

Centre de recherche de St. Mary

St. Mary's Research Centre

Mai / May 2021



Dear colleagues and members of the SMRC community,

May 3-9 is mental health awareness week. This edition of the newsletter showcases two research projects focusing on this important topic. Dr Schwarz from the Department of Obstetrics demonstrates the impact of lay coaches ensuring that new mothers maximize access to resources when struggling with post-partum depression and anxiety. Dr Lachance from the Department

Psychiatry describes an intervention to improve the support offered to patients with a schizophrenia spectrum disorder by expanding access nutritional counselling.

With the stress, uncertainty and social isolation brought about by the pandemic, never has it been more important to talk about mental health. As we enter the final stretch of the pandemic and start to contemplate life after COVID-19, I encourage you to think about its impact on your psychosocial wellness. It is important to talk about the not-so-obvious side effects of this virus on all of us. Please don't hesitate to reach out if you need help. The hospital website and employee wellness program have a number of resources that may be useful.

May also brings us National Nurses' Week (May 10-16). The pandemic has put the spotlight on the critical work that nurses do every day, often in very difficult circumstances. St-Mary's Research Centre has forged many productive research partnerships with nurses in developing innovative ways to ensure better, safer care. On behalf of the research community at St-Mary's, I'd like to thank my colleagues in Nursing for their tireless efforts in improving patients' health.

Ari Meguerditchian
Scientific Director, SMRC

Post-partum anxiety & depression care: MPower



Post-partum anxiety and depression is very common and sometimes access to treatment can be difficult. The MPower pilot randomized trial is investigating the feasibility of identifying women who are suffering from depression and/or anxiety within the first few months of delivery and offering them access to an online resource, the “Healthy Moms” website. Half of the women in the study have access only to the website, and the other half have access to the website and receive calls from a lay-coach to support them in their use of the website.

Preliminary results show that women who received calls from a coach were much more likely to use the website. The final results will be available by the fall of 2021. This research is especially pertinent given that the pandemic has highlighted the importance of telemedicine. The target of this research is to be able to provide a first step to receive care to as many women as possible in the post-partum period who are affected by anxiety and/or depression.

Dr. Hannah Schwartz completed her residency in psychiatry at McGill University and a fellowship in perinatal and early childhood psychiatry at Université de Montréal. Dr. Schwartz’s clinical activity includes consultative and liaison activity to the Department of Obstetrics, which comprises a Perinatal Mental Health clinic.

Schwartz H, McCusker J, Law S, Zolkowitz P, Somera J, Singh S. [Perinatal Mental Healthcare Needs Among Women at a Community Hospital](#). *J Obstet Gynaecol Can*. 2021;43(3):322-8.

First-line nutritional counselling for patients with severe mental illness



In recent years, **Dr. Laura LaChance** and her team have published a series of review articles about the impact of nutrition interventions on mental health patients with schizophrenia spectrum disorders. As part of the knowledge translation plan, the team developed a worksheet and accompanying clinic guide designed to promote nutritional counselling as part of mental health care for this patient population. The goal was to provide evidence-based background information and practical tips such that any member of the health care team could provide basic nutritional counselling to patients with severe mental illness without the requirement of specific training in nutrition.

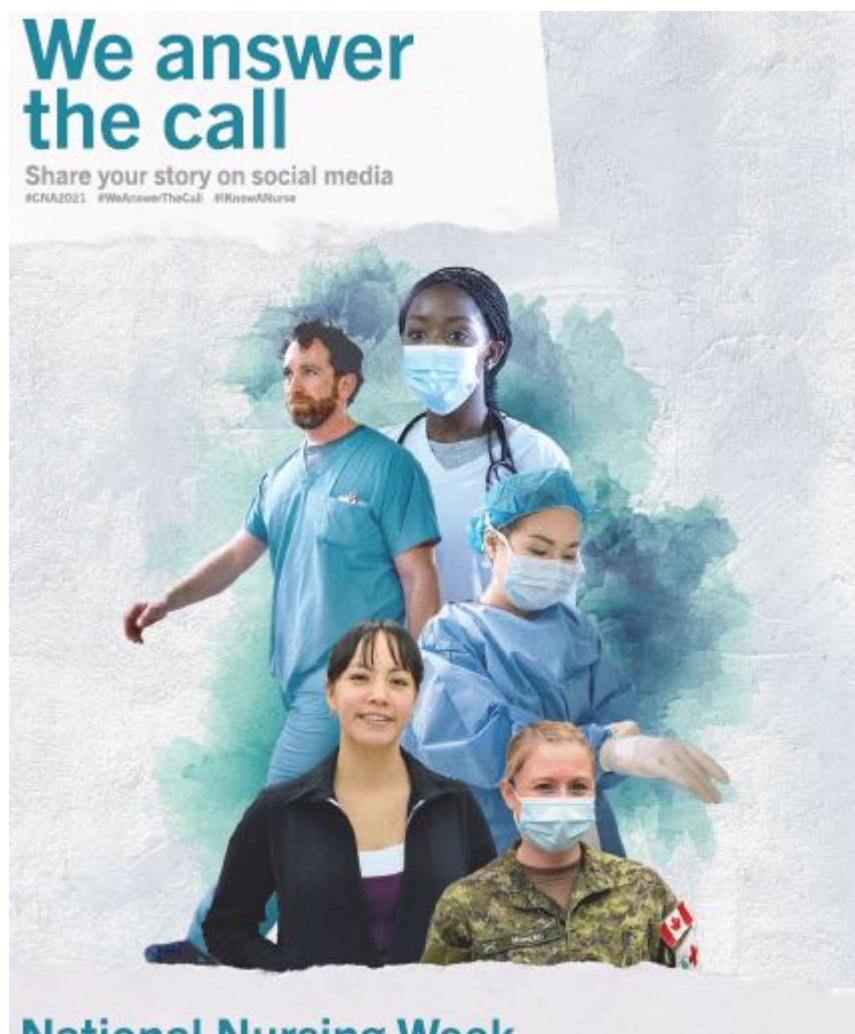
The clinical tool was evaluated by focus groups and individual interviews with patient and clinic participants. Both qualitative and quantitative data was collected and incorporated into the final version of the tool. Following publication to an open-access peer-reviewed journal, our worksheet and clinic guide will be available to anyone looking to introduce some nutritional counselling into care for patients with severe mental illness.

This first-line dietary intervention is not meant to replace the important role of dietitians but to increase

access to nutritional intervention for a population where the uptake of nutritional counselling has typically been very low. Nutritional interventions have the potential to improve both physical and mental health in this population at high risk of physical comorbidity and mental health disability.

Laura Lachance is a psychiatrist at St. Mary's Hospital in Montreal and a clinician-researcher at McGill University in the Department of Psychiatry. She completed her residency training in psychiatry at University of Toronto in 2017 and completed a research fellowship in the Social Aetiology of Mental Illness (SAMI) at the Centre for Addiction and Mental Health (CAMH). Dr. LaChance has participated in research within the field of nutritional psychiatry since 2014. Her research interests include understanding the mental health impact of nutritional interventions as well as exploring service delivery models to improve the physical health of patients with severe mental illness by targeting health behaviours.

LaChance LR, Ramsey D. [Antidepressant foods: An evidence-based nutrient profiling system for depression.](#) *World J Psychiatry*. 2018 Sep 20;8(3):97-104.





To all the nurses on 4th main at SMHC

Thank you very much for all your help and support during the recruitment for the Perinatal Mental Health Studies (both phase 1 and 2). We really appreciate your time and efforts. Special thanks to Woodeline Dorlean for supporting the project even during the first wave of the pandemic.

Thank you once again! *Sandhya Baskaran, Research Co-ordinator*

To all of the nurses helping to implement e-IMPAQc

As an important link between patients and their health care teams, nurses are vital to patient-reported outcome (PRO) programs, both during the patient reporting process and in responding to patients' needs. Throughout the development of e-IMPAQc, nurses at our 6 sites have provided important feedback to ensure the success of our PRO program.

During National Nursing Week and throughout the year, the e-IMPAQc team extends our gratitude to all of the nurses who are helping to implement e-IMPAQc and providing exceptional care for patients. e-IMPAQc's educational material is available to support nurses in helping patients manage their symptoms on our website at <https://e-impaqc.com/managing-symptoms/> *Lisa Starr, Program Coordinator*

8 Main, 5 North and 5 South units

On the behalf of the St-Mary's Research Centre, a big thank you to all the nurses working on the Main, 5 North and 5 South units. You were all such great help with implementing and recruiting for the PCAP project. Also, thank you for everything that you are doing during the pandemic! You are amazing! *Vanessa Gibbs, Research Assistant*

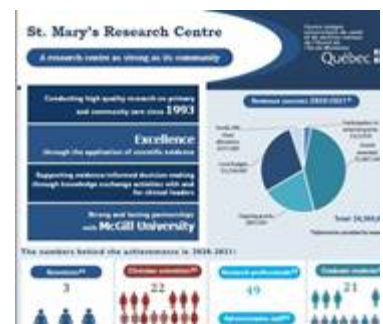
Let's celebrate Nursing!

Nurses have gone beyond the call of duty this year #Nousrépondonsàl'appel. We are more than just patient care. We are care backed by research and grit. So proud to be a nurse in a time where the profession is evolving at rapid pace. Let's celebrate Nursing! *Gina Costanzo, Assistant to the Scientific Director*

Quick news & links

Blue Report

SMRC annual report was released April 15, 2021. 2020 has been a difficult year, full of challenges. Despite these circumstances, SMRC was able to increase its number of publications and maintain the total amount of funding received. To receive a copy, please contact research.stmaty@ssss.gouv.qc.ca





PanDirect

Dr. Mark Yaffe and Research Coordinator **Manon de Raad** have been contacted by the communications specialists at both the Foundation of the Canadian Medical Association and the Foundation for Advancing Family Medicine (PanDirect funding partners). Montreal research team delivers mental health toolkits to vulnerable older adults was released April 19, 2021:

Maintaining mental health has been a challenge for many people during this pandemic. But for older adults with chronic illnesses, the challenge has been magnified.

“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,” says family physician Dr. Mark Yaffe. “We thought the mental health issues of older adults with chronic illnesses might go unattended to.” [continue reading](#)

TEMPO

Dr. Sylvie Lambert spoke at the Prostate Cancer Support Group Montreal West Island's monthly meeting on Thursday April 22nd. She discussed the coping strategies found most helpful by caregivers who have participated in her research. Dr Lambert will provide the group with a kit of resources to support family and friends in their role.

Khandideh Williams receives two prestigious awards



MSc student, Khandideh Williams, was awarded a Canadian Institutes of Health Research (CIHR) – Frederick Banting and Charles Best Canada Graduate Scholarship (CGS-M) and accepted as a McGill Global Health Scholar, where she will be supported by the Soe-Lin-Hecht Global Health Graduate Award. Both highly competitive grants and will support her thesis research progress. Khandideh was supported last year by the St. Mary Research Chair in Family & Community Medicine and is supervised by Dr. Alayne Adams and co-supervised by Dr. Jeannie Haggerty. She was a research assistant in the project we did on telemedicine accessibility within socially vulnerable populations in Côte-des-Neiges.

Khandideh holds a Bachelor’s degree in Microbiology and Immunology from McGill University. Her research interests include social epidemiology, equitable healthcare access and health outcomes, and healthcare policy. As such, her Master's thesis focuses on healthcare equity within African, Caribbean and Black communities in Montreal. It is a qualitative study exploring how race influences primary healthcare accessibility during the COVID-19 pandemic, using an intersectionality lens.

Khandideh's project: [A qualitative study exploring the relationship between race and primary healthcare accessibility within socially vulnerable populations in Montreal](#)

To learn more about Khandideh : <https://www.mcgill.ca/channels/channels/news/msc-student->

Scientists outside the walls

Canadian Society of Surgical Oncology



Nguyen D, Jamjoum G, **Meguerditchian AN**. Fertility preservation in young breast cancer patients: A population-based study. Presented at the Canadian Society of Surgical Oncology (CSSO), Toronto, ON, May 6, 2021. [virtual]

Canadian Association for Health Services and Policy Research



CAHSR
Canadian Association for Health
Services and Policy Research

Lambert SD, Ould Brahim L, Belzile E, Laizner AM, Folch N, **Rosenberg** Maheu C, Ciofani L, Dubois S, G  linas-Phaneuf E, Drouin S, Leung Tremblay S, **Clayberg K, Ciampi A**. The effect of culturally- adapted health education interventions among culturally and linguistically diverse (CALD) patients with a chronic illness: A meta-analysis & descriptive systematic review. Presented at the Canadian Association for Health Services and Policy Research (CAHSR) Conference, May 19-21, 2021. [virtual]



CAHSR
Canadian Association for Health
Services and Policy Research

Ould Brahim L, Lambert S, Feeley N, Coumoundouros C, Schaffler **McCusker J**, Moodie E, Kayser J, Kolne K, **Belzile E**, Genest C. A systematic review and meta-analysis of the effects of self-management interventions on depressive symptoms in adults with chronic physical disease(s) experiencing depressive symptomatology. On-demand presentation at the 2021 Annual Canadian Association for Health Services and Policy Research (CAHSR) Conference: Hindsight, insight and foresight, May 19-21, 2021. [virtual]

Recently published

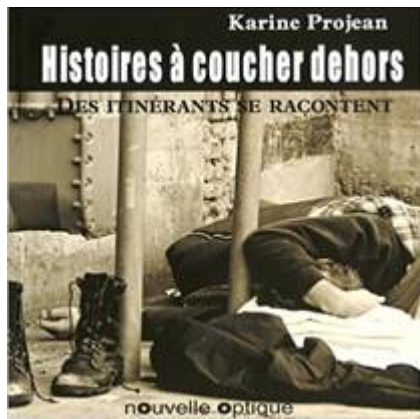


Kurteva S, Tamblyn R, Khosrow-Khavar F, **Meguerditchian AN**. [Postoperative duration of opioid use and acute healthcare services use in cancer patients hospitalized for thoracic surgery](#). *J Surg Oncol*. 2021. DOI: 10.1002/jso.26504



Lambert S, McCusker J, Belzile E, Yaffe M, Ihejirika C, Richardson et al. [Using confirmatory factor analysis and Rasch analysis to examine the dimensionality of The Patient Assessment of Care for Chronic Illness Care \(PACIC\)](#). *Qual Life Res*. 2021;30(5):1503-12.

Librarian's Corner



Karine Projean, Research Assistant on e-IMPAQc project (development of a mobile application for caregivers), published 2008 book *Histoires à coucher dehors; des itinérants se racontent* about homelessness in Montreal. Her work was inspired by interest in homelessness advocacy and journalism. She continued working with this vulnerable population, completing master's degree which focused on a [psychological support intervention for men experiencing homelessness in Montreal](#).

Histoires à coucher dehors : des itinérants se racontent / Karine Projean. Rosemère : Nouvelle optique, 2009, 135p.

MAY HAPPENINGS

Lunch & Learn ~ May 6 2021

<https://us02web.zoom.us/j/409644888>

Adaptation of a dyadic depression intervention for adults with chronic diseases and co-occurring depression and their caregivers

Lydia Ould Brahim Phd (C)

Lunch & Learn ~ May 27 2021

Ethical and legal aspects of data/biobanking

Anne-Marie Tassé

Wellness Talk ~ May 6, 2021

Liftsession.com

Mindfulness and mobility

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May Newsletter

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