



Institute of Musculoskeletal Health and Arthritis Newsletter: November 2013

IMHA - *On the Move!*

A Message from the Scientific Director

November is [Osteoporosis Awareness Month](#) and I would like to recognize the many researchers, partners, and engaged citizens, who work to improve the well-being of people living with this disease. This month's Knowledge Translation corner (page 3), features a piece by IMHA Research Ambassador and member of the Canadian Osteoporosis Patient Network (COPN), Shirley Hundvik, who talks about her involvement with IMHA and the importance of citizen engagement in health research.

On October 18th, I attended my first [Governing Council \(GC\)](#) meeting. GC is made up of 18 women and men who are able to contribute to the achievement of CIHR's objectives in the overall interests of Canadians. It was a highly informative meeting, and I was extremely impressed by the quality of leadership in the GC of CIHR.

At the end of October, I attended the [American College of Rheumatology](#) meeting. The 'Canada Night' served as an occasion to present our strategic planning process and to connect with clinicians and researchers working in the field of rheumatology.

At the beginning of November, IMHA held its 44th Institute Advisory Board (IAB) meeting in Montreal Quebec. During our meeting, we hosted a researcher forum where I was able to provide some updates on CIHR funding reforms and on IMHA's strategic planning process to Montreal-based researchers. I would like to acknowledge and thank our guests, Mr. Jeff Latimer, Director, Platforms and Major Initiatives, CIHR, and Mr. Drew Lyall, Director of Partnerships, CIHR for attending our IAB meeting. Their participation was timely and truly invaluable. Finally, IMHA had the occasion to have dinner with the Institute of Nutrition Metabolism and Diabetes (INMD), who happened to be in Montreal at the time. We all felt that it was an excellent opportunity to discuss potential future collaborations and partnerships. Thank you, INMD, for suggesting the get-together.



From left to right: Dr. Alain Moreau, Mr. Jeff Latimer, Mr. Drew Lyall, Dr. Hani El-Gabalawy, and Dr. Monique Gignac

On November 21-23, 2013, IMHA attended the Arthritis Alliance meeting in Ottawa where we co-hosted the workshop on a National Inflammatory Model of Care. We were also able to give out the CIHR-IMHA Knowledge Translation Award.



From left to right: Dr. Alain Beaudet, Dr. Cy Frank, Ms. Rhona McGlasson, Ms. Eve Adams, Dr. Eileen Davis, and Dr. Hani El-Gabalawy

Congratulations to Bone and Joint Canada (BJC), who is this year's recipient. BJC was formed in 2002 to represent Canada in the International Bone and Joint Decade launched by the World Health Organization in 2000 as a global partnership to reduce the impact of musculoskeletal (MKS) health issues. The WHO has since extended the decade to 2020 due to the growing burden. BJC received the award in recognition of its outstanding contribution over the last ten years in engaging stakeholders in the MSK health community, developing and implementing national models of care, and building research capacity. We are pleased to recognize the outstanding work of Bone and Joint Canada with this award. They are an important partner and have contributed greatly in moving research into action and fostering the development of young MSK researchers.

The CIHR-IMHA Knowledge Translation Award honours and supports exemplary knowledge translation efforts and activities of an exceptional individual, team, or organization that has made an outstanding contribution to increasing the application of research findings, improving the health of Canadians, health services and products, or strengthening the health care system in the field of MSK health.

As always, I encourage you to submit any questions or comments to IMHA@cihr-irsc.gc.ca.

Sincerely,

Hani El-Gabalawy MD FRCPC

Scientific Director
CIHR Institute of Musculoskeletal Health and Arthritis



IMHA FUNDING OPPORTUNITIES

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

[Undergraduate : Musculoskeletal health and arthritis - Institute Community Support](#)

Application deadline: January 15, 2014

[Network Development Funds Competition](#)

The SPOR Network in Primary and Integrated Health Care Innovations is a key CIHR initiative under the Strategy for Patient-Oriented Research and the Community-Based Primary Health Care Signature Initiative. It is co-led by CIHR's Institutes of Population and Public Health (IPPH), Health Services and Policy Research (IHSPR), Aging (IA), and Human Development, Child and Youth Health (IHDCYH) in collaboration with Institute of Nutrition, Metabolism and Diabetes (INMD). The Network's

overall goal is to support evidence-informed transformation and delivery of primary and integrated health care to improve individual and population health, health equity, and health system outcomes.

To Learn More, visit the [Network Development Funds funding opportunity](#).

Application deadline: January 10, 2014

CIHR Reforms Update

The [CIHR Reforms website](#) has been revised to provide improved navigation and additional information on CIHR's changes to the Open Programs and peer review process. We invite you to take a look at the new content to find the latest information on:

- The two new funding schemes: the Foundation Scheme and the Project Scheme;
- The new peer review process;
- The College of Reviewers;
- The transition plan; and
- Pilot competitions.

Feel free to share these useful resources with members of the research community and partners.

News about CIHR's Planning and Dissemination Programs

Please note that the [Planning Grants](#) and [Dissemination Events](#) programs will no longer be offered in their current format. CIHR recognizes the importance of planning and dissemination activities and will continue to support these activities through the Institute Community Support (ICS) Program going forward. The first launch is planned for December 2013 with an application deadline in February, 2014 and funding start date in July, 2014.

Please visit [ResearchNet](#) in mid-December 2013 for more details on this funding opportunity.



CIHR Annual Report 2012-2013 Now Available on the CIHR website

The *CIHR Annual Report 2012-13: Innovative, Strategic, Current* is now available on the CIHR website. The report was officially tabled on October 16 in the House of Commons by the Minister of Health. This year, we made important progress on top CIHR priorities such as the Strategy for Patient-Oriented Research and reforms to the Open Operating Grant Program and peer review process. The report highlights how our recent successes have helped position CIHR to meet the objectives set out in *Health Research Roadmap*. It also shines a spotlight on the work of CIHR-funded researchers across the country who are helping build a healthier future for Canadians.

The report is available at: www.cihr-irsc.gc.ca/e/documents/cihr_annual_report_2012-13_e.pdf or www.cihr-irsc.gc.ca/e/47314.html.

CIHR – Communications Evaluation Survey

Your input is needed to help improve CIHR communications

The Canadian Institutes of Health Research (CIHR) has commissioned Ipsos Reid to conduct a survey of Canadian researchers regarding communications by CIHR and its Institutes. The survey should take between 10 and 15 minutes to complete. **The deadline to respond is November 29th, 2013.** Your results will be kept completely confidential. **To participate in the survey, please go to the following website:** <http://ipsospasurveys.com/s/CIHR-IRSC/>

For any other questions regarding the survey, please feel free to contact Karen Spierkel, Director, Communications and Public Outreach by phone at 613-954-1812 or at karen.spierkel@cihr-irsc.gc.ca.

Thank you in advance for your participation in this survey.





Meet Shirley Hundvik: Osteoporosis advocate, BC member on the Canadian Osteoporosis Patient Network (COPN) executive, Chilliwack Osteoporosis Canada (OC) Branch representative, and an IMHA Research Ambassador.

As a former radiography educator, and Director of Education of the International Society of Radiographers and Radiological Technologists (ISRRT), I have always been deeply involved in my professional association locally, nationally, and internationally. Upon my retirement, I wanted to continue my involvement as a volunteer, but didn't know where to start. As luck would have it, while attending a Bone China Tea, I sat beside a woman representing the British Columbia (BC) Division of Osteoporosis Canada (OC), and the rest is history! I was quickly encouraged to join the BC OC branch and to become a speaker.

When one realizes that fractures from osteoporosis are more common than heart attack, stroke and breast cancer combined, the need for community education forums for the general public becomes clear.

While I do not have osteoporosis, I was diagnosed with osteopenia or low bone mineral density, which can be a precursor to osteoporosis. As a result, I followed a course of medication that has improved my bone strength. My mother, however, was not so lucky. It wasn't until she suffered vertebral fractures pulling a sheet from the washing machine that she was diagnosed with osteoporosis.

Osteoporosis Canada recently released their annual report. Access the report on the [Osteoporosis Canada website](#) to learn more about the impact of osteoporosis and what is being done to reduce the burden.

Unfortunately, this type of story is far too common. Through my work with the COPN (Canadian Osteoporosis Patient Network) alongside many truly committed individuals who devote considerable time to the work of Osteoporosis Canada we hope to reduce the frequency of stories like this.

More recently, I also became an [IMHA Research Ambassadors \(RAs\)](#). As a committee, the RAs complete the review for the annual IMHA Research Ambassador Knowledge Translation Award. This award is given to researchers who write outstanding lay abstracts for their grants. Because lay abstracts are readily available to the public, it is very important that they are well written. Through this award, IMHA hopes to encourage researchers to write lay abstracts that provide a comprehensive summary of their research in easy to understand language.

Did you know

The total cost of osteoporosis in Canada was \$2.3 billion in 2010. This is not surprising given that the 30,000 Canadians who experience a hip fracture each year spend an average of 23 days in hospital and rehabilitation centres at an average acute care cost of \$20,000 per patient. Nearly a quarter of these end up in long-term care facilities leading to \$600 million in annual costs with additional costs attributable to the 170,000 other fragility fractures per year of the spine, wrist, shoulder, pelvis and other bones. (source: Osteoporosis Canada)

Knowledge Translation Corner

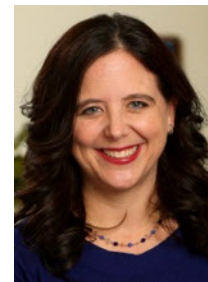
It Doesn't Have to Hurt: Strategies for Helping Children with Shots and Needles

New knowledge translation video based on pain research funded, in part, by CIHR



In this [short YouTube video](#), produced by Dr. Christine Chambers and her team, a young child advises her mother on some simple, evidence-based things that she can do – and shouldn't do – to help make the experience less stressful and painful. The video was inspired by a desire to reach parents directly and empower them to advocate for proper pain management for their children, says Dr. Chambers.

[Dr. Christine Chambers](#), PhD is a clinical psychologist, Canada Research Chair in Pain and Child Health, and Professor in the Departments of Pediatrics and Psychology & Neuroscience at Dalhousie University in Halifax, Nova Scotia, Canada. She is based in the Centre for Pediatric Pain Research at the [IWK Health Centre](#). Dr. Chambers' research examines developmental, psychological, and social influences on children's pain, with a focus on family factors in pediatric pain and pain measurement in children.



No parent likes to take their child for shots and needles. So why is it that, despite numerous proven and accessible interventions to manage pain in children, fewer than five percent of children get any kind of pain relief for common needle procedures?

This knowledge translation project involves the development and dissemination of a [video-based education tool](#) addressing the cause and prevention of falls in seniors. While applicable to a wide range of stakeholders, this interactive tool has been designed specifically for educating nurses, care aides, and physical therapists who work with older adults in LTC. The unique and powerful aspect of the tool is the inclusion of video footage of real-life falls (collected under our primary CIHR operating grant) in a set of "case studies" which focus on current knowledge and best practices related to issues such as fall risk screening, mobility and balance assessment, exercise, fall-related injuries (especially hip fracture and head trauma), environmental hazards, and hip protectors. This unique approach of using video-cap-



"Everybody falls sometimes"

Falls are the number-one cause of injury in older adults, and are especially common in the long-term care (LTC) environment. Dr. Stephen Robinovitch and his team are working to improve the education of front-line care providers on the causes and prevention of falls.

tured falls to improve the education of front-line care providers on the cause and prevention of falls has a strong likelihood of reducing the frequency and severity of falls in the LTC environment.

To learn more about this research and to view the videos, please visit the [Simon Fraser University website](#).

Partner Corner



Reaching Out with Arthritis Research – ROAR!

Does a Google a Day Keep the Doctor Away?

To register for the in-person FREE public forum or webcast, November 30, 2013, 10:30-12:30 (PST):

Online: www.arthritisresearch.ca/ROAR

Phone: 604-207-4006

FOLLOW THE CONVERSATION ON TWITTER: [#eROAR13](https://twitter.com/eROAR13)

Check out the [IMHA Cochrane Corner](#) where you will find reviews from the following Cochrane groups:



- [Back Review Group](#)
- [Bone, Joint and Muscle Trauma Group](#)
- [Musculoskeletal Group](#)
- [Oral Health Group](#)

CIHR's Institute of Health Services and Policy Research (IHSPR) Policy Rounds

This month, CIHR's Institute of Health Services and Policy Research (IHSPR) will host [Policy Rounds](#) to share research evidence on high priority topics and promote evidence-informed decision making throughout our community and feature work supported through the [Evidence-Informed Healthcare Renewal Roadmap Signature Initiative](#).

Please join us for our upcoming Webinar: **Physician Engagement and Leadership for Health System Improvement** (November 29th) [Register here](#).

For more information or to register, visit <http://www.cihr.ca/e/45645.html> or contact Hawa Kombian at: hkombian.ihspr@mcgill.ca.

Meetings of Interest

Cochrane Standard Author Training Course
December 2-4, 2013

Toronto ON
Jessica.Lay@dentistry.utoronto.ca for more information

[Bone and Joint Injury & Repair 2014](#)

January 16-17, 2014
London ON

[Biomarkers Summit 2014](#)

March 19-21, 2014
San Diego, CA

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