

## PIR Newsletter



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### Greetings from the PIR Ivey Research Chair...

Spring has finally sprung and with it comes a busy and exciting time at Parkwood Institute Research. We held our annual PIR Half Day event on Friday, April 27th 2018, and what a success it was! I'm excited to announce it was our most attended Half Day event yet! I would like to thank everyone who attended the event and all of the presenters for their invaluable contribution toward making this such a success. I would also like to thank all of those who provided us with feedback regarding the event. We look forward to incorporating your suggestions into next year's event!

On April 18th 2018 Lawson held their annual Lawson Impact Awards, honouring the outstanding scientists, staff and trainees within our community. I'm proud to say Parkwood Institute Research was represented in every award category, be it as a nominee or award winner. Please join me in congratulating:

- Amanda McIntyre (Research Fellow/Office Manager, Collaboration of Rehabilitation Research Evidence Lab) for being awarded the Lawson Leadership Award for Fellows & Students,
- Sarah Best (Research Manager, Cognitive Clinical Research Group) for being awarded the Lawson Staff Award of Excellence,
- Dr. Manuel Montero-Odasso (Scientist, Gait and Brain Lab) for being awarded the Dr. Joseph Gilbert Research Contribution of the Year Award,
- Dr. Robert Teasell (Scientist, Cognitive Clinical Research Group) for being awarded the Scientist of the Year Award, and
- Drs. Arlene MacDougall and Sarah Morrow for being awarded one of Lawson's two Strategic Research Fund grants for their project "Mindfulness group intervention for newly diagnosed persons with Multiple Sclerosis: A pilot study."

Lastly, this past April we were lucky enough to have Vanessa Cullen join PIR as our new Administrative Assistant. I'd like to thank you all for joining us in welcoming her at the team building event which took place on April 10th 2018 in the PIR Lunch Room. At this event we played a fun and knowledge building game of Bingo. Congratulations to Dr. Dalton Wolfe for being the lucky winner!

I'd like to wish you all a safe and wonderful summer. *Enjoy!*

Cheryl

## Welcome to all New Research Personnel!



**D'Arcy Arends** is a Western Clinical Trials Management student who, as part of the program, is completing her 400h student practicum at the Gait & Brain Lab (April 2018). D'Arcy is passionate about sport and believes exercise is the best medicine. With this, she personally enjoys competing as a member of the varsity rowing team at Western. She previously completed her Honours Bachelor of Science degree with specialization in Biology from McMaster University in 2017. As a part of the Gait & Brain Lab, D'Arcy will be assisting as project research support, assisting the SYNERGIC Trial sessions held at Western campus three times weekly.

**Vanessa Cullen** joined the PIR Administrative Office early April. After many years working in the not-for-profit sector in fund development and community engagement, Vanessa is thrilled to lend her talents and skills in supporting everyone at Parkwood Institute Research and helping to find ways to collaborate. If you have ideas on how Vanessa can help you or if you haven't had a chance to meet her, please feel free to stop in to B3-110 and say hello!



**Yanina Sarquis-Adamson**, PhD is a Research Coordinator at the Gait and Brain lab. Yanina obtained her Bachelors from University of Buenos Aires, and a PhD from the Biology Department at the University of Western Ontario in 2016. Her role at the Gait and Brain Lab involves creation and management of study databases, as well as analysis of research findings and reporting of results. Yanina also leads grant preparation for the lab. In addition, she assists other members of the lab with project support.

**Tristan Duffy** completed his undergrad in medical science at Western, and will be studying medicine at Schulich in the fall. This summer he is working on ERABI as a part of CORRE.





**Sinthiya Thavam** is a MSc Neuroscience student in the Schulich School of Medicine & Dentistry at Western University. She obtained her BSc degree, with a major in Psychology and minor in Biology at University of Waterloo. She is volunteering as a research assistant with the Mental Health Nursing Research Alliance, because she is interested in learning about the research methods and experiments utilized in this field of research as well as be a part of a research that can assist individuals who have trouble accessing mental healthcare and provide supportive services.

### WELCOME ALSO TO:

**Rachel Biggar** ~ currently doing her Masters of Public Health at Schulich School of Medicine and Dentistry, Rachel has an undergraduate degree in Nutrition and Dietetics. The last component of her Master's is a 3 month practicum, which she is completing at Lawson, focusing on the Teleprom-Y and Smart Home Technology projects.

**Kristie Jones** ~ a Registered Nurse working in Public Health and a student in the Master of Nursing - Primary Health Care Nurse Practitioner program at Western University. She is currently completing a 2 month research practicum with a focus on the "No Fixed Address version 2" project under the mentorship of Dr. Cheryl Forchuk.

**Danielle Vanderlaan** ~ This is Danielle's second summer as a research assistant. She graduated from McMaster University with a Bachelor's Degree in Health Studies and is currently enrolled in her second year of Respiratory Therapy at Conestoga College.

**Andrea Lee**

**Tristan Duffy**

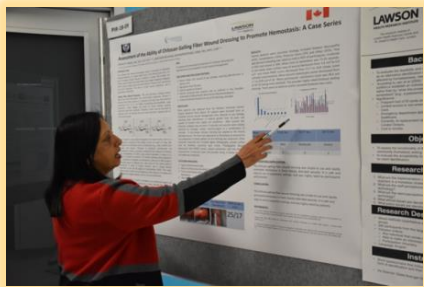
**Max Lowther**

**Kelsey Petrsenko**

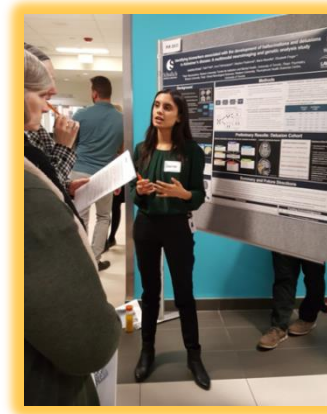
### *Congratulations on these Notable Accomplishments...*

More than 100 researchers, staff and trainees attended the third annual Parkwood Institute Research (PIR) Spring Update Half Day on April 27, 2018 to share their innovative research and learn about work from across PIR through interactive workshops and poster presentations. Five interactive workshops were held on a variety of different topics, such as clinical trials, systematic reviews, innovation in health care, practice-based research methods and evaluating SMART technology. The workshops were led by some of Parkwood Institute's research leaders, including Drs. Cheryl Forchuk, Robert Teasell, Michael Borrie, Dalton Wolfe, and Arlene MacDougall.

**Photos from 2018 PIR Half Day:**



Ashrafunissa Janmohammad (above),  
Parkwood Institute’s Chronic Wound  
Management Clinic



Juweiriya Ahmed (above),  
Parkwood Institute’s Cognitive  
Vitality Group

**SAVE THE DATE...**

**Please ensure you attend next year for a FULL DAY PIR Research Day –  
Friday, April 26, 2019!**

**Congratulations to 'Team Smiles'...**on your participation in the Wings for Life World Run!  
Total raised for the London location was almost 2900 Euro (roughly \$4,400 CAD). They had 93 racers, and 2 athletes (1 paralympian and 1 local) trying out new sensors from a team they partner with from Zurich, Switzerland (where they were developed).  
The planning team was Stephanie Marrocco, Dalton Wolfe, Julie Gagliardi, Bonnie Chapman and Manny Paiva. They also had a lot of help from Mike Genereaux, Gary Lee-Tai-Fuy, and other amazing volunteers.  
<https://www.wingsforlifeworldrun.com/ca/en/>



**AND** if this group wasn’t busy enough that weekend, in addition to the run, Steph Cornell (among others) was heavily involved in organizing the Kickabout soccer tournament (<https://www.kickabout.london/>) on May 5<sup>th</sup> (proceeds go to Possibilities Project – a Parkwood initiative to help people with needed equipment after a brain or spinal injury).  
R2P entered a team in this as well (not to mention Steph Marrocco’s team playing in a hockey tournament).(<https://www.kickabout.london/>)  
**They were all limping into work following that hectic weekend...**

Also *another* community-based fundraiser took place on May 12<sup>th</sup>. Two Research staff from Mental Health went out to support ~ **Tony O'Regan** and **Boniface Hererimana** from the Mental Health research team participated in the Walk for Alzheimers

**Way to go guys!**

*If anyone would like to support this worthy cause, donations are still being accepted here:*

[http://www.alzgiving.ca/site/TR/WFA/WFA\\_ON\\_LondonMiddlesex?pg=pfind&fr\\_id=1844&searchFirstName=Tony&searchLastName=O%27Regan&fr\\_search\\_type=participant&fr\\_find\\_search=Search&submit=true](http://www.alzgiving.ca/site/TR/WFA/WFA_ON_LondonMiddlesex?pg=pfind&fr_id=1844&searchFirstName=Tony&searchLastName=O%27Regan&fr_search_type=participant&fr_find_search=Search&submit=true)

## Also in the news:

- **Dr. Manuel Montero-Odasso** has been awarded Fellow status by the Gerontological Society of America (GSA) on May 2018, as an acknowledgment of his outstanding and continuing work in the field of gerontology. The induction ceremony will take place at the 70th GSA Annual Scientific Meeting, November 14-18, 2018, in Boston, MA (USA).
- **Nick Bray**, Gait and Brain Lab, won first place in his poster category, for presenting the "Effect of High Dose Vitamin D<sub>3</sub> on Physical Performance in Frail Older Adults" at the *London Health Research Day*, May 10, 2018.
- **Nick Bray**, a PhD candidate in Kinesiology at the Gait and Brain Lab, has been selected as one of this year's recipients of an Ontario Graduate Scholarship (OGS).
- **Erica Figgins**, new MSc. candidate in Epidemiology at the Gait and Brain Lab, was successful in her Ontario Graduate Scholarship (OGS) application. Erica will be co-supervised by Dr. Montero-Odasso and Dr. Speechley and begins September 2018.
- **The Gait and Brain Lab** was the recipient of Canada Summer Jobs Program for \$4,200.

**At the Lawson Impact Awards** on April 18, 2018, **Dr. Manuel Montero-Odasso** was awarded the Dr. Joseph Gilbert Research Contribution of the Year Award for his JAMA Neurology paper entitled "Association of dual-task gait with incident dementia in mild cognitive impairment".





On April 26<sup>th</sup>, the Collaboration for Rehabilitation Research Evidence Group (CORRE), overseen by Dr. Robert Teasell, hosted the Canadian Association for Girls in Science (CAGIS) for a STEM outreach event about neurorehabilitation. Twenty young girls and their family members attended where they were mentored by the coordinators of the Evidence-Based Reviews for Acquired Brain Injury, Multiple Sclerosis, and Spinal Cord Injury. The young girls were asked to create their own projects whereby they identified new research evidence, and designed a strategy to present that evidence to clinicians, family members, and patients. At the end of the event, the girls pitched their projects to a mock funding panel and learned more about knowledge translation and how researchers work at multiple points from basic science to clinical application. Thank you CORRE team for a great event!



**CONGRATULATIONS...**

to **Frederico Faria** who was awarded 2nd Place Poster at the Canadian Geriatrics Society 2018 Annual Scientific Meeting, Montreal Quebec.



**CONGRATULATIONS...**

to **Tristan Duffy** on your acceptance to Medical School at Western this fall!

**CLASS OF '22!**

## Grants & Research Funding

**Principal Investigator:** Dr. Montero-Odasso

**Study Title:** Expanding Exercise Opportunities for Persons with Dementia: A Participatory Approach

**Agency:** CIHR Grant

**Year:** 2018

**Amount:** \$40,000

**Principal Investigator:** Cheryl Forchuk

**Study Title:** Community Homes for Opportunity Evaluation

**Agency:** Ministry of Health and Longterm Care

**Year:** 2017-2019

**Amount:** \$365,000

**REMINDER:** It is strongly encouraged that all applicants take advantage of the expertise and experience that exists within our research community to ensure we are submitting applications to CIHR that are of the highest attainable level. Please attempt to seek critical review of your applications by your colleagues prior to submission, either through a formal process or informally. Doing this could possibly increase your chance of success!

## Presentations/Invited Lectures

### MARCH

Akshya Vasudev

Invited Lecturer, Sahaj Samadhi Meditation in late life depression: a randomized controlled trial, Consciousness Club

Mar 3, 2018 London, Ontario, Canada

Co-Author, Sudarshan Kriya Yoga in PTSD: a pilot feasibility study, Consciousness Club, Presenters: Kamini Vasudev

Mar 3, 2018 London, Ontario, Canada

Dr. Cheryl Forchuk

Smart Accessibility Conference, Accessibility and Digital Inclusion

TELEPROM-G: A Study Evaluating Access and Care Delivery of Telehealth Services among Community-Based Seniors with Depressive Symptoms

Rome Italy, March 28, 2018

### APRIL

Dr. Manuel Montero-Odasso

Keynote speaker, US Veterans Affairs

Cognitive Impairment and Falls. Evidence, Assumptions, and Therapeutic Options to Reduce Falls.

Tampa Veteran's Affairs Conference

Miami, USA, April 17, 2018.

Heard, C.P, Scott, J., McGinn, T, Van Der Kamp, E. & Yahia,

An Informal leadership in the clinical setting: Occupational Therapist perspectives.

American Association of Occupational Therapy Annual National Conference.

Salt Lake City, Utah April 18-22, 2018.

### MAY

Dr. Cheryl Forchuk

Horatio Conference

Smart Homes: Health Care Technology to Assist Recovery for Psychiatric Inpatients

Preventing Discharge of Psychiatric Inpatients into Homelessness

Faroe Islands, May 10 – 12, 2018

Prashanth Rajasekar, LHSC; Srinitya Gannavarapu, Western University; Melanie Napier, LHSC; Andrew Mantulak, King's University College—Western University; Narayan Prasad, London Health Sciences Centre;

**Akshya Vasudev**, LHSC; Beth Potter, University of Ottawa; Chitra Prasad, LHSC

Identifying Psychosocial Aspects and Stressors in Parents of Children with Inborn Errors of Metabolism, Western University

May 17, 2018, London, Ontario

## PUBLICATIONS

**Montero-Odasso M**, Almeida QJ, Burhan AM, Camicioli R, Doyon J, Fraser S, Li K, Liu-Ambrose T, Middleton L, Muir-Hunter S, McIlroy W, Morais JA, Pieruccini-Faria F, Shoemaker K, Speechley M, Vasudev A, Zou GY, Berryman N, Lussier M, Vanderhaeghe L, Bherer L. SYNERGIC TRIAL (SYNchronizing Exercises, Remedies in GaIt and Cognition). A Multi-Centre Randomized Controlled Double Blind Trial to Improve Gait and Cognition in Mild Cognitive Impairment. *BMC Geriatrics*. 2018 Apr 16; 18(1):93. doi: 10.1186/s12877-018-0782-7.

Kueper JK, Speechley M, **Montero-Odasso M**. The Alzheimer's Disease Assessment Scale - Cognitive Subscale (ADAS-Cog): Modifications and responsiveness in pre-dementia populations. A narrative review. *Journal of Alzheimer's Disease*. 2018 Apr 11. doi: 10.3233/JAD-170991. [Epub ahead of print]

**Montero-Odasso M**, Speechley M, Muir-Hunter SW, Sarquis-Adamson Y, Sposato L, Hachinski V, Borrie M, Wells J, Black A, Sejdić E, Bherer L, Chertkow H, and The Canadian Gait and Cognition Network. Motor and cognitive trajectories before dementia: Results from the "Gait and Brain Study". *Journal of the American Geriatrics Society*. 2018 Apr 2. doi: 10.1111/jgs.15341. [Epub ahead of print]

Fleet JL, Dixon SN, Kuwornu PJ, Dev VK, **Montero-Odasso M**, Burneo J, Garg AX. Gabapentin dose and the 30-day risk of altered mental status in older adults: A retrospective population-based study. *PLoS One*. 2018 Mar 14; 13(3):e0193134.

**Heard, C.P, Scott, J.**, McGinn, T, Van Der Kamp, E. & Yahia, A (2018). Informal leadership in the clinical setting: Occupational Therapist perspectives. *The Open Journal of Occupational Therapy*, 6(2), article 7.

**Pieruccini-Frederico, F**, Muir-Hunter, Susan W., Montero-Odasso, M. Do depressive symptoms affect balance in older adults with mild cognitive impairment? Results from the "gait and brain study", *Volume 108*, 15 July 2018, Pages 106-111

## PUBLISHED ABSTRACTS

**Montero-Odasso M**, Almeida Q, Camicioli R, Li K, Liu-Ambrose T, Middleton L, Bherer L. Multimodal interventions to prevent and manage cognitive frailty. *Journal of Frailty and Aging*. March 2018. 7(1): 76.

Faria F, Sarquis-Adamson Y, **Montero-Odasso M**. Dual-Tasking Attenuates Anticipatory Gait Adjustments to Negotiate an Obstacle in Older Adults with Mild Cognitive Impairment: Results from "The Gait & Brain Study". *Canadian Geriatrics Journal*. April 2018. 21(2):1.

Lee B, **Montero-Odasso M**. The Use of Cognitively Enhancing Medications to Improve Gait and Reduce Falls in Older Adults: A Systematic Review and Meta-Analyses. *Canadian Geriatrics Journal*. April 2018. 21(2):1.

Cullen S, Borrie M, Carroll S, **Montero-Odasso M**. Can Dual-Task Gait Assessment Differentiate Cognitive Impairment Subtypes in a Clinical Setting? *Canadian Geriatrics Journal*. April 2018. 21(2):1.

Sakurai R, Bartha R, **Montero-Odasso M**. Atrophy of the entorhinal cortex is associated with increased dual-task gait cost among MCI older adults. *Journal of the American Geriatric Society*. Apr 2018. 66(S2): S92.



**Montero-Odasso M**, Almeida Q, Camicioli R, Li K, Liu-Ambrose T, Middleton L, Bherer L. SYNERGIC Trial: Multimodal interventions to prevent and manage cognitive frailty. *Journal of the American Geriatric Society*. Apr 2018. 66(S2): S57.

Schapiro M, Giber F, Outumuro B, Pino C, Mattiussi M, Perman G, Gallo C, Boietti B, **Montero Odasso M**, Garfi L, Camera L, Waisman G. Post-Hospital Syndrome, an entity that increases readmission rates in acute care hospitals. *Journal of the American Geriatric Society*. Apr 2018. 66(S2): S89.

## BOOKS

**Montero-Odasso M**. Cognitive Impairment and Falls. Evidence, assumptions, and therapeutic options to reduce falls. *Keynote speaker at Tampa Veteran's Affair Conference*. Miami, USA. April 17, 2018.

**Montero-Odasso M**. Canadian Gait and Cognition Network. *Canadian Geriatrics Society Meeting*. Montreal (QB) Canada. April 20, 2018.

Cullen S, Borrie M, Carroll S & **Montero-Odasso M**. Can Dual-Task Gait Assessment Differentiate Cognitive Impairment Subtypes in a Clinical Setting? *Parkwood Institute Research (PIR) Half Day*, April 27, 2018. *Department of Medicine Resident Research day*, May 11, 2018.

Bray N, Doherty T, **Montero-Odasso M**. Effect of High Dose Vitamin D<sub>3</sub> on Physical Performance in Frail Older Adults. *Parkwood Institute Research (PIR) Half Day*, April 27, 2018. *London Health Research Day*, May 10, 2018. *Department of Medicine Resident Research day*, May 11, 2018.

Naidu AS, Burhan AB, Sarquis-Adamson Y, Black A & **Montero-Odasso M**. Prefrontal Repetitive Transcranial Magnetic Stimulation (rTMS) for Improving Mobility and Cognition in Older Adults with

Executive Dysfunction: Methodology and Preliminary Results. *Parkwood Institute Research (PIR) Half Day*, April 27, 2018. *London Health Research Day*, May 10, 2018.

Faria F, Sarquis-Adamson Y, **Montero-Odasso M**. Dual-Tasking Attenuates Anticipatory Gait Adjustments to Negotiate an Obstacle in Older Adults with Mild Cognitive Impairment: Results from "The Gait & Brain Study". *London Department of Medicine Resident Research day*, May 11, 2018.

## MEDIA

Dr. Montero-Odasso's acceptance speech of the Dr. Joseph's Gilbert Award:  
Lawson Impact Awards, April 18, 2018

<https://www.youtube.com/watch?v=JfwU6tCwPS0&list=PL6RT4kOfme0pfhQ0Wn83avwHuo-PAYBUI&index=6&t=0s>

Feature on research being done at the Gain and Brain Lab:  
Lawson Link Magazine (pg. 12).

[https://www.lawsonresearch.ca/sites/public/files/17-laws-2041\\_link\\_magazine\\_2018-fa-lr\\_spreads.pdf](https://www.lawsonresearch.ca/sites/public/files/17-laws-2041_link_magazine_2018-fa-lr_spreads.pdf)

The Gait and Brain Lab feature on the Canadian Consortium on Neurodegeneration in Aging (CCNA) website!

<http://ccna-ccnv.ca/news/new-possible-link-between-falls-and-cognitive-impairment>

## NEWSPAPER ARTICLES

Dr. Don Richardson Physician Clinical Lead at Parkwood Institute's Operational Stress Injury Clinic  
"Clinician-researcher tapped to lead military, veteran health push"  
<http://news.westernu.ca/2018/05/clinician-researcher-tapped-lead-military-veteran-health-push/>

## INTERVIEWS

Dr. Montero-Odasso, interview on CBC's The Current  
"Falls and cognitive impairment"  
Listen here! (begins at 47:00) <https://podcast-a.akamaihd.net/mp3/podcasts/current-C0Jz5Ts0-20180329.mp3>

## UPCOMING EVENTS

**Event name:** London Joint Mental Health Research Day  
**Location:** DoubleTree by Hilton  
**Date:** Thursday, June 21<sup>st</sup>, 2018  
**Time:** 8:30am – 4:30pm  
**For more information:** Anne Skelton, (519) 685-8500 x 77096, [Anne.Skelton@lhsc.on.ca](mailto:Anne.Skelton@lhsc.on.ca)  
**Registration:** <https://www.eventbrite.ca/e/london-joint-mental-health-research-day-tickets-44484941658>

**Event name:** Lawson's Café Scientique  
**Location:** Windermere Manor, 200 Collip Circle  
**Date:** Thursday, June 21<sup>st</sup>, 2018  
**Time:** 7pm – 9pm  
**For more information:** \*Registration is required to this FREE community event by June 15, 2018.  
**Registration:** <https://www.lawsonresearch.ca/webform/when-connections-break-down>

**Event name:** Gait and Brain Seminar, Special topic presents "Falls in older people – don't let the brain trip you up" by Dr. Michele Callisaya  
**Location:** Mental Health Auditorium (F2235)  
**Date:** July 16<sup>th</sup> 2018, 2pm  
**For more information:** Alanna Black, [Alanna.Black@sjhc.london.on.ca](mailto:Alanna.Black@sjhc.london.on.ca)

**Event name:** Brain Injury Canada National Conference  
**Location:** Ottawa Ontario  
**Date:** October 18 - 19, 2018  
**Registration:** <https://www.braininjurycanada.ca/conference-general-information/>