

PIR Newsletter

A Message from the PIR Ivey Research Chair...



Greetings!

I hope summer vacations have left you all feeling refreshed and ready for the busy fall season!

I would like to begin by thanking Dr. Arlene MacDougall for acting as Interim Chair for Parkwood Institute Research while I was away on sabbatical. It was very reassuring knowing that Dr. MacDougall was available whenever she was called on throughout my time away. Thank you for your support!

Fall is the time we start thinking of the new academic year and educational matters. Please join me in welcoming the new students and volunteers who will be joining us this year at PIR.

We want to draw everyone's attention to the various educational opportunities at PIR and encourage all members to take advantage of the opportunities that PIR has to offer. You can be a part of the Lawson Association of Fellows and Students (LAFs) and the various social and team building events they host. This fall you can join us in the Parkwood Institute Research Open House on Thursday, November 28th. In the spring, on April 24th 2020, we will be hosting our annual PIR Research Day. Throughout the academic year there will also be many opportunities for you to attend Educational Workshops to learn about various areas of the Research Process and learn from experts in the field in area like REDA/LORA & WREM, "Psychological Assessment of Trauma and Stressor-related Disorders" and The Institute for Clinical Evaluative Sciences (ICES). Watch for invitations through the Parkwood Institute Research emails and register for FREE through eventbrite!

As we have new beginnings we also have endings. As many of you know, in July we said goodbye to PIR Research Facilitator, Julie Walsh. Julie assisted with many PIR activities including the PIR-SE awards, and was instrumental in the 2018-2020 PIR Strategic Plan. We wish her the best in her new role.

PIR will be revising the job description for the Research Facilitator role prior to posting it. In the interim, two Research Coordinators from my office will be sharing the responsibilities of this position. Heba Hassan received a PhD in Nursing from Western University and has provided leadership on several projects from the proposal stage to final publications. Heba will be available to provide research consultations and assistance with research development and planning knowledge sharing including publications. Bryanna Lucyk received degrees in Psychology and Thanatology from Kings University College. Bryanna has considerable experience with research pragmatics such as budgeting, finances, grant development, and organizing teams. She will be involved with PIR Reporting and can also assist with any Lawson-related questions or issues.

Please feel free to reach out to them:

Heba Hassan, heba.hassan@lhsc.on.ca, ext. 42766 OR Bryanna Lucyk, Bryanna.lucyk@lhsc.on.ca, ext. 77097

Warmly,
Cheryl

Inside this Issue ~

PIR Chair Message	1
New Research Personnel	2
Notable Accomplishments	3
A Good Research Story	4
Grant & Research Funding	5
Presentations and Invited Lectures	6
Publications	8
Media Coverage	9
Events & Conference	10
Helpful Hints	12

WELCOME TO OUR NEW RESEARCH PERSONNEL!

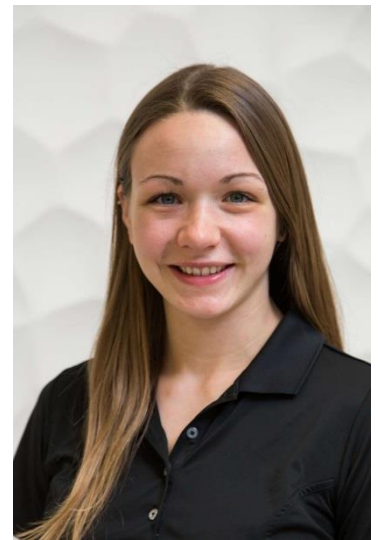


Merna Seliman's (PhD in Health and Rehabilitation Sciences) research focuses on creating a sexual rehabilitation program for individuals with spinal cord injury (and other patient populations) that incorporates psychoeducation, mindfulness exercises, and Cognitive Behavioural Therapy (CBT). By incorporating the principles of sexual rehabilitation, this program will aim to target sexual self-view, partnership challenges and emphasize pleasure and the role it plays in enhancing quality of life.

Merna is also the Teaching Assistant for Dalton's Rehab Innovations class and will be involved in many other initiatives as part of the R2P Team.

Welcome Merna!

Teran Nieman completed her Bachelor of Science in Kinesiology with a minor in Rehabilitation Sciences at the University of Waterloo in 2017. She then obtained her Master of Science in Kinesiology with a specialization in neuroscience under the supervision of Prof. Middleton in August 2019. Her involvement with the Synergic Trial at UW and the Brain & Body community exercise program sparked her passion for exercise prescription and facilitation for the aging brain, and prompted Teran to become a Certified Exercise Physiologist and a Registered Kinesiologist. Teran is now a Research Assistant in the Gait and Brain lab, where she can continue to develop her skills and knowledge in the world of exercise and cognition research.



A VERY SPECIAL WELCOME TO YOU!

Thank you to Dr. Adrian Owen...



On August 14th, 2019, we were honoured to host Dr. Adrian Owen, Order of the British Empire, a British neuroscientist and author, Canada Excellence Research Chair in Cognitive Neuroscience and Imaging at The Brain and Mind Institute, The University of Western Ontario.

Dr Owen presented “Web-based cognitive testing in health and disease” to an audience at Parkwood Hospital. If you are interested in learning more about his work, please visit these links:

<https://www.cambridgebrainsciences.com/>

<http://owenlab.org>

CONGRATULATIONS ON THESE NOTABLE ACCOMPLISHMENTS...

FROM THE R2P LAB

Description of Accomplishment/Award/Honour:

Spinal Cord Best Review Paper Award for papers published in 2018 – “Self-management interventions for skin care in people with a spinal cord injury: Part 1-a systematic review of intervention content and effectiveness”. Spinal Cord. 56, 823-836.

Name: Baron JS, Sullivan KJ, Swaine JM, Aspinall A, Jaglal S, Presseau J, White B, **Wolfe D**, Grimshaw JM

Announcement in the October issue of Spinal Cord and on the Spinal Cord website, and promoted through their social media platforms

Date earned: Aug 20, 2019

Description of Accomplishment/Award/Honour:

Spinal Cord Readers’ Choice Award for best review paper published in 2018 – “Evidence-based scientific exercise guidelines for adults with spinal cord injury: An update and a new guideline”. Spinal Cord. 56, 308-321.

Name: Martin Ginis KA, van der Scheer J, Latimer-Cheung AE, Barrow A, Bourne C, Carruthers P, Bernardi M, Ditor DS, Gaudet S, de Groot S, Hayes KC, Hicks AL, Leicht CA, Lexall J, Macaluso S, Manns PJ, McBride CB, Noonan VK, Pomerleau P, Rimmer JH, Shaw RB, Smith B, Smith KM, Steeves JD, Tussler D, West CR, **Wolfe DL**, Goosey-Tolfrey VL

Announcement in the October issue of Spinal Cord and on the Spinal Cord website, and promoted through their social media platforms

Date earned: Aug 20, 2019



Name: *Charlie Giurleo*

Description of Accomplishment/Award/Honour: 2019 Excellence in Innovation and Evidence Informed Practice Award

At the June 17th 2019 Excellence in Professional Practice Awards, Charlie was recognized for Excellence in Innovation and Evidence Informed Practice. Charlie's work as a clinician and member of the Research to Practice (R2P) team has been instrumental in implementing a sexual health practice in the SCI rehab program. Congratulations Charlie!

Date earned: June 17, 2019

MAGDALENA MIRKOWSKI, a member of Dr. Teasell's CORRE research group since 2014, is the recipient of the 2019-2020 Mary Elizabeth Horney Fellowship in Rehabilitation Research. She completed her Master of Science (MSc) degree in neuroscience at Western University and Master of Science in Occupational Therapy (MScOT) at McMaster University. She is currently a research associate focused on the synthesis and advancement of neurorehabilitation research, as well as its translation into clinical practice, to optimize patient care for individuals with neurological conditions including stroke, acquired brain injury, spinal cord injury, and multiple sclerosis. Her combined research and clinical experience has reinforced the importance of knowledge translation for evidence-based practice, and allows her to effectively bridge the gap between the research and clinical practice communities. As part of her fellowship, she will be exploring issues related to knowledge translation in the neurorehabilitation setting, specifically looking at how patient factors impact clinical guideline adherence in stroke rehabilitation. She looks forward to making a positive contribution to rehabilitation research and providing value to stroke rehabilitation patients and care teams at Parkwood Institute.

A GOOD STORY...

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

Addressing the elephant in the room: Integrating sexual health practice in spinal cord injury (SCI) rehabilitation.

Over the past 2 years, a team of clinicians at Parkwood Institute, supported by the Research to Practice (R2P) team and persons with lived experience followed a systematic process and Implementation Science principles (Fixsen et al., 2005) to fully develop a new sexual health practice. A comprehensive education plan included awareness sessions and a 2-day interactive workshop. Adult SCI inpatients on the 15-bed Regional Rehabilitation unit and SCI outpatients have been the recipients of this new sexual health practice – initially implemented as of June 2018.

To date the initiative has been successful with an increased number of patients reporting that their sexual health concerns were being satisfactorily addressed (i.e., from 35% to 72%) and clinicians reporting increased knowledge and self-efficacy in addressing patients' sexual health concerns (i.e., from 62% to 85%). A key part of this change is setting a culture that enables a permissive environment, where patients feel free to address their concerns and clinicians are confident in knowing what to do themselves or where to direct the patients.

Charlie Giurleo and Anna Kras-Dupuis, members of the R2P team and champions of this initiative, have been selected to present their results in a workshop format at the 8th National SCI Conference this coming October in Niagara Falls. Merna Seliman, a new PhD student on the R2P team with research interests in sexual health, will also be supporting scaling of this initiative to other patient populations at Parkwood.

From the Research Lab of Dr. David Keast...

Chronic edema is defined as any swelling of any part of the body lasting more than 3 months. The condition is caused by lymphatic failure due to absent, damaged or dysfunctional lymphatic vessels. The Canadian Lymphedema Framework has estimated the over one million Canadians suffer from lymphedema. Patients suffering from lymphedema make up over 25% of the Parkwood Outpatient Chronic Wound Management Clinic volume. The International Lymphedema Framework (ILF), a registered charity, is an international organization dedicated to the problems of the lymphedema community through the support of international frameworks. In this groundbreaking effort undertaken by the ILF, the prevalence and characteristics of those living with chronic lymphedema was studied internationally during 2013-2018 (phase I and II). The ILF has coordinated and completed the Lymphedema Impact and Prevalence—International study (LIMPRINT). This international study created an evidence base to support the development of, and reimbursement for, lymphedema services. The participating national frameworks included Canada, Australia, Germany, Italy, Japan, Netherlands, Spain, Sweden and the United Kingdom and was conducted at 40 sites. The international data set of >13,000 patients included 68 from Canada. The Canadian site was one of the few sites internationally that completed all the modular tools giving a detailed picture characteristics and quality of life. The research was supported by an electronic data capture system and using validated data collection tools. The Canadian component was sponsored by the St. Joseph Health Care Foundation and was conducted at Parkwood Institute Research a division of Lawson Health Research Institute. The International data which included 19 papers was published in Lymphedema Research and Biology in the spring 2019. The Journal issue was published in open access and can be read online. The Canadian paper is referenced below. The Canadian study was led by Dr. David Keast and his team. The Canadian data were consistent with the international data and previous data obtained from a 2015 audit of the Parkwood Clinic as well as data from Dr. Anna Towers in Montreal. This data is now being used across Canada to advocate for the identification and appropriate management of those living with lymphedema.

Reference:

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

GRANTS & RESEARCH FUNDING

A MESSAGE FROM DR. DON RICHARDSON...

I am pleased to announce that Veterans Affairs Canada has awarded a three-year project grant from the Veteran and Family Well-Being Fund to support moral injury research conducted at the MacDonald Franklin OSI Research Centre, Lawson Health Research Institute.

Led by Dr. Anthony Nazarov, the research project aims to better understand veterans' attitudes toward the disclosure of moral injuries and the related beliefs about confidentiality in medical and research settings.

About the project:

Details of morally injurious trauma may be particularly sensitive to disclosure, as they are naturally laden with moral-ethical ambiguity. Perceived fear of medical and research confidentiality breaches may prevent veterans and military personnel from disclosing moral injuries and engaging with the mental health care system. Deeper insights into the beliefs surrounding confidentiality as a barrier for mental health treatment-seeking by those with moral injuries may inform decisions and policies aimed at facilitating treatment-seeking. CAF Veterans and mental health professionals will be invited to participate in upcoming studies.

Announcement:

<https://www.newswire.ca/news-releases/22-canadian-organizations-awarded-funding-to-support-canadian-veterans-and-their-families-899023125.html>

<https://www.veterans.gc.ca/eng/about-vac/research/well-being-fund/vfwb-orgs>

Principle Investigators: Mehta S

Collaborators: Teasell R, Loh E, Hadjistavropoulos, H.

Study Title Internet delivered cognitive behavioural therapy for persons with neurological conditions.

Funding Agency: Lawson Health Research Institute

Year: September 2019-August, 2022

Amount: \$14,446

Co-Investigator: Borrie MJ.

Study Title: Placebo-Controlled, Double-Blind, Parallel-Group, 18-Month Study With an Open-Label Extension Phase to Confirm Safety and Efficacy of BAN2401 in Subjects With Early Alzheimer's Disease.

Year: August 2019

Amount: \$900,000 (Eisai)

PRESENTATIONS/INVITED LECTURES

MAY

Kras-Dupuis A, Giurleo C. Addressing the elephant in the room: Integrating sexual health practice in spinal cord injury (SCI) rehabilitation. Best Practices Day 2019. Toronto, ON. May 3 2019.

JUNE

S. Benjamin Peckham, Emily Ionson, Marouane Nassim, Kevin Ojha, Lena Palaniyappan, Joe Gati, Jean Theberge, Andrea Lazosky, Mark Speechley, Imants Barušs, Soham Rej, & **Akshya Vasudev** (Presented by: Christine Watt), 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 Jun 27, Department of Psychiatry, London, Ontario, Canada, **Supervisor Akshya Vasudev**

Grace Kadler, Tayzia Colleso, Maria Forrester, **Akshya Vasudev**, Emily Ionson, & Imants Barušs, Pushing the boundaries with the REG, 2019 Jun 6, 2019 Society for Scientific Exploration Conference, Broomfield, Colorado, United States, **Supervisor**

Emily Ionson, Title: Sudarshan Kriya Yoga (SKY) Program in Post-Traumatic Stress Disorder (PTSD): A Feasibility Study. London, ON, CA, 2019 Jun 28, Western University Department of Psychiatry 2019 Academic Research Day, London, Ontario, Canada, **Supervisor Akshya Vasudev**

Invited Lecturer, Presented a public lecture on the “Role of yoga and meditation in current times: results from local studies”, London Public Library, Presenters: **Akshya Vasudev**, Kamini Vasudev, 2019 Jun 5, London, Ontario, Canada, Community Outreach Activity, Hours: 1.5, Attendees: 100

Teasell R. The current and future trends in stroke rehabilitation. Facilitating Recovery: Inter-Professional Best Practices in Stroke Rehabilitation, Central South Regional Stroke Network, Hamilton, Ontario, June 11, 2019.

Bowman T, **Mehta S.** Creating mixed media resources for people with SCI: Non-pharmacological management of neuropathic pain. Ontario Spinal Cord Injury Alliance Meeting, Toronto, ON. June 7, 2019.

Forchuk, C., Lizotte, D., Hoch, J., Isaranuwatthai, W., Wang, X., Rudnick, A., Fisman, S., Reiss, J., Eichstedt, J. & Collins, K. (2019, June). TELEPROM-Y: improving access and experience of mental healthcare for youth through virtual models of care. Oral presentation at International Council of Nurses 2019, Singapore.

Forchuk, C., Rudnick, A., Corring, D., Younger, J., Van Bussel, L., Mokhber, N., Ojha, S., Seth, P. & Reiss, J. (2019, June). Smart Technology in community homes and transitional hospital apartments for individuals with mental illness. Oral presentation at Clinical Nurse Specialist Association of Canada 2019, Hamilton, Ontario.

Forchuk, C., Reiss, J., Northcott, S., Babcock, C., Canario, MJ., Hinds, T., Catunto, D., Dingwall, C., Booth, R., & Shariff, S. (2019, June). Breaking the cycle from hospital to homelessness: Innovative housing first initiative. Oral presentation at Clinical Nurse Specialist Association of Canada 2019, Hamilton, Ontario.

Forchuk, C., Shariff, S., & Booth, R. (2019, June). Evaluation of the Community Homes for Opportunity Program. Poster presented at Clinical Nurse Specialist Association of Canada 2019, Hamilton, Ontario.

Forchuk, C., Collins, K., Eichstedt, J., Reiss, J., Fisman, S., Rudnick, A., Isaranuwatthai, W., Hoch, J., Wang, X., Lizotte, D., Ramsey, D. & Seth, P. (2019, June). *TELEPROM-Y: Improving access and experience of mental healthcare for youth through virtual models of care*. Poster presented at Clinical Nurse Specialist Association of Canada 2019, Hamilton, Ontario.

Forchuk, C. No Fixed Address: Preventing discharge from hospital to homelessness. No Fixed Address version 2/2x Community Symposium: Preventing Discharge from Hospital to Homelessness. London, Ontario. June 4, 2019.

Wells, J (Invited Lectures – Panelist), Community Outreach Activity. Presented by Meridian Hearing Regional Speaker Series 2019: Dementia and Risk: What You Need to Know. Speaker Series 2019 Alzheimer Society London and Middlesex Canada, London Ontario. Kiwanis Seniors' Community Centre, 78 Riverside Drive, London 7-8:30 pm. June 20, 2019

JULY

Forchuk, C., Richardson, J., Russel, G., & Perreault, C. (2019, July). A collaborative approach to a shelter diversion program in the prevention of homelessness among families. Oral presentation at 30th International Nursing Research Congress - Sigma Theta Tau, Calgary, Alberta.

Forchuk, C., Gozdzik, D., Mann, R., Serrato, J. & Abdulrazak, B. (2019, July). Developing an innovative health data management system for individuals with mental illness. Poster presentation at 30th International Nursing Research Congress - Sigma Theta Tau, Calgary, Alberta.

Forchuk, C., Rudnick, A., Corring, D., Younger, J., Van Bussel, L., Mokhber, N., Ojha, S., Seth, P. & Reiss, J. (2019, July). *Smart apartments for individuals residing within two inpatient psychiatric facilities*. Oral presentation at International Council of Nurses 2019, Singapore.

Borrie, M (Invited Lecturer) Community Outreach Activity. Dementia: The Basics Alzheimer Society of London Middlesex, Alzheimer Society of London Middlesex Canada London Ontario , 435 Windermere Rd, London, July 9, 2019

AUGUST

Supervisor, Problem Solving Therapy can be implemented for treatment of LLD in the community, Lawson Summer Student Research Symposium, Presenters: Christine Watt, Emily Ionson, Dallas Seitz, Lisa Van Bussel, **Akshya Vasudev**, 2019 Aug 8, London, Ontario, Canada, Original Research Presentation, Attendees: 30

PUBLICATIONS

McCallum S, Savoie J, **Wolfe D**, Slayter J, O’Connell C. Implementation of pain best practices as part of the Spinal Cord Injury Knowledge Mobilization Network. *J Spinal Cord Med*. July 26 2019 (**accepted**)

Wolfe DL, Walia S, Burns AS, Flett H, Guy S, Knox J, Koning C, Laramée M, O’Connell C, Scovil CY, Wallace M. Development of an implementation-focused network to improve healthcare delivery as informed by the experiences of the SCI Knowledge Mobilization Network. *J Spinal Cord Med*. June 21 2019 (**accepted**)

Vasudev A, Torres-Platas SG, Kerfoot K, Potes A, Therriault J, Gifuni A, Segal M, Looper KJ, Nair V, Lavretsky H, Rej S. Mind-Body Interventions in Late-Life Mental Illnesses and Cognitive Disorders: A Narrative Review. *Am J Geriatric Psychiatry*, 2019 May 1; 27 (5): 536-547, **Principal Author**, DOI: 10.1016/j.jagp.2018.10.020.

Patience J, Lai KSP, Russell E, **Vasudev A**, Montero-Odasso M, Burhan AM. Relationship Between Mood, Thinking, and Walking: A Systematic Review Examining Depressive Symptoms, Executive Function, and Gait. *Am J Geriatr Psychiatry*, 2019 Jul 23, **Coauthor**, DOI: 10.1016/j.jagp.2019.07.007.

Allen L, John-Baptiste A, Meyer M, Speechley M, Richardson M, Ure D, Markle-Reid M, **Teasell R**. Assessing the impact of a home-based stroke rehabilitation program: A cost-effectiveness study. *Disability and Rehabilitation* 2019; 41(17):2060-2065.

McIntyre A, Janzen S, **Miller T, Sequeira K, Payne M, Teasell R, Mehta S, Viana R**. Treatment of spasticity with botulinum toxin: The stroke patient’s perspective. *International Journal of Rehabilitation* 2019; 7(3) (in press).

Caughlin S, **Mehta S**, Corriveau H, Eng J, Eskes G, Kairy D, Meltzer J, Sakakibara B, **Teasell R**. Telerehabilitation after stroke: Lessons learned from Canadian trials. *Telemedicine and E-Health* (in press).

Teasell R, Lindsay MP, Foley N, Mountain A, Cameron J, de Jong A, Acerra N, Bastasi D, Fung J, Halabi M, Iruthayarajah J, Harris J, Kim E, Noland A, Pooyania S, Rochette A, Stack B, Symcox E, Timpson D, Varghese S, Verrilli S, Smith EE, Gubitza G, Leanne K. Casaubon, Dowlathshahi D, Salbach N. Canadian Stroke Best Practices on Rehabilitation, Recovery and Reintegration following Stroke Part One: Rehabilitation and Recovery following Stroke. *International Journal of Stroke* (accepted).

Batement EA, **Teasell R**. Publish or Perish? Research productivity during residency training in physical medicine and rehabilitation. *American Journal of Physical Medicine and Rehabilitation* 2019; Aug 15 [Epub ahead of print].

Mountain A, Lindsay MP, **Teasell R**, Salbach N, de Jong A, Foley N, Bhogal S, Bains N, Bowes R, Cheung D, Corriveau H, Joseph L, Lesko D, Millar A, Parappilly B, Pikula A, Scarfone D, Rochette A, Taylor T, Vallentin T, Dowlathshahi D, Smith EE, Gubitza G, Leanne K. Casaubon L, Cameron JI. Canadian Stroke Best Practices on Rehabilitation, Recovery and Reintegration following Stroke Part Two: Transitions, Participation and Reintegration Following Stroke. *International Journal of Stroke* (accepted).

Mehta S, Hadjistavropoulos H D, & Hadjistavropoulos T. (2019). Eating, smoking and recreational Substance Use. In T. Hadjistavropoulos & H. D. Hadjistavropoulos (Eds.), *Fundamentals of health psychology (2nd ed.)*. Don Mills, Ontario: Oxford University Press Canada.

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*. 64, 351-359.

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* 2019:1, 399.

Cullen S, Borrie M, Carroll S, Sarquis-Adamson Y, Pieruccini-Faria F, McKay S, Montero-Odasso M. Are Cognitive Subtypes Associated with Dual-Task Gait Performance in a Clinical Setting? *Journal of Alzheimer Disease* July 2019 PubMed ID: 31322559.

MEDIA

Presenter, Invited by Michael Stubbs, AM 980 news to talk about the SKIP (Sudarshan Kriya yoga in PTSD) study in first responders, AM 980 News, Presenters: **Akshya Vasudev**, 2019 Aug 14, London, Ontario, Canada, Community Outreach Activity, Hours: 0.5, Attendees: 10000

Expert, Could unique form of yoga could help those struggling with PTSD? Interview for CTV London News, CTV London, Presenters: **Akshya Vasudev**, 2019 Jul 12, London, Ontario, Canada, Community Outreach Activity, Hours: 1, Attendees: 10000

LAWSON MONTHLY REPORT *highlights several PIR scientists...*

Expanded No Fixed Address strategy houses half of those in danger of homelessness
At a community symposium on health care and homelessness attended by over 250 Londoners, a research team led by **Dr. Cheryl Forchuk** (*Mental Health*) announced the results of a nine-month, federally-funded project tackling the issue of homelessness from within hospital walls. The [No Fixed Address \(NFA\) strategy](#) reaches and supports patients during the crucial transitional period when they are being discharged from the hospital and re-integrated into the community. The approach was initially tested with strong success for mental health patients at LHSC and St. Joseph's, and the second 'version' of the project was extended to medical units at LHSC's University Hospital and Victoria Hospital. It was successful in housing half of the 74 patients who accessed the program. This story generated positive regional news coverage from [Postmedia](#), [CTV London](#), Global News and more.

London researchers receive almost \$1.35 million to continue groundbreaking dementia research In June, the Federal Government announced Canada's first national dementia strategy. As part of this strategy, **Dr. Manuel Montero-Odasso** (*Geriatric Medicine*) has been awarded \$1.345 million over five years to continue [his research on the relationship between cognition and mobility in the elderly](#). The SYNERGIC Trial is one of many projects Montero-Odasso's team is leading. This first-in-the-world study aims to treat mild cognitive impairment and delay the onset of dementia by incorporating physical exercise, cognitive training and vitamin D supplementation. This story received positive local coverage from [CTV London](#), [CBC London](#), [Global News](#) and [Blackburn News](#).

New Alzheimer's research aims to improve treatment and support for patients with agitation

Dr. Amer Burhan (*Mental Health*) is leading [two new interventional studies](#) focused on improving quality of life for patients with Alzheimer's disease and their caregivers. Both hope to improve upon standard approaches to treating agitation, a core symptom of Alzheimer's. This story was covered locally by [CTV London](#) and [Blackburn News](#).

Could a unique form of yoga help those struggling with PTSD?

Dr. Akshya Vasudev (*Mental Health*) is leading a clinical trial that will study whether a certain form of yoga called Sudarshan kriya yoga (SKY) can be used in the treatment of emergency personnel diagnosed with post-traumatic stress disorder (PTSD). This story was covered by [CTV London](#) and Global News.

Combining research with front-line practice aims to improve physical rehab

The road to recovery following a spinal cord injury (SCI) or acquired brain injury (ABI) can be long and challenging. Every patient has a unique condition, with an equally unique set of rehabilitation needs. Lawson's **Research 2 Practice (R2P)** program located at Parkwood Institute aims to optimize treatment for the individual by combining research with front-line practice. Originally highlighted in the most recent issue of [Lawson Link](#) magazine, this research was covered exclusively by [CTV London](#).

Bieman, J. (2019, June 3). 'Smart home' may change life for those with severe mental illnesses. *The London Free Press*. Retrieved from: <https://www.tillsonburgnews.com/news/local-news/smart-home-may-change-life-for-those-with-severe-mental-illnesses>

DeLaet, R. (2019, June 4). Expanded No Fixed Address strategy houses half of those in danger of homelessness. *Lawson Research*. Retrieved from: <https://www.lawsonresearch.ca/news/expanded-no-fixed-address-strategy-houses-half-those-danger-homelessness>

Dewan, G. (2019, June 4). Research aims to prevent discharged patients from becoming homeless. *CTV News London*. Retrieved from: <https://london.ctvnews.ca/research-aims-to-prevent-discharged-patients-from-becoming-homeless-1.4451706>

Mayne, P. (2019, June 4.) Homelessness stemmed by transition 'helping hand'. *Western News*. Retrieved from: <https://news.westernu.ca/2019/06/project-eyes-homelessness-after-hospital-discharge/>

Richmond, R. (2019, June 4). Study points out need for housing worker embedded in hospital: Researcher. *The London Free Press*. Retrieved from: <https://lfpres.com/news/local-news/pilot-project-finds-success-housing-post-hospital-homeless-londoners>

EVENTS & CONFERENCES

SWAHN Conference 2019

Thursday, October 17, 2019

9:30 a.m. – 2:30 p.m.

Parkwood Institute, St. Joseph's Health Care London

Main building auditorium – B2-109

550 Wellington Road, London, Ontario

THEME: Promoting and Sustaining Psychological Wellness in Health Care Clinicians, Learners, and Educators

See here for details, cost and registration: <http://www.swahn.ca/>



**Are you a future
health research
LEADER?**



**Join the Lawson Association of Fellows &
Students (LAFS) Executive Committee**

The **Lawson Association of Fellows and Students (LAFS) Executive Committee** is currently seeking a representative from ***Parkwood Institute Mental Health Building.***

LAFS is an organized group for students, trainees and fellows working in hospital-based research. LAFS plays an important role in the day-to-day operations of Lawson by promoting an engaging research and academic setting, and providing a political voice for future direction. LAFS' mission is to act as a catalyst for research excellence by promoting an atmosphere of idea exchange and collaboration, and by providing networking opportunities.

Supported by Lawson's Communications & External Relations team, the LAFS Executive Committee is made up of student and trainee leaders who oversee engagement activities across Lawson, including monthly events like New Student Night and an annual Holiday Party. Responsibilities include committing to monthly meetings and the planning of events.

To express your interest in joining the LAFS Executive Committee, please email Robert DeLaet, Communications Consultant, at Robert.delaet@lawsonresearch.com.

Mental Health Research & Innovation Day

On behalf of the Planning Committee (Lawson Health Research Institute - Mental Health Group and St. Joseph's Health Care London's Parkwood Institute Mental Health Care and Southwest Centre for Forensic Mental Health Care), we are pleased to invite you to the Mental Health Research & Innovation Day on Thursday, October 24, 2019 at Parkwood Institute, London, ON.

This full-day event will be divided into two distinct components:

- **8:00 am-10:00 am: Lawson Mental Health Group Strategic Planning Workshop** (open to current and prospective Lawson scientists and associate scientists)
- **10:30 am - 4:00 pm: Mental Health Research & Innovation Day** (open to all students, staff, clinicians & community members interested in mental health care research & innovation)

We are pleased to announce our keynote speaker, [Aimee van Wynsberghe](#). Dr. van Wynsberghe will be speaking about the ethics related to artificial intelligence in mental health care settings.

In addition to our keynote speaker, the day will include research updates from Parkwood Mental Health Care and Lawson Health Research Institute; poster and oral presentations on topics related to mental health care research and innovation, as well as art and musical compositions by individuals with lived experience of mental illness.

Please see the attached Call for Abstracts. Our Planning Committee is currently working to finalize details and will be in touch with further information.

Please click [here](#) to register and to find out more information.

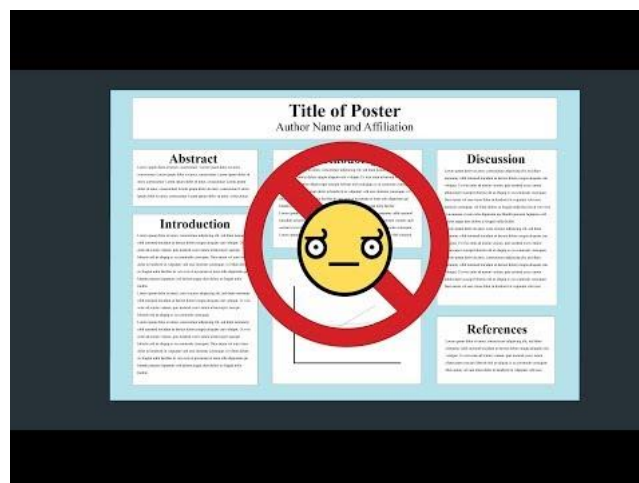
We look forward to seeing you there!

Sincerely,

Dr. Cheryl Forchuk
Dr. Arlene MacDougall
Assistant Director
Director of Research & Innovation
Program Leader
St. Joseph's Health Care London
Mental Health Group
Parkwood Institute
Mental Health
Lawson Health Research Institute
Care and Southwest Centre for
Institute Forensic Mental Health Care

Helpful hints:

How to create a better research poster in less time (including templates) - YouTube



Do you have important files that you need to keep?

Health Canada requires that research files are kept for a minimum of 25 years. The hospital recommends using Command Services for storage of these important documents.

They can be contacted here:

Command Services
100 Piccadilly Street
London, ON
N6A 1R8
519-672-1460

Here are some tips you may need when budgeting for storage of files:

- Include the cost of storage and purchase of boxes in your Research Budget
- Storage is costly but important. Here is a recent quote from August 2019 *per 15"l X 12"W X 10"H box*:
 - 10 YEARS storage \$350.00 plus 13% HST of \$45.50 total of \$395.50 per box
 - 15 YEARS storage \$400.00 plus 13% HST of \$52.00 total of \$452.00 per box
 - 20 YEARS storage \$515.00 plus 13% HST of \$66.95 total of \$581.95 per box
 - 25 YEARS storage \$550.00 plus 13% HST of \$71.50 total of \$621.50 per box
- There is an additional cost for retrieving files from Command if required
- Each researcher has an obligation to retrieve files when required
- Keep files in your lab for secondary findings if required
- It is not acceptable to keep files in a space that is not secure if it contains confidential or medical information
- Joint Health and Safety will not allow boxes to be left stacked up if it could pose a risk
- When the files have reached their expiry date, Command will automatically destroy the documents as part of the fees paid to them.
- Storage space is limited within PIR, please consider contacting Command to store files once your project is completed
- Storage of items within PIR is becoming more difficult and therefore will be inventoried. You can expect to be contacted to verify who owns what equipment. Arrangements can be made to dispose of items that are outdated or not claimed.

Social Media

Want to connect with PIR MORE? Want PIR to learn more about what you are doing and help promote your ideas and events? Why not follow us on Twitter and Instagram?



@ParkwoodInstRes



@parkwoodinstituteresearch