

PIR Newsletter



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Greetings from the PIR Ivey Research Chair...

Welcome to the first 2019 issue of the PIR newsletter!

The PIR administration and PIR Advisory Committee have been working hard to pull together the 2018-2022 Strategic Plan for Parkwood Institute Research. We are happy to report that this document is now complete and approved. We have a logic model to summarize this (see attached at the end of this newsletter). For anyone who would like the full detailed plan please contact Julie Walsh (Research Facilitator) at julie.walsh@lawsonresearch.com.

Each spring we host our annual PIR Research Day event. The event will be held on April 26th, from 8:30 a.m. until 3:00 p.m. in the Main Auditorium (B2-109) at the Parkwood Institute Main Building. The theme of the event is Mind, Body, Spirit. Based on last year's success, we will have two periods of Breakout Sessions related to this topic. In addition, we will have Dr. Noah Silverberg from the University of British Columbia joining us as our Keynote Speaker. Dr. Noah Silverberg will be presenting evidence of maladaptive illness beliefs and coping behaviours associated with persistent symptoms after concussion. We are still accepting abstracts for posters. This is a great opportunity to learn what is happening across PIR. We hope you're able to join us for this exciting event.

Sincerely,

Dr. Cheryl Forchuk

WELCOME TO ALL NEW RESEARCH PERSONNEL!



Daniel Kharlas is the coordinator of MINDS and the facilitator of research at Parkwood Institute Research Mental Health theme. He is also the co-owner of VRcadia, a technology company exploring the various applications of virtual reality and how it will impact arts, music, culture, scientific investigation, design and many other facets of society. He has recently completed his masters in personality and measurement, with a research focus in studying how to best measure outcomes and intents in those entering meditation programs.

"**Eugenia Canas** is Research Director of MINDS of London-Middlesex, a social-innovation lab using interdisciplinary approaches to tackle the complex challenge of improving mental health and well-being among transitional-age youth. Eugenia is also dedicated to knowledge generation and translation through collaborative partnerships between academia and community organizations. She is a Health Information Science PhD Candidate at Western University. Her research uses critical, participatory and ethnographic approaches to understand the impact of youth stakeholder input on the design and delivery of mental health services. Eugenia's research and knowledge-translation collaborations include roles in research funded by the Canadian Institutes of Health Research and the Social Sciences and Humanities Research Council, as Student Fellow of the [ACCESS Open Minds Network](#); and as Fellow and Mentor for the [Wisdom 2 Action Network](#); and the Mental Health Commission of Canada's [SPARK Training Institute](#)."



Kennedy Doroshenko is a Partners in Experiential Learning (PEL) co-op student, who joined Dr. MacDougall's team as a youth co-researcher in February 2019. She is currently a grade 11 student at Oakridge Secondary School and she is very excited to be a new member on the MINDS research team. Kennedy has a strong interest in mental health and hopes to pursue a career in mental health one day. She is grateful to be a member of the research at Parkwood Institute and is looking forward to gaining research experience.

Mackenzie Barnett is an excited new member of the Mental Health Nursing Research Alliance, here at PIR! She majored in psychology during her undergraduate degree, with a keen interest in feminist perspectives, aboriginal studies and participatory action research. She strives to find a balance between clinical work and research; in the past few years, she coordinated a systematic review on community food security interventions, and ran an anti-stigma program for youth while working for the Children's Hospital of Eastern Ontario. When not at work, Mackenzie can be found leading meditations for the London Mindfulness Community, seeing movies at the Hyland, or frolicking out in nature.





Nimrit Aulakh is a Partners in Experiential Learning (PEL) co-op student in Dr. Forchuk's lab Mental Health Nursing Research Alliance within Lawson Health Research Institute until June 2019. She is a grade 11 student at St. Joseph's Catholic High School and is working to gain expertise as well as experience in a research environment. For the future, she is considering a pathway in mental health or psychiatry and hopes that this position will give her the insight she needs to make a decision.

Laila Alzaidi is in her first year of PhD program, Nursing school at Western university and Graduate research assistant, in the Mental Health Nursing Research Alliance lab. Laila is a Master of Science in nursing psychiatric & mental health (2012), and Lecturer at King Saud University, Kingdom of Saudi Arabia.



A VERY SPECIAL WELCOME TO YOU ALL!

CONGRATULATIONS ON THESE NOTABLE ACCOMPLISHMENTS...

On March 7, two members of the Gait and Brain Lab under Dr. Montero-Odasso's supervision, Dr. Frederico Pieruccini-Faria (post-doctoral fellow) and Stephanie Cullen (Master's Student), were awarded with the *Canadian Geriatrics Society Travel Award* to present their research at the CGS Annual Meeting in May.

GRANTS & RESEARCH FUNDING

Principal Investigator: Wolfe D

Co-Investigators: Gagnon D, Marrocco S

Study Title: Circuit Training Program to Improve Endocrine-Metabolic Function in Persons with Spinal Cord Injury

Agency: Ontario Neurotrauma Foundation

Year: 2018-2020

Amount: \$39,950

Principal Investigator: Loh E

Co-Investigators: Ditor D.

Study Title: Cannabinoids and an Anti-inflammatory Diet for the Treatment of Neuropathic Pain after Spinal Cord Injury: A Randomized Controlled Trial (The CATNP Trial).

Agency: Ontario Neurotrauma Foundation/Rick Hansen Institute

Year: 2019 – 2022

Amount: \$300,174

Principal Investigator: Loh E

Co-Investigators: Deng G

Study Title: A Retrospective Cohort Study of Healthcare Utilization Following Paravertebral Blocks for Chronic Axial Spine Pain in Ontario, Canada

Agency: Earl Russell Trainee Grant

Year: 2019-2020

Amount: \$10,000

Principal Investigator: Furlong J.

Co-Investigators: Boulos M, Loh E, Berlowitz D.

Study Title: Untreated sleep-related breathing disorders as an aggravating factor for neuropathic pain following spinal cord injury.

Agency: Ontario Neurotrauma Foundation/Rick Hansen Institute.

Year: 2019 – 2022

Amount: \$149,999

Principal Investigator: Burton J.

Co-Investigators: Loh E, Sequeira K, Welk B.

Study Title: Use of novel human milk prebiotics to improve the quality of life for neurogenic bladder patients.

Agency: Weston Family Microbiome Initiative

Year: 2018-present

Amount: \$149,075

Principal Investigator: Dr. Cheryl Forchuk

Co-Investigators: Booth, R., Hoch, J.S., Isaranuwachai, W., Lizotte, D., Wang, X., Rudnick, A., & Frampton, B.

Study Title: Smart Homes: Supporting Community Integration for Clients with Severe Mental Illness

Grant: Canada Mortgage and Housing Corporation – National Housing Demonstrations Initiative

Year: 2019 - 2020

Amount: \$210,671

https://www.cmhc-schl.gc.ca/en/media-newsroom/news-releases/2019/nine-demonstration-projects-showcase-innovative-solutions-affordable-housing-canada?utm_source=twitter&utm_medium=cmhc_ca&utm_campaign=NEWS-Org

Principal Investigator: Akshya Vasudev

Study Title: The SKIP study: Sudarshan Kriya Yoga In Post-traumatic stress injury (SKIP), an RCT for Public Safety Personnel

Grant: Canadian Institutes of Health Research

Year: 2019 - 2020

Amount: 133,398

PRESENTATIONS/INVITED LECTURES

JANUARY

Expert, Asked to present research being conducted at Geriatric Mood Disorders Lab to the MPP, Peter Fragikostos, Parkwood Institute of Research, Presenters: Akshya Vasudev, 2019 Jan 16, London, Ontario, Canada, Community Outreach Activity

FEBRUARY

Wolfe D, Marrocco S, Lala D. Enhancing clinical decision-making for activity-based therapies for persons with SCI. University Health Network – Jousse Lecture, Feb 14 2019, Toronto, ON.

Sahaj Samadhi Meditation in late life depression: results from a randomized controlled trial, Western Meditation Research Society, Presenters: Ben Peckham, 2019 Feb 28, London, Ontario, Canada, Original Research Presentation

MARCH

Sophia Escobar, Soham Rej, Akshya Vasudev, Mindfulness-Based Cognitive Therapy Intervention for the Treatment of Late-Life Depression and Anxiety Symptoms: A Randomized Controlled Trial, 2019 Mar 3, American Academy of Geriatric Psychiatry, Atlanta, Georgia, United States, Co-Author

Panelist, The Mind and Beyond: The Role of Mindfulness and Transcendental Meditation Practices in Late Life Mood Disorders. Title: Sahaj Samadhi Meditation in late life depression: results from a randomized controlled trial, American Academy of Geriatric Psychiatry, Presenters: Ben Peckham, Sophia Escobar, Michael Lifshitz, Soham Rej. Chair: Akshya Vasudev, 2019 Mar 4, Atlanta, Georgia, United States, Original Research Presentation

PUBLICATIONS

Bayley M, Lamotagne M, Kua A, Marshall S, Marier-Deschenes P, Allarie A, Kagan C, Truchon C, Janzen S, **Teasell R**, Swaine B. Unique features of the INESSS-ONF Rehabilitation Guidelines for Moderate to Severe Traumatic Brain Injury: Responding to users' needs. Journal of Head Trauma Rehabilitation 2018; 33(5):296-305.

Swaine B, Bayley MT, Marshall S, Kua A, Marier-Deschenes P, Allaire A, Kagan C, Truchon C, Janzen S, **Teasell R**, Lamotagne M. Why do we need a new clinical practice guideline for moderate to severe traumatic brain injury. Journal of Head Trauma Rehabilitation 2018; 33(5):285-287.

Meyer M, Kelloway L, **Teasell R**, Meyer S, Willems D, O'Callaghan C. Timely access to inpatient rehabilitation after stroke: a qualitative study of barriers and solutions in Ontario, Canada. Disability and Rehabilitation 2018; 40(26):3120-3126.

Wiener J, McIntyre A, Janzen S, Mirkowski M, McKenzie H, **Teasell R**. Opioids and cerebral physiology in the acute management of traumatic brain injury: A systematic review. Brain Injury (accepted pending revisions).

Mehta S, Janzen S, Cotoi A, Rice D, **Teasell R**. Psychometric properties of screening tools for substance abuse post ABI: A systematic review. Brain Injury (accepted with minor revisions).

Cotoi A, Mirkowski M, Iruthayarajah J, Anderson R, **Teasell R**. Theta-burst stimulation improves unilateral spatial neglect following stroke: A systematic review. Clinical Rehabilitation [Epub ahead of print October 29, 2018].

Meyer M, Thind A, Koval J, Speechley M, **Teasell R**. In-home rehabilitation resources and potentially avoidable admissions to inpatient rehabilitation after stroke: An ecological study. *Rehabilitation Process and Outcome* (accepted).

Walia S, **Wolfe D**, Keast D, Ho C, Ethans K, Worley S, O’Connell C, Hill D. Facilitators and barriers for implementing an internet clinic for the treatment of pressure injuries. *Telemed J E Health*. 2019 Feb 1 [Epub ahead of print]

Scovil CY, Delparte JJ, Walia S, Flett HM, Guy SD, Wallace M, Burns AS, **Wolfe DL**, SCI KMN Group. Implementation of pressure injury prevention best practices across six Canadian rehabilitation sites: Results from the Spinal Cord Injury Knowledge Mobilization Network. *Arch Phys Med Rehabil*. 2019 Feb; 100(2):327-335

Montero-Odasso M, Sarquis-Adamson Y, Song HY, Bray NW, Pieruccini-Faria F, Speechley M. Polypharmacy, Gait Performance, and Falls in Community-Dwelling Older Adults. Results from the Gait and Brain Study. *Journal of the American Geriatrics Society*. 2019 Jan 30. doi: 10.1111/jgs.15774. [Epub ahead of print]

Naidu AS, Vasudev A, Burhan AM, Ionson E, **Montero-Odasso M**. Does Dual-Task Gait differ in those with Late-Life Depression versus Mild Cognitive Impairment? *Am J Geriatr Psychiatry*. 2019 Jan;27(1):62-72.

Benbow, S., **Forchuk, C.**, Gorlick, C., Berman, H. & Ward-Griffin, C. (2015). Social exclusion and health: Nursing knowledge development. *Canadian Journal of Nursing Research*, 47(3), 56-72

Benbow, S., Gorlick, C., **Forchuk, C.**, Ward-Griffin, C., & Berman, H. (2016). Ontario’s Poverty Reduction Strategy: A critical discourse analysis. *Canadian Journal of Nursing Research*, 48, 3-4, 100-109].

Serrato, J., Hassan, H., **Forchuk, C.** “Homeless Indigenous Veterans and the Current Gaps in Knowledge: The State of the Literature. *Journal of Military and Veteran’s Health*. (Published 2019) Vol. 27, No 1.

Forchuk, C. Hererimana, B., O’Regan, T., "The Use of Technology for Mental Healthcare Delivery among Older Adults with Depressive Symptoms: A Systematic Literature Review". *International Journal of Mental Health Nursing IJMHN*-2018-116.R2 (DOI) - 10.1111/inm.12571

Benbow, S., **Forchuk, C.** Berman, H., Gorlick, H., Ward-griffic, C., (2018). Mothering Without a Home: Internalized Impacts of Social Exclusion. *Canadian Journal of Nursing Research* (<https://doi.org/10.1177/0844562118818948>)

PUBLISHED ABSTRACTS

Montero-Odasso M, Sakurai R, Bray NW, Pieruccini-Faria F, Sarquis-Adamson Y, Speechley M. Dynapenia is associated with Executive Dysfunction. Results from the Gait and Brian Study. *Journal of Frailty and Aging*. Miami, USA, Feb 2019.

MEDIA

On February 14, 2019, Dr. Amer Burhan was featured in an article on CBC News. See the article link here!

New therapy could help people with treatment-resistant depression | CBC News
<https://www.cbc.ca/news/canada/london/new-therapy-could-help-people-with-treatment-resistant-depression-1.5017726>

On February 7, 2019, the Lawson Health Research Institute and the Ontario Centres of Excellence announced funding support for the research project “TELEPROM-Y” by Dr. Cheryl Forchuk and team.

See media coverage here:

CTV

[Software to help with youth mental health gets research funding boost](#)

London Free Press

[Parkwood pilots mobile app for youth mental health patients](#)

Blackburn News

[Mobile software being tested to help youth with anxiety, depression](#)

Lawson Research

[Exploring mobile software to better support youth mental health](#)

Expert, The SKIP study: Sudarshan Kriya Yoga In Post-Traumatic Stress Injury (SKIP), an RCT for Public Safety Personnel, London Free Press, Presenters: Akshya Vasudev, 2019 Feb 8, London, Ontario, Canada, Community Outreach Activity,

Expert, Role of Sahaj Samadhi Meditation in patients with late life depression, CTV National News, Presenters: Akshya Vasudev, Emily Ionson, Jayneel Limbachia, 2019 Jan 31, London, Ontario, Canada, Community Outreach Activity,

UPCOMING EVENTS

Parkwood Institute Research-Student Endowments 2019 (PIR-SE)

Call for Applicants

The PIR Scholarship/Fellowship application due date has been extended to **April 5 2019**.

For more information, please contact: PIR_info@sjhc.london.on.ca

The Parkwood Institute Research program of Lawson Health Research Institute is pleased to announce the 2019 Parkwood Institute Research-Student Endowments competition. Funding for some of the awards in this competition are made possible through the St. Joseph's Health Care Foundation.

Parkwood Institute Research – RESEARCH DAY

Registration is now open!

When: Friday, April 26, 2019 from 8:00 a.m. to 3:00 p.m.

Where: Parkwood Institute, Main Building, Auditorium (B2-109)

What to expect: Institute update, workshops, poster presentations, keynote speaker, prizes, and lunch

Registration: [Registration is required.](#)

Parkwood Institute Research – RESEARCH DAY Call for Abstracts

PIR Researchers and Collaborators are invited to submit abstracts for poster viewing during the PIR Research Day scheduled for Friday, April 26th from 8:30 a.m. to 3:00 p.m. at the Parkwood Institute, Main Building Auditorium B2-109.

This year's theme is Mind, Body, Spirit.

Please include the following in your submission: Title, Principal Investigator, Presenter, and Abstract (250 words maximum). The document must be submitted as a Microsoft word file to PIR_Info@sjhc.london.on.ca by no later than March 22nd 2019 at 4pm.

Wings for Life World Run

Location: Springbank Gardens Pavilion (starting point)

Date: May 5th, 2019

For more information: <https://www.wingsforlifeworldrun.com/ca/en/app-run-london/>

Local Contact: Stephanie Marrocco (stephanie.marrocco@sjhc.london.on.ca, ext 42631)

Wheelchair Tennis - Spring 2019 at the NLOCC! Ontario Wheelchair Sports Association

Location: North London Optimist Community Centre

Date: Tuesdays from April 9th – May 28th (8 weeks)

For more information: Call 519-661-5575 to register or inquire about Financial Assistance.

Local Contact: Heather Askes (Heather.Askes@sjhc.london.on.ca, ext 42940)

Gait and Brain Seminar - Special Topic with Prof. Tahir Masud, expert in falls and osteoporosis, and current president of the British Geriatrics Society, will be coming from the UK to present some of his research on “*Frailty, Falls and Fractures*”.

Location: Mental Health Auditorium

Date: April 29th

Time: 2:45pm – 4:00pm

33rd Annual Geriatric Medicine Refresher Day

Location: London Convention Centre, London, ON

Date: May 1, 2019

Time: 7:30AM – 4:00PM

Featured Presenters Teepa Snow and Dr. Peter Lin

Registration Open: www.sjhc.london.on.ca/grd

*SEE ATTACHED LOGIC MODEL FROM THE NEW PIR STRATEGIC PLAN!

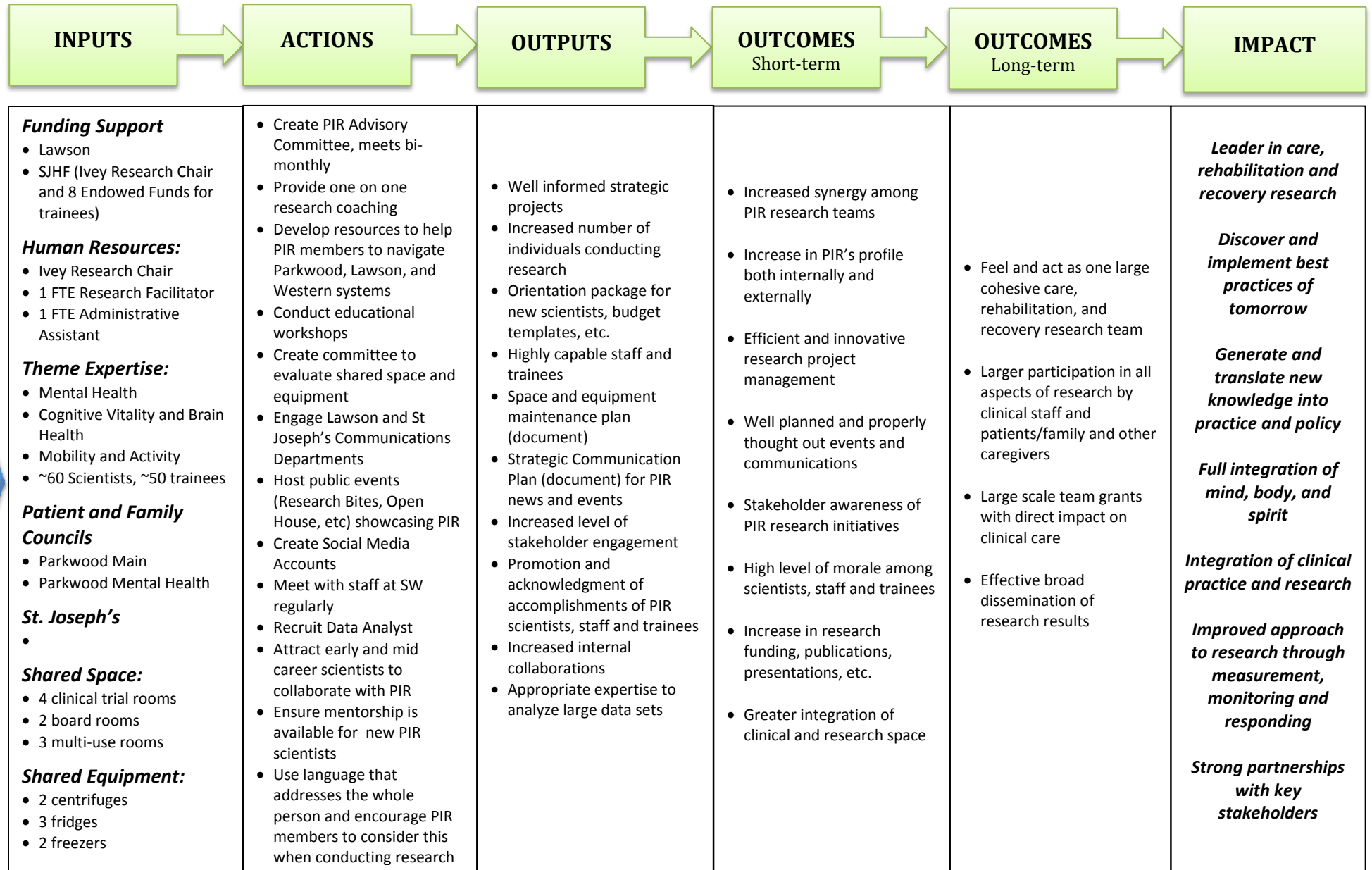
PARKWOOD INSTITUTE RESEARCH – STRATEGIC PLAN

Situation: Parkwood Institute Research (PIR) is undergoing strategic planning for the years 2018-2022. Parkwood Institute serves patients experiencing complex and chronic illnesses, in the areas of aging, mental health,

and physical medicine. The Institute supports all research being conducted at all 3 hospital sites.

Mission: Parkwood Institute provides care, rehabilitation and recovery to those with complex and chronic illnesses. The mission of PIR is to conduct research that makes a meaningful difference in the lives of those we serve. We strive to empower all individuals who are touched by our Institute and beyond. We will accomplish this by developing and evaluating innovative solutions which improve health in a way that intentionally integrates mind, body and spirit. Through strong partnerships and collaborations, we will achieve better health for all.

Vision: Parkwood Institute Research will measurably enhance lives by leading the discovery, evaluation and implementation of innovations in care, rehabilitation and recovery.



Internal Environment: Parkwood Institute Research (PIR) functions within a complex environment. Lawson Health Research Institute (Lawson) is the research institute of both London Hospitals (LHSC and St. Joseph's). It is Lawson's role to facilitate a collaborative environment of hospital-based innovation while supporting scientists in their quest to improve human health. All research conducted within the 3 sites of Parkwood Institute falls under the portfolio of PIR and thus, Lawson. Three research themes exist within PIR: 1) Cognitive Vitality and Brain Health, 2) Mobility and Activity, and 3) Mental Health.