

Centre de recherche de St. Mary

St. Mary's Research Centre

Avril / April 2021



Dear colleagues and members of the SMRC community,

The April edition of the newsletter brings to you a few examples of innovative scientific work focusing on the needs of vulnerable populations that is being done by St-Mary's researchers. Patients marginalized by linguistic or cultural barriers, limited access to technology or financial resources remain at high risk for suboptimal health, a reality made even more acute by the COVID-19 pandemic. The development of interventions that optimize health education and increase access to care through the involvement of community volunteers can potentially break down barriers to better health. True to St-Mary's values and proximity to those that need the most help, our researchers are at the forefront of these initiatives.

With the arrival of spring we also welcome Ms Gina Costanzo as the SMRC's new Manager. With close to 20 years of leadership experience in academic health care, Gina is ideally placed to help us move forward with the next phase of growth for the Research Centre. In the coming weeks, a number of projects geared at optimizing support to research productivity will be launched, allowing us to increase our scientific activity. Stay tuned and stay safe!

Ari Meguerditchian
Scientific Director, SMRC

Welcoming Gina Costenzo as new Manager



As of April 12, 2021, Gina Costanzo will join SMRC as Manager at St-I Research Centre. Ms Costanzo's career spans almost two decades with Mary's Hospital, where she has occupied multiple leadership positions, all her to develop an understanding of the complexities unique to academic systems. Most recently, she was the Coordinator of Perinatal Care and Women's Health at CIUSSS-ODIM, where she worked at building bridges between hospital, ambulatory and community services for family-centered care across multiple sites.

Gina is a Registered Nurse. She graduated from McGill University Inslam School of Nursing where she specialized in maternal / child health and neonatal nursing. She is currently completing an executive MBA at Université de Sherbrooke.

Health education for culturally diverse and chronically ill vulnerable populations



A team led by **Dr. Sylvie Lambert** studied the effectiveness of health education interventions adapted for culturally and linguistically diverse (CALD) populations living with a chronic illness. This topic is important because CALD groups face many barriers to accessing healthcare, which has resulted in significant health disparities. For example, CALD groups experience more chronic illness, depression, anxiety, and side effects than the general population. Health education interventions can improve illness management and slow disease progression. One issue for CALD patients is that they often cannot access these interventions because they are not fluent in the dominant language(s). Dr. Lambert's team reviewed 58 studies. They showed that interventions were effective in reducing the body mass index (BMI), cholesterol, triglycerides, blood glucose, HbA1C (glycated hemoglobin), depression, and in increasing knowledge.

The analysis also showed that effectiveness is influenced partly by the provider of the intervention. Effectiveness was influenced partly by provider. Although health care professionals were favored, lay providers for increasing knowledge, interventions were more effective in reducing HbA1C when a lay provider or a paraprofessional delivered the intervention as compared to a health care professional. They concluded that more research is needed to assess health education interventions effectiveness on patient-reported outcomes (e.g., quality of life) for these vulnerable populations.

Telemedicine during the pandemic



During the summer of 2020, Drs. **Jeannie Haggerty** and Alayne Adamson led together a small-scale research project to study how telemedicine affects health care accessibility among vulnerable patients in Côte-des-Neiges. This initiative was in response to a group of physicians who expressed concern about vulnerable patients not visiting the St. Mary's clinic during the pandemic. Data were collected primarily from clients of MultiCaf who came to get food baskets. The initial results



demonstrated that patients tended to underestimate their health needs during the pandemic, had limited technological means—sometimes not even the ability to make a phone call—and preferred in-person consultations.

Dr. Haggerty's team is also launching a navigation service at Clinique Indigo, a private clinic that focuses on patient-centred care. Volunteers will call vulnerable patients to assist them in navigating the health system. This initiative will also help to test a new referral platform developed by computer engineering students; the platform allows professionals to refer patients directly to the navigation service and receive feedback from volunteers.

Marginalized patients and a video-reflexive ethnography for complex care



Adopting innovations into everyday cancer care is a challenging process. For many, cancer care is difficult enough, and we like what we are used to. Without a team-learning approach, new initiatives often fail. Vulnerable patients are at great risk of falling between the cracks when changes are introduced. Add to this the complexity of cancer as an illness with its far-reaching implications that can further exacerbate existing inequalities in care delivery. **Antoine Prezyb**

Brouillard proposed PhD research draws on his Medical Anthropology background and aims to study the real adoption of a patient-reported outcome (PROs) app (e-IMPAQc) among oncology health care providers (HCPs). Through a video-ethnographic approach his project focuses on how HCPs in cancer care integrate innovation into their daily practice to the point of becoming routine. The aim is to understand how external innovations to practice impact patients, especially vulnerable patients, in cancer care.

Learning from various vulnerable populations

Over the last 10 years the www.healthexperiences.ca research group that was launched at St. Michael's Research Centre has continuously strived to include the experiences of people who are part of vulnerable groups. The research group has, for example, developed collections of patients' experiences related to vulnerable groups (e.g. immigrant and migrant mental health and caregiving experience) and also reserved extra time and effort to recruit participants from other vulnerable groups in studies for research on broader topics. In addition, this research applies participatory approaches to ensure that diverse representatives are included in the development of research projects through patient/caregiver collaborators on our project advisory groups for instance. The Health Experience research group acknowledges that there is always room for improvement and the recently awarded CIHR grant to study women's experiences with heart failure through online interviews will offer the opportunity to reach harder-to-reach participants in physically remote areas. The acceptability and ability to conduct online interviews has greatly accelerated since the start of the pandemic and in the past year the team has conducted several online interviews for the first time since establishing our approach for this program of research.

In the midst of this global pandemic, mental health issues have skyrocketed.

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caregiver

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If you are interested in
participating or have questions,
you can reach us at

Direct.cg@mcgill.ca
514-345-3511 ext. 3549
Facebook page: support-DIRECT

WE NEED YOUR HELP

WE ARE LOOKING FOR

People with a chronic physical illness
(e.g., diabetes, cancer) who would like
support with low mood or depression

AND a family member or friend of theirs
who provides support.

YOU WILL BOTH BE ASKED TO

Look through or use materials (including a
workbook, video, mood monitoring sheets)
for managing low mood or stress.

Complete a 30-60-minute phone interview
about your impressions of the materials.



Centre intégré
universitaire de santé
et de services sociaux
de l'Ouest-de-
l'Île-de-Montréal
Québec



Recently published



Lambert SD, Duncan LR, Ellis J,....**de Raad M**.... et al. [A study protocol for a multi-randomized pilot trial of a dyadic, tailored, webbased, psychosocial and physical self-management program \(TEMPO\) for men with prostate cancer and their caregivers](#). *BMC Journal Pilot and Feasibility Studies*, 7(1): 78, 2021.

Selection of recent academic contributions on vulnerable populations by SMRC researchers



Cetin-Sahin D, Ducharme F, **McCusker J**, Veillette N, Cossette S, VU, Vadeboncoeur A, Lachance P-A, Berthelot S. [Experiences of an emergency department visit among older adults and their families: Qualitative findings from a mixed-method study](#). *Journal of Patient Experience*, 7(3): 346-357, 2021

Lambert SD, Schaffler JL, **Ould Brahim L**, **Belzile E**, Laizner A, Folch N, **Rose E**, Maheu C, Ciofani L, Dubois S, Gélina-Phaneuf E, Drouin S, K, 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 and descriptive systematic review](#). *Patient Education and Counseling*, <https://doi.org/10.1016/j.pec.2021.01.023>



MerdsoyL, **Lambert SD**, Sherman J. [Perceptions, needs and preferences of cancer disease self-management support among men experiencing homelessness in Montreal](#). *Health Expectations*, 23(6): 1420-1430, 2020

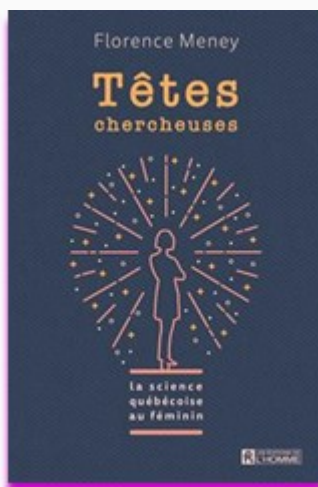


Russell G, Kunin M, Harris M, Lévesque JF, **Descôteaux S**, Scott C, Lewis V, Dior Advocat J, Dahrouge S, Stocks N, Spooner C, **Haggerty J**. [Improving access to primary healthcare for vulnerable populations in Australia and Canada: protocol for a mixed-method evaluation of six complex interventions](#). *BMJ Open*. 2019;9(7):e0278



[Immigrant Mental Health in Canada](#) / Health Experience.ca

Librarian's Corner – *Têtes chercheuses : Portrait of 20 Quebec scientists*



Têtes chercheuses: la science Québécoise au féminin

Florence Meney. Montréal: Éditions de l'Homme, 2021, 216p.

Twenty Quebec women scientists known or not to the public are revealed in this book. Pioneers and mentors, they share the obstacles that sometimes stand in the way of women who have chosen a career in a field traditionally reserved for men.

Florence Meney was a journalist for a long time before moving to the relations side, first at the Douglas Institute, then at the CIUSSS de l'Île-de-Montréal, and now at the CHU Sainte-Justine.

APRIL HAPPENINGS

Lunch & Learn ~ April 15, 2021

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

Bases de données gouvernementales

Pierre Lemay

Kim Tardif

Nataliya Dragieva

Alexandre Chassé-Morin

Wellness Talk ~ April 8, 2021

Liftsession.com

Mindfulness and mobility

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April Newsletter

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