

Centre de recherche de St. Mary St. Mary's Research Centre

Mars / March 2021



Dear colleagues and members of the SMRC community,

This month we present a lookback at a year of COVID-19 at the Research Centre. Considering what we went through during the past 12 months, it's impressive to see all that has been accomplished. In fact, what you see below is only a small part of the Research Centre's output. I'm happy to report that despite the pandemic, the number of publications, total amount of funding received, and number of patients recruited to clinical trials by the SMRC have increased compared to last year.

The fact that our scientists have been successful at receiving COVID-specific funding or tailoring their projects to pandemic-related health needs reflects how innovative and versatile their proposed interventions are. In that sense, it's safe to say that we have a scientifically resilient research centre. It's also a testament of our staff's professionalism and ability to handle the complexities of rapidly adapting on-going activities to new realities.

Many of you have noted the upgrades that were implemented to the SMRC newsletter over the past year. I'd like to acknowledge Isabelle Crépeau, newsletter editor, who is responsible for those changes. Thank you, Isabelle, for making the SMRC a less and less well-kept secret.

Stay safe,

Ari Meguerditchian
Scientific Director, SMRC

COVID-19 1 year later - Activities during this year at SMRC

Dr. Anne Andermann gave talks for St. Mary's Hospital Grand Rounds: COVID-19: What do family doctors need to know? COVID-19 and "Prevention Strategies: A Public Health Perspective. **Dr. Adélaïde Doussau** volunteered to join COVID frontline response in elderly care homes. **Dr. Loukia Mitsos** gave a talk to SMRC community on adverse cutaneous reactions to hygiene practices during COVID-19. **Cindy Ibberson**, with the help of SMRC staff, organized virtual social events and teleworking sessions to promote a sense of connectedness, community, and support for Research Centre members. **Dr. Jeannie Haggerty Haggerty** received a \$10,000 grant for Adapting telemedicine to serve the needs of socially vulnerable persons during and beyond the COVID-19 pandemic containment measures from McGill Chair in Family and Community Medicine. **Drs Julia Chabot and Adélaïde Doussau**, contributed the [Guide d'orientation pour équipes médicales oeuvrant dans les CHSLD /RI/ RPA en temps de pandémie.](#) **Lydia Ould Brahim** returned to clinical work and contribute to supporting those most heavily impacted by COVID-19 in a residence. **Ilja Ormel** conducted online interviews with people who had COVID-19. The collected data will be analyzed and a trigger film will be added to the web site of Health Experience. ca. **Dr. Mark Yaffe** was awarded a \$120,500 grant for Assisting family physicians with gaps in mental health care generated by the COVID-19 from the Foundation for Advancing Family Medicine (PanDIRECT). **Nicole Mike** adapted the Red Cross guidelines to create and implement a safety procedure plan to secure SMRC environment. **Dr Sebastian Demyttenaere co-authored** "Development and validation of a clinical risk score for intensive care resource utilization after colon cancer surgery: A practical guide to the selection of patients during COVID-19 published in the Journal of Gastrointestinal Surgery in 2021". **Sonia Lussier** adapted the IMPACT volunteer program to the COVID-19 situation to train volunteers who called vulnerable people in the borough of Côte-des-Neiges. The program was also adapted for an English community organization in Montreal's Notre-Dame-de-Grâce borough. **Dr. Sylvie Lambert** and her team investigated the feasibility of using mobile technology to communicate the burden caregivers experience to their healthcare professional, and to receive the informational resources they need to help them maintain their caregiving role. **Dr. Taline Bedrosian** gave a talk to SMRC community about COVID-19, children and teens.

PanDIRECT

Assisting family physicians with gaps in mental health care generated by the COVID-19 pandemic

During pandemics people with chronic physical conditions may be particularly vulnerable for unmet mental health needs. This may be because of decreased access to doctors because of limitations in face-to-face contact, or because some doctors are obligated to provide medical services outside of their usual points of care. The current research is studying the role that various self-help tools may play to address symptoms and of anxiety and depression when supported by telephone-based trained lay coaches. The project is funded by the Foundation for the Advancement of Family Medicine and the Foundation of the Canadian Medical Association.



Grant awarded



Lydia Ould Brahim, PhD Candidate at Ingram School of Nursing was awarded on March 1st a \$5000 CAD grant for her PhD project from the Quebec Network on Nursing Intervention Research. Lydia is supervised by Dr. Sylvie Lambert and Dr. Jane McCusker is on her thesis committee. This is a two-phase dissertation study aiming to build on *DIRECT-sc*, an existing depression self-care intervention for adults with chronic conditions that was developed and evaluated by teams led by Dr. Jane McCusker.

Research suggests that including caregivers in interventions may positively impact use of the intervention and decrease attrition, optimizing intervention effectiveness. As such, in Phase I of the study, the *DIRECT-sc* toolkit will be adapted to include a prescribed caregiver role.

In Phase II, a pilot randomized controlled trial of the adapted dyadic intervention, called *DIRECT-support* will be conducted. The dyadic approach holds promise as a source of support for individuals with chronic disease and their caregivers. This study will provide feasibility and acceptability data needed to elucidate the challenges and potential benefits of dyadic interventions in chronic disease care.

Ould Brahim L, Lambert S, Feeley N, McCusker J, Moodie E, Genest C. Moodie,

E., Kayser, J., Kolne, K., **Belize, E.** Genest, C. A dyadic depression self-management intervention for adults with chronic physical diseases and co-occurring depression and their family caregivers: A mixed methods intervention adaptation and pilot randomized controlled trial. Student Project Support Funding (PhD and Postdoctorate), McGill Internal Competition, Quebec Network on Nursing Intervention Research. March 2021-2022 .Duration: 1 year: \$5000 CAD.



Recently published



McCusker J, Jones JM, Li M, Faria R, Yaffe MJ, Lambert SD, Ciampi A, Belzile E, de Raad M. [CanDirect: Effectiveness of a telephone-supported depression self-care intervention for cancer survivors.](#) *Journal of Clinical Oncology*. 2021. DOI: 10.1200/JCO.20.01802



Schwartz H, McCusker J, Law S, et al: [Perinatal mental healthcare needs among women at a community hospital.](#) *Journal of Obstetrics and Gynaecology Canada.* *Journal of Obstetric and Gynaecology Canada*. DOI: doi.org/10.1016/j.jogc.2020.08.015

Call for submissions!



Dr. Sylvie Lambert is co-guest editor a special issue in Current Oncology: "Supportive Care Needs of Cancer Patients and Caregivers"! [For more information](#)

Position available



[e-IMPAQc Project Coordinator](#)

Deadline: March 26, 2021

Librarian's Corner

March 8 - International Women's Day

Quinones PM, Cochran A. [Supporting surgeon-scientists: The future is female.](#) Invited Commentary. *J Am Coll Surgeons*. 2020;231:433-33

Abrams J, Wright JR. [Martha Wollstein: A pioneer American female clinician-scientist](#). *J Med Biog*. 2020;28:168-74

Fathima FN, Awor P, Yen YC, Gnanaselvam NA, Zakham F. [Challenges and coping strategies faced by female scientists-A multicentric cross sectional study](#). *Plos One*. 2020;15.

News from a former colleague, Charles Onu

[The birth of an idea](#)

"Growing up in Nigeria, Charles Onu was torn between deciding whether to pursue studies in mathematics or medicine, his two passions. "I wanted to be a doctor, to help people," explains Onu, "but I also loved mathematics and was very good at it."

MARCH HAPPENINGS

Lunch & Learn ~ March 18, 2021

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

Multi-stakeholder partnerships to promote access to primary health care for vulnerable populations: A mixed methods study

With Katya Loban, PhD Candidate



Wellness Talk ~ March 11, 2021

Liftsession.com

Mindfulness and mobility

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March Newsletter

