



APPLIED HEALTH RESEARCH NEWS

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*Season's
Greetings*

We'd like to wish our many friends and partners the best of the season. Please note that NLCAHR will be closed for the holidays from December 24th to January 5th

We look forward to re-connecting with you in 2015.

Three New Studies *on* Priority Issues

In consultation with the province's Regional Health Authorities and the Department of Health and Community Services, the Contextualized Health Research Synthesis Program (CHRSP) has published three new reports that support evidence-based decision making on issues that were identified as priority concerns by our province's health system.

NLCAHR hosted a networked meeting on November 27, 2014 to launch an *Evidence in Context* report that looked at a variety of interventions, other than the use of physical restraints or prescription of psychotropic medications, that have proven effective for managing agitation and aggression in long-term care (LTC) residents with dementia. The study's findings were presented by the scientific leader for the project, Dr. Neena Chappell, Canada Research Chair in Social Gerontology, and by Rob Kean, Senior CHRSP Research Officer. Participants in this knowledge translation meeting included a variety of health system officials and community partners who work with seniors in LTC. The study found promising evidence for the effectiveness of music, staff training and reducing the inappropriate use of anti-psychotic medications in LTC.

Evidence also suggested that other interventions might be worth trying in LTC, with ongoing evaluation as to their effectiveness on the observed incidence of agitation and aggression. Interventions in this category included dance therapy, animal assisted interventions and personalized activities, among others. The full report is published here: <http://www.nlcahr.mun.ca/CHRSP/DementiainLTC2014.php>



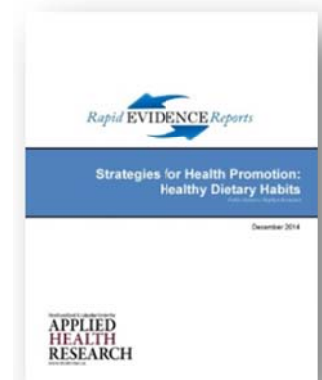
On December 3, 2014, NLCAHR released an *Evidence in Context* report on cardiac troponin point-of-care testing (POCT) for smaller hospital and health centre emergency departments. At the webinar/meeting for the dissemination of the report, Dr. Nitika Pant Pai (McGill University), the scientific leader for the CHRSP project team, outlined key findings, while Pablo Navarro, Senior CHRSP Research Officer, discussed the methodology and reviewed implications of the study for health system decision makers. Dr. George Cembrowski (University of Alberta), External Reviewer for the report, also shared his specialist expertise on point-of-care testing. The study found that the detection threshold sensitivity and accuracy of cardiac troponin POCT for suspected Acute Coronary Syndrome has improved to the point where, *as a screening test*, cardiac troponin POCT can be as effective as central lab testing. Patients screened with cardiac troponin POCT have similar rates of adverse events and faster turnaround times than patients whose tests are

administered by central labs; however, the POCT does not necessarily improve on other emergency department process outcomes such as time to clinical decision or time to discharge. As such, in areas of the province served by smaller hospitals without 24/7 laboratory service, POCT may be both feasible and acceptable. Read the full report online here:

<http://www.nlcahr.mun.ca/CHRSP/POCT2014.php>

Finally, NLCAHR has just published a new *Rapid Evidence Report* that summarizes research evidence about health promotion strategies that can be effective for improving dietary habits. The evidence we reviewed was, overall, consistent: health promotion efforts are most effective when they incorporate multiple mechanisms and levels of engagement as well as structured behavior change and management techniques. However, the effects of healthy eating campaigns overall are modest. As such, sustained support is needed to attain long-term benefits. Because eating is a complex behavior, simple or one-dimensional health promotion strategies are unlikely to be effective in creating or sustaining change. A dissemination meeting for this report will take place in early 2015. In the meantime, you will find the full report here:

http://www.nlcahr.mun.ca/CHRSP/RER_HEALTH_PROMOTIONS.pdf



The e-Health Innovations Partnership Program: Innovations to Improve Patient Care in Canada



NLCAHR will host an e-health workshop on January 27 2015.
RSVP Rochelle.Baker@med.mun.ca

The Newfoundland and Labrador Centre for Applied Health Research (NLCAHR) has been asked by the Canadian Institutes for Health Research (CIHR) to organize a team-building workshop that will explore possibilities for local teams of IT/medtech entrepreneurs and healthcare researchers to apply for funding under a new CIHR program called the [eHealth Innovation Partnership Program \(eHIPP\)](#). The workshop will take place at The Landing, University Centre, Memorial University, from 8am to 4pm on January 27 2015.

The e-Health Innovation Partnership Program (eHIPP) seeks to identify person-oriented e-Health solutions in two priority areas: early identification and interventions for youth with mental health conditions; supporting seniors with complex care needs in their homes. It also designed to help emerging Canadian health technology companies to co-develop innovative e-Health solutions

that deliver real-world healthcare value, and to evaluate the clinical benefit and cost-effectiveness of existing e-Health products.

The eHIPP opportunity supports large-scale pragmatic trials in “innovation communities”, which are local/regional health care or community test beds that have the capacity and interest to integrate eHealth innovations into real -world service delivery. At the workshop, participants will brainstorm to identify and propose solutions to key challenges faced by the two target groups (i.e. community-dwelling seniors with complex needs and youth with mental health issues). The purpose of the meeting is to build collaborative teams that will include industry partners, health system experts and health/community program partners towards the development of health technology innovations that might be and eligible for funding under the program and then tested in local healthcare/ community care settings.

e-HIPP helps industry partners...

- Obtain financial assistance to offset your market validation costs;
- Gain access to researchers and expertise;
- Work with all partners to obtain a comparative clinical and cost analysis;
- Have direct exposure to target markets; and
- Receive expert advice and guidance on technology integration into the health services market.

& health system partners....

- Be a co-innovating leader of eHealth solutions to improve health for the future;
- Build the foundations and partnerships for innovation in your community;
- Partner with dynamic and innovative industries;
- Improve the direct quality of care and outcomes for target populations; and,
- Receive financial assistance, expert advice and guidance on integrating technology into health services.

Links to learn more:

- For detail about the funding opportunity: <http://bit.ly/1qIyrXb>
- Information for industry partners: <http://bit.ly/eHIPPIIT>
- Information for health system partners/ researchers: <http://cihr-irsc.gc.ca/e/48619.html>



To engage with our community and to build research capacity in the province, NLCAHR has established a program of Research Exchange Groups that bring together university researchers, health professionals, decision makers, community groups, and members of the public who share a common interest under the domain of applied health research. All are welcome to join and the meetings are accessible to out-of-town guests by webinar/teleconference. Here's an overview of activities:

Bullying & Health

November 18, 2014: A special presentation by Dave Dyer, Itinerant, Safe & Caring Schools, English School District (ESD) in which he outlined the ESD Safe and Caring Schools Policy.

February 2015: Dr. Gerry White will present on bullying and the law. Date TBA

March 2015: Dr. Anne Burke, Associate Professor, Faculty of Education, will present her SSHRC-funded research on identity, a study set in Canadian schools using digital media and video-making to address bullying. Date TBA.

Eating Disorders, Disordered Eating, and Body Image

October 17, 2014: Michael Bartellas introduced his research project on access to healthcare services for youth and adolescents with eating disorders. January 16, 2015: Chris Duggan will present findings from a Mixed-Methods Study of Stress and Emotion Regulation in University Student-Athlete Disordered Eating.

Gender, Sexuality & Health

November 12, 2014: Zack Marshall and Gerard Yetman: *Shifting sands and rising tides: Designing community-based sexual health research that is relevant to oil and gas workers and their social networks in Newfoundland and Labrador.*

Mental Health

December 3, 2014: Drs. Joy Maddigan and Kellie LeDrew of Eastern Health presented: *Challenges to Recovery in Early Psychosis: Implications of Recovery Rate and Timing* was made by. The meeting included a lively discussion about services and recovery for persons in the program.

The Arts & Health

The date and time for the next meeting will be announced in January 2015. On November 17, 2014, Corie Harnett led a workshop on drama and improvisational techniques that help children work towards improved social skills and self-expression.

Primary Healthcare

The Research Exchange Group on Primary Healthcare held two meetings in 2014. The first was a planning meeting on September 12 2014. Then, on November 6, 2014 Robert Thompson, Executive Director of the Newfoundland and Labrador Medical Association discussed plans for primary healthcare reform in the province. The next meeting will take place on January 13th from 10:30am to 11:30am. RSVP: rochelle.baker@med.mun.ca

JOIN US!

We are now seeking members for new Research Exchange Groups on:

HARM REDUCTION & CRITICAL DRUG STUDIES

CANCER

HEALTH AND THE BUILT ENVIRONMENT

THROMBOSIS, BLOOD AND IMMUNE DISORDERS

HIV AND SEXUAL HEALTH

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