

**PIR Newsletter**



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**A Message from the PIR Ivey Research Interim Chair...**

Summer has officially arrived after a very busy and exciting time here at Parkwood Institute Research. We held our annual PIR Research Day event on Friday, April 26<sup>th</sup> 2019. I would like to thank everyone who attended the event and all of the incredible presenters for contributing toward making this event such a success. In particular, I want to thank Julie Walsh, PIR Research Facilitator, and Vanessa Cullen, PIR Administrative Assistant, for their tireless energy in organizing and running the successful event.

In April, Lawson Health Research Institute held their annual Lawson Impact Awards, honouring the outstanding scientists, staff and trainees within our health research community. I'm proud to say that many members of Parkwood Institute Research received awards. Please join me in congratulating:

- Saagar Walia (Research Coordinator, Research 2 Practice team) for being awarded the *Lawson Staff Award of Excellence*,
- Dr. Sarah Morrow (Scientist, Multiple Sclerosis) for being awarded the *Dr. Joseph Gilbert Research Contribution of the Year Award*, and
- Dr. Don Richardson (Scientist, Operational Stress Injury Clinic – Research and Innovation Centre) for being awarded the *Lawson Innovation Award*

Let us continue to foster excellence in research across PIR and grow our impact! I'd like to wish you all a safe and wonderful summer! Enjoy!

Arlene MacDougall, MD, MSc, FRCPC  
 Director, Global MINDS and MINDS of London-Middlesex  
 Assistant Professor, Departments of Psychiatry and Epidemiology & Biostatistics  
 Schulich School of Medicine & Dentistry  
 Western University  
 Director of Research and Innovation for Mental Health, St. Joseph's Health Care London and Parkwood Institute  
 Research  
 Scientist, Lawson Health Research Institute

## WELCOME TO ALL NEW RESEARCH PERSONNEL!



**Christine Watt** holds a Bachelor of Science, Biology and Medical Sciences from Western University. She is currently enrolled in the Clinical Trials Management Program at Western Continuing Studies. Christine joined the team of Dr. Akshya Vasudev and Dr. Kamini Vasudev as a practicum student on May 1st, 2019. Christine is assisting with two large clinical trials over the summer at Parkwood Mental Health. These include the multi-site study Alternative Treatments to Help Late Life Depression (n=192; PI Dr. Akshya Vasudev) and the Alternative Treatments to Help Post-Traumatic Stress Disorder Study (n=130; PI Dr. Kamini Vasudev). Her interests include reading, cooking, and painting.

**Dr. Swati Mehta** PhD, a member of the CORRE Research Team since 2008 has joined Parkwood Institute Research, Lawson Research Institute on April 1, 2019 as a Scientist under the Department of Physical Medicine and Rehabilitation. Her research interest is in improving access to evidence based mental health services for those undergoing rehabilitation through innovative technology. In collaboration with a multidisciplinary team, she recently received a three-year Craig Neilson Foundation grant (\$385,000 USD) to examine the efficacy of internet-delivered cognitive behavioural therapy (ICBT) among persons with spinal cord injury. Dr. Mehta is supported by the Department of Physical Medicine and Rehabilitation and the St. Joseph's Healthcare Foundation.

Dr. Mehta completed a MA in Counselling Psychology and PhD in Health Services and Rehabilitation. She recently completed her Postdoctoral Fellowship at the University of Regina in the Department of Psychology. She has authored 53 peer-reviewed articles and 76 published abstracts. She has been awarded the Lawson Impact Leadership Award in 2016, the Royal Society of Canada Alice Wilson Award in 2017 and the Saskatchewan Health Research Foundation Excellence Award in 2017.



**Amber Harnett, MSc** recently joined the CORRE team as a research assistant. She obtained her MSc in Pathology and Laboratory Medicine from Schulich School of Medicine and Dentistry. Her research interests focus on translating knowledge from basic science, clinical trials and evidence based reviews to clinical practice guidelines for rehabilitation after stroke or spinal cord injury.

**Clara Haworth** is a research student in the Cognitive Clinical Trials Group at Parkwood Institute. She is currently an undergraduate student at the University of Guelph, working towards her BSc (Hons) in Animal Biology. Clara is excited to develop her research skills and learn more about geriatric medicine and dementia research.



### ALSO...

**Daniel McCarthy, Alex Badour, Nik Vanin-Moreno and Daymon Blackport** will be joining the CORRE team as Summer Research Students. The students will be helping complete modules and guidebook chapters for the evidence-based reviews.

## A VERY SPECIAL WELCOME TO YOU ALL!

## AND FAREWELL & BEST WISHES...



### CORRE Members Leaving for New Opportunities

**Pavlina Faltynek.** This September Pavlina will be attending the University of Toronto to begin the Master of Public Policy program and pursue her interests in science-based policy implementation and analysis. She has greatly enjoyed her time working with the CORRE lab and the Ontario Neurotrauma Foundation in areas of knowledge translation which she will take forward with her into her studies.

**Alice Iliescu.** In September Alice will be starting the Compressed Time Frame Bachelor of Science in Nursing (BScN) at Western University. Working and volunteering within the field of rehabilitation has inspired her to pursue a clinical path so that she can apply the knowledge and research experience she has gained while working with the CORRE group.

**Sarah Caughlin.** In August Sarah will start working with the Brain Canada Foundation in Montreal as a Program Manager. Sarah will be working with Brain Canada to develop new funding opportunities/grant competitions, as well as assist in the management of their current portfolio of funded projects.

## **CONGRATULATIONS ON THESE NOTABLE ACCOMPLISHMENTS...**

### **Amanda McIntyre (Houston), RN, MSc, PhD(c) New 2019 Vanier Scholar**



Amanda McIntyre, a member of the CORRE Research Team since 2011, has just been awarded a Vanier Scholarship, a highly prestigious award through the Canada Institutes of Health Research. Amanda is a research fellow, the project coordinator for the Spinal Cord Injury Research Evidence (SCIRE) project, and a doctoral student in the Faculty of Health Sciences, Department of Nursing at Western University. The Vanier Scholarship is a \$50,000 award per year award for three years (total \$150,000). The Government of Canada launched the Vanier Canada Graduate Scholarships (Vanier CGS) program in 2008 to strengthen Canada's ability to attract and retain world-class doctoral students and establish Canada as a global centre of excellence in research and higher learning. Vanier Scholars demonstrate leadership skills and a high standard of scholarly achievement in graduate studies in the social sciences and humanities, natural sciences and/or engineering and health.

Ms. McIntyre was previously awarded the 2018 Lawson Impact Leadership award and the Mary Horney Fellowship through the St. Joseph's Healthcare Foundation from 2016 to 2018. She also works clinically as a Registered Nurse in the Emergency Department at University Hospital in London. Amanda has authored 56 peer-reviewed articles and 79 published abstracts, almost all of them as a member of the CORRE Research Team.

## **A GOOD STORY...**

***THIS IS A NEW SECTION TO HIGHLIGHT ABOUT INTEGRATING RESEARCH INTO PRACTICE –  
A KEY FOCUS IN THE NEW PIR STRATEGIC PLAN.***

***SEE BELOW FOR EXAMPLES!***

### **ERABI Clinical Guidebook**

In an effort to improve clinical access to specialized ABI rehabilitation information the Evidence-Based Review of Acquired Brain Injury (ERABI) team has created a new open-source Clinical Guidebook for ABI rehabilitation (<https://erabi.ca/guidebook/>). With the help of clinical experts, the guidebook provides information on the clinical presentation of injury sequelae, their diagnostic criteria, and evidence-based interventions. Each guidebook chapter also includes additional educational information such as case studies and links to relevant ABI practice guidelines. The objective the ERABI Clinical Guidebook is to support the daily practice of ABI rehabilitation through research and knowledge translation via a user-friendly platform. Since launching on June 3<sup>rd</sup>, 2019, the guidebook has already been downloaded over 200 times internationally.

## **Development of 2019 Clinical Practice Guideline for the Rehabilitation of Adults with Moderate to Severe Traumatic Brain Injury**

Recently the Evidence-Based Review of Acquired Brain Injury (ERABI) group has been asked to participate in the 2019 update of the Clinical Practice Guideline for the Rehabilitation of Adults with Moderate to Severe Traumatic Brain Injury by the Ontario Neurotrauma Foundation. The ERABI group has partnered in the past with INESSS and ONF to produce the 2016 Guidelines for Management of Acquired Brain Injury. With the ERABI literature base being updated annually this allows for the ERABI team and the Ontario Neurotrauma Foundation to create a living guideline process which will provide continuously updated guidelines based on best evidence to help guide clinical practice. By providing evidence-based recommendations the ERABI team is helping to ensure that the ABI literature base is reaching its full potential to be translated into clinical practice.

### **Transitional housing in forensic mental health: Considering consumer lived experience**

Recently, Clark Patrick Heard along with colleagues Allan Tetzlaff, RN (Coordinator) and Jared Scott, Occupational Therapist at Southwest Centre for Forensic Mental Health Care and external partner Heather Lumley (former Director at St. Leonard's Community Services, London and Region) published a study considering patient perceptions of their experience in transitional housing. This study, entitled "Transitional housing in forensic mental health: Considering consumer lived experience" was published in *Health and Justice* in late May and is already approaching 400 reads; this is certainly substantial and speaks to the clinical interest in patient narratives informing clinical practice locally, nationally and internationally.

Results of the study indicated that participation in transitional housing for individuals affiliated with the Southwest Centre for Forensic Mental Health Care enabled enhanced social participation, self-esteem/efficacy, community integration and renewal of daily living skills. Participants identified that involvement in justice focused transitional housing enabled development of community living skills, cultivated self-confidence and enhanced personal resilience in their transition from a secure forensic mental health facility to more independent community tenure. These were, certainly, important data points informing their teams and leadership.

Participants in this research clearly identified the importance of transitional housing programs in supporting their move from a forensic mental health facility to the community. Practically, not all forensic involved individuals will need or want this type or level of support in their transition. Practically, however, the nature of forensic hospitalization can present real challenges for occupational participation and maintenance of community living skills. Transitional housing, accountable to unique forensic mental health and justice inputs, can offer a valuable bridge to the community. This work has supported our hospital partnership with St. Leonard's Community Services, London and Region and enabled their teams to consider how to optimally support those individuals who might be preparing to make such a move to a transitional housing setting.

The article is Open Access and available at the link below:

<https://link.springer.com/article/10.1186/s40352-019-0091-z>

## **GRANTS & RESEARCH FUNDING**

**Principal Investigator:** Ross Upshur

**Study Title:** MEDOTATE: MEditation for Depression and Opioid use in chronic pain - an rcT for Assessment of Efficacy

**Grant:** Canadian Institutes of Health Research (CIHR)

**Year:** 2018 Dec - 2019 Dec

**Amount:** \$ 99,995 CAD

**Principal Investigator:** Hadjistavropoulos H, **Mehta S**,

**Collaborators:** Orenczuk S, **Loh E**, Tennant K, **Teasell R**, **Wolfe D**, Fyffe D, Anzai K, Sturgeon R, Nugent M, Charbonneau R, Linassi G, Knox K.

**Study Title:** Internet-delivered cognitive behavioural therapy for persons with spinal cord injury: A randomized controlled trial.

**Funding Agency:** Craig H. Neilsen Foundation, Psychosocial Research Studies and Demonstration Project Grant

**Year:** April 31, 2019-March 30, 2022,

**Amount:** \$385,230.00 (USD) (\$513,640.00 Cdn).

**Principal Investigator:** **Teasell R (co-PI)**, **Miller T**, **Doherty T**, **Viana R**, **Macaluso S**, **Sequeira K**.

**Study Title:** Long-Term Stroke Rehabilitation Project, Allergan

**Year:** 2019-2020

**Amount:** \$75,000.00

**Principal Investigator:** **Teasell R (PI)**.

**Study Title:** Rehabilitation Knowledge to Action Program 3 (REKAP 3). St. Joseph's Health Centre Foundation

**Year:** 2019-2020

**Amount:** \$41,500.00

**Principal Investigator:** **Teasell R (PI)**, Faltynek P.

**Study Title:** Supplement to ERABI for Clinical Handbook. Ontario Neurotrauma Foundation

**Year:** 2019-2020

**Amount:** \$30,000.00

**Principal Investigator:** **Teasell R**.

**Study Title:** The Interaction of Psychosocial Factors and Long Term Outcomes Among Spinal Cord Injury and Acquired Brain Injury Populations. SJHC Foundation

**Year:** February 2019- January 2021

**Amount:** \$83,776.00.

**Principal Investigator:** Hadjistavropoulos H, **Mehta S (PI)**, Orenczuk S, Loh E, Tennant K, **Teasell R (Co-I)**, Wolfe D, Fyffe D, Anzai K, Sturgeon R, Nugent M, Charbonneau R, Linassi G, Knox K.

**Study Title:** Internet-delivered cognitive behavioural therapy for persons with spinal cord injury: A randomized controlled trial. Craig H. Neilsen Foundation, Psychosocial Research Studies and Demonstration Project Grant

**Year:** April 31, 2019-March 30, 2022

**Amount:** \$385,230.00 (USD) (\$513,640.00 Cdn).

## PRESENTATIONS/INVITED LECTURES

### MARCH

**Dr. Montero-Odasso.** Frailty and cognitive impairment in older adults. Fellow travelers or partners in crime? *Baycrest Geriatric Medicine Rounds*. March 7, Toronto, ON, Canada

**Supervisor**, Alternative Treatments to LLD: The Effect of Meditation on Depressive Symptoms and Executive Functioning, Department of Psychology, Kings College, Presenters: Suzanne Blainey, Emily Ionson, **Akshya Vasudev**, 2019 Mar 25, London, Ontario, Canada, Original Research Presentation, Hours: 1, Attendees: 100

**Invited Lecturer**, Invited to speak at a meeting titled Let's Talk London. Title of talk: SKIP-PTSD study, RESPECT, Presenters: **Akshya Vasudev**, 2019 Mar 27, London, Ontario, Canada, Community Outreach Activity, Hours: 1.5, Attendees: 43

Welch-West P, Janzen S, **Mehta S**, Longval M, **Teasell R**. Evaluating a post-concussion return to school group program for secondary and post-secondary students in Southwestern Ontario, Canada. *World Congress of Brain Injury*, Toronto, Ontario, March 13-16, 2019.

Faltynek P, Benton B, McIntyre A, **Teasell R**. Summary of controlled interventional studies from the Evidence-Based Review of Acquired Brain Injury. *World Congress of Brain Injury*, Toronto, Ontario, March 13-16, 2019.

Faltynek P, Benton B, Duffy T, Janzen S, Mirkowski M, **Teasell R**. Global trends in acquired brain injury randomized controlled trials: An update. *World Congress of Brain Injury*, Toronto, Ontario, March 13-16, 2019.

Benton B, McIntyre A, Mirkowski M, Faltynek P, **Teasell R**. Dysphagia rehabilitation intervention strategies in moderate-severe acquired brain injury: A scoping review. *World Congress of Brain Injury*, Toronto, Ontario, March 13-16, 2019.

Caughlin S, Longval M, Failla S, Mirkowski M, McIntyre A, **Loh E, Sequeira K, Teasell R**. Psychosocial factors and long-term outcomes post traumatic brain injury (TBI): The role of experiential avoidance. *World Congress of Brain Injury*, Toronto, Ontario, March 13-16, 2019.

Caughlin S, Longval M, Failla S, Mirkowski M, McIntyre A, **Loh E, Sequeira K, Teasell R**. Psychosocial factors and long-term outcomes post traumatic brain injury (TBI): The role of anxiety sensitivity. *World Congress of Brain Injury*, Toronto, Ontario, March 13-16, 2019.

Welch-West P, Janzen S, **Mehta S**, Longval M, **Teasell R**. Evaluating a post-concussion return to school group program for secondary and post-secondary students in Southwestern Ontario, Canada. *World Congress of Brain Injury*, Toronto, Ontario, March 13-16, 2019.

## APRIL

S.B. Peckham, E. Ionson, M. Nassim, L. Palaniyappan, J. Gati, J. Theberge, A. Lazosky M. Speechley, I. Barušs, S. Rej2, & **A. Vasudev**, Sahaj Samadhi Meditation vs a Health Enhancement Program in improving late-life depression severity and executive function: Study protocol for a two site, randomized-controlled trial, 2019 Apr 30, London Health Research Day 2019, London, Ontario, Canada, **Supervisor**

Emily Ionson, Kamini Vasudev, **Akshya Vasudev**, Sudarshan Kriya Yoga (SKY) Program in Post Traumatic Stress Disorder (PTSD): A Feasibility Study, 2019 Apr 30, London Health Research Day 2019, London, Ontario, Canada, **Supervisor**

Fatima Bukair and **Akshya Vasudev**, The YES intervention in youth at risk of homelessness: results from a pilot feasibility study, 2019 Apr 26, Parkwood Institute of Research Day, London, Ontario, Canada, **Supervisor**

**Expert**, Parkwood Institute of Research Imaginarium Series: role of sahaj samadhi meditation in treatment of late life depression, Parkwood Institute of Research, Presenters: Ben Peckham, Emily Ionson, **Akshya Vasudev**, 2019 Apr 3, London, Ontario, Canada, Original Research Presentation, Hours: 1, Attendees: 10

**Supervisor**, Mind body interventions in the treatment of late life depression and PTSD: results from local research studies, Parkwood Institute of Research Day, Presenters: Ben Peckham, Emily Ionson and **Akshya Vasudev**, 2019 Apr 26, London, Ontario, Canada, Original Research Presentation, Hours: 1, Attendees: 104

**Dr. Clark P. Heard, Occupational Therapist (PI)**, Transitional Justice Housing in Forensic Mental Health: Considering Consumer Lived Experience, American Association of Occupational Therapists Annual National Conference, New Orleans LA, USA, April 4, 2019

**Dr. Clark P. Heard, Occupational Therapist (PI)**, The Assessment of Shopping Planning (ASP): An Open-Source Approach, American Association of Occupational Therapists Annual National Conference, New Orleans LA, USA, April 4, 2019

**Dr. Clark P. Heard, Occupational Therapist (PI)**, Transitional Justice Housing in Forensic Mental Health: Considering Consumer Lived Experience, Canadian Association of Occupational Therapists Annual National Conference, Niagara Falls ON, May 29, June 1, 2019

Welch-West P, Janzen S, **Mehta S**, Longval M, **Teasell R**. Evaluating a postconcussion return to school group program for secondary and post-secondary students in Southwestern Ontario. *Parkwood Institute Research Day*, London, Ontario, April 26, 2019. PIR 19-35

**Mehta S**. Guided Internet-Delivered Cognitive Behaviour Therapy for Persons with SCI: A Feasibility Study. *Resident Research Day*, Department of Physical Medicine and Rehabilitation, Western University, London, Ontario, May 24, 2019.

**Mehta S**, Hadjistavropoulos H. Internet-Delivered Cognitive Behaviour Therapy For Benefit Finding In Chronic Conditions. *Canadian Association of Cognitive Behavioural Therapies*, Montreal, QB. May 3, 2019.

Janzen S, McIntyre A, Rice D, Knowlton N, **Teasell R**. Examining the trajectory of functional recovery of stroke patients receiving inpatient and outpatient rehabilitation. *Parkwood Institute Research Day*, London, Ontario, April 26, 2019. PIR-19-42

Caughlin S, Longval M, Failla S, Mirkowski M, McIntyre A, **Loh E, Sequeira K, Teasell R**. Psychosocial factors and long-term outcomes post traumatic brain injury: The role of experiential avoidance. *Parkwood Institute Research Day*, London, Ontario, April 26, 2019. PIR-19-36

Caughlin S, Longval M, Failla S, Mirkowski M, McIntyre A, **Loh E, Sequeira K, Loh E, Teasell R**. Psychosocial factors and long-term outcomes post traumatic brain injury: The role of anxiety sensitivity. *Parkwood Institute Research Day*, London, Ontario, April 26, 2019. PIR-19-04

**Teasell R**, Chow J, Janzen S, Wiener J, Mirkowski M, Iliescu A, Faltynek P. Comparing the stroke and acquired brain injury rehabilitation intervention research. *Parkwood Institute Research Day*, London, Ontario, April 26, 2019. PIR-19-01

Faltynek P, Benton B, Vanin Moreno N, McIntyre A, **Teasell R**. Summary of controlled interventional studies from the Evidence-Based Review of Acquired Brain Injury. *Parkwood Institute Research Day*, London, Ontario, April 26, 2019. PIR-19-29

Benton B, McIntyre A, Mirkowski M, Faltynek P, **Teasell R**. Dysphagia rehabilitation intervention strategies in moderate-severe acquired brain injury: A scoping review. *Parkwood Institute Research Day*, London, Ontario, April 26, 2019. PIR-19-35

Welch-West P, Janzen S, Mehta S, Longval M, **Teasell R**. Evaluating a postconcussion return to school group program for secondary and post-secondary students in Southwestern Ontario. Parkwood Institute Research Day, London, Ontario, April 26, 2019. PIR 19-35

Mirkowski M, Kua A, Bayley M. Trends in multiple sclerosis rehabilitation randomized controlled trials. Parkwood Institute Research Day, London, Ontario, April 26, 2019. PIR-19-23

Iliescu A, Irytharajah J, McIntyre A, **Teasell R**. Evaluating the effectiveness of aquatic therapy on mobility, balance, gait and level of functional independence in stroke rehabilitation: A systematic review and meta-analysis. Parkwood Institute Research Day, London, Ontario, April 26, 2019. PIR-19-22

## MAY

**Forchuk, C.**, Lizotte, D., Hoch, J., Isaranuwachai, W., Wang, X., Rudnick, A., Fisman, S., Reiss, J., Eichstedt, J. & Collins, K, & Yang, A. (2019, May). *TELEPROM-Y: Improving access and experience of mental healthcare for youth through virtual models of care*. Poster session presented at Child Health Research Day 2019, London, ON.

**Forchuk, C.**, Lizotte, D., Hoch, J., Isaranuwachai, W., Wang, X., Rudnick, A., Fisman, S., Reiss, J., Eichstedt, J. & Collins, K. (2019, May). *TELEPROM-Y: Improving access and experience of mental healthcare for youth through virtual models of care*. Oral session presented at e-Health Annual Conference & Tradeshow 2019, Toronto, ON.

**Forchuk, C.**, Lizotte, D., Hoch, J., Isaranuwachai, W., Wang, X., Rudnick, A., Fisman, S., Reiss, J., Eichstedt, J. & Collins, K. (2019, May). *TELEPROM-Y: Improving access and experience of mental healthcare for youth through virtual models of care*. Oral session presented at the 5<sup>th</sup> Horatio Festival of Psychiatric Nursing, Copenhagen, Denmark.

**Forchuk, C.**, Shariff, S, & Booth, R., &. (2019, May). *Community Homes for Opportunity: New Modernized Program*. Oral session presented at the 5<sup>th</sup> Horatio Festival of Psychiatric Nursing, Copenhagen, Denmark.

Richard, L., Hwang, S., Azimae, M., **Forchuk, C.**, Booth, R., Nisembaum, R., Clemens, K., Wiens, K., & Shariff, SZ. (2019, May). *Validity of health administrative data in individuals experiencing homelessness*. Oral session presented at Data that Makes a Difference: The Annual Homelessness Data Sharing Initiative, Calgary, AB.

**Mehta S**, Hadjistavropoulos H. Guided Internet-Delivered Cognitive Behaviour Therapy for Persons with SCI: A Feasibility Study. *Canadian Association of Cognitive Behavioural Therapies*, Montreal, QB. May 2-4 2019.

Welch-West P, Janzen S, **Mehta S**, Longval M, **Teasell R**. Evaluating a post-concussion return to school group program for secondary and post-secondary students in Southwestern Ontario, Canada. *World Congress of Brain Injury*, Toronto, Ontario, March 13-16, 2019.

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Janzen S, Mirkowski M, McIntyre A, **Mehta S**, Iruthayarajah J, **Teasell R**. Referral patterns of stroke rehabilitation in-patients to a model system of outpatient services in Ontario, Canada: A 7-year retrospective analysis. *GTA Rehab Network Best Practices Day*, Toronto, Ontario, May 3, 2019 poster 13.

Janzen S, McIntyre A, Chow J, **Mehta S, Teasell R**. A comparison of home-based and hospital-based outpatient rehabilitation services in Ontario, Canada. *GTA Rehab Network Best Practices Day*, Toronto, Ontario, May 3, 2019, poster 12.

McIntyre A, Alibrahim F, **Mehta S, Loh E, Viana R, Teasell R**. Predictors of pain disability among individuals who use opioids attending a chronic pain clinic. *GTA Rehab Network Best Practices Day*, Toronto, Ontario, May 3, 2019, poster 49.

**Mehta S**. Guided Internet-Delivered Cognitive Behaviour Therapy for Persons with SCI: A Feasibility Study. *Resident Research Day*, Department of Physical Medicine and Rehabilitation, Western University, London, Ontario, May 24, 2019.

**Mehta S**, Hadjistavropoulos H. Internet-Delivered Cognitive Behaviour Therapy For Benefit Finding In Chronic Conditions. *Canadian Association of Cognitive Behavioural Therapies*, Montreal, QB. May 3, 2019.

**Teasell R**. Recovery After Stroke: Retraining the Injured Brain Through Rehabilitation. DocTalks. St. Josephs Health Care, London, Ontario, May 14, 2019.

Caughlin S. Personality and Adjustment Post TBI. Resident Research Day, Parkwood Institute, London, Ontario. April 15, 2019.

**Teasell R**. Workshop 6 – Impact of Maladaptive Personality Traits in Chronic Pain and Neurotrauma on Coping and Disability Lecture on Role of Obsessive Personality Traits. Parkwood Institute Research Day, London, Ontario, April 26, 2019.

Janzen S, Mirkowski M, McIntyre A, **Mehta S**, Iruthayarajah J, **Teasell R**. Referral patterns of stroke rehabilitation in-patients to a model system of outpatient services in Ontario, Canada: A 7-year retrospective analysis. *GTA Rehab Network Best Practices Day*, Toronto, Ontario, May 3, 2019 poster 13.

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Benton B, McIntyre A, Mirkowski M, Faltynek P, **Teasell R**. Dysphagia rehabilitation intervention strategies in moderate-severe acquired brain injury: A scoping review. GTA Rehab Network Best Practices Day, Toronto, Ontario, May 3, 2019, poster 27.

Caughlin S, Longval M, Failla S, Mirkowski M, McIntyre A, **Loh E, Sequeira K, Teasell R**. Psychosocial factors and long-term outcomes post traumatic brain injury: The role of anxiety sensitivity. GTA Rehab Network Best Practices Day, Toronto, Ontario, May 3, 2019, poster 20.

Caughlin S, Longval M, Failla S, Mirkowski M, McIntyre A, **Loh E, Sequeira K, Teasell R**. Psychosocial factors and long-term outcomes post traumatic brain injury: The role of experiential avoidance. GTA Rehab Network Best Practices Day, Toronto, Ontario, May 3, 2019, poster 21.

Cotoi A, Wiener J, Chow J, Iliescu A, **Teasell R**. Trial registration and sample-size calculation for randomized controlled trials in motor-based stroke rehabilitation. GTA Rehab Network Best Practices Day, Toronto, Ontario, May 3, 2019, poster 25.

Janzen S, Mirkowski M, McIntyre A, **Mehta S, Iruthayarajah J, Teasell R**. Referral patterns of stroke rehabilitation inpatients to a model system of outpatient services in Ontario, Canada: A 7-year retrospective analysis. GTA Rehab Network Best Practices Day, Toronto, Ontario, May 3, 2019 poster 13.

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Iruthayarajah J, Janzen S, McIntyre A, Janssen S, Britt E, **Teasell R**. An evaluation of the predictive potential of the AlphaFIM towards inpatient rehabilitation outcomes. GTA Rehab Network Best Practices Day, Toronto, Ontario, May 3, 2019, poster 8.

Iruthayarajah J, McIntyre A, Mirkowski M, Welch-West P, **Loh E, Teasell R**. Risk factors for dysphagia after a spinal cord injury: A systematic review and meta-analysis. GTA Rehab Network Best Practices Day, Toronto, Ontario, May 3, 2019, poster 9.

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Mirkowski M, McIntyre A, Faltynek P, **Sequeira N, Cassidy C, Teasell R**. Nonpharmacological rehabilitation interventions for motor and cognitive outcomes following paediatric stroke: A systematic review. GTA Rehab Network Best Practices Day, Toronto, Ontario, May 3, 2019, poster 28.

**Teasell R**, Chow J, Janzen S, Wiener J, Mirkowski M, Iliescu A, Faltynek P. Comparing the stroke and acquired brain injury rehabilitation intervention research. GTA Rehab Network Best Practices Day, Toronto, Ontario, May 3, 2019, poster 26.

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## PUBLICATIONS

Heard, C.P., Scott, J., Tetzlaff, A. & Lumley, H. (2019). Transitional housing in forensic mental health: considering consumer lived experience. *Health and Justice* 7(8): 1-9. doi: <https://doi.org/10.1186/s40352-019-0091-z>

Janzen S, Mirkowski M, McIntyre A, **Mehta S**, Iruthayarajah J, **Teasell R**. Referral Patterns of In-Patient Stroke Rehabilitation Patients to a Model System in Outpatient Services in Ontario, Canada: A 7-year Retrospective Analysis. *BMC Health Services* (accepted).

**Mehta S**, Hadjistavropoulos H, Earis D, Titov N, Dear B. Patient perspectives of internet-delivered cognitive behaviour therapy for psychosocial issues post spinal cord injury. *Rehabilitation Psychology*. (In press).  
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**Mehta S**, Janzen S, Cotoi A, Rice D, Owens K, Teasell R. Screening Tools for Substance Abuse post Brain Injury: A Review. *Brain Injury*. 2019; 551-558.

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**Keast DH**, Moffatt C, Janmohammad A. Lymphedema Impact and Prevalence International Study: The Canadian Data. *Lymphatic Research and Biology* 17(2):178-186 March 2019

**MacKenzie H**, Rice D, **Teasell R**, **Macaluso S**. Screening Adherence for Depression Post Stroke: Evaluation of Outpatients, a London Experience (SAD PEOPLE). *Topics in Stroke Rehabilitation* 2019; 26(1):6-17.

Cotoi A, Mirkowski M, Iruthayarajah J, Anderson R, **Teasell R**. The effect of theta-burst stimulation on unilateral spatial neglect following stroke: A systematic review. *Clinical Rehabilitation* 2019; 33(2):183-194.

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Janzen S, Mirkowski M, McIntyre A, **Mehta S**, Iruthayarajah J, **Teasell R**. Referral Patterns of In-Patient Stroke Rehabilitation Patients to a Model System in Outpatient Services in Ontario, Canada: A 7-year Retrospective Analysis. *BMC Health Services* (accepted).

Montero-Odasso, M; Speechley, M; Chertkow, H; Sarquis-Adamson, Y; **Wells, J; Borrie, M**; Vanderhaeghe, L; Zou, G Y; Fraser, S; Bherer, L; Muir-Hunter, S W. Donepezil for gait and falls in mild cognitive impairment: a randomized controlled trial

<https://doi.org/10.1111/ene.13872> (Nov 22, 2018). European Journal of Neurology, 2019 Apr; 26 (4): 651-659,

**Coauthor**

Rigya Arya, Sayra Cristancho, Jenny Thain, **Laura Diachun**, How Residents Perceive and Enact Goals of Caring and Curing when looking after Older Adults. 2019 May 3, Canadian Geriatrics Society Annual Scientific Mtg 2019, Halifax, Nova Scotia, Canada, **Co-Author**

### **PUBLISHED ABSTRACTS**

Faltynek P, Benton B, McIntyre A, **Teasell R**. Summary of controlled interventional studies from the Evidence-Based Review of Acquired Brain Injury. Brain Injury 2019; 33:209-210.

Faltynek P, Benton B, Duffy T, Janzen S, Mirkowski M, **Teasell R**. Global trends in acquired brain injury randomized controlled trials: An update. Brain Injury 2019; 33:171-172.

Benton B, McIntyre A, Mirkowski M, Faltynek P, **Teasell R**. Dysphagia rehabilitation intervention strategies in moderate-severe acquired brain injury: A scoping review. Brain Injury 2019; 33:190.

Caughlin S, Longval M, Failla S, Mirkowski M, McIntyre A, **Loh E, Sequeira K, Teasell R**. Psychosocial factors and long-term outcomes post traumatic brain injury (TBI): The role of experiential avoidance. Brain Injury 2019; 33:272-273.

Caughlin S, Longval M, Failla S, Mirkowski M, McIntyre A, **Loh E, Sequeira K, Teasell R**. Psychosocial factors and long-term outcomes post traumatic brain injury (TBI): The role of anxiety sensitivity. Brain Injury 2019; 33:271.

Welch-West P, Janzen S, **Mehta S**, Longval M, **Teasell R**. Evaluating a post-concussion return to school group program for secondary and post-secondary students in Southwestern Ontario, Canada. Brain Injury 2019; 33:240.

### **MEDIA**

**Invited Lecturer**, Presented a radio talk on the “Role of yoga and meditation in current times: results from local studies”, Radio Western, Presenters: **Akshya Vasudev**, Kamini Vasudev, 2019 May 28, London, Ontario, Canada, Community Outreach Activity, Hours: 1.5, Attendees: 10000

On May 23, 2019, **Dr. Cheryl Forchuk** and team held an announcement for the “Smart Homes: Supporting Community Integration for Clients with Severe Mental Illness” project, funded by the Canada Mortgage and Housing Corporation.

*See media coverage here:*

<https://lfpres.com/news/local-news/smart-home-technology-may-change-life-for-those-with-severe-mental-illnesses-local-researchers>

<https://london.ctvnews.ca/mobile/smart-home-technology-could-help-those-with-mental-illness-live-independently-1.4434718?cache=yes>

<https://globalnews.ca/news/5308544/smart-tech-mental-illness-study/>

<https://news.westernu.ca/2019/05/smart-tech-mental-health-community/>

<https://www.lawsonresearch.ca/smart-homes-community-living>

<https://www.sjhc.london.on.ca/your-st-josephs/newsroom/smart-homes-community-living>

On June 4, 2019, **Dr. Cheryl Forchuk** and team held the “No Fixed Address Community Symposium”.

*See media coverage here:*

<https://london.ctvnews.ca/research-aims-to-prevent-discharged-patients-from-becoming-homeless-1.4451706>

<https://lfpres.com/news/local-news/pilot-project-finds-success-housing-post-hospital-homeless-londoners>

<http://www.iheartradio.ca/newstalk-1290-cjbc/news/research-aims-to-prevent-discharged-patients-from-becoming-homeless-1.9306034>

<https://news.westernu.ca/2019/06/project-eyes-homelessness-after-hospital-discharge/>

<https://www.lawsonresearch.ca/news/expanded-no-fixed-address-strategy-houses-half-those-danger-homelessness>