



FROM THE SCIENTIFIC DIRECTOR

Dear members of the SMRC community,

In the previous issue of the SMRC Newsletter, we presented our new strategic plan, with research structured along four domains of expertise: Cancer Care, Primary Care & Health Systems, Older Adult Care and Surgical Sciences. These research domains will serve as dynamic hubs that bridge the gap between research and clinical realities, helping us ensure that our research is aligned with the needs of patients and clinicians. A close proximity to the frontlines of healthcare fosters true patient-centered research allowing us to address real-world challenges and to support the integration of research evidence into routine clinical practice. This is part of what makes St. Mary's unique.

In the October issue of the newsletter, we showcased of some of the work done in our Cancer Care domain. In this issue, we highlight the Primary care & Health Systems domain and report on two recent publications from dedicated SMRC scientists in the domain. In subsequent issues, we will cover our other domains and will also present more information on the clinical trials platform which functions across the domains to enhance the centre mission and vision of academic excellence and scientific progress.

As we celebrate the pioneering research conducted by our experts, we can recognize a common thread that binds these studies and many more within SMRC: a commitment to social innovation. Social innovation embodies inclusive solutions that address the healthcare delivery gap by meeting the unique needs of end users through a collaborative, community-engaged process. The innovative care models presented in our November Highlight exemplify this commitment to transforming healthcare through participatory approaches. The Scientific Series event presented on November 9th also allowed us to delve deeper into the world of social innovation. We're pleased to summarize key lessons learned from that event on p.9.

Additional events are planned for November, so please be sure to read through this issue and as always, we look forward to seeing you there.

Ari N. Meguerditchian, MD
Scientific Director

IN THIS ISSUE

- 2 - Highlight: Primary Care & Health Systems Research at SMRC
- 4 - SMRC News
- 5 - Academic Output
- 7 - Roster of Oncology Clinical Trials
- 9 - St. Mary's Research Centre Scientific Series
- 10 - Upcoming events
- 11 - From the DAUER

Primary Care & Health Systems Research at SMRC



The Primary Care & Health Services Research domain is driven by the Quintuple Aim of Healthcare, which upholds improved patient experience, better outcomes, lower costs, enhanced clinician wellbeing, and health equity as essential components of healthcare transformation. Researchers in this domain focus on supporting and conducting high-quality clinical and health services research, promoting knowledge synthesis and evidence-informed decision-making, facilitating evidence application through quality improvement and implementation science, and providing mentorship for students and medical residents interested in research careers.

Recent Examples: Innovative Models for Patient Navigation and Guidance

Below, we highlight only some of the multifaceted research within the Primary Care & Health Systems Research domain at SMRC. Two very recent publications from our teams (see references in our Academic Output section) highlight how SMRC researchers work collaboratively with multiple stakeholders to generate knowledge aimed at improving healthcare delivery on the frontlines.

[Telephone Outreach by Volunteer Navigators: an Intervention to Improve Access to Primary Care](#)

Dr. Jeannie Haggerty, SMRC's Chair in Community and Family Medicine, leads this project demonstrating her expertise in factors related to accessibility and quality of primary care. Dr. Haggerty and her team conducted a theory-based evaluation of the volunteer navigator model which uses telephone outreach by volunteers to help vulnerable individuals from low-income areas successfully connect with a newly-assigned family doctor. The results demonstrate that this light-touch intervention significantly improves patients' abilities to seek, reach, and engage with care, while reducing access difficulties, forgone care, and emergency room use.



Primary Care & Health Systems Research at SMRC



Lay-Guided Mental Health Self-Care Model: Evidence from Multiple Randomized Trials

This research program is led by a multidisciplinary group of SMRC researchers including Dr. Mark Yaffe (Family Medicine), Dr. Sylvie Lambert (Nursing), Dr. Hannah Schwartz (Psychiatry), Dr. Jane McCusker (Epidemiology, Emerita) and Dr. Haggerty.



The team developed and evaluated an innovative model for mental health care delivery that addresses the needs of multiple patient populations within our community. It emphasizes the successful use of paper and digital self-care toolkits and lay telephone guidance to improve patient outcomes, demonstrating that a potentially sustainable and accessible alternative to professionally guided self-care can significantly benefit people with mild-moderate depression.

A Diverse and Growing Portfolio: Multiple Priority Areas



Both these recent publications demonstrate how SMRC researchers are committed to improving patient-centred care and making healthcare more accessible through collaborative and multidisciplinary approaches. Other priority research areas in the domain include practice-based research, implementation science, chronic disease management, quality improvement science, acute care and emergency services. Follow our future communications to learn about other studies and research initiatives in this domain.

SMRC News



SMRC Team Wins the CCSMH/CAGP Seniors' Mental Health Outstanding Care & Integrative Practice Award

The DIRECT-sc research team has been recognized for their achievements in seniors' mental healthcare and integrative practice. This interdisciplinary group of SMRC affiliated researchers, primary care physicians, mental health specialists, trained non-medical mental health workers, and community stakeholders has dedicated two decades to improving the management of depression among older adults.

Their work focuses on the intricate needs of older adults with chronic physical conditions and depression. The team has actively developed, evaluated, and disseminated depression self-care interventions tailored for different contexts, emphasizing the importance of self-care in mental health.

Their depression self-care toolkit, designed specifically for community-based patients with chronic physical conditions, acknowledges the vital link between mental and physical health. The team has shown the feasibility of delivering supported depression self-care using cognitive behavioral therapy principles. This innovative, accessible, and low-cost model employs trained lay guides recruited from local communities, leading to significantly better depression outcomes compared to conventional care. The guidance is delivered through telephone or internet modalities.

The DIRECT-sc team ensures that at all stages of the research process, older adults and their caregivers actively participate in the development and evaluation of their interventions, fostering a patient-centered approach that promotes empowerment and well-being. Their commitment to sharing knowledge at regional, national, and international levels has facilitated the adoption of effective practices and interventions in various settings.

The DIRECT-sc team includes members from across the provincial university and health care network, and notably the following members from SMRC: Jane McCusker, Sylvie Lambert, Mark Yaffe, Hannah Schwartz, Jeannie Haggerty, Eric Belzile, Deniz Sahin, Cindy Ibberson, Manon de Raad

The **CCSMH/CAGP Seniors' Mental Health Outstanding Care & Integrative Practice Award** recognizes the team's broad interprofessional collaboration, integration of mental and physical health care, community-focused approach, inclusion of older adults' voices, and dedication to knowledge sharing. This prestigious award honors their remarkable contributions to the field of seniors' mental health and integrated care. Congratulations to the DIRECT-sc research team for this well-deserved recognition. For more information, visit the [Canadian Coalition for Seniors' Mental Health website](#).

A Scientific Series presentation of the team's work will be available soon – stay posted!

Academic Output

Scientific Publications

Belval, J., Lambert, S.D., Miller, C.-A., Grosse, J., Boudreault, P. and Belzile, E. (2023), An ID card allowing access to municipal services for migrants with precarious status in Montreal and its influence on social inclusion: a mixed method study, *International Journal of Migration, Health and Social Care*, Vol. ahead-of-print No. ahead-of-print. <https://doi.org/10.1108/IJMHSC-02-2023-0014>

Haggerty, J., Smithman, M. A., Beaulieu, C., Breton, M., Dionne, É., & Lewis, V. (2023). Telephone outreach by volunteer navigators: a theory-based evaluation of an intervention to improve access to appropriate primary care. *BMC primary care*, 24(1), 161. <https://doi.org/10.1186/s12875-023-02096-4>

McCusker, J., Lambert, S., Yaffe, M., Schwartz, H., Haggerty, J., Belzile, E., Pelland, M. E., Minotti, S. C., & de Raad, M. (2023). Adaptation and outcomes of a lay-guided mental health self-care model: Results of six trials. *General hospital psychiatry*, 85, 63–70. Advance online publication.

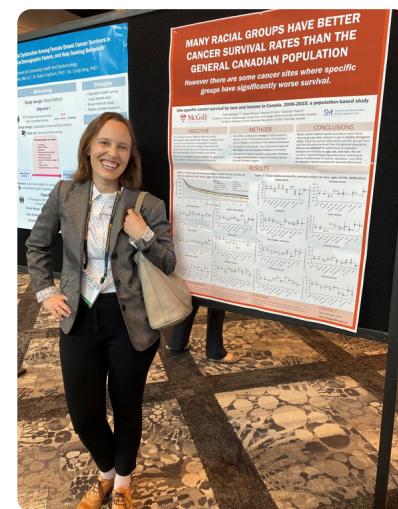
<https://doi.org/10.1016/j.genhosppsych.2023.09.010>

Piché, A., Santa Mina, D., Lambert, S., & Doré, I. (2023). Assessing real-world implementability of a multimodal group-based tele-prehabilitation program in cancer care: a pragmatic feasibility study. *Frontiers in Oncology*, 13. <https://doi.org/10.3389/fonc.2023.1271812>

Posters

Malagón, T., Moore, A., El-Zein, M., Franco, E. (2023) Site-specific cancer survival by race and income in Canada, 2006-2015: a population-based study. In *The Canadian Cancer Research Conference*, Halifax, November 12-14, 2023 (Poster presentation)

Trottier, M., Hallot, S., Nasreddine Z. S., & Chabot, J. (2023). Online training and certification prior to using the MoCA test – Impact on healthcare professionals' knowledge. In *11th Canadian Conference on Dementia*, Toronto, November 2-4, 2023 (Poster presentation)



Academic Output

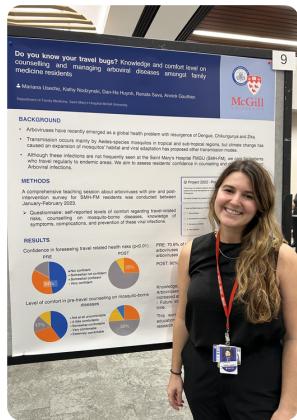
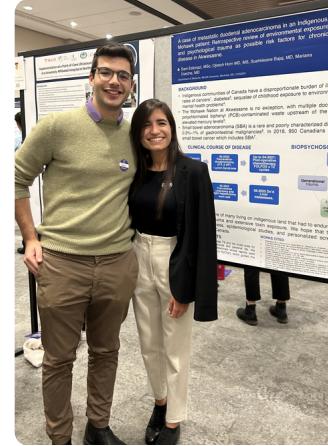
15th Annual McGill Global Health Night

The St. Mary's Family Medicine Group was present at the 15th Global Health Night hosted by the McGill School of Population and Global Health, McGill Global Health Programs and Friends of CIHR.

Several posters were presented at the Student Poster Fair:

Eskinazi, S., Horn, O., Bajaj, S. & Useche, M. (2023). A case of metastatic duodenal adenocarcinoma in an Indigenous Mohawk patient: Retrospective review of environmental exposure and psychological trauma as possible risk factors for chronic disease in Akwesasne. Global Health Night/Friesen Lecture 2023, Montreal, November 9, 2023 (Poster presentation)

Useche, M., Dion, M.J., Rashed, S. & Chakravarti, A. (2023). Neglected Tropical Diseases in the Returning Traveler: A Cluster of 3 Cases of Cutaneous Leishmaniasis among Canadian Film Producers Travelling to Yucatan. Global Health Night/Friesen Lecture 2023, Montreal, November 9, 2023 (Poster presentation)



Useche, M., Nodzynski, K., Huynh, D.H, Sava, R. & Gauthier, A. (2023). Do you know your travel bugs? Knowledge and comfort level on counselling and managing Arboviral diseases amongst family medicine residents. Global Health Night/Friesen Lecture 2023, Montreal, November 9, 2023 (Poster presentation)

Congratulations to the presenters!

In the press

Congratulations to Dr. Talía Malagón whose article, Predicted long-term impact of COVID-19 pandemic-related care delays on cancer mortality in Canada[1], was cited by La Presse in a November 8 article titled: [Apprendre de la COVID-19 pour s'attaquer à la crise du cancer](#). Dr. Malagón's important work on understanding the long-term effects of COVID-19-related disruptions on cancer care in Canada continues to impact discussions and decisions related to health care delivery, demonstrating how research evidence can influence real-world practices.

[1] Malagón, T., Yong, J. H. E., Tope, P., Miller, W. H., Jr, Franco, E. L., & McGill Task Force on the Impact of COVID-19 on Cancer Control and Care (2022). Predicted long-term impact of COVID-19 pandemic-related care delays on cancer mortality in Canada. International journal of cancer, 150(8), 1244–1254. <https://doi.org/10.1002/ijc.33884>

Roster of Oncology Clinical Trials



Bladder cancer

A Phase 3, randomized, study of neoadjuvant chemotherapy alone versus neoadjuvant, chemotherapy plus Nivolumab or Nivolumab and BMS-986205, followed by continued post- surgery therapy with Nivolumab and BMS-986205 in participants with muscle-invasive bladder cancer. [CA017-078]

Breast cancer

“A Clinical Trial to Determine the Efficacy of Five Years of Letroxole Compared to Placebo in Patients Completing Five Years of Hormonal Therapy Consisting of an Aromatase Inhibitor (AI) or Tamoxifen Followed by an AI in Prolonging Disease-Free Survival in Postmenopausal Woman with Hormone Receptor Positive Breast Cancer” [NSABP-42]

A Phase III Study of Trastuzumab Deruxtecan (T-DXd) with or without Pertuzumab vs Taxane, Trastuzumab and pertuzumab in HERs-Positive, first-line Metastatic Breast Cancer [Destiny]

A Phase III, Randomized Open-Label Multicenter Study Evaluating the Efficacy and Safety of Adjuvant Giredestrant compared with Physicians Choice of Adjuvant Endocrine Monotherapy in patients with Estrogen Receptor-Positive HER-Negative Early Breast Cancer [TRIO045]

Identification and evaluation of patients at risk of developing cardiotoxicity after receiving chemotherapy for breast cancer, leukemia or lymphoma [CarChem]

Lung cancer

A Phase 3 Study of Pembrolizumab in Combination with Pemetrexed/Platinum (Carboplatin or Cisplatin) Followed by Pembrolizumab and Maintenance Olaparib vs Maintenance Pemetrexed in the First-Line Treatment of Participants with Metastatic Non squamous Non-Small-Cell Lung Cancer [MK7339-006]

A Phase 3 Study of Pembrolizumab in Combination with Carboplatin/Taxane (Paclitaxel or Nab-paclitaxel) Followed by Pembrolizumab with or without Maintenance Olaparib in the First-line Treatment of Metastatic Squamous Non-small Cell Lung Cancer (NSCLC) [MK7339-008]

A Phase 3 Randomized, Placebo-controlled Study to Evaluate the Safety and Efficacy of Pemetrexed + Platinum Chemotherapy + Pembrolizumab (MK-3475) with or without Lenvatinib (E7080/MK-7902) as First-line Intervention in Participants with Metastatic Non squamous Non-small Cell Lung Cancer [MK7902-006]

A Phase III, Randomised, Open-Label Study of Savolitinib in Combination With Osimertinib Versus Platinum-Based Doublet Chemotherapy in Participants With EGFR Mutated MET-Overexpressed and/or Amplified, Locally Advanced or Metastatic Non-Small Cell Lung Cancer Who Have Progressed on Treatment With Osimertinib [SAFFRON]

Roster of Oncology Clinical Trials



Lung cancer - continued

A Phase 3, Multicenter, randomized, open-label trial to compare the efficacy and safety of pembrolizumab (MK-3475) in combination with Lenvatinib (E7080/MK-7902) versus docetaxel in previously treated participants with metastatic Non-small cell lung cancer (NSCLC) and progressive disease (PD) after platinum doublet chemotherapy and immunotherapy [MK7902-008]

An Open-label, Multicenter, Phase 3 Randomized, Active-Comparator-Controlled Clinical Study of Pembrolizumab (MK-3475) in Combination With Sacituzumab Govitecan Versus MK-3475 Monotherapy as First-line Treatment in Participants With PD L1 TPS Greater than or Equal to 50% Metastatic Non-small Cell Lung Cancer [KEYNOTE D46/EVOKE-03]

A phase 3 study of Pembrolizumab (MK-3475) in combination with concurrent chemoradiation therapy followed by Pembrolizumab with or without Olaparib vs concurrent chemoradiation therapy followed by Durvalumab in participants with unresectable, locally advanced, stage III non-small cell lung cancer (NSCLC). [MK 7339-012]

A randomized, double-blind, placebo-controlled phase 3 study of Pembrolizumab (MK-3475) in combination with concurrent chemoradiation therapy followed by Pembrolizumab with or without Olaparib (MK-7339), compared to concurrent chemoradiation therapy alone in participants with newly diagnosed treatment-naïve limited-stage small cell lung cancer (LS-SCLC). [MK 7339-013]

A Phase 1b/2 Study to evaluate the efficacy and safety of Pembrolizumab in Combination with Investigational Agents for the treatment of Participants With PD-1/L1-refractory Extension-Stage Small Cell Lung Cancer in need of Secondary-Line Therapy [MK3475-B98]

A Phase 2 Study to Evaluate the Efficacy and Safety of Pembrolizumab plus Investigational Agents in Combination with Etoposide and Cisplatin or Carboplatin for the first line Treatment of Participants with Extensive Stage Small Cell Lung Cancer [MK3475-B99]

A Randomized Open Label Phase 3 Study of SAR408701 vs Docetaxel in Previously treated Metastatic Non-Squamous Non-Small Cell Lung Cancer patients with CEACAM5 Positive Tumors [EFC15858]



Information:

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St. Mary's Research Centre Scientific Series



Scientific Series Recap: Thursday, November 9th, 2023

Innovation sociale : du développement de services de proximité au changement de systèmes

Raphaël Guyard & Thomas Baracos



Social innovation plays a crucial role in altering the routines, resource allocation, and distribution of power or beliefs within a social system over time. On November 9th, 2023, speakers from La Maison de l'Innovation Sociale shared their expertise on the transformative power of social innovation and its potential impact on complex socio-environmental challenges.

Key takeaways from the presentation included:

- The systemic social innovation approach enables us to better understand the dynamics of the situation we wish to intervene in, and to target specific interventions with high impact potential. Speakers introduced a series of tools and techniques that can be used by groups wishing to apply this approach.
- A social innovation approach aims both to better understand the dynamics of the system in order to develop initiatives that will bring about “the threshold effect” for change, and to identify the obstacles to the adoption of these initiatives at different scales in order to make them more compatible with the host environment.

Participants saw parallels with research approaches favoured at SMRC, notably related to implementation research or action research methodologies which aim to produce tangible and sustainable changes in the healthcare landscape. This presentation serves as a catalyst for reflection on how SMRC can leverage social innovation principles to drive positive change in healthcare practices and outcomes.

*This presentation can be credited to clinical staff (continuing medical education)

Contact: christina.raneburger.comtl@ssss.gouv.qc.ca

Form: <https://forms.office.com/r/G55ZuLS11Q>

Upcoming Events



Monday, November 20th

Celebration of the McPeak-Sirois Partnership



Centre de recherche de St. Mary
St. Mary's Research Centre



CELEBRATION OF THE MCPEAK-SIROIS PARTNERSHIP

Monday, November 20th 2023



At 5.00 - 6.00 PM

**3777 Rue Jean-Brillant
Montréal, QC H3T 1M5
4th floor**

From the DAUER

**Centre intégré
universitaire de santé
et de services sociaux
de l'Ouest-de-
l'Île-de-Montréal**

Québec 

2024 Research Ethics Board Biomedical Committee Calendar

Calendrier des réunions et des soumissions pour 2024 du Comité d'éthique de la recherche du Centre intégré universitaire de santé et de services sociaux de l'Ouest-de-l'Île-de-Montréal

Meetings and Submission Deadlines Calendar for 2024 of the Research Ethics Board of the Centre intégré universitaire de santé et de services sociaux de l'Ouest-de-l'Île-de-Montréal

SOUS-COMITÉ BIOMÉDICAL/ BIOMEDICAL SUBCOMMITTEE

Anciennement le Comité d'éthique de la recherche du Centre hospitalier de St. Mary / Formerly the St. Mary's Hospital Center Research Ethics Committee

All new projects must be submitted via Nagano.

Tous les nouveaux projets doivent être soumis via Nagano.

DATES DES RÉUNIONS	DATE LIMITE DE SOUMISSION	SALLE DE RÉUNION
DATE OF MEETINGS	SUBMISSION DEADLINE	MEETING ROOM
AAAA/MM/JJ	AAAA/MM/JJ	# de salle de Réunion / Téléconférence
YYYY/MM/DD	YYYY/MM/DD	Meeting Room # / Teleconference
2024/01/24	2023/01/03	Téléconférence/Teleconference*
2024/02/21	2024/01/31	Téléconférence/Teleconference*
2024/03/13	2024/02/21	Téléconférence/Teleconference*
2024/04/10	2024/03/20	Téléconférence/Teleconference*
2024/05/08	2024/04/17	Téléconférence/Teleconference*
2024/06/19	2024/05/22	Téléconférence/Teleconference*
2024/07/10	2024/06/19	Téléconférence/Teleconference*
2024/08/14	2024/07/24	Téléconférence/Teleconference*
2024/09/11	2024/08/21	Téléconférence/Teleconference*
2024/10/09	2024/09/18	Téléconférence/Teleconference*
2024/11/13	2024/10/23	Téléconférence/Teleconference*
2024/12/11	2024/11/20	Téléconférence/Teleconference*

*L'information sous "Salle de Réunion" peut changer sans préavis en raison des mesures de santé et de sécurité en vigueur.

*The information under "Meeting Room" may change without notice due to health and safety measures in effect.



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