

St. Mary's Research Centre

JANUARY 2022



FROM THE SCIENTIFIC DIRECTOR



Dear members of the SMRC community,

I'd like to wish you a very happy 2022. Unfortunately, the start of the new year doesn't correspond to what we had in mind.

I would like to thank everyone for having rapidly shifted again to fully remote work in the last days of December.

The difficult decision to restrict physical access to the Research Centre was taken in collaboration with the Groupe d'action locale St-Mary's (GAL St-Mary's), as we are located in a clinical service delivery area. I also want to express my gratitude to the cancer clinical trials group, for having rapidly adapted to ensure that essential clinical trials with no other therapeutic alternative remain open for cancer patients at St-Mary's. Chronic disruptions that have occurred during the past 21 months have certainly tested our patience.

At the same time, I'm impressed at the resilience that our research professionals have shown and their creativity at developing new ways of ensuring that research work continues. In parallel to the task force on remote work, in the coming months, we'll have the opportunity to learn from your experiences as we reflect on how the work of research should be organized moving forward.

In this issue, you'll get a behind-the-scenes view of PanDirect, a research project testing the effectiveness of self-care interventions in the management of depression and anxiety. You'll be impressed by reading that in the context of this study, one of our research professionals, Cindy Ibberson, personally called over 200 patients during the first and second waves of the pandemic, thereby breaking the isolation of these vulnerable persons.

You'll also get to read about the growing orthopaedic research program. Orthopaedics at St-Mary's has undergone significant growth, with the recruitment of a number of new surgeons. With an investment from the St-Mary's Hospital Foundation, Orthopaedics is now putting in place the key elements to support a robust research agenda on minimally invasive surgical techniques, innovative ways of streamlining care and optimal teaching strategies to increase uptake of novel technical approaches. This research program, along with the long-standing fellowships in hip & knee arthroplasty and orthopedic sports medicine and arthroscopy will ensure that St-Mary's remains a recognized leader in the field.

Stay safe, stay strong.
Ari Meguerditchian

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RESEARCH PROGRAM HIGHLIGHTS: ORTHOPAEDIC

The orthopaedic research program at St. Mary's Hospital is focused around 3 pillars of surgical expertise.

- 1- Hip and Knee Arthroplasty, lead by Dr. Anthony Albers,
- 2- Orthopaedic Sports Medicine and Upper Extremity Surgery, lead by Dr. Moreno Morelli
- 3- Management of Hip Fractures, lead by Dr. Jennifer Mutch.

The research team is supported by Sandhya Baskaran, their research coordinator, since March 2021. Their program has multiple ongoing projects, including multicenter collaborations with Sacré-Coeur Hospital, Montreal General Hospital, Verdun Hospital and the Jewish General Hospital. The full scope of their research program can be seen on their website: www.mtlortho.com.

Most recently, the team continues to develop its robotic-assisted surgery program. The ROSA Knee system to improve patient function and satisfaction is now up and running. This system allows a more accurate and reproducible surgical technique than conventional instrumentation, thus providing state of the art technology for St-Mary's patients.

In addition to improving patient care, they are in the final steps towards implementation of their REDCap research database, which will allow prospective data collection on patients undergoing orthopaedic surgery at SMH. This will further support their growing research agenda covering cutting edge clinical applications and innovative fellowship/resident training.



Dr. Albers preparing for surgery using the ROSA knee system

Dr. Paul Kooner, Dr. Anthony Albers and Dr. Ronald Dimentberg will test in a pilot study the reliability and validity of wearable activity monitors after a total knee arthroplasty. Funding by the Albert Butler Award (November 2021 - April 2022).

THEMES	OVERALL RESEARCH OBJECTIVES	ACTIVE PROJECTS
Total Hip & Knee Arthroplasty	1. Improve outcomes by reducing infection rates, decreasing the length of stay in hospital, speeding up early recovery and improving pain control.	3 Research Studies 2 Journal Submissions
Hip Fracture	1. Optimize surgical outcomes and preventing complications such as delirium and pressure sores, which are major causes of morbidity after hip fracture surgery. 2. Create enhanced recovery pathways in the geriatric population in order to improve outcomes, reduce complications and decrease time spent in hospital.	2 Projects – 1 Research Study, 1 Protocol for Hip Fractures

RESEARCH PROGRAM HIGHLIGHTS: ORTHOPAEDIC

THEMES	OVERALL RESEARCH OBJECTIVES	ACTIVE PROJECTS
Sport Medicine	<p>1. Improve patient outcomes following open and arthroscopic shoulder surgery, perioperative pain management following shoulder surgery, accuracy of soft tissue imaging and injury prevention in sports.</p> <p>2. Look at methods to improve post-operative pain control as well as to develop effective and efficient minimally-invasive options for hand and wrist surgery using ultrasound technology</p>	<p>2 Research Studies</p> <p>3 projects pending start</p>
Day Surgery Total Joint - Knee, Hip	<p>Improve outcomes for eligible patients by decreasing the length of stay in hospital, speeding up early recovery and improving pain control.</p>	<p>Same day surgery for Eligible patients since June 2020 - Ongoing</p>

RESEARCHER PORTRAIT : DR. ANTHONY ALBERS



Dr. Albers completed his medical school and orthopaedic residency training at McGill University, followed by subspecialty training in adult hip and knee reconstruction at the University of British Columbia. He holds a position of assistant professor of surgery at McGill University and is actively involved in teaching medical students, residents and fellows. He is also the current director of Orthopaedic Research at St-Mary's Hospital.

Dr. Albers has received numerous teaching awards including the McGill Division of Orthopaedic Surgery Educator of the Year for 2018 and the Harvey H. Sigman Undergraduate Teaching Excellence Award in 2020. His clinical focus includes all facets of hip and knee arthroplasty, of which he performs 250-300 per year, including partial knee replacements and complex revision surgeries. He strives to deliver optimized care in a bilingual environment, leading his patients to the best possible functional outcomes.

BEHIND THE SCENE OF PANDIRECT

The March and October 2021 newsletters included articles on the PanDirect project led by Dr. Mark Yaffe. PanDirect is one of 15 projects funded by the College of Family Physicians of Canada through the Co-RIG program. Dr. Yaffe's project aims to evaluate the effectiveness of an adapted self-care toolkit for the management of depression and anxiety symptoms in older adults with chronic conditions. In this issue, we wish to highlight the work accomplished behind the scene by the research staff.

Manon de Raad, Project coordinator. Manon supported the researchers with the grant application, and finalized the study protocol and data collection procedures once the study was funded. She meets regularly with project team members to ensure the work stays on budget and timeline.

Cindy Ibberson, Recruitment coordinator. Cindy raised very early on in the pandemic the idea and need to reconnect with vulnerable patients who had previously participated in SMRC studies. She imparted her knowledge about patient contact and recruitment and took time to telephone each of the 200 individuals the team aimed to reach.

Vanessa Gibbs, Research assistant. Vanessa was able to build on her experience and gain skills and confidence with patient contact and recruitment. Being previously involved with recruitment and follow-up of the sample we recontact, Vanessa was able to reconnect with some of the individuals she had previously spoken to, before the pandemic.

Alexandra Barnabé, coach trainer. Alexandra recruited, trained and supervised an outstanding team of coaches who were providing additional telephone support to the study participants who were using the PanDirect toolkits. She helped to adapt the tools to this particular population and, through her experience as a therapist, was able to follow-up with patients who needed additional support.

Find out more

[Enhancing Mental Health Supports During COVID-19: Evaluating self-care tools for older adults Summary](#)

[Montreal research team delivers mental health toolkits to vulnerable older adults Article](#)

[Advancing Family Medicine During the Pandemic: Co-RIG Phase I Enhancing Mental Health p.16](#)

panDIRECT



“ONE ISSUE WAS THAT SOME PATIENTS THEMSELVES WERE RELUCTANT TO REACH OUT TO DOCTORS BECAUSE THEY PRESUMED HOW BUSY OR POORLY ACCESSIBLE PHYSICIANS WOULD BE — THEY DIDN'T WANT TO BOTHER THEM,” SAID FAMILY PHYSICIAN DR. MARK YAFFE. “WE THOUGHT THE MENTAL HEALTH ISSUES OF OLDER ADULTS WITH CHRONIC ILLNESSES MIGHT GO UNATTENDED TO.”



[Montreal research team delivers mental health toolkits to vulnerable older adults](#), Boldly, April 19, 2021

NEW WEBSITE FOR THE SMRC

In December 2021, the SMRC website was migrated to our CIUSSS under the Contact & Location tab. You will find the clinical tools, publications, the C.A.R.E Competition and a wealth of information. The site will be under construction for the next few months.

Many thanks to the CIUSSS Communication Team, Pierre Dubois, Brigitte Beaudet and Nancy Latour whose guidance, ideas and thorough involvement helped Manon de Raad, Gina Costanzo and Isabelle Crépeau of SMRC in this endeavor.

Over time, many of the sections will be enhanced and new pages will be added, including researcher profiles and traineeship opportunities.

<https://ciusss-ouestmtl.gouv.qc.ca/en/contact-location/st-mary-s-research-centre/>

THE WAY FORWARD: THE HERITAGE PROJECT

The Heritage Project is finalizing its first phase: interviews. If you would like to contribute your view on the evolution of the SMRC or the History of Research at St.Mary's Hospital, please email us. We want to hear from you! e

COMING UP! LUNCH & LEARN WITH NINA MORENA PHD(C)

Knowledge making and online literacies of young people with metastatic breast cancer

Despite breast cancer's prominent public profile, metastatic disease is often excluded from dominant narratives of screening, treatment, and survivorship. Nina's research will examine the knowledge work people with metastatic breast cancer do on social media, and the forms of information activism and digital literacy about breast cancer they produce in the process.

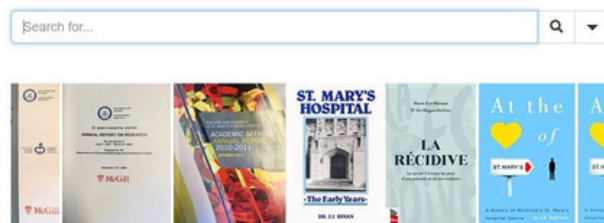
Nina Morena is a PhD student in Communication Studies. Her doctoral research explores the ways in which breast cancer patients seek and share health information on social media and how this impacts their disease management.

February 3, 2022, 12-1pm
<https://us02web.zoom.us/j/409644888>

SMRC LIBRARY AND ITS FIRST ONLINE CATALOGUE

SMRC library

Welcome to the library.



Most of the books, reports and other documents located in the conference room belong to the St. Mary's Hospital Center library. After consultation with scientists, unused will be returned to the library, others will be kept or weeded.

A new SMRC library includes :

- books on SMRC
- books published by our scientists,
- annual reports,
- newspaper articles
- interviews

An online catalog is available www.librarycat.org/lib/SMRC
Paper format documents can be borrowed.

For more information, please contact isabelle.crepeau.chsm@ssss.gouv.qc.ca

24TH WORLD CONFERENCE ON HEALTH PROMOTION – CALL FOR ABSTRACTS

The theme for the 2022 edition of this conference is [Promoting policies for health, well-being and equity](#). The conference is in Montréal, from May 15 to 19, both in person and online. You have until January 24 to submit abstracts to the Scientific Committee on the latest policy and research issues.

RECENTLY PUBLISHED

Gravel P. [La nouvelle réalité du cancer](#). *Le Devoir*, 28 décembre. 2021.

Tejera D, Rana M, Basik M, Boileau JF, Margolese R, Prakash I, **Meguerditchian AN**, Muanza T, Monette J, Wong SM. [Population-based analysis of non-operative management and treatment patterns in older women with estrogen receptor-positive breast cancer](#). *Breast Cancer Res Treat*. 2021 Dec;190(3):491-501 <https://pubmed.ncbi.nlm.nih.gov/34542772/>

Malagon T, Yong JHE, Tope P, Miller WH, Jr., Franco EL, **McGill Task Force on the Impact of Covid on Cancer Control**. [Predicted long-term impact of COVID-19 pandemic-related care delays on cancer mortality in Canada](#). *Int J Cancer*. 2021. DOI: 10.1002/ijc.33884

Nguyen D, Jamjoum G, Meguerditchian AN. [Fertility preservation in young breast cancer patients: A population-based study](#). *Journal of Clinical Oncology*. Suppl. 90, 2021. [Abstract]

Academic output in January at SMRC

Manuscripts under review

5

ONCOLOGY CLINICAL TRIALS

Lung cancer

A phase 3 study of Pembrolizumab (MK-3475) in combination with concurrent chemoradiation therapy followed by Pembrolizumab with or without Olaparib vs concurrent chemoradiation therapy followed by Durvalumab in participants with unresectable, locally advanced, stage III non-small cell lung cancer (NSCLC). [MK 7339-012]

A randomized, double-blind, placebo-controlled phase 3 study of Pembrolizumab (MK-3475) in combination with concurrent chemoradiation therapy followed by Pembrolizumab with or without Olaparib (MK-7339), compared to oncurrent chemoradiation therapy alone in participants with newly diagnosed treatment-naïve limited-stage small cell lung cancer (LS-SCLC). [MK 7339-013]

A phase 2 precision oncology study of biomarker-directed, Pembrolizumab- (MK-3475, SCH 900457) based combination therapy for advanced non-Small cell lung cancer (KEYNOTE-495; KeyImPaCT). [MK-3475-495]

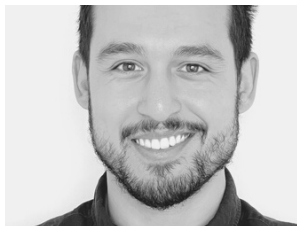
Bladder cancer

A Phase 3, randomized, study of neoadjuvant chemotherapy alone versus neoadjuvant, chemotherapy plus Nivolumab or Nivolumab and BMS-986205, followed by continued post- surgery therapy with Nivolumab and BMS-986205 in participants with muscle-invasive bladder cancer. [CA017-078]

Contact information : research.stmary@ssss.gouv.qc.ca



Mohamed Amine Senhaji MSc, joins the team of Dr. Adrian Langleben as Clinical Research Coordinator bringing 7 years of experience in scientific and clinical research. Mohamed holds a Master's degree in clinical pharmacology (University of Montreal). In the Oncology Research team, he is responsible for data collection, coordination and regulation while providing support to researchers, research teams and other stakeholders. [LinkedIn profile](#)



Daniel da Costa BSc, joins Dr. Anaert's team as Research Assistant. Daniel is working on a project about implementation of Integrated Telehealth for COPD Patients as well as a project about the Nursing Student's Experience of Knowledge Acquisition about Digital Health. His responsibilities for the first include open coding of interview transcripts and analysis of qualitative data, and collaboratively writing the manuscripts. For the second project, Daniel will be involved in literature review, writing of proposals, recruitment, interviews, data analysis, writing research reports and manuscripts. He is currently a graduate student at the McGill University Ingram School of Nursing (ISoN). [LinkedIn profile](#)



Fatima Bouharaoui MSc, is back to the SRMS statistical team. From 2010 to 2019, Fatima worked as a senior statistician alongside Eric Belzile. She performs statistical analyzes for different types of projects, especially Item response theory and structural equation modeling. Fatima holds master's degree in mathematics with a specialization in Statistics (UQAM). [LinkedIn profile](#)

FUNDING OPPORTUNITIES

[C.A.R.E. Grants](#)

[Project Grants Spring 2022 - CIHR](#)

[Research in Clinical Assessment](#)

[Application Portal](#)

February 15, 2022

February 9, 2022

February 1st, 2022

January 31st, 2022

letter of intent

letter of intent

full application

full application

April 29, 2022

March 3, 2022

full application

full application

