



APPLIED HEALTH RESEARCH NEWS

Spring 2014 | Volume 10 Number 1

this issue:

A PICTURE OF HEALTH

*Dr. Stephen Bornstein, working with
researchers to help shape population health.*



FACEFORWARD
THE PEOPLE AND STORIES OF MEMORIAL

NLCAHR's Contextualized Health Research Synthesis Program is the feature story: <http://www.mun.ca/faceforward/apr2014/>

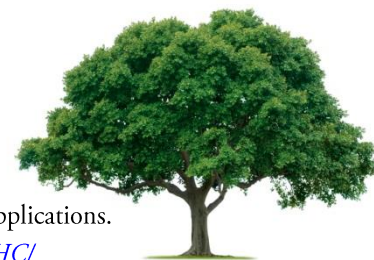
Funding *for* Research to Improve Patient Care

The Dr. H. Bliss Murphy Cancer Care Foundation, the Government of Newfoundland and Labrador, and Eastern Health recently announced the third competition for research funding following from the Cameron Inquiry. The fund, [Enhancing Health Care in NL](#), administered by NLCAHR, was established to support increased research and evaluation activities aimed at improving healthcare for patients in this province, including those with cancer. Grants of up to \$75,000 each will be available for projects of up to three years' duration that address patient care, including (but not limited to) cancer care. Applications may involve research on clinical questions or on the organization, administration, or provision of health care. They may also involve the evidence-based design, implementation, and evaluation of innovative projects for improving the organization and quality of care.

Who can apply? Principal applicants must be employees or students of Memorial University or employees of any of the province's Regional Health Authorities or of any other non-profit organization based in this province. Research teams may include co-applicants or collaborators who do not meet these criteria. Collaboration across institutional, disciplinary and provincial boundaries is encouraged. Where appropriate, teams are encouraged to include decision makers from within the provincial health care system and administration who are in a position to facilitate the uptake of the project's expected findings. Special consideration for smaller grants of up to \$25,000 each for up to two years will be given to projects submitted by Principal Applicants who qualify as emerging researchers (defined as applicants who have never received a research grant of more than \$25,000).

Application process: Applications are to be submitted in two stages—a Letter of Intent Stage and a Full Application Stage. Letters of Intent are due by 5:00pm on **May 12, 2014**. Forms are found online: <http://www.nlcahr.mun.ca/Funding/EHC/>. Applications must be emailed to tkwhite@mun.ca.

Applicants whose Letters of Intent are accepted by the Advisory Committee will be invited to submit full applications. The deadline for full applications will be **August 15, 2014**. Details: <http://www.nlcahr.mun.ca/Funding/EHC/>



Preventing Falls Among Seniors:

A new CHRSP study looks at fall prevention for seniors in institutional healthcare settings

The results of a new research synthesis by the Contextualized Health Research Synthesis Program indicate strong evidence for the effectiveness of daily combined doses of at least 700-800 IUs of vitamin D and at least 600 mg of calcium as a safe and effective way to reduce fractures in the frail elderly living in care facilities. Limited evidence shows that implementing multifactorial fall-prevention interventions can be an effective intervention in care facilities and hospitals (the lack of conclusive findings may be attributable to the complexity of these interventions and the difficulty of implementing them faithfully.) Some review evidence shows that certain forms of balance training are effective in reducing falls and that providing additional physiotherapy in hospital rehabilitation wards may reduce the risk of falling. These findings and the implications of the evidence for the province's health system decision makers will be reported at a CHRSP dissemination event "Fall Prevention for Seniors in Institutional Healthcare Settings in Newfoundland & Labrador" on April 25th. Read the full report here: <http://www.nlcahr.mun.ca/CHRSP/FallPrevention.php>



Province's first Best Brains Exchange has a CHRSP connection

Following the release of our CHRSP *Evidence in Context* report on Community-Based Service Models for Seniors, the NL Centre for Applied Health Research helped organize a Canadian Institutes of Health Research Best Brains Exchange on January 23, 2014 to address approaches for helping seniors to age in place in Newfoundland and Labrador. This meeting, the first Best Brains Exchange hosted in the province, was initiated at the request of the Government of Newfoundland and Labrador's Department of Health and Community Services to address a priority issue for our provincial health system. The one-day, in-camera session brought four national experts to the province together with health system decision-makers from across Newfoundland and Labrador discuss research evidence about community-based service models for seniors. The meeting included broad participation from the Department of Health and Community Services, all four provincial Regional Health Authorities, and organizations integrally involved in seniors' care in Newfoundland and Labrador.

The Best Brains Exchange highlighted relevant research, gaps in the available evidence and expert experience from across the country and beyond, and facilitated candid discussion about the applicability of the research evidence to the local context. Details about the Exchange, including the presentations given, can be found here: <http://www.nlcahr.mun.ca/CHRSP/BBECSMS.php>



Dr. Anne Snowden presented a *Research Talks* lecture at Memorial on innovation in healthcare.

Health Innovation Webcast

An important discussion about health system innovation is now available for viewing on the NLCAHR website. In December 2013, we welcomed Dr. Anne Snowden, a leading Canadian expert in health innovation, for a *Research Talks* public lecture. The talk, "What do Canadians value from their health-care system? Does the system deliver value to Canadians?" took place at the Bruneau Centre for Research and Innovation's main auditorium. Dr. Snowden has dedicated much of her career to producing research and advancing innovation to improve the health and well-being of Canadians. As academic chair of the International Centre for Health Innovation at the Richard Ivey School of Business, she leads the centre's work to promote health system sustainability and productivity. Dr. Snowden has published more than 70 research articles, and received more than \$7 million in research grants. Her timely lecture about health-system innovation included the results from recent cost versus value research about what Canadians value and whether our health systems are delivering value to Canadians. See her informative lecture here: http://www.nlcahr.mun.ca/Research_Exchange/ResearchTalks.php

BUILDING HEALTHY COMMUNITIES ON THE ROCK

The Building Healthy Communities Collaborative is featured at a national conference on chronic disease prevention

NLCAHR's support for the provincial Building Healthy Communities Collaborative will be featured at the April 2014 Chronic Disease Prevention Alliance of Canada (CDPAC) Conference in Ottawa. Pablo Navarro, NLCAHR's Senior Research Officer, was invited to the conference to speak about this non-traditional provincial collaborative that supports a healthier built environment in an effort to improve public health and prevent chronic disease.

The Building Healthy Communities Collaborative (BHCC) wants to influence how our communities can positively evolve in healthy directions by bringing health considerations into planning and development in our communities. The group includes members from NLCAHR, the Provincial Wellness Advisory Council, the NL Public Health Association, the Canadian Institute of Public Health Inspectors, in partnership with municipalities, municipal planners, environmental groups, and workers in transportation, culture, recreation, education, public engagement, architecture, commerce, NGOs, public health and healthcare. Its activities have included a provincial conference that featured knowledge exchange and non-traditional partnership-building workshops.

The collaborative has also launched online capacity-building sessions, small demonstration projects at both the community and provincial level, and the development of recommendation papers for government. The Building Healthy Communities Collaborative provides evidence for the impact of non-traditional partnerships that work for small changes at a policy/program level.



Photo © Tyrone White

Another reason to quit smoking

NLCAHR-funded research in British Journal of Cancer

A paper by an NLCAHR-funded researcher, Yun Zhu, entitled "Influence of pre-diagnostic cigarette smoking on colorectal cancer survival: overall and by tumour molecular phenotype" has been published in the most recent issue of the British Journal of Cancer. Smoking is a risk factor for colorectal cancer (CRC) incidence; however, its influence on survival after CRC diagnosis is unclear. In Yun Zhu's study, a cohort of 706 CRC patients diagnosed from 1999 to 2003 in Newfoundland and Labrador was followed for mortality and recurrence until April 2010. Smoking and other relevant data were collected by questionnaire after cancer diagnosis in order to capture pre-diagnosis information. Among other findings, the study concluded that, compared with people who never smoked, all-cause mortality was higher for current, but not for former smokers. Read the full article:

http://www.nlcahr.mun.ca/Funding/BJC_Paper_Yun_Zhu.pdf



The current year has seen a great deal of activity among our growing and dynamic Research Exchange Groups. Here's an overview of recent meetings with links to the presentations and a list of scheduled dates for upcoming meetings:

Aging

[HIV and Aging Workshop with Thomas Ergdorf and Gerard Yetman](#)

Next meeting TBA

Autism

[Barriers and Facilitators to Services with Rick Audas](#)

Next meeting TBA

Bullying & Health

[Cyber Bullies with Gerald White](#)

[Violence Against Teachers with Stephen Hicks](#)

Next meeting April 30, 2014

Chronic Disease

[Enhancing Diabetes Programs/Services at Western Health with Darla King](#)

Next meeting TBA

Eating Disorders, Disordered Eating, and Body Image

At the next meeting on April 11, Kerri Bojman will present her research on *"Shame and Self-Compassion in Predicting Weight Regain and Weight Loss Maintenance."*

Gender, Sexuality & Health

Stay tuned for an announcement about this group's May 2014 meeting, a planned public event on gay men's health issues. Details TBA.

Mental Health

[An Introduction to the Social Clinical Interface and its relevance to Stigma and Bias in Mental Health with Sally Payne](#)

At the next meeting on April 17, Glenn Roil will present on *"Opening a new mental health outreach centre in St. John's."*

We want you!

Join our Research Exchange Groups

The following new groups are now in the process of being organized. Contact us to join:

- **Primary Healthcare**
- **The Arts & Health**
- **Cancer**
- **Inter-professional education and collaborative practice**

NLCAHR is currently seeking members for these potential new Research Exchange Groups and we always welcome new participants in our established groups, listed here:

http://www.nlcahr.mun.ca/Research_Exchange/

If you are interested in joining, or learning more, please email Rochelle.baker@med.mun.ca

Our congratulations to Gerald White, the Convener of our Research Exchange Group on Bullying & Health, on the recent successful defense of his PhD research on cyber-bullying. His doctorate in Community Health & Humanities will be conferred *with distinction*.
Well done, Dr. White!

APPLIED HEALTH RESEARCH NEWS is a quarterly publication of

The Newfoundland and Labrador Centre for Applied Health Research
95 Bonaventure Avenue St. John's NL A1B 2X5 • Phone: 709.777.6993 • Fax: 709.777.6734
nlcahr@mun.ca | www.nlcahr.mun.ca