

The background of the entire cover is a vibrant teal marbled pattern, featuring swirling, organic shapes in various shades of blue, green, and white, reminiscent of stone or liquid marbling.

# ANNUAL REPORT 2020-2021

A YEAR LIKE NO OTHER

Newfoundland & Labrador Centre for

**APPLIED  
HEALTH  
RESEARCH**

[www.nlcahr.mun.ca](http://www.nlcahr.mun.ca)



# GREETINGS

## from the Chair of the Board

I think we can all agree that 2020-2021 has been a year like no other. While it has become commonplace to call these 'unprecedented' times, what continues to inspire us is an equally unprecedented commitment to respond to our province's ever-changing health and healthcare needs.

Within weeks of the first provincial COVID-19 lockdown in early 2020, the Newfoundland and Labrador Centre for Applied Health Research (NLCAHR) launched a new series of *COVID-19 Quick Response Reports* to answer urgent and emerging pandemic-related inquiries from healthcare decision makers. These rapid reports synthesize the latest high-quality evidence on priority questions and are circulated to medical officers of health, to researchers, and to health system decision makers in Newfoundland & Labrador and right across Canada. At the time of writing, the Centre has published an impressive 32 *COVID-19 Quick Response Reports* on topics ranging from the psychological impacts of self-isolation to best practices for school re-opening, from optimizing health worker safety to the effectiveness of Smartphone Apps for contact tracing. In addition to answering urgent questions posed by decision makers, the team at NLCAHR has also been producing *COVID-19 e-bulletins* to provide a regular round-up of health evidence under specific pandemic-related topics such as prevention, treatment, health system administration, and wellness, highlighting evidence of particular relevance to decision makers.



As you will read in this annual report, COVID-19 has not slowed the Centre's progress in its regular research and engagement activities. Four new studies have been published through the Contextualized Health Research Synthesis Program (CHRSP) and another fruitful collaboration with health system and patient/caregiver partners has generated a new series of priority research studies for the coming year. NLCAHR also continues to engage in knowledge exchange with a steadily growing number of community, university, and health system partners through its popular Research Exchange Groups. Two new groups are poised to launch this fall and overall attendance in group activities continues to increase.

On behalf of the NLCAHR Board of Directors, I congratulate the director and staff on their continued productivity. I also wish to take this opportunity to extend my special thanks to Dr. Stephen Bornstein, who, after more than twenty years in the role, will be retiring from his position as the Centre's director. Stephen, I wish you the very best for a happy retirement! We all recognize NLCAHR as an important part of your legacy at Memorial University— your leadership has helped to create a Centre that, in alignment with the Faculty of Medicine's overall strategic goals, works hard, through excellence in education, research and social accountability, to advance the health of the people and the communities we serve. Well done, team!

A handwritten signature in blue ink that reads "Margaret Steele".

**Dr. Margaret Steele**

Dean, Faculty of Medicine, Memorial University,

Chair of the Board, Newfoundland & Labrador Centre for Applied Health Research



# GREETINGS

from the Director

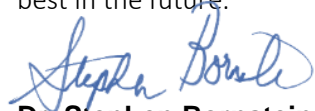
As I begin this annual letter, which will be my last as the Centre's Director, I am proud to report on what we have achieved, collectively and individually, to support evidence-informed decisions and social accountability in this year like no other.

For over twenty years, NLCAHR has championed the essential role of health evidence in decision making — its potential to improve healthcare service delivery and to be a source of confidence when difficult decisions have to be made. So many opportunities to champion health evidence were presented to us this year, and I am very proud of how very well we all stepped up.

As we surveyed the latest pandemic news to check on our provincial COVID-19 statistics and to monitor the progress of life-saving vaccines, the team at the Newfoundland & Labrador Centre for Applied Health Research also sought ways to help. In 2020-2021, the Centre published a record number of research reports while maintaining its productivity in all core programs. NLCAHR created two valuable new products this year: *COVID-19 Quick Response Reports* answered specific pandemic-related questions for health and community partners, and *COVID-19 e-bulletins* provided decision makers here and across Canada with regular updates on pandemic news and evidence. We have published 32 *COVID-19 Quick Response Reports* and circulated 37 issues of our *COVID-19 e-bulletin* so far this year and we continue to receive letters of thanks from health and community partners here and across Canada who appreciate timely information in these difficult times.

Researchers in the Contextualized Health Research Synthesis Program (CHRSP) also published four new studies on priority topics as they continued to work virtually from home with health system, community, and patient/caregiver partners to address priority issues in a variety of report formats. Our key community engagement program, the Research Exchange Groups adapted quickly to virtual meetings, and attendance levels for individual meetings reached an all-time high. At the same time, the groups took on a variety of socially-accountable projects which are highlighted in the pages that follow. These included a gardening program for inmates at Her Majesty's Penitentiary, a group dedicated to promoting the merits of social prescribing, and plans to initiate a community-based volunteer program to support pet ownership among seniors.

Looking back on the last year and the last two decades, I have never been prouder to serve as the Director of NLCAHR. Despite the uncertainties we faced this past year—and still do—the determination of our staff and partners has never wavered. I thank our hard-working staff, our board, and our many partners for sharing with me what has been a very satisfying career. I wish everyone at NLCAHR the very best in the future.



**Dr. Stephen Bornstein**

Director, Newfoundland and Labrador Centre for Applied Health Research







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WHO WE ARE





## ABOUT THE NEWFOUNDLAND & LABRADOR CENTRE FOR APPLIED HEALTH RESEARCH



### Mission

NLCAHR's mission is to contribute to the effectiveness of the health and community services system of Newfoundland & 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 'applied health research' in a spirit of openness to the widest possible range of disciplinary and methodological approaches. The Centre also seeks to collaborate fully with other provincial, regional, and national organizations that have similar objectives.

### Goals

NLCAHR has three principal goals: to help build capacity and resources to undertake and support high-quality applied health research in Newfoundland & Labrador; to increase the amount and impact of high-quality applied health research undertaken on priority research themes in the province; and to facilitate the more effective and efficient use of research evidence in the province's health and community services system.

These goals are achieved through support for researchers seeking to locate and obtain funding, through our flagship Contextualized Health Research Synthesis Program, and through our many capacity-building and collaborative activities, including the popular Research Exchange Groups.

### Governance

The Director manages NLCAHR and reports to the Board of Directors. The NLCAHR Board serves in an advisory capacity to support and guide the Centre's strategic decisions. The Board of Directors is chaired by the Dean of the Faculty of Medicine of Memorial University and includes representatives from the Department of Health and Community Services, the Department of Children, Seniors, and Social Development, the Newfoundland and Labrador Centre for Health Information, and Eastern Health.



## NLCAHR STAFF 2020-2021



Dr. Stephen Bornstein  
Director



Rochelle Baker  
Manager, Communications,  
Partnerships, and  
Research Exchange Groups



Sarah Mackey  
CHRSP Research Officer  
Coordinator, CHRSP Patient &  
Caregiver Advisory Council



Sarah Mallay  
CHRSP Research Officer



Pablo Navarro  
Senior CHRSP Research  
Officer



Colin Walsh  
CHRSP Research Officer



Christie Warren  
CHRSP Research Officer



Tyrone White  
Manager of Finance,  
Administration, and IT

NLCAHR welcomed a new CHRSP Research Officer to our team this year— Sarah Mallay. We also bid farewell to Sarah Williams who left the Centre to pursue her medical education at Memorial. We thank her for her excellent work on our CHRSP projects and we wish her every success with her studies. In addition to the full-time staff pictured above, the Centre has been fortunate to work again this year with three part-time graduate student research assistants: Wendy Lasisi, Kazeem Adefemi, and Waseem Abu-Ashour. These graduate students have made valuable contributions to our CHRSP projects and their work on our new *COVID-19 e-bulletins* has been especially appreciated. We also thank MUCEP student, Holly Fox, for providing valuable assistance this year to our Research Exchange Groups program.

## NLCAHR BOARD OF DIRECTORS 2020-2021

Dr. Margaret Steele, Dean of Medicine at Memorial University, chaired the 2020-2021 NLCAHR Board of Directors whose members also include Karen Stone, Deputy Minister of the Department of Health and Community Services, Susan Walsh, Deputy Minister of the Department of Children, Seniors, and Social Development, David Diamond, CEO of Eastern Health, Stephen Clark, CEO of the NL Centre for Health Information, and Stephen Bornstein, NLCAHR Director (ex officio).





# RESEARCH





## THE CONTEXTUALIZED HEALTH RESEARCH SYNTHESIS PROGRAM (CHRSP)

Now in its fifteenth year, the Contextualized Health Research Synthesis Program (CHRSP) is NLCAHR's flagship program. CHRSP was designed to increase the use of scientific evidence in health and healthcare decision making in Newfoundland & Labrador by working in partnership with the provincial healthcare system, community partners, patients, and caregivers to identify and study questions of urgent importance. CHRSP synthesizes existing research evidence on the chosen questions and contextualizes the findings to attune the evidence to local realities and capacities. By making sure to tell decision makers not only "what works" but also "what will work *here*," the program optimizes the usefulness of its reports for decision makers and the province's health system.

## HEALTH SYSTEM LEADERS AND CHAMPIONS

We appreciate the ongoing contributions of the many dedicated health system partners who worked with CHRSP again this year to identify and prioritize topics for study, to work with us on research teams, and to assist in the dissemination and uptake of our report findings. We also bid farewell this year to several of our former longstanding CHRSP Champions and we thank them for their service to the program.



Leader: David Diamond, CEO

Champions: Krista Butt, Research Analyst, Farah McCrate, Director, Research and Innovation, Judy O'Keefe, Vice President and Chief Information Officer. We thank retired CHRSP Champions Janet Templeton, former Regional Director of Medicine and Ambulatory Care, and Elaine Warren, former Vice President and Chief Information Officer, for their many years of service to CHRSP.



Leader: Andrée Robichaud, CEO

Champion: Keith Parsons, Regional Manager, Planning and Performance. We thank outgoing Central Health CHRSP Champion, Vanessa Mercer-Oldford, VP of People and Transformation, for her many years of dedicated service as our CHRSP Champion for Central Health.



Leader: Michelle House, Interim CEO

Champions: Tina Edmonds, Director, Planning and Performance Improvement, Mariel Parcon, Regional Director Planning and Performance, Tracey Wells-Stratton, Regional Manager Research and Evaluation. We thank Hilda Bellows, Regional Director, Quality Management, for her past service as a CHRSP Champion.



Leader: Heather Brown, CEO

Champion: Nadine Calloway, Regional Director, Health Information and Privacy





Leader: Karen Stone, Deputy Minister  
Champions: Alan Doody, Interim Director of Regional Services  
Andrea McKenna, Assistant Deputy Minister. We thank Heather Hanrahan, outgoing Director of Regional Services, for her past contributions to CHRSP.



Leader: Susan Walsh, Deputy Minister  
Champion: Henry Kielley, Director, Seniors, Aging, and Disability Policy

## PATIENT & CAREGIVER ADVISORY COUNCIL

The CHRSP Patient & Caregiver Advisory Council (PCAC) was established in recognition of the value that patients and caregivers can bring to applied health research—as full partners who provide both researchers and health system participants with a stronger understanding of the issues and concerns facing the recipients of health and community care in our province. Members of the Council live in all four of the province’s health regions, bringing a diverse range of perspectives about health and healthcare from across Newfoundland & Labrador. The Council contributes to CHRSP by proposing research themes; by helping us to improve the accessibility of our reports to a wider audience; by participating on research teams as advisors and consultants; and by providing advice and guidance on research considerations and contextual factors of importance to patients and caregivers. In the annual selection of CHRSP topics, the Council votes on the topics that are submitted by the healthcare system and their input is shared with the health system leaders who select topics for study each year. We thank our staff member Sarah Mackey for her work as the Coordinator of the CHRSP Patient and Caregiver Advisory Council and we extend our sincere appreciation to the following members of the 2020-21 CHRSP Patient and Caregiver Advisory Council for their contributions to CHRSP this year:

- **Judi Burgess**  
St. John’s | Eastern Health RHA
- **Brenda Critchley**  
Sandringham | Central Health RHA
- **Jon Dalton**  
Bonavista Bay (Badger’s Quay) | Eastern Health RHA
- **Myra Dean**  
Botwood | Central Health RHA  
*We thank Ms. Dean for her service to CHRSP. Ms. Dean stepped down from the council in the fall of 2020.*
- **Nancy Reid**  
St. John’s and Green’s Harbour | Eastern Health RHA
- **Paula Rolfe**  
Corner Brook | Western Health RHA
- **Ian Simpson**  
Corner Brook | Western Health RHA
- **Janet Skinner**  
Happy-Valley- Goose Bay | Labrador Grenfell Health RHA
- **David Tutton**  
Holyrood | Eastern Health RHA

Plans are now underway to expand the council to include members from our Research Exchange Groups.



## CHRSR RESPONDS TO A GLOBAL PANDEMIC

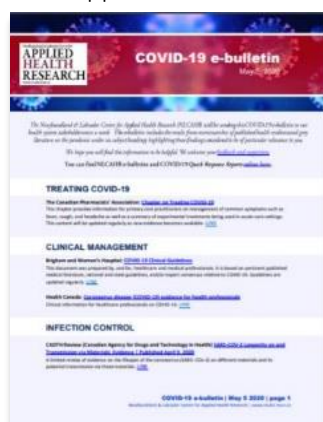
When the province of Newfoundland & Labrador experienced its first cases of COVID-19, researchers at NLCAHR created a virtual [information hub on the NLCAHR website](#) to provide a single source for reliable sources of research evidence about the virus.



CHRSR researchers at NLCAHR then asked our health system partners and provincial medical officers of health to tell us if they had any specific questions about the novel coronavirus/COVID-19 or about pandemic preparedness and public health measures for which we could locate reliable evidence. Not surprisingly, the resulting *COVID-19 Quick Response Reports* were immediately in demand and have continued to be published throughout the past year. These reports are disseminated to provincial health system decision

makers, to medical officers of health and to our colleagues in Memorial University's Faculty of Medicine and other faculties and schools. These rapid reports are also posted on the websites of the National Collaborating Centre for Methods and Tools and of the CIHR's Strategy for Patient Oriented Research (SPOR) Evidence Alliance and are distributed to the leaders and stakeholders of the National Association of Provincial Health Research Organizations (NAPHRO). Thirty-two [COVID-19 Quick Response Reports](#) have been published to date on NLCAHR's website.

To supplement the *Quick Response Reports*, NLCAHR also produces bi-weekly *COVID-19 e-bulletins* that provide summaries and links of the latest evidence on a variety of topics of interest to decision makers, including treatment, infection control, COVID-19 and healthcare workers, and mental health and wellness, to name a few. Thirty-seven issues of this newsletter have now been published.



Health system officials have sent us several notes of thanks for providing these reports and bulletins (see sidebar).

As the pandemic continues to affect how health care is provided and to necessitate emergency measures and public health actions, the CHRSR team continues to coordinate rapid decision support, not only for health system partners and researchers, but also for leaders in education, and for people providing community services across Canada.

### READER FEEDBACK: COVID-19 QUICK RESPONSE REPORTS AND E-BULLETINS

*"These [COVID-19 Quick Response] reports are so helpful- thank you!"*

Bev Holmes, President & CEO of the Michael Smith Foundation for Health Research in British Columbia

*"I just wanted to say (again) how valuable this information is that NLCAHR has been sending to us. It gets good distribution at Eastern Health and is used to help with our planning. Much appreciated!"*

David Diamond  
President and Chief Executive Officer of Eastern Health

*"Some really good information here! [June 2020 e-bulletin] Thanks so much!"*

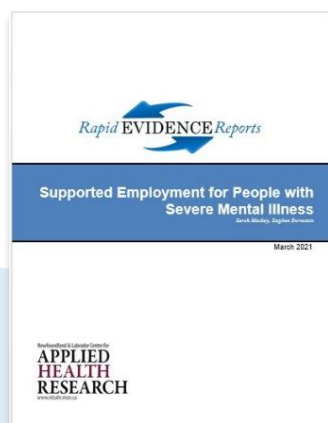
Vanessa Mercer-Oldford, Vice President – People and Transformation at Central Health

NLCAHR's evidence support products were also featured in the May 2020 issue of the Canadian Institutes of Health research (CIHR) *Access Newsletter* on provincial responses to COVID-19, [here](#).



## CHRSP RESEARCH PUBLICATIONS 2020-2021

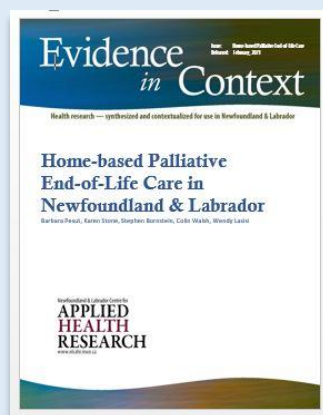
CHRSP published the following studies this year, which are detailed below in reverse chronological order:



### Supported Employment for People with Severe Mental Illness (*Rapid Evidence Report*), March, 2021

Authors: Sarah Mackey, CHRSP Research Officer and Dr. Stephen Bornstein, CHRSP Program Director, with the advice and expertise of Dr. Eric Latimer, Research Scientist at the Douglas Mental Health University Institute and Professor in the Department of Psychiatry at McGill University.

**The Research Question:** “What supported employment intervention that follows recovery principles addressed to people with severe mental illness is most effective at improving employment outcomes and mental health status?” [Link to Report](#)



### Home-Based Palliative End-of-Life Care (*Evidence in Context Report*), February, 2021

Authors: Dr. Barbara Pesut, Subject Expert from University of British Columbia, Karen Stone, Health System Leader and Deputy Minister of Health and Community Services, Government NL, Dr. Stephen Bornstein, CHRSP Program Director, Colin Walsh, CHRSP Research Officer and Project Coordinator, and CHRSP Research Assistant, Wendy Lasisi

**The Research Question:** “What does the scientific evidence tell us about the effectiveness of home-based palliative end-of-life care in maximizing the likelihood of death at home and in minimizing symptom burden? What does the evidence tell us about the resources required for the effective delivery of such care?” [Link to Report](#)



### Community-Based Rapid Access Clinics for Patients with COPD (*Snapshot Report*) December, 2020

Authors: Christie Warren, CHRSP Research Officer and Dr. Stephen Bornstein, CHRSP Program Director

**The Research Question:** “How do other Canadian provinces and selected international jurisdictions manage the care of individuals with Chronic Obstructive Pulmonary Disease (COPD) who are experiencing an exacerbation of their illness?” [Link to Report](#)





## Deprescribing Medications: Barriers and Enablers (*Rapid Evidence Report*), May 2020

Authors: Sarah Mackey, CHRSP Research Officer and Dr. Stephen Bornstein, CHRSP Program Director with the advice and expertise of Dr. Justin Turner, Senior Advisor on Science Strategy for the Canadian Deprescribing Network.

**The Research Question:** "What barriers and enablers to deprescribing medications are identified in the scientific research literature?" [Link to Report](#)

## CHRSP STUDIES IN PROGRESS

CHRSP researchers are currently at work on the following reports:

- Support for Vulnerable Families | *Snapshot Report*
- Virtual Family Support Services | *Snapshot Report*
- Cardiac Management Using Remote Patient Monitoring | *Evidence in Context Report*
- Decision-Making Tools in Obstetrics | *Evidence in Context Report*
- Care for Patients with Cognitive Impairment | *Rapid Evidence Report*
- Bi-weekly COVID-19 e-bulletins
- COVID-19 Quick Response Reports, as requested

## THE 2020 CHRSP COLLABORATION: IDENTIFYING RESEARCH PRIORITIES FOR 2021-22

Again this year, the CHRSP team asked its health system partners to canvas their organizations and tell us what research topics would help them inform pending decisions in the province. By December of 2020 we received a total of 32 topic submissions from our CHRSP Champions on behalf of their respective organizations. All submissions were then reviewed with our health system partners and filtered for overlap and feasibility, yielding a shortlist of 17 researchable topics. Eleven of these topics were feasible for study as *Evidence in Context* or *Rapid Evidence* reports and six of them were suitable for our *Snapshot* report methodology (*Snapshot* reports are jurisdictional scans of practices, programs, or policies established elsewhere that might be considered for adaptation here in NL). For health system partners whose topics were deemed to be not feasible for CHRSP research, our team also prepared a summary of the research evidence that we were able to locate on the topic of inquiry.

Members of the CHRSP Patient & Caregiver Advisory Council then ranked their top choices from the shortlist. A final ballot was emailed to our health system partners, including the ranking of shortlisted topics of greatest interest to patients and caregivers. By January 19, 2021, CHRSP had received completed ballots from all six health system partners. Once again, the results of the health system vote (see below) aligned very strongly with the priorities that had been identified by our patient/caregiver partners. Readers will note that some of these studies are already in progress:



### *Priority Topics for Evidence in Context/ Rapid Evidence Reports:*



#### **Care for patients with cognitive impairment in acute and long-term care settings**

**The Research Question:** *“What evidence is available on alternatives to one-on-one care for patients/residents with cognitive impairment in acute care hospital and long-term care settings that are cost effective and that have no negative impact on the quality of outcomes?”*



#### **Assessing decision-making capacity**

**The Research Question:** *“What is the research evidence for various instruments/tools/protocols that are used by healthcare institutions to assess someone’s capacity for decision-making, with a focus on health decision-making in particular?”*



#### **Harm reduction for people who inject drugs**

**The Research Question:** *“What is the evidence that harm reduction strategies reduce opioid-related deaths, rates of blood-borne infection transmission and bacterial infections, and increase uptake of opioid replacement therapy for people who inject drugs?”*



#### **Chronic pain management**

**The Research Question:** *“What is the evidence to support a multidisciplinary team approach to chronic pain management?”*

### *Priority Topics for New Snapshot Reports*



#### **Virtual family support services**

**The Research Question:** *“How are other Canadian provinces and territories delivering virtual family support services?”*



#### **Improving access to healthcare for rural communities**

**The Research Question:** *“What are other jurisdictions doing to improve access to healthcare for people living in rural communities?”*

### **A NEW CHRSP RESEARCH PARTNERSHIP: MENTAL HEALTH RESEARCH CANADA**

In June, 2020, NLCAHR entered into a partnership agreement with Mental Health Research Canada (MHRC), a charitable organization dedicated to building capacity for Canadian mental health research, in which NLCAHR’s CHRSP team has obtained funding to conduct a scoping review of the literature surrounding the mental health impact of COVID-19 on children, youth and families, and to report on how the results of this review might be used in Newfoundland & Labrador. The Centre also connected MHRC with officials in the provincial Department of Health & Community Services to carry out a province-wide survey on mental health during the pandemic that will be incorporated into an MHRC report of national findings.





# ENGAGEMENT





## RESEARCH EXCHANGE GROUPS

The Research Exchange Groups Program of NLCAHR moved to a virtual format this year and yet the program continued to expand its membership. A total of 223 new members joined the program this year, a testament to a continuing interest in applied health research among university, health system and community partners across the province and around the world. Overall membership was up by 17% over last year with 1,480 members participating in twenty active groups. Participants and presenters who joined the online meetings came from diverse locations again this year, including Australia, California,

Alberta, Nunatsiavut, Yukon, Ontario, Quebec, and British Columbia, to name just a few.

### 2020-2021

#### RESEARCH EXCHANGE GROUPS:

1. Attention Deficit and Hyperactivity Disorder (ADHD)
2. Aging
3. Autism Spectrum Disorder (ASD)
4. The Arts & Health
5. Bullying and Health
6. Chronic Disease
7. Cost & Value in Healthcare
8. Eating Disorders, Disordered Eating & Body Image
9. Gender, Sexuality, and Health
10. Global Health
11. Harm Reduction & Critical Drug Studies
12. Horticultural Therapy
13. Human-Animal Interaction & Wellness
14. Indigenous Health
15. Mental Health
16. Military Families' & Veterans' Health
17. Oral Health
18. Palliative and End-of-Life Care
19. Rural Health
20. Service Learning and Community Engagement



#### STARTING IN FALL 2021:

21. Midwifery and Maternal Health
22. Health and the Built Environment

With a focus on knowledge translation and research development, participants in the program continue to seek new collaborative opportunities. Activities this year included: presentations on research projects that are planned, in progress, or completed; presentations on interventions, programs, and services in a diverse array of health and community settings; discussions about journal articles on topics of interest; identifying knowledge gaps and developing research agendas; identifying opportunities for community connection; providing support and feedback to graduate students who are conducting research; developing a compendium of research and programming; organizing workshops, guest lectures, and planning special symposia for 2021-2022. Each Research Exchange Group at NLCAHR offers its participants a unique opportunity to connect with people from a

range of disciplines and backgrounds who share their interests. Participants in the program continue to tell us that this opportunity to meet with others who share their interests is a key benefit of membership.



## RESEARCH EXCHANGE GROUP HIGHLIGHTS

### *The Phoenix Garden at Her Majesty's Penitentiary*

In November of 2020, the Research Exchange Group on Horticultural Therapy, which is convened by Dr. Jan Buley (Faculty of Education, Memorial University) and Jennifer Joy Russell (Occupational Therapist and Child Care Inclusion Consultant - Government of Newfoundland and Labrador), hosted a presentation by leaders of the Insight Garden Program at San Quentin Prison in California. A member of our local Research Exchange Group also happened to work with inmates at Her Majesty's Penitentiary (HMP) in St. John's and she asked if some of the inmates who shared her interest in gardening might watch the presentation by videoconference. Of course, NLCAHR said yes!



Strawberries sprout in new raised garden beds at HMP. Photo © David Buley

Inspired by the success of the prison garden program in California and by similar programs in Nova Scotia and British Columbia, the Research Exchange Group, with support from NLCAHR, assembled a project team that includes a botanist with the Memorial University Botanical Gardens, horticultural therapists, educators, artists, and musicians, and the Manager of the NLCAHR Research Exchange Group Program. The team has been meeting weekly all year long with a group of inmates and support staff at HMP to get the [Phoenix Garden Project](#) underway on the prison grounds.

Inmates not only named the program but also designed the logo for the Phoenix Garden

The program features an innovative arts-based curriculum and gardening instruction. Participants who complete the program will receive a certificate of their vocational training in gardening. The Phoenix Garden Project members, in partnership with the John Howard Society, and with officials at HMP, are committed to making the dream of having a greenhouse inside HMP into a reality.

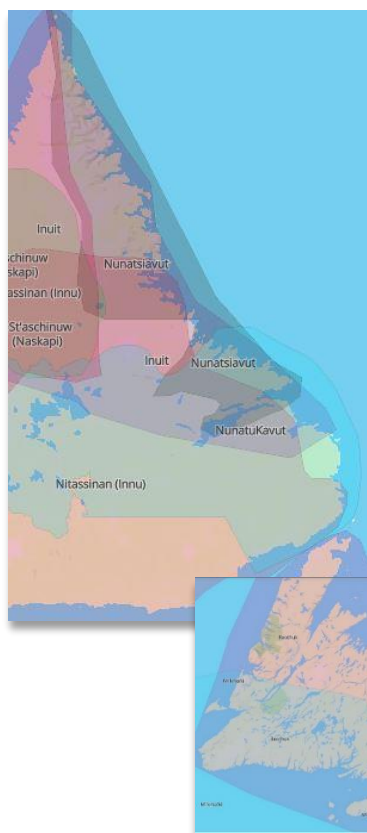
In spring of 2021, Sun Valley Greenhouses provided a generous price on a new cedar greenhouse [and helped with the construction](#). The project also relies on a great deal of leadership from the inmates themselves. The inmates have named the program, designed the logo pictured above, and have helped to build the greenhouse and gardens. In this way, the inmates are not only learning a great deal, they are also making a meaningful contribution to each other and to their community. Not surprisingly, this program has garnered considerable media attention, including: [Saltwire Media Editorial](#), [The Telegram](#), a [CBC News Here & Now](#), and [On Target with Linda Swain, VOCM](#), among others.



Community fundraising efforts helped the Phoenix gardeners to build this Sun Valley Greenhouse inside the prison yard.

Photo © David Buley





Images of customary land use and occupation in NL (not land-claims) from Native-Land.ca

### *The Research Exchange Group on Indigenous Health*

In October, 2020, the Research Exchange Group on Indigenous Health held its first meeting. This group is convened by Fred Andersen, a Ph. D. Candidate and Assistant Professor in the School of Social Work at Memorial University. Members of this group share an interest in the health and well-being of Indigenous peoples living in Newfoundland & Labrador, Nunatsiavut, Nitassinan, NunatuKavut, and the health and wellbeing of other Indigenous peoples from around the world. Under Fred Andersen's leadership, membership in this group grew by 70% this year. Newfoundland & Labrador is home to diverse Indigenous peoples, including the Inuit of Nunatsiavut, the Innu Nation of Nitassinan, the Southern Inuit of NunatuKavut, the Miawpukek Mi'kmaq First Nation, the Qalipu Mi'kmaq First Nation and other independent First Nation Mi'kmaq groups. Cities in the province are also home to diverse urban Indigenous populations. Understanding this diversity across and within Indigenous groups is a key aim of the new Research Exchange Group on Indigenous Health. A second key aim of this group is to foster and promote respectful research with Indigenous peoples and their communities.

At its first meeting, the group was introduced to Memorial University's new policy framework for Research Impacting Indigenous Groups. Neil Bose, Vice President of Research, and Kelly Anne Butler, Interim Chair of the Committee on Ethical Research Impacting Indigenous Groups (CERIIG) were joined by Catharyn Andersen who was recently appointed as Memorial University's first Vice-President (Indigenous). Previously, she served as Special Advisor to the President on Indigenous Affairs,

and led the development of the university's first Strategic Framework for Indigenization. This inaugural meeting provided the Research Exchange Group on Indigenous Health with an opportunity to review the university's Indigenous research policy – the first of its kind at Canadian universities – and to gain an understanding of how this new policy will strengthen the integrity and impact of research impacting Indigenous groups. The meeting also gave participants a chance to discuss their ethical responsibilities in light of the policy. At the meeting, participants spoke about the principles behind doing Indigenous research in a good way based on decades and even centuries of existing knowledge and practices.



### *The Inuit Health Survey*

On November 17, 2020, Kristeen McTavish, Inuit Health Survey Manager, and Pauletta Tremblett, Inuit Health Survey Coordinator, both with the Nunatsiavut Government, spoke to the Research Exchange Group on Indigenous Health about the Inuit Health Survey. The presenters discussed the survey's development and guiding principles. The group learned how Inuit Regions are working together to lead, own, and manage the survey, and how they are going about developing the survey's content. This National Inuit Health Survey will include Inuit of all ages from every community in the country and is the only health survey controlled and led by Inuit peoples. It is being developed and carried out in partnership with the four Inuit regional organizations, Inuvialuit Regional Corporation, Nunavut Tunngavik Incorporated, Makivik Corporation and the Nunatsiavut Government, as well as the Inuit Circumpolar Council of Canada, Pauktuutit Inuit Women of Canada, and the National Inuit Youth Council. Permanent health survey data collection began in 2021 and will take place every five years.



## *COVID-19 & Seniors in Newfoundland & Labrador*

In January, 2021, the Research Exchange Group on Aging invited the Seniors' Advocate for Newfoundland & Labrador, Dr. Suzanne Brake, to provide an update to the group about ongoing activities of the Office of the Seniors' Advocate and to lead an important discussion about how the COVID-19 pandemic has affected the lives of seniors here, and across the globe. As the Seniors' Advocate for this province, Dr. Brake's presentation emphasized the [role of advocacy during this unprecedented time](#).



## *Advice from Seniors: Health Accord NL*

Chairs of the NL Health Accord Committee on the Aging Population, Joan Marie Aylward (Committee Chair) and Dr. Robert Wilson (Co-Chair) spoke with the Research Exchange Group on Aging in early 2021 about the work of the NL Health Accord's Committee on the Aging Population. The chairs were provided with valuable feedback from group members about priorities and concerns for seniors. Dedicated to supporting healthy living in this province, Health Accord NL will reimagine the healthcare system in order to best deliver services to meet the needs of people in communities across NL, with a focus on the social determinants of health— the social and economic factors that influence people's health.

## *Supporting Seniors' Health in the Community*

In February 2021, the Research Exchange Group on Human-Animal Interaction and Wellness, together with members of the Research Exchange Group on Aging, hosted a talk by Dr. Ardra Cole whose research examines the human-animal bond and its impact on the physical and mental health of seniors. Dr. Cole is a professor in Graduate Studies in Lifelong Learning and the Ph.D. Coordinator in the inter-university Doctoral Program at Mount Saint Vincent University. She spoke about the important bond between seniors and their dogs and introduced participants to a program that she has founded, ElderDog Canada, a national charity dedicated to aging people, aging dogs, and the important connections they enjoy. ElderDog assists and supports older adults in the care and well-being of their canine companions; promotes the welfare of older dogs whose lives have been disrupted due to illness, relocation, or the death of a human companion; educates the community about the human-animal bond and the significant role of companion animals in the health and well-being of seniors; and supports and conducts research into the human-animal bond with a focus on seniors and canine companionship. After this inspiring presentation, group members established a new working group with leaders from ElderDog Canada to discuss the potential for a new ElderDog Unit ("Pawd") here in NL.



[ElderDog Canada helps seniors to take care of their canine companions](#)



## Research Exchange Group on Rural Health

The Research Exchange Group on Rural Health restarted this year under the leadership of Dr. Nathaniel Pollock, Research Associate, School of Arctic and Subarctic Studies, Labrador Institute, Memorial University. The Group hosted a series of talks from local, national, and international rural health researchers this year. In October, 2020, Dr. Margo Wilson, Clinical Assistant Professor of Emergency Medicine at Memorial University, spoke about her research on rural family physician perspectives on communication with urban specialists, emphasizing communication as a key competency for medical education and comprehensive patient care. This



presentation included the results of [a study published in the British Medical Journal Open](#) that looked at rural physicians' perspectives on communication with urban specialists during consultations and referrals.

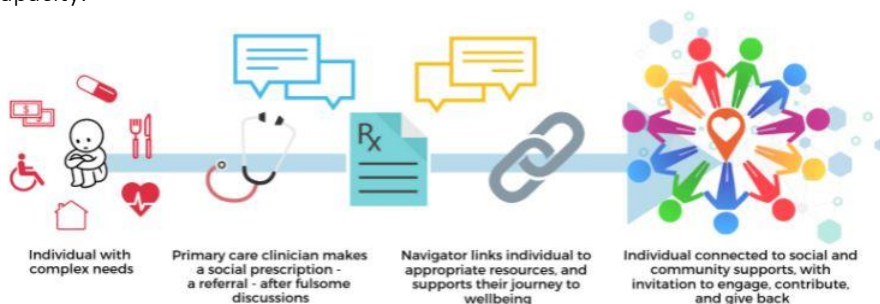
In November, 2020, Dr. Jill Konkin, Department of Family Medicine at the University of Alberta, and Dr. Lucie Walters, Director of University of Adelaide Rural Clinical School in Australia, presented their research on clinical courage in rural Generalist Physicians.

Clinical courage is a topic much talked about in discussions among rural health practitioners but there is very little in the literature about it. This presentation [highlighted the results of an international study of clinical courage](#) including the six key elements of clinical courage that arose from the narratives of the participants.

In December of 2020, Dr. Christy Simpson from the Department of Bioethics at Dalhousie University spoke to the group about [her work on rural health ethics](#). Dr. Simpson's research provides an opportunity to reflect on some of the implicit assumptions in healthcare ethics— assumptions that arguably leave out the perspective and context of rural health practice and rural life. In taking the opportunity to question these assumptions, the ethical richness and complexity of rural health practice can be highlighted. This richness includes identifying additional relevant values in health and healthcare and rethinking the meaning and significance of overlapping professional and personal relationships.

## Arts & Health and Social Prescribing

Dr. Jane Gosine, an Associate Professor in the School of Music at Memorial University cross-appointed to the Faculty of Medicine, initiated an important discussion this year with members of the Research Exchange Groups on Arts & Health and on Aging when she asked them to consider how we might develop a social prescribing framework in Newfoundland & Labrador. "Broadly speaking, social prescribing creates a structured clinical pathway – a treatment option – in which an individual is connected with appropriate non-medical supports and services in the community. On the ground, social prescribing looks different in different communities, because it's locally designed to meet the needs of the community but also subject to local capacity."<sup>1</sup>



This model for social prescribing is taken from Quorum, courtesy of Health Quality Ontario now part of Ontario Health.

<sup>1</sup> [Health Quality Ontario Quorum](#): *New Social Prescribing Pilot Comes to Ontario*. Accessed online July 20, 2021



Among the members of the Research Exchange Group on Arts and Health, the discussion about social prescribing has gained traction over the past year. A working group devoted to this topic (researchers, family physicians, mental health professionals, nurses, OTs, PTs, RTs, arts therapists, social workers and other health and community care professionals) is now exploring ways to connect people to a range of local, non-clinical services that might include walking groups, knitting circles, dance lessons, choir practice, art gallery visits, pottery classes, or myriad other opportunities for social connection. This kind of social prescribing model has already been formalized in England's healthcare system and is gaining national and international recognition as a way of recognizing the importance of community connections to overall health and well-being. The working group has initiated an ongoing discussion about social prescribing here in Newfoundland & Labrador, including a planned presentation to the leaders of Health Accord NL later this year.



### *The NL Arts & Health Compendium Project*

On behalf of the Research Exchange Group on Arts & Health, convened by Dr. Natalie Beausoleil (Community Health & Humanities in the Faculty of Medicine) and Ms. Haley Toll (Ph.D. Candidate, Education) an impressive compendium of arts and health research and programming from across Newfoundland & Labrador was completed by Lynsey Alcock as part of her Master's of Public Health Practicum at Memorial's Faculty of Medicine. Launched in October 2020, the compendium is the first of its kind for our province, and a valuable resource for this group. It is considered to be a "living document" and all are welcome to contact NLCAHR to make additions to the information as new programs and research get underway. [Link to Compendium](#)

### *The Research Exchange Group on Chronic Disease: Renewed Activities*



Dr. Proton Rahman, Associate Dean, Clinical Research Professor of Medicine (Rheumatology) at Memorial University discussed COVID-19 modelling as it related to chronic disease in Newfoundland & Labrador.

The Research Exchange Group on Chronic Disease renewed its activities this year with a roster of talks convened by chronic disease researcher Dr. April Pike, Associate Professor in the Faculty of Nursing at Memorial University. On January 14, 2021, the group hosted a presentation by Dr. Proton Rahman, Associate Dean, Clinical Research and Professor of Medicine (Rheumatology) and clinical scientist at Memorial University's Faculty of Medicine and head of the Newfoundland & Labrador analytics team, responsible for the province's COVID-19 modelling. Dr. Rahman discussed his COVID-19 modelling work as it relates to susceptibility, hospitalization, and vaccinations of COVID-19 positive patients with chronic disease.

In February 2021, the group welcomed Dr. Corey Adams, cardiac surgeon at the University of Calgary's Cumming School of Medicine Libin Cardiovascular Institute, who presented the many challenges and issues facing surgeons and their patients requiring cardiac surgery during the COVID-19 pandemic.

In March 2021, the group hosted a talk by Dr. Beth Abramson, Associate Professor of Medicine at the University of Toronto and the Paul Albrechtsen Professor in Cardiac Prevention and Women's Health in the Division of Cardiology at St. Michael's Hospital. As outgoing chair of the Canadian Women's Heart Health Alliance Education working group, Dr. Abramson provided the exchange group with an excellent presentation about efforts to educate healthcare providers and to close knowledge gaps as well as identifying key risk factors for women's cardiac health and outlining ways to promote cardiac health for women.



## Gender, Sexuality, and Health



On November 16, 2020, the Research Exchange Group on Gender, Sexuality, and Health hosted a talk entitled: *Holding Space and Building Place: Reflections on Building a 2SLGBTQIA+ Community Centre for Newfoundland & Labrador*. At this special session, Quadrangle co-founders Charlie Murphy and Dr. Ailsa Craig, Interim Dean, Faculty of Humanities and Social Sciences, presented the history and trajectory of Quadrangle NL, a charitable organization with the mission of building a community centre to support 2SLGBTQIA+ wellbeing and the goal of providing a hub for collaborative community connections and events.

## Linking the Research Exchange Groups to CHRSP



In October of 2020, NLCAHR hosted a focus group discussion with the Research Exchange Group on Palliative and End-of-Life Care to help contextualize the findings of a CHRSP *Evidence in Context* study on home-based palliative end-of-life care. At this meeting, researchers at NLCAHR, in consulting with the Research Exchange Group, learned a great deal about the various issues and concerns facing clinicians, decision makers, patients and caregivers when it comes to support for home-based approaches to palliative end-of-life care. The results of this fruitful collaboration informed the section of the report outlining the local context for palliative care in NL in a new *Evidence in Context* study published in February, 2021.

Given the success of this collaboration, NLCAHR is planning to take further measures that will link members of the various Research Exchange Groups with forthcoming CHRSP projects, not only by leveraging membership in the groups as a potential source of academic researchers who might be interested in participating on CHRSP project teams but also by recruiting members of the Research Exchange Groups for the CHRSP Patient & Caregiver Advisory Council and by continuing to include the groups in dissemination events for completed CHRSP projects. This closer integration between CHRSP and the Research Exchange Groups has the potential to promote more fulsome engagement with health and community partners across NLCAHR's two core programs.

## Evaluating the Research Exchange Groups Program

Christie Warren and Colin Walsh are Research Officers with CHRSP who share a background in program evaluation. This year, they commenced work on designing a formal evaluation of the Research Exchange Groups Program at NLCAHR that will assess and measure program inputs, activities, outputs, and both short-term and long-term outcomes in an effort to gain a better understanding about what is working well in the program and to uncover opportunities for further improvement. Group members and conveners will be surveyed in the coming year as part of this evaluation process.





## SUMMARY TABLE: RESEARCH EXCHANGE GROUPS

The table below provides an overview of NLCAHR's Research Exchange Groups. Unless otherwise indicated, group conveners are faculty at Memorial University. All activities of our Research Exchange Groups, including links to presentations and publications, can be found online here:

[http://www.nlcahr.mun.ca/Research\\_Exchange/](http://www.nlcahr.mun.ca/Research_Exchange/)

RESEARCH EXCHANGE GROUP ON ATTENTION DEFICIT HYPERACTIVITY DISORDER (ADHD)		
CONVENERS	56 MEMBERS	TOPICS
Dr. Jacqueline Hesson Faculty of Education	researchers and students community members clinicians and educators	lifestyle and behaviour medications substance use
Dr. Kristen Williams clinical psychologist	decision makers people with ADHD families and caregivers	supports for parents technology supports coaching
RESEARCH EXCHANGE GROUP ON AGING		
CONVENERS	156 MEMBERS	TOPICS
Dr. Sharon Buehler Faculty of Medicine, retired	seniors researchers and students community members	healthy aging ageism social determinants of health
Dr. Gail Wideman School of Social Work	clinicians decision makers families/caregivers	cognition mobility age-friendly caregiving public policy
Dr. Carla Wells Western Regional School of Nursing, retired		
RESEARCH EXCHANGE GROUP ON AUTISM SPECTRUM DISORDER (ASD)		
CONVENER	60 MEMBERS	TOPICS
Ms. Tess Hartmann Chief Operating Officer, Autism Society NL	researchers and students community clinicians and educators decision makers people with ASD families/caregivers	screening and detection lived experience support for parents programs and supports at the Autism Society of NL access to services
RESEARCH EXCHANGE GROUP ON ARTS & HEALTH		
CONVENERS	127 MEMBERS	TOPICS
Dr. Natalie Beausoleil Faculty of Medicine & Ms. Haley Toll Registered Art Therapist, Ph.D. Candidate Faculty of Education	artists and musicians researchers and students community members clinicians and arts-based therapists decision makers	public policy social prescribing arts-based therapies arts-based research methods the impact of the arts on well-being neuroscience community engagement
RESEARCH EXCHANGE GROUP ON BULLYING & HEALTH		
CONVENER	60 MEMBERS	TOPICS
Dr. Gerald White Research Computing Specialist and researcher whose Ph.D. in the Division of Community Health and Humanities, Faculty of Medicine was completed on the topic of school bullying	researchers and students community members clinicians educators decision makers people with lived experience	cyber bullying, school bullying identity-based bullying workplace harassment impacts of bullying on health prevention, resilience restorative justice



RESEARCH EXCHANGE GROUP ON CHRONIC DISEASE		
CONVENER	53 MEMBERS	TOPICS
Dr. April Pike Faculty of Nursing	researchers and students community members clinicians decision makers families/caregivers	women's cardiovascular health COVID-19 impacts on people with chronic disease chronic disease policy frameworks COPD diabetes chronic kidney disease disease management and prevention social determinants of health
RESEARCH EXCHANGE GROUP ON COST & VALUE IN HEALTHCARE		
CONVENERS	92 MEMBERS	TOPICS
Dr. Gerard Farrell Faculty of Medicine  Dr. Hai Van Ngyuen School of Pharmacy	researchers and students health economists community members clinicians decision makers patients/caregivers	improving service quality community health approaches technologies and health safely reducing costs appropriate diagnostic testing innovative approaches to care remuneration models
RESEARCH EXCHANGE GROUP ON EATING DISORDERS, DISORDERED EATING & BODY IMAGE (EDDEBI)		
CONVENER	52 MEMBERS	TOPICS
Dr. Pamela Ward Centre for Nursing Studies	researchers and students community organizations clinicians decision makers people with lived experience	weight bias and stigma eating disorder treatments supports for people with eating disorders and their families
RESEARCH EXCHANGE GROUP ON GENDER, SEXUALITY, & HEALTH		
CONVENER	65 MEMBERS	TOPICS
Dr. Sulaimon Giwa School of Social Work	researchers and students community members clinicians educators decision makers	LGBTQ+ healthcare considering gender and sexuality in research and knowledge translation women's health
RESEARCH EXCHANGE GROUP ON GLOBAL HEALTH		
CONVENER	50 MEMBERS	TOPICS
Dr. Jill Allison Faculty of Medicine	researchers and students community members clinicians decision makers	global health and healthcare equity rural and urban healthcare sustainable development goals health practitioners' experience learning globally
RESEARCH EXCHANGE GROUP ON HARM REDUCTION/CRITICAL DRUG STUDIES		
CONVENER	53 MEMBERS	TOPICS
Dr. Christopher Smith School of Social Work	researchers and students community members clinicians educators decision makers people with lived experience	harm reduction approaches lived experience life after prison homelessness and housing opioid dependency treatment supports for people who inject drugs



RESEARCH EXCHANGE GROUP ON HORTICULTURAL THERAPY		
CONVENERS	53 MEMBERS	TOPICS
Dr. Jan Buley Faculty of Education	researchers and students community gardeners food security advocates	nature and health food security Horticultural Therapy in correctional settings
Dr. Jennifer Joy Russell Occupational Therapist, Inclusion Consultant Government NL	horticultural therapists occupational therapists health system decision makers municipal workers	gardening know-how the evidence for Horticultural Therapy and its impact on health and wellness
RESEARCH EXCHANGE GROUP ON HUMAN-ANIMAL INTERACTION WELLNESS		
CONVENERS	54 MEMBERS	TOPICS
Dr. Carolyn Walsh Department of Psychology	researchers and students clinicians and therapists veterinarians	animal-assisted therapies animal ownership and aging zoonotic diseases
Dr. Gail Wideman School of Social Work	neuroscientists pet owners	canine research ethical considerations understanding animal behaviours
RESEARCH EXCHANGE GROUP ON INDIGENOUS HEALTH		
CONVENER	92 MEMBERS	TOPICS
Mr. Fred Andersen Ph.D. Candidate Assistant Professor, ABD School of Social Work	Indigenous community members researchers and students clinicians educators decision makers patients and caregivers	Indigenous-led research Indigenous health knowledge Indigenous health initiatives climate change and its impacts on Indigenous health ethical research practices cultural sensitivity and respect
RESEARCH EXCHANGE GROUP ON MENTAL HEALTH		
CONVENER	118 MEMBERS	TOPICS
Dr. Shelly Birnie-Lefcovitch School of Social Work (retired in 2020)	researchers and students community clinicians decision makers	resilience access to care addictions public policy
Mr. John Abbott, former CEO, Canadian Mental Health Association-NL (stepped down as convener in 2020)	people with lived experience families/caregivers	suicide prevalence and prevention post-secondary student mental wellness
The group is seeking new conveners for 2021		
RESEARCH EXCHANGE GROUP ON MILITARY FAMILIES AND VETERANS' HEALTH		
CONVENER	57 MEMBERS	TOPICS
Dr. Gail Wideman School of Social Work	researchers and students military personnel and families veterans community members government representatives	building a more military and veteran-friendly community post-traumatic stress injuries reintegration from military service into civilian life



RESEARCH EXCHANGE GROUP ON ORAL HEALTH		
CONVENER	39 MEMBERS	TOPICS
Ms. Cindy Holden Registered Dental Hygienist	dental hygienists and dentists oral health researchers community partners	community oral health programs provincial dental care oral care and quality of life for seniors
RESEARCH EXCHANGE GROUP ON PALLIATIVE AND END-OF-LIFE CARE		
CONVENERS	51 MEMBERS	TOPICS
Dr. Susan MacDonald Faculty of Medicine	researchers & students community partners clinicians	patient/ caregiver experiences life and aging with chronic illness Medical Assistance in Dying
Dr. Gail Wideman School of Social Work	decision makers patients and families/caregivers	paramedics providing palliative care
RESEARCH EXCHANGE GROUP ON RURAL HEALTH		
CONVENER	54 MEMBERS	TOPICS
Dr. Nathaniel Pollock School of Arctic and Subarctic Studies Labrador Institute	researchers and students clinicians decision makers patients and caregivers	access to healthcare telehealth health equity health service delivery challenges rural strengths and capacities
RESEARCH EXCHANGE GROUP ON SERVICE LEARNING/COMMUNITY ENGAGEMENT		
CONVENERS	93 MEMBERS	TOPICS
Dr. Jill Allison Faculty of Medicine	researchers and students community members patients and caregivers clinicians	critical approaches to engagement barriers & facilitators to community engagement
Ms. Elayne Greeley Community Employment Collaboration	decision makers leaders of social enterprises community advocates	building community research capacity understanding community needs

Later in 2021, NLCAHR will be introducing two new groups:

### Midwifery & Maternal Health



NLCAHR's twenty-first Research Exchange Group will be dedicated to Midwifery and Maternal Health and will be co-convened by Dr. Ann Noseworthy— Retired Midwife, Association of Midwives of Newfoundland and Labrador and by Dr. Renee Boland -- Midwife, Central Health Regional Health Authority.

### Health & the Built Environment



NLCAHR's twenty-second Research Exchange Group will focus on topics related to Health and the Built Environment. Conveners for this new group have not yet been decided.



## ENGAGEMENT ACTIVITIES

Again this year, the Centre's director and staff were connected with other organizations at the local, provincial and national levels.

### AT THE LOCAL AND PROVINCIAL LEVEL



#### *The Aging Research Centre of Newfoundland & Labrador (ARC-NL)*

The Centre's Director serves on the core leadership team of the Aging Research Centre of Newfoundland & Labrador, a provincial research centre devoted to studies on aging that was established in 2018 by a working group of NLCAHR's Research Exchange Group on Aging. With funding from Memorial University and the province's Department of

Children, Seniors, and Social Development, ARC-NL has its main office at Grenfell Campus and a satellite office at NLCAHR. This research centre fosters collaboration between the Grenfell and St. John's campuses to create a provincial network of researchers studying late life issues, prioritizing knowledge mobilization and engagement with older adults. Rochelle Baker helps to coordinate the ARC-NL's activities with those of the Research Exchange Group on Aging, working closely with Dr. Sharon Buehler, the ARC-NL's St. John's Coordinator.

#### *Canadian Mental Health Association of Newfoundland and Labrador- 'Embracing Experiences' Report Advisory Committee*

Rochelle Baker serves on the advisory committee that helped to guide a research project of the Canadian Mental Health Association of NL (CMHA-NL) to produce a report on mental health in the province from the perspectives of people with lived experience, including quality of care, addressing mental health stigma, and access to appropriate supports for a variety of mental health and addictions issues. "Embracing Experiences" is the first independent public report on Newfoundland & Labrador's Mental Health & Addictions System. The report is based on interviews with 40 people across the province and includes their stories about mental health services in the province. Rochelle Baker provided editorial assistance and advice on creating accessible content for this study which is now available at [cmhanl.ca/resources/](https://cmhanl.ca/resources/).

#### *Healthy Built Environment Working Group*

The former Building Healthy Communities Collaborative (BHCC) which was co-chaired by Pablo Navarro, Senior CHRSP Research Officer, is now part of a Healthy Built Environment Working Group organized by the provincial Department of Children, Seniors, and Social Development (CSSD) together with the Department of Health and Community Services. Pablo Navarro co-chaired this working group again this year – a group that includes former members of the BHCC and representatives from the government and the health system.



### *City of St. John's Environment and Sustainability Experts Panel*

Pablo Navarro was invited to sit on the City of St. John's Environment and Sustainability Experts Panel which is responsible for assisting the City's progress in environmental and sustainability issues. The Experts Panel provides expertise, opinion, and perspective about environmental and sustainability matters as they relate to the City of St. John's energy intensity, greenhouse gas emissions, adaptation resilience, and overall environment.

### *Implementing the Faculty of Medicine's Strategic Plan*

Destination Excellence: 2018-2023 is the Faculty of Medicine's strategic plan which was launched in January 2018. The plan's strategic roadmap was designed with an important goal in mind— achieving excellence in education, research and engagement with the communities with whom we serve and partner. As part of Destination Excellence, the faculty's vision for the future and strategic directions and goals are articulated in its mission statement: *Through excellence, we will integrate education, research and social accountability to advance the health of the people and communities we serve.* The Faculty has established short and long-term priorities and is now in the process of implementing them. The implementation process has included iterative engagement with faculty, staff, learners, alumni, the university, and community partners. Rochelle Baker serves on the Destination Excellence Implementation Steering Committee. She was also a member of the committee's Social Accountability Team which completed its work this year.

### *Faculty of Medicine Senior Management Committee*

Stephen Bornstein has served on the Memorial University Faculty of Medicine's Senior Management Committee which includes senior administrators in the Faculty of Medicine: vice-deans, associate deans, assistant deans, chairs, and several staff administrators. The Management Committee meets monthly to provide advice to the Dean of Medicine on matters of strategic planning, development, management and control of resources towards attainment of the mission of the Faculty of Medicine and to foster communication among faculty disciplines, programs and divisions.

### *Health Accord NL- Social Determinants of Health Committee*

Health Accord NL was created in November 2020 to re-imagine the NL healthcare system to best deliver services to meet the needs of people in communities across the province. It is mandated to deliver a 10-Year Health Accord with short, medium, and long-term goals for a healthcare system that better meets the needs of Newfoundlanders and Labradorians. The Accord is made up of six working committees: Social Determinants of Health, Community Care, Hospital Services, Aging Population, Quality Health Care, and Digital Technology. The Centre's Director, Dr. Stephen Bornstein and our Senior CHRSP Research Officer, Pablo Navarro both serve on the Social Determinants of Health Committee.



## AT THE NATIONAL LEVEL



### *Canadian Agency for Drugs and Technologies in Health (CADTH)*

The Centre continues its productive partnership with CADTH at the local level, through consultation with CADTH's provincial liaison officer, and nationally, through participation in CADTH's annual conferences. Stephen Bornstein participates in CADTH's Health Technology Assessment (HTA) Exchange, a network of sixteen Health

Technology Assessment producers established in accordance with Canada's Health Technology Strategy. This network coordinates the gathering of evidence and policy advice regarding health technologies to support the needs of the federal, provincial, and territorial jurisdictions. The Exchange uses an open, inclusive and flexible model that builds on current capacity and grows as pan-Canadian capacity builds.

CADTH also offers opportunities for professional development among researchers. Unless individually indicated, the full CHRSP research team (Sarah Mackey, Sarah Mallay, Pablo Navarro, Colin Walsh, and Christie Warren) attended the following sessions this year:

- March 17, 2021: Reducing Uncertainty: The Need for Qualitative Research in Evidence-Informed Decision-Making
- March 3, 2021: Supporting Decision-Making in an Uncertain Future: A Hands-On Introduction to Horizon Scanning in Health Technology Management
- February 11, 2021: Consultation for Patients on the Deliberative Appraisal Process at CADTH (Sarah Mackey)
- February 10, 2021: Plain Language and Clearer Communication: Making Health Research Make Sense (Sarah Mackey and Sarah Mallay)
- January 27, 2021: Designing Research to Inform Decision-Making Using Value of Information Analyses (Sarah Mallay)
- January 20 2021: Delving into the Literature: What Does the Evidence Really Say? (Sarah Mackey and Sarah Mallay)
- November 19, 2020: COVID-19 and the Surge in Virtual Care: Lessons Learned and Challenges to Come (Sarah Mallay)

### *Canadian Health Services and Policy Research Alliance (CHSPRA)*

The Centre's Director, Stephen Bornstein, serves on the executive of this national organization that was developed under the leadership of CIHR's Institute for Health Services and Policy Research (IHSPR). CHSPRA involves partners, stakeholders, health services/ policy research leaders with the aim of bringing greater collaboration and coordination to health services policy research activity and investment in Canada and



optimizing the relevance and impact of IHSPR investments in high-priority areas of pan-Canadian interest. This Alliance provides an important vehicle for advancement of the Pan-Canadian Vision and Strategy for Health Services and Policy Research. Dr. Bornstein also co-chairs CHSPRA's committee on training modernization which has created the Health Impact Fellowships, a new graduate and postgraduate fellowship program that emphasizes training in the skills required for non-academic employment as well as innovative approaches to experiential learning.

### *The COVID-19 Evidence Network to Support Decision-making (COVID-END)*

The COVID-19 Evidence Network to Support Decision-making (COVID-END) is a time-limited network that brings together more than 50 of the world's leading evidence-synthesis, technology-assessment and guideline-development groups around the world. COVID-END helps those supporting decision-making about COVID-19 to find and use the best available evidence (i.e., to support the evidence-demand side of the pandemic response); and it helps researchers to avoid waste by reducing duplication in and better coordinating the COVID-19 evidence syntheses, technology assessments and guidelines being produced (i.e., to support the evidence-supply side of the pandemic response). Given the work that NLCAHR has been producing to support evidence-informed decision making about COVID-19, our Senior CHRSP Research Officer, Pablo Navarro was invited to join the COVID-END network this year.

### *McMaster University Optimal Aging Portal Expert Advisory Committee*

Dr. Stephen Bornstein is a member of this committee that identifies, prioritizes, and evaluates issues relevant to those interested in optimal aging, seniors and their caregivers, researchers, clinicians, and policy makers who access this portal.

### *National Alliance of Provincial Health Research Organizations (NAPHRO)*

Dr. Stephen Bornstein is a member and past co-chair of NAPHRO, a voluntary association of provincial health research funding organizations. NAPHRO provides a forum to share ideas, communicate lessons learned, and define opportunities for collaboration with respect to issues and challenges confronting the health research enterprise across the country. The Alliance meets in person twice a year and by teleconference three times a year, to share information and identify potential opportunities for working collaboratively on common issues.

Additionally, Tyrone White sits on the NAPHRO Impact Assessment Group. This group includes representatives from each of the provincial health research funding organizations and CIHR and has been developing and implementing tools that assess the bibliometric and econometric impacts of provincial health research funding. These tools are intended to inform decision makers and research communities about the returns on research funding investments at the academic level and in terms of their benefits for Canadian society at large.



### *The National Collaborating Centre for Environmental Health- Healthy Built Environment Forum Champions*

The National Collaborating Centre for Environmental Health developed an online discussion forum in 2019 to enhance networking and to foster linkages among Healthy Built Environment (HBE) practitioners, policy-makers, and researchers. Research evidence has established HBE as a critical influence on human physical, mental and social health. As a result, public health agencies and educational institutions across Canada have incorporated HBE into their mandates and curricula as part of their efforts to improve population health outcomes. Pablo Navarro was invited to participate and is the only member from Newfoundland & Labrador to serve in the group.

### *Collaboration on University of Toronto dementia services project*

The Centre's Director, Dr. Stephen Bornstein, is working with a team at the University of Toronto on a comparative policy analysis of programs to support people with dementia and co-existing complex needs and their caregivers. The project, under the leadership of Dr. Gregory Marchildon, is connected with the North American Observatory of Health Systems and Policies being established at the Institute of Health Policy, Management, and Evaluation at the University of Toronto.

### *Strategy for Patient-Oriented Research (SPOR) Evidence Alliance*

NLCAHR, as an organization that produces evidence syntheses for its health system partners, is a member of the SPOR Evidence Alliance, a partnership between researchers, patients, healthcare providers, policymakers, and other decision makers who are committed to building a Canadian health system that is increasingly informed and improved using best available evidence and innovations uncovered by the health research community. The Alliance is jointly funded by the Canadian Institutes of Health Research and 41 public agencies and organizations across Canada to create a collaborative research environment that is centred on patients and health system decision-makers as part of the Strategy for Patient-Oriented Research initiative.





# FINANCES





## Newfoundland &amp; Labrador Centre for Applied Health Research

## ANNUAL BUDGET &amp; EXPENDITURES

April 1, 2020 – March 31, 2021

OPERATING FUNDS			
	BUDGET	EXPENDITURE	REMAINDER
Salaries and Benefits	\$408,217	\$421,446	(\$13,229)
Operating Expenditures	\$8,400	\$8,021	\$379
Hosting Research Conferences and meetings	\$0	\$324	(\$324)
Travel/Representation	\$0	\$0	\$0
CHRSP Consultants	\$12,000	\$8,600	\$3,400
Office Building Rental	\$65,000	\$59,953	\$5,047
NLCAHR Quick-Start fund	\$9,966	\$0	\$9,966
<b>TOTALS:</b>	<b>\$503,583</b>	<b>\$498,344</b>	<b>\$5,239</b>

**Funding Sources:**

Funding contributed by the Faculty of Medicine at Memorial University: \$428,617

Quick Start funding: \$9,966