E-News

CHEPA researchers have been helping to shape Canada's health system since 1988. Located at McMaster University, CHEPA (chepa.org) is a multidisciplinary centre providing timely and relevant evidence to inform policy-making at all levels of the health-care system.

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Honours

Andrew Costa received the 2018 Regional Assistant Dean’s Award of Excellence in Medical Education, McMaster M.G. DeGroote Waterloo Regional Campus.

Meredith Vanstone was named 2019 Champion Winner by the Early Career Medical Educators of Canada (ECME), in recognition of her teaching and mentorship.

McMaster Health Forum turns 10!

The McMaster Health Forum recently marked its 10th anniversary by hosting a celebration on March 28 and

In this issue

- Andrew Costa and Meredith Vanstone honoured for excellence as teachers
- McMaster Health Forum celebrates 10th anniversary
- Several grants awarded to CHEPA members
- Nominations open for 2019 Labelle Lectureship

Photo: Gillian Mulvale is shown speaking in Toronto on Feb. 25 about engaging people who have lived experience of mental health and/or substance abuse issues in developing a national framework for mental health indicators. Her presentation, made at the request of the Mental Health Commission of Canada and the Canadian Centre for Substance Abuse, was among those solicited by the agencies as part of an initiative to advocate for the development of a pan-Canadian performance measurement framework.

Nominate a ‘rising star’ to give the 2019 Labelle Lecture

The Labelle Lectureship Committee is seeking nominations for a promising junior health services researcher — a rising star in the field — to be the 2019 Labelle Lecturer. The candidate can be from any country; is early in his/her career development (assistant or early associate level); shows tremendous promise based on early research accomplishments and is conducting research on a topic that challenges existing methods or accepted ideas in health research. Click here for more information. Nominations will be accepted until May 15 by emailing Emmanuel Guindon at emmanuel.guindon@mcmaster.ca.
releasing a report that looks back at the Forum’s accomplishments over the past decade as it worked to harness research evidence, citizen values and stakeholder insights to help strengthen health systems and get the right programs, services and products to the people who need them. As it moves into its second decade, it is broadening its work via Forum+ to include social systems and Sustainable Development Goals (SDGs). Click here to view the 10-year report. The Forum is led by director John Lavis, assistant director Mike Wilson, and managing director Kaelan Moat, all CHEPA members.

Grants

Julia Abelson, Elizabeth Alvarez and Gillian Mulvale are part of a group of researchers that includes McMaster’s Nutrition, Exercise and Mobility Working Group that has been awarded $1 M by the McMaster Institute for Research on Aging (MIRA) to conduct the “EMBOLDEN trial (Enhancing physical and social MoBility, sSocial participation, and system navigation in oLDER adults with health inequities using commuNity co-design)”. The research, which is funded until 2022, involves partnering with older adults and communities to develop and test a community program that supports exercise, nutrition, social participation, and community connections.

Alvarez is also an investigator on two other projects that received grants this winter. She is part of a one-year study, “Refinement, usability testing, and feasibility of a mobile-based software infrastructure to conduct efficient RCTs of mobile health applications”, funded by a $99,000 CIHR SPOR Innovative Clinical Trials-Catalyst Grant. The research will look for ways to test and evaluate the efficacy of mobile health apps using smartphones. Ultimately, as more apps are evaluated, the information will enable patients to select those that meet their needs and physicians will be able to make evidence-based recommendations for apps aimed at improving cardiovascular health. For more information about the project, click here.

As well, she is among a group of researchers who received a $50,000 project grant from the Canadian Institutes of Health Research (CIHR) to assess “Diet and Exercise Frailty Intervention in Cardiac Device Patients Trial - Pilot (DEFINIT-P)”. Laura Anderson is Principal Investigator on a one-year $70,000 study funded by a CIHR Catalyst Grant to analyze data from the Canadian Longitudinal Study on Aging (CLSA), looking at “Clustering of obesity related characteristics and associations with body mass index, aging, and community connections.”

New Publications

Journal Articles


Foroutan N, Hopkins RB, Tarride JE, Florez ID, Levine M. Safety and efficacy
waist circumference, and body fatness”. The research will examine the distinct classes of obesity related characteristics among older Canadians and evaluate the distribution of these classes across categories of body mass index and body fatness. For more information, click [here](#).

**Emmanuel Guindon, Jean-Éric Tarride** and Gord Blackhouse in collaboration with University of Toronto colleagues Robert Schwartz (PI) and Michael Chaiton from the **Ontario Tobacco Research Unit**, received $197,750 from Health Canada for a study ending in March 2020 to measure the return on investment of the Federal Tobacco Control Strategy (FTCS) for the years 2001-2017.

**Lisa Schwartz** and colleagues from France, England and Australia received funds to develop a workshop on **Ethical Futures and AI Medicine**, to be held later this year in Warrick, England. The workshop will investigate how assistance from Artificial Intelligence (AI) may affect our understanding of the practice of medicine, particularly the impact of AI on core professional values, the professional roles of doctors, and the future of health-care services. The workshop is being funded by **CIFAR** which has been tasked by Canada’s federal government to develop a Pan-Canadian Artificial Intelligence Strategy, the world’s first national AI strategy.

**Hsien Seow** received $1,216,350 from CIHR as Principal Investigator to lead a team of researchers on a project that will help improve the quality of life for people receiving palliative care at the home and in the community. The project, “**Building CAPACITI** (Community Access to Palliative Care via Interprofessional primary care Teams Intervention)”, includes providing palliative care training and coaching for 53 primary care teams in Ontario and evaluating outcomes before and after its implementation. The project runs until the end of 2023. For more information about the research, click [here](#).

**Appointments**

**John Lavis**, director of the **McMaster Health Forum**, has been appointed to the **Cochrane Review editorial board**.

**Presentations**

**Elizabeth Alvarez** presented “A prospective comparative analysis using the 3I+E Framework to assess the likelihood of adopting a Pharmacist-
Michel Grignon spoke on March 27 at the University of Paris Dauphine about the "History of Moral Hazard".

John Lavis gave several presentations in Toronto this winter including “What do we mean by rapid-learning health systems in the Canadian context?” at the 2019 Canadian Association of Health Services and Policy Research (CAHSPR) Policy Forum on January 14 as well as “Knowledge translation of research to policy” at the Wellesley Institute Junior Fellows Program on Jan. 22. He then headed to Finland to present “Supporting rapid learning in child and family services” to the APEX Consortium, University of Turku, Finland on Feb 11 and “Ten lessons learned about supporting evidence-informed policymaking in Canada” at a Parliamentary Seminar in Helsinki on Feb 13, followed by a stop in Beirut, Lebanon on Feb. 19 to talk about “Policy-development processes and the use of evidence” at a meeting on Institutional Capacity for the Use of Evidence in Health Policymaking.

Lavis later attended the Quality Forum 2019 in Vancouver where he presented “Learning health systems across Canada” on Feb. 26, and talked about “Ten lessons learned about supporting evidence-informed policymaking” with the Innovation, Evidence & Impact Team at Alberta Health Services in Edmonton on March 5.

Gillian Mulvale gave several presentations and held workshops related to her research on mental health services and involving people with lived experience in their design and implementation. This included hosting three online focus groups and a co-design event in March in partnership with the Hamilton Niagara Haldimand Brant (HNHB) LHIN to co-design a transitions protocol for youth to adult mental health transitions.

She gave an invited talk on Feb. 25 in Toronto to national mental health and substance use leaders about “Involving people with lived experience in setting priorities for measurement”, as part of an initiative to advocate for the development of a pan-Canadian performance measurement framework.

Mulvale also travelled to Venice, Italy with HP PhD student Asheigh Miatello where on March 31 they presented “Using experience-based co-design to improve transitions from child to adult mental health services” at the 14th International workshop on Costs and Assessment in psychiatry, sponsored by the International Journal of Mental Health Policy and


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Economics. Three days later, in Milan, Mulvale presented “Service design to inform policy for recovery-oriented and co-produced mental healthcare in Canada: Novel strategies and tools for evaluation”, at the Politecnico di Milano.

**Lisa Schwartz**, who holds the Arnold L. Johnson Chair in Health Care Ethics, and former McMaster post-doctoral fellow Matthew Hunt, now an associate professor at McGill University, gave a workshop in Rome for members of the UN World Food Programme Wellness Division that addressed the ethics associated with operating a multidisciplinary health service (medical doctors, staff counsellors, nurses, medical insurance and administrative staff).

**Media**

**Laura Anderson**’s research grant for the study of obesity in older adults, using data from the Canadian Longitudinal Study on Aging (CLSA) was mentioned in the Hamilton Spectator on April 11.

**Andrew Costa** was interviewed on Radio AM800 – Sunday Morning Live on March 10 about the implications of the aging population. To hear the interview, click [here](#).

**Health Policy PhD program**

On March 18, **Health Policy PhD** student Dr. **Marcela Velez** successfully defended her thesis on the role of values in Latin American health systems. Her supervisor was **Michael Wilson**.