Greetings from the PIR Ivey Research Chair...

Welcome to the first 2019 issue of the PIR newsletter!

The PIR administration and PIR Advisory Committee have been working hard to pull together the 2018-2022 Strategic Plan for Parkwood Institute Research. We are happy to report that this document is now complete and approved. We have a logic model to summarize this (see attached at the end of this newsletter). For anyone who would like the full detailed plan please contact Julie Walsh (Research Facilitator) at julie.walsh@lawsonresearch.com.

Each spring we host our annual PIR Research Day event. The event will be held on April 26th, from 8:30 a.m. until 3:00 p.m. in the Main Auditorium (B2-109) at the Parkwood Institute Main Building. The theme of the event is Mind, Body, Spirit. Based on last year’s success, we will have two periods of Breakout Sessions related to this topic. In addition, we will have Dr. Noah Silverberg from the University of British Columbia joining us as our Keynote Speaker. Dr. Noah Silverberg will be presenting evidence of maladaptive illness beliefs and coping behaviours associated with persistent symptoms after concussion. We are still accepting abstracts for posters. This is a great opportunity to learn what is happening across PIR. We hope you’re able to join us for this exciting event.

Sincerely,

Dr. Cheryl Forchuk
Welcome to All New Research Personnel!

Daniel Kharlas is the coordinator of MINDS and the facilitator of research at Parkwood Institute Research Mental Health theme. He is also the co-owner of VRcadia, a technology company exploring the various applications of virtual reality and how it will impact arts, music, culture, scientific investigation, design and many other facets of society. He has recently completed his masters in personality and measurement, with a research focus in studying how to best measure outcomes and intents in those entering meditation programs.

"Eugenia Canas is Research Director of MINDS of London-Middlesex, a social-innovation lab using interdisciplinary approaches to tackle the complex challenge of improving mental health and well-being among transitional-age youth. Eugenia is also dedicated to knowledge generation and translation through collaborative partnerships between academia and community organizations. She is a Health Information Science PhD Candidate at Western University. Her research uses critical, participatory and ethnographic approaches to understand the impact of youth stakeholder input on the design and delivery of mental health services. Eugenia’s research and knowledge-translation collaborations include roles in research funded by the Canadian Institutes of Health Research and the Social Sciences and Humanities Research Council, as Student Fellow of the ACCESS Open Minds Network; and as Fellow and Mentor for the Wisdom 2 Action Network; and the Mental Health Commission of Canada’s SPARK Training Institute."

Kennedy Doroshenko is a Partners in Experiential Learning (PEL) co-op student, who joined Dr. MacDougall’s team as a youth co-researcher in February 2019. She is currently a grade 11 student at Oakridge Secondary School and she is very excited to be a new member on the MINDS research team. Kennedy has a strong interest in mental health and hopes to pursue a career in mental health one day. She is grateful to be a member of the research at Parkwood Institute and is looking forward to gaining research experience.

Mackenzie Barnett is an excited new member of the Mental Health Nursing Research Alliance, here at PIR! She majored in psychology during her undergraduate degree, with a keen interest in feminist perspectives, aboriginal studies and participatory action research. She strives to find a balance between clinical work and research; in the past few years, she coordinated a systematic review on community food security interventions, and ran an anti-stigma program for youth while working for the Children’s Hospital of Eastern Ontario. When not at work, Mackenzie can be found leading meditations for the London Mindfulness Community, seeing movies at the Hyland, or frolicking out in nature.
Nimrit Aulakh is a Partners in Experiential Learning (PEL) co-op student in Dr. Forchuk’s lab Mental Health Nursing Research Alliance within Lawson Health Research Institute until June 2019. She is a grade 11 student at St. Joseph’s Catholic High School and is working to gain expertise as well as experience in a research environment. For the future, she is considering a pathway in mental health or psychiatry and hopes that this position will give her the insight she needs to make a decision.

Laila Alzaidi is in her first year of PhD program, Nursing school at Western university and Graduate research assistant, in the Mental Health Nursing Research Alliance lab. Laila is a Master of Science in nursing psychiatric & mental health (2012), and Lecturer at king Saud University, Kingdom of Saudi Arabia.

A VERY SPECIAL WELCOME TO YOU ALL!

CONGRATULATIONS ON THESE NOTABLE ACCOMPLISHMENTS...

On March 7, two members of the Gait and Brain Lab under Dr. Montero-Odasso’s supervision, Dr. Frederico Pieruccini-Faria (post-doctoral fellow) and Stephanie Cullen (Master’s Student), were awarded with the Canadian Geriatrics Society Travel Award to present their research at the CGS Annual Meeting in May.

GRANTS & RESEARCH FUNDING

Principal Investigator: Wolfe D  
Co-Investigators: Gagnon D, Marrocco S  
Study Title: Circuit Training Program to Improve Endocrine-Metabolic Function in Persons with Spinal Cord Injury  
Agency: Ontario Neurotrauma Foundation  
Year: 2018-2020  
Amount: $39,950
Principal Investigator: Loh E
Co-Investigators: Ditor D.
Study Title: Cannabinoids and an Anti-inflammatory Diet for the Treatment of Neuropathic Pain after Spinal Cord Injury: A Randomized Controlled Trial (The CATNP Trial).
Agency: Ontario Neurotrauma Foundation/Rick Hansen Institute
Year: 2019 – 2022
Amount: $300,174

Principal Investigator: Loh E
Co-Investigators: Deng G
Study Title: A Retrospective Cohort Study of Healthcare Utilization Following Paravertebral Blocks for Chronic Axial Spine Pain in Ontario, Canada
Agency: Earl Russell Trainee Grant
Year: 2019-2020
Amount: $10,000

Principal Investigator: Furlong J.
Co-Investigators: Boulos M, Loh E, Berlowitz D.
Study Title: Untreated sleep-related breathing disorders as an aggravating factor for neuropathic pain following spinal cord injury.
Year: 2019 – 2022
Amount: $149,999

Principal Investigator: Burton J.
Co-Investigators: Loh E, Sequeira K, Welk B.
Study Title: Use of novel human milk prebiotics to improve the quality of life for neurogenic bladder patients.
Agency: Weston Family Microbiome Initiative
Year: 2018-present
Amount: $149,075

Principal Investigator: Dr. Cheryl Forchuk
Study Title: Smart Homes: Supporting Community Integration for Clients with Severe Mental Illness
Grant: Canada Mortgage and Housing Corporation – National Housing Demonstrations Initiative
Year: 2019 - 2020
Amount: $210,671

Principal Investigator: Akshya Vasudev
Study Title: The SKIP study: Sudarshan Kriya Yoga In Post-traumatic stress injury (SKIP), an RCT for Public Safety Personnel
Grant: Canadian Institutes of Health Research
Year: 2019 - 2020
Amount: 133,398
PRESENTATIONS/INVITED LECTURES

JANUARY
Expert, Asked to present research being conducted at Geriatric Mood Disorders Lab to the MPP, Peter Fragikostos, Parkwood Institute of Research, Presenters: Akshya Vasudev, 2019 Jan 16, London, Ontario, Canada, Community Outreach Activity

FEBRUARY
Sahaj Samadhi Meditation in late life depression: results from a randomized controlled trial, Western Meditation Research Society, Presenters: Ben Peckham, 2019 Feb 28, London, Ontario, Canada, Original Research Presentation

MARCH
Sophia Escobar, Soham Rej, Akshya Vasudev, Mindfulness-Based Cognitive Therapy Intervention for the Treatment of Late-Life Depression and Anxiety Symptoms: A Randomized Controlled Trial, 2019 Mar 3, American Academy of Geriatric Psychiatry, Atlanta, Georgia, United States, Co-Author
Panelist, The Mind and Beyond: The Role of Mindfulness and Transcendental Meditation Practices in Late Life Mood Disorders. Title: Sahaj Samadhi Meditation in late life depression: results from a randomized controlled trial, American Academy of Geriatric Psychiatry, Presenters: Ben Peckham, Sophia Escobar, Michael Lifshitz, Soham Rej. Chair: Akshya Vasudev, 2019 Mar 4, Atlanta, Georgia, United States, Original Research Presentation

PUBLICATIONS


**PUBLISHED ABSTRACTS**


**MEDIA**

On February 14, 2019, Dr. Amer Burhan was featured in an article on CBC News. See the article link here!

New therapy could help people with treatment-resistant depression | CBC News
On February 7, 2019, the Lawson Health Research Institute and the Ontario Centres of Excellence announced funding support for the research project “TELEPROM-Y” by Dr. Cheryl Forchuk and team. See media coverage here:

CTV
Software to help with youth mental health gets research funding boost

London Free Press
Parkwood pilots mobile app for youth mental health patients

Blackburn News
Mobile software being tested to help youth with anxiety, depression

Lawson Research
Exploring mobile software to better support youth mental health


UPCOMING EVENTS

Parkwood Institute Research-Student Endowments 2019 (PIR-SE)
Call for Applicants
The PIR Scholarship/Fellowship application due date has been extended to April 5 2019.
For more information, please contact: PIR_info@sjhc.london.on.ca
The Parkwood Institute Research program of Lawson Health Research Institute is pleased to announce the 2019 Parkwood Institute Research-Student Endowments competition. Funding for some of the awards in this competition are made possible through the St. Joseph’s Health Care Foundation.

Parkwood Institute Research – RESEARCH DAY
Registration is now open!
When: Friday, April 26, 2019 from 8:00 a.m. to 3:00 p.m.
Where: Parkwood Institute, Main Building, Auditorium (B2-109)
What to expect: Institute update, workshops, poster presentations, keynote speaker, prizes, and lunch
Registration: Registration is required.

Parkwood Institute Research – RESEARCH DAY Call for Abstracts
PIR Researchers and Collaborators are invited to submit abstracts for poster viewing during the PIR Research Day scheduled for Friday, April 26th from 8:30 a.m. to 3:00 p.m. at the Parkwood Institute, Main Building Auditorium B2-109. This year’s theme is Mind, Body, Spirit.
Please include the following in your submission: Title, Principal Investigator, Presenter, and Abstract (250 words maximum). The document must be submitted as a Microsoft word file to PIR_Info@sjhc.london.on.ca by no later than March 22nd 2019 at 4pm.
Wings for Life World Run  
**Location:** Springbank Gardens Pavilion (starting point)  
**Date:** May 5th, 2019  
**For more information:** [https://www.wingsforlifeworldrun.com/ca/en/app-run-london/](https://www.wingsforlifeworldrun.com/ca/en/app-run-london/)  
**Local Contact:** Stephanie Marrocco (stephanie.marrocco@sjhc.london.on.ca, ext 42631)  

Wheelchair Tennis - Spring 2019 at the NLOCC! Ontario Wheelchair Sports Association  
**Location:** North London Optimist Community Centre  
**Date:** Tuesdays from April 9th – May 28th (8 weeks)  
**For more information:** Call 519-661-5575 to register or inquire about Financial Assistance.  
**Local Contact:** Heather Askes (Heather.Askes@sjhc.london.on.ca, ext 42940)  

Gait and Brain Seminar - Special Topic with Prof. Tahir Masud, expert in falls and osteoporosis, and current president of the British Geriatrics Society, will be coming from the UK to present some of his research on “Frailty, Falls and Fractures”.  
**Location:** Mental Health Auditorium  
**Date:** April 29th  
**Time:** 2:45pm – 4:00pm  

33rd Annual Geriatric Medicine Refresher Day  
**Location:** London Convention Centre, London, ON  
**Date:** May 1, 2019  
**Time:** 7:30AM – 4:00PM  
**Featured Presenters*** Teepa Snow and Dr. Peter Lin  
Registration Open: [www.sjhc.london.on.ca/grd](http://www.sjhc.london.on.ca/grd)
**PARKWOOD INSTITUTE RESEARCH – STRATEGIC PLAN**

**Situation:** Parkwood Institute Research (PIR) is undergoing strategic planning for the years 2018-2022. Parkwood Institute serves patients experiencing complex and chronic illnesses, in the areas of aging, mental health, and physical medicine. The Institute supports all research being conducted at all 3 hospital sites.

**Mission:** Parkwood Institute provides care, rehabilitation and recovery to those with complex and chronic illnesses. The mission of PIR is to conduct research that makes a meaningful difference in the lives of those we serve. We strive to empower all individuals who are touched by our Institute and beyond. We will accomplish this by developing and evaluating innovative solutions which improve health in a way that intentionally integrates mind, body and spirit. Through strong partnerships and collaborations, we will achieve better health for all.

**Vision:** Parkwood Institute Research will measurably enhance lives by leading the discovery, evaluation and implementation of innovations in care, rehabilitation and recovery.

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**Funding Support**
- Lawson
- SIHF (Ivey Research Chair and 8 Endowed Funds for trainees)

**Human Resources:**
- Ivey Research Chair
- 1 FTE Research Facilitator
- 1 FTE Administrative Assistant

**Theme Expertise:**
- Mental Health
- Cognitive Vitality and Brain Health
- Mobility and Activity
- "60 Scientists, ~50 trainees"

**Patient and Family Councils**
- Parkwood Main
- Parkwood Mental Health
- St. Joseph's

**Shared Space:**
- 4 clinical trial rooms
- 2 board rooms
- 3 multi-use rooms

**Shared Equipment:**
- 2 centrifuges
- 3 fridges
- 2 freezers

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**INputs**

** Actions**
- Create PIR Advisory Committee, meets bi-monthly
- Provide one on one research coaching
- Develop resources to help PIR members navigate Parkwood, Lawson, and Western systems
- Conduct educational workshops
- Create committee to evaluate shared space and equipment
- Engage Lawson and St Joseph’s Communications Departments
- Host public events (Research Bites, Open House, etc) showcasing PIR
- Create Social Media Accounts
- Meet with staff at SW regularly
- Recruit Data Analyst
- Attract early and mid career scientists to collaborate with PIR
- Ensure mentorship is available for new PIR scientists
- Use language that addresses the whole person and encourage PIR members to consider this when conducting research

**Outputs**
- Well informed strategic projects
- Increased number of individuals conducting research
- Orientation package for new scientists, budget templates, etc.
- Highly capable staff and trainees
- Space and equipment maintenance plan (document)
- Strategic Communication Plan (document) for PIR news and events
- Increased level of stakeholder engagement
- Promotion and acknowledgment of accomplishments of PIR scientists, staff and trainees
- Increased internal collaborations
- Appropriate expertise to analyze large data sets

**Impacts**
- Increased synergy among PIR research teams
- Increase in PIR’s profile both internally and externally
- Efficient and innovative research project management
- Well planned and properly thought out events and communications
- Stakeholder awareness of PIR research initiatives
- High level of morale among scientists, staff and trainees
- Increase in research funding, publications, presentations, etc.
- Greater integration of clinical and research space

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**Internal Environment:** Parkwood Institute Research (PIR) functions within a complex environment. Lawson Health Research Institute (Lawson) is the research institute of both London Hospitals (LHSC and St. Joseph’s). It is Lawson’s role to facilitate a collaborative environment of hospital-based innovation while supporting scientists in their quest to improve human health. All research conducted within the 3 sites of Parkwood Institute falls under the portfolio of PIR and thus, Lawson. Three research themes exist within PIR: 1) Cognitive Vitality and Brain Health, 2) Mobility and Activity, and 3) Mental Health.

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