



Newfoundland and Labrador Healthy Aging Research Program | 2013-2014

The Newfoundland and Labrador Healthy Aging Research Program (NL-HARP) provides funding each year for student awards, faculty awards, and research grants to support research on issues of relevance to the Provincial Healthy Aging Policy Framework.

This year, the Government of Newfoundland and Labrador has reduced the total available funding under NL-HARP from \$200,000 to \$100,000. As a result, the NL-HARP Steering Committee is currently examining how this year's funding can best be allocated among the various categories of awards that we have previously funded. Please stay tuned for a further announcement by e-Bulletin about the allocation of the funds. In the meantime, we can advise that the deadline for applications under these awards will be October 31, 2013. If you require any further information, please contact our Awards Coordinator, Tyrone White: tyrone.white@med.mun.ca/ 777-7973.



Funding for research to promote healthy aging

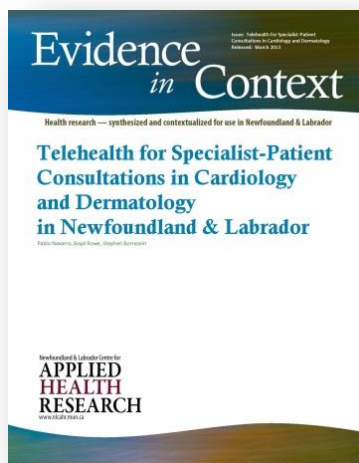
Deadline for Applications: **October 31, 2013**
Details: www.nlcahr.mun.ca/funding/aging
Questions: Contact Tyrone White: tkwhite@mun.ca or call 777-7973

Enhancing Health Care Awards: Applications Now Under Review

All applications have now been received for the second competition for the *Enhancing Health Care in NL Awards*, a research fund following from the Cameron Inquiry. These awards will support research on clinical questions or on the organization, administration, or provision of health care. They may also involve the evidence-based design, implementation, and evaluation of innovative projects for improving the organization and quality of care. Grants of up to \$75,000 each will be available for projects of up to three years' duration that focus on patient care, including cancer care, within the province's healthcare system. Applications for funding under this program are now being evaluated by the Peer Review Committee with an announcement expected by August 1, 2013.



CHRSP: Telehealth Report Released



A new 'Evidence in Context' synthesis: *The Use of Telehealth Technologies for Patient-Specialist Consultations* prepared under the Contextualized Health Research Synthesis Program, is now available online <http://www.nlcahr.mun.ca/research/chrsp/telehealth.php>. NLCAHR is planning a dissemination event for this report in September 2013.

Key messages from this report include the following:

- There is insufficient evidence to conclusively determine whether telecardiology or teledermatology consultations are effective alternatives to face-to-face consultations. As such, the study can only suggest the potential effectiveness of the telehealth consultations assessed in the report.
- When teledermatology consultations are compared with conventional face-to-face consultations, the available evidence suggests that teledermatology consultations result in reliable diagnoses and management plans for most dermatological conditions.
- Available evidence strongly cautions against the use of store-and-forward (SF) teledermatology consultations for pigmented or atypical lesions. Studies show higher incidence of inappropriate, potentially life-threatening management plans for treating such lesions under SF telehealth when compared with treatment plans derived from face-to-face consultations.
- Evidence suggests that telecardiology and teledermatology consultations may increase access to such consultations while reducing inappropriate in-person referrals.
- Evidence suggests that telecardiology and teledermatology are cost-effective from a societal perspective when telehealth communications infrastructure is already in place and operational, as is the case in NL. The evidence further suggests that telecardiology and teledermatology are cost-effective from a patient/client perspective.
- The available evidence suggests that patient satisfaction with teledermatology is equal to satisfaction with face-to-face consultations.
- No evidence from the research literature supported or contradicted the possibility that telehealth services would increase physician specialist workloads or overall cost to the health service payer/ health system.



CHRSP Reports in Progress: Status Update

Project Teams under the Contextualized Health Research Synthesis Program are currently at work on the following reports:

- **Community-Based Service Models for Seniors:** The external review of this report has now been completed and the team expects the final report to be released in July 2013.
- **Point-of-Care Testing in the ER:** The project team has been established and data extraction for this project is now underway.
- **Falls Prevention for Seniors in Long-Term and Acute Care Settings in NL:** Data extraction has now been completed and the report outline is currently in progress.



Dr. Arya Sharma

Research Talks: Dr. Arya Sharma

When one of Canada's leading experts on obesity, Dr. Arya Sharma, visited St. John's for a CIHR-sponsored meeting on bariatric care, Dr. Laurie Twells, a researcher at Memorial University who was hosting the workshop on the province's fledgling bariatric surgery program suggested that NLCAHR arrange a special lecture by Dr. Sharma as part of our *Research Talks* series.

The event, held on June 4 at Memorial's Engineering Building, was a fundraiser for the Canadian Obesity Network and generated considerable public interest, including a guest appearance by Dr. Sharma on CBC's *Radio Noon*.

With over 300 scientific articles under his belt, Dr. Sharma told us, "It is now time to take the 'show' on the road – there are so many misconceptions and myths about obesity and weight loss – it is hard to even know where to begin."

In his 'show,' Dr. Sharma tackled the role of stress, sleep and self-esteem in weight loss and weight management. These and other topics, including what weight-loss strategies work and what do not, setting realistic goals, and some of the lesser-known drivers of weight gain (like the kinds of microbes that live in your gut) generated considerable discussion during the 'no-holds-barred' Question and Answer session that followed the talk.

Dr. Sharma's key message is that it is difficult to lose weight, and that, once weight is lost, it can be very difficult to keep it off, since the body tends to fight to maintain weight at a set point. He contends that understanding the triggers for weight gain is a crucial consideration for those attempting to lose weight. Overall, Dr. Sharma argues that health is not measured in pounds and that, while excess weight can be a health problem, not everyone with a few extra pounds needs to lose weight and not everyone who is skinny is healthy.

The meeting that brought Dr. Sharma here was a Canadian Institutes of Health Research-funded meeting on developing a research program in bariatric care in Newfoundland and Labrador. Funded through the Institute of Metabolism, Diabetes and Nutrition, the meeting brought together experts in obesity treatment with a research team at Memorial University led by Dr. Laurie Twells. Dr. Twells and her team are investigating patient health outcomes after weight-loss surgery.

FUNDING OPPORTUNITIES

CIHR Knowledge Synthesis Grants: Fall 2013 Competition

Objectives: to increase uptake/application of synthesized knowledge in decision making by supporting partnerships between researchers and knowledge users
Funding: A total of \$500,000, enough to fund approximately five to ten grants
Launch date: July 9, 2013
Deadline: October 1, 2013

[Details](#)

CIHR Catalyst Grants: Alzheimer's Disease Research

Objectives: exploring ADNI and other neuroimaging databases to benefit the early detection of Alzheimer's Disease and related dementias.
Funding: A total of \$1.975 million to fund roughly 28 grants; maximum grant \$50,000 per year for up to 2 years.
Deadline: August 30, 2013

[Details](#)

EVENTS ROUND-UP

Challenges in Clinical Cardiology: A Case Based Update

Updates on the diagnosis and treatment of commonly encountered cardiovascular conditions

October 4-6 2013 | Chicago | [Details](#)

Canadian Association on Gerontology CAG 2013

From Cells to Society

October 17-19 2013 | Halifax | [Details](#)

ICERI 2013: 6th International Conference of Education, Research and Innovation

Discussion and exchange about innovations in education and research

November 18-20, 2013 | Seville | [Details](#)

Prifor 2013 The Primary Healthcare Partnership Forum

Improving Primary Healthcare Delivery: Renovating, Remodelling, Rebuilding

November 25-26, 2013 | St. John's, NL | [Details](#)



Research Exchange Groups

PLEASE JOIN US.

The Newfoundland and Labrador Centre for Applied Health Research has established several Research Exchange Groups that bring together university researchers, health professionals, decision makers and members of the public who share a common interest in key areas under the domain of applied health research. All are welcome to join. Current groups include: Autism, Aging, Chronic Disease, Eating Disorders and Body Image, Mental Health, Rural, Northern & Aboriginal Health, Women's Health/Gender & Health. All groups take hiatus over the summer and reconvene in September.

Research Exchange Groups meet regularly to discuss research projects, to hold seminars and lectures featuring researchers in their respective fields, to explore collaborative partnerships and to discover potential funding and partnership opportunities for further research.

We are seeking members for the following potential groups to commence in September 2013 and we would welcome your participation.

Are you interested in applied health research on:

- **The Arts and Health?**
- **Bullying?**
- **Thrombosis, blood disease and immune disorders?**
- **Cancer?**
- **HIV/Sexual Health?**
- **Inter-professional education and collaborative practice?**

If you'd like to join, contact: Rochelle.Baker@med.mun.ca



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