



Institute of Musculoskeletal Health and Arthritis Newsletter: April 2014

IMHA - *On the Move!*

A Message from the Scientific Director



Greetings after a very long Canadian winter! As the earth finally thaws, we are spending April raising awareness of several very important items.

National Volunteer Week

First, April 6 to 12 is Canada's National Volunteer Week. We could not allow it to go by without recognizing the invaluable contributions that many of you make,

including our Institute Advisory Board members, our Research Ambassadors, and many others. You are responsible for IMHA's success and for helping to make health research in Canada the best it can be. We would like to thank each of you personally for your commitment, advice, guidance, and collegiality throughout the past year. In appreciation of your many contributions, a most sincere 'thank you'!

National Oral Health Month

April is also National Oral Health Month, with National Dental Hygienists Week falling April 6 to 12. Supporting research and knowledge translation activities for Oral Health is an important part of IMHA's mandate. Oral health can affect a person's entire body and quality of life. Past research supported by IMHA has found links between oral health and cardiovascular disease, rheumatoid arthritis, and many other serious health conditions. Research led by Dr. Mary McNally identified successful ways to translate oral health research to end-users and address gaps in oral health education of health care providers. We featured a story about her team's research findings in [Celebrating the Impact of Health Research](#) and were fortunate to catch up with Dr. McNally this month to ask her about her work. IMHA is proud to support research across Canada that seeks to improve oral health and oral healthcare for Canadians. Our mouths are windows to our bodies and good oral health leads to good health and quality of life overall.

Pathways to Health Equity for Aboriginal Peoples

IMHA has recently become involved as a co-lead in an important initiative called [Pathways to Health Equity for Aboriginal Peoples](#) (Pathways). Because First Nations, Inuit and Métis Peoples' health is so severely affected by a history of culture and language loss, racism and stigmatization, and a disconnect from Indigenous identity, they have been included as an at-risk segment of the population. CIHR has launched a 10-year, \$25 million dollar initiative with an overall goal to develop an evidence base in how to design, offer and implement programs and policies that promote health and health equity in four priority areas for at-risk populations including Oral Health, besides Suicide, Diabetes & Obesity, and Tuberculosis. Publicly-funded Canadian health care largely excludes oral health services, and for First Nations, Inuit and Métis Peoples, access to oral health care is lessened by additional financial, geographical, cultural and social barriers. IMHA considers this initiative to be of utmost importance and is working hard to ensure affected communities can benefit from this work.

Canadian Association of Dentistry Research

IMHA took the opportunity to share information about the Pathways initiative in its address to the Canadian Association of Dentistry Research general meeting held at the AADR conference March 19 to 22 in Charlotte, N.C.. IMHA advised delegates of forthcoming competitions for team grants for Pathways to be announced in future. We also encouraged oral health researchers to serve on CIHR Advisory Boards and to apply for Applied Public Health Chairs to conduct population health research to have a positive impact on the oral health of children living in the North. [AADR's fall symposium](#) entitled, 'Research Translated into Practice' will focus on knowledge translation between researchers to end user patients. The meeting will be held in conjunction with the American Dental Association to encourage cross disciplinary communication and collaboration among stakeholders.

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Canadian Institutes
of Health Research

Instituts de recherche
en santé du Canada

Canada

Network for Canadian Oral Health Research

For other oral health research news, please see the Canadian Dentistry Association (CDA) website for a [recent interview](#) with Dr. Debora Matthews, IMHA advisory board member and Director of the Network for Canadian Oral Health Research (NCOHR). Highlights from [NCOHR's 2013 Annual Report](#) include receiving two team building grants, conducting a workshop for dental students on careers in academic dentistry, a team building workshop on chronic orofacial pain, and the launch of the [NCOHR website](#). This website is especially important in connecting oral health researchers and dentists, hygienists and their patients. The site also supports anyone working in oral health with interest in becoming involved in clinical research. IMHA has been pleased

to have provided matching support for NCOHR to help it achieve some of its goals.

As always, I encourage you to continue to submit any questions or comments to IMHA@cihr-irsc.gc.ca. Please also follow me on Twitter [@HaniElgabrawy](#).

Sincerely,



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

Funding Opportunities and Research News

IMHA FUNDING OPPORTUNITIES

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

Applied Public Health Chair

The specific objectives of the [Applied Public Health Chair](#) are to:

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, 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.

Application deadline: May 1, 2014

Registration to 2014 Foundation Scheme Pilot

Researchers who are [eligible](#) to apply to the 2014 Foundation Scheme 1st Live Pilot may begin registration to this competition through [ResearchNet](#). Registration will stay open until 8 p.m. Eastern time, June 23, 2014. As this is a new funding opportunity, we encourage you to refer to the registration instructions available online.

- * [2014 Foundation Scheme 1st Live Pilot funding opportunity](#)
- * [Complete registration instructions](#)

If you experience any technical difficulties with the registration process, please contact CIHR Support by phone at 1-888-603-4178 or 613-954-1968, or via email at: support@cihr-irsc.gc.ca.

If you have any other questions please contact Roadmap-Plan.Strategique@cihr-irsc.gc.ca or visit the CIHR website to learn more about the [CIHR Reforms of Open Programs and peer review](#).

Good News Story

Bone thrilling discoveries

One of IMHA's Institute Advisory Board members, Dr. Jeff Dixon, is solving his own Sherlock Holmes mystery. For more than two decades, Dr. Dixon, a professor in the Department of Physiology and Pharmacology and Schulich Dentistry, has been investigating how skeletal cells communicate with each other in order to control the formation and destruction of bone.

Two recent grants from the Canadian Institutes of Health Research (CIHR) are enabling Dr. Dixon and his team of outstanding graduate students, postdoctoral fellows and technical staff to look at how physical movement and exercise impact bone growth and the cellular mechanisms that cause this to happen.

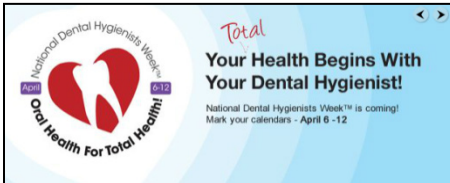
When a skeletal cell is stimulated by exercise, it releases ATP and Dr. Dixon and his collaborators have shown that this ATP acts a signal to turn on osteoblasts, the cells that create new bone, and to turn off the osteoclasts, which are the cells that destroy the bone.

Please see the full story at [the Schulich website](#) to find out how the team's discoveries may benefit people living with osteoporosis, which involves excessive bone loss. This research is supported by CIHR, Canada's premier agency for health research, and has involved collaborators from Pfizer, one of the world's largest pharmaceutical companies.

Open Up and Say, "April is Oral Health Month!"

Supporting research and knowledge translation activities for Oral Health is an important part of IMHA's mandate. To help raise awareness of the essential role of good oral health in maintaining overall good health, we highlight here some achievements and activities in oral health knowledge translation and research. IMHA supports a variety of research projects across Canada seeking to improve oral health and oral healthcare for Canadians. Our mouths are windows to our bodies and good oral health leads to good systemic health and improved quality of life overall.

World Oral Health Day and Canada's National Dental Hygienists Week



On March 20, oral health professionals in 75 countries around the world celebrated healthy smiles as part of World Oral Health Day (WOHD).

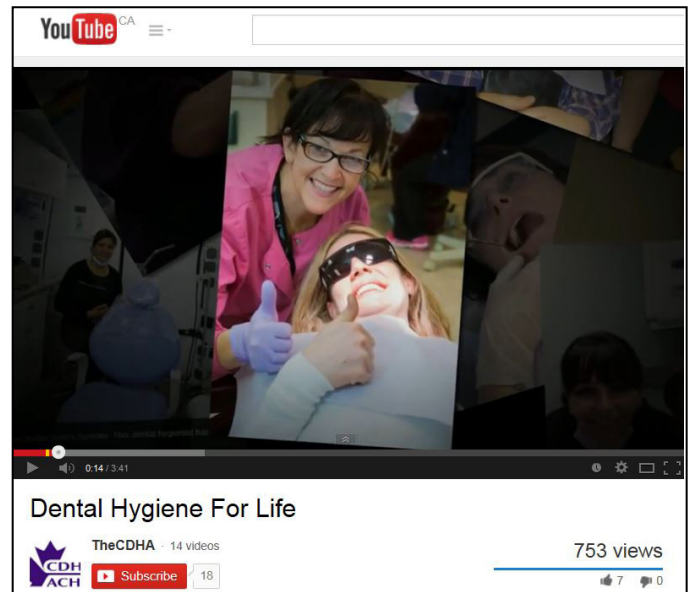
Organized by the World Dental Federation, this annual event is designed to raise awareness of the importance of maintaining good oral health, the lack of which can lead to serious health complications such as diabetes, respiratory and heart diseases, and stroke.

Dental hygienists play a vital role in preventing and detecting oral health problems. Because 90 percent of the world's population will experience many preventable oral diseases during life, proper oral health care is an imperative that cannot be ignored. The CDHA is a proud supporter of WOHD, and sponsors Canada's National Dental Hygienists Week™ every April (this year, April 6 to 12) as part of Oral Health Month. CDHA has released a [promotional video](#) highlighting the role of dental hygienists and the importance of oral health.

Serving the profession since 1963, CDHA is the collective national voice of more than 26,800 registered dental hygienists working in Canada. Dental hygiene is the 6th largest registered health

profession in Canada. For more information on oral health, visit: www.dentalhygienecanada.ca

The CDHA encourages Canadians to maintain oral health with six simple steps: brush, floss, use an oral rinse, eat a healthy diet, eliminate tobacco use, and see a dental hygienist regularly. Visit www.cdha.ca/NDHW for activities and resources.



The Inconvenient Tooth: An Interview with Dr. Mary McNally

Dr. Mary McNally is a philosopher with both feet firmly on the ground and a strong sense of purpose. An Associate Professor in the Faculty of Dentistry at Dalhousie University in Halifax, this dentist-researcher comes from a multidisciplinary educational background (Nutrition, General Pathology, Dental Surgery and Philosophy). With an interdisciplinary perspective, she has developed a research program that seeks pragmatic solutions and policy recommendations that address inequity and access to oral care. A summary of some successful outcomes of research projects for which she was Primary Investigator appeared



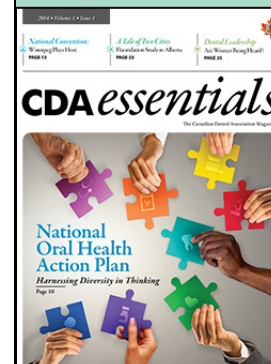
Karen McNeil; Martha Brilliant, Debora Matthews, Mark Filiaggi, Sandra Crowell, Mary McNally (missing: Joanne Clovis).

as "[The Inconvenient Tooth: Making Room for Influential Voices to Inform Research](#)" in Celebrating the Impact of Health Research, published by CIHR-IMHA, and the Canadian Arthritis Network (CAN).

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Canadian Dental Association launches CDA Essentials

CDA Essentials is the new official print publication of CDA, providing dialogue



between the national association and the dental community. It is dedicated to keeping dentists informed about news, issues and clinically relevant information. Issue 1 is [now available](#).

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Working as a private clinician for nine years in rural Nova Scotia, McNally soon discovered many seniors presenting with abysmal mouth conditions. "It was absolutely transformational for me when I saw elderly patients who were wealthy Nova Scotia folk who may as well have been in the developing world in terms of what their mouth looked like," she said.

Leaving private practice to teach full time, she was the first dentist to apply for a CIHR Training Grant in Interdisciplinary Primary Health Care Research ([TUTOR-PHC](#)) through which she gained valuable researcher training. Deeply interested in the social justice aspect of health care, she said, "It's not enough to identify a moral issue – you have to respond to it."

Some of the breakthroughs in the research recorded in "The Inconvenient Tooth" came about from "really paying attention to either the end knowledge users or the people who were impacted as opposed to academics talking to each other," McNally explained. "Some things happened kind of naturally," she said. The inspiration for one of her team's major knowledge translation successes came up at a Brushing up on Mouth Care research team meeting with representatives from a community college when the question arose, "Why will caregivers change diapers but they won't brush peoples' teeth?" McNally recalled one woman saying, "They don't have any chance to practice. They don't have the tools." McNally and her team immediately replied "Oh, well we can fix this."

Brushing Up on Mouth Care is a best practices program of mouth care for three different audiences including long term care facilities, home support agencies, and educators of personal care providers. The [Brushing Up website](#) was launched in 2011 and according to a recent website usage report, has had about 9,700 unique visits from 78 different countries, primarily from Canada, the United States, and India, with many others from as far as Afghanistan, Bhutan, and Congo.



"Patient and Caregiver" photo credit: Marilyn Klein

One of the main knowledge translation tools developed was a user-friendly facilitator's guide for setting up a mouth care program for dependent adults. McNally's research coordinator and a nurse educator worked to create it "so we had the benefit of understanding the culture of nurses," she explained. A KT grant made it possible to ensure every long term health care facility and home support agency in the province had a copy of the guide. The nurse educator and research coordinator gave seven presentations and created two online webinars, reaching 75 per cent of the intended audience.

Going forward, McNally continues to seek ways to ensure equitable health care for vulnerable populations including looking at the ethical and legal issues of frailty, proving that oral health is an important part of overall health. "The mouth is the portal to the body and it's largely ignored because in the health care system oral care is private," said McNally. "It's not surprising that oral care is ignored in long-term care because the system is not set up to ever look in the mouth."

Partner Corner

Partnership Award

The **CIHR Partnership Award** annually recognizes a partnership that exemplifies excellence. The recipients receive a \$25,000 award in the form of a one-year research grant for advancing the research or knowledge translation activities of the partnership. These partnerships involve organizations from the private, voluntary or public sectors, bringing health research communities together:

- To create innovative approaches to research questions;
- To develop research agendas that are responsive to the health needs, concerns and priorities of Canadians and/or the global community; and
- To accelerate the translation of knowledge for the benefit of Canadians and/or the global community.

Find out [how to nominate](#) a partnership that displays excellence. **The deadline for nominations is May 1, 2014.**

Funding Opportunities from The Arthritis Society

The Arthritis Society has new research funding opportunities available. Please email research@arthritis.ca with questions.

Training Graduate PhD Award (TGD): **Submission Deadline Tuesday, May 13, 2014 at 4pm ET. [Apply here.](#)**

Training Graduate Post-Doctoral Fellowship Award (TPF): **Submission Deadline Tuesday, May 13, 2014 at 4pm ET. [Apply here.](#)**

Arthritis Consumer Experts: Staying active with arthritis in the digital age

Dr. Linda Li of the Arthritis Research Centre of Canada is leading a study called [Arthritis Care in the Digital Age](#) to learn about how patients may effectively use physical activity trackers like Fitbit, Jawbone or Exercise Apps to better manage their arthritis. Researchers will be holding focus groups in British Columbia and Alberta. This study is funded by The Arthritis Society.

To participate or for more information, please contact Jenny Leese, Research Assistant by phone: 604-207-4006 or Toll-Free: 1-877-871-4575 or email: jleese@arthritisresearch.ca

Share your news with the IMHA community

Do you have a story that has helped sustain health and enhance quality of life by eradicating the pain, suffering and disability caused by arthritis, musculoskeletal, oral and skin conditions? Are you planning an event that might be of interest to the IMHA community? Is your organization launching a funding opportunity? IMHA would like to celebrate our partners' and stakeholders' success stories, events, and funding opportunities in our monthly newsletter. Please make your submissions to IMHA@cihr-irsc.gc.ca. We look forward to sharing you information with the IMHA community!

Contact Us

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Meetings of Interest



CIHR Media Training Webinar

June 26 2:00-3:30 p.m. Eastern Time

Musculoskeletal Health and Arthritis Trainees and Researchers are invited

to participate in a Media Training Webinar. This 1.5-hour media training session, facilitated by CIHR media specialist **David Coulombe**, offers media relations tools and outreach strategies to help communicate more effectively with the media and maximize media outreach. The session is geared towards individuals with minimal media training experience. This session will be provided in English only, however the facilitator will answer questions in both official languages. [Register here](#) for this training session. Once you are approved by the host, you will receive a confirmation email with instructions for joining the session.

Session Number: 558 716 180

Registration password:

This session does not require a registration password.

[Click here](#) to view in other time zones or languages.

For assistance, contact **Amanda Devost** at:

amanda.devost@cihr-irsc.gc.ca



The Canadian Institute of Military and Veteran Health Research (CIMVHR) Forum 2014 November 24-26, Toronto

The Canadian Institute of Military and Veteran Health Research (CIMVHR) is now calling for Abstracts for its Forum taking place in Toronto, November 24-26, 2014.

Deadline to apply is May 15, 2014.

Forum themes include:

1. Mental health research and rehabilitation in active duty personnel, Veterans or families (with one session focusing on suicide research)
2. Physical health research and rehabilitation in active duty personnel, Veterans or families;
3. Social health and wellbeing of active duty personnel, Veterans or families;
4. Novel health technologies relevant to military service (focus on protection), working in an austere environment (eg. telemedicine, auto-diagnosis), and distance medicine and health care (eg. hand-held devices, robots)
5. Transition from military to civilian life;
6. Occupational Health, including, exposure, standards of care;
7. Gender differences in health.

[Canadian Association of Occupational Therapists \(CAOT\)](#)

May 7-10, 2014 Fredericton, NB

[Outcome Measures in Rheumatology OMERACT](#)

May 7-11, 2014 Budapest, Hungary

[Global Summit on the Physical Activity of Children](#)

May 19-22, 2014 Toronto, ON

[Canadian Pain Society Annual Scientific Meeting](#)

May 20-23, 2014 Quebec City, QC

[National Falls Prevention Conference](#)

May 27-28, 2014 Toronto, ON

[Canadian Connective Tissue Conference](#)

June 8-10, 2014 London ON

[Canadian Physiotherapy Association National Congress](#)

June 19-22, 2014 Edmonton AB

[Cochrane Collaboration Colloquium](#)

September 21-26, 2014 Hyderabad, India

[American Society for Bone & Mineral Research](#)

September 12-15, 2014 Houston, TX