



## Research Uptake: Youth Residential Treatment Options

NLCAHR's Contextualized Health Research Synthesis Program recently sought user feedback about a report prepared for provincial decision makers in Fall 2010. *Youth Residential Treatment Options in Newfoundland and Labrador* synthesized and contextualized research on residential treatment programs for children and youth with complex needs. Respondents reported that the study has been widely utilized, as the following survey responses show:

*"The report has been an integral part of the planning and development phase for the Youth Treatment Centres in this province, particularly in leading to best practice material on programming and raising key questions and considerations."*

*"The report has been considered in decisions around model of care as well as target populations of youth."*

*"This report was very useful and relevant."*

In addition to the responses received from health professionals, we were told by law enforcement officials and educators that the report has been valuable as a teaching tool and has been used to raise awareness about youth treatment challenges.

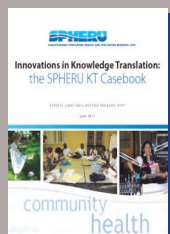
Improving research uptake in the health sector is a persistent challenge. Thanks to all those who help us assess the ways in which our CHRSP research is being utilized to guide evidence-based decision making in our province.

# Applied Health Research News

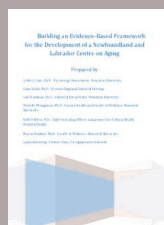
Winter 2011

Volume 7, Issue 3

## Our Researchers in Print: Five Publications



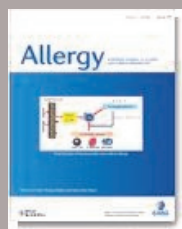
**CHRSP featured in KT Casebook:** NLCAHR's innovative Contextualized Health Research Synthesis Program (CHRSP) is the subject of a full chapter in the recently released KT Casebook published by SPHERU (Saskatchewan Population Health and Evaluation Research Unit) and funded by the Canadian Institutes of Health Research. The article, authored by Brendan Barrett (Memorial University) Stephen Bornstein, Janice Butler, Robert Kean and Pablo Navarro (NLCAHR), outlines CHRSP's unique contextualized approach to Knowledge Translation as an example of successful methodology for supporting health decision makers with contextualized research evidence. [Details](#)



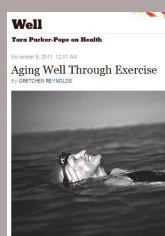
**Framework for a Centre on Aging- Leslie Cake:** Given that our province will have the highest proportion of older adults in Canada by 2031, the Government of NL has acknowledged the need to address the challenges of an aging population. A report, *"Building an Evidence-Based Framework for the Development of a Newfoundland and Labrador Centre on Aging,"* has been issued by a team of researchers led by Leslie Cake of Memorial's Psychology Department. Dr. Cake was awarded a 2010 Seed Grant under the Newfoundland and Labrador Healthy Aging Research Program administered by NLCAHR. The researchers note that NL is the only Canadian province without a centre dedicated exclusively to research into aging and recommend steps towards establishing a Centre on Aging in the province. [Details](#)



**Calcium, Vitamin D and Colorectal Cancer - Zhuoyu Sun:** Memorial graduate student Zhuoyu Sun recently published a report in the *Canadian Journal of Public Health*. Her study, *"Calcium and Vitamin D and Risk of Colorectal Cancer: Results from a Large Population-Based Case-Control Study in Newfoundland and Labrador and Ontario,"* was supported by funding from NLCAHR, among other agencies, as part of Ms. Sun's Master's thesis under the supervision of Drs. Peter Wang, Barbara Roebathan, Sharon Buehler and Yanqing Yi at Memorial. The study found that dietary calcium and vitamin D are associated with a lower risk of colorectal cancer. Ms. Sun's research was based on the comparison of dietary information collected from over 4,000 participants in Newfoundland and Labrador and Ontario. [Details](#)



**Study of School Environments and Anaphylaxis:** Janice Butler, NLCAHR's Research Officer and CHRSP Program Coordinator, was part of a research team that published a manuscript in Volume 67, Issue 1 of the peer-reviewed journal *Allergy- The European Journal of Allergy and Clinical Immunology*. The article *"Comparing school environments with and without legislation for the prevention and management of anaphylaxis,"* compared schools in Alberta, British Columbia, Newfoundland and Labrador and Quebec, and determined that school boards in legislated environments have made greater efforts to support students at risk for anaphylaxis when compared with non-legislated environments. [Details](#)



**New York Times Health Blog- Geoff Power:** A researcher, whose work was funded by the Newfoundland and Labrador Healthy Aging Program administered through NLCAHR, has had his research cited in the New York Times Health Blog. In the November 9, 2011 issue, Gretchen Reynolds' article *"Aging Well Through Exercise"* discusses a study authored by Power for the Canadian Centre for Activity and Aging. The study concluded that high-intensity physical activity can potentially mitigate against the loss of motor unit function associated with aging well into the seventh decade of life. [Details](#)

## Evidence in Context:

### New CHRSP Reports for 2012

Researchers in NLCAHR's Contextualized Health Research Synthesis Program (CHRSP) are currently concluding their work on three research projects for which reports are expected to be issued in early 2012. One study involves an assessment of interprofessional teams for the management of chronic disease, with a focus on diabetes and chronic obstructive pulmonary disease. Another study is looking at the clinical and cost effectiveness of Hyperbaric Oxygen Therapy for healing difficult wounds. Finally, CHRSP has partnered with Labrador Grenfell Health and CADTH to examine the effectiveness of using telehealth technologies for specialist-patient consultations in dermatology and cardiology in Newfoundland and Labrador.

## New Affinity Group on Mental Health



NLCAHR's capacity development activities include the formation of Research Affinity Groups where university students, professors, professionals in the health system and other members of the community can share insights and interests in a specific area of health research. We are now forming a new Affinity Group on Mental Health. The group will share information on current research, collaborate on possible future research projects and discuss potential issues surrounding mental health research. Please email us if you would like to join: [tyrone.white@med.mun.ca](mailto:tyrone.white@med.mun.ca)

### Newfoundland and Labrador Centre for Applied Health Research

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

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

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

## Events Round Up

### Deliberative Processes: Who Decides and How?

NLCAHR hosted two companion events this fall to explore research into public involvement in health policy decision making with a view to learning about what kind of public engagement models are used in other jurisdictions and whether these approaches



Photo ©Tyrone White  
L-R : Rick Singleton, Moderator, with Panelists Roger Chafe, Lisa Browne and Terry Sullivan

might be adapted for the Newfoundland and Labrador context. At a CIHR Café Scientifique at Rocket Bakery, the public was invited to join a lively, informal conversation with some leading Canadian experts on citizen engagement, including Dr. Julia Abelson of McMaster University, Dr. Terry Sullivan of the University of Toronto, Dr. Roger Chafe of Memorial University and Ms. Lisa Browne of Eastern Health. Moderator Dr. Rick Singleton of Eastern Health guided the discussion. The event was well-attended and surveys of participants indicated a high level of satisfaction with the quality of the speakers and the content of the forum. On the following

day, NLCAHR hosted an invitational workshop at Memorial University featuring presentations and a more in-depth analysis of research into effective models for deliberative processes. In particular, the workshop looked at ways to involve the public more directly in decisions around funding for high-cost pharmaceuticals. Overall, both events successfully outlined a range of public engagement methods for provincial decision makers to consider as ways to encourage increased citizen involvement in health policy decisions in the province.

### NLCAHR Assists Building Healthy Communities Conference

NLCAHR assisted the Provincial Wellness Advisory Council, the NL Public Health Association and the Canadian Institute of Public Health Inspectors to organize a conference designed as a catalyst to promote healthier communities in our province. In November, 166 people gathered at the Sheraton Hotel in St John's to engage in a conversation about integrating health and wellness into community planning to create more supportive environments across Newfoundland and Labrador. The event allowed participants to engage directly with a variety of presenters from various disciplines, including municipal officials, urban planners, architects, members of the National Collaborating Centre on Public Policy, representatives from the provincial government, and many others. An Interactive Town Hall at the end of the conference helped identify key issues for communities in the province, including health awareness, municipal and community engagement, access to housing, built infrastructure, collaboration, longterm planning and improved transportation options. Visit <http://buildinghealthycommunities.ca>



Photo © Malin Enstrom

## Notebook

### Update on NL Healthy Aging Research Program

Thanks to all students and researchers who submitted applications under the Newfoundland and Labrador Healthy Aging Research Program. We are in the process of reviewing submissions and will announce funding recipients in March 2012. Updates: [www.nlcahr.mun.ca/funding/](http://www.nlcahr.mun.ca/funding/)

### Welcome New Staff

NLCAHR would like to welcome Jinelle Ramlackhansingh, our new Research Assistant, to the Centre. Jinelle is assisting the CHRSP Team with current research projects.

### Looking for the latest news? Follow us online.

NLCAHR is committed to keeping you up-to-date on all the latest information about conferences, events, research funding opportunities, Affinity Groups and the Centre's ongoing CHRSP research projects. You are welcome to follow us through social media.



You will find us on Facebook at [www.facebook.com/nlcahr](http://www.facebook.com/nlcahr)

and on Twitter at [www.twitter.com/nlcahr](http://www.twitter.com/nlcahr)

### Conferences and Funding Opportunities

Please see the NLCAHR website for an up-to-date list of conference and funding opportunities: [www.nlcahr.mun.ca](http://www.nlcahr.mun.ca)

### Post your notices here...

Please send your health research related notices for inclusion in our next newsletter.

Please send submissions to [nlcahr@mun.ca](mailto:nlcahr@mun.ca).