracts from grant recipients; these reports include links to published articles where available. Recently-added reports include:

- Dr. Marshal Godwin, "Assessing criterion validity and developing population norms for the Simple Lifestyle Indicator Questionnaire (SLIQ) in the elderly"
- Dr. Wendy Young, "Development of an age-friendly communities research team"
- Dr. Victor Maddalena, "Palliative and end of life care in Newfoundland's deaf community"
- Dr. Barbara Roebathan, "What are the determinants of a successful and sustainable program delivery as it applies to child nutrition programs in Newfoundland and Labrador?"
- Dr. Wanda Parsons, "Effectiveness of an intensive intervention during pregnancy and for one year postpartum on breastfeeding initiation and duration rates in Newfoundland and Labrador"
- Elizabeth Russell, "Exploring Psycho-Social And Health-Related Predictors of Body Dissatisfaction: A Quantitative and Qualitative Approach."

4. NLCAHR Newsletter and E-bulletin

NLCAHR distributes a quarterly newsletter that highlights health research and research news that is relevant to decision-makers and researchers in Newfoundland and Labrador. We also distribute, on a frequent basis, an electronic bulletin. The e-bulletin draws attention to special events, funding opportunities, and other items of interest to the research community. More than 600 people are now on the mailing list for these publications.

How can we avoid the development of *cumulative trauma disorders* in crab butchers?

Angela Tate, NLCAHR Doctoral Fellow 2001

Contextualized Health Research Synthesis Program

Since 2007, the Contextualized Health Research Synthesis Program (CHRSP) has evolved into a flagship program of NLCAHR. It has been recognized nationally as an innovative approach for supporting evidence-informed decision making in the provincial healthcare system.

CHRSP does not conduct original research, but rather analyzes the findings of high-level research (systematic reviews, meta-analyses and health technology assessments) that have already been done on the issue in question.

There are two key characteristics that make CHRSP unique: The CHRSP team at NLCAHR has developed ongoing partnerships and collaboration with top level health decision makers throughout the province. They are involved at all points in the research process, from the identification of pressing issues of importance to the province to the uptake and application of the results, an approach CIHR calls 'integrated knowledge translation.'

The second unique feature of CHRSP is the contextualization of the research evidence, both in shaping the research questions being asked and in drawing conclusions from the synthesized evidence to support local decision making. Our contextual analysis includes assessment of the specific forms that the issue takes in this province as well as the applicability of proposed solutions and methods to locally available physical and human resources, cultural conditions and financial capacities. CHRSP uses a combination of external experts and local networks to carry out and contextualize the research synthesis and to facilitate the uptake of the results by research users.

Evidence in Context

On May 4th and 5th, 2009, NLCAHR hosted a knowledge-exchange forum entitled, 'Evidence in Context.' The event was funded by a Meetings, Planning and Dissemination grant from CIHR's Institute of Health Services and Policy Research and the Knowledge Translation Branch. The purpose of this forum was to solicit feedback on CHRSP

How does restructuring in resource-dependent communities affect the health of women & children?

Ingrid Botting, NLCAHR Post-Doctoral Fellow 2002

from our local decision-making partners as well as from national experts in knowledge translation at CIHR, Canadian Cochrane Network, and the Manitoba Centre for Health Policy.

The CHRSP Team at NLCAHR gathered a great deal of information on ways to improve both the CHRSP process and the resulting products. As a result, over the past year, two additions to the program were initiated. The first is the introduction of CHRSP

Champions, senior members of the health organizations who act as liaisons between the CHRSP Team and the top level system partners. The second is the pilot testing of an expedited process

for producing e-CHRSP reports. This proposed process is under development and may take a variety of formats including partnering with other external organizations to synthesize the available evidence. Both initiatives introduced this past year are in response to the growing push from our health system partners to develop a process that supports efficiency without sacrificing the high-quality of our end products.

Support from CIHR

Over the past year, NLCAHR was successful in securing \$125,000 in funding from CIHR's Institute for Health Services and Policy Research (IHSPR) to support a proposal for Integrated Knowledge Translation in Newfoundland and Labrador. We have committed to producing four contextualized research syntheses under this grant. Our continued success in securing funding for CHRSP is an indication of the growing success of the program.

CHRSP Projects

The first CHRSP project on provision of dialysis services in rural and remote Newfoundland and Labrador was released in 2008, followed by two reports in 2009, one on the development of a PET/CT program in the province and the other on non-clinical interventions for the preventions and treatment of childhood overweight and obesity. Progress was made toward the completion of two new projects in 2009/2010.

CHRSP: Youth Residential Treatment

This project addressed the evidence for the clinical and cost effectiveness of youth residential treatment (YRT) programs for children and adolescents with complex emotional, psychological and behavioural needs. The project involved a synthesis of the systematic review literature concerning:

- a) YRT as a generalized treatment option;
- b) treatment of youth with addictions;
- c) treatment of youth with disruptive behaviours;
- d) treatment of sexually aggressive youth;
- e) treatment of First Nations and Inuit youths;
- f) site-design, staffing and governance; and
- g) health economics of YRT.

What are the implications of living with genetic risk?

Holly Etchegary, NLCAHR Doctoral Fellowship 2003

The research team was led by Dr. John S. Lyons, Endowed Chair of Child and Youth Mental Health, University of Ottawa & Children's Hospital of Eastern Ontario. The Research Team included senior administrators from Labrador Grenfell Health, the Department of Health & Community Services, the Department of Child, Youth & Family Services, the Nunatsiavut Government, local experts and community service providers, as well as Dr. Stephen Bornstein and Pablo Navarro from NLCAHR.

The project will be completed in the summer of 2010 and will be disseminated the following autumn.

CHRSP: Reuse of single-use devices in Newfoundland and Labrador

This project is the first of the Centre's expedited (e-CHRSP) reports that is unique in that it relies upon the synthesis of the evidence from a single published source, that being the 2009 report by the Agence d'évaluation des technologies et des modes d'intervention en santé (AETMIS) in Québec.

The report by AETMIS represents the most comprehensive and up-to-date assessment of the research evidence on SUD reuse. The lead authors of the AETMIS report, Dr. Genevieve Martin, Dr. Lorraine Caron and Jean-Marie Martin, worked with the research team at NLCAHR to produce an augmented version of the Executive Summary of the full AETMIS report, contextualized for the province of Newfoundland and Labrador.

The purpose of this study is to answer the question: What does the best currently available scientific evidence say about the effectiveness, safety, and potential economic benefits of reusing certain reprocessed single-use devices (SUDs)?

The CADTH Exchange has provided partial funding to support the collaborative work of the two research organizations. The research team includes the lead authors of the AETMIS report, Vickie Kaminski, CEO of Eastern Health, as the health system partner, and Dr. Stephen Bornstein, Janice Butler, and Rob Kean of NLCAHR. The anticipated completion date is August, 2010.

CHRSP: Future Projects

The 2009 consultation process with provincial health system partners yielded three new CHRSP projects for the upcoming year. The first project is a study of multidisciplinary teams for chronic disease management in Newfoundland and Labrador. Working with Dr. Anne Sales of the University of Alberta as the Team Leader, and health economist, Dr. Daria O'Reilly of McMaster University, the research team will address the following question: What aspects of multidisciplinary chronic disease management (focusing on diabetes and chronic obstructive pulmonary disease) are

associated with better outcomes for patients, providers and the health system? Are there also implications for the management of other chronic diseases? This project is coordinated by Janice Butler of NLCAHR working with research assistance from Rob Kean. The full research team will also include Dr. Stephen Bornstein of NLCAHR, Dr. Susan Gillam, CEO of Western Health, and other academic and clinical experts in the field of chronic disease and multidisciplinary health care.

For the next two projects, NLCAHR has entered into a partnership with CADTH. The collaboration will involve CADTH's Health Technology Information Services (HTIS) division. HTIS has an established record of providing knowledge and decision support materials to health system partners at the national level. They will work with the CHRSP Research Team to identify and synthesize health research on priority topics that have been determined by our health system partners. A CHRSP Research Team will then produce a report that incorporates their findings and includes a contextualized analysis of the research evidence.

The first CADTH-CHRSP project will involve a synthesis of the evidence for the clinical, health economic outcomes and user outcomes for patient-specialist tele-health consultations in dermatology and cardiology. The CHRSP Research Team, which is still being developed, includes decision makers from Labrador Grenfell Health, from whom the original CHRSP topic was proposed, as well as local clinical experts in dermatology and cardiology.

The second CADTH-CHRSP project will examine the evidence for the clinical and health economic outcomes of hyperbaric oxygen therapy for the treatment of problem wounds, including diabetic pressure ulcers, non-diabetic pressure ulcers, delayed radiation-induced injury, thermal burns, skin grafts and flaps, and post-organ transplantation revascularization. The Research Team for this project, also in development, includes senior administrators from Eastern Health and local clinical and research experts on hyperbaric oxygen therapy, oncology, dermatology and wound healing.



How can we avoid *Social Worker Turnover* in child, youth & family services?

Kathleen Little, NLCAHR Master's Fellowship 2007

Capacity Development Activities

As noted in our strategic plan, one of the Centre's goals is to help build human capacity for undertaking and supporting high-quality applied health research in the province. The Centre's capacity development strategy includes activities and programs that address training, networking and other support needs.

Research Affinity Groups

The Research Affinity Group program continues to be one of our most successful capacity development activities, bringing together people from the university, the health system and the community who share a common interest in a key area within the domain of applied health research. These groups meet on a regular basis to share information on current research and to discuss possible research collaborations.

Since the initial group on Rural, Northern and Aboriginal Health was formed in 2005, the Centre has formed an additional nine groups which meet regularly to discuss key issues pertaining to specific subject area. These groups include:

- Aging
- Arts and Health
- Rural and Northern Health
- Autism
- Eating Issues, Disordered Eating and Body Image
- Complementary and Alternative Medicine
- Quantitative Analysis
- Patient Safety
- Women's Health/Gender and Health
- Vitamin D

Additionally, NLCAHR will soon host another research affinity group that will focus on oral and dental health.

These groups have produced very positive feedback from participants and provide valuable networking opportunities for researchers and like-minded individuals from various fields of expertise and interests.

In October 2009, NLCAHR and the Research Affinity Group on Women's Health/Gender and Health hosted the successful symposium entitled, 'Sex, Gender and Health: New Directions in Health Research.'

A number of members of NLCAHR's research affinity groups have been able to earn funding through their collaboration. A team comprising of several members of the Research Affinity Group on Aging, led by Dr. Les Cake, have received an NL-HARP seed grant in the amount of \$20,000 for the topic, 'Building an Evidence-Based

Framework for the Development of a Newfoundland and Labrador Centre on Aging.' The Research Affinity Group on Eating Issues, Disordered Eating and Body Image also saw success with funding applications: the group's co-champion, Dr. Natalie Beausoleil, and group member Leanne Petherick received over \$50,000 in funding from the Public Health Agency of Canada for the 'Body Image Network Toolkit Evaluation'.

Applied Health Researcher Support Program

Since 2005, NLCAHR has offered support to new researchers through the Applied Health Researcher Support Program. The Program has provided services such as research advising, proposal pre-review, mentoring and grantsmanship training activities. This program was suspended in 2009-2010 due to resource limitations; we hope to be able to offer it again in the coming year.

Other Resources and Activities

In addition to the capacity-building activities described above, NLCAHR has continued to use its website to share details on new and recurring funding opportunities, upcoming conferences, and other information of use to our stakeholders.

How can we retain *international medical graduates* in Newfoundland & Labrador?

Maria Mathews, NLCAHR Project Grant 2005

What are the *wait times for prostate cancer care* in Newfoundland & Labrador?

Taylor Ferrier, NLCAHR Master's Fellowship 2007

Financial Overview

For the fiscal year April 1 2009- March 31 2010

Income ¹	
Balance as of March 31, 2009	(\$10,444)
Grant from Department of Health & Community Services	\$500,000
NL Healthy Aging Program	\$200,000
CIHR meetings, Planning and Dissemination Grant (Sex, Gender and Health)	\$24,560 ²
CIHR Meetings, Planning and Dissemination Grant (Evidence in Context)	\$25,000 ³
Total Income for 2009-2010	\$739,116⁴
Expenditures	
Salaries and benefits	\$340,366
Operations/travel/conferences	\$26,760
NLCAHR Symposium: Sex, Gender and Health	\$24,560
CHRSR Symposium: Evidence in Context	\$25,000
NLCAHR Awards Program	\$95,500
NL Healthy Aging Research Program ⁵	
Awards	\$170,000
Administration	\$18,000
Total Expenditures for 2009-2010	\$700,186
NL-HARP Balance as of March 31 2009	\$12,000
NLCAHR Balance as of March 31, 2009	\$26,930

For the end of the Fiscal Year 2009-2010 we have a small surplus of \$26,930. Although we managed to end the year with a surplus, we did so by cutting back on a number of programs such as fellowships and grants, communications activities, staff, travel, capacity building and knowledge transfer. Additionally, two of our symposia were largely funded by grants from CIHR, which greatly helped our bottom line.

Notes:

1. Income not included: financial contribution from Memorial's Faculty of Medicine, which includes the Director's salary and office space rental.
2. A one-time grant from CIHR.
3. A one-time grant from CIHR.
4. A grant from CIHR-IHSPR of \$124,985 is not included here; it was received in 2009-2010 fiscal year but was spent in the 2010-11 fiscal year. It will be accounted for in next year's annual report.
5. NL-HARP funding includes \$18,000 per year for administration; \$182,000 is available for research grants and awards. NL-HARP funding not spent in this fiscal year (\$12,000) is carried over in the next year of the program.

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 who have been funded by NLCAHR
 since 1999, see our website:

www.nlcahr.mun.ca

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