

PIR Newsletter



A Message from the
Beryl and Richard
Ivey Research Chair
in Aging, Mental
Health,
Rehabilitation and
Recovery...

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Hello to each of you (from a social distance!),

As we have heard repeatedly, we are in unprecedented times. This pandemic has impacted every part of the work that we do across PIR. Without hesitation, everyone has managed to rise to the occasion, adapt to this new reality and continue doing essential research work to the greatest of ability. I must commend everyone for this. The reliability and adaptability that has been demonstrated is outstanding. This goes to show that those working in Research across PIR are poised to manage anything that is thrown our way! We have researchers that in the face of this situation who are looking for solutions to help us all get through this.

This quarterly newsletter is not a typical one, we simply want to update you on what has happened within PIR. We will return to our regular quarterly update post-COVID19.

To date, here are the changes that have been made:

- As much as possible, meetings have been moved to teleconference (either webex or ZOOM)
- Meetings that are not urgent, have been postponed until further notice. This will free up valuable time and resources for those who are managing matters related to COVID19
- PIR Research Day, originally scheduled for April 24th, has been postponed until the fall 2020 (date TBD)
- All educational events (Research Bites and workshops) have been cancelled. Scheduling (and re-scheduling) will reconvene after COVID19
- We are encouraged to monitor emails from our hospital and Lawson leadership to ensure we know the latest regarding our work space, access to the buildings and future plans. This will also include changes regarding research, modifications to ethics and other evolving matters.

Here are some helpful links to keep you healthy and informed also (don't forget to check back often and refresh the page to get the latest updates):

- [Lawson's intranet website](#)
- <https://intra.lhsc.on.ca/covid-19-novel-coronavirus>
- [St. Joseph's *COVID-19 UPDATE* - Local situation/perimeter screening/volunteers/cleaning and more](#)
- <https://www.uwo.ca/coronavirus/research.html>
- <https://www.healthunit.com/novel-coronavirus>

It is times like this as well that underline the importance of our main research theme areas: cognitive vitality & brain health, aging and mobility, and mental health. We need to consider issues such as these in our personal and well as professional contexts to help get through this situation. We need to keep active mentally and physically, and deal with the stress and anxiety brought on by dealing with the uncertainty and seriousness of the current situation.

I wish you all the best at this difficult time and encourage everyone to manage self-care, reach out when you feel isolated, try to support others who may need help and look to the future when we can return to our regular schedules and continue the great work we all do.

Cheryl Forchuk

WELCOME TO OUR NEW RESEARCH PERSONNEL!

Randy Upper is a Registered Social Worker with Ontario College of Social Workers and Social Service Workers. He has completed a Masters of Social Work from Wilfred Laurier University and a Bachelor of Arts in Psychology from Brock University. Randy has experience in providing psychoeducation and counseling to individuals with physical and cognitive disabilities. He is currently working as a Health Educator and Clinical Research Assistant in the RehabPsych Lab with Dr. Swati Mehta. Randy provides clinical support to persons with neurological conditions through the online mental health programs offered by RehabPsych Lab.



Dr. Canan Birimoglu Okuyan is currently a postdoctoral fellow at the Gait and Brain Laboratory through Lawson Research Institute and the University of Western Ontario and is supervised by Dr. Manuel Montero-Odasso. She is also an Assistant Professor in the Department of Public Health Nursing at Sakarya University of Applied Sciences, Turkey. She has studied at the Turku University of Applied Sciences in Turku/Finland during her doctoral (PhD) studies. Dr. Okuyan also worked as a visiting researcher at the Manchester Metropolitan University in Manchester, United Kingdom. She successfully obtained her PhD in the Department of Public Health Nursing, Gazi University. Dr. Okuyan has recently been awarded a Postdoctoral fellowship from TUBITAK. She is currently investigating the effects of exercise and mind-body movement therapy on falling and gait in older adults with Mild Cognitive Impairment (MCI). Overall, her research aims to examine the effectiveness of exercise programs such as Tai Chi Chuan on falls and gait parameters in individuals with MCI.

Renee Hunt is passionate and accomplished researcher whose interests have lived broadly in the realm of overall general health and well-being, with an emphasis on mental health especially as it relates to positive psychological practices and patterns of interpersonal behaviour. She was most recently with the MacDonald/Franklin OSI Research Centre as a Mitacs Elevate Program Postdoctoral Fellow, Western University. Renee graduated with her PhD in Social Psychology from Wilfrid Laurier PhD Social Psychology in 2018.



A VERY SPECIAL WELCOME TO YOU!

CONGRATULATIONS ON THESE NOTABLE ACCOMPLISHMENTS...



Certificate of Appreciation in Recognition and Appreciation of Contribution as a Symposium Speaker towards the Success of Congress. (Dec 4-7th, 2019). *1st World Congress on Falls and Postural Stability*, Kuala Lumpur Convention Centre, Malaysia.

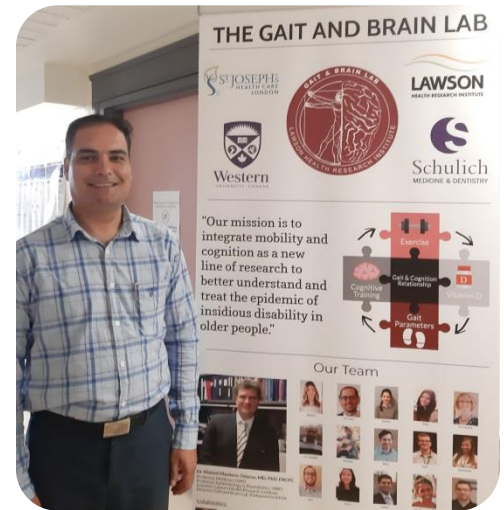
Certificate of Appreciation in Recognition and Appreciation of Contribution as a Session’s Chairperson towards the Success of Congress. (Dec 4-7th, 2019). *1st World Congress on Falls and Postural Stability*, Kuala Lumpur Convention Centre, Malaysia.

Dr. Negahban,

Visiting Scientist in the Gait and Brain Lab

Peer Reviewed Published Work Outside of the Lab

Ahmadi, P., Salehi, R., Mehravar, M., Goharpey, S., & **Negahban, H.** (2020). Comparing the effects of external focus of attention and continuous cognitive task on postural control in anterior cruciate ligament reconstructed athletes. *Neuroscience Letters*, 30(715), 134666.



Dr. Luxey Sirisegaram

Medical Resident in the Gait and Brain Lab

Congratulations to Dr. Sirisegaram on her acceptance to the Johns Hopkins Bloomberg School of Public Health’s MAS in Patient Safety and Healthcare Quality Program!

Nick Bray

Doctoral Candidate in the Gait and Brain Lab

Peer Reviewed Published Work Outside of the Lab

Bray, N. W., Jones, G. R., Rush, K. L., Jones, C. A., & Jakobi, J. M. (2019). Multi-component exercise with high-intensity, free-weight, functional resistance-training in pre-frail females: A quasi-experimental, pilot study. *Journal of Frailty & Aging*. In Press. JOFA-D-19-000055.



Shoushyant Kiarasi

Research Assistant in the Gait and Brain Lab

Congratulations to Soushyant Kiarasi on successfully obtaining a Master’s degree in Epidemiology and Biostatistics at Western University! Her thesis is entitled: *Multi-level Analysis of Geographical Inequalities on Ambulatory Care Sensitive Hospitalizations: A Pan-Canadian Study*.

GRANTS & RESEARCH FUNDING

Principle Investigators: Cheryl Forchuk
Study Title Preventing Discharge to No Fixed Address - Youth (NFA-Y)
Funding Agency: NCE/Making the Shift
Year: 2020-2024
Amount: \$397,798

Principal Investigator: Dr. Cheryl Forchuk
Co-Investigator: Dr. Richard Booth
Study Title: Process and Outcome Evaluation of the Community Homes for Opportunity (Phase II)
Year: 2019-2021
Amount: \$355,500

Principle Investigators:	Akshya Vasudev and Cindy M Hutnik
Study Title	Health Education versus Meditation in Age Related Vision Loss patients and their caregivers, a pilot randomized controlled trial
Funding Agency:	AMOSO innovation
Year:	2020-2021
Amount:	\$140,000
Principal Investigator:	Julie Gilvesy
Co-Investigators:	Dalton Wolfe
Study Title:	Parkwood Planning & Pacing App for Persons with Concussion – MyBrainPacer
Agency:	Cowan Insurance Group
Year:	2020
Amount:	\$40,000

PRESENTATIONS/INVITED LECTURES

JANUARY

Al-Farsi A, Acharya A, Cameron S, Cupido C, Fraser D, Garcia C, Nanji J, Kho M, Simpson A, Thabane L, Watts C, **Wolfe D**, Wong J, Xie F, Choong K. Liberation from PICU-acquired complications: A bi-center implementation study. (Society of Critical Care Medicine (SCCM) – 49th Critical Care Congress, Feb 16-19 2020, Orlando FL. Research Snapshot Theater: Quality and Patient Safety, Pediatric III.) Critical Care Medicine 2020 48(S1):592. 1230 doi: 10.1097/01.ccm.0000643840.41848.45

FEBRUARY

Bonn M, Marrocco S, Moran B, Wolfe D, Gilvesy J. Evaluating the usability of a mobile pacing and planning points program for individuals with persistent symptoms post-concussion/mild traumatic brain injury. J Head Trauma Rehabil. 2020 35(2): E242. <https://secureservercdn.net/166.62.115.136/6ac.f9b.myftpupload.com/wp-content/uploads/2020/02/Journal-of-Head-Trauma-Rehabilitation.-351.1-13-January-February-2020..pdf> DOI: 10.1097/HTR.0000000000000568

Bonn M, Dickey J, Moran B, McGuire S, Graham L. BrainEx90 improves goal performance and satisfaction in adults with persistent symptoms post-concussion/mild traumatic brain injury. J Head Trauma Rehabil. 2020 35(2): E241. <https://secureservercdn.net/166.62.115.136/6ac.f9b.myftpupload.com/wp-content/uploads/2020/02/Journal-of-Head-Trauma-Rehabilitation.-351.1-13-January-February-2020..pdf> DOI: 10.1097/HTR.0000000000000568

Mehta S. Managing Chronic Pain after Spinal Cord Injury: Cognitive Behaviour Therapy. *Spinal Cord Injury Ontario Peer Connections*. London, Ontario. February 10, 2020

PUBLICATIONS

Burt, J, R., Godin, J., Fillion, J., **Montero-Odasso, M.**, Rockwood, K., Andrew, M. K., & Camicioli, R. (2019). Frailty prevalence in the COMPASS-ND study of neurodegenerative disorders. *Canadian Geriatrics Journal*, 22(4), 205-212

Haddad, S. M. H., Scott, C. J. M., Ozzoude, M., Holmes, M. F., Arnott, S. R., Nanayakkara, N. D., Ramirez, J., Black, S. E., Dowlatshahi, D., Strother, S. C., Swartz, R. H., Symons, S., **Montero-Odasso, M.**, ONDRI Investigators, & Barta, R. (2019). Comparison of quality control methods for automated diffusion tensor imaging analysis pipelines. *PloS one*, *14*(120), e0226715.

Montero-Odasso, M., Ismail, Z., & Camicioli, R. (2020). Alzheimer disease, biomarkers, and clinical symptoms—quo vadis? *JAMA Neurology*, *77*(3):393–394. Doi:10.1001/jamaneurol.2019.4959

Patience, J., Lai, K. S. P., Russell, E., Vasudev, A., **Montero-Odasso, M.**, & Burhan, A. M. (2019). Relationship between mood, thinking and walking: A systematic review examining depressive symptoms, executive function, and gait. *The American Journal of Geriatric Psychiatry*, *27*(12), 1375-1383.

Pieruccini-Faria, F., Sarquis-Adamson, Y., Anton, I., Nogueron-Garcia, A., Bray, N. W., et al. (in press). Mapping associations between gait decline and falls risk in mild cognitive impairment. *Journal of the American Geriatrics Society*, JAGS-1264-CI-Aug-19. R1.

Wong, D., Samir, A., Fogarty, J., **Montero-Odasso, M.**, Pasternak, S. H., Brymer, C., Borrie, M. J., & Bartha, R. (2020). Reduced hippocampal glutamate and posterior cingulate n-acetyl aspartate in mild cognitive impairment and Alzheimer's disease is associated with episodic memory performance and white matter integrity in the cingulum: A pilot study. *Journal of Alzheimer's Disease*, *73*(4), 1385-1405. Doi: 10.3233/JAD-190773.

Zhu, L., Duval, C., Boissy, P., **Montero-Odasso, M.**, Zou, G., Jog, M., & Speechley, M. (2020). Comparing GPS-based community mobility measures with self-report assessment in older adults with Parkinson's disease. *The Journals of Gerontology, Series A*, glaa012.

Peckham SB, Ionson E, Nassim M, Ojha K, Palaniyappan L, Gati J, Thebérge J, Lazosky A, Speechley M, Barušs I, Rej S, **Vasudev A.** 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. *Trials*, 2019 Oct 24; *20* (1): 605, **Senior Responsible Author**, DOI: 10.1186/s13063-019-3682-z.

Orr L, Houghton P, Holyoke P, **Lala D.** A quasi-experimental evaluation of an education program for the use of electrical stimulation therapy to heal pressure injuries. *Wound Management & Prevention*. 2020 *66*(1):14-23. doi: 10.25270/wmp.2020.1.1423

McIntyre A, **Marrocco SL**, McRae SA, Sleeth L, Hitzig S, Jaglal S, Linassi G, Munce S, **Wolfe DL.** A scoping review of self-management interventions following spinal cord injury. *Top Spinal Cord Inj Rehabil*. 2020 *26*(1):36-63. doi: 10.1310/sci2601-36

Hadjistavropoulos H, Peynenburg V, **Mehta S**, Adlam K, Nugent M, Gullickson KM, Titov N, Dear B. An Internet-Delivered Cognitive Behavioral Therapy for Depression and Anxiety Among Clients Referred and Funded by Insurance Companies Compared With Those Who Are Publicly Funded: Longitudinal Observational Study. *Journal of Medical Internet Research Mental Health* 2020;*7*(2):e16005. DOI: 10.2196/16005

Peynenburg V, **Mehta S**, Hadjistavropoulos H. Postsecondary student perceptions and preferences for the treatment of depression and anxiety: Comparison of internet-delivered cognitive behaviour therapy to face-to-face cognitive behaviour therapy and medication. *Canadian Journal of Behavioural Science*. 2019. <https://doi.org/10.1037/cbs0000165>.

Povolo C, Blair M, **Mehta S**, Rosehart H, Morrow SA. Predictors of Vocational Status Among Persons with Multiple Sclerosis. *Multiple Sclerosis and Related Disorders*. 2019(36): 101411. doi.org/10.101j.msard.2019.101411

EVENTS & CONFERENCES



(left) Dr. Montero-Odasso was the **Plenary Speaker** at the *World Congress on Falls and Postural Stability* in Kuala Lumpur.

Montero-Odasso, M. Evidence, assumptions, and emerging treatment for falls prevention. *World Congress on Falls and Postural Stability*, Kuala Lumpur, Malaysia, December 5, 2019.

Montero-Odasso, M. Cognitive enhancers to reduce falls, what is the evidence? (Dec 6th, 2019). Oral presentation at *The British Geriatrics Society's World Congress on Falls and Postural Stability*, Kuala Lumpur, Malaysia.

Montero-Odasso, M. Evidence, assumptions, and emerging treatments for falls prevention (Dec 7th, 2019). Plenary speaker at *The British Geriatrics Society's World Congress on Falls and Postural Stability*, Kuala Lumpur, Malaysia.

Montero-Odasso, M. Frailty and sarcopenia. (Dec 5th, 2019). Oral presentation at *The British Geriatrics Society's World Congress on Falls and Postural Stability*, Kuala Lumpur, Malaysia.

Our next Discovery Day presentation for eager students entitled *Walking the walk: What does the brain have to do with it?* will be held on May 1st, 2020!



Save the date for the next installment of our annual seminar series: **The 14th Annual Gait and Brain Seminar** will be hosted at the Mental Health Auditorium (Parkwood Institute, London ON). Date TBD. Details will be provided on our lab website <https://gaitandbrain.com/>

Interested in Participating in our Research or Know Someone Who Might Be?

See our recruitment poster to the left and get in touch with us anytime 😊



The poster features logos for St. Joseph's Health Care, Lawson Health Research Institute, and Western University. It contains two pink boxes with questions: 'Have you had changes in your memory?' and 'Are you feeling forgetful?'. Below these are three bullet points with a brain icon: 'Are you 60 years old or older?', 'Do you have trouble remembering things?', and 'Do not have Alzheimer's Disease?'. A central question asks 'Would you like to be part of a research study?'. Two photos show participants in a lab setting. Contact information for Dr. Montero-Odasso is provided, including a phone number and website. A disclaimer states that callers will be asked about memory and health, and eligible individuals will be invited to the Gait & Brain Lab at Parkwood Institute. The Principal Investigator is identified as Dr. Montero-Odasso, Geriatric Medicine, LHSC.

Have you had changes in your memory?

Are you feeling forgetful?

 ✓ **Are you 60 years old or older?**
✓ **Do you have trouble remembering things?**
✓ **Do not have Alzheimer's Disease?**

Would you like to be part of a research study?

Dr. Montero-Odasso invites you to take part in a physical exercise study that may help to improve your memory and mobility.

**For more information, contact
(519) 685 4292 ext. 42179
GaitAndBrain.com**

When you call in, you will be asked questions about your memory and general health. If eligible, you will be invited to visit the Gait & Brain Lab at Parkwood Institute.

Principal Investigator: Dr. Montero-Odasso, Geriatric Medicine, LHSC