



Institute of Musculoskeletal Health and Arthritis Newsletter: Fall 2013

IMHA - *On the Move!*

A Message from the Scientific Director



At the beginning of September, IMHA opened the doors to its new Winnipeg-based office located in the Brodie Centre at the University of Manitoba. We also gained two new staff members, and I would like to take this opportunity to welcome Dr. Jodi Cullum, Assistant Director, and Ms. Michelina Violi, Administrative Coordinator, to the IMHA team.

Jodi Cullum comes to IMHA from Alberta Health Services where she served as an Evaluation and Decision Support

Lead. Jodi was responsible for the development of frameworks and evaluation tools for chronic disease management programs and services. Jodi was previously an evaluation consultant for the City of Calgary which involved public survey data methods and social marketing campaign evaluation. Jodi has worked with stakeholders in cancer care and prevention and mental health areas and worked as a research associate on a number of projects.

Jodi holds a PhD in Experimental and Applied Psychology from Utah State University as well as an MSc in Health Psychology from the University of Bath, England and a BA (hons) in Psychology from the University of Calgary.

Michelina Violi comes to IMHA from the University of Manitoba where she served as a Project Coordinator in the division of Continuing Professional Development and coordinated the Continuing Medical Education (CME) programs and accreditation. Michelina was previously the communications coordinator at the Canadian Wheat Board responsible for bilingual media relations, advertising and staff communications. Michelina has also worked with all levels of government in her role as Administration/Translation Officer with the Internal Trade Secretariat.

Michelina has completed PhD coursework in French and holds an MA in French from the University of Manitoba and a BA in French with a double-minor in English and Italian from the Uni-

versity of Manitoba. She also studied abroad at l'Università per stranieri in Perugia, Italy.

IMHA attended a number of meetings this September and will attend more over the course of the fall. The other week, I attended the [Cochrane Colloquium](#) in Quebec City where I met with the Cochrane Musculoskeletal Group. IMHA also set up a CIHR booth in partnership with the Institute of Gender and Health (IGH), the Institute of Infection and Immunity (III), and the CIHR Communications, Partnerships and Citizen Engagement, and Knowledge Translation branches, to share relevant publications and information. I attended the [2013 American Society for Bone and Mineral Research \(ASBMR\) Annual Meeting](#) in Baltimore, at the beginning of October, where IMHA hosted a reception for the Canadian researchers in attendance. In addition, we will attend a number of working group meetings with CIHR Institutes and other partners, to work on and develop new initiatives. Updates on all of our initiatives will be published throughout the fall in our newsletter.

Finally, September was Arthritis Awareness month and IMHA would like to acknowledge the dedicated researchers, patients, advocates and organizations working to advance arthritis research and public awareness. IMHA continues to partner with the arthritis community to reduce the impact of arthritis on our population.

As always, I encourage you to submit any questions or comments to IMHA@cihr-irsc.gc.ca. Our next newsletter will be published at the end of October, 2013.

Wishing you a productive fall.

Sincerely,

Hani El-Gabalawy MD FRCPC
Scientific Director
CIHR Institute of Musculoskeletal Health and Arthritis



Canadian Institutes
of Health Research

Instituts de recherche
en santé du Canada

Canada

IMHA FUNDING OPPORTUNITIES

For information on current funding opportunities, please visit [IMHA's Funding Opportunities](#) online.

Priority Announcements: Fall 2013

[Planning Grants: Fall 2013 Priority Announcement](#)

[Dissemination Events: Fall 2013 Priority Announcement](#)

In these competitions, funds are available to encourage and support applications in specific areas that are aligned with CIHR's research priority areas and mandates.

Application deadline: October 15, 2013.

[Applied Public Health Chair](#)

Specific objectives of the Applied Public Health Chair:

- Support high quality programs of population health intervention research that contribute to new knowledge to improve health and health equity across the life course;
- Stimulate the application of innovative theories, methods and approaches in research and knowledge translation that promote reciprocal learning within and between countries;
- Catalyze interdisciplinary and inter-sectoral collaborations between researchers and knowledge users that contribute to evidence-informed decision-making and use of knowledge by public health and other sectors; and,
- Mentor the current and next generation of population and public health researchers (in particular post-doctoral fellows and early career researchers), practitioners and policy makers from a range of disciplines and sectors.

IMHA will support applied public health chairs that are relevant to the oral Health in the North research area.

Deadlines: October 30, 2013 (Letter of Intent) - May 1, 2014 (Application)

[Partnerships for Health System Improvement: 2013-2014](#)

The intent of the Partnerships for Health System Improvement (PHSI) program is to strengthen Canada's healthcare system through collaborative, applied and policy-relevant research. PHSI is Canada's premier health services and policy research competition — and with its strong emphasis on partnerships and knowledge translation, it is also a major resource for managers and policy makers who want relevant research to inform their decision-making.

Application deadline: November 1, 2013.

[Network Catalyst Grant – Skeletal Muscle, Skin, Aboriginal Knowledge and Ways of Knowing, and Adding Life to the Late Years](#)

The overall goal of the IMHA networks in skeletal muscle and in skin research will be to advance research uptake, training, and knowledge translation in skeletal muscle or skin across multiple disciplines with a focus on expediting knowledge uptake to mobilize and build the research community.

Application deadline: November 1, 2013.

REMINDER FULL APPLICATION DEADLINE:

[Team Grant: Health Challenges in Chronic Inflammation Initiative](#)

October 15, 2013.

CIHR Reforms Update

CIHR has published the eligibility criteria for the upcoming Foundation Scheme "live pilot" competitions. You are invited to visit the Reforms section of [CIHR website](#) to find information about the parameters in which researchers will be allowed to apply to the two Foundation Scheme "live pilot" competitions.

Partner Corner



IMHA at the 2013 American Society for Bone and Mineral Research (ASBMR) Annual Meeting

The Canadian Institutes of Health Research – Institute of Musculoskeletal Health and Arthritis hosted an information session for Canadian researchers at the [ASBMR meeting](#), with opening remarks from IMHA's Scientific Director Dr. Hani El-Gabalawy and Assistant Director Dr. Jodi Cullum. It was an opportunity to learn about IMHA initiatives, to have questions answered about CIHR-IMHA, and to meet fellow Canadian researchers.

Q & A with Nadia Prestley: arthritis patient, advocate, and IMHA Research Ambassador

Nadia Prestley is an engaged citizen, an advocate, an arthritis patient, a volunteer with the consumer Advisory Board (CAB) at the Arthritis Research Centre of Canada, and an IMHA Research Ambassador. IMHA asked Nadia to reflect on her diagnosis and to tell us the story of how she became involved in research and in helping others with arthritis cope with their diagnosis.

What was your initial reaction to your diagnosis?

Although I was diagnosed in 2004, I'd suffered for years with pain and fatigue before my initial diagnosis. At first, I ignored the symptoms but it wasn't long before the pain became overwhelming, so overwhelming that I couldn't function. There were times when getting dressed, holding a fork to eat a meal, climbing stairs, and maintaining an optimistic attitude became impossible. The worst part was that I began to withdraw from social activities because I was just too tired to participate in "life." I remember feeling afraid and alone!

It wasn't until I became a volunteer with the Consumer Advisory Board (CAB), a patient volunteer group at the Arthritis Research Centre of Canada, that I began to understand more about the disease, my responsibility as a patient, and the vast research being done to help patients with arthritis.

What prompted you to become involved with this group?

My daughter joined the Arthritis Research Centre of Canada (ARC) in 2006 as a research coordinator. She was impressed with the work they were doing and felt that I would not only be able to contribute but also find the answers I was seeking. I am very thankful she encouraged me to join CAB.

Why thankful?

Although I was volunteering my time, I benefited greatly from my involvement. I met dedicated, compassionate individuals who were living with some form of arthritis and who understood best what I was experiencing. They were doing tremendous work in research participation, knowledge translation, and advocacy.

And, it was at ARC that I began to learn about the important research being done and saw firsthand how hard the researchers and research staff work in order to find the answers that improve the lives of people living with arthritis. Their passion and commitment gave me extraordinary hope, something I had lost before joining this organization.

Why did you become involved with IMHA as a Research Ambassador?

It was an opportunity to meet individuals, from across Canada, with various medical conditions who share a passion for knowledge translation practices. Although we come from diverse backgrounds, we are able to bring a true collaborative effort to our projects. I am particularly proud of one such project, IMHA's [Research Ambassadors Knowledge Translation Award](#). The award honours researchers who do an outstanding job of communicating research in an easy to understand fashion.

Why do you feel this is important?

When I was first diagnosed with RA, I would search the Internet and become overwhelmed by the mountains of incomprehensible information I found. After joining the Consumer Advisory Board, I became aware of the importance of delivering re-



Left to right, several IMHA RAs: Natalia da Costa, Shirley Hundvik, Nadia Prestley, Rosanne Kye

search evidence to the general public in a manner that makes it understandable; after all, what good is healthcare information if it is written in a way that is difficult for most of us to understand.

How has this experience changed your life?

I've learned to manage this disease and understand that people who are not aware of the symptoms of arthritis may expect more of me than I can give, and that it's up to me to let them know how RA affects me.

But most importantly, I am no longer afraid. I now know there is an "army" of researchers working so hard to improve the lives of those of us living with this disease -- we patients are certainly not alone!

The IMHA Research Ambassadors (RAs), are a group of non-scientist consumers (patients) identified by health charities relevant to IMHA. The groups helps expedite dissemination of research findings to their respective organizations and communities.

Arthritis can't stop us. It won't stop us!



Regular physical activity can provide numerous benefits for kids with juvenile idiopathic arthritis (JIA). So, get out and get active!

[Watch the Leap video](#), featuring active kids with JIA! IMHA is proud to have supported the creation of this video.

In the end, it's about helping kids with arthritis be kids!



Arthritis Awareness Month

Shoppers Drug Mart Arthritis Screening Program

The Honourable Rona Ambrose, Minister of Health, and Domenic Pilla, Shoppers Drug Mart President & CEO, have announced an innovative new arthritis screening program made possible by CIHR-funded research. Pharmacists at 1,200 Shoppers Drug Mart locations across the country will now be able to provide arthritis screening and treatment guidance to customers. Patients will also be able to consult a web-based arthritis screening app on the Shoppers Drug Mart website. This unique program is the result of a partnership between Shoppers Drug Mart/Pharmaprix, Arthritis Consumer Experts (ACE) and the Arthritis Research Centre (ARC). This patient-oriented screening tool is based on the work of ARC researchers Drs. Jolanda Cibere, Carlo Marra and John Esdaile. Their work was supported in part by CIHR.

In her opening remarks, Minister Ambrose emphasized the significance and value of this new screening tool as an example of "innovative collaboration" among patients, researchers, private companies, and government; Domenic Pilla, discussed the crucial role that pharmacists play in providing community based care; and Dr. Jane Aubin, VP Research, CIHR, discussed the role that CIHR – the largest funder of arthritis research in Canada – played in supporting the research that formed the foundation of this screening program and led to the development of this tool. Ms. Cheryl Koehn, founder and President of Arthritis Consumer Experts, and someone who has been living with arthritis for the past 24 years, closed off the remarks by thanking the partners and expressing her delight that arthritis is being appropriately recognized as the personal and public health burden that it is.



From left to right: Dr. John Esdaile, Arthritis Research Centre of Canada (ARC); Cheryl Koehn, Arthritis Consumer Experts (ACE); Honourable Rona Ambrose, Minister of Health; Amanda Perry, Shoppers Drug Mart pharmacist; Domenic Pilla, President & CEO, Shoppers Drug Mart; and Dr. Jane Aubin, VP Research, CIHR.

For more see the [Shoppers Drug Mart media release](#).

Cochrane Corner

Cochrane Standard Author Training course

Dr. Amir Azarpazhooh at the University of Toronto's Faculty of Dentistry is hosting a three-day Cochrane Standard Author Training course December 2-4, 2013. This workshop will teach the basic skills of conducting a Cochrane Review. Topics include protocols, setting your question, literature searching, study selection, assessing bias, data and analysis, formulating conclusions and a hands-on session with the Review Manager software.

Cost: \$250, including lunches, breaks, and course materials.

Registration: Complete the form at <http://bit.ly/17q1wyE> by 18 October 2013.

Email: Jessica.Lay@dentistry.utoronto.ca for more information.



Presented by The University of Toronto Faculty of Dentistry, the Canadian Cochrane Centre, and Mount Sinai Hospital, with additional faculty from the Cochrane Statistical Methods Group and the Cochrane Applicability and Recommendations Methods Group.

Meetings of Interest

[Canadian Society for Exercise Physiology Annual Meeting](#)

October 16-19, 2013
Toronto, ON

[American College of Rheumatology \(ACR\)](#)

October 25-30, 2013
San Diego, CA

[Arthritis Alliance Annual Research Symposium](#)

November 21-23, 2013
Ottawa, ON

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