



**CIHR IRSC**  
Canadian Institutes of Health Research  
Instituts de recherche en santé du Canada

Institute of Musculoskeletal Health and Arthritis Newsletter: October 2013

# IMHA - *On the Move!*

## A Message from the Scientific Director



In October, we recognized a number of awareness activities relevant to the IMHA community including [Lupus Awareness Month](#), [Occupational Therapy Month](#), [Psoriasis Awareness Month](#), [Healthy Workplace Month](#), and [World Osteoporosis Day 2013](#), which was on October 20. Thank you to all of you who continue to do important work in all of these areas.

### Did you know

**October 21-27, 2013** was [Open Access Week](#)? In light of that, we want to remind every funded researcher that they must comply with the **CIHR Open Access Policy**. While we encourage researchers to make their publications accessible for free as soon as possible after publication, it is mandatory to do so within 12 months of publication – at the latest. [Read more about CIHR's Open Access Policy and the two ways to comply.](#)

On October 22 & 23, our Research Ambassadors (RAs) – a panel of non-scientist consumers identified by health charities relevant to IMHA – met with us to choose the winning abstracts for the 2013 "IMHA Research Ambassadors Knowledge Translation Award". The RAs select lay abstracts that are well written, easily understood by a lay audience, comprehensive, and highly informative. It is important that researchers be able to communicate their work to a general audience and a variety of stakeholders; IMHA hopes that this award will encourage success in this area. We will publish this year's winners in an upcoming edition of IMHA – *On The Move!*

Our next Institute Advisory Board (IAB) meeting will take place in Montreal on November 7 & 8, 2013. Strategic Planning is a main focus for this meeting, and we will share the results of some of the activities that have been part of our 'Listening for Directions' phase. We also look forward to welcoming two guests: Mr. Jeff Latimer, Director of Platforms and Major Initiatives (CIHR), and Mr. Drew Lyall, Director, Partnerships (CIHR). On the evening of the 7th, we will host a researcher forum during which we hope to engage researchers, at all career levels, trainees, and post-graduate students in the Montreal and surrounding area. If you are able to, please join us from 4:00 pm to 5:30 pm in the Salon Le Moyne, at Le Saint Sulpice Hôtel Montréal.

As mentioned in the Fall edition of our newsletter, we attended the American Society of Bone and Mineral Research (ASBMR) annual meeting at the beginning of October. At this meeting, we hosted a forum for the Canadian researchers in attendance. [Click here for a copy of the presentation slides.](#)

As always, I encourage you to submit any questions or comments to [IMHA@cihr-irsc.gc.ca](mailto:IMHA@cihr-irsc.gc.ca). Our next newsletter will be published at the end of November, 2013.

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.

### Undergraduate : Musculoskeletal health and arthritis - Institute Community Support

Application deadline: January 1, 2014

## 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 after the Fall 2013 competition. 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 ICS Program is designed to allow Institutes and Initiatives the flexibility to tailor programs to meet the needs of their communities and to foster community development. The new planning and dissemination program under the ICS model is proposed to launch twice per year with application intakes in February and August. 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.

If you have any questions about the ICS Program, please contact Jennifer Lee, Institutes Transitions and Programs Lead at [ICS-PD@cihr-irsc.gc.ca](mailto:ICS-PD@cihr-irsc.gc.ca) or 613-952-4539.

## Knowledge Translation Corner

### SHOW ME THE EVIDENCE Putting Patients First

Achieving the goal of patient-oriented care, where the right patient receives the right treatment at the right time, takes time and effort. What kinds of changes are necessary to ensure that promising research advances are brought quickly to the point of care? How do we alter the research process and the health care system to fully integrate the patient point of view? CIHR-supported researchers are already conducting work that illustrates the benefits of patient-oriented care.

The stories in this Fall edition of [Show Me the Evidence](#) highlight:

- An innovative research initiative that is using advances in genomic technology to provide answers to parents of children with rare diseases;
- Efforts to synthesize relevant research to inform Saskatchewan's health care reform plans; and,
- A new evidence-based tool to improve classification of the impacts caused by cerebral palsy.



The Fall 2013 edition of *Show Me the Evidence* is available on the [CIHR website](#).

## Ethics Update 2013 – What does “knowledge translation” mean for ethics research?

At the words “ethics” and “research”, what may first come to mind is a research ethics board poring over submissions for ethics approval before eager researchers can receive their funds and their studies begin. Or perhaps you first think of a code of ethical conduct in research, such as the Research Integrity Policy contained in the Tri-Agency Framework for Responsible Conduct of Research.

In this [Update 2013](#), however, the focus is on ethics researchers: the cadre of those whose area of inquiry is health ethics or, for some, the intertwined ethical, legal and/or social issues (ELSI) in the health domain. At the core of CIHR's legislated mandate is not only the creation of scientific knowledge, but also its *translation* into health-related benefits. What does “knowledge translation” mean for ethics research? To read the full update, please visit the [CIHR website](#).



## When no one else understands: Arthritis patients learn they don't have to 'go it alone' in their journey

**Arthritis cross-disciplinary research with consumer involvement leads to the development of a Peer-to-Peer Mentoring program**

The benefits of peer support programs are well documented, but rheumatologist and arthritis researcher Dr. Mary Bell from Sunnybrook Health Sciences Centre noted this kind of therapy was missing from the early inflammatory arthritis (EIA) treatment landscape. Dr. Bell was curious to investigate the impact a peer support program could bring to people living with EIA. Specifically, what would result from pairing a newly diagnosed person with someone who has been living with and managing their arthritis for several years?

The team that Dr. Bell brought together was made up of researchers and two patients – also known as a 'consumers' - Dawn Richards, PhD from the Canadian Arthritis Network's Consumer Advisory Council, and Jennifer Boyle PhD. They began by conducting an intensive literature review from which an intervention model was developed and tested on nine EIA patients who were paired with a peer best matching their needs based on factors such as age and work status. The pairs met face to face or by phone once a week for 12 weeks. At the completion of the study, both mentees and mentors experienced improvements in the overall impact of arthritis on their life, coping efficacy and social support (effect size>0.3).

"It's a lot like what online communities are accomplishing by bringing together people with a shared disease experience to support each other," says Dr. Dawn Richards.

Building on that study, a pilot randomized control trial (RCT) was conducted from 2011-2013 (supported with a grant from the Canadian Initiative for Outcomes in Rheumatology care), comparing patients who received peer support and those who received usual rheumatology standard of care. The results showed that early peer support for individuals with EIA improved perceived social support but had little effect on the use of treatment, self-efficacy, health-related quality of life, disease activity, level of anxiety, and other measures.

"What I didn't expect is how being a mentor in the program would lead me back to re-examine what I had learned over the years, the things I did well to self-manage and the things I could have done a whole lot better," said Catherine Hofstetter, one of the mentors in the study. "I dare say I learned as much or more as my men-

tee did, and we developed a friendship with mutual respect, understanding and eagerness to learn and live well."

In fact, Drs. Mary Bell and Jennifer Stinson at the Hospital for Sick Children have been awarded a Canadian Institute for Health Research (CIHR) Grant to develop an online version of peer to peer mentoring for adolescents. The research team is now seeking funding to do a larger RCT in the adult population. Research thus far has been made possible in part through funding from the Canadian Arthritis Network (CAN), Canadian Institutes of Health Research (CIHR) Canadian Initiative for Outcomes in Rheumatology Care (CIORA). The Canadian Arthritis Network is a research network funded under the Networks of Centres of Excellence (NCE) program.

For more information about the research, contact Mary Bell at [mary.bell@sunnybrook.ca](mailto:mary.bell@sunnybrook.ca).



Peer mentors gathering at one of the training sessions at Sunnybrook Health Sciences Centre, September 28, 2011

Read other inspiring research stories in:

[\*\*Celebrating the Impact of Health Research, on the IMHA website.\*\*](#)

**Notes:**

Research Team members include: Gayathri Embuldeniya<sup>1</sup>, Joyce Nyhof-Young<sup>2,3</sup>, Joanna Sale<sup>2,4</sup>, Joan Sargeant<sup>5</sup>, Peter Tugwell<sup>6,7</sup>, Sydney Brooks<sup>8</sup>, Susan Ross<sup>8</sup>, Ruth Tonon<sup>8</sup>, Kerry Knickle<sup>2</sup>, Sharron Sandhu<sup>1</sup>, Nicky Britten<sup>9</sup>, Emma Bell<sup>1</sup>, Fiona Webster<sup>2</sup>, Mary Cox-Dublanski<sup>10</sup>

<sup>1</sup>Sunnybrook Health Sciences Centre, Toronto, Ontario; <sup>2</sup>University of Toronto, Toronto, Ontario; <sup>3</sup>University Health Network, Toronto, ON; <sup>4</sup>St. Michael's Hospital, Toronto, Ontario; <sup>5</sup>Dalhousie University, Halifax, Nova Scotia; <sup>6</sup>University of Ottawa, Ottawa, Ontario; <sup>7</sup>Ottawa General Hospital, Ottawa, Ontario; <sup>8</sup>The Arthritis Society - Ontario Division, Toronto, Ontario; <sup>9</sup>The University of Exeter, Exeter, United Kingdom; <sup>10</sup>St. Mary's Hospital General Hospital, Kitchener, Ontario

### Launch of the Network for Canadian Oral Health Research Website



The Network for Canadian Oral Health Research (NCOHR) was established through the support of the Canadian Institutes of Health Research/Institute of Musculoskeletal Health and Arthritis (IMHA). Partnership funding was received from the Association of Canadian Faculties of Dentistry (ACFD), the Canadian Dental

Association (CDA), and the Network for Oral and Bone Health Research/Réseau de recherche en santé buccodentaire et osseuse (RSBO).

The network links oral health researchers from ten universities across Canada. To facilitate networking and

collaboration among researchers, the network has launched a website: [www.ncohr-rcrsb.ca](http://www.ncohr-rcrsb.ca). Please note that under NCOHR News there are calls for proposals. The new NCOHR website is growing over the next month to provide more information and resources in both English and French.



### 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:

Online: [www.arthritisresearch.ca/ROAR](http://www.arthritisresearch.ca/ROAR)

Phone: 604-207-4006

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

### National Pain Awareness Week

November 3-9  
2013

La Coalition canadienne  
contre la douleur

CC  
Conquérir la douleur pour  
les Canadiens  
Un partenariat d'associations de personnes qui souffrent,  
de professionnels de la santé et chercheurs.



It's National Pain Awareness Week. To find out more, and for a list of events, please visit the [Canadian Pain Coalition website](http://Canadian Pain Coalition website).

## Cochrane Corner

### Update from the Cochrane Back Review Group Leadership in Transition

After 15 years in the role of Co-ordinating Editor, Co-founder, Dr. Claire Bombardier will be stepping down. Along with Dr. Alf Nachemson, Claire Bombardier was instrumental in securing the start-up funding for the Back Group in 1995 from the Swedish Council of Technology Assessment in Health Care. She has been co-editor of the group since that time. Claire will continue to hold a place on the CBRG Editorial Board in the role of Founding Editor Emeritus. Claire's vision has culminated in a great deal of success for the group, from the publication of their first systematic review in 1997 to their current collection of 64 reviews.

Welcome to the new Coordinating Editor, Dr. Andrea Furlan! Andrea will be co-leading the group alongside Maurits van Tulder (PhD). Andrea has been a member of the CBRG Editorial Board since 2007 and is lead and co-author of several Cochrane reviews. Andrea is an associate scientist at the Institute for Work & Health (IWH), a physician at the Toronto Rehabilitation Institute, and assistant professor in the Department of Medicine's Division of Physiatry at the University of Toronto. She has over 40 publications in peer-reviewed journals, including multiple CBRG reviews.

<https://www.facebook.com/CochraneBackReviewGroup>

## Meetings of Interest

[Arthritis Alliance Annual Research Symposium](#)

November 21-23, 2013  
Ottawa, ON

Cochrane Standard Author Training Course  
December 2-4, 2013  
Toronto ON

[Jessica.Lay@dentistry.utoronto.ca](mailto: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

## Contact Us

CIHR - Institute of Musculoskeletal Health and Arthritis  
University of Manitoba  
290 Brodie Centre  
727 McDermot Avenue  
Winnipeg, MB, R3E 3P5  
Email: [IMHA@cihr-irsc.gc.ca](mailto:IMHA@cihr-irsc.gc.ca)  
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