ANNUAL REPORT 2010-2011

Newfoundland & Labrador Centre for

APPLIED HEALTH RESEARCH

www.nlcahr.mun.ca

GREETINGS

Message from the Chair of the Board



Dr. James Rourke, Chair NLCAHR Board of Directors

This is the 11th year of operations for NLCAHR and it has been a busy one. While the Board has been reviewing the Centre's decade of accomplishments and considering options for the future, the Centre has been pursuing its regular slate of activities. The regular NLCAHR Awards Program has provided fellowships for students and grants to support several important research ventures. The special awards program on Healthy Aging has channelled funding to students and researchers working in an area of very high priority for the province's population and for its health system. Additionally, the Centre's Contextualized Health Research Synthesis Program has continued its innovative efforts to provide research-based evidence for the province's key health decision makers on issues identified by them as being of high and urgent priority.

I want to thank the staff of the Centre for their excellent work, to congratulate all the winners of fellowships and grants, and to thank the members of the Board for their diligent efforts.

Message from the Director



Dr. Stephen Bornstein, Director NLCAHR

This year, the NLCAHR Board of Directors has been undertaking a review of the Centre, an evaluation of its contributions, and an analysis of its future role. While this critical assessment was being carried out, the Centre focused its attention on core activities—the Awards Program and the Contextualized Health Research Synthesis Program (CHRSP). We have managed our limited budget cautiously, curtailing conference hosting and capacity-building activities while reducing staff and travel expenditures. At the same time, we have managed to maintain our contribution to the research needs of the Newfoundland and Labrador health system while elevating the profile of both the Centre and our province in various national arenas.

I would like to thank the researchers and decision makers within the provincial health system who have participated in our CHRSP studies as well as those who have contributed time and effort to the peer review process that is so essential to the fair and effective functioning of our awards programs.

Finally, my thanks to the many researchers who applied to NLCAHR awards competitions and to competitions administered through the Newfoundland and Labrador Healthy Aging Research Program. Congratulations to the students and researchers who won awards in these programs.



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). NLCAHR 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 Government of Newfoundland and Labrador, Department of Health and Community Services. NLCAHR receives project funding from various granting agencies and financial/administrative support from the Faculty of Medicine at Memorial University.

The Centre has three principal goals:

- to help build human capacity and organizational resources to undertake and support highquality applied health research in Newfoundland and Labrador;
- to increase the amount and impact of high-quality applied health research undertaken on priority research themes in the province; 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.

NLCAHR'S MISSION

NLCAHR's mission is to contribute to the effectiveness of the health and community services system of Newfoundland and Labrador and to the physical, social and psychological health and well-being of the province's population by supporting the development and use of applied health research in this province. NLCAHR 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. It also seeks to collaborate fully with other local, provincial, regional and national organizations that have similar objectives.

Governance

The NLCAHR Board of Directors 2010-2011			
Dr. James Rourke (Chair)	Dean, Faculty of Medicine, Memorial University		
Dr. Don Keats (replaced by Mr. Bruce Cooper)	Deputy Minister, Department of Health and Community Services		
Dr. Ray Gosine (replaced by Dr. Christopher Loomis)	Vice-President (Research), Memorial University		
Dr. Penny Moody-Corbett	Associate Dean, Research and Graduate Studies, Faculty of Medicine, Memorial University		
Mr. Mike Barron	CEO, NL Centre for Health Information		
Mr. John Peddle	Executive Director, Newfoundland and Labrador Health Boards Association		
Ms. Louise Jones (retired in April 2011)	Senior Vice-President and Chief Nursing Officer, Eastern Health		
Dr. Stephen Bornstein (ex officio)	Director, NLCAHR		

NLCAHR Staff 2010-2011	
Dr. Stephen Bornstein	Director
Ms. Janice Butler	Research Officer,
ivis. Jaffice Butlet	CHRSP Program Coordinator
Mr. Jerry Coffey	IT Consultant
Mr. Robert Kean	Research Assistant, CHRSP
Ms. Amanda Kinsella	Senior Clerk
Ms. Theresa Mackenzie	Manager, Communications and
IVIS. THEFESA IVIACKETIZIE	Partnerships
Mr. Pablo Navarro	Research Officer, CHRSP
Mr. Tyrone White	Finance Officer, Awards and
ivii. Tyrone wrinte	Research Affinity Group Coordinator

The Role of the Board

The Centre is managed by a Director who reports to a Board chaired by the Dean of the Faculty of Medicine at Memorial University. The NLCAHR Board of Directors oversees key policy and strategic decisions and is responsible for passing the budget, approving peer review committee recommendations for the Centre's awards programs, and determining the overall strategic direction of the Centre. Board members include the Dean of Medicine, the Deputy Minister of the Department of Health and Community Services, two senior representatives of the Newfoundland and Labrador Health Boards Association, Memorial University's Vice-President (Research), the Associate Dean (Research and Graduate Studies) of the Faculty of Medicine, and the CEO of the Newfoundland and Labrador Centre for Health Information. The Director sits on the board ex officio.

Personnel

The staff at NLCAHR would like to acknowledge the contributions of GradSWEP student Meagan MacKenzie and MUCEP student Tricia O'Brien, and to thank David Reynolds, who coordinated the project: 'Improving Capacity for Oral Health'. Our Senior Clerk, Patti Thistle, returned to the Library in the Health Sciences Centre in January, 2011. We would like to thank Patti for her two years of service with the Centre and to welcome Amanda Kinsella as her replacement.

We would also like to express gratitude to MUCEP students Jessica Barron and Sarah Predham and ISWEP student Xin Jiang for their contributions to the Centre.



FUNDING PROGRAMS

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

The NLCAHR Annual Awards Program

Development Grants

NLCAHR's Development Grants provide up to \$10,000 per project to assist in creating 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 existing research proposals to external funding agencies. NLCAHR received a total of eleven applications for the 2010-2011 competition. Five of these applications were funded, as follows:

About the Program

NLCAHR administers a regular annual awards program as well as a special program with a focus on research into aging. 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 Master's Fellowships) preference is given to applications with direct relevance to one or more of NLCAHR's priority themes. The following priority research themes were confirmed by the NLCAHR Board of Directors for 2010-2011:

- Population health and health services challenges in Newfoundland and Labrador;
- Health promotion and wellness;
- The efficiency and effectiveness of the provincial health system.

NLCAHR would like to thank the volunteer reviewers who gave their time and expertise to assess applications for both the Centre's regular awards program and for competitions administered under NL-HARP.*

Development Grant	t Recipients 2010-2011		
Dr. Rick Audas	15 Years Later - An Examination of the Health Trajectories, Outcomes and Utilization of	\$10,000	
DI. Nick Addas	Participants in the 1995 Newfoundland Adult Health Study	710,000	
Dr. Shabnam Asghari	Lipid Profile of Newfoundlanders	\$9983	
Lisa Bishop and Lisa Fleet	How Best Practice Prescribing in Newfoundland and Labrador Can Influence Patient Care	\$6,969	
Dr. Leigh-Anne Newhook	"You're not going at that!" - A Qualitative Study to Explore New Mothers' Attitudes, Beliefs, and Values Around Their Decision Not to Breastfeed	\$9,104	
Dr. Shree Mulay	Suicide in Aboriginal Communities in Labrador: A Study of Risk and Protective Factors	\$10,000	

^{*}for NL-HARP Awards, please see page 6

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 especially strong in this category; NLCAHR was able to fund only one out of ten submissions.

Project Grant Recipient for 2010-2011			
Dr. Peter Wang	Assessing the Validity of a Self-Administered Questionnaire (FFQ) in the Adult Population of Newfoundland and Labrador	\$40,000	

Current Year

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 studying in Newfoundland and Labrador. Fellowships are awarded in three categories: Master's Fellowships, Doctoral Fellowships, and Post-Doctoral

Fellowships.
This year,
only Master's
Fellowships
were available.

NLCAHR Fellowship Recipient 2010-2011			
Felicia Pickard Master's Fellowship: Environmental Science	Environmental Lead Exposure in Children from Pre-1970s Housing in St. John's, Newfoundland and Labrador	\$18,000 per year for up to two years	
Total fellowships awarded for the 2010-2011 funding cycle		\$ 18,000	

Previous Year

NLCAHR Fellowship Recipients (ongoing awards from the 2009-2010 funding cycle)		
Taylor Ferrier Master's Fellowship: Community Health and Humanities	Prostate Cancer Care: Wait Times to See a Urologist	\$18,000
Pamela Button Doctoral Fellowship: Psychology	Dysfunctional Coping Mechanisms in Health Professional Students Dealing with Stress	\$20,000
Total awarded for the 2009-2010 funding cycle		\$ 38,000

The NL-HARP Awards Program

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 committed a total of \$600,000 for three years to finance this program, which is administered by the Centre through various grants and fellowships. To build on the successes of the program, the provincial government has extended NL-HARP for an additional year. To date, a total of \$550,000 has been awarded to students and researchers under the auspices of NL-HARP.

To further enhance its commitment to research on aging, 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. One such award went to NL-HARP Doctoral Research Grant recipient, Ms. Roberta Didonato, who received \$1,500 in addition to her research grant.

This third round of NL-HARP funding saw another increase in the number of applications over the previous year, with a total of eighteen applications. Five applications were funded this year, bringing the total number of researchers and students funded by NL-HARP to seventeen. Full results of the competitions are as follows:

NL-HARP Award Recipients 2010)-2011	
Dr. Shabnam Asghari (with Dr. Alvin Simms, Dr. Marshall Godwin, Dr. Kris Aubrey-Bassler, and Dr. Kayla Collins) Faculty of Medicine, Memorial University	NL-HARP Project Grant Exploring the Feasibility and Process of Establishing an Online Spatio-Temporal Information System for Age- Related Chronic Disease in Newfoundland	\$40,00 for up to two year
Grant Handrigan, Kinesiology, Université Laval	NL-HARP Doctoral Dissertation Award Balance Control in Elderly Obese Individuals	\$30,000 per yea for up to two year
Roberta Didonato Psychology, Memorial University	NL-HARP Doctoral Research Grant How Age-Related Hearing Loss Impacts Memory for Medical Adherence in the Aging Population	\$10,000 for up to two years, plus \$1,500 for the Newfoundland and Labrador Gold Prize for Research on Aging
Jing Wang, Faculty of Medicine, Memorial University	NL-HARP Master's Research Grant Examining the Difficulties of Accessing Healthcare Among Aging Asian Immigrants	\$5,000 for six month
Dr. Annie Jalbert Psychology, Memorial University	NL-HARP Post-Doctoral Fellowship Episodic Memory Binding as a Preclinical Diagnostic Tool for Mild Cognitive Impairment and Predicting Conversion to Alzheimer's Disease	\$75,00 for up to two year

Researcher Feedback

from the NL-HARP Evaluation

"NL-HARP is a program made in Newfoundland for Newfoundlanders. It is very encouraging to see money made available for research work in aging."

-Research Grant Recipient

"It provided substantial funding, which allowed me to focus on the work and research, and not have to look in other places for funding. The research account was particularly helpful." -Fellowship Recipient

"NL-HARP funding has caused a ripple effect and created many connections. The seed grant led to presenting findings, which led to CIHR funding and working with people from the UK, which led to going to Seattle and making more connections and applying for international, European and Canadian grants."

-Seed Grant Recipient

"NL-HARP has given a sense of confidence, provided experience which can be used when applying for funding again, and has helped to make contacts with other healthy aging researchers."

- Fellowship Recipient

"NL-HARP has provided me with a background in aging research as well as experience.
Larger programs are extremely competitive, particularly for new researchers. Having experience really helps to leverage additional funds. Access to local funding for aging research is very encouraging as well."

-Research Grant Recipient

NL-HARP Steering Committee

Members of the Steering Committee for the Newfoundland and Labrador Healthy Aging Research Program are:

- Alice Kennedy, Eastern Health
- Evan Simpson, Department of Philosophy, Memorial University
- Stephen Bornstein, NLCAHR, Faculty of Medicine, Memorial University
- Henry Kieley, Government of Newfoundland and Labrador
- Kelli O'Brien, Western Health
- Sharon Buehler, Faculty of Medicine, Memorial University
- Suzanne Brake, Government of Newfoundland and Labrador

NL-HARP Evaluation

NL-HARP has now been administered for three years and has been renewed for an additional year in advance of a decision about its longer-term future. In conjunction with the NL-HARP Planning Committee, NLCAHR developed an evaluation process to assess the first three years of NL-HARP. This evaluation included an analysis of the funding data, a survey of successful and unsuccessful candidates, and a full report that was presented to the Planning Committee in June, 2011. The full report contains a complete list of funded projects, survey results and other details.

While it is too early to assess certain aspects of the program, such as its impact on research funding leveraged by recipients since their awards and its role in career outcomes, the program has certainly provided funding for a significant number of graduate students; it has also supported important, policy-relevant research projects, and has managed this work with low administrative costs.

Replies to the evaluation survey indicate very broad overall satisfaction with the program with a few suggestions for possible improvements if the program is renewed.



COLLABORATIVE ACTIVITIES

Collaboration with Other Newfoundland and Labrador Research Organizations

The Centre continues to collaborate with a variety of research organizations in Newfoundland and Labrador, including the Atlantic Regional Training Centre and researchers within Memorial's faculties of Nursing, Pharmacy and Medicine.

Specifically, NLCAHR provided advice and support this year to the Atlantic Regional Training Centre in Health Services Research as they faced serious funding issues.

The Centre also provided a small financial contribution for their fall symposium and offered a workshop for ARTC students (hosted by Janice Butler and Theresa Mackenzie) on CHRSP and the use of systematic reviews in health system decision making. The evaluation of

the workshop was extremely positive, and we expect to offer the sessions again in future.

Rural Health Research

The Centre regards rural health research as a key component of its mandate; as such, it has addressed rural health issues in a variety of ways. As in previous years, one of our Research Affinity Groups is devoted exclusively to rural health. The Centre is also a strong supporter of the Canadian Rural Health Research Society (CRHRS). The director continued his role with the CRHRS Executive this year and co-chaired the Society's 2010 Annual Scientific Meeting held in Fredericton, New Brunswick in September, 2010.

National Health Research Funding Networks

The Centre remains an active member of two national networks whose mandate is to connect health research funding organizations across Canada, namely, the National Alliance of Provincial Health Research Organizations (NAPHRO) and the National Health Funders' Forum.

NAPHRO consists of nine provincial health research funding agencies, while the National Health Funders' Forum includes both the key national level health funding agencies (CIHR and CHSRF) and the country's largest health charities.

PPLI

Centre Directors' Network

Dr. Stephen Bornstein is completing his second term as chair of the Network of Centre Directors in Health Services and Policy Research. This group is comprised

of leaders of the country's major applied health research units and meets six times a year (in person or by teleconference) to discuss common challenges and opportunities and to undertake collaborative projects. Funding for the Network is provided by grants from the Institute of Health Services and Policy Research of CIHR and the Canadian Health Services Research Foundation.

Canadian Agency for Drugs and Technology in Health (CADTH)

The Centre has developed a productive partnership with CADTH, both at the local level, through consultation with Ms. Sheila Tucker, CADTH's Provincial Liaison Officer, and nationally, through participation of NLCAHR staff in CADTH's annual conferences. In addition, NLCAHR is a member of the National Health Technology Assessment Synthesis Exchange, a CADTH- sponsored group of sixteen research units involved in the production and use of health technology assessments. Dr. Bornstein was elected chair of the Exchange in February 2010 for a two-year term.

Canadian Institutes of Health Research

NLCAHR works with CIHR in various ways. As noted above, NLCAHR and the Institute of Aging have formed a partnership to co-fund some of the NL-HARP awards. Dr. Stephen Bornstein and Ms. Theresa Mackenzie are both members of CIHR peer-review committees and, as in previous years, Ms. Mackenzie represented the Centre on CIHR's KT Funders' Network.

Health Canada's Science Advisory Board

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

Evidence-Informed Practice Council

Two members of the Centre's staff, Janice Butler and Pablo Navarro, participate in 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 Eastern Health. The EIPC brings together

clinical and administrative committees from within Eastern Health to foster research initiatives, knowledge translation and uptake, as well as to develop a working model for EIP within the organization.

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 recommendations for the implementation of the Provincial Wellness Plan to the minister of Health and Community Services. PWAC meets and consults with provincial groups directly involved in wellness including, in 2010, the Regional Wellness Coalition and the Poverty Reduction Strategy. PWAC also seeks to create and strengthen opportunities for partnerships that support wellness in the province. 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.

The Harris Centre

As it has in previous years, NLCAHR worked with the Leslie Harris Centre for Regional Policy and Development in various capacities this year. Dr. Bornstein is a member of the Steering Committee for the Harris Centre's 'Yaffle' research registry. In February, NLCAHR and the Harris Centre co-sponsored a *Memorial Presents* public forum on the future of healthcare in Canada with Janice Butler making a presentation. NLCAHR has also collaborated with the Harris Centre on the development of Memorial University's Research Plan.



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 meets regularly to review health promotion and obesity prevention policies, programs, services, resources, trends, data and research, as well as participating in national presentations. The Provincial Child and Youth Obesity Expert Advisory Committee offers advice and evidence on interventions to prevent and treat childhood overweight and obesity and link with a number of partner organizations.

Increasing Capacity for Oral Health Workshop

'Increasing Capacity for Oral Health' (ICOH) is a research project funded by the Canadian Institutes of Health Research. ICOH is intended to inform policy in Atlantic Canada pertaining to 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 that was awarded by CIHR's Institute of Musculoskeletal Health and Arthritis. The project is a collaboration of clinicianresearchers at Dalhousie University, researchers at Memorial University (led by NLCAHR), and a diverse group of stakeholders in Newfoundland and Labrador who share an interest in developing necessary links between the assessment of oral health needs and the delivery of services. This research aims to develop methods for measuring and monitoring the oral health status of vulnerable populations in Atlantic Canada, beginning with seniors. The research can then be applied to inform policy directed towards improving their oral health. In October, 2010, ICOH held its wrap-up conference in St. John's. This conference served as a follow-up to the initial workshop held in October, 2009 and also functioned to develop plans for continuing work being undertaken by the recently formed Oral Health Research Affinity Group at NLCAHR. The conference

generated a number of concrete projects for enhancing oral health policy and practice in Newfoundland and Labrador as well as garnering enthusiastic support for continued work to bring these projects to fruition.

CNIB Provincial Vision Health & Rehabilitation Steering Committee

The Newfoundland and Labrador Division of the Canadian National Institute for the Blind has completed the first stage of a research project that will inform a new Vision Health Plan for the province. A coordinator is being hired to finish drafting the Vision Health Plan in preparation for its presentation to the Department of Health and Community Services. The Steering Committee and its subcommittees examine issues pertaining to vision health and rehabilitation services and provide recommendations and suggestions for enhancing program and service delivery within Newfoundland and Labrador. The CNIB Provincial Vision Health & Rehabilitation Steering Committee is both an advisory and working group with NLCAHR participating in an advisory capacity.

Deliberative Processes Project

NLCAHR is part of a team, along with representatives of Eastern Health, Department of Health and Community Services, and Memorial University, that is examining the issue of public engagement in decision making for high-cost pharmaceutical therapies. Stephen Bornstein and Roger Chafe were successful in obtaining funding from CIHR for a workshop scheduled for October 19, 2011 that will bring together researchers and senior health decision makers with experts from other jurisdictions to discuss the latest research on the issue and collectively examine options for further research and implementation in Newfoundland and Labrador.

NLCAHR Participation at Meetings & Conferences

Meeting/Conference	Date/Location	NLCAHR Participant(s)
CADTH Symposium	April 18-20, 2010 Halifax, NS	Stephen Bornstein & Janice Butler (presenter)
Public Engagement in Health Technology Assessments and Coverage Decisions	April 21, 2010 Halifax, NS	Stephen Bornstein (participant- Public Policy Forum working lunch)
Cape Breton 2010 Symposium	April 23, 2010 Sydney, NS	Stephen Bornstein (Keynote Speaker)
Canadian Association for Health Services and Policy Research (CAHSPR)	May 10-13, 2010 Toronto, ON	Stephen Bornstein & Janice Butler (participants)
The KT10 Conference (Knowledge Transfer Conference)	June 7-9, 2010 Halifax, NS	Theresa Mackenzie (participant)
Cochrane Canada Symposium: Evidence in Uncertain Times	June 11, 2010 Ottawa, ON	Pablo Navarro (participant)
Pierre Gerlier Forest/ Pierre Elliott Trudeau Foundation Presentation	June 15, 2010 St. John's, NL	Theresa Mackenzie & Stephen Bornstein (presenters)
Atlantic Coalition for Injury Prevention	June 17-18, 2010 St. John's, NL	Janice Butler (invited presenter)
Jerusalem Canadian Studies Conference	June 25-July 11, 2010 Jerusalem	Stephen Bornstein (participant)
20 th IUHPE World Conference on Health Promotion	July 12-14,2010 Geneva	Stephen Bornstein (Presenter)
CRHRS Annual Conference	September 22-25, 2010 Fredericton, NB	Stephen Bornstein (Co-Chair)



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Meeting/Conference	Date/Location	NLCAHR Participant(s)
Cancer Drug Access	September 29-30, 2010 Ottawa, ON	Stephen Bornstein (participant)
Increasing Capacity for Oral Health Forum	October 1, 2010 St. John's, NL	Stephen Bornstein (Moderator)
CHSRF Symposium on Healthcare Renewal	October 12-13, 2010 Halifax, NS	Stephen Bornstein (participant)
NAPHRO Meeting	October 28, 2010 Ottawa, ON	Stephen Bornstein (participant)
NL Youth Excel	November 1-2, 2010 St. John's, NL	Pablo Navarro (presenter and participant)
Health Canada Science Forum	November 1-2, 2010 Ottawa, ON	Stephen Bornstein (participant)
Health Canada Science Advisory Board Meeting	November 2-3, 2010 Ottawa, ON	Stephen Bornstein (participant)
Communicating the Value of Health Research: Forum by CIHR, Health Charities Coalition of Canada, and NAPHRO	November 4, 2010 Ottawa, ON	Theresa Mackenzie (participant)
Provincial Wellness Advisory Council – Regional Wellness Coalition Meeting	November 16-17, 2010 St. John's, NL	Pablo Navarro & Janice Butler (participant)
Breastfeeding Symposium	November 24-25, 2010 St. John's, NL	Pablo Navarro (participant)
PriFor 2010 Primary Healthcare Partnership Forum at Memorial	November 25-26, 2010 St. John's, NL	Janice Butler (participant)
CIHR Peer Review: MPD Grants	November 26, 2010 St. John's, NL	Theresa Mackenzie (committee member- participant)
CIHR Peer Review Committee—Social Dimensions of Aging	Dec 14-15, 2010 Ottawa, ON	Theresa Mackenzie (committee member-participant)
Centre Directors' Network	Dec. 16-17, 2010 Ottawa ON	Stephen Bornstein (chair)
Meeting with CHSRF re: CHSRF EXTRA Program	Jan. 18 2011 Halifax, NS	Stephen Bornstein (participant)
Memorial Presents: Healthcare in 2020: Can NL Lead the Way?	February 15, 2011 St. John's, NL	Janice Butler (presenter)
MPH Guest Lecture Dr. Shree Mulay's class/ Health Sciences Centre	February 17, 2011 St. John's, NL	Pablo Navarro (presenter)





KNOWLEDGE EXCHANGE ACTIVITIES

NLCAHR Newsletter and e-bulletin

NLCAHR distributes a quarterly newsletter to communicate health research news of relevance to decision makers and researchers in Newfoundland and Labrador. The Centre also distributes, on a frequent basis, an electronic bulletin to draw attention to special events, funding opportunities, and other items of interest to the research community. More than 700 people are now on the mailing list for these publications.



to ensure that we can continue to achieve our mandate.

2010 marked the tenth anniversary of NLCAHR. At the request of the Board, a comprehensive report was prepared to provide an overview of our activities and outcomes over the past decade. The report lays out the history of the Centre, our mandate as specified in our strategic plan, and how we have advanced towards meeting our objectives. It describes in detail our activities and achievements (including our capacity-building activities, knowledge translation and synthesis activities, partnership activities, and research activities) and it outlines what we have accomplished.

The report concludes with an analysis of what is needed





Events

NLCAHR, with support from the Trudeau Foundation and the Division of Community Health and Humanities, Faculty of Medicine at Memorial, hosted a presentation and discussion on health care reform in Canada with Dr. Pierre-Gerlier Forest, President of the Trudeau Foundation, on June 15, 2010. Dr. Forest is known for his work in health policy and the governance of health care organizations and was Director of Research for the Romanow Commission and an Assistant Deputy Minister with Health Canada where he was first appointed to the G.D.W. Cameron Chair (2003) before becoming Chief Scientist. This lively discussion, held at Memorial University, was attended by stakeholders from across the Newfoundland and Labrador health system, including faculty, researchers, health board and other government representatives, students, and practitioners.

The Canadian Health Services Research Foundation (CHSRF) has implemented the Executive Training for Research Application (EXTRA) program, based on the premise that the best management decisions are informed by evidence. In January, 2011, Stephen Bornstein attended a meeting in Halifax to participate in discussions about the EXTRA GRADIENT DELA SURVISION STEPHENS DE SANTEPROGRAM, which has been designed to provide decision makers in health policy with the ability to both locate and apply research that will inform and guide policy decisions.

The Contextualized Health Research Synthesis Program

Overview

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

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

There are two key
characteristics that make
CHRSP unique. Firstly, the
CHRSP team at NLCAHR adopts
a collaborative approach with
top-level health decision makers throughout the province.
These decision makers work in
partnership with the CHRSP team and
maintain involvement at all points in the
research process, from the identification of
pressing issues of importance to the province
to the uptake and application of 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 question and in drawing conclusions from synthesized evidence in order to support local decision making.

This contextual analysis includes assessment of the specific forms that the issue takes in Newfoundland and Labrador and examines 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 results by research users.

Evidence in Context

Evidence in Context

The Reprocessing Single-Use Medic Newfoundland & Labrador

CHRSP Champions

Since September, 2009, CHRSP Champions, senior members of health organizations who act as liaisons between the CHRSP team and its health system partners, have strengthened the linkages between CHRSP and its key stakeholders. These Champions play an integral role in the annual iterative process for identifying high-priority research questions for CHRSP. The resulting 'pull' from the health system, combined with increased requests for evidence and knowledge exchange, elevates the value of the program for health decision and policy makers in Newfoundland and Labrador.

CHRSP Champions 2011			
Department of Health and	d Community Services		
Wanda Legge	Director, Policy Development		
Bev Griffiths	Director, Board Services		
Eleanor Swanson	Director, Health Promotion and Wellness		
Dr. Larry Alteen	Director, Physician Services, Medical Services Branch		
Eastern Health			
Dr. Mike Doyle	Director of Research		
Janet Templeton	Program Director, Medicine		
Elaine Warren	Program Director, Surgery		
Krista Butt	Research Analyst		
Central Health			
Vanessa Mercer Oldford	Regional Director, Corporate Improvement		
Western Health			
Lisa Hoddinott	VP, Quality Management & Research		
Anne Lynch	Regional Director, Planning & Research		
Labrador-Grenfell Health			
Carol Brice-Bennett	Director, Aboriginal Health Programs & Research		

CHRSP Partnering Activities

In 2010, CHRSP piloted an expedited process for producing e-CHRSP reports by partnering with other external organizations to synthesize the available evidence. The completed report on the reuse of single-use medical devices utilized the most recent high-level synthesis report from an HTA agency in Quebec, AETMIS, and interpreted the synthesized evidence for the local context. CHRSP also partnered with CADTH to produce a synthesis of the evidence to support two ongoing projects, one on telehealth and the other on hyperbaric oxygen therapy. Both initiatives are in response to the growing push from our health system partners to develop a process that supports efficiency without sacrificing the quality of our end products.

Completed Projects - 2010

Youth Residential Treatment

This project addressed evidence for the clinical and cost effectiveness of youth residential treatment (YRT) programs for children and adolescents who have complex emotional, psychological and behavioural needs. The project involved a synthesis of the systematic review literature on several sub-topics:

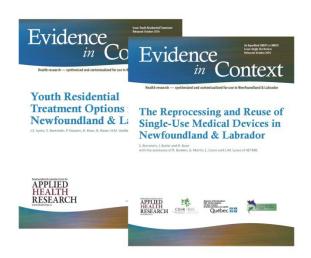
- YRT as a generalized treatment option;
- treatment of youth with addictions;
- treatment of youth with disruptive behaviours;
- treatment of sexually aggressive youth;
- treatment of First Nations and Inuit youth;
- site-design, staffing and governance; and
- health economics of YRT.

This project was prompted by a Government of Newfoundland and Labrador decision to open two residential treatment centres for youths with complex needs. For this project, the Centre partnered with the Department of Health and Community Services, Eastern Health, Labrador

Grenfell Health and the new Department of Child, Youth and Family Services.

The lead author and project team leader was Dr. John Lyons from the University of Ottawa and Children's Hospital of Eastern Ontario. The research team included Boyd Rowe, CEO of Labrador Grenfell Health, Dr. Helena-Maria Vasiliadis, Health Economist from l'Université de Sherbrooke, with Dr. Stephen Bornstein, Pablo Navarro and Robert Kean from NLCAHR.

The final report was released in October, 2010. Dr. Lyons traveled to St. John's for private consultations with decision makers involved with youth residential treatment centres in Grand Falls-Windsor and St. John's. He also gave a two-hour public presentation of the project's findings at the Faculty of Medicine. This presentation was webcast across the province. In attendance were stakeholders from government, regional health authorities, Memorial University, the Royal Newfoundland Constabulary, youth services organizations and representatives from the media and the general public.



Reuse of Single-Use Devices in Newfoundland and Labrador

This project was the first of the Centre's expedited (e-CHRSP) reports. It was unique in that it relied on the synthesis of the evidence from a single published source, the 2009 report by the Agènce d'évaluation des technologies et des modes d'intervention en santé (AETMIS) in Québec. The AETMIS report represented the most comprehensive and up-to-date assessment of the research evidence on SUD reuse in Canada.

Reuse of Single-Use Devices in Newfoundland and Labrador continued...

The lead authors of the AETMIS report, Dr. Geneviève Martin, Dr. Lorraine Caron and Jean-Marie Martin, worked with the research team at NLCAHR. The purpose of this study was 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)?

Through partial funding from the CADTH Exchange, in June 2010, two of the lead authors met with local provincial stakeholders in infection prevention and control to explain the results of their synthesis work and to generate a discussion about the challenges and capacities for SUD reuse at the provincial level. The result was an augmented version of the Executive Summary of the full AETMIS report that was contextualized for Newfoundland and Labrador.

The research team on this project included the lead authors of the AETMIS report, Vickie Kaminski (CEO of Eastern Health) as the health system partner working with Dr. Stephen Bornstein, Janice Butler, and Rob Kean of NLCAHR. The report, entitled The Reprocessing and Reuse of Single-Use Medical Devices in Newfoundland and Labrador, was released in October 2010.

Ongoing CHRSP Projects

Interprofessional Teams

for Chronic Disease Management in Newfoundland and Labrador

In view of the mounting health and economic burdens associated with chronic disease in this province, our decision-making partners in the provincial health system asked the CHRSP team to synthesize and contextualize the evidence on interprofessional teams for the management of chronic disease. The research team chose to focus their study on the management of individuals with diabetes and chronic obstructive pulmonary disease (COPD).

The purpose of this study is to answer the question: Is there reliable scientific evidence to support team-based management of chronic disease and, if so, given the NL context (in terms of geography, demography, fiscal resources and health system capacities) what is the most effective and efficient way to organize, implement, and sustain team-based care for individuals with diabetes and chronic obstructive pulmonary disease (COPD) so as to derive the best possible outcomes for patients, providers, and the health system?

NLCAHR has recruited an expert researcher, Dr. Anne Sales, Deputy Chief, VA Inpatient Evaluation Center (IPEC) and Canada Research Chair in Interdisciplinary Healthcare Teams, as Team Leader. Dr. Daria O'Reilly of the PATH program at McMaster University will serve as our health economist. Dr. Susan Gillam, CEO of Western Health, is our local health system partner, and we are consulting with Linda Carter of the Department of Health and Community Services and others within that organization. Local academic and clinical experts include Dr. Brendan Barrett, Dr. Nigel Duguid, Dr. Sandra Small, Dr. Anne Kearney, and Dr. Michelle Ploughman. The expected completion date for this project is fall 2011.

CHRSP-CADTH Projects

CHRSP has partnered with the Canadian Agency for Drugs and Technologies in Health (CADTH) for two projects that will be completed in 2011: hyperbaric oxygen therapy for problem wounds, and telehealth for patient-specialist consultations (details below). For these projects, the Health Technology Information Services (HTIS) Branch of CADTH systematically reviews the relevant research literature, synthesizes the research evidence, and their findings are independently peerreviewed. The results are then contextualized by a research team coordinated by CHRSP that includes decision makers, health service providers, administrators and other local experts.

CHRSP: Telehealth for Specialist-Patient Consultations

The 2010 CHRSP topic selections identified using telehealth technologies to enhance the capacity of Newfoundland and Labrador's Regional Health Authorities to provide specialist-patient consultations. The province has developed an extensive telehealth system

infrastructure administered by the Newfoundland and Labrador Centre for Health Information (NLCHI). There are currently five telehealth program areas either in place or under development. CHRSP has partnered with Labrador Grenfell Health and CADTH to examine the evidence for he clinical and cost effectiveness of using telehealth technologies for specialist-patient consultations in teledermatology and telecardiology in Newfoundland and Labrador.

CADTH has carried out two
peer-reviewed syntheses,
one on tele-dermatology
and one on tele-cardiology.
The contextualization of
the synthesized evidence
is ongoing and involves
individual consultations
with stakeholders, decision makers and local
experts, as well as two half-day forums to

project by the end of fall 2011.

discuss the findings and their implications for the province. We expect to conclude the

Evidence in Context

Collaborating with provincial decision makers

Gathering relevant research

Interpreting for a Newfoundland and Labrador context

Answering important questions about health

Contextualized Health Research Synthesis Program

Communicating the results of our work

Contextualized Health Research Synthesis Program

Health research - synthesized and contextualized for use in Newfoundland and Labrador

Hyperbaric Oxygen Therapy for Problem Wounds

In 2010, responsibility for the hyperbaric oxygen therapy (HBOT) facilities at the Health Sciences Centre was transferred from Memorial University and MEDICOR to Eastern Health. These are the only HBOT facilities in the province, and capacity has since been increased to meet expected demand.

Eastern Health is in the process of developing a policy for the use of HBOT. They have partnered with CHRSP to examine both clinical and cost effectiveness of HBOT for a set of problem wounds that are of interest to decision makers and local clinical experts. The health indicators under consideration for the purposes of this project include:

- diabetic and non-diabetic pressure ulcers;
- delayed radiation-induced injury;
- thermal burns;
- skin grafts and flap and;
- post-organ transplantation revascularization.

For the Hyperbaric Oxygen Therapy project, as with telehealth, CHRSP has partnered with CADTH to synthesize research evidence. CHRSP will use the CADTH findings to develop a context-

ualized report that reflects the specific realities pertinent to HBOT use in Newfoundland and Labrador. We expect to conclude the project by fall 2011.

CAPACITY DEVELOPMENT

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 Newfoundland and Labrador. As such, NLCAHR has adopted a capacity development strategy that includes activities and programs to address training, networking and other support needs in the province.

Research Affinity Groups

The Research Affinity Group program, introduced in 2005 with the group on Rural, Northern and Aboriginal Health, has continued to be a very successful initiative which facilitates the connection and collaboration between university students and professors, professionals in the health system and other members of the community who share interests in a specific area of health research. The groups meet on a regular basis to share information on current research, to collaborate on possible future research work and to discuss the potential issues in their respective domains. The groups have also been instrumental in providing links to funding for possible individual and group research projects.

NLCAHR now hosts six Research Affinity Groups with specific interests in:

- Aging
- Rural and Northern Health
- Autism
- Eating Issues, Disordered Eating and Body Image
- Women's Health/Gender and Health
- Oral Health

We will soon be forming a seventh group to focus broadly on mental health issues in Newfoundland and Labrador.

> NLCAHR welcomes requests and suggestions for the formation of other Research Affinity Groups on topics within applied health research.



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. We have acted as host for a variety of webinars including CHSRF's "Researcher on Call" series and CIHR's grant-writing webinars. Finally, we offered a seminar for graduate students on preparing effective fellowship applications; the evaluation of this event was overwhelmingly positive, and we plan to offer it again in the coming year.

FINANCIAL OVERVIEW

For the fiscal year April 1 2010- March 31 2011

Income ¹	
Balance as of April 1, 2011	\$26,930
Grant from Department of Health & Community Services	\$500,000
NL Healthy Aging Research Program	\$200,000
CIHR Funding for CHRSP (Integrated Knowledge Translation in Newfoundland and Labrador: An Innovative Approach) ²	\$130,000
Total Income for 2010-2011	\$868,930
Expenditures	
Salaries and benefits	\$330,333
Operations/travel/conferences	\$43,063
CHRSP External Reviewers	\$11,100
NLCAHR Awards Program	\$140,500
NL Healthy Aging Research Program ³ Awards Administration	\$190,000 \$18,000
Total Expenditures for 2009-2010	\$732,996
NL-HARP Balance as of March 31, 2011 ⁴	\$1,999
NLCAHR Balance as of March 31, 2011	\$149,934

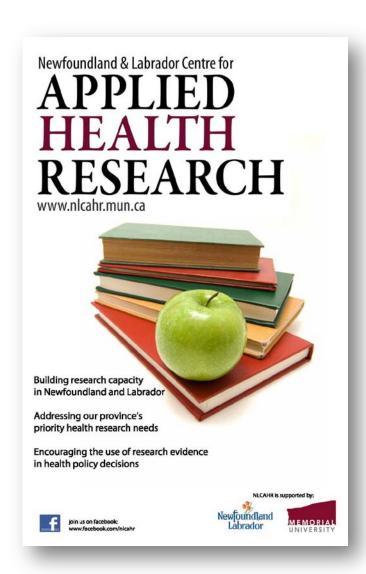
For the end of the 2010-2011 fiscal year, NLCAHR had a surplus of \$149,934. NLCAHR accomplished this by reducing its fellowship and grant programs, communication, travel, capacity building and knowledge transfer activities. Additionally, NLCAHR did not host a research symposium this year, unlike most previous years. NLCAHR also benefited from a previous small surplus and received a one-time grant of \$130,000 from CIHR to develop its CHRSP program.

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. 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 into the next year of the program.
- 4. The balance for NL-HARP accounts for funding commitments for multiyear programs in addition to awards given in 2010-2011.

FUTURE DIRECTIONS

In the coming year, NLCAHR will continue to offer its program of grants and fellowships as well as the special set of awards under the Newfoundland and Labrador Healthy Aging Research Program. We will continue to provide our partners in the health system with evidence to inform their decisions on key issues of health services and health policy through our Contextualized Health Research Synthesis Program and we will work with our board to assess the best ways we can collectively realize the Centre's strategic goals in the years to come.



Newfoundland and Labrador Centre for Applied Health Research