

# Applied Health Research News

A quarterly publication of the Newfoundland & Labrador Centre for Applied Health Research

Fall 2008

Volume 4, Issue 4

## Workshop on Evidence Use Attracts Front-line Healthcare Workers and Managers

On September 24 & 25 2008 more than 70 health care professionals, managers, researchers and students attended a series of workshops in St. John's on use of evidence in healthcare.

*All About Evidence* explored the use of Cochrane Systematic Reviews and Health Technology Assessments in healthcare practice. It was hosted by NLCAHR, the Canadian Agency for Drugs and Technologies in Health (CADTH), and the Canadian Cochrane Centre.

Dr. Jeremy Grimshaw, Director of the Canadian Cochrane Centre, was a keynote speaker at the event, and participants were overwhelmingly positive in their evaluation of the workshops. More than 80% of participants said that they had learned things at this event that would help them in their decision-making role.

Presentations from *All About Evidence* are now publicly available on the NLCAHR website.

## NLCAHR Research Inventory: Sign Up Today

NLCAHR's Applied Health Research (AHR) Directory is a searchable electronic database containing information submitted by applied health researchers about their expertise, interests and research activities.

The AHR Directory provides a view of who is working on what topics in Newfoundland & Labrador and facilitates connections among research collaborators.

To add or modify your profile or to search the database, see the NLCAHR website:  
[www.nlcahr.mun.ca/ahrd/](http://www.nlcahr.mun.ca/ahrd/)

## Call for Applications: Newfoundland and Labrador Healthy Aging Research Program

The Newfoundland and Labrador Centre For Applied Health Research is calling for applications from researchers and graduate students who are interested in issues related to healthy aging.

The Newfoundland and Labrador Healthy Aging Research Program (NL-HARP) is funded by the provincial Department of Health and Community Services (DHCS) and is administered by NLCAHR. The aim of the program is to facilitate a stronger focus on research on aging and seniors.

The first year of NL-HARP will focus on capacity-building and on putting foundational elements into place to foster a stronger aging research presence in the province. The program will support research that focuses on a wide variety of topics related to healthy aging, but especially encourages applications that address any of the following priority research themes:

... dementia	... medication use	... active living
... end-of-life care	... elder abuse	... mental health and addictions
... positive images of aging	... age-related chronic illness	

NL-HARP will make available up to a total of \$200,000 in 2008-2009 for a variety of fellowships and student awards, faculty awards and research grants.

NLCAHR and DHCS have partnered with the Canadian Institutes of Health Research-Institute of Aging (IA) on several of these initiatives. The IA-Newfoundland and Labrador Contextualized Synthesis Reports on Healthy Aging are valued at \$15,000 each and support the synthesis of available research on one of NL-HARP's priority topics. The IA-Newfoundland and Labrador Gold Prizes for Research on Aging recognize excellent emerging researchers at different stages of career development and are awarded to candidates who receive the highest rating in the provincial competitions for three of the student awards.



**The deadline for applications is January 15 2009.**

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

## 2008 NLCAHR Fellowships Awarded

Two master's candidates and one post-doctoral candidate were awarded fellowships in the 2008 NLCAHR fellowships competition.

Dr. Jill Allison received a post-doctoral fellowship for her research on "Community Identity and Genetic Risk: Determining Knowledge Pathways related to Genetic Predispositions in Newfoundland and Labrador."

Patrick Fleming, a Master's candidate in the division of Community Health, Faculty of Medicine, was awarded a fellowship for study of the "Retention of Specialist Physicians in Newfoundland and Labrador", and Elizabeth Russell, a Master's candidate in Psychology, will use her award for work on "Exploring Psycho-Social And Health-Related Predictors of Body Dissatisfaction: A Quantitative and Qualitative Approach."

NLCAHR thanks all candidates for their applications. The 2009 NLCAHR fellowships competition will be launched in January 2009.

Details: [www.nlcahr.mun.ca/research/by-year](http://www.nlcahr.mun.ca/research/by-year)

## Research Highlights

### New Reviews From the Cochrane Library

The following new reviews are among those included in Issue 4 of the Cochrane Library, October 2008:

- « Blood pressure lowering efficacy of ACE inhibitors for primary hypertension
- « Exercise for depression
- « Regular treatment with formoterol for chronic asthma: serious adverse events
- « Procaine treatments for cognition and dementia
- « Patient education for neck pain with or without radiculopathy
- « Increased police patrols for preventing alcohol-impaired driving
- « Inspiratory muscle training for cystic fibrosis
- « Organising health care services for persons with an intellectual disability
- « Mouth rinses for the treatment of halitosis

The Cochrane Library is the best single source of reliable evidence about the effects of health care interventions.

Details: [www.cochrane.org/reviews/en/index\\_new\\_reviews.html](http://www.cochrane.org/reviews/en/index_new_reviews.html)

### Newfoundland and Labrador Centre for Applied Health Research

95 Bonaventure Avenue  
Suite 300  
St. John's, NL CANADA A1B 2X5

Editor: T. Mackenzie  
E-mail: [nlcahr@mun.ca](mailto:nlcahr@mun.ca)  
Tel: 709.777.6993

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

### Exploring the Health Impacts for Workers Participating in the Community Enhancement Employment Programs in Newfoundland and Labrador

Dr. Stacey Wareham, recipient of NLCAHR's 2007 Post-Doctoral Fellowship, recently began a community-based participatory study to explore the health of workers employed under the government-funded Community Enhancement Employment Program (CEEP).

Each year, approximately 350 work projects are funded in Newfoundland and Labrador. These projects employ approximately 1500 workers throughout the province, and women represent the majority of these workers. Work is often short-term and labor intensive, involving such activities as roadside brush clearance, trail development and building repair/maintenance. CEEP projects aim to provide underemployed or unemployed persons with supplementary work to allow eligibility for federal Employment Insurance.

According to Dr. Wareham, several organizations have identified the health and safety of these workers as a source of concern. Despite their important role in employment and community-development in rural NL, government funded employment support programs have received little attention from researchers.

Dr. Wareham's project will assess the mental and physical health impacts of CEEP work for individuals in rural communities through interviews with workers, sponsors, and key informants and through analysis of CEEP data. In addition to the NLCAHR fellowship, Dr. Wareham received a Pilot Project grant from the CIHR-funded RURAL Centre, a Dalhousie-led multi-year research program on environment and health in Atlantic Canada. In a second phase, Dr. Wareham will develop a survey to be distributed to CEEP sponsors and workers throughout the province.

Details: [Stacey.Wareham@med.mun.ca](mailto:Stacey.Wareham@med.mun.ca)

## Notebook

### NLCAHR Congratulates...

Three Memorial Researchers are part of a national team that is working to develop new methods for integration of gender and sex in research on health and environment throughout the lifespan.

Drs. Barbara Neis, Nicole Power, and Stacey Wareham are co-investigators on a CIHR-funded grant that provides \$1 million over 5 years.

The interdisciplinary team, led by Dr. Donna Mergler at UQAM, will develop and refine methods for integrating gender/sex considerations into environmental and health research. The team also plans to establish strong collaborations with community-based and public health partners working on environment and health in order to come to a richer understanding of the real-life mecha-

nisms linking environmental health to sex and gender. The project also includes plans to train and mentor new researchers.

### Recommended Reading

*Health-Evidence.ca* is a web site designed to provide quality research evidence to public health decision makers. The site, which is operated from McMaster University, was created with funding from CIHR. Researchers affiliated with the project search, screen, and rate systematic review evidence on a variety of topics and compile it into this free, searchable online registry.

Details: [www.health-evidence.ca/](http://www.health-evidence.ca/)

### Grants, Fellowships and Conference Opportunities

For up-to-date information on health research-related conferences and funding opportunities, see the NLCAHR website: [www.nlcahr.mun.ca](http://www.nlcahr.mun.ca)

### Post your notices here...

Send your health research-related notices for inclusion in our quarterly newsletter.

Our next newsletter: January 2008.  
Submissions by December 15th to [nlcahr@mun.ca](mailto:nlcahr@mun.ca)



Dr. Stacey Wareham